

ANNUAL NARRATIVE REPORT

**COUNTY
EXTENSION
WORK**

Virginia Agricultural Extension Service

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1959

Hanover

County

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Highlights of Outstanding Contributions

1. The use of more milk in the daily diet has been stressed throughout the year. Emphasis has been placed on better nutrition, including the use of milk in each of the four foods programs in the home demonstration clubs, in the 4-H Clubs Meal Preparation projects, and in work done by the nutrition committee.

People have become more aware of the importance of milk. Many are drinking it who never drank it before. Many are drinking milk instead of bottled drinks. Others get it into their diets through home prepared foods.

2. **Junior 4-H Leadership**

The number is yet small, but it is growing. Senior 4-H members have become interested in junior leadership. In most cases they are an inspiration to the junior members. Because of junior leadership, two community clubs were organized during the year. Two other junior leaders played an important part in their club work, helping their members to take a more active part in 4-H Club work.

In spite of a crowded program in high school, one junior leader succeeded in having a club at her school.

Two junior leaders who are now in college continue to take an active part in the 4-H program. Both are now All-Star members and finally believe in the All-Star Motto - "Service".

I. County Situation

In 1954, farm lands in Hanover County totaled 178,869 acres, 60 percent of the county's area of 298,240 acres.

The topography of the county is gently rolling, with some level lands in the Chickhominny and Pamunkey River valleys which form the southern and northern boundaries.

The population of Hanover County is 22,000 according to the 1950 Census with 30.8 percent non-white.

There are 1541 farms with an average of 116.1 acres. 439 of these farms are less than ten acres. Slightly more than half of the farms are residential or part time.

About three fifths of the county's area is wooded and farms contain more than 100,000 acres of woodland.

The east end of the county which is very closely located to Richmond is rapidly becoming urban while the west end remains rural. Ashland is the largest town and is the site of Randolph Macon College. The Extension office is located in Ashland which is very convenient to both ends of the county.

Agriculture is an important source of the county's income, and the sales of farm products in recent years have amounted to nearly four million dollars. Poultry is the principal farm product and contributes nearly 35% of the total value of sales of farm products. This is the sixth leading broiler producing county in the state. Milk with about 15% of farm sales, ranks second, followed closely by cattle and calves with 12% of the total, and vegetables about 10%. Hogs, small grains, soybeans, forest products and tobacco are also important sources of cash income on small farms.

There are many plants which produce excelsior, lumber, mill work, and fence posts. A shirt factory is located in Ashland, and a ready-mix cement plant is just outside the town limits.

Two consolidated high schools have been built within the past year. They are already crowded and the county is planning additions to these schools and improvements for the elementary schools. A community center will be made available for community club meetings in the lower end of the county during the year.

In addition to the Home Demonstration Kitchen at Hanover Courthouse, an electrical company kitchen in Ashland is often used for meetings. Some extension meetings are held in churches, others in the fire hall at Mechanicsville.

1376 of the 1541 farms in Hanover County have electricity. The number of telephones have greatly increased thus making it easier to make contacts when time is limited.

Hanover County has a well organized Health Department. Doctors are available in different parts of the county. Ashland has recently constructed a building for two young doctors.

A recreational program is carried on in the Town of Ashland during the summer months. There are a number of lakes and parks. During the school term, sports are well attended.

During the past year the county and assistant county agents have been working with the farmers in Hanover and nearby counties in setting up a vegetable market. This market is in Henrico Count; adjoining counties participate.

II. County Extension Program - Adult

A. Organization

Brief description of organizations and committees which functioned in developing the county home economics extension program:

1. The County Agricultural Extension Service Board

The County Board of Agriculture was revised with the purpose of organizing a County Agricultural Extension Service Board. Membership was brought up-to-date by asking the Buritan Clubs in the different communities to appoint a man and a woman from each club, chairman of the various Extension committees were asked to serve. There were also representatives of the bank, Soil Conservation Service, Agricultural Stabilization Board along with a few of the old members.

2. Home Economics Council

This Council will be organized as soon as Hanover has enough home economics committees.

3. Farm & Home Management Committee

The Farm & Home Management Committee consists of 10 people--5 men and 5 women from different sections of the county, a banker, a representative from the County Board of Supervisors, a farmer and his wife, and other key people in their communities.

Their function is to act in an advisory capacity to the Extension agents, make recommendations and submit names of people who might be interested in receiving assistance from the Farm and Home Agent.

Upon recommendations from this committee, a two-day school on money management and consumer buying was held December 9th and 10th in the Hanover Home Demonstration Kitchen.

This committee is included on the mailing list to receive monthly newsletters which are sent to families participating in the Farm and Home Management program.

4. Home Economics Committees
(a) Nutrition Committee

A permanent food and nutrition committee was organized in July, 1938. Its primary purpose is to serve in an advisory capacity and promote good nutritional practices throughout the county.

The Hanover County Farm Bureau requested that the Asst. Home Agent serve as chairman of a committee to sponsor a "Food Comes First" campaign locally in line with a national promotion. This project was presented to the program planning chairman of the Home Demonstration Clubs at a county-wide meeting. They felt the importance of stressing good nutrition in Hanover County and as a result requested programs for their club meetings which would include a study of balanced meals with emphasis on the use of milk.

Because the function of the county committee and the Farm Bureau Committee was similar, this was organized as one county committee. Members serving on this committee are: Mrs. Paul Swasey, Mrs. Emmoth Litton, Mrs. Harwood Cochrane, Mrs. W. W. Mallory, Sr., Mrs. Charles Beck, Mrs. J. R. Gilman, Mrs. Harry Hancock, Mrs. R. B. Pace, Jr., Mrs. Vance Johnson, Mrs. Helen S. Hazard.

This committee met with Miss Janet Cameron, Food and Nutrition Specialist from VPI, in March. At this time major needs in the county were discussed.

To determine actual food habits of Hanover County homemakers, the committee suggested that a survey be taken of food consumed by individuals during a 24-hour period. It was suggested that each member of the committee check two organizations in their own localities.

This survey was taken by this committee at meetings held in May and June by questionnaires. Score sheets were also distributed so the individuals could evaluate the amount of calcium, protein, Vitamins A & C which their diets included.

This study which included 145 women showed that 37% of the women had eaten no green or yellow vegetables, 33% had not had Vitamin C foods, 47% had no milk at all and 80% had too little milk in their diets.

In reviewing this survey the nutrition committee felt that the greatest lack in the diet and therefore greatest emphasis should be placed on use of milk. The group decided to compile a bulletin on the importance of milk and ways of using it in the day's meals. This booklet, to be distributed in January on a Friday to all shoppers in Hanover County grocery stores.

Because of the alarming inadequacy of the diet of the homemakers, the committee questioned whether such a situation also existed among the school-age population--particularly if an adequate amount of milk was included. The school-lunch program was explained at a committee meeting by Miss Helen Ward, State Supervisor of the school-lunch program. The possibility of promoting the sale of milk, either through vending machines or direct sale, was explained.

The committee felt that a survey to determine dietary needs of the school children should be undertaken before requests for a milk promotion be made. A letter to this effect signed by members of the committee was sent Mr. Webb, Supt. of Schools. He asked the members of this committee to present this request to members of the School Board. Accordingly Mrs. W. W. Mallory and Mrs. Helen Hazard visited the Board and this permission was given.

The committee agreed that during the first week in January to conduct surveys in 10 elementary and 3 high schools (Colored included) and to also contact grocery stores in the county for distribution of the leaflet.

In April the committee decided to promote panel discussions by students at Lee-Davis, Patrick Henry and Gandy on the importance of a good diet with emphasis on the use of milk under direction of homemaking teachers.

Special programs on nutrition for P.T.A. groups will be requested.

A poster contest on the value of milk is planned for Gandy, Lee-Davis, and Patrick Henry. Prizes to be \$10 and \$5 at each school for first and second awards consecutively with a \$10 grand prize to be awarded the prize winning poster in competition between the 3 schools. The Hanover County Farm Bureau has offered money for prizes for this contest.

Several conferences have been held with the District Home Demonstration Agent - Mrs. Kyle, in working with this committee. She has given much assistance in planning the activities of this committee, and in working out the brochure for county-wide distribution.

Two conferences have been held with Miss Janet Cameron, Food Specialist from VPI, who was very helpful with suggestions for carrying out our program.

Mrs. J. R. Gilman, Mrs. W. W. Mallory and Mrs. Kenneth Litton, as members of this committee, attended the Nutrition Forum sponsored by Thalhissers.

To familiarize themselves with information on nutrition, 5 members of this committee have requested a copy of the 1959 Yearbook on FOOD.

Future plans of committee - adult: Distribute flyer to all Hanover County grocery shoppers on a Friday in January. This flyer will give emphasis on importance of milk in diet, ways of using and recipes. Schools: (a) Conduct survey to determine if milk is needed in diet of school children; (b) install milk-vending machines; (c) try to popularize milk by use of posters, panel discussions and programs to be presented to P.T.A.'s. This shall be done in cooperation with homemaking departments.

(b) Clothing Committee

This committee consists of women who are particularly interested in clothing from different communities throughout the county. They are: Mrs. Charles E. Owen, Jr., chairman, Doswell; Mrs. S. V. Trimmer, secretary, Old Church; Mrs. Harry Selden, Battleground Park; Mrs. Bill Myers, Studley; Mrs. Joe Isbell, Rockville; Mrs. R. G. May, Jr., Montpelier; Mrs. H. L. Corker, Beaverdam; Mrs. W. K. Seay, Ashland; Mrs. Raymond Walker, Gum Tree.

They organized, elected a chairman and secretary. After making out a questionnaire, including the thinking of V.B.I. Extension specialists, they are in the process of making a survey to determine the needs of the county. Questionnaires that have been turned in indicate a need for clothing construction.

5. County Home Demonstration Club Committee

The County Home Demonstration Club Committee is composed of the presidents, program development chairman, and program of work chairmen in each club, plus the county officers who are: President, vice-president, secretary, treasurer, program of work chairmen, program development chairman, news chairman, and 4-H chairman.

This committee meets as needed to carry out the Home Demonstration Club Program in the county.

B. Subject Matter and Special Emphasis Areas

1. Foods and Nutrition

It was believed that there was a need for better nutrition in Hanover County. According to the current information, it was a known fact that teen agers diets were deficient and the people feared that this was true of the other groups.

Their desire was to serve economical, attractive, and nutritional meals to their families.

What was attempted, what were the people to learn to do, and what changes expected:

The women decided to save time and energy by learning to use "The Master Mix" in preparing pies for the family.

They decided to study "Balanced Meals" to improve the nutrition of their families, to use their freezers to a greater advantage by studying complete freezer meals, to study Broiler Meals from the standpoint of health, getting variety into meals, and in managing time. They also had a desire to get enough milk into their diets.

How work was carried on:

Master Mix

A leader training meeting on Master Mix was given by the specialist. This demonstration was given in each of the eight clubs in May. Materials were furnished to the leaders to give to club members and non-club members.

The 86 women who followed these recipes found them to be tasty, nutritional, and time saving. They found it much easier to serve homemade pies to their families.

The Asst. Home Agent, trained by the specialist, gave a demonstration on "Balanced Meals" with emphasis on milk in each of the 8 clubs in the county. Materials were given to the members for themselves and others.

The 198 women who followed the assistant home agent's instructions reaped benefits that cannot be estimated. She gave them specific help in getting more milk into their diet, how to use snacks for better nutrition and other ideas in addition to using the Basic Four daily in their diet. Many members now use milk in the place of drinks which furnish empty calories.

Freezer Meals

Leaders taught by the specialist demonstrated Complete Freezer Meals in each of the eight clubs. Materials were furnished to members and others.

The 208 women who attended this demonstration and others who were given material will be able to use their freezers to a much greater advantage in learning the techniques of preparing baked foods for the freezer. Their families will also be better nourished since this food may be prepared in advance and used on days when the homemakers are away from home as well as days that they are too busy to prepare as well balanced meals for their families.

Since this demonstration was given in November, the homemakers will reap a greater benefit in the future than in 1959.

Broiler Meals

The agent, trained by the specialist, gave a demonstration on "Broiler Meals" to each of the eight clubs in October. Recipes were furnished members and non-members.

Not enough time has elapsed to give a true picture of the results. 196 women eagerly took the recipes to use. It is believed that much greater use will be made of their broilers since the women now know how easy and quickly they can prepare nutritious and healthful meals.

The work of the Nutrition Committee has already served to make families understand better the importance of a better diet which includes the required amount of milk.

2. House Furnishings

Members of the Home Demonstration Clubs have continued their interest through the years in making their homes more attractive, comfortable and healthful.

They needed to learn to use materials which they possessed to the best possible use and to select new furnishings wisely.

What was attempted; what people were to learn to do; what changes were expected in their behavior:

Christmas Tree Decorations - economical and in good taste

Leaders trained by the Asst. Home Agent, a H. D. Club member, and a power company home economist, gave the demonstration on Christmas decorations to leaders of each of the 9 clubs in the fall. Inexpensive ways of using materials on hand was stressed. Many different ideas were given club leaders. Leaders also contributed some splendid ideas. These

leaders gave the demonstration in their clubs in December. As a result 78 club women and others saved money in making their own Christmas decorations and received much satisfaction from working with other members of their families in making attractive and pleasing decorations.

Better Kitchens and Outdoor Lighting. - Christmas Tree Lighting. Home Demonstration workers became active through an "Open House" demonstration in the county, publicity through radio and press of their needs for better lighting inside and outside of their homes.

They decided to study in the R.D. Clubs about kitchen, outdoor lighting and Christmas tree lights. They planned to improve the lighting in these areas in particular and in others as they could.

Now work was carried on:

An utility home economist trained leaders for demonstration in the clubs in December on Christmas Tree Lighting. The agent and utility home economist planned a demonstration on "Better Kitchens and Outdoor Lighting" to be given in the clubs in January. The home economist gave these demonstrations using actual materials which could be used. Home-owners were also encouraged to purchase approved lamps, improve their lampshades and to purchase correct bulbs. The agent and assistant agent visited homes to give suggestions and help on improved lighting.

Results obtained:
Members and others now have a desire to improve the lighting in their homes. 18 have improved kitchen lighting; 21 have improved outdoor lighting; 159 use Christmas tree lighting to better advantage and use it from the standpoint of safety; 26 have bought approved lamps; 11 have ordered approved lamps; 42 have changed to correct light bulbs; 15 have changed to opaque shades where needed.

What Goes With What (In Furniture and accessories)

The Home Demonstration Club members wanted to learn what kind of furniture and accessories go well together.

The agent and assistant agent, trained by the specialist, gave this demonstration to eight clubs in March. They used pictures from magazines, samples of material, electric blinds of wood, and a slip drape. They spoke of fabrics and elasticity, the use of furniture in proportion to their homes. Materials from merchants in Richmond and the home Furnishing specialist were used in addition to those made up by the agents.

Results obtained:

Women were made aware of pleasing furniture combinations, use of accessories, fabrics and kinds of woods. The results of this meeting cannot be estimated and perhaps some of the satisfiable are not aware of the lessons they have learned but changes for the better in home values is quite evident.

Reports made:

173 members and others made changes during the year in accordance with knowledge gained.

Selection, Hanging, and Framing of Pictures was taught by the specialist to the leaders who gave the demonstrations in their clubs. Pamphlets were given out to the members for themselves and others.

Members learned more about selecting and hanging pictures. They used frames already made; finishing 37 new frames and refinishing 19 old frames. It will take time to get a large number of people to change in the hanging of their pictures. 26 reported a change in hanging pictures.

They learned an important lesson in color in addition to the selection of the picture in general.

Window Treatment

The home demonstration agent and assistant HD agent, trained by the specialist, gave a demonstration in "Window Treatment" with emphasis on color harmony in 8 HD Clubs in March. Illustrative material secured from different Richmond merchants was used in the demonstration in addition to a "Window Treatment" kit borrowed from a commercial firm. The agents also made up material to show different hardware available. Proper color selection was stressed. Problem windows were discussed. The agent made 3 home visits to assist individuals with their particular problems.

Women became aware of kinds of materials to use, different kinds of window treatment in use, how to treat problem windows, how to select colors in keeping with the homemaker's surroundings. 86 women have reported changes made.

Reupholstering Furniture

A Special Interest group meeting on reupholstering furniture. A demonstration was given by a local "furniture maker" who did an excellent job. He showed 21 people how to begin with tying springs and to proceed through every step using unbleached muslin to cover the furniture.

This met a need in teaching individual members who were individual members who were interested in reupholstering furniture they had and some that they bought. 19 pieces of furniture were reupholstered as a result of this. This will be continued by interested members and will serve to make their homes more attractive with less expenditure of money.

Kitchen Storage

A Special Interest group meeting was held for eleven HD Club members in the Home Demonstration Kitchen in July on "Kitchen Storage". Five different pieces of storage were made by each member. Others have become interested and have bought material to make storage for their kitchens. This will enable them to use the cabinets they have to a better advantage, saving time and energy. They thoroughly enjoy the fellowship of working together on a project and are always anxious to teach others lessons they have learned. 77 articles of kitchen storage have been made. 10 other pieces are in the making.

3. Rural Arts

Home Demonstration Club members are very much interested in the rural arts program.

Since this was included in their December meeting on Christmas Tree Decorations only, this program has been carried on in special interest group meetings in the afternoon of the regular club meeting dates. Clubs have secured their leaders from different clubs in Hanover, still others from Henrico. During the year members have made: 36 brass planters, 11 articles of copper jewelry, 12 flower containers, 26 baskets, 20 stenciled trays, 12 stools bottomed; 9 chairs reupholstered; 34 pieces of furniture refinished; 29 lampshades; 7 tile top tables; 500 or more Christmas tree decorations; 2 hairpin lace stoles.

Women in Hanover have improved in the rural arts program through the years. They completed most of the articles started and learn to do their work well by finishing articles they have started before attempting others.

4. Home Management

Social Security was planned as a Special Interest group program for 1959. Since the majority of club members were interested, this was included in the calendar for the year.

The Social Security Field Representative taught the lessons in each of the clubs in September. He gave a 25 minute talk, held a discussion period and stayed to answer questions. New booklets on Social Security were distributed to club members. A fall report on suggestions followed cannot be estimated at this early date. 45 have reported suggestions followed. Club members have discussed this program with neighbors and friends and distributed additional bulletins.

One Significant Story - Better Lighting

Hanover is probably an average county as far as lighting is concerned. Homeowners, when the agent comes in contact, have electricity and the average number of lamps in the homes. There are many bare bulbs and lamps which were bought with only decoration in mind and many poorly lighted homes.

A "Better Lighting" open house was held in Hanover in 1958. This was a very good lesson to home demonstration club members who served as hostesses. They were given a special lesson on better lighting in order to do this. Clubs throughout the county were represented here. Club members were especially good in passing their information to others. Many who did not serve as hostesses came to the open house.

Two merchants in Hanover were asked to buy approved lamps and bulbs. These were not bought to any extent but some of these lamps were on display and viewed by club members who attended county-wide meetings.

Two demonstrations were given on Better Lighting in 1959--Christmas Tree Lighting; Better Kitchen and Outdoor Lighting.

Members who desired to make shades were urged to use opaque material. Some lined shades they already had. Some have purchased R-40 bulbs for reading, others have purchased diffusing bowls and wide harps. Some have purchased approved lights in kitchen and other rooms. Others have purchased outdoor

lights. In buying new shades county people have been advised to have the proper shade with white lining. Some have shaded their bare bulbs. Figures on improvement are not accurate here buy every home demonstration club member has become aware of the need for better lighting and no doubt minor changes have been made by all and major changes by a few. They have passed the word along and the county has gotten off to a good start in improved lighting. This program will continue. 11 members of one club ordered approved lamps at their October meeting. 148 have reported changes made.

An educational exhibit on Outdoor Lighting was on display at the Achievement Day Program.

C. Other Activities

Brief description of activities which have contributed to the overall program.

1. Home Demonstration Community projects

a. Christmas Mother

Home Demonstration Clubs contribute each year to the Hanover Christmas Mother with money and gifts. They also let her use the H. D. Kitchen during the month of December.

b. Hospitals

The clubs contribute gifts and money to a number of hospitals which are the Crippled Children's Hospital, Patrick Henry Hospital, and Sheltering Arms.

c. Pennies for Friendship

Each year they contribute to the Pennies for Friendship

d. National Home Demonstration Week

They celebrated National HD Club week by setting up educational exhibits in windows in different parts of the county, by keeping flowers in a bank and putting the Homemakers Creed on display and by newspaper articles.

e. Achievement Day Program

This is a highlight of the year. The clubs work hard in planning and carrying out their one event where they get together county wide. Each club sets up an educational exhibit which is judged. Their exhibits were excellent this year showing great progress.

They planned a luncheon meeting with each club taking part and bringing food. Since the members paid for their lunch, this enabled them to make money for their treasury.

The speaker of the day was Mrs. Nevis Gibbs, Women's Editor of The Southern Planter who spoke on "What's New In Home Economics". About 130 members and guests attended the program.

f. Fairs

The annual Farmers' Picnic draws less and less people each year but it seems to be an important part of the Extension program in Hanover County and the Picnic committee seems anxious to continue having the picnic. Farm and home exhibits are on display, and judges are secured from nearby counties. Games are played and there are various contests. Home Demonstration Clubs and 4-H'ers take only a small part in this program.

State Fair

Hanover women are becoming more interested each year in the State Fair. They enter exhibits winning ribbons and prizes and serve as judges.

This year the Hanover HD Clubs had complete charge of setting up the hobby shop with homemade articles. Each day during the fair they demonstrated rural arts. Some of the things they did were: Comed chairs; worked on tile top tables; Christmas decorations; basketry.

g. Judging by Leaders

8 leaders from Hanover judged at different fairs including the State Fair, the Northern Neck Fair, and the Goodland-Peuhatan Fair.

h. District Federation Meeting

Hanover County took part on the District program. Approximately 60 members attended the meeting at Urbanna.

i. Red Cross

Members continued to help stuff Red Cross Christmas envelopes this year. Most of this was done after the regular club program.

j. Planning Meeting

Hanover holds 2 planning meetings each year. The women are very much interested in working together county wide and they have almost 100% attendance - with every club represented. They review the program to date in January and decide on what has to be done to carry out the program. Due to many conflicts in June their second planning meeting was held in July. At this time the program was planned for 1959-60. It is as follows: December--"Serving Food In An Attractive Manner" (leaders); January--"Flower Garden Planning" also "Explanation of Art In Daily Living" (leaders); February--"What Goes With What, Food" (agent); March--"How To Paint A Room" (agent); April--"Proper Storage For Food" (agent); May--"Outdoor Cookery" (leaders); June--"Making Green Salads and Dressings" (leaders); July--Club Choice; August--Recreation; September--"General Storage" (agent); October--"How to Get More Work Space in the Kitchen" (leaders); November--Club Choice. Special Interest: "Pictures and Trays Made of Dried Arrangements". The Federation Program of Work will be "Art In Daily Living".

k. Executive Board Meetings

These meetings are not held at any set time but are called by the chairman and agent as the need arises. There has been a wonderful attendance and spirit of cooperation throughout the entire year. Many decisions are made here that would take untold time for the Planning Committee to carry out.

l. Landscaping

A result demonstration on basic landscaping was held at the Frank Higgins home. 10 neighbors were present. A county-wide meeting on Basic Landscaping was held in Ashland by Mr. A. S. Beecher. Approximately 75 attended. Ten people received individual assistance from Mr. Beecher with plans for improving their own home grounds. The use of year round flowering shrubs and improving of lawns was included in Mr. Beecher's discussion.

Publicity was given this meeting on landscaping by 3 articles in the county paper, and several announcements over radio station WRVA. Letters were sent to Home Demonstration and Garden Clubs and announcements were made at their meetings. This was planned and carried out by the Asst. H. D. Agent.

m. Educational Exhibit at State Fair

It was decided that Hanover enter a community exhibit at the State Fair in 1959. A committee of Mrs. Selden and Mrs. Higgins was appointed. A meeting was held with the Rural Sociologist and the club program of work chairman to decide about an exhibit. It required a great deal of work and time. Expenses were paid by the Fair Committee and one donation. It was thought to be quite good although it did not rate a ribbon.

D. Procedure for developing and carrying out program with urban families in Hanover:

Hanover is rapidly becoming urban in the east end of the county. One of the county's largest and most active HD Clubs is located in this area. Representatives from this club meet with the county planning group. The past year they followed the county monthly calendar at the morning meeting. Interested members had lunch and stayed for an afternoon workshop. In addition to their 35 members, this club reached 54 non-club members. Leaders are secured from Hanover and Henrico for these afternoon workshops.

E. Farm & Home Development

The Farm and Home Management Work was started in Hanover County in 1955 with two families participating. The County Agricultural Agent and Home Demonstration Agent worked with these families until January 16th when Mrs. Delia Wills was employed for this purpose. Mrs. Wills worked on a half-time basis until May 1, 1957 when she resigned.

Mrs. Helen Masurd was employed on a half-time basis beginning May 16, 1957 and on a full-time schedule March 1, 1958.

The total enrollment of homemakers has now been brought up to 43. Of

this number, 25 are also enrolled in the farm management program. 82 families work in either the Farm or Home Management program.

Upon the advice of the Farm and Home Management advisory committee, a two-day school was held December 9th and 10th. Subject matter was based on requests by families enrolled in this program.

Kenneth Loope, Farm Management Specialist from VPI, and Miss Amelia Fuller, Home Management Specialist from VPI, gave excellent help in planning and presenting this school.

The farm and home agricultural outlook, money management for the entire family, and a work session on planning the family income by both husband and wife was included in the program for the first day.

A local banker, the two State specialists, and the farm and home agents presented a panel discussion on Money Management.

The second day, the women received information on buying children's clothing; how to save money in the grocery store, and principles of good nutrition.

The first day the group met together; the second day separate sessions were held. Subject matter for the agricultural group dealt with a discussion of the business of farming, cost of crop production, livestock production, owning and operating machinery.

Nine women were present the first day and eight were present the second day.

The women expressed appreciation for information gained. Many questions were asked and much interest shown. Attendance was poor because of many conflicting activities this near the holiday season.

The assistant home agent has worked 92 days on the Farm and Home Management Program. 194 visits have been made to assist with a variety of problems.

Families have been encouraged to list goals which they wished to attain in life--both short and long-time goals. These have included the entire family. Thirty five visits have been made for this purpose. These families were also encouraged to study their resources to determine if all possible income was fully realized.

These were evaluated in the light of the time and energy of the family members as well.

Wherever possible, alternatives were presented to the family after being presented as much background information as possible, by the agent, they were encouraged to make their own decisions. Subject-matter specialists from VPI have been called upon to give additional help when necessary.

The school, where the group approach was used, provided an efficient use of the agent's time, since common problems were considered. Individual

visits were made after the school to determine the effectiveness of this teaching and to give further assistance.

Family finances and the importance of good records has been stressed. A splendid discussion was held at the two-day school as already mentioned. Mrs. J. D. Isbell stated, "I hadn't realized before just how important this was". She requested special assistance in setting up home and farm budget.

Specific help has also been requested by Mr. & Mrs. Bill Myers and T. A. Clark.

The Myers are planning to build a home and are uncertain as to amount they can safely go in debt. They have outstanding payments to be made on family machinery and operating expenses. A conference scheduled with Mr. Kenneth Loope and Miss Amelia Fuller helped them in setting up a budget and gave them confidence in going ahead with farming operations and establishing a home of their own.

Nutrition and Food Preservation

Work with nutrition has been in the light of working up foods demonstrations by 4-H Club members. Five 4-H Club girls whose parents have been enrolled in the F & H program received much individual assistance for preparations in county and district contests.

Fifteen additional F & H families received assistance on good nutrition, well-balanced meals and the use of milk in the diet. Bulletins including good recipes were left with each homemaker.

All of the F & H homemakers were given special invitations to attend the meeting on "Balanced Meals" presented by the Asst. Home Agent in May and June at regular HD meetings. Eight attended.

Twenty one homemakers received instructions on the use of the home freezer. Emphasis was placed on the methods of preparing foods for the freezer from the home garden and also the preparation of prepared foods so as to save time, money, and energy.

Housing

34 requests have been answered for assistance with problems on housing--either with building plans or remodeling.

Because these projects are costly, and often permanent, families are advised to plan each step thoroughly. Families are encouraged to analyze plans carefully as to passageways, placement of windows, and doors, room arrangement, storage facilities, conveniences, and attractiveness.

Lonnie Stanleys, Bill Myers, and Ledfords have been assisted with planning for new homes. Stanleys and Myers have been visited by Mr. Wheary, VFI Extension Service.

Remodeling plans have been discussed with 12 families.

Mrs. C. F. Koon, Mrs. S. V. Trimmer and Mrs. Watt Wood were visited together with Miss Settle, VFI Extension Specialist, who gave practical suggestions for remodeling kitchens.

suggestions for remodeling kitchens.

Mrs. Harold Hemingway and Mr. & Mrs. T. A. Clark were visited together with Mr. Wheary who gave suggestions on enlarging the Hemingway home and insulating, heating, and repairing the Clark home.

Home Furnishings

15 homemakers have requested assistance with house furnishings. Intensive work has been carried out in the homes of Graves, Selden, Traylor, Furr in connection with 4-M bedroom projects. Through working with these girls and teaching good principles of house furnishings, the mothers are also reached.

Before and after pictures have an added appeal for these girls.

32 home visits were made to plan home furnishings.

Home Management

1. Time Management seems to be a common complaint among the majority of homemakers with whom the agent has worked. The agent is working with them in trying to determine the cause.

Rearrangement of kitchen equipment and supplies is helping save steps. Space savers are being used in 8 homes to consolidate supplies.

Eight houses which shall be constructed and nine homes to be remodeled have taken step savers and conveniences into consideration.

2. Work on Money Management is being given to all of the homemakers worked with. Record books have been distributed to each family. The moving-balance sheet was also presented as a core around which to plan their finances. This sheet enables the family to make continuous changes in their plans as situations change and certain goals are reached.

It deals with getting income and using income in such a manner that it is kept in a balanced relationship.

Families were requested to list things they wanted; determine from savings and current profits how these could be paid for.

Suggestions for wise buying have been given in conferences and also the monthly news letter sent to each F & H family.

The sessions on family finances being planned for January at which time conferences are to be held with Miss Amelia Fuller and Mr. Kenneth Loepe, VPI Extension, should prove helpful.

Case Story of Family Progress

1. Situation

a. Family

The William Myers are a young family. They have been married for 5 years and are living in a tenant house located near Mr. Myers' parents. They have two children—David, age 4, and Jean, 3.

Mrs. Myers taught second grade at Washington-Henry (an elementary and high school located in this community). Mr. Myers attended VPI but did not graduate.

They are both industrious, above average intelligence, appreciative of the Extension program and very cooperative.

The health of this family seems excellent. Mrs. Myers complains because of persistent colds during each winter which she attributes to the dry air caused by oil circulators and a drafty house.

They attend church and Sunday School in their community. Mrs. Myers has recently joined the Woman's Club. The parents of Mrs. Myers are very active in community organizations which demand much of their time. They feel that because it has involved so much time for them that the son has turned against meetings of any nature. However, he attended the two day F & N School and expressed appreciation for information gained.

b. Business

They are keeping records. Mr. Myers has mortgage insurance which will pay for combine, station wagon, debt on acreage and other debts in the event of his death.

He seems to be adequately covered with life insurance. Part of this insurance would provide that if he should die, his wife would receive \$200 monthly until the youngest child is 18, then \$100 the rest of her life.

c. Agricultural production

Mr. Myers receives income from 400 acres of grain farming plus custom work done with combine. After debts are paid, the Myers should have a fine income.

d. Home facilities and management

The tenant home in which they live is not too comfortable but Myers have kept it painted, in good repair and it is always orderly and clean.

Plans had been made to convert the attic into two bedrooms for the children, but they changed these plans when decided to go ahead with building a new house immediately.

Food costs are lower because much is provided by the farm—milk, beef, a vegetable garden. They have a freezer which is adequate for storage of these foods.

Clothing for children is given by relatives. She says she needs clothes for herself. She has been married 4 years and has purchased very little since that time. Says these clothes are now wearing out. She does some sewing but doesn't have too much time.

2. Family goals and objectives

- (1) They want to build immediately and have this home as comfortable and convenient as possible.
- (2) They want to have this home landscaped and trees planted.
- (3) They want to pay off debts as soon as possible.
- (4) They want a good education for children—to have this started in the home

(5) Aim to have family in good health.

3. Plans for goal achievement

- (1) Borrow money so construction for home can begin at once.
- (2) Begin to plant shrubs and trees as soon as possible.
- (3) Keep contracting costs down through doing much of construction themselves and hiring a neighbor who is a skilled carpenter.
- (4) Keep home living costs to a minimum through continuing to raise a large garden and by the addition growing asparagus, strawberries, grapes, drying onions.
- (5) Provide good books and music for children in the home.

4. Chronological Story of Action:

Mr. and Mrs. Myers called at office for assistance with the F & H Management Program.

Planned family goals and objectives. Asked for information on food preservation and menu planning.

Has done considerable freezing of vegetables from the home garden. Shall butcher a calf to provide meat for home use. (Eggs and milk are produced on farm).

Worked on nutrition score sheet to determine if family was receiving an adequate diet. Through use of milk recipes encourage children to drink milk.

Provided book case for family needs from instructions from Extension Service. (Lumber is provided on farm).

Mrs. Myers added convenience of kitchen by construction of additional cupboards. Used shelf savers.

Investigated possibilities of making money at home for supplementary income. Made Christmas presents and tree ornaments which cut costs.

Mrs. Myers worked with Mrs. O'Brien and home agent on financial planning.

Made fall garden plans which included asparagus, grapes, and strawberry beds to supplement garden produce.

Completed filing of records and information as to farm and home material (especially Extension material).

Worked on house and farmstead plans. House plans drawn to scale, carefully analyzed as to convenience and comfort. (House plans include room for six children which they hope to eventually have.)

Mr. & Mrs. Myers discussed with Mr. Wheary factors regarding new house—insulation, heating system, air conditioning.

Mr. Loope and Miss Fuller, Extension specialists, worked with the Myers on financial planning for their new home, helping them try to determine how much they could afford to spend.

The Myers have scheduled an appointment for further financial planning with Miss Fuller and Mr. Loope at the F & H school to be held in January.

5. Summary of Family Achievement

Through these various steps the Myers are making progress--by carefully analyzing spending they have been able to set up a budget to determine living and farm operating costs and how much they can afford to go into debt.

Through obtaining their family living as much as possible from the farm they have cut living costs.

Through application of good nutrition principles the family has maintained good health.

Through a study of their needs in housing, they have drawn up a house plan which should be comfortable, convenient and an entire farmstead which should be efficient.

6. Significant Factors

Significant factors which should make for success is the enthusiasm, hard work, and cooperation shown by this couple. Mrs. Myers, as a homemaker, is making every effort to economize wherever possible, to give her family a good living and also inculcate cultural interest which she wants her family to have.

III. County Extension Program - Youth

A. Organization

1. Organization

(a) County Council

The membership of the county 4-H council consists of officers from each of the clubs and the junior and adult leaders. Two meetings are held annually. The fall meeting is held to bring the new officers together and to train them for their duties in the local clubs. County officers are elected at this time. The spring meeting varies from year to year as the need arises.

A program is planned for each meeting and members enjoy a short recreational program.

(b) County Youth Committee

This committee was organized in 1959 with men and women members from different areas in the county. They made plans to interest parents in 4-H Club work, to organize community clubs and to try to keep 4-H club members longer. Two new community clubs have been organized during the year. One of these clubs is believed to be a direct result of the "youth committee" objectives.

(c) Adult Leaders Committee

Adult leaders committee is made up of all the leaders and a few interested parents throughout the county. Three meetings were

held in 1959 at which time youth committee members were invited. They come together mainly for information and training in carrying out the 4-H program. A program by 4-H girls who attended Short Course was given at a summer meeting. This gave the leaders a better understanding of Short Course.

B. 4-H Project Work

The main 4-H projects for the year were selected by the clubs from suggestions which were set up by a county-wide committee meeting. The projects selected were: "Looking Your Best" and "Housekeeping".

Looking Your Best:

Objective:

To teach members to care for themselves and their clothing. To interest club members to look their best at all times.

What was planned and how carried out:

4-H members selected the topics which they wanted to study for the year. A program was set up in 6 school clubs as follows:

October: Organization
November: Explanation of Project
Your Hands Tell
Check "How do you rate?"
December: Christmas Program
Your Posture
January: Your Skin - Its Care
February: Your Smile in Every Language
March: Your Hair CAN Have Eye Appeal; Hang Up Your Clothes
April: Your Nose
Check "How do you rate?"

Since the members were asked to select 6 topics and to do each for 4 months, the material was given to them in the fall. Demonstrations on certain topics were given the month designated and members were asked to keep a record as their project progressed.

Members were asked to bring in their record sheets at the April meeting. Work would continue on this project, but this gave the agent time to collect project sheets in May that were not brought in April. It also gave the agent an opportunity to discuss project completions and to have club members to make better reports.

130 members took this project with 97 completions.

Housekeeping:

Objective:

To teach members the best ways to do everyday cleaning at home. To teach members the quickest and easiest way to keep the house clean and attractive.

What was planned and how carried out:

4-H Club members selected the topics (which fit in with their way

of living) for the year. A program was set up in three school clubs as follows:

October: Organization
November: Explanation of Housekeeping project
 Make Your Bed
December: Christmas Program
 Dust Furniture and Mop Floor
January: Wash Linoleum Floors and Wax
February: Clean and Wax Wood Floor
March: Demonstrate a Dustless Dust Cloth
April: Collect records. Review records with members.
May: Demonstrate Basket of Cleaning Supplies

Members were given a project book. They were asked to carry out the project in their homes in cooperation with their families. Demonstrations were given in the monthly club meetings.

45 club members were enrolled in housekeeping with 39 completions.

In the absence of the HD Agent during the month of May, the Asst. Agent conducted meetings for the Washington-Henry Jr. & Sr. group, for the Boswell Jr. group, and Henry Clay Jr. group.

Arrangements were made with Mrs. Litton to conduct the club at Rockville and with Gloria Pleasants to conduct the meeting at Montpelier. Information was given them.

C. Other Activities

1. Community Activities

Four community 4-H Clubs met regularly during the year. Members were enrolled in the following projects: "So You'd Like to Sew", "Make or Remake", "Meal Preparation", "Pressing", "Your Room", "Bread", "Laundry".

Leaders secured information and material from the agent to carry on these projects.

Permanent record sheets were kept for 4-H Club members carrying the homemaking projects.

4-H Club work has been discussed by the Asst. Agent with two daughters of Homer Vincill and daughter of Mrs. Watt Wood. Asst. agent has been working with Faye Traylor, Brenda Johns, Lucy & Elaye Selden, Marian Furr on bedroom projects.

2. Camp

39 members attended 4-H camp at Jamestown.

1 member attended senior camp at Jamestown

1 member attended Conservation Camp at Virginia Beach

2 members attended Leadership Camp at Virginia Beach

1 member attended interstate All-Star meeting at National 4-H Center in Washington, D. C.

4 girls served as Junior Leaders

3 women served as adult leaders at Jamestown Camp

The assistant home agent worked on plans for activities for the Benton-Linover 4-H Camp. Several conferences were held with the Benton County agents in developing a program.

The assistant agent served as director for District 4-H Club camp at Jassonton. Several conferences were held to discuss administrative matters.

3. Rural Life Sunday
Club members observed Rural Life Sunday by attending church with their families. One community club attended church in a group. Another Club furnished flower arrangement for the young people's meeting.

4. Fairs
4-H members had an opportunity to enter exhibits in the State Fair and at the Farmers' Market. A small number 4-H entered exhibits.

5. Contests
16 4-H Club members entered the county contests which were held on January 31st. From this number 12 Linover girls entered the District Contests in demonstrations and 3 in Achievement.

3 seniors won first place and represented the Northwestern District at Short Course.

Those entering the contests and their awards are as follows: Senior Achievement Records sent to VTA: Lucy Salden, Rose Leonardos, State Winner; Kathleen Drewes, Leadership; Elsie Ribbon; Patsy Taylor, Laundry; Recreation; Red Ribbon. Senior Reconstructions: Lucy Salden, Laundry, 1st place in District; Elsie Ribbon in State; Frances Bruce, Public Speaking, 1st place in District; Elsie Ribbon in State; Margarette Gilman, Poultry Consumption, 1st place in District; Roberta Day, Meal Preparation, Red Ribbon in District; Lucy Sydnor, Dress Review, Red Ribbon in District. Junior Achievement Records—Gertie Herrman, Safety, 1st place in District; Elsie Ribbon; Elsie Salden, Poultry Consumption, 1st place in District; Elsie Ribbon.

The Asst. Home Agent worked with Margarette Gilman, Roberta Day, Gayle Carter, Lucy & Elsie Salden, and Patsy Taylor in preparation for the District Contest.

6. Rally Day Program
All 4-H members and their families were invited to attend a Rally Day program in the summer. A day of Fellowship and Fun was planned which included a covered dish luncheon, games, and singing. 91 members and parents attended.

IV. Scope of Work

A.

	1955	1956	1957	1958	1959
No. H. D. Clubs	14	14	12	9	8
Membership	272	254	265	226	226
No. H. D. Groups (unorganized)	-	-	-	-	-
Membership	-	-	-	-	-
No. L-H Clubs	10	8	11	16	10
Membership	303	261	311	293	288
No. YW Clubs	-	-	-	-	-
Membership	-	-	-	-	-
No. Community Clubs	7	9	10	6	4
Membership	-	-	-	-	48
No. Home Ec. Committees	-	-	-	2	2
No. General Interest Committees	-	-	-	-	-
No. Youth Committees	-	-	-	-	1
No. Other Organizations	-	-	2	-	-
No. Farm & Home Dev. Families	-	19	36	54	82
No. Other Families reached	-	-	100	300	300
No. Different families reached	-	-	600	600	600

B. What was done to increase scope of work and to inform the public about Home Demonstration Works:

Interested people were invited to attend the regular monthly meetings, Home Demonstration Achievement Day program, Special Interest group meetings, workshops, and community picnics.

Exhibits were shown in community store windows Nation H. D. Club Week. However, members participated in a week long hobby shop at the State Fair. News articles were written. Bulletins were furnished non-members on request. Additional material was given club members at regular meetings to give to neighbors and friends. In addition, club members gave information to neighbors and friends. Interested people in organized communities attended clubs which were nearest to them.

V. Leadership

A. Growth of leadership

1. Overall program leaders

	1957	1958	1959
a. County Agricultural Extension Service Board	---	---	5
b. Youth Council	---	---	---
c. Home Economics Council	---	---	0

2. Home Demonstration Club Leadership

	1955	1956	1957	1958	1959
No. organizational leaders	-	-	53	63	64
No. project leaders (subject matter)	-	68	30	43	60
No. Federation program of work chairmen	12	13	13	10	9
No. Program development leaders	12	13	13	10	9
No. result demonstrators	-	-	-	1	1
No. training meetings by specialists	8	6	6	5	6
No. training meetings by dist. agents	2	-	-	-	-

No. training meetings by agents	5	0	3	3	1
No. training meetings by others			1	2	1
Attendances at all training meetings	129	90	74	152	88
No. meetings held without an agent	64	86	52	63	59
No. meetings leaders assisted	112	76	79	105	31
Demonstrations by leaders	64	69	69	48	56
Talks and discussions by leaders	173	228	127	114	136

3. 4-H Club Leadership

	1945	1946	1947	1948	1949
No. club officers	51	45	66	70	76
No. adult project leaders	16	16	13	9	8
No. junior project leaders		5	5	2	6
No. result demonstrators	-	-	-	-	-
No. training meetings by specialists	2	0	1	0	0
No. training meetings by dist. agents	0	0	0	0	0
No. training meetings by agent	0	2	5	7	4
No. training meetings by members club dept.	2	0	0	1	0
No. training meetings by others	1	2	2	2	1
Total attendances at ldr. tr. meetings	35	32	63	67	32
No. 4-H leaders trained individually	6	5	6	3	3
No. club mtgs. held by ldr. w/out agent	61	97	103	76	56
No. additional club meetings at which leaders assisted	34	5	55	2	4
No. demonstrations given by adult ldrs.	49	18	62	46	48
No. demonstrations given by junior leaders	24	24	33	34	34

B. Development of leadership activities

The Washington-Henry Home Demonstration Club had become almost inactive. Practically all that they participated in wholeheartedly were rural arts projects.

In a period of two years active membership has increased from about twelve to 35 and they have other prospective members.

The county wide club program has been followed with the members taking an active part in the program. The president has worked with the members in planning workshops to meet the interest and needs of the members in the afternoons of the regular club meetings. They sent in an excellent report on adopting new methods learned and knowledge gained and shared with others.

In addition to the regular club activities they have:

1. Furnished two members to serve on the HD Executive Board
2. Furnished two 4-H leaders for a community club
3. Furnished committee which set up educational exhibit at State Fair
4. Furnished leaders for three workshops at State Fair
5. Set up an exhibit on Balanced Meals at Achievement Day Program
6. Entertained 27 guests at regular club meetings
7. Held a community bridge luncheon to raise money for club and county budget
8. Sponsored a 4-H member to State Short Course
9. Sponsored community 4-H Club

Four members have made improvements in landscaping
One member started a bird sanctuary
One member made a new road
Two members seeded fields in grass eliminating weeds
They have received 54 non-club members with Extension Information

VI. A. For Special Consideration

One significant achievement of Extension work in 4-H Club work

The community 4-H Club at Donnell has reached 85 4-H members and their families, helping them to attain a richer more rewarding life. Mrs. Charles E. Owen, Jr. has served as leader in that community for seven years. During the past year she has had an excellent 4-H Club leader, Mrs. Elmer Mann.

Through these leaders, members have taken projects in clothing, foods, and public speaking. They have been well represented in county, District and State events, such as County Council meetings, county and district contests, 4-H Short Course, 4-H Camp at Janssboro, State safety exhibit, local 4-H exhibits, radio, television, community and county recreation.

Members have helped decorate community Christmas trees, given several programs for Women's Club and HD Club and PTA. They have participated in a local Dress Parade and set up exhibits locally and county wide.

Lasting values from such a club in a community with an outstanding leader cannot be estimated.

B. Public Relations

1. Welfare Department

The agent and the HD clubs cooperated with the Christmas Mother Program in Hanover County. The Christmas Mother used the HD Kitchen during the month of December. Clubs and agents contributed to the "Christmas Mother" program.

2. Health Department

The agents and Home Demonstration Club members had physical check-ups and TB tests.

The Public Health Nurse has spoken at two HD Club meetings to inform members about her duties in the county.

3. Nurture Club

The home agent recommended a worthy girl to be sent to 4-H Camp at Janssboro. They both attended a dinner meeting of the Nurture Club and gave camp reports.

Asst. Home Agent has cooperated with this group throughout the year, helping with food sales at various occasions, contributing homemade pies and assisted in planning for penicillin supper (Dorchester Nurture Club).

4. Farm Bureau

The Asst. Home Agent worked with the Farm Bureau by promoting the nutrition program as requested in 1954. Mrs. Eunice Samsky, Nutrition Chairman, reported on progress of this committee at a regular Farm

Bureau meeting at which approximately 100 were present.

Furs Bureau donated money for prizes for milk promotion project of Nutrition Committee in 3 high schools.

5. Farmer's Home Administration
The assistant agent of working with Paulettes, Wilsey, Furs enrolled in the Farmers' Home Act. Conferences have been held with the FHA Supervisor relative to these families. More families shall be enrolled when time permits

6. Va. Council of Social Welfare - 5th District
Asst. Agent attended luncheon meeting at which time problems of our aging population was discussed.

Served on nominating committee for securing directors from Hancock Co.

7. Dairy Open House

The asst. agent worked with preparations for the Dairy Open House held in Hancock County in June. Contracts were made for hostesses to serve at 2 of these dairy farms.

8. Agriculture

The agent worked with the Farmers' Field committee in making plans for the picnic which was held in the summer. Plans were made for home economic exhibits and judges were secured. The asst. home agent acted as clerk for the contests.

The home agents attended two meetings of the County Extension Service Board. Reports were given by the agents, and committee members.

9. State Fair

The home agents and eight HD Club members judged in the Women's Division at the Fair.

The asst. home agent judged canned goods at the State Fair. She wrote 4 articles in her weekly newspaper column at the request of the Sup't. in charge of Women's Dept. These articles included information on preparation of clothing and food for exhibits.

10. County Fairs

The agent, with 4 HD Club members, judged at the Southern Beak Fair. The asst. agent judged canned goods and clothing at the Goodland Tri-County Fair, and also home ec. projects at King & Queen County Fair

11. District Contests

The home agent was hostess for the Junior Dress Revue Contest. The asst. agent took care of the publicity for the program.

District Contest Publicity Newspaper

The asst. agent visited Pat Vank, Asst. Woman's Editor of Times-Delaware, to request publicity for the District 4-M Contests. Information relating to 4-M Club work and copyright contests was compiled and given to this paper.

Television

The asst. agent visited WTRM and WNEA T. V. for the purpose of scheduled appearances of District Contestants. The following counties presented T. V. shows: Hanover, Hantsco, York, Gloucester, Charles City, New Kent. Letters were sent to all agents in the District with information about these television programs.

The asst. agent presented Barbara Lee Bruce, Frances Bruce and their leader, Mrs. Charles E. Owen, Jr., in a 15 minute program over WTRM. Information regarding the District contests was given.

12. Beverdam 4th of July celebration

The agent secured two leaders and together they judged the Home Economics exhibits.

13. County Workers

Have held conferences to make and carry out plans of unified Extension program.

14. General Public

Have kept the general public informed through circular letters and the local paper. Have compiled with requests made for both bulletins and other information from the office. Have invited interested members to join the clubs and to attend programs during the year.

The asst. agent prepared 36 articles for her weekly column "Art of Homemaking" in the Herald-Progress. These gave information on families worked with in the P & H management program and other matters of general interest to homemakers.

15. Elected Representatives — Board of Supervisors

Monthly reports from each of the home agents have been sent to the Board of Supervisors. An annual report will be sent to them. Members of the Board were invited to attend public functions of Extension nature. They are kept informed by Extension work in the county.

16. Commercial Interests

Commercial materials, approved by Extension, were used in the 1959 program. The utility home economist gave a leader-training meeting on Serving Meals in an Attractive Manner. Two of the home economists gave demonstrations in each of the clubs on "Better Kitchen and Outdoor Lighting."

Dairy Council has furnished materials for nutrition committee, balanced meals demonstration and 4-M Club members. Mrs. Ellison, of the Dairy Council was hostess at a luncheon served to members of the Nutrition Committee.

17. Other Professional Workers

The home economics teachers have been encouraged to work in an advisory capacity to the clothing and foods committees.

Extension material has been sent to the different home economics teachers.

C. Professional Improvement

1. The asst. agent attended a three-weeks session at Cornell University in July and enrolled in the three hour credit course in housing. This course included analyzing needs and wants of families in relation to housing, points to consider in building and remodeling, and laboratory work in remodeling house plans.

2. Both agents hold membership in the State and National Home Economics Association.

They are also members of the Richmond Home Economics Association. State and National publications are read as they are received.

3. Attended a two-day agents workshop on "Know Your Sewing Machine" conducted by Singer Sewing Machine Co. in Richmond.

4. The agents attended a four-day training school on communications presented for agents in this district.

5. The agents attended the training conference held at V.F.I. for a week. Workshops on house furnishings, housing, kitchen planning were very practical and informative.

6. The agents attended a district training meeting devoted chiefly to the study of Public Relations and 4-H Club Work.

7. The agents attended a conference of home agents in this district. Administrative matters were discussed by Mrs. O'Brien and Mrs. Kyle.

8. Have also read professional magazines, books and other publications. Used material from library, V.P.I., and bank in studying for demonstrations. Am a member of National and State Home Demonstration Association.

VII. The Look Ahead

Appraisal of this past year's program:

The program chosen in the Home Demonstration Clubs was educational and beneficial to the people in the communities. Club members and non-club members alike worked together in planning a long-time program. Some committees have been organized today and work is progressing along these lines. Community 4-H Clubs have contributed to the success of 4-H Club work in the county.

The F & H Management work has extended to 82 farm families including 48 homemakers. An increasing number are being worked with cooperatively

by farm and home agent.

A monthly news letter sent to these cooperators and county committee helps inform as well as keep contact with county office.

Specific suggestions for improving the Home Economics Extension Program: It may be advisable to have the agent give less demonstrations in the clubs and have more leader-training meetings. Thus, she would find time to concentrate on committee work--getting committees off on a sound foundation so that they may continue to function through the years.

More adult 4-H leaders are needed to work with Senior 4-H members since it is no longer possible to have senior 4-H Clubs in the schools.

It would seem advisable to concentrate work done with families rather than enlarge number. It would seem desirable that more financial planning, better records and better time management be stressed.