

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS
VIRGINIA POLYTECHNIC INSTITUTE AND
THE UNITED STATES DEPARTMENT OF AGRICULTURE COOPERATING

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IV. COUNTY SITUATION

Bedford County, located in the lower Piedmont section of Virginia and lying on the southeastern slopes of the Blue Ridge Mountains, is the fifth largest county in the State, extending from the James River on the North to the Roanoke River on the south, and from Lynchburg on the east to within a few miles of Roanoke City on the west.

Bedford County with a population of 29,887 contains 774 square miles of farm, pasture and woodland and approximately seven square miles of inland water area. Approximately 349,184 acres or 70.8% of this land is used for farming. There are 3,059 farms with an average acreage of 114.15.

Agriculturally, Bedford is one of the most diversified counties in the state. Dairying and livestock are the greatest sources of income; however other important sources of income are from the raising of small grains, corn, tomatoes, and four kinds of tobacco. Lumbering and pulpwood, and apples are also of financial importance. Bedford County is second in the United States in the mining of Feldspar.

Conditions which effect the diversification of agriculture in Bedford County are: a moderate climate, good soil and conveniently accessible markets with U. S. Route 460 running east and west through the central section, and three major railways, the Norfolk and Western, the Virginian and the Chesapeake and Ohio serving the different areas of the county.

V. ADULT WORK

A. Project Work

1. Foods and Nutrition

A. Objectives:

- (1) to help homemakers plan meals which include basic seven
- (2) To stress the importance of wholesome breakfasts
- (3) To control weight through proper nutrition
- (4) To plan and serve attractive and nourishing trays to the patient
- (5) To learn ways of making the patient more comfortable especially at meal time.

B. Methods:

- (1) Leaders
- (2) Demonstration
- (3) Bulletin
- (4) T.V. programs
- (5) Discussion groups
- (6) News articles

C. Results obtained:

A county meeting was held to train home demonstration club leaders in foods and nutrition. Miss Janet Cameron, Extension Foods and Nutrition Specialist from V.P.I. gave demonstrations on the requested topics "New Information on Nutrition Emphasizing Breakfasts", "Controlling Overweight and Underweight" and "The Invalid's Tray". Fourteen home demonstration clubs were represented at this leader training meeting with 33 members present. A total of 48 demonstrations, 43 leaders and 5 by agents were given before 20 home demonstration clubs in the county over a 3 month period. Pamphlets and bulletins were distributed to leaders and members requesting them. The topics were discussed in all 20 clubs and 2 television programs were given by home demonstration leaders over station WLVA Lynchburg and WSLB in Roanoke.

According to the county home demonstration club summary for 1955, 304 members reported the following:

- (a) 101 members planned and encouraged youth to eat better breakfasts.
- (b) overweight members lost 435 pounds while underweight members gained 64 pounds.
- (c) Approximately 1036 of 4534 invalid trays served contained a cherry surprise for the patient.

Mrs. Mary L. Thompson, Associate Extension Foods Specialist was guest speaker at the County Home Demonstration Achievement Day Program. She spoke on the topic "Looking Ahead" and pointing to nutritional studies made throughout the world, in the United States and in Virginia, related that Virginians, and probably Bedford Countians, have particularly the same nutritional differences as the rest of the world. After having

presented this startling situation, Mrs. Thompson noted the three major ways home demonstration clubs in Virginia are attacking this problem:

1. Better Breakfasts for all.
2. Better all-around diets
3. Taps clubs designed to take off pounds safely.

She offered a challenge to the 165 Bedford County Home Demonstration Club members present to continue and increase their efforts to conquer this enemy of good health.

A summary of Mrs. Thompson's speech appeared in both county papers, THE BEDFORD HIGHLIGHT and THE BEDFORD DEMOCRAT and THE ROANoke TIMES.

2. Clothing:

- (a) Objectives:
- (1) To learn to construct a simple garment using the latest short cut methods and construction techniques.
 - (2) To study styles and materials and learn features to consider whether buying or making a garment
 - (3) To study and learn to use modern sewing equipment
 - (4) To learn to read a pattern and follow a direction
- (b) Results obtained:
- (1) Special interest slide
 - (2) Method demonstration
 - (3) Result demonstration
 - (4) Bulletin and circulars
 - (5) TV
 - (6) Group discussion

A county-wide clinic on "Beginning Clothing Construction" was conducted in Bedford. Miss Ann Byrd Johnson, Extension Clothing Specialist from V.P.I., trained the Assistant Home Agent to conduct this clinic. Numerous requests had been made for "Beginning Clothing Construction" by women who sewed some and did not literally consider themselves beginners. A four day clinic was planned. Twelve members asked to be enrolled. Some could not devote the required time, others worked during the day and transportation was a problem for some. Six women attended on Monday. Five attended two and four completed the clinic. Styles, measuring, pattern selection, material selection, sewing equipment and accessories were studied. Fitting and laying the pattern, cutting, marking and sewing were steps in construction practiced at the clinic. Three dresses and an boys shirt were completed.

Slides of seven phases of construction: 1 - an exhibit of sewing equipment, 2 - taking body measurements, 3 - laying the pattern, 4 sewing in a zipper, 5 - demonstration of putting on zippers, 6 - hand hemming, 7 - modeling new finished garments.

These slides were shown on WJLA TV program when the ladies modeled and showed the garments they made. Each pointed out the features about their garment which made it attractive, suitable to their figure, and easy to make.

All garments were modeled at home demonstration club meetings and have been worn at various home demonstration and community gatherings. Five garments have been constructed by these four home demonstration club members since the clinic in April.

3. Home Management

(a) Objectives

- (1) To learn ways of saving time energy, and money in family washing and ironing.
- (2) To study recommended laundry materials and equipment
- (3) to learn to improvise satisfactory laundry equipment.
- (4) To study recommended spot and stain removal, agents and procedures to use in removing various spots and stains from different kinds of fabrics.

(b) Methods:

- (1) Demonstration
- (2) T.V. programs
- (3) Bulletings
- (4) Discussion
- (5) Leaders

(c) Results

A county leader training meeting was conducted for home demonstration club leaders on "Saving time and energy in family washing" and "Saving time and energy in family ironing". Miss Helen Alvarson, Extension Home Management Specialist gave demonstrations on both phases of home laundry. 56 club leaders were present. Bulletins and other literature of laundry were distributed to leaders of all 21 clubs. Home demonstration club leaders gave 39 demonstrations and 27 talks.

Two clubs had demonstrations given by a Home Economist from Appalachian Electric Power Co. and on H. D. Club demonstration was given by a 4-H club member. Seventeen talks were given by agents. A demonstration on "How to Iron a mans shirt" was given on station WLVA tv by a home demonstration leader.

Below are some definite changes of practices made by the 304 home demonstration club members reporting:

- (a) 94 now rinse their clothes in the washing machine
- (b) 215 now fold their clothes on the line.
- (c) 60 sit to iron
- (d) 96 have learned to iron with both hands

The home demonstration agent also gave a leader training demonstration on "Removing Spots and Stains". A study was made of various spot removal agents and each leader was given an opportunity to actually remove a stain from various fabric samples. Twenty-five leaders from 19 clubs attended. One club demonstration was given by the assistant agent. All others were conducted by leaders. 291 different spot removal agents have been added to the spot and stain removal kits of the 304 home members reporting. One television demonstration was given by a home demonstration leader over station WLVA in Lynchburg.

4. Housing

(a) Objectives:

- (1) To learn to Convert wasted space into clothing storage
- (2) To learn how adequate and convenient storage effects the durability of clothing
- (3) To learn recommended measurements for adequate storage.
- (4) To study moth preventative

(b) Methods:

- (1) demonstration
- (2) discussion
- (3) T.V.
- (4) Leaders
- (5) Bulletins and pamphlets
- (6) Visual Aids

C. Results:

A county leader training demonstration was given by Miss Mary Settle, Extension Housing Specialist from V.P.I. using charts and color slides to point out common areas which could be converted into dressers, shelves, cabinets or closets. Recommended measurements for different storage areas were quoted. Various kinds of doors were shown and the advantage of each use was discussed. Picture slides showed examples of storage space which had been provided by minor remodeling. A demonstration and discussion on "clothing storage" was conducted in 21 clubs using the charts or slides provided by Miss Settle. Bulletins were available to leaders. One television program was presented over station WLVA TV in Lynchburg by a home demonstration club leader.

Home demonstration club members reported that 48 new closets have been provided and 42 other storage spaces remodeled. 11 others have made definite plans to provide additional storage space.

5. Landscaping

(a) Objectives:

- (1) To learn to consider the total design of the home grounds.
- (2) To learn to plant according to a plan.
- (3) Study hardy shrubs and plants that will screen undesirable sights, extend the color period and be easily maintained.
- (4) To learn to group plants into a pleasing arrangement.
- (5) Learn to use plants to enhance the entrances, driveways and living areas.
- (6) Learn ways of improving lawn sod
- (7) Learn to select desirable border plants

(b) Methods:

- (1) Demonstrations
- (2) T.V.
- (3) Discussion
- (4) Bulletins
- (5) News articles

C. Results:

A leader training meeting was held for Home Demonstration Club leaders on landscaping. Mr. Albert S. Beecher, Extension Horticulturist from V.P.I. gave the demonstration entitled "Flower Borders", using a flannelgraph

and color slides for illustrations. 41 leaders representing all 21 different H. D. clubs attended this meeting and gave the demonstration to their clubs. One club had an all day meeting on this topic. The agent giving additional information on landscaping church grounds, and slopes. The landscaping of two church yards in the community were discussed. The agent gave on program on landscaping over WVA in Lynchburg and received 17 pieces of mail. Bulletins on loans, and landscaping were sent to all leaders and club members and TV viewers requesting them. Of the 304 home demonstration club members reporting, 41 used a plan in improving the landscaping of their home grounds, 106 members selected new border plants to help extend the color season, 198 pruned shrubbery, 68 planted shrubbery to screen undesirable sights and a total of 606 shrubs were planted.

6. Rural Arts

(a) Objectives:

- (1) To learn a new handicraft
- (2) To studying the kinds and sizes of basket reed.
- (3) To learn to prepare and use native reed, such as honey-suckle
- (4) To learn to make baskets
- (5) To have a project that all club members can all work together
- (6) To do advanced work in some crafts.

(b) Methods:

- (1) Special interest group or leader training meeting.
- (2) All day workshop
- (3) Demonstration
- (4) Trained leaders
- (5) Demonstration

(c) Results:

All home demonstration clubs selected either basketry, textile painting or hammering metal for their club choice demonstration. Leaders from 8 clubs trained to demonstrate textile painting last year gave demonstrations or conducted all day workshops in this art. The assistant home agent conducted such workshop with 14 members participating. In 9 other home demonstration clubs 37 members textile painted a total of 119 articles.

Other leaders, not trained by extension, gave demonstrations and conducted workshops for 4 home demonstration clubs hammering metal. 18 articles were made by 11 members in 3 clubs. No special training meetings were held for leaders on either of these crafts however, a special interest clinic was requested by 14 clubs limiting the number to attend from each club to leaders. Miss Catherine Peery, Extension Rural Arts Specialist conducted the clinic with the agents assisting. 88 leaders attended, each one working on a basket. 13 clubs selected this for their club choice demonstration. 5 all day clinics were held by local club leaders at which 69 club members have made 86 baskets.

11 leaders attended a special interest meeting and advanced tray stenciling. Miss Catherine Peery, Extension Specialist from V.P.I. conducted the demonstration. All leaders, had articles to work on. 8 were completed at the meeting.

7. Citizenship (Federation Goal)

(a) Objectives:

- (1) To study the duties of local officers.
- (2) To stress the importance of women suffrage and encourage Bedford County citizens, especially women, to register and vote.
- (3) To have every woman a voter
- (4) To criticize radio, television, and comics which glamorize crime.

(b) Methods:

- (1) Local speakers
- (2) Club citizenship chairmen
- (3) TV
- (4) News articles
- (5) Provide opportunity for group registration
- (6) Group discussion

(c) Results:

There were 21 organized home demonstration clubs in Bedford County at the time special emphasis was put on voting and other important phases of good citizenship. All 21 clubs had a citizenship, or Federation Goal, chairman and each chairman conducted a program on citizenship for the month's demonstration devoted to the Federation Goal. For their citizenship emphasis 12 clubs had outside speakers, 15 clubs studied the duties of local and county officers, 11 clubs discussed the glamorization of criminals in comics and on radio and television.

Four clubs put on a drive to get members to register and vote. 95 members registered this year. 148 members of the 204 reporting, or approximately 43% voted in the county primary election in July. Figures on the number of members voting in the general election in November are not available.

Timely discussions were conducted at all clubs by the citizenship chairman, other than the month citizenship was stressed. Citizenship reports were not made every month.

One chairman gave a television program on citizenship with emphasis on the coming election. She discussed the requirements of a voter and named the deadline date for registration. She reviewed the important issues to be voted on and named the offices to be filled in the election. She gave a timely reading "I Speak for Democracy" by Elizabeth Ellen Evans and a 4-H club member gave her county winning speech "Our Flag".

B. Outstanding Community Projects

1. Home Demonstration Clubs

Several of the home demonstration club members took an active part in the Bedford County Fair sponsored by the Jaycees. Numerous exhibits were made in the arts and crafts departments, clothing, vegetables, canned goods, baked goods and others.

Mrs. J. L. Calhoun, a home demonstration club chairman served as chairman of the Home Economics Division. She was assisted by several other home demonstration club members in the entering and checking out of the exhibits. 40 home demonstration club members made numerous exhibits and won \$170.00 in prizes. One member alone made 40 exhibits winning \$57.00.

2. 10 home demonstration club members and leaders headed the Institute of Rural Affairs.

3. The Calvary Home Demonstration Club has taken the project of keeping one cancer patient in the County in cancer dressings. The members have an all day meeting once a month, besides their regular H. D. meeting day to make these dressings. The club has furnished 16 dozen dressings per month, for the past 9 months and plans to keep this project for the coming year.

A recreational workshop was conducted for 4-H, home demonstration and community club recreation under the leadership of E. K. Kirkpatrick, working at V.P.I. last summer. 25 leaders from these groups participated in this workshop.

2. One new community improvement club, Chamblissburg, was organized in Bedford County this year. Though organized only 8 months by judging time, it placed first in the County and fourth in the Area for outstanding accomplishments in this length of time. 944 tons of lime and 270 tons of fertilizer used, 100 acres of alfalfa seeded and 58 soil tests were made on pasture improvement project. Boundary lines were established and erected around an 80 family membership. 80% of membership improved mailboxes and \$15,493.00 was spent for fencing and other farm equipment. A home demonstration club was tentatively organized in their community two months after the community improvement club was organized, with 12 ladies present. The group now an officially organized H. D. club has 18 members.

Working in both groups cooperatively they have held rummage sales, ice cream and oyster suppers and auction sale to raise over \$700.00 towards community center in this length of time.

Jeter's Chapel Community Improvement Club raised \$300.00 toward a community Center and recreational grounds. The 78 youths in the community have showed considerable increase in interest in the community club since monthly socials have been conducted for the teenagers. The local church youth organization paid \$700.00 for the landscaping and beautification

of church grounds. The money was raised chiefly by pledges and sales. There were 16 members to register and vote and 6 to transfer voting, the largest number ever to vote from this community.

Hardy Road Community has started a leg community center. Community improvement club meetings are now being held in the basement. This community has made progress this year in furthering road improvements in their community and have gotten the mountainous road marked in the center for safety.

VI. Farm and Home Development:

A. Methods used in selecting families

1. Agent Agreement

B. Acquainting local leaders with the farm and home development approach.

Local leaders have been informed of this program only by personal contacts and individual explanations or discussions with agents and the family concerned.

C. Outstanding progress of Farm and Home Development Family.

Agent's in non pilot counties in Central District did 3 days of intensified study on the E. K. Russell farm in Bedford County for practice and training on setting up this program approach in their respective counties. The group was broken down into 7 work groups to study possible improvements in corn silage and grass, silage in 3 year rotation, 4 year silage rotation, clean additional land for crops and pasture, increase cows and surplus milk supply housing for comfort and convenience and family living. Each group studied the situation as it existed in view of the available background information, determine the most urgent problems and suggest possible solutions, both immediate and longtime.

After an office conference, agents visited the family and discussed some of the suggested alternatives the family agreed that kitchen improvements and the installation of a central heating system were the most urgent housing needs. Mr. Dan Kite, Extension Agriculture Engineer from V.P.L. visited the Russell Farm and investigated sound engineering possibilities for remodeling the present kitchen wing, as the family requested, and discussed with them additional alternatives for remodeling the kitchen. He also investigated possibilities of installing central heat, discussed different systems and general costs of each. The family decided to work on the heating project first.

Both agents have visited the Fred R. Spradlin farm a number of times, together and separately. Family problems have been discussed and some planning has been done. Recently an automatic dishwasher was installed and other kitchen equipment replaced. Planning has been done to improve

landscaping but as yet no work has been done. Mrs. Spradlin is an officer and active member in her local home demonstration club as well as a 4-H club leader, and applies much that she learns through home demonstration work in her home.

VII. 4-H Club Work

A. Project Work

(A) Objectives:

- (1) To have all 4-H Club members work with the safety project.
- (2) Give each 4-H club member an opportunity to give a safety demonstration.
- (3) Give each 4-H Club an opportunity to give a safety program or demonstration on TV.
- (4) To make Bedford County conscious of hazards.
- (5) To make Bedford County a safer place to live

(b) Methods:

- (1) Junior leaders
- (2) Demonstrations
- (3) radio and tv
- (4) news articles
- (5) Bulletin boards
- (6) Posters
- (7) School assembly and PTA programs.

(c) Results:

The safety project was selected for the club project to be taken by all 4-H club members in Bedford County. 1190 4-H club members enrolled in the project and 777 completed. Demonstrations were given by all clubs on safe christmas decorations, assembling a first aid kit, replacing a fuse properly, keeping a rug from slipping, safe use of electricity, handling pitch forks, proper storage of oily dust clothes, proper handling of lanterns, safe storage of matches, labeling poisonous medicine, labeling explosives and others.

Approximately 144 4-H club members from 22 clubs gave safety demonstrations on WLVA tv in Lynchburg and WELS tv, Roanoke. Safety talks and demonstrations were given by 4-H club members at home demonstration club meetings, PTA, and school assembly.

Minute reminders were broadcast over radio station WELS, Bedford everyday during National Farm Safety Week July 24-30. These reminders were made by 4-H club members. Several clubs made bulletin boards and posters to remind passers-by to be cautious. 3 County Council and club exhibits have been made in local store windows. 4 safety exhibits were made in the Roanoke and Bedford County Fairs and the Lynchburg Farm Show.

A leader training meeting was held to train junior club leaders for carrying on the work in the safety project. Assisting with the training meeting were: Bill Turner, Associate State 4-H club Agent at VPI, Harry Candler, A.E.P.Co., Lynchburg, S. L. Campbell, Governor's Highway Safety Council, and Mrs. Geode Robinson, Home Demonstration Safety Federation Goal Chairman.

2. Electricity

(a) Objectives:

- (1) To help 4-H club members use available electricity
- (2) To teach the care and use of electrical appliances
- (3) To teach 4-H club members to make some pieces of simple and useful electrical equipment.
- (4) To stress electrical safety in cooperation with the safety project.

(b) Methods:

- (1) Electric school
- (2) Cooperate with Appalachian Electric Power Co. Representatives.
- (3) Demonstrations
- (4) Supervised instruction
- (5) Junior and adult leader

(c) Results:

The Bedford electric program was planned and conducted with the cooperation of Appalachian Power Co. representatives from Lynchburg and Roanoke. The representatives meet with 49 4-H clubs and with the help of 4-H club members, gave a demonstration on sawfiring and control of electricity with fuses. A skit "The Minutes of a Ghost Convention" concerning various causes of death by electrical carelessness was presented to 4-H club members in each club. The best club presentations in each end of the county were asked to give their play over WFLA tv in Roanoke and WJVa tv in Lynchburg, respectively. A presentation of this skit was given by another 4-H club from a new-66 school at the Central District Agents conference and the Bedford County representatives of the State Electric Congress in Richmond gave this skit for a banquet entertainment there.

A three day electric school was planned and carried out. Demonstrations were given by A. E. P. Co. representatives and old 4-H club members. 14 demonstrations were given by members enrolled in Unit I and 23 by members in Unit II. The school concluded with a tour to an electrified farm and an milk receiving station. Ampere club officers presided over the entire school.

Older club members meet with agents and power suppliers to plan the exhibit for Electric Congress.

A team demonstration was submitted and approved for presentation at the electric congress. A county contest was held at which 4 teams gave try-out electrical demonstrations for the expenses paid trip to Electric Congress. 4-H club leaders coached the respective teams. H. L. Morris and Gloria Jean Wood from New London Academy and coached by Junior Club Leaders, Rubinette Miller, Ida Jo Berger and Peggy Berger, won the trip to give the demonstration "Economics with Electrically Made Potato Chips". This demonstration has been given 11 times in this and neighboring counties for Rotary clubs, Lions clubs, Ruritan Clubs, Community Improvement Clubs, TV programs and 4-H Achievement Day. This team was invited to give the demonstration at a Natural Bridge School Assembly program in Rockbridge County for 4-H club promotion program.

Eight 4-H club members and leaders attended District Congress from the County. Among them were the county winner, a district winner, the State winner, one junior leader and one adult leader, in addition to the demonstration team. Three agents were asked to attend.

Jim Berger, state winner from the county has recently been announced one of the six national winners to receive a \$300.00 college scholarship.

5. Foods and Nutrition:

(a) Objectives

- (1) To encourage home food production and preservation
- (2) To have better fed families by youth learning to plan and prepare meals.
- (3) To have more variety in the diet by growing and serving new foods.
- (4) To encourage proper meal service

(b) Methods:

- (1) Seminars
- (2) Demonstrations
- (3) Circular letters
- (4) Balloties and classroom

(c) Results:

In the outlined projects relating to foods and nutrition a total of 80 projects were completed in breads, food preservation, meal preparation and gardening. Of these the most outstanding work was done in food preservation. 51 4-H club girls exhibited and won a total of \$122.00 in the Roanoke Fair, Bedford County Fair and the Lynchburg Farm Show.

Six girls entered the Beers, Reebuck Gaming and Gardening contest. The 3 completing both projects earned 697 quarts and fresh 79 quarts of food. Their gardens were valued at \$796.58. Janet Lee Coffey was first in the county in earning and gardening, won first in the area in gardening, with a score of 97 on both her spring and fall gardens. Gardens were scored by Mr. F. H. Scott, Associate Extension Horticulturist from V.P.I. The girls entering this contest were first year members.

B. Other Activities:

1. Public Speaking Contest

Ten girls and eight boys entered the County 4-H public speaking contest. County winners Vivian Spredlin and Jimmy Holden each winning third in the District Contest participated in the State contest held during the State 4-H Short Course at V.P.I.

2. Share the Fun Contest

Thirty 4-H club members entered the county Share-the-Fun contest. After a variety of talent was displayed, Nancy Johnson, piano soloist was first place winner in the group under 15 years of age, winning an expensive paid trip to Holiday Lake 4-H camp. Vivian Spredlin, entering in the group over 16, was selected to receive the trip to State 4-H Short Course. Since this contestant had previously been chosen to represent the county in the public speaking contest, the trip winning talent, placing second in the contest, was a group of ten 4-H members from New London Academy

giving their version of "Henry Crockett". This group under the direction of Billy Thompson and Rubenette Miller, Junior club leaders, represented the County in the State 4-H Show the Fall contest.

3. Achievement Contests:

Ten girls records were compiled and submitted for District and State Competitions. Records were entered in health, safety, leadership, girls' theory, achievement, gardening and room improvement and electricity. On her outstanding leadership record, Peggy Spirella was selected one of four state representatives at National 4-H Camp in Washington. Rubenette Miller was selected state winner to receive an expense paid trip to National Club Congress in Chicago for outstanding health activities conducted. Ida Jo Berger was chosen to represent Virginia at the North Carolina State Short Course for leadership and achievement in her 4-H club work though she entered her record in safety. Ida Jo revised and re-ordered her record book later in the year in the District electrical contest and became State winner also to receive an expense paid trip to National 4-H Congress in Chicago, where she was named one of six national winners in Electricity to receive a \$500.00 college scholarship.

Maya Lida Haverly entering the girls record contest was awarded bronze status to as the State Achievement winner.

District scholarships to the State 4-H Short Course were won by Virginia Spirella and Janet Lee Oeder, ~~John Gardner~~ 4-H Short Course

4. State 4-H Short Courses:

14 boys, 16 girls and 1 adult leader, the largest delegation from any county in the State to attend. They included the two boys and two girls taken into the State All-Star Camp and boys and girls entering State contests.

5. Conservation Camps:

Betty Ouster, Carolyn Saunders, Joe Keator and Prudence Bouring are 4-H club members from Bedford who attended Conservation Camp at Camp Perry. One leader, Douglas Holland attended and assisted in conducting the camp.

6. 4-H Camp (Holiday Lake)

50 4-H club members from Bedford County attended 4-H camp at Holiday Lake with 70 other 4-H'ers from Buckingham and Holman Counties. 12 members of the total from Bedford served as Junior club leaders and attended pre-camp meetings. All leaders assisted in teaching a class, were in charge of one cabin and served as table leaders. They assisted with camper programs, recreation, served in the dining hall and helped wherever needed. One adult leader also attended. Classes in Nature Study, social courtesies, handwriting, swimming, 4-H traditions, something to draw about, folk dancing, roots, fishing, clay glazes (sawtoe), photography, citizenship and demonstrations 4-H club style were available for 4-H club members to choose from. Specialists assisting with table

camp were Miss Lucy Blake, District Agent, Miss Dorothy Gentry, Associate 4-H Club Agent, Miss Janet Cameron, Food and Nutrition Specialist, Mr. Denver Bragg, Poultry Specialist; Mr. G. R. Spersson, Extension Agronomy Specialist, and Mr. Joe Coggin, V.P.I. Wildlife Unit Specialist.

8. 4-H Trips and Outings:

Out-of-county trips were taken by four of the most active 4-H clubs in the county.

(a) Three senior 4-H clubs took educational trips to Richmond, Williamsburg, Jamestown and Charlottesville, two groups spent the night at Jamestown 4-H camp. One group saw the Cotton Glory. 47 members took these trips.

(b) The Conelia Trail 4-H Club of Thaxton (7th graders) filled a small school bus and took a one day trip to Blacksburg. They toured the V.P.I. campus, studied agricultural exhibits made by all agricultural departments at V.P.I. and open to spectators and attended the "Little International" livestock show. The return trip was made by Dixie Caspers and Lakeside Amusement Park.

VIII. Scope of Work:

	1951	'52	'53	'54	'55
A. No. H. D. Clubs or Groups	21	22	23	23	22
Membership	525	540	570	580	479
No. 4-H Clubs	20	37	39	43	50
Membership	344	526	519	707	666
No. other families reached	610	710	1215	1241	846
No. different families reached	3069	2322	2124	2112	2196
No. of community clubs	0	2	3	3	3
Membership	0	59	175	175	236

B. Increase in scope of work

All areas of home demonstration work increased this year, particularly through publ city. Radio was not a major method of publicising this program, though it was used to some extent. The newspapers and television has been our major means of publicity. Interest has been greatly increased in clubs whose reporter writes a monthly account of club activities for use in local newspapers. Many home demonstration club leaders have had the experience of giving demonstrations on TV; however, the 4-H safety campaign with 22 safety programs on TV in 2 1/2 months time stimulated the most regular interest and encouraged TV viewers to watch for Bedford Extension programs.

The selection of one major 4-H club project was added to a more unified county extension program and much more has been accomplished by combined efforts.

IX. Organisations

A. County Home Demonstration Committee

The County Home Demonstration Committee composed of all home demonstration club chairman, program planning chairman, and federation goal chairman, met three times this year. Two meetings were held in the spring to make alterations or additional plans in the County home demonstration program to make plans, elect officers, to make plans for Achievement Day and the year books.

The annual fall program planning meeting was held in August to plan the Home Demonstration program for 1955-56.

69 home demonstration club members attended the District IV Federation of Home Demonstration Clubs meeting in Rocky Mount in May.

An Achievement Day committee was appointed and served to make plans for an all-day achievement day. Each club portrayed their most outstanding club accomplishment for the year in a three minute skit. Mrs. Mary L. Thompson, Associate Foods Specialist from V.P.I. was guest speaker.

The committee sponsored a tea for Mrs. Lela C. Atkinson who retired July 1 after 23 years of service as home demonstration agent in Bedford County.

A year book committee was appointed from this group to draw up the home demonstration club year book for members aid and use in carrying out the years program. 12 home demonstration club members and representatives of the county home demonstration committee attended the Institute of Rural Affairs at V.P.I. Mrs. C. H. White serves as treasurer of the Virginia Federation of Home Demonstration Clubs and Mrs. Marcell Marshall served as pianist for the entire Institute.

B. County Board of Agriculture:

Bedford County has no present County Board of Agriculture; however, one meeting has been called of key citizens, interested in agriculture and the services it does and can render in the county, to consider county-wide problems. Mr. P. H. DeHart, Assistant Director of Extension, Mr. J. E. Flara and Mrs. Margaret R. Svoboda, District Agents were present at this meeting to help the county agents and citizens study the County situation.

C. County 4-H Council:

The County 4-H Council is made up of all officers of all 4-H clubs in the County. One county council meeting was held early in the year to elect county council officers. Most of the plans have been done by the executive committee of this council. This committee has been responsible for planning and stressing the 4-H Safety project as it was carried out in the County this year. It has also made plans for a Continuation of this project for another year by holding a leader training meeting for junior club leaders on Safety.

County Council President, David Moorman was presented a plaque for the

County in the State doing the most outstanding work in on the Safety project. David Moorman and Peggy Ann Dye president of the Golden Arrow 4-H club, the club in the county doing the most outstanding job on the safety project were invited to attend the Virginia Safety Council in Richmond to receive certificates of merit for the accomplishments of their county and club.

The executive committee has selected "Health" for the club project to be stressed in Bedford County next year. The committee has met twice since selecting the project to draw up the program calendar, deciding topics to be stressed and methods of emphasizing them; to draw up the 4-H record book of requirements for completing this project; to appoint a committee to plan and write 4-H demonstrations to be used in carrying out the health project.

The committee made detailed plans and drew up the program for the County Achievement Day and County Council meeting to be held soon.

D. County Honor Club:

The County Honor Club has met twice this year. The first meeting to select and initiate new honor club members and elect officers. The second meeting was the joint All Star - Honor Club banquet.

E. County All Stars:

The County All Star Chapter has held three meetings this year. The joint All Star - Honor Club banquet and two picnics with business meetings were held. New All Star officers were elected. Four new All Stars were added to their membership. They were Mary Lois Hardy, Vernelle Watson, Frederick Dearing and Samuel Howell.

F. H. D. Committee on 4-H Work:

The H. D. Committee on 4-H work is made up of a 4-H Chairman from each home demonstration club. This committee gave a banquet in honor of all 1954 4-H Achievement Award winners. 76 winners, principals, and 4-H chairman attended.

The committee gives a scholarship to State Short Course ^{to} the most outstanding boy and most outstanding girl in the County selected on basis of citizenship, sportsmanship and good project work. This year the committee also sent an adult leader to short course.

This committee has held four meetings, two regular and two called and has officially re-organized and adopted by-laws. Several members of this committee are serving as 4-H organizational and project leaders.

G. Professional Worker's Council:

The professional worker's council is a functioning organization which meets monthly to discuss problems directly related to Bedford County

agriculture. Both home agents attended regularly and lend their support whenever possible. This Council gives all workers with a common interest an opportunity to compare problems, objectives, methods and results and share in a more unified county agricultural program. It provides Extension workers opportunity to get to know and to cooperate with vocational agriculture and home economics teachers, soil conservationists, ASC representatives, representatives of Farm and Home Administration, Dairy Fieldmen and other professional agriculture workers.

I. Leadership

A. Contributions of the following volunteer leaders to the program.

1. Organizational

H. D. organizational leaders are the club officers. They are responsible for the organization and activities carried out in each home demonstration club from month to month and year to year. 4-H organizational leaders meet and assist with 4-H club meetings usually with agents and hold 4-H club meetings in absence of agents.

2. Program Development

Home demonstration program development leaders are responsible for getting suggestions for home demonstration club program and to help determine the program at the county program planning meetings. They are to support and help however, they can develop interest and to execute the county adopted program.

3. Subject Matter

H. D. subject matter leaders attend leader training meetings on the subject they have volunteered to lead and in turn give the demonstration to their club.

Adult 4-H subject matter leaders assist with project instruction and record keeping.

B. Growth of Leadership:

The greatest growth and development of leadership has been in 4-H club work with Junior club leaders who help to prepare and give demonstrations. Older 4-H club members will use their leadership experience to assist younger members. The Junior club leaders of ton acts as a coach to help train less experienced demonstrators.

	1951	1952	1953	1954	1955
H. D. Project Leadership					
No. Project Leaders (subject matter)	55	58	60	60	100
No. Goal Chairman	21	22	23	20	21
No. Program development leaders	21	22	23	20	22
No. Result Demonstrations	21	22	23	20	1
No. training meetings by Specialists	7	6	10	11	11
No. training meetings by District Agents	12	10	8	8	8
No. training meetings by Agents	1	1	1	1	1
Attendance of all attending training Mtg.	333	217	255	233	212
No. meetings without agent	108	133	98	144	149
No. meetings leaders assisted	142	48	191	122	29
Talks and discussions by leaders	108	97	94	115	118

	1951	1952	1953	1954	1955
Growth of 4-H club project leadership					
No. club officers	100	200	250	288	400
No. adult leaders	11	22	23	22	24
No. result demonstrations	8	6	7	6	1
No. training meetings held by specialist	1	4	1	0	0
No. training meetings held by district agents	0	0	0	0	0
No. training meetings held by agents	1	1	1	1	6
By club department	0	0	0	0	12
By others	0	0	0	0	1
Total attendance at leader training meetings	84	169	189	484	417
No. 4-H leaders trained individually	27	22	22	22	22
No. club meetings held by leaders or without an agent	4	2	1	0	1
No. additional club meeting at which leaders assisted	126	130	211	0	49
No. demonstrations given by adult leaders	8	8	2	2	4
No. demonstrations given by junior leaders	20	37	29	22	73

G. Accomplishments of an outstanding leader:

The leader that has given the most outstanding leadership cooperation throughout the county this year has been Rubinette Miller of Forest. Rubinette is in her second year at Longwood College but makes up amply for her absence in the time that she is at home. This past summer she helped train the Dewey Crockett Art entered in the State Share the Fun contest. She assisted in coaching the team that gave the winning county demonstration on electricity and then helped to train the same team to give a demonstration on making potato chips at Electric Congress, and attended the Electric Congress as their coach and leader.

Rubinette attended the State Short Course as a junior leader and was announced state winner in the health project. She served as a junior leader at 4-H camp at Holiday Lake.

She has given untiringly of her time and energy to help plan the county program and to see it carried through. "Service" is the philosophy that has instilled in her and on many occasions has left work undone at home to help promote the 4-H club program in Bedford County. "You name the time and the place, I'll be there," is a familiar phrase from her lips. Her very thoughts are of others first.

D. Activities and Accomplishments of an outstanding family

The G. W. Spradlin family has been quite outstanding this year. They have three children, Willford, a former 4-H club member, who is now studying to become a doctor and two daughters Peggy and Virginia.

Peggy, an All Star and very active 4-H club member for ten years is in her senior year at Radford College. She has completed 56 projects. Peggy has shown outstanding leadership abilities and was selected one of 4 delegates from the State of Virginia to attend National 4-H club Camp at Washington.

Peggy passed some of her 4-H enthusiasm on to her younger sister Virginia who has also gained quite a reputation in the County for her 4-H work. Virginia, though only 15, has completed over 20 projects doing most outstanding projects work in gardening, food preservation and clubwork. Virginia entered and won the girls county public speaking contest county share the farm contest, and a district award on her garden record. She set 50 ribbons on fair exhibits this year as her goal and received 47.

These children could not make the contribution to the county 4-H club program that they do were it not for the encouragement and solid organization of both parents. Mrs. Sp Radlin is a home demonstration club member, a 4-H leader and was the adult leader selected by the committee to attend State 4-H Short Course with the Bedford delegation this year and Mr. Spradlin is considered a good stable dairy farmer.

This family has asked to have an I.P.T.H. delegate live with them in view of the interest shown by Peggy who has made application to be an I.P.T.H. delegate.

The cooperation present in this family is a major factor in making it an outstanding family, not only for this year but in the past and the promise of being exemplary leaders for years to come.

E. Activities and outstanding accomplishments of the Lightfoot 4-H Club

While not the most outstanding 4-H club in the county this year, the Lightfoot 4-H club of Montvale has been a very active club and one worthy of recognition. In relation to county leadership, this one club furnished the county 4-H Council with 8 of the 9 county orators. Orators filled with members of this club are president, secretary, one junior club leader and two song leaders and the reporter.

The first activity this club accomplished was 4-H club party. Games, folk dances and other entertainment was provided by local club leaders for the members present and several invited guests.

The club has had two 4-H welcome signs made to be erected at either end of the county on Route 460 when details have been cleared with the highway department.

21 members of this club chartered a school bus and took an educational weekend trip to Richmond, Williamsburg and Jamestown, staying overnight at Jamestown 4-H camp.

This club furnished the county with two delegates, Betty Carter and Carolyn Saunders, to State Conservation Camp. 4 members served as junior leaders at 4-H camp at Holiday Lake. 2 members attended State 4-H Short Course.

This club has 5 county Achievement award winners this year on outstanding project work done. It has made two educational exhibits, one made at the Lynchburg Fairs Show and the other a window display on National Achievement Day.

F. The work done through Extension in this county this year which has probably had the greatest direct effect on the greatest number of people of all ages has been the work done through 4-H club Farm and Home Safety. The greatest problem concerning safety is that all too often people are not aware of hazards until after an accident occurs. 4-H club members tried to find out some of the more common causes of accidental deaths and injuries, to be on the look out for these hazards, and to erase them before the accident occurs. Accidents don't just happen 0 they are caused, so an accident can only be prevented by eliminating the cause. The objectives, methods and results of work done have been discussed under V. A. 1. Page 3

XI. Appraisal of years work:

Much has been accomplished this year in home demonstration, 4-H club and community improvement clubs to educate rural people and to encourage them to have confidence to plan and act on their own judgment. Family living has been lettered through studies made in foods and nutrition, home management, housing, citizenship, clothing and family surroundings have become improved by studying landscaping, improving rural entrances and mail boxes, roads and community buildings. Untold accidents and even deaths have been prevented this year by making people aware of hazards. All home and community improvements, both inside and outside the home stimulates pride and encourages further improvements. All these projects have made their contribution toward raising the standard of living for rural people and may they never cease striving to make even the best just a little bit better.

The Extension program in Bedford County can only be improved by first analysing the present situation, more careful program planning, securing and training coming leaders, and using volunteer leadership to broaden the county program.