

VII. THE LOOK AHEAD

The home economics Extension program has progressed greatly this year. The leaders of HDC's are taking their responsibilities seriously and are developing and promoting home demonstration club work with the assistance of the home agent but without the agent actually doing the work or being present. The County HDC Chairman, Mrs. W. H. Hoback, is a very capable leader and does much to promote the work of Extension. It is believed this movement of leaders taking part of the responsibility will grow and increase with time.

Activities and interest of h-H club work is increasing with the organization of community-type clubs with adult leaders. There is a great need for a suggested unified monthly h-H club program and more training is needed for h-H club leaders.

VI. For Special Consideration

Home Nursing Course

For many years the women in Giles County have desired a home nursing course. In 1960 they saw an opportunity to overcome this desire.

The main problem of the people was not knowing simple and inexpensive methods of nursing in the home; and how to improve those practices already in use.

A health committee composed of the county health nurses, home demonstration club members, and the home agent in cooperation with the local hospital administrator and county Red Cross Chapter, worked to bring this training to the county.

Miss Mary Waples, Virginia Red Cross Nursing Representative, and Mrs. Lydia Keiser, Kentucky Red Cross Representative taught a 30-hour instructor's course to 8 home demonstration club women. All 8 successfully completed this course. Each of these 8 women have taught a 14-hour home nursing course to 70 people, 66 of whom have successfully completed the 14-hour course to receive certificates to this effect.

It is believed that these instructors will be requested to teach other home nursing classes in the coming year.

Resulting from this program has been improvement in home nursing practices. Also, communicable diseases among families have been reduced.

- B. The home agent tries constantly to be friendly, understanding, and interested in the work and families of all she comes in contact with, whether in the office, public establishments, or in the homes. Office conferences are held frequently but not on a regular meeting day. Other professional workers in the county are friendly, cooperative, and helpful on public issues as well as private matters. The home agent ever strives to return this wonderful public relation.
- C. Professional improvement of the home agent includes attending the Regional Extension School in Arkansas, participating in Institute of Rural Affairs, Communications School, Annual Extension Conference, and District Meetings. She reads professional magazines and books, and takes an art class in oil painting.

3. h-H Club Leadership

	1956	1957	1958	1959	1960
No. Club officers	75	90	112	161	159
No. adult project leaders	18	1	-	9	9
No. junior project leaders	15	3	-	3	4
No. result demonstrators	1	-	-	-	-
No. training meetings by specialists	-	-	-	-	-
No. training meetings by dist. agents	-	-	-	-	-
No. training meetings by agents	2	6	1	1	1
No. training meetings by members club dept	-	1	-	1	-
No. training meetings by others	-	-	-	1	-
Total attendance at ldr. trs. meetings	20	209	100	73	96
No. h-H leaders trained individually	13	3	-	6	19
No. club mtgs. held by ldr. without agent	-	19	-	37	71
No. additional meetings at which leaders assisted	-	-	-	17	37
No. demonstrations given by adult leaders	-	-	-	7	13
No. demonstrations given by junior leaders	15	-	-	11	19

- B. The development of an outstanding individual in Giles County during the year 1960 has been Mrs. W. R. (Virginia) Allison. In previous years, it is believed she took an active part in the home demonstration club and h-H club work, but in recent years she has been very inactive.

Mrs. Allison has one son who is married and has two children. This leaves Mr. and Mrs. Allison alone at home much of the time. She took the Home Nursing Instructor's Course and in turn taught her home demonstration club the 1 1/2-hour course. Until this time she did not have a driving permit. She insists that she still wouldn't have it "if I hadn't needed transportation to and from class". Since this instruction course she has been very active in assisting with the Woodmobile.

It is believed that Mrs. Allison will be a h-H adult leader for the Triangle h-H Club. She has taken part in the leadership in other clubs and organizations too. She called the home agent and told her that Extension had made her active again in clubs and organizations, and that this had so much meaning for her-- even more than when she was younger.

B. The home agent's work with non-HDC members has greatly increased during 1960. The main reason being the wonderful work of home demonstration club members. It seems if someone asked them about something, they referred them to the home agent. The agent's close association with school personnel promotes home demonstration work. Another means of helping non-HDC members has been through h-H Club members. Newspaper publicity has helped to inform the public of available assistance from the home agent.

V. Leadership

A. Growth of Leadership

1. Over-all Program Leaders

a. County Agricultural Extension Service Board	1958	1959	1960
b. Youth Council	-	-	-
c. Home Economics Council	-	-	-

2. Home Demonstration Club Leadership

	1956	1957	1958	1959	1960
No. organizational leaders	--	60	50	60	73
No. project leaders (subject matter)	111	115	94	63	103
No. Federation program of work chairmen	14	15	13	16	16
No. program development leaders	14	15	13	16	16
No. result demonstrators	40	-	2	5	7
No. training meetings by specialists	1	1	5	3	3
No. training meetings by dist. agents	1	1	1	1	2
No. training meetings by agents	5	9	3	1	6
No. training meetings by others	-	-	2	2	1
Attendance at all training meetings	51	164	215	97	195
No. meetings held without an agent	28	61	80	75	79
No. meetings leaders assisted	29	30	19	23	43
Demonstrations by leaders	63	70	80	87	91
Talks and discussions by leaders	215	175	159	257	483

ribbons and project medals are awarded to the 4-H Club members at Achievement Night. The parents and public are urged to attend this event.

Fairs

The Newport Community 4-H Club with the adult leaders' assistance planned and exhibited work of Giles County 4-H Club members. This brought very favorable comments from many people. This activity did much to promote Extension work in Giles County.

IV. SCOPE OF WORK

	1956	1957	1958	1959	1960
No. H. D. Clubs	14	15	14	15	15
Membership	246	261	247	279	249
No. H. D. Groups	-	-	-	-	-
Membership	-	-	0	-	-
No. 4-H Clubs	13	20	19	26	22
Membership	241	413	226	327	334
No. Y&W Clubs	-	-	-	-	-
Membership	-	-	-	-	-
No. Community Clubs	7	5	3	2	2
Membership	191	143	67	57	59
No. Home Ec. Committees	-	-	-	-	-3
No. General Interest Committees	2	2	-	-	-
No. Youth Committees	-	-	-	-	-
No. Other Organizations	-	-	-	-	-
No. Fava & Home Dev. Families	-	14	14	1	1
No. Other Families Reached	299	280	250	73	1113
No. Different Families Reached	---	1200	1225	366	1729

needs. The home agent gave method demonstrations on assembling a well-equipped sewing box, constructing a needle case, pin cushion, apron, towel, and various grooming habits. The L-H girls gave demonstrations, and the adult leaders assisted the out-of-school L-H Club members.

Resulting from this program has been an improvement of personal grooming habits; 191 articles made in clothing 3 projects and 109 garments made or remodeled for self or others in Make or Buy-make.

Food

Meal Preparation was selected as a project by a majority of girls because they felt a need to plan, prepare, and serve nutritious, economical, and attractive meals.

The girls, with the assistance of the home agent, decided to learn to plan, prepare, and serve well-balanced meals and to learn to serve and eat the food correctly and with poise. Girls taking this project report having set the table correctly 3889 times, planned the family dinner 402 times, and prepared a complete meal 308 times.

The home agent sees more thought in meal planning on the part of the L-H girls; also, more poise when eating in a group.

C. Other Activities

The J-Bards L-H Club participated in a Christmas lighting contest sponsored by the White Gate Home Demonstration Club. This activity helped create much interest in L-H Club work in the community.

Each year at the Fall Planning Meeting, the individual L-H Club officers are trained, county officers are elected, and necessary business transacted. At the 1959 Fall Planning Meeting, orderliness and interest had greatly improved.

The County Share The Fun program is a big event in the L-H Club program. A dinner from each of the local clubs participates in the county talent program. Approximately 300 people attended the talent program in 1960. Comment from the audience indicated this "is the best one yet!"

From Giles County 50 L-H Club members attended the Junior Camp at the camp center in Abingdon. This camp did much in creating interest on the part of the public and in helping to develop the individual L-H Club member.

The local bank (Bank of Giles County) donated county ribbons again this year to club members completing their project work. These

Achievement Day

The annual Achievement Day was held in November with Mrs. W. H. Hoback, County Committee Chairman, presiding. Guest speaker was Mr. L. E. Turner who showed slides of the "Four Seasons in Gilles County". A summary of the accomplishment sheets taken from the yearbook was given. Helen Kerrigan gave a lesson's view of camp and Mrs. Robert King gave a report of HOC camp. Approximately 115 persons attended the program, and comments from older members indicated this was the largest number ever to attend this event.

D. The home agent actually works more with urban and non-farm families than she does with farm families. Consequently, monthly demonstrations, special interest meetings, and the regular Extension work is planned so as to interest both groups. As Pearlsburg and Harrows are rural towns, this is not a large problem.

E. Farm and Home Development

The home agent has worked with one homemaker on the home side of this program, but very little was accomplished.

III. COUNTY EXTENSION PROGRAM - YOUTH

A. Organization

The county J-H Club Council is composed of member-at-large, Junior Leaders, and all J-H officers in the individual clubs. This council meets twice a year and more often if necessary, to plan activities, elect officers, and to inform the people within the county of J-H Club work.

The Adult Leaders have not organized as far as electing officers are concerned, but have met to discuss problems and to give suggestions to one another.

B. J-H Project Work

Clothing

Clothing was selected as a main topic of study by the J-H Club girls because they realized a need for learning and using improved clothing construction methods. The girls also wanted to learn to bring out their most attractive features and to realize importance of personal grooming.

So You'd Like to Sew, Make or Remake, and Looking Your Best were projects chosen by the J-H girls to help them meet these

The women were very receptive to this demonstration, and it is believed that they have improved space and arrangement in their kitchens.

C. Other Activities

Three home demonstration club members judged canning at the Pulaski County Fair.

The home agent gave a special interest meeting on Preparing Exhibits for the Fair, emphasizing the rules and regulations of the Newport Fair. Eight home demonstration clubs were represented.

National HDC Week

In Giles County, National Home Demonstration Club Week was very much celebrated. During the week the Home Demonstration Club members learned to work together as a club and as fellow-members. Several window displays were exhibited. Instead of following the custom of each club being in charge of a window, the publicity chairman and her committee asked several clubs in different communities to plan a window exhibit. The result was very outstanding window displays on Home Demonstration Club, Home Nursing, Rural Arts, 4-H Club Leadership, Health through proper diet, and Clothing.

The Giles County Home Demonstration Clubs decided to have an auction sale to advertise HDC's and to make money for the county HDC treasury. It was understood that Giles County's portion for the Co-op House was to come from the profits of the sale. This activity did much to promote HDC work in the county. Each member of the Merchants' Association donated articles to be auctioned or given as door prizes. The local Funeral Home installed a tent for protection against the weather; the Fire Department loaned a stand and equipment for the hot dog stand; the local radio station gave spot announcing for the sale; and the Appalachian Power Company installed and gave the electricity for the hot dog stand. All the HDC members cooperated excellently with each other and with the people of the county.

Newport Fair

The home demonstration clubs are doing much to promote the Newport Fair as a county fair. It was reported that 107 articles were exhibited at the Fair by members of 8 home demonstration clubs.

The home agent gave a monthly method demonstration using posters and slides, on selecting and care of shrubbery and developing flower borders.

When the county garden clubs have outstanding speakers they invite the HDC members to attend their meetings.

The garden leaders in the clubs report regularly from "Garden Suggestions" and "Landscape Notes".

More thought and planning of landscaping is being done by those who received this demonstration.

Home Management

This area was chosen because the people had a misunderstanding of credit, and the homemakers were wasting time and energy in doing housekeeping chores.

It was hoped that people would investigate before using credit, and that homemakers would try to be more conservative of time and energy in housekeeping.

The home agent gave method demonstrations on understanding credit and money management, and simplifying housekeeping. She was trained for these two demonstrations by Miss Amelia Fuller, Extension Farm and Home Unit Specialist, and Miss Mary B. Settle, Extension Home Improvement Specialist. Eleven home demonstration clubs reported their members used credit less this year and three clubs reported using it more.

Home makers learned that credit was not free, and they have become more informed about using credit before they use it.

Some evidence can be seen by the homemaker in simplifying housekeeping by saving time and energy.

Housing

A need was felt by the homemakers to improve the use of space in their homes.

The people were expected to improve the use of space in their home, particularly in the kitchen, and also to arrange their equipment more conveniently.

The home agent gave a method demonstration on space savers. She had been trained by Miss Mary B. Settle, Extension Home Improvement Specialist, who assisted her in making kitchen storage space savers.

attachements, and that they are spending more thought in selecting clothing accessories, and in purchasing new fabrics. Home construction of childrens' clothing has improved.

Home Furnishings

A need for knowledge of proper window treatment was made known by the people.

The people were expected to improve their style of window treatment and their selection of material for curtains and draperies.

In holiday decorating, it was hoped that they would use available articles for decorating rather than buying expensive decoration.

The Home Agent was trained by Miss Catherine Habel, Home Furnishings Specialist, in making draperies and various window treatment. The agent gave method demonstrations on making draperies and window treatment. During the year, 105 draperies were purchased and 96 made.

Leaders were trained by Miss Catherine Peery, Extension Rural Arts Specialist, for the December demonstration on Holiday Decorating. Leaders have taught their club members to bottom stools and chairs, and to quilt. A local florist demonstrated flower arranging to the Narrows HDC.

Miss Catherine Peery, Extension Rural Arts Specialist, conducted a special interest meeting on hooked rugs. Approximately 40 people attended this meeting. As a result of this meeting 12 hooked rugs have been made.

The home agent sees wonderful results from this area of study. Many non-home demonstration club people have asked assistance since the demonstration on window treatment and making draperies. Apparently they heard the members talking about it, and HDC members advised them to ask for the home agent's assistance. From observation, home furnishings and accessories have improved.

Landscaping - A problem of the people was the lack of knowledge in selecting and caring for shrubbery and in planning flower borders.

The people were expected to learn to select, buy, plant and care for shrubbery, to plan correct landscaping of the home grounds, and to plan year-round interest by correcting selection of flowers and shrubbery. The HDC members have planted 31 flower borders, 16 have been improved, and 25 shrubs were given special care.

articles relating to foods appear frequently in the local newspaper.

Miss Mary Kirby, Appalachian Home Economist, gave a demonstration to Home Demonstration Club members on the various uses of the stove and freezer.

One HD Club toured a bakery and was able to compare commercially-prepared bread to home-baked bread.

The Home Demonstration Club members participated in the South-west Virginia Vegetable Tour at VPI.

Mr. L. W. Peddens, Assoc. Extension Horticulturist, conducted a Garden Leader Training Meeting. Leaders were very pleased with this meeting and used much that was taught them. They in turn taught their club members by giving brief garden reports each month.

Results from this program has been better nutritionally and economically prepared meals. Low calorie meals have been more frequently prepared by club members. Yeast breads have been prepared approximately 1847 times this year.

Clothing

Clothing was chosen as a topic of study by the homemakers in Giles County because the women were not using sewing machine attachments, and they lacked skill and knowledge in childrens' clothing construction. A constant need of the people is more information on the selection and care of the new fabrics.

A clothing committee composed of 4 members advise and assist with the county clothing program.

The people were expected to learn the basic use and care of the sewing machines; to form the habit of using all sewing machine attachments; to improve their personal grooming habits and their selection of clothing accessories; and to improve their construction of childrens' clothing.

The agent gave method demonstrations on getting the most from the sewing machine, selection and care of new fabrics, and accessories and personal grooming.

The home agent taught 4 classes in Childrens' Clothing with 43 people enrolled. Each class met four times, and was taught by a demonstrative method. It was reported 524 childrens' garments had been made.

It is evident that the women are using their sewing machine

Representatives of two HD Clubs toured the mental hospital at Marion so that they might have a better understanding of mental patients.

Home Demonstration Clubs are donating articles or money to the County "Loan closet" of sick room equipment. This service will be available for use without charge to any resident of the County.

Each month at the regular HDX meeting, the health leaders give a five-minute report on some phase of health. Without the cooperation of Mr. George A. Little, Giles County Hospital Administrator, the County Health Nurses and Doctor, this program could not have been successful.

Results of this health program are very evident in the county. People talk about civil defense, and ask questions, so that they might improve their knowledge of what to do in case of an emergency. Some members have even put away a supply of canned foods, water, etc., in case of an attack.

Food and Nutrition

Food and nutrition was chosen as a main topic of study because the people felt a need for improving their diets. There is not a bakery in Giles County; therefore, the younger homemakers expressed a desire to know how to bake yeast breads. Less food is being home grown, thus creating a need by the homemaker to know how to buy those foods that were once grown at home. The people were expected to buy food more wisely, to bake more bread, and to improve diets.

Method demonstrations were given by the home agent on wise food buying with emphasis on buying meats.

Food leaders after being trained by Miss Janet Cameron, Extension Food Specialist, gave monthly demonstrations on Low Calorie Meats and Yeast Breads. A relation of low calorie meals and the health of the family was pointed out by the leaders as they gave this demonstration.

In addition to the above, one club had a demonstration on pulled meats by a local HDX leader.

The Appalachian Power Company willingly lets the Home Demonstration Clubs use their kitchen at any time.

A nutritional committee composed of four members assist in promoting the food and nutritional program in the county. News

sold in Pulaski County and areas surrounding Giles County. A large Kroger store and a Mick or Mack store in Pearisburg, and M & W Supermarket at Hoges Chapel furnish the county with a wide variety of groceries. Recently a meat market was opened in Pearisburg.

II. COUNTY EXTENSION PROGRAM - ADULT

A. Organization

The Home Demonstration Club Committee is made up of county officers, standing committee members, presidents and program development leaders from each of the 15 Home Demonstration Clubs. The function of this committee is to plan, promote, and evaluate the Home Demonstration Club program and activities in the county. This committee meets twice a year and more often if necessary. Three special Home Economics committees have been organized. These are Foods, Clothing, and Health. To date, the Health Committee has been the most active, but it is believed that in the future all three committees will become more active. Also, plans have been made for a Home Management Committee but the committee members have not been selected.

B. Subject Matter and Special Emphasis Areas

Health was chosen as the federation program of work topics for the second year. The people still felt a need for learning care of the sick in the home, preventing unnecessary illness, and being prepared in case of an enemy attack.

Through Home Demonstration Clubs the people were to learn simple, inexpensive, and sanitary procedures of home nursing. An attempt was made to improve their knowledge of civil defense and cooperation with the bloodmobile was stressed. Mr. Jim Kerrigan, County Civil Defense Co-ordinator, conducted a training meeting for Health Leaders in order that they might inform their club members of the importance and ways of being prepared in case of an emergency attack.

A Red Cross Home Nursing Course was taught.

Clubs have cooperated with the bloodmobile by serving lunch to the workers, by giving blood, and by volunteering their services to work with the bloodmobile when it is in the county. Those volunteering attended the bloodmobile clinic in Narrows during the winter.

them to be completed by September 1961. Because it is very unlikely that there will be 4-H Clubs in the new high school, community 4-H clubs are being organized. This is a progressive step in 4-H Club work because it provides closer supervision of 4-H Club members through adult leaders. Thus, older boys and girls are staying in the Club.

Home Demonstration Club members are playing an outstanding role in this advancing movement.

The school lunchrooms are not patronized by the students as well as would be expected.

There is electric power service throughout the county, and telephone service in all but one community. Even though this is true, quite a few Home Demonstration Club members do not have telephones.

Giles County has one hospital located in Pearisburg which is the county seat. People living in and near Newport still go to Radford or Blacksburg to the hospital. There is one Giles County health nurse and one public health doctor that serves Giles, Montgomery, and Floyd Counties, and the City of Radford.

Recreation facilities in the county are limited. In summer there are two public parks available - in Narrows and in Pearisburg. These parks have facilities for swimming and tennis. Rich Creek, Bane, Glen Lyn, Staffordsville, Pembroke, and Spruce Run are providing places for picnicing with out-of-door fireplaces. In the winter there is much publicity given to elk and deer hunting but other than this, two movie theaters is the only recreation offered to the public.

Fresh fruits and vegetables are sold at highway fruit stands during the summer. Aside from several small grocery stores, farm products are

I. COUNTY SITUATION

Giles County is situated in the southwestern part of Virginia and borders the state of West Virginia. The county, with the land area of 365 square miles on 227,840 acres, lies in the Allegheny Mountains. The New River flows across the county and cuts through the mountains at Narrows. Elevations range from about 1,500 feet to 4,400 feet above sea level.

In the valleys temperatures average about 30 degrees in January and 74 degrees in July. Annual precipitation averages 38 inches. About one-half of the county is woodland. There are nearly 50,000 acres in the Jefferson National Forest and about 37,000 acres of woodland are in farms. Mineral resources include iron, manganese ores, sandstone, limestone, and shale. Fertile limestone soils along the streams produce good crops and pasture. There are 604 farms which average 171.6 acres in size and \$17, 128 in value of land and buildings per farm. There are twelve colored farm families in Giles County.

Industry now carries eighty percent of the tax load. The county tax rate is \$3.40 per \$100.00 and the assessed value on real estate and personal property is about one-fourth of its true value.

Cattle and calves lead in value in farm products sold, followed by milk and cream, sheep and lambs, chickens and eggs, fruits and vegetables, and forestry products. Three-fourths of all farms now are part-time or residential and two-thirds report more income from other sources than from sale of farm products.

At present there are two high schools, three combination grade-high schools, and one colored high school-grade school combination. Construction is under way on two consolidated high schools and plans are for

Contribution to Family Living

The two most outstanding contributions made to family living have been (1) The home nursing class, because it provided the homemaker with a knowledge of caring for the sick in the home; thus reducing family expenses and suffering by family members. And (2) The monthly home demonstration club demonstration on window treatment and making draperies. This demonstration has provided more pleasant home decorating by making the homemaker window conscious, and providing her with knowledge of how to improve the appearance of her home. Also, by knowing how to make curtains and draperies, she can save money for other family projects.

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ANNUAL NARRATIVE REPORT

**COUNTY
EXTENSION
WORK**

Virginia Agricultural Extension Service

Wanda L. Farrell

Name

County Home Demonstration Agent Agent

Title

Assistant Agent

Assistant Agent

Assistant Agent



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County