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which might have been done by our farm families still incomplete.

We believe that the farm families are pointedly aware of the value they are receiving through the Extension program and we feel that they will continue to welcome available help through such organizations and will follow recommended practices.

The family life program conducted this year has come a long way toward the betterment of family living and we believe it will continue to do so. We hope that by continuing the family life program for another year, our people will, through the various panel discussions and family life programs, be better fitted socially, economically, physically, spiritually, and mentally.

The agents wish to commend the homemakers, the 4-H and adult leaders, and all of our club officers and committeemen for their willing and expert help given in promoting the home demonstration program for 1956.

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very closely with the Superintendent of Public Instructions. We work with the County Welfare Association, the Red Cross and other such groups.

In October the Agent was asked to speak to a class of second year nurses at the University Hospital. They were interested in the Extension program of work we had done with our Tops club.

④ D. Elected Representatives

1. The Extension Agents work closely with the county officers
2. Monthly reports are sent to the Board of Supervisors
3. County officials are invited to activities of general interest and many of them are asked to speak at H. D. and other county and community meetings

E. We cooperate with commercial agencies whenever the work relates to extension work. We find this cooperation very helpful.

XIII. PROFESSIONAL IMPROVEMENT

The agents attended the state and national home economics meetings, did professional reading, etc.

XIV. APPRAISAL OF YEAR'S WORK

Again this year the home demonstration program has presented a real and stimulating challenge. While it was evident it has been vitally helpful to rural living, there is a definite feeling that there is still much more to be done. With its contribution to betterment of the over-all rural homemaking program as a general boosting of the people's moral, there are many things

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The book contains 172 pages of recipes and household hints. They are beautifully bound. The covers are of orange and blue and we feel they are a credit to the women of the county.

2. Another achievement is the realization of a dumping ground. The home demonstration women worked in connection with garden clubs and the county Board of Supervisors in achieving this goal.

XII. DEVELOPING GOOD RELATIONS WITH:

A. Co-workers

Our county extension staff works together on problems related to the over-all program. The Home Agent and Assistant hold regular consultations of monthly programs relating to the home economics part of the program.

B. Our work with the general public is excellent. We keep before the people at all times items of general interest through radio, news articles, meetings, etc. We are called upon daily for information and we not only try to assist wherever possible, but are benefited by the wonderful assistance from the general public.

C. Other Professional Workers

There is a very close relationship between us. We serve on various boards and committees, and they, likewise work with us.

The Home Agent is a member of the Visiting Nurses Association, a member of the nurses association of the county, and she is also a member of the Virginia League of Nursing. We work

These leaders have been very cooperative and helpful to the agent and club members. They helped with County Contest, Achievement Day, Baby Beef Sale, Camp and many other activities.

B. Growth of Leadership

HD Club Project Leadership	1952	1953	1954	1955	1956
No. project leaders (subject matter)	350	460	465	594	280
No. Federation program chairmen	24	24	24	19	20
No. program development leaders	24	24	24	19	20
No. result demonstrators	10	19	23	25	30
No. training meetings by specialists		1	1	13	
by district agents					
by agent		2	2	4	8
Attendance at all training meetings	250	525	437	389	402
No. meetings without an agent	128	126	140	91	202
No. meetings leaders assisted	204	194	163	160	167
Demonstrations by leaders			179	188	210
Talks and discussions by leaders			980	672	310

Growth of 4-H Club Project Leadership	1952	1953	1954	1955	1956
No. club officers			114	114	128
No. adult project leaders	28	28	20	20	14
No. Jr. Project leaders					7
No. result demonstrations				12	1
No. training meetings held by specialists	2		2	4	1
By agent	13	12	5	4	
by district agent					
by members club Dept.					
by others					
Total attendance at leader training meetings	49	41	66	101	6
No. 4-H leaders trained individually	9	11	15	15	2
No. club meetings held by leader without agent	55	54	12	13	10
No. additional club meetings at which leaders assisted	79	81	109	86	85
No. dem. given by adult leaders	146	153	11	25	8
by Jr. leaders OK	75	67	8	15	16

F. Significant Achievements/Extension in Home Economics

1. For several years the H.D. Club women had wanted to publish an Albemarle County Cook Book, so at last this dream has been realized. The cook books are to come from the press December 1st, and will be ready for distribution to the clubs, for sale, also two Charlottesville gift shops will handle them.

the program development leaders with their respective jobs and we feel that better programs are being planned and carried through.

3. Subject Matter

Each year the program planned determines the number of project leaders to be appointed. Leaders are appointed, elected or volunteer for the different subject matter demonstrations to be carried through this year. Leader training meetings are held prior to the months in which certain projects are to be given. At these training meetings detailed help is given to the leaders. They, in turn, take this information back to their club women. The women count it a privilege to serve as leader. They enjoy attending training meetings, not only for the help they get in furthering the program, but for the contacts with women from other parts of the county and the first hand information received. There is not a big increase in project leaders over last year, but the work they have done has increased over a period of years. This increase will show in table "Growth of Home Demonstration Project Leadership.

All twenty 4-H leaders serve as subject matter leaders. They give assistance to the agent, hold meetings, give demonstrations, and help their girls prepare for County Contest and Achievement Day. Some of our leaders will visit the girls at their homes to keep-up-to-date on their project work.

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On two occasions this year, she secured Mr. A. G. Smith, Associate Extension Horticulturist, from V.P.I. to speak on Rose Cultivation and Ornamental Shrubbery. Home Demonstration members were invited to these meetings.

#### 6. Home Economics

Cooperation in this phase is good. Whenever possible, we assist. We invite them to judge on various occasions and we likewise do the same for them.

### XI. LEADERSHIP

#### A. Contribution of Organization Leaders

##### 1. Organizational

Adult organizational leaders give valuable support to the Home Demonstration Program. These leaders arrange meeting places; conduct meetings, plan with the project leaders for demonstrations; see that clubs are represented at all leader training and other county meetings, and keep in close touch with agents and office secretaries for help when needed. This is done by calls, letters and office visits.

##### 2. Program Development

Each year these leaders are doing a better job in guiding their club women in good thinking toward building a program of work to meet existing needs in the county. Two meetings are held each year to acquaint

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materials for these puppets, and distribute them among club members to be made. Mrs. G. H. Nichols, a Home Demonstration Club member is county chairman of this project. Others serve regularly in the gift rooms at the Hospitals.

### 3. Civic Clubs

The home agents, Home Demonstration club members and 4-H members cooperate freely with civic and other organizations. We need other organizations and they need us, therefore, a very friendly relationship exists.

The most outstanding work by many of the civic organizations were the contributions made when it became necessary to raise funds to send our I.F.Y.E. delegate to Israel last year. However, upon her return last December, she was invited to meet with these clubs for a report and to show slides covering her activities. We feel that through this program a very clear understanding was made as to the value of our work with young people.

4. The agent worked with four other women's clubs during the year. She was invited to help at special meetings, to speak or give demonstrations. These clubs are delighted to return our help at any time.

### 5. Garden Clubs

We also work with the garden clubs. We secure speakers for them and the agent has been invited to give demonstrations for them on a number of occasions.

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H. Others

1. Civilian Defense

The Home Demonstration Clubs cooperated with the Civilian Defense Organization to the fullest. Four meetings were held and a study was made regarding safety methods in case of trouble such as a bombing and should evacuation become necessary. Also, each club had meetings on emergency supplies for the homes, especially food and fresh water supplies in case they ever be needed.

We were fortunate to have speakers from the State and District Offices as well as from our local Civilian Defense Office. Several hundred of our women serve as plane spotters, and have been doing this over a period of years.

2. Hospital Auxiliary

A large number of our Home Demonstration Club women are working with two hospital auxiliaries. They serve daily as helpers at the two city hospitals. They also serve as pink ladies, they wear pink smocks as their mark of identification. They take carts to public wards and private rooms, giving patients an opportunity to buy stationery, cigarettes, chewing gum, candy, sandwiches, and toilet articles. These women volunteer their services.

Also our women have made thousands of puppets for the Martha Jefferson Hospital. They meet, cut and assemble

At the first council meeting the new club officers were trained on their duties.

D. County Honor Club

The Honor Club has 14 active members now in the county. Four girls and three boys were taken in this year, making a total of 21 members. The Honor Club acted as junior leaders in their clubs, encouraged older boys and girls to stay in club work, helped to plan for camp, Achievement Day, National 4-H Club Week, and the float for the Apple Harvest Festival parade. Plans are being made now to build up the Honor Club in 1957.

E. All Stars

Albemarle has 33 active All Stars. Two new members were taken in at the District Key Award Banquet. The All Stars entertained the 4-H Club members at camp one night with a carnival. They donated the money for the 2 junior public speaking winners to go to camp as well as the junior Share the Fun winner. The annual banquet was held in March.

G. County 4-H Project Planning Committee

The County 4-H Project Planning Committee was held in June. Representatives from the 15 school clubs were asked to meet, however only 3 clubs were represented. Miss Lucy Blake, District Agent also attended. The committee decided on "Looking Your Best" as the club project to be taken in all the school clubs the coming year. They also picked out 6 topics under the project they wished to study.

8. 7 leader training meetings held, 311 attending  
9. 306 other meetings held, 8235 attending  
10. 210 meetings held by leaders, 2670 attending  
11. 66 result demonstrations  
12. Observed H. D. Club Week, with special meetings and exhibits  
13. Worked with four unorganized groups  
14. Assisted with Civil Defense and Safety programs  
15. Worked with two hospital auxiliaries

#### X. ORGANIZATIONS

##### A. County Home Demonstration Club Committee

The H. D. Committee is composed of officers and a few key women from each organized H. D. club. Its duties are to keep alert at all times on the carrying out of the program of work planned, and to meet and discuss, accept or reject new situations which may arise.

Two regular meetings are held each year and call meetings whenever necessary to meet arising needs.

The H. D. Committee is invaluable to Extension work, and the women of this committee give freely of their time.

##### C. County 4-H Council

The County Council held 2 meetings, one in December with 29 members present and one in March with 30 members.

Among the goals of the Council that have been accomplished thus far are:

1. A float in the Apple Harvest Festival
2. Public speaking contest for all members who wished to participate. Charlotte Culin was the Sr. winner and Marilyn Burton the Jr. winner.
3. The Council sponsored the lunch sale at the Baby Beef Show.
4. Rural Life Sunday and National 4-H Club Week were observed.
5. Each club paid their share of the quota promised for the National 4-H Center.

county at the District Contest.

#### 5. Other Activities

The 4-H Club leaders and members offer their help on many other county projects and activities. They sell lunch at the Baby Beef Show, planned and built a float for the Apple Harvest Festival and take part in National 4-H Club Week. The Honor Club put up an exhibit in a local store window to help celebrate National 4-H Club Week. Also the Piedmont Club had a banner displayed across Main Street for the entire week and posters were exhibited in the different communities in the county at local stores and in the schools.

#### IX. SCOPE OF WORK

	1952	1953	1954	1955	1956
No. H. D. Clubs or Groups	24	23	23	19	20
Membership	972	989	995	988	1018
No. 4-H Clubs	18	20	21	20	20
Membership	397	405	425	360	294
No. YMW Clubs					
Membership					
No. other families reached	2025	2070	1990	1614	1748
No. different families reached	1730	1890	1890	1891	1890
No. of community clubs			2	2	2
Membership			150	150	175 Est.

#### B. Work done to increase scope of work and to publicize home demonstration work

The activities listed below contributed largely to increase and publicize home demonstration work:

1. One new H. D. Club organized with 29 members
2. 188 broadcasts given by agent
3. 992 home visits made by agent
4. 1250 office conferences
5. 1542 telephone calls made
6. 207 news articles
7. 8675 bulletins distributed

2. Rural Life Sunday

Rural Life Sunday was observed by the clubs by holding a joint vesper service and picnic at 4-H Club Camp. The community club leaders and members planned the day with a picnic and program put on by 4-H Club members from the community clubs. Two of the clubs took part in their morning church service.

3. Achievement Day

Achievement Day was held on November 10 at the New Armory in Charlottesville. Plans were made in September by a committee made up of members and leaders as well as agents. Members exhibits were judged while they attended a movie at a local theatre. Premium money was given by the Farm Youth Foundation. After lunch there was an afternoon program which included the presentation of awards (115 medals were awarded), awarding the county 4-H banner to the club showing the most progress during the year, making the Danforth Foundation awards and citizenship award, and recognition of 4 girls as Honor Club candidates. The highlight of the afternoon was the Share the Fun Talent Show. Achievement Day was very successful with a large increase in attendance and exhibits over last year.

4. County Contest

The county contest was held October 20 at the Monticello Dairy. Members entered in 6 classes - clothing, Dress Revue, Bread, Canning, Home Improvement and Meal Preparation. Twenty-one ribbons were awarded. Miss Lucy Blake, District Agent was one of the judges. Five girls were chosen to represent the

Dorothy Via was a district winner in Home Improvement.

The Laundry project was taken and completed by 7 members as an extra project.

Fifty girls enrolled in Unit I of electricity and 7 in Unit II. Many dropped out before the end of the year. The project was planned at a planning meeting with representatives of VEPCO who conducted the project. Unit I was given in four elementary schools. Unit II was given in 4 meetings held after school at VEPCO. Demonstrations were given at each meeting and members were encouraged to give demonstrations. Fourteen girls completed Unit I and 7 Unit II. Billie Lee Powell was chosen as a District winner at the Electric Congress.

#### B. Other Activities

##### 1. 4-H Camp

A committee of members and leaders met in March and again in June to make plans for camp. A training meeting was held with Miss Catherine Peery, Rural Arts Specialist, the 4-H Club leaders and agents to acquaint them with handicraft items for camp. The main handicraft at our 1956 camp was glass paperweights and there was also wooden scrapbooks and wooden bookends.

Mr. W. A. Turner of the 4-H Club Department attended camp and taught classes in "4-H Opportunity". Classes were also taught in handicraft, songs, electricity and swimming. It was a very successful camp with 60 4-H members attending and 5 volunteer local leaders assisting.

## 2. Clothing

So You'd Like to Sew was the main project in the county. It was conducted in all the elementary schools after being voted on at the first meeting. Two hundred twenty-three girls started out in this project, 146 completed. Method demonstrations were given by the Assistant Agent on equipping a sewing box, needle case, apron, wrist pin cushion, stuffed toy and gathered skirt. Members exhibited their completed work at Achievement Day. They also held club contests within their club and exhibited their work at county contests.

Make or Remake was conducted by the 2 clubs in the school and by 2 community clubs as a summer project. The members voted in their club to take this project. Plans were worked out with the leaders, other club members took this as a home project under the supervision of the Assistant Agent. The members were taught to take an inventory of their clothes and demonstrations were given at each meeting by the Assistant Agent and members. Fifty girls enrolled in this project - 26 completed. The girls exhibited their work at Achievement Day and 6 members entered the county Dress Revue. The Albemarle High School Club held a club contest when they completed the project.

Looking Your Best was carried by 14 members as an out-of-school project under the supervision of the Assistant Agent. There were eleven completions. Two girls carried and completed a Home Improvement project and both entered the county contest.

fall meetings. Plans were made for conducting the project by discussing the project with the 4-H leaders in each of the two clubs and with the Home Demonstration Agent. Demonstrations were given at each meeting by the Assistant Agent, the leaders and the 4-H members. The Piedmont Club held an all day Bread project meeting one Saturday and the leader showed the girls how to make yeast breads. The 4-H'ers all gave a bread demonstration. Two girls entered the county contest in Breads and many bread exhibits were entered in Achievement Day. Thirteen out of 18 girls completed the project. Gaynelle Gibson of the Piedmont Club was our district winner and won a red ribbon at Short Course.

Meal Preparation was not carried as a club project by any of the clubs but 16 girls carried it as an out-of-club project. The agent gave them the information and visited some of them during the summer and held 3 foods meetings for them in the summer. The girls gave food demonstrations at their regular club meetings. Diane Hudson of the Proffiteers Club was a district winner in Meal Preparation and 8 or 9 girls entered the Meal Preparation Division of the county contest. Quite a few food exhibits were brought to Achievement Day.

The Proffiteers Club did some work in the Outdoor Meals project but did not have time to complete the project. Two girls took and completed the Food Preservation project. They exhibited samples of their canning at Achievement Day and both girls entered the county contest in canning.

the Home Demonstration women. The curtain material was ordered through home agent's office from the Scottsdale Mills.

The dream of the Cismont community has been realized with an oil hot air heating system, leading to five rooms and the auditorium; a fire escape added, water installed, a connecting building of cinder block built and heated with two rest rooms, one for boys and one for girls, consisting of four toilets and a basin in each. Draperies were made for all the windows and many other small conveniences added. Oh! yes a neighbor gave an electric stove, and a used refrigerator so that lunches could be prepared and served. About \$1,000.00 more is to come, but knowing these women as I do, it will come in no time.

Of course, there were other good projects conducted, but the two mentioned were among the best.

VII. 4-H Club Work

A. Project Work

1. Food and Nutrition

Two community clubs took the Bread project last year. Since the Assistant Agent started work in October it was too late for a county planning committee to select and plan the projects, therefore, the clubs selected what they wanted to take as a club project by voting at the

permanent meter, placing it in the nearby home of Mr. Robert Dean, who turned the lights on and off each night during the Christmas week. The opening ceremony took place on Thursday night before Christmas. Mr. B.B. Burruss, one of the oldest citizens in the community turned on the first Christmas tree lights, two ministers, Mr. Simmons and Mr. Sanger gave the Christmas devotion, and the community people sang Christmas carols. The entire community turned out for this program. The Home Demonstration Club plans to repeat this program again this Christmas, and in addition they are sponsoring individual community lighting. They are to be judged following the Community Tree Lighting Service which is to be held Friday, December 21st, and prizes will be awarded.

The Free Union Home Demonstration Club also sponsored another community project in October. A meeting on Social Security and Insurance. The community was invited to a covered dish supper, after which informed speakers spoke on the above two subjects.

2. The Cismont Home Demonstration Club concentrated on their School building. This school was badly in need of repair. It lacked fire escapes, heat and inside toilets, lights and many other things for the comfort of the children. The club put on a fund raising drive, conducted bake sales and supper making more than \$3000.00. Work and materials were donated and 101 yards of material made into drapes by

Specialist, we visited this home and helped with the selection of paper, paint, etc., for the remainder of the house. The entire house was made over and the results obtained make a telling result demonstration, which has been seen by a large number of people.

2. An all special interest meeting was held in the White Hall Community on Reupholstering. Club members and non-members interested in this phase of work were invited. Following this a family consisting of father, mother and son made over an entire living room suit of furniture. They cut down three large ornate chairs, tied springs, repadded and reupholstered these in addition reupholstered a large sofa. This work was beautifully done, and because of this many people became interested and made over beautiful pieces of old furniture.

#### B. Home Demonstration Club Community Projects

1. The Free Union Home Demonstration Club sponsored a community project last December that added lasting memories and friendship, when a large Christmas tree was planted and lighted.

The entire community joined together in making this project a credit to their community.

Mr. Ashby Bing, who lives in the community was chairman of this project and with other young men, planted the tree in a high and most conspicuous place, where it could be seen for miles. An electrician installed the

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## 12. Special Interest Projects

Arrangement of Kitchen for More Efficient Work predominated in our county this year. Not only has this been of keen interest to many of our home demonstration members but non-members as well. The agent is glad to report one kitchen in particular. She had an S.O.S. call from a gentleman from the north who had recently purchased one of the old homesteads in Albemarle County. He wanted help on his kitchen as well as on the other part of the house. When the agent arrived the kitchen seemed almost impossible - windows and doors in the wrong place, a traffic area through the kitchen, sink in the wrong place, in fact everything in the kitchen was wrong. After studying the kitchen the agent drew a plan and made recommendations. She was almost afraid to mention moving a huge radiator and placing the sink under the window in its place and closing up a window and moving a door, but she ventured to make these suggestions, and much to her surprise and gratification, the gentlemen said he would send the plan to his wife who was at that time in New York. Finally the plan came back o.k.'ed by his wife and he proceeded with the changes. When the agent went back the door had been closed, the radiator moved and the sink put in its place, the wiring for the refrigerator changed in order to work from the refrigerator, to sink, to stove. This kitchen is shaped up nicely and the owners are very pleased with the changes. During a recent visit by Miss Ruth Jamison, House Furnishings

of her six month travel as an I.F.Y.E. delegate. The people hearing her amounted to more than 2000 in number.

In May, Leovigildo Piedra V. of Costa Rico, an I.F.Y.E. delegate arrived in Albemarle County for a stay of three months. He lived with five host families while in the county. He was a young man with fine upright character, a staunch christian and was liked by everyone. While in the county he had the misfortune to become ill, and it became necessary for him to have an operation and remain in the hospital for two weeks. While there, the people visited him and showered him with gifts. The doctors and nurses at the University Hospital were interested in him also, and did much for his happiness and comfort while he was their patient. The doctors did the operation, and gave the medical care free.

While here, he celebrated his eighteenth birthday in the home of Mr. and Mrs. Nathaniel Crawford, Mildred Crawford's parents and, of course, they gave him a party. The birthday cake and all the trimmings. The young people of the community were invited to share the happiness and fun with him. Leo left behind him in Albemarle County, many friends, lasting friends, who wish for him and his people the very best in life.

Mr. Smith, also worked with a committee from the garden club, incidentally they were club members also, in planning for landscaping and planting a recreational park in one of the extended areas of Charlottesville. The club is sponsoring this work in connection with the City Recreation Department.

Results:

Walks improved	124
Porches improved	140
Entrances improved	125
Home grounds improved	263
Flower gardens improved	217
Mailboxes improved	144

9. Health

The Home Demonstration Health Center continues to serve a large number of people. Approximately 600 persons received examinations through this Center.

10. Community Rest Rooms

This phase of work was organized in 1924 by the Home Demonstration women of the county, and the rest rooms this year, served 17,838 people.

11. International Farm Youth Exchange

Our people are vitally interested in this program and go all out for it's support.

Our 1955 I.F.Y.E., delegate to Israel, Mildred Crawford, met with approximately fifty groups, during this year such as civic, school, P.T.A., church and many other organizations to show slides of

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and stencilling; etching; leather craft; drying flowers; making rugs; needlepoint, etc.

Results of these meetings have been told in preceding paragraphs.

#### 7. Vegetable Gardening

Many of our farm families continue to make the vegetable garden a must, and request regularly from the farm and home agents information on:

1. Garden Planning
2. Kinds and varieties of seed for planting
3. Testing garden soils
4. Control of insects, etc.

Two leader training meetings were conducted by Mr. L. C. Beamer, Garden Specialist, from V.P.I., one in January and one in June.

Results of the garden program:

Families with gardens	760
Value of vegetables used at home	\$14,450.00
Value of vegetables sold	\$8,673.00

#### 8. Landscaping

Much interest remains in long-time planting plans, flower gardens, entrances, walks, and many other improvements outside of the house.

On two occasions this year, Mr. A.G. Smith was invited to the county by local garden clubs to speak on various subjects relating to flower gardening. At each of these meetings home demonstration club members were invited. Following these meetings, Mr. Smith worked with the home agent and visited homes that had requested landscaping help.

The main objective was to strengthen and improve family habits by creating and maintaining love and understanding within the family household, and to reflect these good family habits so that other families could be reached.

Methods used were:

1. Set better health standards by proper foods at meal time, rest, family recreation and regular health checks.
2. Strengthen individual and family worship habits.
3. A better understanding of what constitutes good manners at different age levels.
4. Good examples set by parents.

Dr. Fessler from V. P.I. conducted a leader training meeting on Family Life early in the year, and these leaders did excellent work in their respective communities. Many of them not only led discussions in their local clubs, but were invited to speak at meetings in other communities. Local doctors and ministers cooperated in every available way to make this program reach as many people as possible. This was done through community meetings, panel discussions, and recreation. A large number of people have improved their individual family life by more and better recreation, inviting other families to join in with them. 600 families reported having family worship regularly.

6. Rural Arts

Our women felt that the program should carry subjects other than those connected with the daily household chores. Therefore, many special interest meetings were held relating to rural arts. Non-club members often were invited to take part. Subjects included at these meetings were: Painting

Results:

Pieces of furniture refinished - 271  
Pieces of furniture reupholstered - 147  
Number slip covers made - 322  
Number lampshades made - 129  
Number chairs reseatd - 175  
Number rugs made - 134  
Number curtains made - 245  
Number rugs made - 34  
Number pictures reframed and used - 211  
Number other families helped - 159

Thirty-eight result demonstrations were conducted in this project, one tour and 19 meetings were held at the result demonstrations with approximately 500 attending.

4. Houseing

Daily requests and calls were made to the Extension office for help on housing. Many of our families are faced with such problems as good plans for new houses, remodeling old ones, storage, etc. Mr. C. D. Wheary, State Houseing Specialist made several trips to the county to work with the agent in helping the homemakers in meeting many of these needs.

Results:

New homes built - 16	Utility rooms added - 167
Homes remodeled - 75	Kitchens improved - 135
Bathrooms installed - 63	Laundry rooms - 83
Homes already with bath - 596	Central heat - 42
Storage improved - 376	Electricity added - 63

5. Family Life

Family life was included in the program again this year. The month of January was devoted to this subject. Studies were made throughout the county dealing with the individual families, contacts were made by the local extension agents and the leaders who had been trained through leader training meetings for this subject.

To help homemakers arrange their kitchens more conveniently, to save time and energy; to help homemakers do the cleaning job more efficiently by the use of newer and easier methods and to encourage family security through social security and the proper insurance.

A leader training meeting was conducted by Miss Helen Alverson, State Management Specialist and attended by 76 leaders who returned to their local clubs and taught through demonstrations, the knowledge gained from Miss Alverson. Also, we were fortunate in having the area supervisor from the Social Security and local insurance companies to speak at ten club meetings.

The women have been pleased with the management program. Nineteen clubs were exposed to better management in the home - such as: wise spending, house cleaning made easier; social security and insurance.

### 3. Housefurnishings

To help our homemakers appreciate and use to better advantage the many lovely pieces of furniture they already have instead of discarding them for the newer and more modern furniture, and to help the homemaker to economize when buying and to buy furniture with good lines and lasting features, "Good Design in House Furnishings" was selected as a study. Also, to teach good, color and proper frames for certain pictures, "Selecting and Framing Pictures" was included.

Miss Ruth Jamison, House Furnishings Specialist trained 44 leaders to teach through demonstrations these subjects to their local club women.

two subjects were to encourage farm families to grow and use home grown products and to practice better nutrition in so doing. Of course, this in a large measure spurred them on to freezing, canning and storing these home grown products.

The use of more nutritious used as a result of the soup demonstrations were reported, and our women were delighted with the ideas gained in preparing meals ahead to be served in emergencies, etc., especially the women who work away from home found them a great help.

In January, food leaders were trained by the State Nutrition Specialist, and they in turn, took back to their home clubs the new ideas gained at the County meeting.

Results:

Number families serving more soups	560
Number families preparing meals ahead	560
Number families with home freezers	329
Number containers vegetables canned	10,705
Number containers fruits canned	17,315
Number pounds fruits and vegetables frozen	27,545
Number pounds meats frozen	30,721
Number pounds vegetables stored	40,050
Number pounds meat stored	42,150

2. Home Management

Planning for guest in the home, Kitchen Arrangement; House Cleaning Made Easier and Insurance, Social Security were the subjects studied and practiced under Management. The objectives were:

To teach family adjustment and make the home meet certain needs, should permanent guest move in;

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V. ADULT WORK

A. Project Work

The main objectives in the 1956 program of work were directed to meet some of the most important needs of the people in our county. Some of these needs have been mentioned in the preceding paragraph as long time goals, and in addition, Food and Nutrition; Home Management; House Furnishing; Vegetable Gardening; Landscaping; Rural Arts were added.

Ways of interesting the people in becoming more aware of their needs and trying to do something about them were, by method demonstrations; sixty-six result demonstrations and meetings and tours of such demonstrations; daily radio program; news articles; home visits; discussion groups; seven leader training meetings, with 311 in attendance; 306 other meetings, with 8235 attending; approximately 200 of the above meetings were method demonstration meetings, and 212 meetings held by local leaders, 2670 attending. Also by the 4-H Club program, especially the 4-H Camp in the summer.

1. Foods and Nutrition

Two main food subjects were included in the program - "Nutritional Soups from Home Products" and "Meals that can be Prepared Ahead of Time from Home Grown Products". The chief objectives in including these

IV. COUNTY SITUATION

Albemarle County has had a continued change in it's economic and social condition over a period of years. These changes have been caused by a number of large factories coming to the county. New families have moved in, people have moved to the towns, and many small farms have been sold to the wealthy northerners, and westerners who desire our beautiful county for a place to live.

The factories are employing many of our people, both men and women. Of course, this means more ready cash, but there is a question as to the advisability of this way of living. Money easily earned, is easily spent. It is hard to make these people realize the importance of saving. Yes, of course, they have cars, radios, T.V. sets, but many neglect to put their money into homes and conveniences that would benefit them, and make a more comfortable and happier family life.

In Albemarle County, there are 748 square miles, with a population of 26,662 rural people, 14,953 non-farm families and 25,962 urban families.

The types of agriculture are chiefly small grain, poultry, fruits, dairying and beef cattle.

As our Committee sees it the long time goals are: Housing; Family Life and Health.

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# Annual Report

## COUNTY EXTENSION WORK

Virginia Agricultural Extension Service



1956

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Allegheny  
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