

being done. The program has been varied to suit the groups of different interests.

- (a) Publicized work of the home demonstration and 4-H clubs.
- (b) Continued to have banks to support 4-H clubs through donations to pay for Honor Club banquet.
- (c) Solicited support of other commercial interest in other projects throughout the county.

C. Other Professional Workers

Home Economics Teacher

- (a) Cooperated with the only home economics teacher in the county, by adjusting project work for 4-H girls taking home economics.
- (b) Gave information to home economics classes when requested.

D. Professional Improvement

- 1. Attended all training meetings possible to obtain new and latest information.
- 2. Read magazines and material which would have ideas for the program and information the ladies would be reading.
- 3. Belong to Professional Organizations... National and State Home Agents Association and the National and State Home Economics Association.

VII. This year has seen some progress. There are several things which might improve the program during 1960. Some of these are:

- 1. More publicity by news articles.
- 2. More home visits to areas with no clubs.
- 3. Visit old members to help increase interest in the program.
- 4. Have special interest groups when requests arise.
- 5. Have 4-H groups meet for work sessions when necessary.

The activities of this year's work has made some aware of what is

However, it did much more than that for through this 4-H parents and Home Demonstration members worked together in helping support the 4-H program.

The parents were asked to bring the food except the meat and some of the parents were asked to help in preparing the food with 4-H'ers serving.

The 4-H members sold tickets for the meal. This was also part of the celebration for National 4-H Week.

The place of the supper was changed two years ago to a church rather than the school .

Problems have caused changes to be made in the plans. Because of the lack of transportation it was difficult to get the food from all parts of the county. Also the problem of someone not bringing the food in at the last minute. From these problems it was decided the best solution would be to purchase all the food. This has helped in the quality of the food also.

Through this program the relation between the Home Demonstration and 4-H clubs has been strengthened and the parents have supported the program more.

B. (a) Co-Workers

Had conference with county workers discussing and planning work to be done.

(b) General Public

Tried to keep public informed of goals selected by the county home demonstration committee and 4-H committee and progressed toward these goals. Tried to keep public informed through news, radio and personal contact of new developments of research findings.

(c) Elected Representatives

Cooperated with county officials in the coordination of all county programs for the betterment of the county and its people.

(d) Commercial Interests

	<u>1955</u>	<u>1956</u>	<u>1957</u>	<u>1958</u>	<u>1959</u>
Total atten. at ldr. tr. meetings	8	6			
No. 4-H leaders trained individually	5	12	12	19	
No. club mtgs. held by ldr./w out agt.	94	67	12	14	
No. addit. club mtgs. at which ldr.assist	28	36	24	25	
No. demonstrations given by adult ldrs.	94	42	31	39	
No. demons. given by junior leaders	17	47	12	15	

B. One outstanding family in the county that has worked with the extension program is the Carson Lillard family.

There are four children at home.. two girls, Jean 17 and July 15 and two sons.

All are 4-H members and three hold offices in their clubs.

Mrs. Lillard has been interested in both 4-H and home demonstration club work for a number of years. She has been a 4-H leader in the Flint Hill community for the past six years. Since she has a beauty shop in the community it is not possible for her to be at all meetings and act as full time leader. She is project leader and assists with topics when possible.

Jean's 4-H work has been a great influence in the development of leadership. She has held offices in her club and county for a number of years. She was selected as an All Star and is an Honor Club Member. Jean has entered County and District demonstration Contests . She has also entered the Achievement Record Contests for two years.

Having a younger sister has been one of the opportunities Jean has had in working as a Junior Leader. She has worked with project groups for several years.

July is a little younger but is also showing her abilities as a leader. She has held two county offices in the County Council.

The interest of this family and their participation in the extension program has certainly meant much in their development of leadership.

I. a. The 4-H Clubs in the county each year sponsor a 4-H supper. This was started about ten years ago as a means of making money for the County Council.

	1955	1956	1957	1958	1959
No. H. D. Clubs	11	9	8	6	6
Membership	257	262	242	175	150
No. 4-H clubs.	8	9	9	9	9
Membership 129	129	110	113	129	95
No. Home Ec. Committees			1	1	1
No. Youth Committees					1
No. other families reached	599	590	591	400	425
No. different families reached	800	800	800	700	725

B. During this year one new club was organized between two communities which had had clubs in the past years. Publicity was given to the club program by news articles and radio programs when possible. Also information was given by these means to families not participating in organized clubs.

Information and assistance was also given to individuals upon request.

Through home visits some were reached and learned about the program in the county.

5. Leadership

Growth of Leadership

A. County Agricultural Extension Board	0	0	0	0	0
B. Youth Council	0	0	8	8	8
C. Home Economics Council	67	62	62	62	62

Home Demonstration Club Leadership

No. organizational leaders	0	32	26	19	10
No. project leaders (subject matter)	34	45	47	43	
No. Federation program of work chr.	10	8	7	6	6
No. Program development leaders	10	9	7	6	6
No. result demonstrations	47	39	30	15	2
No. training meetings by specialist	3	2	2	2	6
No. training meetings by dist. agt.	2	3	1	3	
No. training meetings by agents			3	1	
Atten. at all training mtgs.	30	50	37	11	50
No. mtgs. held without an agt.	32	41	30	6	12
No. meetings leaders assisted	43	23	24	5	15
Demonstrations by leaders	27	41	25	19	27
Talks and discussion by leaders	72	45	153	70	30

3.4-H Leadership

No. club officers	40	45	45	45	45
No. adult project leaders	17	18	12	12	12
No. junior project leaders	14	14	19	1	7
No. result demonstrators	2	2	2	2	0
No. training mtgs. by specialists	0	0	0	0	0
No. training meetings by agent.....	4	2	0	0	0

Results

1958 program was held in December. Only five girls' clubs had exhibits at the meeting. About 50 members and parents attended. The program was a talk by an IFYE, Betty Appearance. The 1959 program was held in November. Eight of the nine clubs had exhibits at the program. About 60 people attended the program which consisted of slides of county events.

9. County Picnic

Have a county wide picnic for all 4-H'ers with part of expenses paid by county council.

Results

Picnic was held in Luray with 58 leaders and parents attending. Drinks were furnished by the County Council.

10. Conservation Camp.

Have two boys and two girls and a 4-H leader attend conservation camp.

Results

No one attended this year.

Fair

Seven 4-H girls exhibited 15 articles at the Warren county Fair winning thirteen ribbons.

IV. Scope of Work.

Results

Four girls attended Short Course. No girl was recommended for All Star this year.

5. Rural Life Sunday

The purpose of Rural Life Sunday is to stress the importance of the Heart in developing the 4-H projects. Plans are to have a special county wide observance with 4-H'ers from all parts of the county participating.

Results

Rural Life Service was held Sunday morning in Flint Hill with 4-H'ers taking part on the program.

6. Share the Fun Contest

Have a special meeting for about 40 4-H'ers to participate.
Have county winners over 14 enter the state contest and county winners under 14 have scholarships to camp.

Results

About 80 people attended Share The Fun Program. One Junior winner attended camp. the older group did not go to Short Course.

7. Public Speaking Contest

Have five girls enter this contest.

Results

No one entered.

8. Achievement Program

- a. Have Honor Club plan and participate in the Achievement Program.
- b. Have each club make an educational exhibit.
- c. Give banner to most outstanding clubs.
- d. Recognize 4-H leaders.

1. County Contest

- A. Have a girl enter the county contest from each club and county winner to participate in district contest in all projects being carried. B. Have 5 older girls enter the State Achievement Contest.

Results

Three girls entered the District Contest this year. Two girls entered State Achievement Contest and won a red and white award.

2. National 4-H Club Week

Objectives of this activity will be to acquaint the parents and people in the county with work of 4-H Clubs, throughout the county.

- (a) Each club will make window exhibits, posters, etc. to celebrate.

Give publicity through radio and news articles of 4-H activities.

- (b) Have 4-H'er give radio program that week.

- (c) Have 4-H supper planned, prepared and served by 4-H'ers mothers and leaders as means of replenishing county council treasury.

Results

4-H supper was held again this year. Newspaper gave good publicity for the program. 4-H'ers took part on radio program.

3. County Camp

Objectives

- (a) Agent, two local leaders and 35 girls attend camp.
(b) Have all members attending the camp to be members of good standing with record books up to date.

Results

Sixteen of eighteen quota attended camp with one adult leader.

4. Short Course

- (a) Have two girls attend.
(b) Have one girl recommended for All Star.

Procedure 1

1. Have one club with six girls.
2. Have each girl give a demonstration.
3. Have exhibit at achievement night program.
4. Have girls take part in county contest.

Results

Four girls completed the project. One entered District Contest and one won a red award.

3. Foods..... The purpose of this project is to guide and teach the girls the basic facts and methods in planning ,preparing and serving foods and to prepare girls to carry some of the family responsibility in the daily work. Foods work for 1959 is also for the purpose of forming better food habits in eating for Healths Sake and to reach more families in the county through this method.

Procedure

Meal planning and preparation and breads.

1. Reach 25 in 4-H Clubs in these projects.
2. Project conducted in summer months in neighborhood groups.
3. Have one adult and junior leader for each group.
4. Agent train all leaders in group or individually.
5. Have club members keep records.
6. Have club members give a demonstration in her club.

Results

Twenty-seven completed this project in the various field of foods. Three groups met during the summer months.

G. 4-H Activities:

2. Have members give demonstration or take part in club project.
3. Put up an exhibit showing a phase of home safety.
4. Keep record of work done.

Results

Ten girls completed the project out of the twelve enrolled. Demonstrations were given at meetings. An exhibit showing a phase of home safety was made.

3. House Furnishings

Your Room:

The purpose of this project is to interest the girls in promoting better family living by having a more attractive bedroom, by learning the techniques and doing the work themselves, to reach other families by work they have done, save some of the family income through labor saved and have pride in their personal accomplishments.

Procedure

1. Have one group with 10 girls with leader.
2. Agent train leaders to give demonstration.
3. Have each girl give a demonstration.
4. Have girls make exhibit at achievement program.
5. Give publicity to this project.

Results

Eight of the girls completed the project and each gave demonstrations at club meetings.

Your Furnishings

Purpose of this project is to help girls make their homes more attractive through learning to make color plans, select accessories and arrangement of furniture.

each 4-H club will meet in the early summer for the purpose of planning the 4-H projects for the coming year.

B. 4-H Project Work

1. Clothing

Purpose of the clothing project is to interest and teach 4-H girls the first steps in sewing, how to construct simple garments.

These projects are to promote in the girls a desire to assist in the family living by doing the jobs made possible through what they have learned in the project.

Procedure

1. Have six clubs with 66 members enrolled in "So You'd Like to Sew and four girls enrolled in Make and Remake.
2. Have projects conducted in club meetings in the school during the school term.
3. Agent train leaders in groups or individually to give demonstrations.
4. Leaders will assist in giving demonstrations at meetings.
5. Have adult and junior leaders for summer groups.
6. Have club members keep records.
7. Have club members enter club and county contest.
8. Home Agent make home visits to club members.

Results

Seventy girls were enrolled and sixty-one completed the project.

2. Safety

Purpose of the safety project is to interest and teach the girls more about safety in the home.

Procedure

1. Have one club with 19 girls enrolled in project.

Two county meetings were held with excellent attendance at the fall meeting. About 50 4-H'ers attended from all clubs.

3. Honor Club

The purpose of the honor club is to recognize outstanding 4-H members and to develop enthusiasm and leadership among older 4-H'ers.

Honor Club Goals

1. Help with officer training at fall county council meeting.
2. Plan and participate in Achievement Program.
3. Develop leadership.
 - a. Each honor club member work with 2 or more younger 4-H members with project work and records.
 - b. Each honor club member work as a junior leader.
4. Have three meetings a year.
 1. One meeting for initiation of new members.
 2. One meeting for social.
 3. One meeting for business, election, plan of work, etc.

Results

Three meetings were held during the year and 10 new members were taken in. This was the first meeting for about two years. They selected as their project setting up a county 4-H Fund for awards and prizes.

Two meetings were held.. one business and one was a banquet sponsored by the banks and County Farm Bureau in the county.

Honor club members served as Junior leaders.

4. Project Planning Committee

The agent, 4-H leaders, junior leaders and a few younger 4-H'ers from

- c. Have reporter send in an article and picture each month to Head, Heart, Hand and Health.
- d. Have one boy and one girl talk to Home Demonstration clubs on progress of 4-H work and needs.
- e. Have a special Rural Life Sunday Service.

Procedure

1. Have special leader training meeting for both adult and junior leaders to acquaint them with 4-H program, goals, philosophy, awards, etc. that are available.
2. Agent contact leaders and 4-H members to attend camp and State Short Course. Get cooperation and help of 4-H'ers who attended past years in this project.
3. Continue use of county score sheet in selecting outstanding club and present 4-H banner at fall county council meeting.
4. Hold two council meetings in 1959.
 - a. Have fall meeting devoted to officers training workshop, selection of county goals for year.
 - b. Have spring meeting to make final plans for all summer and fall activities, recreation, training and final camp and short course arrangements.
5. Select reporters in each club to send club news to county chairman.

Results

The 4-H road signs were painted during the year. Also another one is being bought. During National 4-H week a boy and girl were selected as 4-H'ers of the year.

A number of articles have been in the Head, Heart, Hands and Health.

members attended. In the afternoon 25 4-H girls and F. H. A. girls saw a film on Careers.

In November the 1959 Achievement Program was held. It was an afternoon meeting since one was held in the spring. Two clubs had exhibits at the meeting and two of the six clubs were represented with 15 present.

5. Frederick County asked for four ladies to assist with the judging at their county fair. These were Mrs. Gilbert Updike, Mrs. Frank Gary, Mrs. Dennis and Mrs. Walter Saunders.

For the Warrenton fair Mrs. C. B. Johnson and Mrs. Walter Saunders assisted with the judging.

III. County Extension Program. I ough

4. Organization

1. County Youth Council

Organize a youth committee composed of boy and girl representative from the Honor Club and County Council, 4-H leaders and a representative from All Stars.

The purpose of this committee will be to study the county situation, select the most urgent county problems and to establish goals for the coming year that will help to solve the problems.

Semita

The council was set up to discuss problems of the county. This was made up of 4-H members and leaders.

2. County Council

The county will strive to strengthen the 4-H council by:

- a. Maintain 4-H Road signs.
- b. Sponsor one boy and one girl as 4-H'er of the year.

1. 4-H parents were contacted and needs of the 4-H program was discussed with the Home Demonstration club members.
2. Presidents and leaders conducted four meetings without agent in most of the clubs.
3. Some clubs had community recreation meetings.
4. Worked with Home Economics Department at high school in helping girls in selecting careers.
5. Each club sponsored a community project.
6. Club members reached non-members during the year.
7. Tea was sponsored for Senior Class and teachers in the spring.
8. Trip was planned to Washington, D. C. but due to number signed up it wasn't possible. However three members went to Waterford Fair.

D. Community Projects:

The purpose of community projects is to create interest and cooperation among families to improve their community through special projects.

Each home demonstration club will select such a project.

3. National Home Demonstration Week
 - a. The agent gave to the people of the county information on National, State and Local Home Demonstration work during National Home Demonstration Week. This was done by radio, newspaper, etc.
 - b. The agent will use outstanding women in personal stories in local paper
 - c. The home demonstration committee had 37 women to attend district federation meeting.
 - d. Tea was given to high school seniors and teachers during National Home Demonstration Week.
4. Two achievement programs were held during the year. In March the 1958 program was held since there wasn't one during 1958. Twenty-five club

5. Special Interest

The meeting on Planning Meals for Large Groups was the first planned for monthly meetings but so much interest was shown by people other than members, it was decided to make it special interest meeting.

Fifteen persons attended from ^{four} communities in the county. These were the communities where church suppers are often held.

Letters were sent to ministers in the county and news articles were written to give publicity.

C. Other Activities

1. County Objectives:

The purpose of the county objectives are to extend to the most families the influence and help given by the extension program.

Procedure :

County Objectives:

1. Contacted parents of 4-H club members to inform them of 4-H work .
2. Presidents and leaders were responsible for four or more meetings without agent.
3. Clubs held community recreation meetings with youth and family.
4. Worked with high school in setting up a vocational guidance program.
 - a. Made information available concerning scholarships.
5. Each club sponsored community project.
6. Each Home Demonstration Club member reached regularly one or more non members during the year.
7. The Home Demonstration Clubs sponsored a tea for high school seniors in the spring.
8. Tried to sponsor a county Home Demonstration educational tour.

Results

The purpose of this project was to promote better living through:

1. Learning how to do textile painting.
2. Teach members new ideas in Christmas decorations.

Procedure

1. Had leader training meeting by specialist .
2. Had leaders give demonstration to club members.
3. Gave pamphlets to each club member.

Results

New ideas on Christmas decorations were given to members . Some of these ideas were used in home decorations.

Two months were given to textile painting. One month the members selected stencils and cut them. The next month the members painted many articles that may be used for the home or given as gifts.

4. Federation Program of Work.

The Federation Program of work selected " Art in Daily Living ".

Objectives :

1. Encouraged more members to read five books on reading list.
2. Encouraged members to study paintings.

Procedure

1. Give reading list to each club member.
2. Send material to club Federation Chairman.
3. Have Federation Chairman give talks at club meetings.
4. Planned a tour to Washington, D. C. to study paintings and see buildings of interest but did not have large enough group at that time.

Results

_____ reading certificates were given to club members.

The flower arrangements and textile painting carried out principles in art.

1. Had leader training meeting by local people.
2. Had members bring flowers for arranging at club meetings.
3. Had demonstration by local people and agent.
4. Gave each member mimeographed material.

The Sperryville Home Demonstration Club is made up of a group of young homemakers. They were interested in studying one topic for the year and selected flowers... growing, arranging, drying and arranging dried flowers.

In December a specialist came and trained the leaders for the January, February and March demonstrations. This was on preparing the ground, pruning shrubs, and making seed beds. From this with some assistance from the agent the leaders gave these demonstrations. Then the club members got a resource person to teach corsage making. Some from this group assisted with making the corsages for the District Meeting.

There are several excellent flower arrangers in the county and one was invited to the club meeting to assist with the flower arranging. The members brought their flowers and containers and worked at the meeting. Then there were also demonstrations on how to dry flowers and on arranging the dried flowers.

The members were most interested in these topics and prepared an exhibit for Achievement Day on this topic.

Results

Meetings were held on these topics at the regular meetings. Many arrangements were made by the members. This is a topic that is most interesting to the members in this area. They were also interested in the demonstration on Making Corsages.

3. Crafts

The purpose of this project was to promote better family living through:

- (1) Learning, selecting and grading meats.
- (2) Learning how to prepare less expensive cuts of meats.
- (3) Planning menus for large groups.
- (4) Learning about special diets for the sick.
- (5) Learning unusual ways with everyday vegetables.

Procedure:

- (1) Had leader training meetings on three of the topics.
- (2) Had demonstrations given at club meetings by trained leaders and agent.
- (3) Gave each club member mimeographed material and pamphlets.
- (4) Did survey on one topic to see results from demonstrations.

Results

Four topics were given at club meetings with the Planning Menus for large groups turning into a special interest meeting.

These topics were accepted and one survey was made to see results obtained.

Specialists gave training meetings on the menus for large groups, diets for the sick and unusual ways with everyday vegetables.

2. Flower Arrangement

The purpose of this project was to promote better family living through :

- (1) Learning how to arrange cut flowers for the home.
- (2) Selecting flower containers for use in the home.
- (3) Learning more about arranging flowers for large areas.
- (4) Learning to make corsages for the home.

Procedure:

2. Increase the awareness of the families of the effect of poor

nutrition on family health in Rappahannock through :

- (a) publicity .. news, radio, personal contact.
- (b) demonstration on well balanced diets.
- (c) nutrition program in schools, 4-H and F. T. A.

3. County Committee:

In 1959 the county committee was used as a planning committee and was the steering influence in developing and carrying through the program. The committee was composed of the presidents and program development chairman of each home demonstration club.

The county committee held two meetings during the year (1959).

- (1) The spring meeting was to study program plans for 1959 and review work of the 1959 program to date and complete plans for 1958.
- (2) The committee was responsible for program discussion meetings for 1960 planning.
- (3) Committee sent one delegate to State Federation meeting.
- (4) Wrote news articles and gave publicity on radio.
- (5) Committee assisted in transportation of 37 club members to district federation meeting.
- (6) Committee published the year book and was responsible for financing the same.
- (7) Committee assisted agent in arranging for county wide special interest group meetings.
- (8) The committee sponsored the Home Demonstration Achievement Day.

B. Subject Matter

1. Food

- (c) Preparing special diets for the sick, including soft, light and general diets.
 - (d) Learning unusual ways with everyday vegetables.
3. Federation Program of Work - Art in Daily Living.
- (a) Encourage more members to read and discuss books, including book reviews at some club meetings.
 - (b) Give club members opportunity to study paintings.

II. County Extension Program.. Adult

A. Organization

1. Home Economics Council:

This group is composed of the County Home Demonstration Committee and representatives of Special Home Economic Committee.

The purpose will be to select the county problems prior to the Home Demonstration Planning and decide on the general goals for the coming year.

2. County Home Economics Committee

One committee on Health and Nutrition was organized with a member from each district, county health nurse, minister and district agent and home agent serving.

The problem " Health and Nutrition " was selected as the number one problem because :

- (1) A need existed for improving diets of families as indicated by Rappahannock dietary survey in 1952.
- (2) Recognition of this problem by Home Demonstration Clubs in selecting federation goal... Health and Safety.

Goals selected by this committee:

- 1. Study the dietary survey made through Home Demonstration Clubs, 4-H and the schools to determine the most pressing need in this area.

NARRATIVE ANNUAL REPORT

I. County Situation

Rappahannock is primarily an agricultural county. Most of the families are dependent on the farm for a livelihood. Livestock, apples and poultry are the chief sources of income. These are listed according to importance. The orchards furnish the income for both the low income bracket and the owners of a large income.

The majority of the families in Rappahannock are self supporting with average income. According to the 1950 census 72% of the families in Rappahannock have less than \$2000 income.

Crop conditions affect not only the owner of the farms and orchards but determine the income of a large percentage of the tenants of the county.

The family income has been greatly reduced because of the price cost squeeze affecting the rural population all over the county.

Because of the above conditions and the cost of living advancing year after year, in planning the 1959 program, considerations were given mainly to three outstanding needs.

1. To contribute to better family living by improving the living conditions of the home by:
 - (a) Learning new holiday decorations for the home.
 - (b) Arranging cut flowers for the home and learning to select the proper containers.
 - (c) Learning how to do textile painting.
2. To improve the nutrition of the family by :
 - (a) Learning how to select and the grading of meats.
 - (b) Learning more about preparation of less expensive cuts of meats.

Probably the two most outstanding contributions made to family living have been in arranging flowers for the home and planning diets for the sick.

Through local help demonstrations were given to clubs on arranging flowers for the home. The members brought to the meetings flowers and containers and arranged them there. Since flower arrangements add to the beauty of the home the members have worked on having arrangements in their homes more.

The other phase which has and will help family living was the planning of diets for the sick which included attractive trays and methods of entertaining the sick. Since the members in the Home Demonstration Clubs are divided into two groups... either young homemakers or older ladies... they will have occasions when the information included will be helpful.

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ANNUAL NARRATIVE REPORT

**COUNTY
EXTENSION
WORK**

Virginia Agricultural Extension Service

Anna Ruth Barnette

Name

Home Demonstration

Title

Agent

Assistant Agent

Assistant Agent

Assistant Agent



1959

Rappahannock

County