

ANNUAL NARRATIVE REPORT

**COUNTY
EXTENSION
WORK**

Virginia Agricultural Extension Service

Mrs. Anna B. Elean

Name

Home Demonstration

Title

Agent

Assistant Agent

Assistant Agent

Assistant Agent



1959

**Campbell
County**

ANNUAL NARRATIVE REPORT
HOME DEMONSTRATION WORK

MRS. ANNA B. ELCAN, HOME DEMONSTRATION AGENT

DECEMBER 1, 1958 to NOVEMBER 30, 1959

MRS. LOUISE W. REED, SECRETARY

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HIGHLIGHTS

1. Foods and Nutrition

One of the outstanding contributions made to family living as a result of this year's program was more families served more adequate meals to their families. Homemakers became more interested in the importance of practicing good nutrition. They spent more time in planning and preparing meals, prepared a greater variety of foods, saved time and money by preparing mixes at home, used more locally produced foods in diets, and saved money by doing more planning before spending the food dollar. The Extension Service reached more families with information on food and nutrition programs.

Methods used included training meetings, special interest meetings, method demonstrations by leaders and agent, exhibits, skits, office calls, home visits, news articles, bulletins and other publications and cooperative work with other organizations. Assistance was received from state specialists, power companies, dairies, elected representatives, and representatives of mass media.

2. Leadership

The Extension program reached more families because of the participation of leaders. Leaders served as officers, chairmen of committees, and subject matter leaders. In doing so they became better citizens, potential leadership was developed, and more people received educational information.

Leaders became better informed on educational programs available through the WPI Extension Service. They became better homemakers, they inspired others to use improved practices and they gave information to other homemakers. When leaders assumed more responsibilities, it was possible for the agent to reach more families with other educational programs.

I. County Situation

Campbell County is located in the southern Piedmont Plateau of Virginia and covers an area of 529.2 square miles. The topography is rolling and hilly. The James River forms the northern border and the Roanoke (Staunton) the southern. Altitudes range from 600 feet above sea level in the river valleys to nearly 1,500 feet on mountain peaks. Temperatures average about 38 degrees in January and 77 degrees in July. The frost-free growing season extends from around April 10 to November 1.

The population of the county exceeds 30,000. The county is adjacent to the City of Lynchburg which has a population of 53,000. The Office of Statistical Standards of the U. S. Bureau of the Budget in Washington has designated Lynchburg and Campbell County as a standard metropolitan area.

The population of the county is increasing with the development of many subdivisions. The area is experiencing business and industrial expansion. Approximately 76% of the population is white with 24% non-white.

The 1954 census listed 2,084 farms having an average size of 114 acres. There were 1,686 white operators. Farm numbers have decreased more than one-third since 1935. In 1950 the population was classified as rural farm 35.4%, rural non-farm 53.1%, and urban 11.5%.

The principal sources of farm income are field crops, including flue and fire-cured tobacco; dairy products; livestock, poultry and eggs. Approximately 45% of all farms are classified as residential or part-time.

Industry offers varied opportunities for employment, such as General Electric Communication Products Department, Babcock and Wilcox Atomic Energy Division, textile manufacturing, apparel manufacturing, and retail store merchandising.

Twenty-five percent of women who are fourteen years of age and over are employed mainly in the City of Lynchburg and in the towns of Altavista, Brookneal and Rustburg.

There are four high schools in the county for white students and a total of eight elementary schools. 4-H Club groups are organized at seven of the elementary schools and one high school. The agent also works with five community 4-H clubs.

Telephone service is available throughout the county but not to all who wish this service. Three power companies furnish electricity to customers in all areas of the county.

The new Campbell County Health Center was completed this year and provides excellent facilities, including a room where general meetings can be held. There are three hospitals in Lynchburg which serve the area.

Recreation facilities are very limited with no organized program available in the county. Marketing facilities are available for most crops and livestock. The City of Lynchburg has good shopping facilities.

II. County Extension Program - Adult

A. Organization

The county home economics Extension program was developed by general interest and home economics committees and the county home demonstration club committee.

Members of the safety, nutrition, and home lighting committees assisted with plans for these programs. The county home demonstration committee planned the annual program for the fifteen home demonstration clubs.

The home demonstration committee is composed of the presidents, program of work chairmen and key women representing the clubs. Two meetings were held to plan and evaluate progress of Extension activities. The officers of the committee also met with other committees to plan special events, such as the kitchen tour and achievement day program.

Officers of the committee are: Mrs. M. B. Tilletson, chairman; Mrs. G. Hunter Jones, vice-chairman; Mrs. Ira Williams, secretary; Mrs. O. P. Snow, treasurer; Mrs. G. Terrell Connolly, publicity chairman; Mrs. P. W. Payne, home and community beautification; Mrs. E. T. Hicks, Jr., health; and Mrs. Carlisle Wisecarver, Jr., safety chairman.

B. Subject Matter and Special Emphasis Areas

1. Foods and Nutrition

The programs selected by the committee for monthly home demonstration programs were: New Ideas in Meat Cookery, Nutritious Snacks and Refreshments, Salads, Recipes Using Virginia Apples, Homemade Mixes and Ways of Using Them, and Cake Decorating. Other topics included in the county program were meal planning, using more milk and milk products, freezing foods and family garden.

Some of the problems were: Inadequate diets, lack of variety in diets, lack of planning before shopping, too many "sweets" were eaten between meals, limited time spent in preparing meals, high cost of groceries, and many homemakers were unaware of the Extension programs.

The people were expected to learn more about the importance of planning and serving adequate meals for the health of their families, how to make the food dollar go farther, how to prepare foods in different ways to add interest and variety, how to use more locally produced foods - apples, cottage cheese, meats, and fresh vegetables, how to save time and money by preparing mixes at home, and to become better informed on resources available from the Extension office.

The work was carried on by leader training meetings, method demonstrations, special interest meetings, office calls, bulletins and other publications, exhibits, news articles, and home visits.

Foods leaders were selected by club members to represent each home demonstration club at leader training meetings. In order for more people to have the opportunity of becoming project leaders, different women were selected, or volunteered, for each month. One hundred and thirty-six women served as foods leaders.

Mrs. Mary L. Thompson, Extension Foods and Nutrition Specialist, trained leaders for the demonstrations on nutritious snacks, new ideas in meat cookery, salads, and cake decorating. The home demonstration agent assisted by home economists from Appalachian Power Company conducted training meetings on recipes using Virginia apples, and preparing and using homemade mixes. Training meetings were held in the Appalachian Power Company demonstration kitchen with excellent cooperation. All meetings were attended by almost one hundred percent of leaders from fifteen home demonstration clubs. Some were attended by representatives of Young Homemaker groups, the dietitian at Lynchburg College and others interested in foods and nutrition.

Leaders gave eighty-four method demonstrations. Members and others were given copies of bulletins and mimeographed recipes prepared by specialists and the agent. Congressman Richard H. Poff furnished copies of "Meat for Thrifty Meals" for distribution. The members felt that all demonstrations helped them provide better meals for their families. They thought that the meetings on salads, apples and mixes were most helpful.

Exhibits on each of the food demonstrations were made by six different clubs at the achievement day program. The Gladys Club presented a skit, "Johnny Applesed", showing a variety of dishes using apples. They received suggestions and assistance for the exhibit from the National Apple Institute, the State Apple Commission, Senator Harry F. Byrd, and the local apple producers. The illustrative material was used in local stores following the program.

Homemakers are spending more time planning nutritious meals, a greater variety of foods are included, children and adults are eating more nutritious snacks, more salads are served to increase the intake of Vitamin C, there is a better understanding of the economy of using locally produced foods and a renewed interest in the preparation and use of the master mix, pie crust mix and cream pie filling mix. This latter demonstration has been enthusiastically received as a means of saving time and money.

Decorating cakes gave the homemakers ideas which the amateur could use for family birthdays and other occasions. It was recognized by many as a creative activity and also a money-making project.

Homemakers feel that they are wiser consumers. Suggestions on buying were included at each food demonstration as recommended by the nutrition committee. The agent attended a very helpful class on food buying conducted by Mrs. Mary L. Thompson at the annual agents' conference.

The agent cooperated with the Lynchburg dairies on a project on the use of cottage cheese. Both dairies sent their customers cottage cheese leaflets furnished by the State office and encouraged people to request further information from the home demonstration agent. The agent received over six hundred requests for the bulletin "Recipes for Cottage Cheese Dishes". It is felt that this followed up programs conducted last year on the use of milk in the diet.

Numerous requests were received for information on canning and freezing foods. Approximately half of the home demonstration club members report improving food preservation by the use of home freezers.

The agent gave a talk on the uses of honey at a meeting of the Piedmont Beekeepers Association.

To encourage the use of recommended varieties and practices in home gardens, two hundred families received copies of the monthly garden newsletter. Most of these were distributed upon request by garden chairmen.

Bulletins, leaflets and mimeographed recipes were available from the bulletin rack. Club members also took copies to non-club members. This increased the number of people who received educational information available from the Extension Service.

The food and nutrition program has contributed to better living and better health for approximately eight hundred families.

2. House Furnishings

The programs included were: New Fabrics and Finishes, Restoring Accessories, and Home Lighting. The needs were to become better informed on new fabrics, to learn how to clean and restore articles which could be used as accessories in the home, to save money by using available items, to learn how to plan and make a hooked rug, and to learn how to provide adequate lighting for the home.

The agent gave the demonstration on new fabric and finishes at thirteen meetings and trained leaders to give the demonstration at two meetings. The loan exhibit from Sears, Roebuck Company was used in addition to materials available from other local stores. An interesting and informative exhibit was arranged by the Sherwill Home Demonstration Club at the achievement program. They secured the cooperation of a local merchant, "Stratton's", who arranged an educational display showing new fabrics with information labels describing content.

Miss Ruth Jamison, House Furnishings Specialist, conducted a leader training meeting on "Restoring Accessories" at the Rustburg Presbyterian Church basement. Leaders gave the demonstration at twelve meetings. The agent gave three demonstrations and assisted with others.

Yellow Branch Home Demonstration Club had two work-day sessions. Many attractive and useful articles were restored and refinished. Members of this club arranged an outstanding exhibit at the achievement program under the direction of the leaders, Mrs. Carlyle Pettit and Mrs. Sam Winston. The demonstration at the Fllet Club inspired many in the community to do additional restoring of accessories and furniture.

Two hundred and forty homes have been made more attractive and comfortable through careful choice and use of restored articles. The women have developed a greater appreciation for articles on hand that can be made useful. They have used improved methods in cleaning and restoring articles made from wood, brass, copper, tin, wrought iron, pottery, and baskets.

The agent had several individual requests for assistance and information on refinishing furniture, buying furniture, buying rugs, making draperies, slip covers and upholstering furniture.

The special interest meeting scheduled for upholstering furniture was not held.

Work was continued on home lighting following two open house light demonstrations last year. Families were given information on how to plan adequate lighting in their homes. A member of the home lighting committee, Mrs. Travis Jones Cardwell, was invited to be on the program at the spring meeting of the Virginia Farm and Home Electrification Council in Richmond. She explained the cooperation of agencies in the open house light demonstration. The agent showed colored slides made when the Cardwell home was light conditioned.

The agent wrote a feature article on home lighting for the farm page of the Lynchburg News. Illustrations used included two homes in the county which had been light conditioned.

3. Home Management

The home demonstration club program included a demonstration on "Saving Time and Energy in Housecleaning". A kitchen tour was planned as a special interest activity. The need was to learn how to select and use cleaning supplies and equipment and to plan more convenient kitchens.

A leader training meeting was conducted by Miss Helen Alverson, Home Management Specialist, at the Quality Dairy in Lynchburg with fourteen clubs represented. Different types of cleaners were loaned by Miller and Rhoads in Lynchburg. The leaders and agent gave a total of fifteen demonstrations.

The homemakers improved methods of housecleaning by learning to select the type of wax suited to use, the factors to consider in selecting cleaning equipment and ways of saving time when housecleaning. The Forest Hill Home Demonstration Club presented an effective skit on this subject showing accomplishments at the achievement program.

A kitchen tour was held in cooperation with the Appalachian Power Company and Virginia Electric and Power Company. Twelve kitchens were included in the tour to show ideas which could be used in both new and remodeled kitchens. The tour was open to the public. Over one hundred homemakers took advantage of this opportunity to see improved and new kitchens. A number of individuals have requested assistance in planning new and remodeled kitchens.

4. Rural Arts

"Creative Crafts for Children" was the topic for the program in April. The objectives were to teach the value and use of crafts for children, to show the use of inexpensive materials, to encourage wholesome recreation for the family and to share information with others.

The training meeting conducted by Miss Catherine Peery, Rural Arts Specialist, was attended by home demonstration club members, persons in charge of church schools, 4-H club leaders, Boy Scout and Girl Scout leaders. When leaders gave the demonstration at club meetings, persons in charge of crafts at Bible Schools were given special invitations.

The demonstration was enthusiastically received as practically all homemakers had occasion to use the information with youth. They realized that creative activities could be planned with little or no expense. The Colonial Club presented a skit with children wearing Indian costumes and playing musical instruments which they had made.

A special interest meeting on hooked rugs was also conducted by Miss Peery. Sixteen homemakers were assisted with plans for making a hooked rug, how to dye materials and methods of hooking rugs.

Recreational meetings were held by a majority of the clubs during the month of August. Emphasis was on recreation for family groups.

5. Clothing

Special interest meetings on clothing construction were held in two communities to give homemakers new methods of achieving the professional look in home sewing. Members have made an average of ten garments during the year. Pilot Club members presented a dress revue showing garments made by members.

6. Home and Community Beautification

This program of work was continued for the third year in order that there could be greater progress in making homes and communities more attractive. The goals were to increase the number of families making plans for landscaping using recommended practices in planning, planting and caring for lawns.

The program was planned and directed by the program of work chairmen in the fifteen clubs and the county chairman, Mrs. P. W. Payne. The chairman held a training meeting assisted by Mrs. John Mohr, Horticulturist from Lynchburg's Nursery. Club chairmen presented short programs at intervals throughout the year and were in charge of the demonstration in October. Four result demonstrations were continued with colored slides used to show progress.

Bulletins and leaflets were distributed to members and non-members on phases of the program. Many others received this information from the bulletin rack and individual requests. The Mt. Athos Club arranged an informative exhibit at the achievement program showing specimen of shrubbery adapted for use in the area.

Club members have made their home grounds more attractive by planting an average of nine new shrubs and trees, pruning existing shrubbery and trees and developing lawn according to a long-time plan. One woman said they had never transplanted dogwood trees successfully until she used the method recommended by Mr. A. G. Smith, Jr. at a leader training meeting two years ago.

7. Health

This long-range Federation program of work was continued by the home demonstration clubs with Mrs. E. T. Hicks, Jr., county chairman. Home demonstration club chairmen attended a training meeting and presented timely topics throughout the year. Sixty percent of the members had an annual physical check-up as recommended. The Tyreanna Club sponsored the project of giving Rocky Mountain Spotted Fever for all men, women and children in the community. This has become an annual project sponsored by the club and the county health department.

8. Safety

Safety was emphasized during the year as a long-time program of work bringing recommendations of the Safety Council to the attention of home demonstration club members. Club chairmen attended a county training meeting. Representatives attended the Rural Safety Council meeting in Roanoke and other safety meetings. It is felt that people are becoming more safety conscious and that accidents have been reduced.

Significant Story in one Subject Matter Phase

"Restoring Accessories" was included in the home demonstration program by the planning committee to help make the homes more attractive and comfortable through the use of restored articles. Many homemakers were using too many articles which were clutter and useless while items with good design were stored.

The program was conducted by clubs throughout the county but the case story will show activities resulting from the method demonstration given by house furnishings leaders in the Pilot Club. An all-day work session was held. Mrs. John Martin was one of the members who was inspired to make additional improvements in her home. Three months later she proudly used in her living room a refinished chest, washstand, table, and restored accessories which added charm to her home.

The program has resulted in more attractive homes, greater appreciation of good design in accessories and furnishings, improved home management practices as a result of removing clutter, and the satisfaction of accomplishments.

Additional programs have been requested on house furnishings.

C. Other Activities

1. Community Projects

The home demonstration clubs sponsor the Campbell County Reading Room in Rustburg. The library has around 3,500 volumes for circulation to the public and club members. Clubs have contributed books and funds to purchase new books.

Clubs have library chairmen who are responsible for securing books from the library to promote good reading. Seventy-one members were awarded reading certificates at the Achievement Day program.

Mrs. Jack Blankenship replaced Mrs. O. L. Watkins, deceased, as librarian. The Reading Room is open to the public from 2:00 to 5:00 o'clock five days a week.

The Sherwill Home Demonstration Clubs assisted with improvements at the Sherwill Community Center, raising money by helping serve meals at the annual meeting of the James River Fox Hunt Association.

The Bob White Home Demonstration Club has raised approximately two thousand dollars this year and will soon start construction on their club house.

New London home demonstration members canned over 400 quarts of Brunswick stew to raise funds for community projects.

The Quaker Club gave assistance to two girls at the Lynchburg Hospital and Training School furnishing clothing and funds for an educational course not available at the hospital. They dyed Easter eggs for a party for the patients and assisted with a summer carnival.

Yellow Branch Club contributed to the newly organized Campbell County Fire Department.

Naruna, Pilot and Gladys Clubs served meals to the Ruritan Club. The Gladys Club contributed to the community beautification project assisting with the planting of trees and roses. All civic clubs in the village are cooperating in the project started by the Garden Club.

The Brookville Club sponsored delegates to 4-H Camp and the Institute of Rural Affairs.

2. County Home Demonstration Objectives

The county was represented at District Federation Board meetings. Thirty-one members attended the District III meeting held at Longwood College. The county report was given by Mrs. Terrell Connally.

The women from the county who attended the State Federation meeting and Institute of Rural Affairs were: Mesdames S. S. Gilbert, W. G. Robinson, Terrell Connally, Cecil Elliott, C. B. Feagans, Jr., G. F. Isaacs, Charles Patterson, J. W. Wilson, Earl Calohan, F. W. Butterworth, A. M. Clark, and the agent. Five were accompanied by their husbands.

The Home Demonstration Club yearbook was planned by a committee with Mrs. L. W. Bibb, III, chairman. Books were donated by the Campbell County Bank and C. I. Anderson Insurance Agency.

Clubs assisted with the Bloodmobile twice by furnishing sandwiches and serving as hostesses.

Club members gave educational information to others in their communities regarding Cancer, Polio, Red Cross and programs of the County Health Department.

3. Achievement Program

The annual achievement program was held at Quaker Memorial Presbyterian Church in Lynchburg on October 22. The committee did an outstanding job planning the program to show achievements with all clubs participating. Each club was responsible for presenting a skit or exhibit/or both on the different monthly programs, program of work activities, and special interest meetings. The review of accomplishments was narrated by Mrs. J. J. Mays with a representative of each club making necessary remarks about their contribution to the summary of the year's work.

The afternoon program featured guest speakers, Mrs. David E. Corey from Blacksburg, official HD delegate to the Associated Country Women of the World meeting in Scotland, and Miss Hallie L. Hughes, retired State Girls' 4-H Club Agent. They showed colored slides and gave an enthusiastic account of the trip to Scotland to attend the Triennial Conference of the Associated Country Women of the World.

D. Programs with Urban Families

The area of the county near Lynchburg is rapidly becoming more urban. The agent has not had sufficient time to spend in developing specific programs as there are many demands on her time. However, several homemakers in this area belong to home demonstration clubs. They furnish their neighbors with information.

The agent has numerous requests for information, especially on the subjects of foods and horticulture. Many newcomers call the agent for information about the location of home demonstration and 4-H Clubs.

Approximately one hundred girls who live in the urban area of the county belong to 4-H Clubs.

E. Farm and Home Development

The agent worked with twelve families during the year. The problems most often encountered were related to the need for home improvements, buying or refinishing furniture, food production and preservation, landscaping lawns, and meal planning and preparation.

Assistance was given by home visits, correspondence, bulletins and leaflets, demonstrations and information presented at 4-H Club, home demonstration club and special interest meetings.

A CASE STORY

Situation:

The A. M. Clark family has made progress during the past year. The family consists of Mr. and Mrs. Clark and three children: Mildred, age 12, Marion, age 11, and Charlette, age 9. Mr. Clark had done shift work at one of the foundries in Lynchburg for several years. This meant that he worked irregular hours, was away from home long hours as the round trip was 70 miles each day. Mr. and Mrs. Clark graduated from high school, were 4-H Club members while in school. Both are progressive and take part in community activities. Mr. Clark owns a farm having approximately 70 acres.

Goals

- a. Make improvements in home
- b. Add home furnishings
- c. Landscape lawn
- d. Produce more vegetables
- e. Provide wholesome family life for the children

Plans for reaching goals

- a. Resign job and devote full time to farming
- b. Rent land in the community to justify buying farming equipment
- c. Children enroll in 4-H projects to assist with farm and home activities

Action taken by family to achieve goals

The family made plans together for reaching goals. Each member understands that funds are limited until the farm operation becomes secure. They are happy with plans being developed since the father can spend more time with the family.

An example of family cooperation was shown when the family could not afford to send the two older children to 4-H camp as in previous years. They managed the home while their mother went to camp as an adult leader. She has assisted with the 4-H program for four years.

The daughter, Mildred, enrolled in 4-H projects to help the family. Her projects were home grounds. She is developing a long-time plan for landscaping. When Mr. A. S. Beecher was in the community to assist with landscape plans for Beulah Baptist Church, the agent took him by to make suggestions regarding the lawn. Mildred had an outstanding garden and feed preservation project which contributed to the family food supply.

The family possesses qualities which will help them achieve goals and find satisfactions in every day living.

III. County Extension Program - Youth

A. Organization

The county youth program was developed by representatives of the 4-H County Council which is composed of the officers of thirty-three clubs, the adult advisory committee, and active 4-H All Stars. The Council held one meeting and All Stars met twice during the year. These groups also assisted with the County "Share the Fun" contest.

The honor club was reorganized with 20 girls being selected for membership. This provides recognition for older members and will strengthen senior 4-H Club programs.

B. 4-H Project Work

1. Safety

Safety was selected by the project committee for 4-H club members in fourth and fifth grades. The objectives were to help boys and girls become more safety conscious and to reduce accidents by removing hazards and developing good safety habits.

The methods used were check lists, hazard hunts, method demonstrations, manuals and leaflets, exhibits, and posters. In addition to this project, safety was included in other projects whenever possible.

Two hundred and forty-three girls checked their homes and communities for hazards and improved conditions whenever possible. The program on bicycle safety was well received by the members and their families.

2. Electricity

The project committee recommended electricity as the project for members enrolled in sixth and seventh grade clubs and high school groups. The objectives were to teach boys and girls more about the uses of electricity, to teach the use of good lighting for study centers, to teach care of electrical appliances, and help boys and girls develop into useful citizens.

The methods used were: demonstrations by agents and members, workshops on making lamps, bulletins, leaflets, posters, office calls and exhibits. The electric exhibit prepared by members won first place in educational exhibits entered by clubs at the Lynchburg Farm Show. The agent wrote a news story with pictures of club members showing recommendations for a good study lamp. Eighty-six members completed the project making two hundred and ten articles.

Phyllis Henderson, member of Brockville, was county winner receiving the trip to Electric Congress in Richmond.

3. Meal Preparation

There were 247 girls enrolled in bread, meal preparation and outdoor meal projects with 119 members completing. The objectives were to teach how to plan, prepare and serve foods and to have a better understanding of the relation of food to health.

The methods were: demonstrations, bulletins, leaflets, news articles and exhibits. The food projects were conducted by neighborhood groups meeting during the summer months and supervised by parents.

4. Clothing

There were 24 members enrolled in Looking Your Best, 22 enrolled in Make or Remake, and 204 took So You'd Like to Sew, 131 members completed. They made 463 articles and 161 garments.

The objectives were to help members learn how to practice good grooming, how to learn to sew, and how to make wise selections when buying pattern and material and ready-made garments. Project work was done under the supervision of parents or leaders who met with neighborhood groups.

5. Garden and Food Preservation

Twelve girls enrolled in Garden, Unit I, and 26 in Unit II, 33 took canning and 20 wanted to learn more about freezing foods.

Ten of the girls entered the garden and canning contest sponsored by the Sears Store in Lynchburg. They conducted result demonstrations in their communities. Gardens were scored twice by Mr. F. H. Scott, Assistant Horticulturist. The agent sent all members enrolled in garden projects copies of the garden newsletter each month, home visits were made, and records were kept by members.

The eight girls in the contest who completed the project reported the value of gardens \$360.30; the cost of all gardens \$207.18; the profit \$653.12; quarts canned 1,575; pounds frozen 685; and stored approximately 866 pounds.

Sue Riley, member of Eastside 4-H Club who has participated in garden and canning projects for seven years, was State winner in the garden contest and attended National Club Congress in Chicago.

C. Other Activities

1. Camps

A total of sixty-seven girls and four leaders attended 4-H camps, 54 girls attended district camp at Holiday Lake, four attended Senior Camp at Holiday Lake, two went to Conservation Camp and seven attended the State Short Course.

Camp helped to develop boys and girls by giving them an opportunity to participate in programs designed for information, inspiration and recreation. Several members were selected to be leaders of tribes, others participated in talent numbers and all developed skills in crafts, learned water safety and had their lives enriched by experiences shared during the week.

Martha Belle Wingfield was elected Big Chief of the camp attended by members from Rockbridge, Charlotte and Campbell counties. Lesser chiefs from Campbell were Anne Foagan, Rudolph Jennings and Phyllis Henderson.

Girls attending the Short Course at V.P.I. were: Sue Riley, president of the County Council and State winner in the Garden Achievement contest; Martha Belle Wingfield, district and state winner in poultry production demonstration contest; Evelyn Garbee, member of Dairy judging team; Joan Puckette, alternate district winner in public speaking; Claudia Nash; Vivian Templeton; and Mary Louise Elliott who was initiated into the State All Star Chapter.

Nan Puckette and Janice Jenks attended State Conservation Camp.

Attending Senior Camp at Holiday Lake were: Phyllis Hulbert, Patricia Waddell and Kathy Ellis. Phyllis was chosen editor of the camp newspaper.

2. Achievement Day and "Share the Fun" Contest

The achievement program and the county-wide "Share the Fun" contest were held in April. 4-H medals and awards were presented to county winners. Mrs. A. M. Clark and Mrs. H. P. Evans received the alumni award.

Carscnette Garrette and Barbara Harris were first place winners in the talent contest for members under 14 years of age. They received a trip to Holiday Lake. Martha Belle Wingfield was awarded the trip to the State Short Course to participate in the state contest. Awards were made by the Campbell County Bank.

3. Contests

Winners in county contests who participated in the district contests held in Roanoke were: Joan Puckette, Public Speaking, blue ribbon; Priscilla Hulbert, Breads, red; Nan Puckette, Home Improvement, red; Janice Jenks, Electricity, red; Martha Belle Wingfield, Poultry Production, blue; and Evelyn Garbee, member of Dairy judging team which placed third in the District.

Ten girls entered the garden and canning contest sponsored for nine counties in the Lynchburg area. This contest has stimulated interest in this phase of club work. Members have been inspired to "Make the Best Better". Results are reported under Project Work.

Sue Riley was state winner in the Garden Achievement contest and attended National 4-H Club Congress.

WSIS Station in Roanoke sponsored a contest open to all clubs in the area. The winning clubs in the county were Hat Creek, Evington and Tyreanna.

4. Lynchburg Farm Show

Club members from all areas of the county entered exhibits at the Lynchburg Farm Show. The Lynchburg Chamber of Commerce sponsors the educational Farm Show for 4-H, FFA and FHA members in fourteen counties. The exhibits and programs are outstanding and provide an excellent opportunity for creating a better understanding between rural and urban families. Attendance was limited due to rain but the Show was well received by the public and club members.

5. 4-H Leaders Conference

Leaders who attended the annual conference at Natural Bridge were Dr. and Mrs. R. H. Mahanas and Charles W. Morrisette, representing the Brookville Senior Club and Youth Committee. They felt that the conference gave them suggestions and inspiration for working with youth.

IV. Scope of Work

A.

	1955	1956	1957	1958	1959
No. H. B. Clubs	15	15	16	15	15
Membership	335	436	440	436	445
No. 4-H Clubs	25	27	31	40	33
Membership	444	444	543	531	483
No. YW Clubs		1	1	1	1
Membership		18	22	26	23
No. Home Ec. Committees			1	1	1
No. General Interest Committees			2	2	2
No. Youth Committees			1	1	1
No. Farm & Home Dev. Families			10	11	12
No. Other families reached	4000	3000	3150	2940	3000
No. Different families reached	4000	3300	4000	4000	4100

B. Increasing Scope of Work

Scope of work was increased by efforts to reach more families and help the public to understand that Extension programs are not limited to organized groups.

The agent worked with 15 home demonstration clubs, 33 4-H clubs, farm and home development families, special interest committees, other agencies, civic organizations, individuals, and other requests or means of developing good public relations.

The agent has prepared forty-six news articles. Photographs were made for use by the Lynchburg News and Union Star in Brookneal. Excellent cooperation was received from editors of Lynchburg, Brookneal and Altavista newspapers.

Information is given to families and individuals not participating in organized home demonstration clubs by members taking copies of information to non-members, office calls, telephone calls, bulletin rack, news stories, home visits, exhibits and result demonstrations. Whenever possible non-members were invited to meetings.

V. Leadership

A. Growth of Leadership

1. Overall Program Leaders

a. Home Economics Council

1959
5

2. Home Demonstration Club Leadership

	1955	1956	1957	1958	1959
No. Organizational Leaders			70	107	105
No. project leaders (subject matter)	165	177	158	183	209
No. Education program of work chairmen	30	30	32	30	37
No. program development leaders	15	18	17	16	15
No. result demonstrators	14	6	3	6	5
No. training meetings by specialists	5	14	5	5	6
No. training meetings by dist. agents	2	2	2	1	1
No. training meetings by agents	14	13	8	9	8
No. training meetings by others			4	3	3
Attendance at all training meetings	241	484	367	291	316
No. meetings held without an agent	117	120	121	140	155
No. meetings leaders assisted	13	31	30	8	10
Demonstrations by leaders	130	157	151	125	140
Talks and discussions by leaders	142	1177	1060	1440	1510

3. 4-H Club Leadership

	1955	1956	1957	1958	1959
No. Club officers	138	148	154	180	140
No. adult project leaders	24	37	38	38	36
No. junior project leaders		11	10	12	12
No. result demonstrators	6	6	6	8	10
No. training meetings by agent	11	1	8	13	17
Total attendance atldr. tr. meetings	17	20	26	44	46
No. 4-H leaders trained individually	10	28	30	18	20
No. club mtgs. held by ldr. w/out ast.	67	95	69	90	93
No. additional club meetings at which leaders assisted	6	21	23	7	5
No. demonstrations given by adult ldrs.	59	95	63	81	70
No. demonstrations given by junior ldrs.	8	28	34	16	21

B. Leadership Activities of an Individual

Sue Riley, member of Eastside 4-H Club, is a junior leader for Eastside and Concord Clubs. She has been a club member for seven years. Garden and canning have been her outstanding projects. She has exemplified the 4-H Ideals in her club work and in activities at school, church and community.

In 4-H Club work she has been president and secretary of Eastside Club, president of the County Council, and Big Chief of the Appomattox-Campbell All Star Chapter. She has been a junior leader for four years and has given of her time and talents to help others.

She became a leader in school organizations and feels that her leadership activities and training in 4-H helped her in church work, too. She is church librarian, secretary and program chairman of the Young Woman's Auxiliary of the Woman's Missionary Union, group leader for Sunday School class. She was selected to attend Girls State two years ago and has had many other honors in school and 4-H Club work, the greatest being state winner in the Garden contest.

Sue is attending Phillips Secretarial College and is an inspiration to others when she says "4-H Club work gives me an opportunity to try several projects and really gives all of us guidance in selecting the way of life which we hope to live I appreciate every opportunity that has contributed to my training."

VI. A. For Special Consideration

One significant achievement of Extension work in home economics has been the development of leadership. The agent was expected to attend a majority of meetings several years ago. As the programs expanded and demands on time increased this became impossible. It also hindered the development of leadership.

The club officers and leaders are given responsibilities for the leadership of their clubs, training meetings are held for all officers, chairmen and project leaders, the agent tries to furnish adequate background information and printed or mimeographed information for leaders to give members. A majority of clubs have almost 100% attendance at all training meetings. Leaders gave one hundred and forty demonstrations during the year. The home demonstration program has been strengthened by the development of leadership.

B. Public Relations

1. County Workers

Staff conferences were held with co-workers to discuss problems and plan programs.

2. General Public

Efforts were made to inform the general public about Extension programs. Publicity was given through mass media. Special interest and general meetings were announced as being "open to the public".

3. Elected Representatives

The agent attended two meetings of the Board of Supervisors. A copy of the Home Demonstration Yearbook was given to officials. All elected representatives were invited to achievement programs. Conferences were held whenever the opportunity was presented.

4. Commercial Interests

The agent visited stores and other commercial concerns to gain information on available materials and equipment, and to explain programs of the Extension Service.

Commercial concerns loaned equipment for special demonstrations, sponsored contests and the HD Yearbook. Excellent cooperation was given whenever contacts were made.

The agent was contacted by a representative from a Dairy in regard to furnishing Extension publications upon request.

5. Professional Workers

Copies of publications were sent to all vocational home economics teachers and other home economists. They were invited to attend all subject matter training meetings or send representatives. Some meetings were attended by Young Homemakers groups. Teachers have expressed appreciation for materials sent. Additional copies of publications are sent upon request.

The agent gave a talk on careers at a meeting of the New London FHA organization. She also attended a meeting called by the Farmers Home Administration Supervisor to explain program.

A Red Cross Meeting was attended when disaster plans for the area were explained relating to food, clothing and shelter.

The agent was invited to become a member of the Executive Committee of the Campbell County Cancer Society. Two meetings were attended when county programs were discussed.

C. Professional Improvement

The agent is a member of the Virginia and National Home Demonstration Agents' Association and the Virginia and National Home Economics Association, Epillon Sigma Phi, and Parent Teachers Association. She attended the district meeting (spring meeting missed due to illness) and annual agents conference. The agent is vice-chairman of the West Central District Home Demonstration Agents' Association. Other professional meetings attended were Communications Training School, Institute of Rural Affairs, State Home Economics Association and the American Institute of Cooperation in Urbana, Illinois.

Publications read by the agent are Extension Service Review, National 4-H News, Extension Service News, H&M Reporter, What's New in Home Economics, Forecast, Journal of Home Economics, Parent's Magazine, American Home, McCall's, Good Housekeeping and other periodicals.

Vacation for the agent included travel to Washington, D. C., New York City and Albany, New York. Educational tours were made to points of interest.

VII. The Look Ahead

The year's program has provided many families with educational information. Suggestions for improving the home economics Extension program in the year ahead are: Study changes in the needs of the people who live in the county, provide educational services to more people and include a wider variety of interest groups, devote more time to work with farm and home development families, strengthen 4-H club program by the use of more trained leaders and provide more opportunities for participation of members, plan ways of developing better public relations and develop a more effective Extension program for more families in Campbell County.