

C. Membership In Professional Organizations

The agent will be a member of the Home Economics Association, and Home Demonstration Agents Association.

XI. PLANS FOR A UNIFIED COUNTY EXTENSION PROGRAM

The Extension Program has been brought together more through community club work than anything else.

Committees have worked up the County Program of Work in which all phases of Extension are brought together in a uniformed effort to raise the standard of living in Patrick County.

XII. PROBLEMS IN CARRYING OUT THE EXTENSION PROGRAM IN PATRICK COUNTY

A. Leadership

Leaders are being developed through community clubs for 4-H Club work, home demonstration club work, farm groups, Men's Clubs, and various Civic clubs.

B. Attendance at Meetings

Have more informative and interesting meetings.  
Better publicity for meetings.

Schedule meetings out of the tobacco season.

C. Time To Schedule Meetings

Different meetings in the county conflict with each other. It is very difficult to schedule a meeting that will not conflict with some other organizational meeting.

D. Commercial Interests

The agent will cooperate with merchants, power suppliers, and others in promoting a higher standard of living for the people of this county.

E. Other Professional Workers

The agent will cooperate in any way possible with other professional workers.

IX. PLANS FOR EVALUATING PROGRAMS AND RECORDING PROGRESS AS PLANNED FOR 1959

The Home Economics Committees and General Interest Committees will make surveys of work to evaluate the progress being made in their field.

Clubs will report their progress throughout the year.

Tours will be taken to show farm and home improvement progress in different areas of the county.

X. PLANS FOR PROFESSIONAL IMPROVEMENT

A. Organized Study

1. Schools

The agent will attend the Annual Communications School held on district level. The agent will attend annual Agents Conference at V.P.I.

B. Professional Books

The agent will read professional magazines such as What's New In Home Economics and Forecast For Home Economists.

VII. PLANS FOR WORK WITH OTHER AGENCIES

A. Health Department

The agent will work with the Patrick County Health Department in the education of the people to work of the Health Department. The Health Department and agent works together on trying to promote better nutrition and better eating habits for families.

B. Power Suppliers

The agent will work with the power supplier to promote better lighting for Patrick County.

C. Red Cross

The agent will cooperate with the Red Cross in securing a Home Nursing Course in January.

VIII. PLANS FOR DEVELOPING GOOD PUBLIC RELATIONS IN COUNTY

A. Co-workers

The agent and co-workers will plan and carry out the extension program together.

B. General Public

The general public will be kept informed on extension work being done through newspapers, radio, and meetings.

C. Elected Representatives

Elected representatives will receive copies of Annual Report and will receive reports from agent from time to time on program being carried out in the county.

	<u>No. in 1958</u>	<u>Goal 1959</u>
C. Over-all Youth Leaders (Organization leaders for county youth council)	212	220
D. 4-H Club	<u>No. in 1958</u>	<u>Goal 1959</u>
Number 4-H Club officers	186	190
Number adult project leaders	31	32
Number junior project leaders	12	13
Number result demonstrators	0	0
Number meetings at which leaders were trained by specialist	0	0
Number meetings at which leaders were trained by district agents	0	0
Number meetings at which leaders were trained by agent	2	3
Number meetings at which leaders were trained by personnel in 4-H Department	0	1
Number meetings at which leaders were trained by others	0	1
Attendance at leader training meetings	15	30
Number 4-H leaders trained individually	16	25
Number club meetings held by leaders without agent present	43	58
Number club meetings at which leaders assisted	279	288
Number demonstrations given by adult leaders	76	86
Number demonstrations given by junior leaders	48	55

Leaders will be trained to carry out their duties and leader training meetings will be held by agent, other leaders, and 4-H Club Department.

Number youth committees	0	1
Number other organizations	0	0
Number farm and home development families	5	8

VI. PLAN FOR LEADERSHIP

A. Over-all Program Leaders (Organization leaders for county Extension Service Board)	<u>No. in 1958</u>	<u>Goal 1959</u>
	204	220
B. Home Demonstration Club Leadership	<u>No. in 1958</u>	<u>Goal 1959</u>
Number organizational leaders	105	110
Number project leaders (subject matter)	60	65
Number Federation program of work chairmen	16	17
Number program development leaders	15	16
Number result demonstrators	1	2
Number meetings at which leaders were trained by specialists	2	5
Number meetings at which leaders were trained by district agents	1	1
Number meetings at which leaders were trained by agent	3	1
Attendance at training meetings	100	175
No. club meetings held by leaders without agent present	110	128
No. club meetings in which leaders assisted	180	192
Total number demonstrations given by leaders	110	120
No. talks or discussions by leaders	1200	1300

Leaders will be trained to carry out their duties by the agent, specialist, and district agent. Leader training meetings will be held throughout the year.

5. Recreation

The Honor Club, All Stars, and County Council will make plans for county-wide recreation for club members and leaders.

D. Young Men and Young Women's Work

There is no work planned as Young Men and Young Women's Clubs.

The young men and women take part in community clubs and home demonstration clubs.

There will be two groups of teenagers meetings regularly and working as a club. Both groups are sponsored by community clubs.

V. SCOPE OF WORK

A. Organization	<u>No. in 1958</u>	<u>Goal 1959</u>
Number of home demonstration clubs	15	16
Membership	286	300
Number of 4-H Clubs	31	32
Membership	694	729
Number of young men and women's clubs	0	0
Membership	0	0
Number community improvement clubs	7	8
Membership	375	425
Number home economics committees	4	6
Number general interest committees	2	3

- a. Introduce electricity to young members.      a. Method demonstrations by agent and assistant county agent.
- b. Teach purpose of fuse box and fuses.      b. Method demonstrations by agents, leaders, and power suppliers representative.
- c. Teach use of proper size extension cord and how to make one.      c. Method demonstrations by agents, leaders, and power suppliers representative.

C. 4-H Activities

1. 4-H Camp

Members will attend camp at Holiday Lake. Senior members will attend Senior Camp at Holiday Lake and Camp Farrar.

2. Achievement Day

The Achievement Day program will be planned around the years activities, presentations of awards and special recognition for members and leaders.

3. County Contest

The County Contest will be held in March. The county winners will participate in the District Contest in Roanoke during May.

4. Community Activities

The clubs will help sponsor and carry out community activities in their respective communities such as cleanup campaigns, helping support charities, sponsor recreation, etc.

2. Clothing

<u>Objectives</u>	<u>Procedures</u>
a. Introduce young members to the art of sewing.	a. Method demonstrations by agent and leaders.
b. Teach first basic steps in straightening fabrics, simple stitches.	b. Method demonstrations by agent and leaders. Use of sewing machine.
c. Teach the use of a pattern.	c. Method demonstrations by agent and leaders.
d. Teach the proper care of clothing and how, when, and where to wear them.	d. Method demonstrations by agent and leaders. Movies and slides.
e. Teach good grooming to club members.	e. Talks, discussions, slides movies and demonstrations by club members and leaders.

3. Room Improvement

<u>Objectives</u>	<u>Procedures</u>
a. Teach the young member the use of balance in arranging furniture.	a. Method demonstrations by agent.
b. To introduce the use of color to the young members.	b. Method demonstrations by 4-H club member and leaders.
c. Teach cleaning methods.	c. Method demonstrations by agent and 4-H club members.
d. Teach the use of accessories for room, how to make simple accessories.	d. Method demonstrations by agent and members.

4. Rural Electrification

<u>Objectives</u>	<u>Procedures</u>
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year. The Honor Club will serve as a source for new All Star members. The members will serve as Junior 4-H club leaders.

6. Project Planning Committee

The Project Planning Committee will be composed of representatives of the Council, All Stars, Honor Club, 4-H members, and leaders.

The committee will study project needs for 4-H club members.

B. 4-H Project Work

1. Foods and Nutrition

<u>Objectives</u>	<u>Procedures</u>
a. Introduce young members to the art of cookery.	a. Method demonstrations by agent, leaders, and club members.
b. Teach the young club members table service and manners.	b. Method demonstrations by agent on setting table and etiquette.
c. Teach the members to use standard measurements.	c. Method demonstrations by agent on measurements.
d. Teach the older members how to mix pastry, bread, and cakes.	d. Method demonstrations by agents and leaders.
e. Teach the members how to plan and prepare good meals.	e. Method demonstrations by agent, leaders, and club members.
f. Teach food preservation.	f. Method demonstrations by agent and leaders on canning and freezing.
g. Teach the value of fresh grown vegetables and fruits.	g. Method demonstrations and tours. Girls entering the Sears Garden & Canning Contest.

The Youth Committee is composed of 11 prominent citizens of Patrick County. The committee will strive to correlate youth programs in the county.

At present, there are 31 4-H clubs, 5 FHA clubs, and 5 FFA clubs. Two teenage clubs and one group for young boys and girls.

The teenage groups are sponsored by two community clubs.

There are 3,620 boys and girls between the ages of 10-21 years in Patrick County. The Youth Committee will try to have programs which will include all these boys and girls.

3. County 4-H Council

The 4-H Council will be composed of officers from each of the 31 4-H Clubs in the county.

The County Council will aid agents and 4-H members in planning and carrying out better 4-H activities.

The Council will make and approve plans for the years program and activities.

4. All Stars

The All Stars will serve as junior leaders, help plan better 4-H club programs, etc.

5. Honor Club

The Patrick County Honor Club was organized in late 1958. The group will have a minimum of three meetings a

9. Plan to Publicize Home Demonstration Club Work

The home demonstration club program will be publicized in the local paper, through club work and by club members to non-club members.

III. FARM AND HOME DEVELOPMENT

The agent has been working with five farm and home development families. Plans will be made to improve the living and working conditions of five additional families in 1959.

A. Objectives

1. To assist more families individually.
2. To assist families with money management.
3. Wise use of the food dollar.
4. Use of the House Furnishing dollar.
5. Improve and increase home production of family food supply.
6. Teach families better nutrition.

The families will be helped individually rather than in groups in most cases.

IV. COUNTY EXTENSION PROGRAM - YOUTH

A. Organization

1. County Youth Council

The Youth Council has not been very active in 1958, but a youth committee will be set up for 1959.

2. County Youth Committees

Exhibits will be displayed and special programs given during this week. Members will attend the District Federation meeting.

4. Achievement Day Program

The Annual Achievement Day Program will be held to publicize home demonstration work throughout the county.

5. Work In Un-organized Communities

The agent will visit and work in at least three unorganized communities to promote the home demonstration program at Fairystone Park, Critz, and Vesta sections.

6. Judging Done By Local Leaders

Local leaders will judge in 4-H Achievement and Contest. If necessary, two of the leaders who have been trained, will judge out-of-county fairs.

7. Community Improvement Organizations

There are seven community improvement groups. The agent will work with at least one new community in 1959.

Improvements will be made on community, home, and farm basis. The community improvement program will be planned by the County Community Club Council.

8. Fairs

The home demonstration club members and agent cooperate with the Rotary Club in conducting the Patrick County Fair each year.

- a. Each club pay \$4.00 State Federation Dues by February 1, 1959.
  - b. Each club pay \$1.50 to County Home Demonstration Treasurer by February 1, 1959.
  - c. Leaders attend Leader Training Meetings and be responsible for demonstrations to be conducted by leaders.
  - d. Leaders send reports of demonstrations conducted by leaders to home agent following demonstrations.
  - e. Each club have a representative to attend the District Federation Meeting and the Institute of Rural Affairs.
  - f. Each club member submit Achievement Report to Program Development Leader by October 1, 1959.
  - g. Each club have a recreational leader and entertain group through the year.
  - h. Each club member have a physical checkup.
  - i. Each club help a needy family.
  - j. Each club member read 5 books from Good Reading List.
  - k. Each club undertake a community project for beautification.
2. County or Community Projects

The Meadows of Dan, Blue Ridge, and Virginia-Carolina home demonstration clubs will continue to assist their local Ruritan Clubs in erecting community buildings in their respective sections.

The Buffalo Ridge club will continue the landscaping of their church grounds.

3. National Home Demonstration Club Week

- e. Teach handicraft for leisure hours and how to choose accessories.
- e. Method demonstrations on Copper Tooling. Special Interest meeting on Hooked Rugs and Needlepoint during year.

3. Foods and Nutrition

<u>Objectives</u>	<u>Procedures</u>
a. Teach the homemaker the value of bread in the diet and how to make Yeast Breads.	a. Method demonstrations by leaders on Yeast Breads and variation.
b. Teach value of green and yellow leafy vegetables in the diet.	b. Method demonstrations on Salads and Dressings by leaders.
c. Teach the value of well balanced meals.	c. Special Interest Meetings on Weight Reduction. Stressing importance of good nutrition meals as well as stressing on excess of calories.

C. Federation Program of Work

1. Home and Community Beautification

<u>Objectives</u>	<u>Procedures</u>
a. Encourage the conservation of Dogwood.	a. Method demonstrations by agent and Federation Goal Leaders. Federation Goal Leader will discuss some phase of Home and Community Beautification for 5-10 minutes at each home demonstration club meeting.
b. Encourage use of flowers and greenery for interior decorations.	
c. Improve lawns.	

D. Other Activities

1. County Objectives

B. Home Demonstration Club Program

The Home Demonstration Committee is composed of members from each home demonstration club in the county. The committee is working toward an increase in home demonstration membership, to reach members who are working away from home, and to have more beneficial programs.

Subject Matter Fields

1. Home Management

<u>Objectives</u>	<u>Procedures</u>
a. Use of small laundry equipment for time & labor saving.	a. Method demonstration by agent. Kit of small laundry equipment.
b. Use of bleaches, starches, soaps, detergents, softeners on the new fabrics and finishes.	b. Leader meetings on uses of bleaches, starches, etc.

2. House Furnishings

<u>Objectives</u>	<u>Procedures</u>
a. How to reseat chairs for family hobby or for economy.	a. Method demonstration by leaders.
b. Teach the use of flowers for beauty in the home.	b. Method demonstrations by agent on Flower Arrangements.
c. Good taste in decorations for walls.	c. Method demonstrations by agent on Wall decorations.
d. Teach better care of floors.	d. Method demonstrations by leaders on Care of Floors.

b. Health and Safety Committee

The Health and Safety Committee set up the following long-time objectives.

- (1). Train homemakers to care for the sick at home and minor injuries.

A Home Nursing Committee has been set up and will coordinate a program on Home Nursing from the Red Cross to leading citizens of each community.

The Home Nursing Course will be held January 21-27th.

- (2). Increase knowledge of county people on work of the County Health Department.

The agent will ask the cooperation of Health Department representatives to give programs to home demonstration, community clubs, and 4-H club meetings.

- (3). Make people more safety conscious.

Have safety campaigns throughout county. Use radio, newspapers, and meetings to publicize safety.

c. Home Demonstration Committee

The Home Demonstration Committee will work toward an increase in the number of home demonstration clubs and number of members in 1959.

There are approximately 295 girls carrying Meal Preparation in 4-H clubs. The girls will receive training in good cooking methods, how to plan meals, and how to prepare well balanced meals.

Through a Weight Reduction Group, stress the importance of well-balanced low calorie diet.

- (2). Increase knowledge of wise spending of the family food dollar for working homemakers.

The agent will work with homemakers in home demonstration club, community clubs, and on individual basis in educating homemakers to spend her food dollar wisely.

- (3). Increase home production of food.

The long-time goal set up by the committee was to increase varieties of vegetables grown in home gardens from the average of five to fifteen by 1965.

Through garden discussions, nutritional programs, and specialist help the agent hopes to influence families to raise and use at least two new varieties of vegetables during 1959.

The agents, specialist, and community club presidents will discuss the advisability of a council and if advisable will set up a council for the purpose of pulling the communities together.

(3). Secure local sponsor.

The agent will cooperate with the community club council, if one is organized, to publicize the program enough to warrant a sponsor wanting to back the community improvement program.

4. County Home Economics Committees

To date, there has only been two Home Economics Committees set up. The Nutrition and Health and Safety Committees.

a. Nutrition Committee

The Nutrition Committee set up several objectives to work on.

- (1). To improve nutritional knowledge of county people on Vitamin A and Vitamin C as well as calorie wise.

The agent will stress the importance of a well balanced diet in 4-H, home demonstration, and community clubs.

The years program will consist of proper study lighting. Extension cords, electric safety, and demonstrations given by club members on minor electric problems.

- (2). Improve lighting in homes.

The long-time goal is to improve lighting in 150 homes by 1965.

The agent will plan tours and programs on good lighting for 4-H clubs, home demonstration clubs, and community clubs. The agent will try to influence at least 30 families in 1959 to improve their lighting, through community clubs, 4-H clubs, home demonstration clubs, newspaper and radio publicity, and individual home visits.

c. Community Improvement

The committee set up the following objectives for community improvement.

- (1). Increase number of community clubs.

There are seven community clubs now functioning. The agent will cooperate with the other agents in organizing at least one additional club in 1959.

- (2). Organize county council of community clubs.

- (1). Increase number of water systems under pressure in the county.
- (2). Hold tours to educate the people on the advantages of water under pressure in homes and on the farm.

The agent will cooperate with the other agents, dealers, and power suppliers in influencing at least twenty-five new families to have water under pressure.

There will be at least one tour held to show the advantages of having water under pressure.

The plan will be publicized in the local newspaper and the new radio station that is supposed to be operating.

b. Farm and Home Lighting

The committee studied the lighting situation for Patrick County and found that even though electricity is available in 93% of the homes, there is still poor lighting in the majority of these homes.

The committee set up the following objectives for long range planning.

- (1). Acquaint boys and girls with requirements of good lighting.

The agent has approximately 103 4-H club girls carrying the Farm and Home Electric Project.

A. Over-all Program

1. County Agricultural Extension Service Board

The Agricultural Extension Service Board has been set up and held some meetings; however, the board will be much more useful in the 1959 program; since there are more Agricultural and Home Economics Committees set up and functioning. A long-time extension program has been set up for the first time in Patrick County and the Agricultural Extension Service Board will play a big part in the functioning of the long-time program.

2. Home Economics Council

The Home Economics Council will continue to determine the home economics programs for this county. The committee will assist existing Home Economic Committees and assist in setting up new committees as the need arises.

3. General Interest Committees

There are three General Interest Committees set up for Patrick County long-time program. They are Water Systems, Farm and Home Lighting, and Community Improvement Committees.

a. Water Systems Committee

The Water Systems Committee viewed the present situation and trends for home water supply and set up the following long-time objectives:

1959 PLAN OF WORK

Elma Carter  
Home Demonstration Agent

Patrick  
County

I. COUNTY SITUATION

Patrick County is a rural county and is located on the southside of Virginia and is bordered by the North Carolina Line, Henry, Floyd, Franklin, and Carroll Counties in Virginia.

There are 2255 farms in the county with income derived from flue-cured tobacco, dairying, orchards, timber, and beef cattle.

Many of the homemakers are employed at the Stuart Knitting Mill, Patrick County Cannery, Stuart Lumber Company, and three United Elastic Plants, and many are employed with DuPont in Martinsville.

As a result of the farm women being employed and bringing home additional income, homes have been repaired or new ones built, new and more convenient equipment has been added to do the most efficient job in less time and expend less energy.

The farm home is beginning to resemble the urban home in looks and conveniences.

Family members have concentrated their efforts in spending their time more wisely, since in some instances the father and mother spend a great deal of time away from home or the homemaker has to divide her time between household chores and helping in the family tobacco crop.

II. COUNTY EXTENSION PROGRAM - ADULT