

# ANNUAL REPORT

## County Extension Work

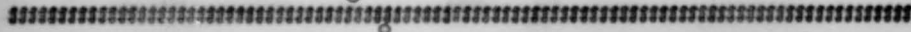
1953



Sallie F. Wetsel  
**Agent**

BATH  
**COUNTY**

**Asst. Agent**

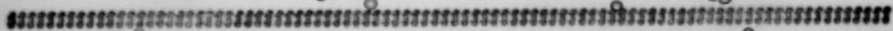


VIRGINIA AGRICULTURAL EXTENSION SERVICE

ANNUAL REPORT  
HOME DEMONSTRATION WORK  
1953

AGENT: GALLIE F. WETSEL

COUNTY: BATH



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III. THE COUNTY SITUATION AS IT AFFECTED THE PROGRAM.

The 1953 County Program has stimulated more rural people to take part in the Extension Program by encouraging the parents when possible to attend the community 4-H club meetings, and also for the home demonstration club members to invite their husbands or friends to a community or county meeting, which both might be benefited. This has helped the farmers to get a clear picture of what Extension work can do for them.

Both County being a resort and sports county therefore the program is somewhat flexible from time to time in order to meet the needs of the county. The meetings are shifted due to the fact that they conflict with some important county event. This is especially true the months of July and November as these are the months that the fishermen and hunters come to the county and these two sports bring in right much revenue to the county.

The Extension Program has somewhat broken the barrier between the mountain as more folks are attending meetings and county events since they have crossed the mountain, as Wern Springs Mountain has been the dividing line between the Both County folks.

IV. THE CONTRIBUTIONS OF THE 1953 PROGRAM TO BETTER FAMILY LIVING.

The Federation Goal "Health" has encouraged the people to study and visit the new Health Unit, as well as help with other community surveys that they could, this they did. 26 home demonstration club members helped with the Chest X-Ray and School Clinics. Through this program 110 had a chest x-ray as compared to 27 in 1952. The Health Program also rendered services to the Community Hospital and to

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bed patients by making garments and rolling bandages. 610 bandages were rolled in 1952 as compared to 1430 in 1953. This program will continue as there is decided need for it in the county.

Housing was selected again for the long time goal, with major emphasis on installing bath rooms, water systems and improving kitchens and laundry units. As a result of this long time goal 12 bath rooms were installed as compared 15 in 1953. Through this program the farm families will enjoy their homes by making these comfortable conveniences.

The food program was studied this year on the basis of nutrition which helped the homemakers to be more conscious and aware of feeding the members of their family the right kind of food at a minimum cost, but yet to meet the needs of the daily requirements with special emphasis on the growing children. Through this program <sup>272</sup> 195 families were contacted with timely information on food and nutrition as compared to 115 in 1952.

The Clothing Program in 1953 helped the women in the county to be more becomingly dressed at low cost and yet maintain the high standards of clothing construction. This year 216 women participated in this program as compared to 165 in 1952. 9 members are helping to support their families as a result of this program. It is estimated that this program in connection with the tailoring class has saved the women in the county \$12.00 to \$15.00 per suit or coat.

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The 4-H Club Program has continued to grow with a higher degree of quality of workmanship achieved by the members in the 4-H club work; with the assistance and guidance of the 4-H club Junior leaders and Adult leaders. Through this leadership the club will continue to grow. To back the previous statement 67 members entered in the Area Contest as compared to 5 in 1932. One won blue award at the Area contest; 4 won red award and one won white award.

For the past four years each Achievement Day has expanded and this year the 4-H Achievement Day was the best.

**VO ADULT WORK.**

**1. Procedure in Determining the Program.**

The program development leaders were sent timely information throughout the year on County Data on how to achieve an interesting program by the Home Agent. This material was to be studied before coming to the meetings and discussed with the members about the county program. An outline of what to be discussed and how was given to the Program Development Leaders at the Spring meeting, then this information was to be passed on by the leaders to the club. These leaders were given training at the Spring meeting by the agent on how to secure suggestions and ideas which might help to make an interesting as well as a worthwhile program for this year. Each Program Development leader was to discuss Federation Goal and have a clear understanding as to all of the goals, and then let the club decide. Each president was notified in advance the allotted amount of time the Program Development leader would need at each meeting to secure suggestions and ideas from her club. With each

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not submitting more than three ideas at the Fall Planning Meeting, and also each club decide on what goal they wanted to take up for the next year. The recommendations, the county program was summarized by these leaders into a report expressing their outstanding needs and the program recommendations indicated a majority of the members. The club president, county officers and the program development leaders attended this meeting. A recommended county program calendar was set up based on the suggestions presented by a majority of the clubs. Recommendations were considered, the county objectives, longtime goals, result demonstrations and county Federation goal by a committee. This program was presented and discussed by the Program Development Leader at her representative club and adopted. The necessary leaders were asked to help further promote this program.

#### A. PROJECT WORK.

##### 1. Subject Matter Field (Clothing).

###### (a) Clothing.

The main reason for including Clothing in the program was to help or assist the homemaker to help her family to be more becomingly dressed by placing more emphasis on the detail finishes of a garment so that it would look like a custom made dress rather than a homemade garment.

The program was promoted by using the Clothing Leaders previously trained to help with detail clothing construction problems as to putting in sleeves, marking the hem line, and how to cover belts and buckles. Each member brought a scrap of material to the work meeting to learn how to cover a belt, a buckle and how to put in sleeves and zippers. These were

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afternoon work meetings. The Agent also had a display of covered belts, buttons and also how to make a belt of the same fabric. She also stressed the importance of putting in sleeves correctly. 215 women were instructed on these detail finishes.

As a result of this program 369 work dresses, 215 better dresses have been completed with an estimate of \$3.00 to \$5.00 per cotton work dress.

(b) Tailoring School.

Two Tailoring Schools were conducted this year to help the women who were especially good to make a tailored garment for herself and family, which would help to reduce the clothing budget and yet get the fundamental principals involved in making a suit or coat, and yet achieve the high quality of workmanship. Each tailoring school did not have more than 8 in each group. The women who were skillful in clothing construction in last years tailoring school assisted as leaders in each of these groups. Five all day meetings was given to each group and met weekly.

As a result of this program 19 suits and 14 coats were made, with an estimate savings of approximately \$12.00 to \$20.00 per tailored garment.

To further promote this program publicity was given to these groups and to the leaders who assisted with this program. Pictures were also made and put in the county paper so that the other folks could see their garments. The garments were also on display at the county 4-H Fair.

(c) Dry Cleaning and Pressing.

As a result of the previous problems in the county the women felt that they needed to learn more the importance of pressing

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and dry cleaning as they felt through this program a large amount of their money was spent in a dry cleaning mill. So therefore, the clothing specialist trained the agent for 1/2 a day on Dry Cleaning and Pressing. The Agent received necessary information from the specialist.

This program was presented in afternoon meetings. The Agent asked someone in the club to bring a garment to be dry cleaned, and someone else to bring one that needed pressing. This demonstration was conducted on a back porch or in a yard to prevent accidents. As a result of this program 40 families are doing their own dry cleaning and pressing in the home, with a saving of .30¢ per garment. A display of the dry cleaned and pressed garment was put on exhibit at the County 4-H Club Fair, and due publicity was given to this program.

## 2. Subject Matter Field (Food and Nutrition)

### (a) Food to Meet the Daily Requirements and Food for Growing Children.

The women in the county felt as if they needed more knowledge concerning nutrition as a lot of these families had growing children and adults. They also wanted to know how they could feed the adolescent boy and girl and yet maintain their own weight as 70% of the housewives felt that they needed to know something about the caloric intake.

The Food Specialist conducted one leader training meeting on "How to Meet the Food Requirement for the Family" and "Food for Growing Children" with emphasis on "Packed Lunches". This meeting was well attended by the Food Leaders with much interest and enthusiasm over this program. The food leaders conducted these food meetings and took with them the information that the food specialist gave to them on nutrition, which has been most helpful and beneficial.

As a result of this program 45 women have contacted the Food Leaders or the Agent that they wanted more information on how to reduce safely.

The food leaders conducted these two method afternoon demonstrations. One on "How to Meet the Food Requirement for the Family" and one on "Food for the Growing Children with emphasis on Federal Lunch" in each of the 13 organized home demonstration clubs. The food leaders who did not attend the leader training meeting were asked by their nearby clubs to come and receive the information.

Results from this meeting approximately 382 families are now more aware of the importance of feeding their family a well balanced diet, with major emphasis on milk. Approximately 232 families are using more milk in the diet.

This program was so well attended and so stimulating that further work in the 1954 program was needed.

This program was also promoted by giving timely information to the local leaders, newspaper publicity was also given and information spread on to non-members by members.

(b) Christmas Cookies.

The Agent received written information for the afternoon method demonstrations on making Christmas Candies and Cookies. The Agent made candies and cookies at these afternoon method demonstrations with the assistance of the food leaders. Then sheets were passed out to the neighbors on Christmas Cookies and Candies. A discussion followed.

As a result of this program the homemakers gave Christmas Gifts from their pantry shelves which consisted of Christmas Cookies and Candies.

3. Subject Matter Field (House Furnishings)

The main objectives for including and selling lamp shades was to encourage people to select or make the right lamp shade and to buy a lamp the proper height in order to protect their eyes and not to buy a lamp or shade for beauty, but remember that their eyes come first.

This program was promoted by the House Furnishing Specialist conducting 1/2 day Leader Training meeting on selecting and making lamp shades to the House Furnishing Leaders. The leaders were notified in advance as to what necessary materials they would need for this leader training meeting. The Agent had the shade material and frames for the lamps and they in turn ordered the necessary supplies needed for conducting this meeting. The leaders know that they are responsible for conducting this meeting without the Agent. The members was informed at the previous meeting what materials they would need to bring to this meeting. These were afternoon method demonstrations.

As a result 160 white lamp shades were made from Fibre Glass and constant calls have been coming into the office for needed information on how to make this type of lamp shade. This program encouraged 15 members to become active members in the home demonstration club.

Display of lamp shades was on exhibit at the Fall Fair, and school Home Demonstration Club set up as their exhibit stand in making a lamp shade. This excited a Blue Board and many questions were asked at this event regarding this booth.

(b) The Use of Accessories in the Home.

The Specialist trained the Agent one-half day on restoring

and using accessories for the home. The Agent called the members in advance to bring to the meeting to work on. The Agent also had some accessories which she had restored and told the members how they could use them in the home. She also showed slides on correct use of accessories in the home. This program was promoted by a method demonstration in the afternoon.

This meeting topic created so much enthusiasm among the club women that they requested that this program be included in the 1954 program as a work meeting.

The Home Home Demonstration Club had gathered from their attic quite a bit of accessories and used this topic for their club display. This too merited a blue award and created a lot of satisfaction and desire for more of the people to use what they have rather than buying new pieces of accessories.

(c) Chair Restoring.

The main objective for including Chair Restoring in the program was to give the members the new method for restoring chairs which was recommended by the Specialist. This program was promoted by three all day meetings held in these communities. The women brought their chairs and invited neighbors to help them to reseat their chairs.

As a result 60 chairs were resealed as compared to 23 in 1952.

The women found these meetings so useful and worthwhile that chair restoring was included in the 1954 program as a special interest meeting.

Mrs. B. F. Hall member of the Fairview Home Demonstration Club, resealed 17 chairs for her own use and has shown fifteen women along with the 4-H club members how to reseat chairs.

#### A. Subject Matter (Other)

##### (a) Garden.

Mr. L. C. Deener, Horticulturist held two Community meetings. One at Starr Chapel and one at Coupeville River. He discussed with these groups the importance of planting the right varieties of vegetables; stressed the importance of using saw dust on the entire garden. He passed out timely information on controlling diseases and insects, saw dust mulch, tonics, varieties of vegetables to can and freeze. The different varieties of Strawberries, Vegetable Garden suggestions of Virginia and a bulletin on Farm Vegetable Gardens.

As a result of these meetings 75 requests have come into the office for the information stated above. These meetings created an interest among the farmers, both men and women. As a result these meetings 42 members and friends attended and received helpful information.

For further information regarding this program it was requested that we have in the 1954 program more information concerning this topic and have 3 community meetings this year, as the women felt that there was a need for more of this in the program, and then too it was a chance to get the men out to see what the home demonstration work was trying to do.

#### B. OTHER ACTIVITIES.

##### 1. Federation Goal-"Health and Art in Daily Living".

Our Federation goals are "Health and Art in Daily Living" with emphasis on "Health" since more clubs are taking "Health". Much interest has been shown on Health especially the "Cancer Loan Closet" which was started last year. Mrs. James LeRue, our Federation Goal Chairman,

attended a meeting on Cancer Loan Closet supplies, and she suggested we start a Cancer Loan Closet in our county, in order to supply patients who have cancer or other persons afflicted with any disease or illness who might need the necessary supplies.

In 1952 755 articles were made by the clubs. In 1953 a total of one thousand one hundred and twelve articles have been made, including 1024 bandages rolled in various widths; 45 hospital gowns; 19 bed pads and 24 packages of soft cloths. The Cancer Loan Closet also has a hospital bed and two wheel chairs to loan as well as other items used in the sick room, such as bed pans, hot water bottles, ice caps, etc. These articles are to be kept for use in our county, and many are being used at the present time. The members rolled these bandages in an afternoon meeting and three clubs had special meetings.

Three clubs equipped a first aid cabinet at Millboro High School and one of the clubs furnished a room with a cot and linen for first aid. One club gave first aid supplies for a medicine cabinet at Williamsville School. A meeting was devoted to first aid treatment. The members were given timely information on how to take care of first aid in the home. These were afternoon method demonstrations. The Federation Goal Chairman attended a large number of these meetings with the Agent. Much concern and discussion followed each of these meetings.

23 club members gave blood to the Red Cross Bank, in 1952. 35 gave blood to the Blood Bank in 1953. Those members who could not give themselves solicited and were responsible for getting non-members to give.

27 members had a chest x-ray in 1952 as compared to <sup>1/0</sup> 46 had a chest x-ray in 1953.

The health goal has benefited the county by. (1) Furnishing First Aid to Cancer and other patients. (2) Having first aid supplies in the schools to be used in case of emergency. (3) Giving blood of which a part is used in the county if needed. (4) Members having a chest x-ray and encouraging others to do so. (5) Encouraging every member to have a well equipped medicine cabinet in the home. (6) Study the program of the newly established Health Unit and become acquainted with their services in order that we may be of better service. (7) Encourage home nursing courses to be taught in the county in order to train folks to be better able to take care of their families and others in case of illness.

On a whole our Federation Goal "Health" has benefited the county by making people more conscious of the importance of having a regular medical check up for better health.

As a result 35 club women had a medical check up for 1953. Therefore with the help of the Health Department we hope to have better health conditions in our entire county.

Newspaper publicity throughout the year was given to this program and an educational exhibit at Achievement Day was on display on Health. The county Health Unit put out a display on Health and one of the home demonstration clubs, Fairview, which was in charge of the Federation Goal Chairman had a display on First Aid Treatment in the home, with the supplies needed and a well equipped medicine cabinet, and also other first aid treatment in the home.

2. A Club Project.

The Williamsville Home Demonstration Club took as their goal "Art in Daily Living". They felt as if there was a need for this in their community. They planned with the help of the people in their community to beautify Williamsville by planting flowers, shrubs and trees. They have had 3 special meetings along this line and a wealthy citizen has contributed a large number of shrubs and is willing to help paint the old buildings and to make Williamsville, as she says "Look like Little Williamsburg".

Good reading was also encouraged in this club. The club has made a scrap book and have made studies on wild birds and songs. They will continue this program for 1953-54.

3. Long Time Goal.

Housing was again stressed as a Long Time Goal for 1953-1954 with major emphasis on Laundry Arrangement, Installing a Bath Room and Water System.

As a result of this program 12 members have installed a bath room as compared to 15 in 1952. 31 added running water as compared to 16 in 1952 and 30 members have improved storage space. 45 have improved the arrangement of their kitchens; 13 have improved the arrangement of their laundry.

As a result of this program this long time goal was again selected for 1954.

4. The District and State Federation Meetings.

Forty-eight home demonstration club members from Bath County attended the District Federation meeting in Monterey, Va. This is the largest number that we have ever had to attend the District meeting. There were 10 clubs represented.

Mrs. DeWitt Hains, member of the Hot Springs Home Demonstration Club gave an inspiring devotional centered around the home at this meeting. Mrs. Harriett Criser, District Secretary and member of the Star Chapel Home Demonstration Club read the minutes.

Mrs. Jack Marshall, Vice-President of Bath County gave the county report for Mrs. Thomas Carpenter who was unable to attend this meeting. The clubs gave \$11.26 for pennies for Friendship and expenses to \$9.10 in 1953.

(b) State District Home Demonstration Club Meeting.

The home demonstration club members from Bath County attended the State Federation meeting at Blacksburg. Each of these members gave a report to their club on regards to this meeting. They gave an interesting discussion at the Fall Planning meeting on some of the highlights to be analyzed or discussed in the county program. One-half of their expenses were paid by the county.

5. 4-H and Farmers Day.

The 4-H and Farmers Day Program was held in a Conduary building at Groves, Virginia. This building had been abandoned, the owner Mr. Walter P. Farnsworth, member of the Board

of Supervisors and Mr. Charles E. Loring agreed to clean this building and let us use it. This proved to be the best place we have ever had with a total of 1500 people attending this event.

Approximately 800 entries were on display and all the home demonstration clubs and 4-H clubs participated at this event, with each making a display. As compared to 1952 only 7 home demonstration clubs were represented and 13 were represented this year which is a total of all the organized home demonstration clubs.

As a result of farm products and the home products shown the 4-H exhibit were far superior to the ones previous.

The 4-H and Farmers Day was sponsored by the Home Demonstration Club members and the Farmers of Bath County.

A beef was barbecued by Mr. J. L. Dalton, County Agent, which was donated by a noted citizen. The beef barbecue was served with a plate lunch and the food was furnished by the home demonstration club members. This netted the County \$709.65 which in turn was turned into prize money for the 4-H club members and individual club, 4-H clubs and home demonstration clubs received a premium for their display.

The Bath County National Bank bought the ribbons to be used as awards.

A large number of non home demonstration club members put up a table or booth of their hobbies and other interesting facts concerning the county. This too brought in a lot of outside citizens and created a lot of interest among the different people.

The 4-H County Medals were awarded to 51 4-H club members who had achieved outstanding work in their project work. Pictures were made of this group.

Mrs. Ruth Cleek was awarded a Leadership pin for her outstanding achievement she has done for the 4-H club members. She has helped the 4-H club either directly or indirectly for 33 years. Two of her 4-H club members were present when the club was first organized, and it is still (Mill Run 4-H Club) one of the strongest in the county. Other leaders receiving awards were: Mrs. B. H. Davis, 10 years service; Mrs. Daisy Doods 5 years service. Each of these leaders were recognized for their outstanding accomplishments which they have achieved in their 4-H clubs. All other leaders were complimented on their work which they had achieved.

Everyone was well pleased with this event and are now making plans to have even a better display and having the 4-H club members to enter more contests. This program alone has helped Extension Work as well as anything that's ever been held in the county, as it gave the people an idea as what we are trying to do, and at least 200 people stated that they didn't even know what 4-H club and home demonstration clubs were until they had attended this event.

6. Home Demonstration Club Recreation.

The most enjoyable feature of the home demonstration clubs in Bath County is the family get together, when the clubs entertain the local 4-H clubs and the members of their family and friends are invited to come and share the evening of fun and fellowship together with their neighbors. These socials are usually held in a non-members camp.

This year the Forest Ranger was asked to come and show

a movie, this proved to be quite interesting.

All the communities (18) had a social for their club members. Each year more folks attend this social. In 1952 292 families as compared to 320 in 1953.

#### 7. Club Objectives.

1. Assist Agent in unorganized communities by having members to assist in giving demonstrations.

2. Have clubs assist in securing two 4-H club leaders for all 4-H clubs in county not having adequate leadership.

3. Each club president and program development leader make a special effort to have representatives at all training meetings and county meetings.

4. Organized clubs be responsible for holding four meetings without Agent; provided the training and necessary materials are available.

5. Each club program Development leader have time at each meeting for getting and giving information concerning the program.

6. Study handbook and put more time and emphasis on County Federation Goals, each club.

7. Each club will have one result demonstration in housing and hold one meeting as the result of demonstration.

8. Membership drive in each club by contacting non-members which will later become interested.

9. Each club plan at beginning of year to have exhibit at Achievement Day and if possible send out plans earlier. (Alternate Achievement Day between the two High Schools).

VI. 4-H CLUB WORK.

There are 12 organized 4-H clubs in Bath County with an enrollment of 175 girls. This number indicates an increase of five (5) members over last years membership. Our community 4-H club is the strongest and has added more interest and helped to organize school groups and some of these girls serve as Junior leaders.

The Adult and Junior leaders and also the President of the 4-H club met in August and set up a recommended calendar for the school community clubs to follow for 1953-1954. The group took into consideration the amount of time allowed to the school groups, the project "Your Room Pep it Up" was recommended for the school groups, as the leaders present felt that as if they needed a little more beginners information on clothing construction which will be abstracted during the winter by the Junior leaders and Home Agent.

1. Subject Matter in "House Furnishings".

(a) "Your Room Pep it Up"

This project was conducted in the schools where working space and facilities were limited. The purpose of this project is to create an interest among the young members in keeping their room neat and attractive which will later develop a habit, and then to, to give them the basic fundamental principles of rearranging and decorating a room.

These meetings were meetings were method demonstrations in school groups with members, leaders and Agent giving the demonstration. Resource information was received by the Agent from the House Furnishing

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Specialist.

As a result of this project 80 girls made their beds weekly daily for a period of six months. 65 girls made a dresser case for their room. Then at Achievement Day or rather the 4-H Day one club had a club exhibit on "Your Room Pop it Up", the content of this room included natural floor finish which we stressed to the school group, 52 included the proper way to make a bed and the accessories which was needed in the room, and the furniture arranged in the room in order for two girls to share the room together. The room had curtains which were appropriate for a school girl's room, and the walls were painted which would be easy on their eyes. At our 4-H Day this club exhibit received a blue award and also received more compliments than any club display that was put up at this event.

This project has also helped the Mothers of the 4-H club members as at least 75 mothers have contacted the leader or Agent and stated that their daughter was now taking more interest in taking care of her room, and the other bed rooms in the house.

## 2. Subject Matter in Clothing.

(1) Do You'd Like to Sew-Make or Remake.

The 4-H club girls were taught the fundamental principles of clothing construction as to laying pattern, material to fit the individual, how to lay a pattern correctly, seam finishes, correct methods used in putting in zippers, hems and sleeves and also how to put on a collar and other detail finishes.

The older girls assisted with four all day meetings in some of the community clubs and this proved to be very helpful as the leaders worked with other girls and gave them details instructions on

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laying the pattern on the material and making necessary markings. The leader with the Agent along with the junior leaders worked with these girls until they had completed their garment.

As a result of this program 114 garments were made and 24 garments were remodeled as compared to 1952-1953 garments were made and 35 remodeled. This shows a decrease in the number of garments made and remodeled because Clothing Unit I was taught during the school year. The girls displayed their garment at the County 4-H Day Program and two medals were awarded, one on Style Dress Revue and one on Clothing Achievement. Myllie Thompson won Blue Award at the Area contest on her Style Dress Revue, Ed Arminto won Red Award at the Area contest on her Clothing Achievement.

### 3. Subject Matter on Food and Nutrition.

The purpose for including the food project in the program is to inform the 4-H club members the importance of preparing and serving an attractive and wholesome meal, with a variety of food in the daily diet served in a different and appetizing way and yet to meet the daily needs of the entire family.

Over 75% of the method demonstrations are conducted by the members assisted by adult and junior leaders and the agent. A detailed discussion and comment followed each demonstration so that the 4-H club member can profit by her mistakes and improve on these at her next demonstration. The leader and members check over at the end of the meeting what they will bring for the demonstration, and notify the hostess in advance if they plan to use the kitchen. Of course these are our community clubs which meet in the home and are night meetings.

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Mary Frances Hodge won 1st award at the Area contest on Meal Planning, Preparation and Service. Shirley Dunnagan and Dorington Byrd won 2nd award in a team demonstration on Dairy Foods.

As a result of this project 968 meals were planned and prepared as compared to 695 in 1953. 1460 Dairy Food dishes were prepared and 95 food demonstrations were given in Meal Planning, Preparation and Service.

The largest exhibit of food was on display at the 4-H Day this year by this group of 4-H club members, and the quality of workmanship was far superior. The judges stated it was hard to make the decision.

(b) Food Preservation.

Objectives for including this project in the program was because the majority of the club members are from farm families and raised their own food. Therefore, in order to cut down on the family budget it is advisable for the 4-H club members to help their family to become better fed with a variety of food by canning or freezing the surplus food by the accepted tested method.

Method demonstrations are given by the 4-H club member with the assistance of the leader and the management. After the demonstration comments are made as to how they can improve for the next demonstration. The members are notified in advance by the leader, particularly the junior leader, as what necessary materials she will need to bring to give the demonstration. Also the hostess is notified as to what demonstration the 4-H club member will conduct.

The outstanding accomplishment achieved by this program was

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1190 quarts of fruits and vegetables were canned and 321 pounds of food was frozen. 19 girls enrolled and 19 completed in this project the above statement proves that these members are interested in this program.

Adeline Lay won blue award at the area contest. Two county medals were awarded, one on freezing and one on canning at the 4-H Day. The girls had a lovely display of canned food at our County Achievement Day Program.

4. Subject Matter in Home Improvement.

The Home Improvement Project was included to encourage older girls to take care of their room by making accessories, planning the color and also on how to take care of the floor. Five girls enrolled in this project and 5 girls completed it. A county medal was awarded on this project. Devayne Lay entered the Area Contest but did not receive an award.

5. Subject Matter in Home Management.

"Personal Laundry".

The Home Management Project was included to help the older girls to do their own personal laundry.

The members, leaders and Agent gave method demonstrations at meetings and also discussed the project afterwards. The leaders gave personal aid to the girls when needed as this was a small enrollment. Only 10 girls took this as a project.

10 girls were enrolled and 10 girls completed this project.

Lola Neff won White award at the Area contest on Laundrying a sweater, and the girls had a display at our 4-H Day, and a county medal was awarded.

The girls are now striving on sitting down to iron which will save them time and energy.

#### 6. Subject Matter in Rural Arts.

##### "Home Ground Beautification"

The purpose for including this project in the program was to encourage the members to take care of their lawn and other grounds and improve the surroundings by planting shade trees, shrubs, and flowers when needed.

This project is particularly important to the young members of the 4-H club as they take great pride in planting flowers and keeping their lawn clean. Therefore, this project is carried on by a majority of the young 4-H club members during the summer.

As a result of this project 68 flower gardens were cultivated as compared to 42 in 1952. These flowers were cultivated and planted with an assortment of flowers blooming throughout the season. These gardens were visited by the Agent or by the leader.

A county medal was presented on Home Grounds Beautification and a display of flowers was exhibited at our 4-H Day.

#### 7. OTHER ACTIVITIES.

##### 1. Camp.

33 active 4-H club members attended Camp Bethel at Fincastle, Virginia and were accompanied by three leaders and the Home Agent. This is the largest number of boys and girls who ever have attended a camp. As the number which attended in 1952 were 29.

We were well pleased with the camp activities at Camp Bethel under the direction of Mr. Jack Copenhagen, Camp Director and Bobb Hicks, Big Chief from Bath County, who served and helped Mr.

Copenhagen with camp activities. Bobb did a nice job as Big Chief. We are pleased to have Ivor Gray from the Valley High A-N Club to be Big Chief for 1953-54 camp. Ivor served as Lessor Chief for one of his tribes and did an excellent job leading his tribe.

75% of these boys and girls camp expenses were paid by the club as they worked during the winter months to make money in order that they could attend camp this summer.

The participation among the members was better than it had ever been since I have attended Camp Boreal.

The A-N Day.

115 A-N club girls attended Achievement Day as compared to 51 in 1952. This number indicates that it was a successful day and that we had more club members that participated and taking part in this program. As compared to 150 exhibits in 1953; 108 in 1952 and 103 in 1951. These figures <sup>SPEAK</sup> for themselves.

The A-N club members helped to set up displays and also A-N club members were in charge of a booth, some assisted the judges, others were in charge of selling meal tickets, some were in charge of recreation. So therefore, by putting more of the A-N club members on the program we naturally had more people there because they had to come to bring the members to this event.

The A-N club members won ribbons and prizes on their display. Four clubs had an individual club exhibit which was educational as well as outstanding. The Mill Run A-N Club had the safety wheel with the club motto at the head of it. Warrington A-N Club (the School Group) had "How Boon-Do you Put It Up". The Fairview A-N Club had "What to Include in

Planning a "Weeks Menu" and Couverture 4-H Club had "Fire Prevention and each of these displays were far superior to the ones in previous years.

For more information about the 4-H Day refer to page

17.

### 3. Contest.

Seven girls from Bath County entered the Area Contest which was held at Montevideo and received the following awards:

Phyllis Thompson.....	Blue Award.....	Style Dress Sewer (Wool Suit)
Mary Frances Hodge.....	Red Award.....	Meal Planning Preparation & Service (Pineapple Upside Down Cake from the Master Mix).
Darlington Byrd Shirley Dunningan (Team)...	Red Award.....	Demonstration-Dairy Food on Milk Drinks.
Augusta Ward.....	White Award.....	Clothing Achievement (Cotton Dress)
Lois Huff.....	Red Award.....	Laundry (Personal) Quarter
Adeline Lew.....	Red Award.....	Food Preservation (Canning Apples)

### 4. State Short Course.

Two girls attended the State Short Course at Hindsburg, Virginia. Each delegate only had to pay 1/2 of their expense as they had worked with their local clubs to raise money in having a high sale or square dance. Phyllis Thompson was taken into the All Star Association.

Adeline Lew gave a report about the State Short Course at her club meeting and is planning to practice some of the things that she learned at the Short Course at her 4-H club meetings.

### 5. Community Activities.

Three 4-H clubs selected as one of their main goals to

help clean the local Church ground. This they did and after they cleaned the Church Yard in the Spring time the home demonstration club gave them a picnic, which was participated by all of the 4-H club members.

#### 6. Rural Life Sunday.

Two of the 4-H clubs observed Rural Life Sunday. They were in complete charge of this program and with the assistance of the junior leader and the adult leader they did a grand piece of work which was very impressive. This program was attended by a large number of the Mothers of these members. The Minister centered his topic around the 4-H Club Pledge.

### VII.

#### Young Men and Young Women's Work.

There is no organized group of Older Youth sponsored by the Extension Service, but the agent renders service to this group by home visits and by circular letters.

### VIII. DONES OF WORK.

	1940	1941	1942	1943
No. 4-H Clubs at Camps	15	14	8	14
Memberships	254	328	325	370
No. 4-H Clubs	10	11	11	12
Memberships	134	150	153	162
No. 4-H Groups	0	0	0	0
Memberships	0	0	0	0
No. other families reached	186	232	254	235
No. 4-H Extension families reached	32	45	62	68
No. 4-H Extension clubs	0	0	0	0
Memberships	0	0	0	0

### IX. COUNTY WIDE EXTENSION ORGANIZATIONS.

#### (A) County Board of Agriculture.

The community neighborhood leaders of the County Agricultural Board cooperate in helping to interest others in the county home demonstration club program. They also plan to distribute timely

information to their local neighborhoods.

(B) County Home Demonstration Committee.

The County Home Demonstration Committee is composed of the Program Development Leaders and the County Officers. This committee has two meetings during the year. The purpose of the Spring meeting is to select a committee to work on the Achievement Day Program, to select delegates to attend the Institute of Rural Affairs, Blacksburg, Virginia, to name a nominating committee, a Year Book Committee and the Treasurer gives a report of the number of clubs that have paid their county and State dues, and each club reports on the progress made on the objectives set up at the Fall Planning Meeting. The Fall Planning meeting at which the new and the old presidents are invited to attend. The Program Development Leaders and the County Officers are all present with the District Agent and the Home Agent. They plan together the content of the program for the coming year.

The County Home Demonstration Committee is responsible for sending one delegate to the Institute of Rural Affairs and will pay the expense of a 4-H club leader to go to Camp Bethel. They also select 2 committee to help with the 4-H and Farmers Day by putting each president in charge of helping with this program. This committee also is responsible for paying for 1/3 of the year books.

(C) County 4-H Project Planning Meeting.

The County 4-H committee has one meeting during the summer. The purpose of this meeting is to meet with the older 4-H club members, leaders and the president of each 4-H club will come together and plan the content of the projects which is included in the program for the coming year.

This committee has to consider the facilities that are available in the school and also the time allowed for each meeting.

(D) 4-H Club Council.

The 4-H club Council had one meeting during this year. The club president, vice-president, Secretary and Treasurer and both Junior and Adult 4-H club leaders are asked to attend this meeting.

The purpose of this meeting was to select leaders to attend the 4-H club camp; to select a committee to work on the Advancement Day Program and to select delegates to go to the 4-H club Short Course. Each club gives a short report on the progress made on their project work and what they have done to achieve towards the county goal. This committee also sets up recommendations which they think should be achieved throughout the year in the 4-H club.

(E) County All Star Chapter.

The County All Star Association had a meeting in the County Agent's Office. The purpose of this meeting was to select candidates for the All Star Association. These recommendations were studied very carefully. The committee selected two boys and two girls. Myllis Thompson was taken into the All Star Association and Donald Porter was also taken into the All Star Association.

(F) County Mobilization Committee.

The County Mobilization committee is composed of 10 members which meet twice during the year to set or work out any plans it is called upon to do by the Selective Service Board.

**X. LEADERSHIP**

There are 66 club officers of the Home Demonstration clubs in Bath County, Virginia.

Two planning meetings were held this year. One Spring Planning meeting and one Fall Planning meeting. The Spring Planning meeting was conducted by the Home Agent. The Fall Planning meeting was conducted with the assistance of the Home Demonstration Agent and the District Agent.

Two project leader training meetings were held, one by the Food Specialist and one by the House Furnishing Specialist. The Federation Goal Chairman held one leader training meeting.

The monthly meetings are always conducted either by the president or vice president. They arrange for the meeting places and also help the home agent in securing good attendance at the county meetings. However, the leader training meetings were not as large this year as in the previous years. This was not a fault of the president, it is just hard to get the leaders to come to the meetings.

Mrs. Thurman Carpenter, County Chairman, has worked with her committee and has been responsible for two county board meetings and one Executive meeting. Mrs. James Latus, the County Federation Goal Chairman has given her full support to help promote the Health Program as previously reported.

The number of meetings held by the leaders without the agent present is a slight increase over 1952, in comparison 68 meetings were held in 1952 and 72 meetings in 1953 and 17 were conducted by the meetings without the Agent.

The 4-H club meetings are conducted by the president and the vice-president with the cooperation of the adult leader. The 4-H club meetings are mainly held by the Junior leader or the adult leader with club members assisting. To back up the previous statement 58 meetings were held by the leaders without the agent present in 1952 as compared to 62 in 1953. The leaders help to arrange the meeting places, in securing transportation for those club members and arrange materials needed for the girls giving demonstrations.

The project leaders in both 4-H and Home Demonstration club work give out timely information at their local meetings on gardening, landscaping, and timely hints on any topic that is being discussed during the month. These leaders assist in assembling the supplies for the 4-H and Farmers Day. They discuss community activities at their local meetings and ask for assistance or recommendations with these events.

Two 4-H club leaders accompanied the group to the Area contest. Two leaders also went with the group to Camp Bethel. 28 4-H club leaders were trained individually and 86 leaders attended the regular leader training meeting.

The project leaders order the necessary supplies needed by the home demonstration club members for the handicraft meetings.

When attending a leader training meeting the leaders travel together with adjoining clubs by this way the leaders get to know more of the members in other clubs.

B. GROWTH OF H. B. CLUB PROJECT LEADERSHIP:

	1949	1950	1951	1952	1953
No. project leaders (subject matter)	85	118	126	127	135
No. Club Chairmen	15	14	14	14	15
No. training meetings held by specialist	4	3	2	2	2
by leader	1	5	7	6	8
Attendance at all Training Meetings	74	70	95	110	101
No. club meetings held by leaders without agent present	33	55	58	68	72
No. additional club meetings at which leaders assisted	72	84	89	94	90
<u>Growth of 4-H Club Project Leadership</u>					
No. adult project leaders	11	19	20	21	18
No. junior project leaders	0	2	5	8	12
No. training meetings held by specialist	0	3	0	1	1
by leader	2	6	12	18	20
Attendance at Leader Training meetings	4	27	53	83	86
No. 4-H leaders trained individually	0	12	23	23	28
No. club meetings held by leader without agent present	25	55	50	58	62
No. additional club meetings at which leaders assisted	84	80	84	96	110
No. demonstrations given by leaders	28	30	32	32	18
by adults	0	12	16	10	13
by juniors	0	18	23	22	30

B. OUTSTANDING LEADER

Mrs. R. H. Davis, leader of the Coupesture River 4-H club received her 10-year leadership pin at our County Farmers' and 4-H Day on September 19, 1953. She has worked faithfully and willingly with 78 4-H club members. She keeps a close check on the 4-H club members and their project work and attends the meetings pertaining to the project. Each year her club has made an

exhibit at our 4-H Achievement Day. Five All Stars have been selected from her club and the State winner. Her club has observed "Harvest Home Sunday" for several years.

Practically all of the boys and girls that have been 4-H members under her supervision has continued to have an interest in the community as well as selected farming and home making as their chief occupation.

III. HOME LIFE HOME AGENTS.

(A) HOME ECONOMICS TEACHERS

The fellowship between the two home economic teachers in the county has been very satisfactory the past year. The home economic room is available for the girls who want to give demonstrations.

(B) WELFARE

The home demonstration club members works with the Welfare Agent to help the needy families within their local communities.

(C) CONTRIBUTIONS AND GIFTS

All the organized clubs contributed to the Red Cross, Cancer Foundation, March of Dimes, Pennies for Friendship and the local community needs.

All the organized clubs in the county contributed money, food, clothing or toys to the Good Samaritan Club. Some of the club members assisted in fixing boxes and also distributing these boxes to the needy families in the county at Christmas.

(D) SCHOOLS

The School Superintendent, principals, and teachers have given excellent cooperation in providing space and time for the 4-H club meetings in the schools. The home demonstration clubs usually meet in their local school cafeterias. The 4-H club having a teacher as a leader

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has done outstanding project work during the year.

### XII. SIGNIFICANCE OF WORK.

#### A. Adults.

The Home Furnishing Leaders conducted 27 meetings in regards to making white fiber glass lamp shades and this proved to be one of the most interesting and worth while meetings of the year, as through this program the Beth County families are enjoying their night activities by better lighting facilities by using the white lamp shades, as a majority of these lamp shades were constructed of a dark color.

The Food Leaders conducted 24 meetings in regards to nutrition. This program enlightened the homemaker on the newest information on nutrition, and then too started the homemakers to thinking whether they were feeding the family a well balanced diet. This timely information was especially helpful to the young homemakers, and a large number of calls and letters have been answered in regards to this topic by the Home Agent.

The Federation goal "Health" gave the county wide citizens a broader view of what the home demonstration clubs are trying to do in order to help other people.

Two Tailoring Schools was conducted by the home agent with the assistance of the Clothing Leaders. This encouraged more women to make their own tailored garment by using the basic fundamentals principals involved in clothing construction. This also helped the family budget by the women making their own tailored garment.

The attendance was better at the leader training meetings this year than in previous years because the president kept reminding the

leaders the time and month that the Leader Training meeting could be conducted. The Program Development leader and the president collected leaders which they thought could attend these leader training meetings, and they advised the leaders to travel together with adjoining clubs. However, it is still a problem to get some of the leaders out to the meetings.

4-H CLUB PROGRAM

One of the most significant thing about 4-H club work is the manner in which the 4-H club of leaders conduct their meetings by using the parliamentary procedure.

The 4-H club members took a more active part in the community activities this year than they have in the previous years. By this I mean that young clubs observed Rural Life Sunday and helped with the Christmas program in the community by helping the sponsor to direct these programs.

The Food project work has helped the family in the remote areas to become more conscious of even a well balanced diet. 28 meetings were conducted by the junior or adult leader.

The clothing project has taught the 4-H club members the importance of selecting the right kind of material to suit their personality as well as the importance of selecting a pattern which fits their need, and it has also taught them the fundamentals of clothing construction.

The House furnishing project has encouraged the 4-H club members to take pride in taking care of their room and by learning the basic principles of arrangement of furniture which can be applied to any room in the house.

In conclusion the thing that worries a Home Agent is how to keep the 4-H club members in the club, as the first year the 4-H club always has a large enrollment in comparison to other years. The other weakness in the 4-H club is to get the adult 4-H leaders to accept their responsibility as a 4-H club leader.