

XII. Greatest Problems in Carrying Out the Extension Program in Spotsylvania County.

The greatest problem in conducting Extension Work in Spotsylvania County has been brought about by political friction and disruption of the work when the former agents were ousted from the county. A sympathetic feeling on the part of many of the county people toward the former agents has been most apparent. People as a whole have been most cooperative, and the agent feels that a solid foundation has been laid for a sound program of work.

The agent is quoting her predecessor on the following:

One of the greatest problems, I suppose, is that only three communities in the county have meeting places other than in homes. There is little reason to attempt to get large groups together because of lack of space. Even the majority of homes are small. It is hard to develop a common interest in the county or in one community even, because they can't get together. Therefore, interest is lacking. The majority of the people are self-satisfied and many of the better families enjoy living in past history.

Young and old are very much in need of recreation, but there is no place for any except in the three community houses, and it seems impossible to get enough people interested in doing something about it, to make a place available.

B. Reading Professional Publications

- | | |
|---------------------------------|-----------------------------|
| 1. Journal of Home Economics | 9. Ladies Home Journal |
| 2. American Home | 10. Progressive Farmer |
| 3. The Forecast | 11. Southern Planter |
| 4. Good Housekeeping | 12. Country Gentlemen |
| 5. The Virginia Journal | 13. Extension Division News |
| 6. Household | 14. Woman's Home Companion |
| 7. What's New In Home Economics | 15. Farm and Ranch |
| 8. McCall's | 16. Farm Journal |

C. Membership in Professional Organizations

1. Virginia Home Economics Association
2. National Home Demonstration Agents' Association
3. National Home Economics Association
4. State Home Demonstration Agents' Association

D. Participation in programs, workshops, etc., planned by other organizations.

1. The agent will participate in all she has an opportunity to do, provided it seems wise for her to do so.

E. Planned Educational Trips

1. At present there are none.

XI. Cooperation with other Extension Workers

A. Special Interest Committees

1. We hope to have two active groups in 1959.

B. Farm Home Program

1. We hope to have at least six families in this program.

C. 4-H Work

1. All 4-H work is planned cooperatively.

2. Health

- a. Club members will assist with clinics or participate when called upon.

3. Home Economics

- a. The Home Agent will assist when called on.
- b. Home Economics Teachers will be invited to attend leader training meetings.

II. Plans for Development of Good Public Relations in County Among:

A. Co-Workers

B. General Public

C. Elected Representatives

D. Other Professional Workers

1. With all of VIII grouped together the agent will attempt to live up to the desirable characteristics of a successful home demonstration agent as are stated under XIII on page 26 of the Handbook for Virginia Agricultural Workers.

III. Plan for Recording Progress and Evaluating Program as Planned for 1959

- A. The agent plans to check the progress of this program to evaluate it by using this plan of work, the monthly reports, checking club and county goals and making comparisons with previous work done.

X. Plans for Professional Improvement

A. Organized Study

1. Schools

- a. Attended Regional Short Course in Fayetteville, Arkansas in July and August, 1949.
- b. Attended In-Service Training, V.F.I. in 1956.
- c. Attended Workshop in Human Relations and Human Development at Cornell University in summer of 1958.

4-H Club, continued	No. in 1958	Goal for 1959
No. 4-H leaders trained individually	15	15
No. club meetings held by leaders without agent present	25	30
No. meetings assisted with	40	40
No. demonstrations given by adult leaders	25	35
No. demonstrations given by junior leaders	15	25

E. Plans for training and using leaders in carrying out the 1959 Program.

1. Training

- a. Have specialist train leaders in food preservation.
- b. Have leader training meetings for the following by agent:
 - (1) Clothing
 - (2) Room Improvement
 - (3) Foods

2. Using leaders

- a. To have leaders give demonstrations to 4-H members.
- b. To have leaders attend all 4-H meetings and assist girls with project work at meetings.
- c. To have leaders give members individual assistance.
- d. To have leaders assist with exhibits at fair.

VII. Plans for Work with Other Agencies

To make a definite plan for working with other agencies appears to be impossible, but the agent would like to cooperate in every way possible.

1. Welfare

- a. H. D. Clubs will assist with needy families in their communities and do special relief work at Christmas.

C. Describe your plans for training and using all types of leaders in carrying out the 1959 Program.

- (1) Food training - by specialists and special persons.
- (2) Stencilling - by specialist and agent
- (3) Trays - by agent
- (4) Copper tooling - by agent
- (5) Refinishing furniture - by agent
- (6) Federation Program of Work - by specialist
- (7) Rug Making - by agent and leaders
- (8) Tailoring - by agent and leaders

2. Using leaders

- (1) All clubs hold at least four meetings during the year without agent present.
- (2) Leaders give demonstrations to their own clubs or secure leaders from other clubs to do it.
- (3) Strong clubs hold six meetings without the presence of agent.
- (4) Encourage leaders to give individual assistance whenever their services are needed.

D. 4-H Club	No. in 1958	Goal for 1959
No. of 4-H club officers	50	55
No. adult project leaders	15	17
No. junior project leaders	11	15
No. Result Demonstrators	1	2
No. of meetings at which leaders were trained by specialist	0	1
No. meetings at which leaders were trained by district agent	0	0
No. meetings at which leaders were trained by agent	25	25
No. attending leader training meetings	259	200

A. Organization		No. in 1958	Goal for 1959
No. Home Demonstration Clubs		11	12
Membership		273	300
No. of 4-H clubs		9	10
Membership		202	210
No. Home Economics Committees		2	3
Membership		6	9
No. other organizations		0	0
No. Farm and Home Development Families		5	10
VI. PLAN FOR LEADERSHIP			
A. Overall Program Leaders		No. in 1958	Goal for 1959
B. Home Demonstration:		165	175
Number organization leaders		75	80
Number project leaders		92	95
Number Federation Program of Work leaders		11	12
No. Program Development Leaders		12	14
No. result demonstrators		10	15
No. ~~xxx~~ meetings at which leaders were trained by specialist		3	7
No. meetings at which leaders were trained by agent		22	25
No. meetings at which leaders were trained by district agent		1	2
Attendance at all training meetings		423	450
No. club meetings held by leader without agent present		67	75
No. meetings leaders assisted with		26	50
Total number demonstrations given by leaders		67	70
Total number talks or discussions given by leaders		250	300

- (c) Girls give demonstrations.
- (d) Have club contests.
- (e) Have county contests.

C. Other Activities

1. Camp

- a. Spotsylvania County expects to take its quota of boys and girls to Jamestown 4-H Camp.
- b. Those first selected will be the ones who win scholarships.
- c. Next selected will be the ones whose project work and record books are up to date.

2. County Contests

- a. County Contests will be held in January.
 - (1) Each club will first have a contest.
 - (2) The winners in each club will participate in a county contest.

3. National 4-H Club Week

- a. Have each club hold a special program in observance of this week.

4. State Short Course

- a. We hope to have two girls and two boys from our county.

D. Young Men and Young Women

1. Senior Tea

- a. A tea will be held for all members of the Senior Class and faculty of Spotsylvania High School.
- 2. Home Demonstration Club members will continue to assist with teen-age clubs in the county.
- 3. Other work with this group will be done individually.

VI. SCOPE OF WORK

- (e) Have county contests.

2. Room Improvement

(1) Objectives

- (a) To teach girls to plan good color schemes, and how to plan for comfortable, easy-to-keep rooms.
- (b) To teach girls to consider cost when planning.
- (c) To teach them to remodel, recondition or improve and make the best use of what they already have.
- (d) To teach principles of care and arrangement of bedrooms.

2. (2) Procedure

- (a) Train leaders.
- (b) Leaders and agent give demonstration on seating chairs, making slip covers, making bookshelves, making bedspreads, curtains, rugs, refinishing furniture or any other phase that may prove necessary.
- (c) Make pictures of rooms and show to other girls.
- (d) Make tours to visit rooms after completion.
- (e) Have county contest.

3. Foods

(1) Objectives

- (a) To teach planning of simple, inexpensive and nourishing meals.
- (b) To teach value of using home products.
- (c) To teach organization of time in meal preparation.
- (d) To teach how to give a demonstration.
- (e) To teach correct methods of canning and freezing foods.

(2) Procedure

- (a) Train leaders.
- (b) Agent and leaders give demonstrations.

- (b) To plan for county-wide activities such as National 4-H Club Week, attendance at Short Course and 4-H Camp, etc. at this meeting.
- (c) To hold a check-up meeting in May to see how work is progressing.
- (d) To plan for contests and summer activities at this meeting.
- 2. Continue the 4-H planning committee to assist with 4-H Club Organization and project selection.
- 3. Organize a County All Star group to assist with 4-H club work, and to stimulate more interest in county activities.

B. 4-H Project Work

1. Clothing

(1) Objectives

- (a) To teach 4-H members to do simple practices in sewing well.
- (b) To teach them to appreciate a good job and have a desire to do good work.
- (c) To teach them to select materials suitable for the job they are to do.
- (d) To teach girls to lay patterns, to use patterns, and to follow instructions.
- (e) To teach them to make necessary preparations for work before beginning to sew.
- (f) To develop in the children an appreciation for handmade articles well done.
- (g) To develop an appreciation of good grooming habits and the practice of same.

(2) Procedure

- (a) To train leaders for clothing work.
- (b) Agent and leaders give demonstrations.
- (c) Give individual assistance.
- (d) Have judging contests and award ribbons after completions of each article.

because of their worthiness, and because of the interest the women have in this work.

6. Clinics - Frank C. Pratt Mental Health Clinic

- (a) Encourage interest of county people in progress of the clinic.

7. Achievement Day

- (a) Have a county Achievement Day in the Fall with exhibits and skits on year's work.

III. Farm and Home Development

Five families are being worked with on the Farm and Home Development Program this year.

(1) Objectives

To have at least ten families in 1959. These will be selected by a committee appointed by the Home Demonstration Committee. The home agent will concentrate on better lighting, health and better storage.

IV. County Extension Program - Youth

A. 4-H Organizations

1. County 4-H Council

(1) Objectives

- (a) To hold two meetings of the Council - one in December, and one in May.
- (b) To have every club officer and leader attend the council meetings.
- (c) To award pins and honors at the Council meetings.
- (d) To set up a county organization with full staff of officers.
- (e) To train all officers for their particular job.

(2) Procedure

- (a) To hold a council organizational meeting and training meeting for club officers in December.

- (b) Have clubs prepare own club histories honoring charter members and past presidents.
- (c) Have club plan for special observance of Home Demonstration Week at April or May meeting.
- (d) Have special broadcast with local women participating.
- (e) Have skits of historical interest presented at club meetings.

3. District Federation Meeting

(1) Objectives

- (a) Since we are hostess county we will try to have things well planned.
- (b) Have at least 100 women to attend from Spotsylvania County.
- (c) Assist Home Demonstration Committee Chairman in assembling a good report of Home Demonstration Work in the county.
- (d) Organize and conduct an interesting program.

(2) Procedure

- (a) Start arrangements early so things will run smoothly.
- (b) Start early assemblance of necessary reports.
- (c) Give much publicity to the meeting.
- (d) Plan for transportation of members.

4. State Federation Meeting and Institute of Rural Affairs

(1) Objectives

- (a) Have good attendance at meeting from Spotsylvania County.
Secure one delegate from each club.

(2) Procedure

- (a) Publicize meeting and assist in planning transportation for delegates.

5. Drives

- (a) March of Dimes, Red Cross, T.B. Association, Cancer Drive, Fannies for Friendship are all contributed to by Home Demonstration Clubs

(2) Procedure

- (a) To hold a planning meeting with club chairmen and State Rural Arts Specialist.
- (b) To plan a month by month program on phase selected.
- (c) Club program to be directed by local goal chairman.

D. Other Activities

1. Fredericksburg Fair

(1) Objectives

- (a) To stimulate more interest in the fair.
- (b) To teach women to make displays of good quality.
- (c) To see that exhibits are well displayed.
- (d) To see that good prizes are offered.

(2) Procedure

- (a) To stress good quality and attractiveness of articles on display throughout the year.
- (b) Have local club exhibits if possible.
- (c) Stress points to be used in judging at fair.
- (d) Have educational exhibit on some phase of year's work.

2. National H. D. Week

(1) Objectives

- (a) Acquaint the public with the scope and value of Home Demonstration Work.
- (b) Have home demonstration members become familiar with history of home demonstration work in their county.
- (c) Increase membership of clubs through good publicity.
- (d) Have home demonstration club members become familiar with county history.

(2) Procedure

- (a) Publicize Home Demonstration Week in local paper and over radio.

- (a) To teach those interested in candle wickery how to make attractive and useful articles.
 - (b) To teach methods of doing copper tooling and how to make attractive and useful articles.
 - (c) To teach techniques in tray and furniture stencilling.
 - (d) To teach braiding and hooking of rugs and how to plan color schemes and prepare material for same.
 - (e) To teach tray etching to those interested in learning.
- (2) Procedure
- (a) To hold training meetings in the form of workshops.
 - (b) To have leaders conduct community meetings.
 - (c) Agent and leaders assist in workshops.
 - (d) Have exhibits of completed work.

e. Landscaping

- (1) Objectives
- (a) To teach homemakers how to identify shrubs and plant material.
 - (b) To teach homemakers the nature of plant material and what to expect from it.
- (2) Procedure
- (a) To have exhibits of plant material at meetings.
 - (b) Use questionnaire on exhibit material.
 - (c) Check-up on plantings through club discussions and home visits.

C. Federation Program of Work

1. Art in Daily Living

- (1) Objectives
- (a) To help homemakers appreciate and enjoy nature which surrounds us.
 - (b) To help homemakers carry out one recommended practice in the Program of Work.

- (d) Get reports from club members of results of consumer information.

b. Clothing

(1) Objectives

- (a) To teach economy in purchasing clothing.
- (b) To assist homemakers in learning when to buy.
- (c) To help homemakers know clothing finishes and what to expect from wash and wear garments.
- (d) To teach tailoring techniques at special interest clinics.

(2) Procedure

- (a) To hold leader training meetings.
- (b) To have leaders give demonstrations at club meetings.
- (c) Have check-up on progress of work
- (d) To hold special interest meetings or county-wide clinics on tailoring.
- (e) To have exhibits of work accomplished.

c. Housefurnishings

(1) Objectives

- (a) To assist homemakers in learning how to combine period and modern furniture in arrangements.
- (b) To teach homemakers how to clean upholstery and fabric floor coverings.
- (c) To carry on better home lighting through special committees.

(2) Procedure

- (a) To hold leader training meetings.
- (b) Leaders give demonstrations at club meetings.
- (c) Have check-up on progress of work.
- (d) Have club members tour open house demonstrations on electrification.

d. Crafts

(1) Objectives

- (i) Each club sponsor 4-H club contests and donate a scholarship to Jamestown 4-H Camp for outstanding work.
- (j) Each club should be well represented at the District Meeting.
- (k) Each club should send at least one delegate to the State Federation Meeting at Blacksburg.
- (l) Each club have a publicity chairman and regular reports in the local paper.
- (m) Each club should have 4 meetings without the agent to enable agent to reach new groups.
- (n) Each club should be informed and cooperate with all local, state and national affairs such as:
 - 1. March of Dimes
 - 2. Red Cross
 - 3. Cancer, etc.
- (o) Each club should have 100% accomplishment sheets from club members turned in to Secretary at September club meeting.

Recommendation: A club, to be standard, should reach 13 out of these 16 goals.

B. Project Work

a. Foods

(1) Objectives

- (a) To assist homemakers in planning more economical and nutritious meals.
- (b) To show how to save time by wiser food buying.
- (c) To teach homemakers how to economize on food expenses by using homemade foods versus prepared foods.

(2) Procedure

- (a) Have leader training meeting. Be prepared to have comparative cost of local foods from stores.
- (b) Leaders give demonstrations at club meetings.
- (c) Have check up on progress of work through club discussions.

B. Home Demonstration Clubs

1. Home Demonstration Committee - Plans for using the Home Demonstration Committee to strengthen the Extension Program for 1959.

A. Goals set up by the Home Demonstration Committee:

(1) County Goals

- (a) Clubs strive to reach more people by: increasing membership, passing on information to non-club members and sponsoring an unorganized group.
- (b) Clubs support 4-H clubs by: furnishing adequate leaders, sponsoring contests, donating camp scholarships, and furnishing transportation to county events.
- (c) Clubs carry out the Federation Program of Work as planned.
- (d) Clubs have good news publicity in local papers by trained reporters, and send special news to county Publicity Chairman.

(2) Club Goals

- (a) Each club hold 12 regular meetings and sufficient called meetings to attend to club business.
- (b) Each club should be represented at all county meetings such as: County H.D. Committee, Leader Training, Federation Program of Work, etc., which pertain to individual club projects.
- (c) Each club carry out the County Program of Work with well planned demonstrations and business meetings.
- (d) Each club should strive to reach more people:
 1. Increase membership by 5%.
 2. Pass on information to non-club members.
 3. Sponsor an unorganized group.
- (e) Each club should have an active 4-H leader who attends or conducts 4-H meetings and makes a report to her home demonstration club quarterly. Clubs also encourage work with teen agers in community.
- (f) Each club raise sufficient funds to meet club budget.
- (g) Each club carry out the Federation Program of Work, and each member carry out one recommended practice.
- (h) Each club have active fair chairman to publicize and encourage exhibits from club members at the Fredericksburg Fair. Every member make an exhibit.

Electrification was used as a county campaign on "Better Lighting" in 1938. A committee of men and women directed this work. We had two demonstration farm and home exhibits for open house in our better lighting program. About one hundred and fifty persons attended the demonstrations. The committees will continue to function in 1939.

As a result of this interest two program on "Better Lighting" were included in the home demonstration program for 1938. The work will be carried over by a special committee in 1939. We hope to make a long time plan for better home lighting in our county.

2. County Home Demonstration Club Committee

The Spotsylvania County Home Demonstration Club Committee guides and directs home demonstration work in the county. It is composed of presidents from the organized clubs in the county, a program development chairman from each club, one person from each magisterial district, and a few members at large. Two meetings are held each year. At the Spring meeting the committee checks up on the progress of the county program of work, and makes any necessary changes. They also plan for county-wide events, attendance at the District, State and National meetings, and any other special activities that may come up.

The fall meeting of the committee is for program planning and setting up goals and objectives for the year. County officers are elected at this meeting, and committees appointed for such activities as Achievement Day, District Federation Meeting, compiling of the Year Book and the Senior Tea. The committee also plans for all money-making activities for the organization and appoints committees to take care of this.

crop prices also made additional hardships.

Many of our county women have gotten jobs to supplement the family income, more this year than in previous years. In many instances both the husband and wife work. Where there are children some parents arrange for some adult to have charge of them while they are at work. Many parents leave their children without supervision.

Living accommodations are in much demand in and around Fredericksburg due to the Quantico Marine Base, and the A. P. Hill Military Reservation. Rents were high and where families had an extra room they rented it to marines and their wives. At times two or three couples were living in the same home using kitchen privileges. This made a disrupted family living schedule, and was not conducive to wholesome family living. This past year, due to housing units built in the military areas there was not the demand for housing. The loss of income made it even more necessary for women to find work away from home.

The county is so infested with non-farm families that there are few true agricultural communities in Spotsylvania County.

II. The County Extension Program - Adult

A. Organizations

1. County Home Economics Committees

County Home Economics Committees for Health and Electrification have been set up in our county. Since we are no longer taking Health as a Federation Goal in Spotsylvania County, our women feel that we need a special committee to carry on work already underway. A committee of three will plan for this work. We hope early in 1959, to start a long time program plan for better health and nutrition in Spotsylvania County.

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Home Demonstration Agent
Spotsylvania County

1959 Plan Of Work

I. County Situation Considered in Working Out the 1959 Program

This Plan of Work is based on an appraisal of the county situation, a feeling of special needs from the homemaker's viewpoint, and a desire on the part of the home agent to achieve certain results in the year's program.

Spotsylvania cannot be classified as a typical rural county. Although there are no large towns in the county proper, proximity to Fredericksburg, Richmond, Washington and numerous smaller towns are responsible for the urban trend. There seem to be a number of large farms, owned by wealthy people who live elsewhere and have farm managers or who operate the farm on a specialized scale. The principal types of farms are dairy, general farming or livestock.

The principal sources of income to rural families, besides farming are from garment factories in Fredericksburg, the Sylvania Division of the American Viscose Corporation in Spotsylvania County, near Fredericksburg, the Marine Base at Quantico, and other businesses in Fredericksburg. Many of the families have non-farm homes; they live in the county, own a small home, a few acres of land where they may have a garden, a pig, a few chickens and a cow. Some of the families avail themselves of these opportunities, but many purchase all of their food.

The serious drought we had during the past three years handicapped families in their farming program. Not only had their crops been a failure, but credit was strained. A decline in livestock, poultry, and

SPOTSYLVANIA COUNTY

PLAN OF WORK

1959

Mrs. Louise N. Cooley

Home Demonstration Agent