

General Public

Plans include attendance to various church worship services and P. T. A. meetings to establish better relationships and make it possible to inform and invite the public to all activities in the county and secure their cooperation.

Plans are made to invite other professional workers to meetings.

The agent will attend meetings and conferences when possible to observe methods used in conducting the Extension program -- thus establishing better relationships and observing ways in which the Extension program may be improved.

Home visits will be made to check individual progress. Letters will be written to home demonstration members for report of accomplishments during the year.

In the 4-H Clubs, record books will be kept and checked to note progress on projects. Reports will be given by leaders.

An educational tour will be planned to some historic place to see educational sites by home demonstration members and the agent.

Objectives:

1. To develop a deeper interest in 4-H Club work.
2. To give members and leaders special recognition.

Procedures:

1. Progress stories of outstanding work.
2. Special programs and activities.

SHORT COURSE

Objectives:

1. To provide an opportunity for association with other members in the state.

Procedure:

1. The delegate will be selected according to achievements and interest in the 4-H program.

WILDLIFE CONFERENCE

Objective:

1. To teach members the importance of the conservation of wildlife.

FAIRS

Objective:

1. To motivate 4-H members to strive for improvements in exhibits through stimulating cooperative competition.

Plans for Developing Good Public Relations in the County with:

1. Elected representatives
 - a. Board of Supervisors

Plans are made to let the board know about the work in the county by sending the annual narrative and monthly reports to let them know of activities and accomplishments of the Extension program.

Procedures:

1. Discuss health and give demonstration in monthly meetings.
2. Home visits to check accomplishments.
3. Use visual aids.
4. Distribute bulletins and mimeographed materials relating to the project.

II. So You'd Like To Sew

Objectives:

1. To teach the basic principles about sewing.
2. To be able to make simple garments.
3. To be able to follow a pattern correctly.

Procedures:

1. Have method demonstration.
2. Home visits to check on projects.

III. Your Furnishings

Objectives:

1. To help club members make simple furnishings.
2. To help members realize their needs for furniture improvements.

Procedures:

1. Have monthly meetings and give method demonstration.
2. Use visual aids when possible.
3. Home visits, circular letters.
4. Keep check on record books

OTHER ACTIVITIES:

National L-H Club Week

<u>4-H Club (cont'd)</u>	<u>No. in 1958</u>	<u>Goal 1959</u>
No. Adult Project Leaders	4	16
No. Junior Project Leaders		
No. Result Demonstrators	0	4
No meetings at which leaders were trained by specialists	0	3
No. meetings at which leaders were trained by district agent		
No. meetings at which leaders were trained by agent	0	12
No. meetings at which leaders were trained by personnel in 4-H Dept.		
No. meetings at which leaders were trained by others		
Attendance at leader training meetings	0	50
No. 4-H leaders trained individually		
No. Club meetings held by leaders without agent present	0	4
No. Club meetings at which leaders assisted	0	4
No. demonstrations given by adult leaders	0	5

<u>Y M W's Clubs</u>	<u>No. in 1958</u>	<u>Goal 1959</u>
No. club officers	32	64
No. adult leaders or sponsors	4	16

4-H PROJECT WORK

I. Health

Objectives:

1. To be able to practice better health methods.
2. To be able to put methods learned into habits.

<u>Plan for Leadership</u>	<u>No. in 1958</u>	<u>Goal 1959</u>
Over-all Program Leaders (Organization Leaders for county Extension Service Board)	8	16
<u>Home Demonstration Club Leadership</u>	<u>No. in 1958</u>	<u>Goal 1959</u>
No. Organizational Leaders		
No. Project Leaders (subject matter)	8	16
No. Federation Program of Work Chairmen		
No. Program Development Leaders		
No. Result Demonstrators		
No. Meetings at which leaders were trained by specialists	0	4
No. Meetings at which leaders were trained by district agents	4	8
No. Meetings at which leaders were trained by agent	4	8
Attendance at training meetings	31	50
No. Club meetings held by leaders without agent present	0	7
No. Club meetings in which leaders assisted	0	12
Total demonstrations given by Leaders	0	
No. talks or discussions by leaders		
<u>Over-all Youth Leaders</u> (Organization Leaders for county youth council)	<u>No. in 1958</u>	<u>Goal 1959</u>
	4	16
<u>4-H Club</u>	<u>No. in 1958</u>	<u>Goal 1959</u>
No. 4-H Club officers		

National Home Demonstration Week observances, Newspaper articles about home demonstration work, distribution of program calendars, booklets to interested persons and members, to distribute Christmas baskets to disabled and needy persons. Every available method will be used that will help give people a clearer understanding of home demonstration work and activities.

Plans will be made to make Christmas suggestions and food decorations; also, to give baskets of farm produce to disabled and needy persons.

<u>Organization</u>	<u>No. in 1958</u>	<u>Goal 1959</u>
No. of home demonstration clubs	5	7
Membership	42	75
No. of 4-H Clubs	5	9
Membership	254	400
No. of Y M W's Clubs		
Membership		
No. Community Improvement Clubs		
Membership		
No. Home Economics Committees		
No. General Interest Committees		
No. Youth Committees		
No. other organizations		
No. Farm and Home Development Families		5

WORK IN UNORGANIZED COMMUNITIES

Objectives:

1. To make home visits.
2. To use leaders to assist in these communities in initiating the Extension program and stimulate interest.
3. To aid when requested in solving of problems arising in the home.
4. To invite people from these unorganized communities to meetings and other activities that will be of mutual interest to all homemakers.

FAIRS

Objectives:

1. To have each club put on an educational or project exhibit.
2. To provide an opportunity for rural and urban people to fellowship together and develop a keener appreciation.

Procedures:

1. News articles
2. Circular letters
3. Distribution of fair catalogs

COUNTY EXTENSION PROGRAM

A. Organization to Strengthen Extension Work.

In order to strengthen home demonstration work in the county, to do more home demonstration work. This will include announcements of activities and accomplishments, community and county-wide meetings, home visits, leader training meetings, office and telephone calls, educational tours in and out of the county,

2. Method demonstration by leaders and agent.
3. Distribution of mimeographed materials including new recipes for quick meals.
- D. Other Activities:

National Home Demonstration Week

Objectives:

1. To try to create more interest in the Extension program.
2. To have a radio broadcast during National Home Demonstration Week.
3. To bring to the public progress made by home demonstration members.

Procedures:

1. Discussion in County Advisory Board and Home Demonstration committee meetings.
2. Circular letters
3. Announcement in public meetings and public service programs.

Plan Educational Tour in August to some historic place.

RESULT DEMONSTRATIONS

Objectives:

1. To try conducting a demonstration in each community.
2. To teach the benefits of improved practices through these demonstrations.

Procedures:

1. Specialists help when necessary to improve demonstrations.
2. To learn better and easy methods of housekeeping.
3. Home visits.
4. Written materials, bulletins to aid in carrying out demonstrations.
5. Tours

Procedures:

1. Give method demonstration by leaders with agent assisting.
2. Distribution of bulletins and mimeographed materials.

V. Fall and Winter Gardens

1. Seeds to plant
2. Time to plant

Objectives:

1. To be able to get food products from the garden year round.
2. To create an interest in better fall and winter gardens.
3. To provide a better variety in the diet.
4. To encourage fresh vegetables.

Procedures:

1. Demonstration by a local farm agent.
2. Give out leaflets on what to plant.

VI. Planning Adequate Diets and Quick Meals

1. Meals from the pantry

Objectives:

1. To create a desire to save time, energy and money in preparing adequate balanced meals.
2. To teach homemakers how to plan adequate meals for their family.
3. To teach homemakers how to plan a balanced diet.
4. To give information to homemakers on planning low-cost adequate meals quickly.

Procedures:

1. Training meeting for leaders by agent.

Procedures:

1. Leader training meetings by agent.
2. Method demonstration by agent and leaders.
3. Distribute clothing outlook bulletins and other mimeographed materials related to the project.

III. Feed Bag Articles

1. Constructing simple articles
 - a. pot holders
 - b. aprons
 - c. Scarves and pillow cases, etc.

Objectives:

1. To be able to make use of surplus feed bags.
2. To teach homemakers the value of using articles on hand.

Procedures:

1. Method demonstration by leaders and agent.
2. Distribute materials on the use of feed bags.

IV. Food Preservation

1. Freezing
2. Canning

Objectives:

1. To teach homemakers the correct methods to use in preserving foods.
2. To encourage preservation of home grown foods.
3. To be able to have a wider variety of foods preserved.
4. Products grown can be preserved to save on food budget.

Objectives for Home Care of the Sick:

1. To help homemakers be able to take care of simple emergencies.
2. To make available to homemakers the latest information on First Aid.
3. To be able to practice better health methods.
4. To be able to take care of the patient until the doctor arrives.

Procedures:

1. Distribute mimeographed materials and bulletins.
2. Have the county nurse discuss the topics with demonstration groups.
3. Have one result demonstration on caring for the patient in the sickroom.

II. Clothing

1. Buying and selecting clothing
2. Constructing simple garments
3. Selecting patterns
4. Cutting the garment
5. Fitting the garment

Objectives for Clothing:

1. To be able to select suitable colors.
2. To be able to know and select appropriate materials wisely for house dresses.
3. To teach homemakers the advantages of keeping abreast of clothing outlook information and following the development of new fabrics and finishes.
4. To teach homemakers to apply basic principles learned.

The farm family is caught in the cost, price, squeeze. That is, the cost of production has not decreased in proportion to the decrease in the price of farm produce.

After a careful analysis of the above facts and other information brought out through discussions, home visits and meetings, the major phases of work for 1959 were chosen.

These included Home Care of the Sick, Clothing, Making Articles from Feed Bags, Food Preservation with emphasis on freezing and canning, Fall Gardens with emphasis on vegetables that will last through the winter, Ways to Include More Milk in the Diet and Planning Adequate Quick Meals with emphasis on the use of foods from the pantry.

C. Federation Program of Work.

I. Home Care of the Sick

All plans for carrying out the proposed program have not been completed. The committee is now composed of eight members and the agent which are working out details of how the projects will be worked out.

1. Preparing the Sickroom
2. Caring for the sick person
 - a. Backrubs
 - b. Baths
 - c. Bedmaking
 - d. Bed sores
 - e. Diet
3. Bandages and Dressings
 - a. Kinds of bandages
4. Bee, Wasp and Hornet Stings
 - a. What to do
5. Fractures

Total rural population	11,023
Total urban population	4,375
Total county population	<u>15,398</u>

A breakdown of income of white and non-white farms is not available. Non-white farms represent slightly less than 50% of all farms; 20% of total farmland and approximately 50% of the population.

The figures given were compiled from information secured from the March 1954 issue of the University of Virginia Newsletter, the United States Census of Agriculture and office of the County Commissioner of Revenue.

A. There are four 4-H Clubs with 118 boys and 136 girls for a total of 254 members. Four adult leaders assist with the 4-H Club program.

To arrive at the problem to be given attention for 1959, the general situation was studied with special attention to problems of the home.

We find that the main shopping center is about 20 miles from the farthest families with a majority living in a twelve mile radius. The family food supply is produced on the farm except a few items that cannot be profitably produced locally. General merchandise stores are in easy reach of most families.

B. The chief social activities of the family are carried on in the churches. There are fraternal orders, P. T. A.'s and a few other outlets for social group expressions.

COUNTY SITUATION

Prince Edward County is located in Southside Piedmont, Virginia and contains 432 square miles. The land is rolling and the annual rainfall is generally adequate for the pursuit of a general diversified farming program. The chief sources of income are from tobacco, livestock, livestock products, poultry and truck crops. Employment is available to women which include domestic service, garment factories and laundries. The men are engaged in milling, rail-roading, tobacco, mining and woodworking factories. A few of the women and men are engaged in professional jobs which include teaching and nursing.

According to the 1955 Preliminary Census of Agriculture, there were 1, 179 farms in Prince Edward County in which 510 are classified as non-white and a total of 182 non-white tenants as compared to the 1950 census which listed 1,340 farms of which 600 were classified as non-white, representing 489 owners and 111 tenants.

The population characteristics for Prince Edward are as follows:

Total rural farm	6,944
Total rural non-farm	<u>4,079</u>
Total rural	11,023
Total rural white	5,616
Total rural non-white	<u>5,407</u>
Total rural white & non-white	11,023

COOPERATIVE EXTENSION SERVICE WORK
IN
AGRICULTURE AND HOME ECONOMICS

Virginia Polytechnic Institute &
U. S. Department of Agriculture,
Cooperating

EXTENSION SERVICE
County Agent Work

PLAN OF WORK

COUNTY PRINCE EDWARD

YEAR 1959

Name Mary L. Moody
(Local Home Agent)

Date Mailed 12/20/58