

girls. A new class for school group exhibits had three outstanding blue ribbon exhibits.

C. Professional Improvements

The Agent attended a Communications School and a Tailoring School. Professional books were used as research material. Publications of VPI and USDA were read as well as professional magazines. The Agent joined professional organizations which are available to Home Economics graduates. A great deal of information was gained from attending the National Home Demonstration Agents Meeting in New Orleans.

VII. THE LOOK AHEAD

In general this has been a very successful year for the Extension Program in Bath County. Looking to the year ahead it is hoped some improvements can be made in the Home Economics Extension Program. The Home Demonstration Agent hopes to organize some other new home demonstration clubs in unorganized areas of the county. Also, efforts will be made to strengthen the 4-H Leaders Association, which was organized this past year. It is hoped that in the coming year the Adult 4-H Leaders will take even more responsibilities in their 4-H clubs. Also attempts will be made to secure more 4-H leaders.

Lake. While attending the week-end camp at Holiday Lake, the boys and girls worked on their Achievement Records, had a safety talk by a State Trooper as well as recreation.

Interest in the club has been so great this year that the group has met each month.

B. Good Public Relations

Weekly staff conferences on the 4-H program and other county problems are held by the home demonstration agent and County Agent.

The elected representatives are very cooperative in helping the Extension Program. Often they take part on 4-H and Home Demonstration programs.

In the county a great deal of help from the E-S-B-C Electric Cooperative and the Virginia Hot Springs Company has been acquired by the Home Demonstration Agent. Other commercial interest outside the county donated items for the District Federation Meeting.

The Home Demonstration Agent has cooperated with all professional workers in the county. Special assistance was given to the County Health Nurse, in planning and carrying out an instructors home nursing course. Several home demonstration members took this course and are qualified teachers of Home Nursing.

In cooperation with the home economics teachers, classes in the 4-H Farm Fair were open this year for the FHA

joint veepers program with Allegheny County. Many of the members participated in the planning and took part on the program.

The two All Stars for 1999 were from the Hill Run Club.

This year the club was selected as the winner of the W.S.L.S. Contest. There are many more activities and accomplishments made by this club and it is easy to see why the club develops leadership in its members.

VI.

A. For Special Consideration

The organization of a 4-H Honor Club in Beth County has proved very worthwhile. It has provided a system of recognition on a county basis for members who have done exceptional work and has stimulated more active leadership.

One of the problems in the 4-H program has been the loss of older members. They would become busy with school activities. They also felt they had taken all the interesting projects. Therefore one of our first methods used was introducing the projects, Career Exploration and Junior Leadership to the group. Also they showed interest in the electric program and 4-H Share the Fun Contest. This group has helped with the Veepers Program, the Electric Congress exhibit, Achievement Day, and had an exhibit at the 4-H Fair, which won a blue ribbon.

A week-end camp was held with the group at Holiday

B. Outstanding Leaders and Club

The Hill Run 4-H club has been outstanding in its work over the years. It has developed leadership qualities in its 4-H club members. In back of any good club there are always outstanding leaders. Mr. and Mrs. Wayne Schooler have served as leaders for this club for 15 years. They work hard and faithfully with the club which meets in the basement of their home. The club always has a high percentage of completion. Members look to their leaders for advice and help. Mr. and Mrs. Schooler have also worked very hard with the Beth 4-H Farm Fair.

Now, lets look at the accomplishments of the club members and how they receive leadership training. Club members are encouraged to serve on all types of committees, which are active in this club. The officers of the club are expected to assume their job with responsibility. Activities in the club included project work, judging contests, demonstrations, and tours. The club always has an outstanding exhibit at the 4-H Farm Fair on which the club members work cooperatively in organizing and completing.

At 4-H camp, members from the Hill Run Club become camp leaders. This year two of the members were selected as Chief of a tribe and Jasseer chief. Others served on the camp newspaper staff.

This club was instrumental in the idea of having a

	1955	1956	1957	1958	1959
No. organizational leaders	0	0	25	47	50
No. project leaders (subject matter)	42	48	52	56	60
No. Federation program of work chairmen	11	8	0	10	12
No. program development leaders	13	8	0	8	12
No. result demonstrators	3	0	0	0	2
No. training meetings by specialists	3	6	4	2	5
No. training meetings by dist. agents	0	0	0	0	0
No. training meetings by agents	2	0	0	3	6
No. training meetings by others	0	0	0	0	0
Attendance at all training meetings	50	80	56	85	106
No. meetings held without agent	25	89	49	40	45
No. meetings leaders assisted	0	0	0	0	0
Demonstrations by leaders	31	89	48	88	45
Talks and discussions by leaders	100	192	150	352	200

3. 4-H Club Leadership

	1955	1956	1957	1958	1959
No. Club Officers	29	68	51	91	120
No. adult project leaders	11	19	23	30	34
No. junior project leaders	0	0	2	3	30
No. result demonstrators	0	0	0	0	0
No. training meetings by specialists	0	0	0	0	0
No. training meetings by dist. agents	0	0	0	0	0
No. training meetings by agent club dent.	0	0	0	0	7
No. training meetings by members club dent.	0	0	0	0	0
No. training meetings by others	0	0	0	0	0
Total attendance at ldr. tr. meetings	0	0	0	0	0
No. 4-H leaders trained individually	0	0	0	5	12
No. club mtgs. held by ldr. w/out agent	20	40	20	10	5
No. additional club meetings at which leaders assisted	39	17	15	30	50
No. demonstrations given by adult ldrs.	24	51	25	10	15
No. demonstrations given by junior leaders	12	0	4	5	25

members as well as to families and individuals not participating in organized home demonstration work.

A weekly newspaper column in the county paper as well as coverage on special events in the larger Covington and Staunton newspapers in the area also help reach more of the people.

At the 4-H Farm Fair and the Home Demonstration Achievement Day a large number of families and individuals learned more about Home Demonstration work.

The Home Demonstration Agent has made herself available for help to any individuals or families in the county. They may and do reach her by telephone or office calls.

This year the home demonstration women have been working under a point system to receive home demonstration club pins. Under this scoring they receive points for giving information they have received to non-club members.

V. LEADERSHIP

A. Growth of leadership

1. Overall program leaders

	<u>1958</u>	<u>1959</u>
a. County Agricultural Extension Service Board	<u>0</u>	<u>0</u>
b. Youth Council	<u>0</u>	<u>0</u>
c. Home Economics Council	<u>0</u>	<u>0</u>

2. Home Demonstration Club Leadership

These contest have all helped the girls develop confidence in themselves. It has helped some to express themselves better in public and has developed leadership abilities in the girls.

IV. SCOPE OF WORK

A.

	1955	1956	1957	1958	1959
No. H. D. Clubs	15	8	10	10	12
Membership	374	224	198	201	225
No. H. D. Clubs (Unorganized)	0	0	0	0	0
Membership	0	0	0	0	0
No. 4-H Clubs	13	17	12	22	24
Membership	173	196	189	247	247
No. YW Clubs	0	0	0	0	1
Membership	0	0	0	0	36
No. Community Clubs	0	0	0	0	0
Membership	0	0	0	0	0
No. Home Ec. Committees	0	0	0	1	1
No. General Interest Committees	0	0	0	1	3
No. Youth Committees	0	0	0	0	0
No. Farm & Home Dev. Families	0	0	0	0	3
No. Other families reached	274	105	80	125	150
No. Different families reached	70	74	240	250	275

B.

Two new home demonstration clubs were started in unorganized areas. The Bacova home demonstration club was organized in January and the Mitchelltown home demonstration club in March.

In March radio broadcasts over the Covington Station W.K.E.Y. were started with the Bath County Home Demonstration Agent broadcasting on Monday and the County Agent on Tuesday. In June an extra radio broadcast was taped for Station W.S.V.A. in Harrisonburg. These radio broadcast help get information to

A big program was conducted on 4-H Achievement Day with medals and special awards giving to outstanding members.

This day gives the 4-H member a chance to think back over the results of the years work. It gives them the feeling of wanting to do even better the next year.

The total number of individual exhibits the the 4-H Fair was 340, and they merited 64 blue, 75 red, and 68 white ribbons. A total of \$228.00 in prize money was awarded to the members. The club exhibits were as follows:

MADE	EXHIBIT	AWARD
Cloverdale	Better Lighting	Blue
Hill Run	Electricity	Blue
Feltrien	Wildlife	Red
Copatsure	Forestry	Red

The fair gives the 4-H club members a chance to show the public what project work they have done during the year. It gives them the feeling of accomplishment and they learn to win without bragging and loose without complaining.

The two County-wide contests which were held this year were the 4-H Demonstration Day and Style Dress Revue, both were very successful and plans are being made to hold similar contests in 1960. Older 4-H girls entered the District Contest in Henricks. There were entries in the following groups:

Style Dress Revue	Bread
Public Speaking	Laundry

A total of thirty girls completed the different units in this project. The most work was done under the house keeping and laundry projects.

6. Home Grounds Beautification

Ten girls worked on this project. A variety of activities were reported and results could easily be seen when visiting their homes. Four County medals were awarded in this project.

C. Other Activities

Three 4-H camps were held this summer. Bath County had 12 attending senior 4-H camp, 62 at junior 4-H camp, and 14 4-H Honor Club Members attended a week-end Honor Club Camp. The quotas were also filled to Short Course, Conservation Camp, Forestry Camp, and Electric Congress.

Especially in the case of Junior 4-H Camp this is often the members' first time away from home. They have a chance to gain some independence at these camps.

This year Rural Life Sunday was observed with Allegheny County. A special service was held at Douthat Park with 4-H club members from both counties participating on the program. The guest speaker was Andy Reynolds from the 4-H Club Department. A picnic lunch followed the service. Because of the success of this observance plans are being made to make this an annual affair. The observance of Rural Life Sunday certainly is very important in showing the spiritual side of 4-H work.

This year for the first time Beth County was represented with an exhibit at Electric Congress in Richmond. A great deal of work was done for this exhibit. It showed the activities by club members in this project. In the State competition the exhibit won a red ribbon.

Some club members also constructed lamps from a kit. One club is planning to sell some of these lamps.

Two of the community clubs won a blue ribbon on their electric exhibit at the 4-H Fair. The exhibits showed advances which had been made in lighting and 4-H club members at work with electricity.

In working on this project the members have learned more about electricity and have a knowledge on its practical uses in the home and on the farm.

4. Home Furnishings and Home Improvement

Thirteen girls completed different units under this project as an individual project. Four County medals were received by the girls taking these projects. Some refinished furniture and did painting on the inside of their homes. Beverley Siple, one of the winners in room improvement reported doing the following work: "Collected pictures of the room I would like, painted my room, rearranged my furniture, layed a carpet, made a bulletin board, made a dressing table and got lamps, and bought a chest of drawers."

5. Home Management

for clothing and 52 garments were exhibited. Five county medals in clothing were awarded this year.

Interest was shown in the County Dress Revue, which was held in April and plans are being made for a larger one next year. Beth County winner, Marjorie Loving, received a red ribbon in the State Competition.

c. So You'd Like to Sew

Seven of the younger 4-H club girls completed this project. They made the following garments and articles: Needle cases, babies bibs, wrist pin cushions, aprons, gathered skirts, collars, towels, stuffed toys, and doll clothes. Many of these articles were exhibited at the 4-H Fair.

From this project the girls learned the fundamental skills in sewing.

3. Electricity

This project was taken by four of the community 4-H clubs. The members kept records of the work they completed during the year. Each club conducted a Farm Electric Tour with all members participating. A judging contest planned by the Home Demonstration Agent and County Agent on "The Correct Reading Lights" was held in each club. Blue ribbons were awarded for the members who placed the lamps in the correct order and gave the best reasons for their selections. Some demonstrations covered during the year included the following topics: Ciling A Motor and Care of Several Types of Household Equipment.

Many of the boys and girls found areas in which they needed to improve and decided to work on these during the year. A lesson on "How to Give a Demonstration" was given by the Home Demonstration Agent and County Agent. The importance of good posture was stressed to the club members. Every boy and girl had a chance to practice improving their posture at the club meetings. Demonstrations were given on this topic by the club members. Some other demonstration topics were, how to shine shoes, table manners, and care of clothing. Foot care and how to make quick repairs were also covered at a meeting. The 4-H members were encouraged to make a shoe shine kit and a sewing repair kit. Approximately 60 completed and equipped these kits and exhibited them at the next meeting. The subjects, care of clothing, care of your hands, and teeth, also attracted the interest of the members. A large number and variety of small articles were made in connection with this project.

The boys and girls learned more about how to care for themselves and their clothing through this project. They improved their appearance, posture, voice, and walk.

b. Make or Remake

This project was taken by 31 of the older girls and was an individual project. Individual help was given by the Home Demonstration Agent and the 4-H club leaders in patterns, cloth selection, and sewing skills. There were classes at the 4-H Fair

as individual projects. Under the winning project 73 cans of food were exhibited at the County 4-H Fair.

c. Bread

The bread project was taken by thirty-seven girls in the school 4-H clubs. Mary found as they did their head Preparation Project they were also filling the requirements of the Bread Project. One older 4-H club member presented a bread demonstration in the County Contest. She won the honor of competing in the District Contest in Boone. The following is in the words of the 4-H club members as they tell the most important things they learned from this project and what it has meant to their families:

"I have learned how to make biscuits, muffins, corn bread, and griddle cakes. How to measure, mix ingredients, light the gas oven and cook the food I prepared". "It has meant a lot to my family because if Mom is too busy to make bread, I can make it". "It has helped me to learn to make different and better breads. They like my muffins". "My mother can do other things while I cook the bread and we get things done faster".

2. Clothing

e. Looking Your Best

This project was taken by all boys and girls in the 4th Grade school 4-H clubs. At this age they seem to be particularly interested in looking their best. One of the first things done in connection with this project was scoring the Show Do You Rate" sheet.

1. Ways to serve a meal
2. Table etiquette
3. How to prepare different foods
4. Packing a lunch box

After discussing the basic sever groups the girls, using a check sheet, marked the foods that they had eaten during the proceeding week. At one meeting they also planned balanced menus for their family for a week. Whenever possible the girls brought samples of foods prepared at home and they were judged at the club meeting. One club planned and served refreshments to their club members at their last meeting. The girls exhibited 83 individual food exhibits at the Fair. Four county medals were awarded to the girls who did outstanding work in this project. 193 girls enrolled in this project with 180 completions. In showing the results obtained I would like to quote a few remarks given in by the members in their reports. "Daddy liked the meals I cooked, I have made cakes, pies, and other things." It has helped me to learn to plan and prepare a well balanced diet." "It has helped my family out by not having to cook as much." "This project has helped the family by my setting the table, planning meals, preparing meals, and I learned to cook better and more foods."

b. Canning and Freezing

Thirty four girls completed the canning and freezing

The HoCoys are very proud of their large new poultry house and feel this is really a big accomplishment.

III. COBBET EXTENSION PROGRAM - YOUTH

A. Organization

A 4-H Leaders Association was formed this year. The group has helped in planning the 4-H Program. The most assistance was given at 4-H Achievement and 4-H Demonstration Day.

B. 4-H Project Work

1. Foods

a. Meal Preparation

In 1958 the girls in the school clubs had sewing, so for 1959 what they wanted most was to do some "cooking". Each club member was given the booklet, "Preparing Meals". This book was discussed at the first meeting and the importance of keeping records on this project. A check sheet was provided to the members to keep track of the foods prepared throughout the year. A demonstration was given by the Home Demonstration Agent on the importance of correct measurement in cooking. A paper was given to every member on "How to Give a Demonstration". The boys also attended this demonstration with the hope of gaining some ideas on the method used in giving a demonstration.

Every girl had a chance during the year to give a demonstration. Some of the topics covered in demonstrations given by the girls were:

- b. A bathroom
- c. Build a side porch
- d. Improve lawn and yard area
- e. Tear down unused garage
- f. Build a greenhouse

III. Plans for reaching goals:

- a. Expand poultry operation
- b. Get help from WFI on plans for greenhouse
- c. Produce more food at home

IV. Action taken:

The poultry operation has really grown with a large poultry barn. This includes heating for the young chickens, lighting, and a bulk feeder. Virginia works with the chickens as hard and often more than Cecil does so he will be free for the many other farm jobs.

In the interior of the house the pine floor of the living room has recently been sanded. A small room off the kitchen has been set aside as the spot for the bathroom. The location of the back door has been changed for convenience. The kitchen curtains have been made by Virginia who sews a great deal. The kitchen has been enlarged and the freezer is located in it. This is a family that uses their freezer everyday.

V. Family Response

They are very cooperative. Many of their goals are long-time and they are happy to progress a little each year.

a rural county.

E. Farm and Home Development

In January the Home Demonstration Agent worked with the Home Management Specialist and gained a more complete understanding of the program.

This year has been devoted mostly to getting to know the three families under the program better and to find the areas in which they would need help.

Assistance has been mostly in money management, foods, clothing and the house furnishing fields.

The following is a case story covering the Farm and Home Development phase.

I. Situation

Virginia and Cecil McCoy are a young farm couple with two children, a girl and boy, ages 5 and 7. The farm is small concentrating mainly on poultry production. Each year they raise a number of pigs and turkeys.

Both were outstanding 4-H club members and they first met at National 4-H Club Congress in Chicago. They now help in the county as 4-H club leaders. They are active in Church work and Virginia served as Secretary-treasurer in the Cowpasture Home Demonstration Club last year.

The home they live in is Cecil's old family homestead.

II. Goals:

- a. Improve the interior of the house

taken of the West Virginia Pulp and Paper Company, Industrial Rayon Plant, and Salterini Plant.

The 7th annual Bath 4-H Farm Fair was held in August. The three day Fair was attended by approximately 2500 people. The County women had a total of 232 exhibits which merited 49 blue, 53 red, and 41 white ribbons. Eleven Home Demonstration Clubs had Educational Exhibits at the Fair.

<u>NAME</u>	<u>EXHIBIT</u>	<u>AWARD</u>
Cowpasture River	Recaning Chairs	Blue
Fond Hill	Know Your Sewing Machine	Blue
Warm Springs	Correct Lighting	Blue
Ashwood	Better Lighting	Red
Fairview	The Color For You	Red
Starr Chapel	Christmas Ideas	Red
Mountain Grove	Home Beautification	Red
Hot Springs	How to Dry Flowers	White
Escova	Furniture Arrangement	White
Williamsville	Freezing Precooked Foods	White
Millboro	Color in the Home	Red

The Home Demonstration Agent, Mrs. Paul Siple and Miss Eva Kinsey acted as judges at the Highland County Fair. Both of these county women have good home economics backgrounds and made excellent judges. Mrs. Siple is a former Home Economics Teacher and Miss Kinsey is a retired State 4-H Club Agent of Ohio.

D. There are no urban families in Bath County. Bath is

singing was led by Mrs. Jerry Brett. Much work was put into the luncheon meal and a number of donations were made to the meal by Companies near Bath County.

A very successful Officer Training School was held in the Home Economics Department at Valley High School. The Home Economics Teacher conducted the group on a tour of the Department and explained their program. The Home Demonstration Agent discussed the duties of the club officers and Parliamentary Procedure. The simplified definition of Parliamentary Law was brought out as just being common sense plus courtesy, plus justice. A skit on this topic was put on by the club members. Club reports were given by the Presidents. All the eleven clubs in the county were represented at this meeting.

A number of home demonstration women, as well as the Home Demonstration Agent attended the Farmers School, which the County Agent held on March 30. A great deal of interest was shown in the program.

The first Home Demonstration Achievement Day for a number of years was held this November. A very successful program was planned by the members. Eight Home Demonstration Clubs sponsored something or had part on the program. Ten Home Demonstration Clubs had exhibits showing a variety of ideas. Approximately 200 people attended the Achievement Day.

A number of women took advantage of the educational tours, which were held in Covington in September. Tours were

Appoint a 4-H leader to assist with the school 4-H program.

2. Each club and program development leader make an effort to have representation at all training meetings and county meetings.
3. Continue to support the Health Agencies and Dental Clinic.
4. All members for clubs are requested to exhibit at the Bath County 4-H Fera Fair.
5. Organized clubs should be responsible for holding meetings without the agent.
6. Make an effort to have each club represented at State and District Federation meetings.

The only County Objective we were unable to make progress in meeting was helping with the Dental Clinic. Because of lack of funds the Health Department discontinued this service.

National Home Demonstration Week was publicized in the news and over the radio by the Home Demonstration Agent. All other observance of National Home Demonstration Week was held as part of the Spring District VII Home Demonstration Federation Meeting, at Valley High School on May 7th. At least 100 women from Bath County attended the program. On the program from Bath County were, Miss Eva Kinsey, Guest Speaker, a solo by Mrs. Paul Glass, Welcome by Mr. Paul Siple, Principal of Valley High School, Welcome by our County Chairman, the Invocation by the Methodist Minister, a selection by the High School Glee Club, and group

were held for the women. The women gained skill in the art of caning chairs and found it economical to repair their old chairs. At least 20 chairs were restored as a result of these meetings. These chairs add beauty and comfort to their homes.

C. Other Activities

One very interesting home demonstration project has been started by the Cowpasture River Club. The oldest member of the club made a quilt for the club when she could not attend the meetings for several years. She had to stay home and care for her invalid husband. It is a Dutch Girl quilt and the 30 girls represent the original members of the club. This gift, of course, meant a great deal to the club. After much discussion and planning the club decided to raise \$100.00 for her small church and give the money in her name. This year one-third of this amount has been raised. When the \$100.00 goal has been reached a drawing will be held in the club for the members who have helped on this project.

Every home demonstration club in the county gave to the Religious Education Program this year. A number of clubs help the Good Samaritans with the Christmas projects. Members have cooperated with the Folic Clinic, Chest X-Ray, Red Cross, and Cancer Drive.

The County Home Demonstration Objectives for 1959 have been as follows:

1. The club should study and promote 4-H work.

Needless to say this was very timely and seems to end this case story.

6. Home and Community Beautification

Beth County is a beautiful county. The women felt it could be improved even more under this program. Slides were shown at the club meetings with ideas for club projects. Current aim was "To See Ourselves As Others See Us". Every club voted to sponsor some community activity on beautification. The following are some examples of projects completed by the club members.

1. Improved mail boxes
2. Improved picnic grounds
3. Made cement path to church
4. Made trash can covers
5. Helped with improvements on churches
6. Beautified grounds around some public buildings
7. Improved entrances to farms and homes
8. Improved grounds around local recreation center
9. County-wide clean up day with Virginia Hot Springs

Company providing trunks

10. Hased and put up signs on farms

7. Rural Arts

Many women had chairs with broken seats and wanted to learn how to put cane in them. A specialist conducted a special interest meeting on this topic. Several additional work meetings

Coffey residence over the new driveway and bridge. The outside stairway is now gone and both the lower and upper porches are improved with new decorative railings showing.

Inside the house every room has been improved and redecorated. The dining room adjoins the modern kitchen which includes to one side the fireplace which had to be completely built over. The floors throughout the house were improved.

The new hall with stairs to the upper bedrooms is finished in Enotry Pine with a wroughtiron stair rail. A door had to be cut from this hall into the kitchen as the two sides of the house could not be reached without going out doors to the porch and in again.

Two new bathrooms have replaced the outdoor type. Many closets have been added to the house.

This covers very briefly the improvements which have been made by the Coffey Family. A den which adjoins the living room is yet to be finished. It has required considerable time to make these changes and Mrs. Coffey heartily agrees to the importance of the long time plans she used in the project.

The women of the Copsesture Home Demonstration Club know this house well and had met in it several times before the Coffeys bought it. Last February the club met there again and Mrs. Coffey showed them what had been done to date. In October, the club again met with Mrs. Coffey and she gave the club demonstration on "The Possibilities of Improving Old Housing."

These kits are now in use. A representative from the Farmers Home Administration also spoke to the group about farm loans.

The following is a case story covering the home improvement phase.

I. Situation

The Coffey family with their four children, two boys and two girls, bought their present house about a year ago. Before pictures were taken by Mrs. Coffey and long time plans made for improvements which would be made.

The buildings were very run down on this farm which is beautifully located on a bend of the Coupesture River. The house had been used for a hunting lodge and was not at all planned for family living. There was no inside stairway to the upstairs. The stairs were outside going up to a porch. From this porch doors were cut into the upstairs bedrooms. Lack of closet space, rotted sills, poor floors, and unsightly fireplaces were other problems which had to be improved.

II. Goals:

- a. Repair driveway, bridge, and improve the lawn
- b. Build a stairway inside the house
- c. Have an indoor bathroom
- d. Improve the interior of the house

III. Action taken by the family to achieve the goals:

In the last year a great deal of work has been done to the farm. Changes can easily be seen as you drive into the

their own machines. Many found parts they didn't know would come off and hidden dirt and threads which were hampering the efficient operation of the machine.

Two weeks of sewing schools were held covering Beginners Sewing. A specialist gave help to the home agent before the schools were held. The organization of the schools was planned and samples for use at the schools were made. In conducting the schools slides were shown covering general construction. Group demonstrations were given as well as individual help to each woman.

A specialist held an all day meeting on hats. Styles of hats were discussed, the face shapes, and actual work was done on the hats brought by the women. Many were cleaned, some blocked and a number restyled.

The women have increased their knowledge on the use, care, and adjustment of the sewing machine. Many have received detailed instructions in the basic sewing skills and a number of women learned the skill of cleaning, blocking and restyling hats.

5. Home Improvement

Ideas for improving housing facilities economically were wanted as well as the improvement of storage space and wasted space. A specialist trained the leaders on the "Possibilities of Improving Old Housing" for the October demonstration. Slides and photographs were shown. The specialist worked with the home agent in preparing loan kits on house planning and kitchen planning.

The type of lamp made was the Pulley Wall Lamp. Members found excellent results from their lamps and used them over desks, as reading lamps, sewing lamps etc. Over a hundred lamps of this type are now being used in Bath County to improve the lighting in our homes.

A survey showed the awareness by the women of some areas of poor lighting in their homes. Using the light recipes improvements were made in many homes.

These demonstrations first introduced the topic of better lighting and made the women aware of its importance and then increased the members knowledge of good bulbs, lamps, and their correct placement in their homes.

4. Clothing

Bath County is located a number of miles from any cities. The women wanted to know more about cleaning and adjusting sewing machines. This they felt would enable them to better care for their own machine and would save them money and trouble by not making it necessary to get as much servicing for the machine. Some women who had never done any sewing wished to learn the basic skills. A number also had old hats they wanted to make wearable.

In learning more about the sewing machine information was given on running, cleaning and oiling the machine. Proper adjustment was covered including the correct tension, pressure, and stitch length control. Everyone went home eager to work on

ways to get more milk in the diet were covered, such as using twice as much dry milk as required by a recipe, using milk in hamburger, and making homemade mixes that include a large amount of dry milk.

These demonstrations brought out many ideas which have encouraged the homemakers to prepare quick meals from her freezer and also showed the importance of more milk and milk products in order to increase the calcium in-take each day.

3. Better Lighting

Interest in this program first came from the Better Lighting Committee and tour of the Living Center of the Shenandoah Valley Electric Cooperative in Dayton, Virginia, in 1958. Everyone began to realize the importance of better lighting in their home. The January demonstration in 1959 was on the general topic "Better Lighting". Flannel graft material gave an over-all view of the topic. Many kinds of bulbs and the amount of light they give were shown and compared as well as improvements made in bulbs over the years. A great deal of assistance in the lighting program has been given by the Assistant Manager of the B-A-R-C Electric Cooperative, Mr. John Root. The Home Demonstration Agent trained the leaders for the clubs to give the February demonstration on "Choosing and Using Lamps". Better lighting recipe cards were used and booklets on the subject given to each member. Examples of good and poor lamps were shown. Lamp kits were constructed during this meeting. The

questions about it. Changes are often made after learning more information on the subject.

Commerical concerns helped with these demonstrations by loaning paint books, wall paper books, and giving other samples for use at the meetings.

The women now feel that they can make wiser use of color in their homes. They have developed an understanding and skill in the selection and arrangement of furnishings and have gained knowledge in the wise selection and placement of wall decorations.

2. Food and Nutrition

Many women in Bath County work and many also have a freezer. The working housewife wants all the time savers she can find. Put all these facts together and you get the topic of the April demonstration, "Freezing Prepared and Precooked Foods." A specialist held a training meeting on freezing, which included a large number of dishes that she demonstrated. It was brought out that a vacant space in your freezer can be put to use by freezing main dishes that have been prepared ready to be heated or cooked and served. Days or weeks later you, your family, or perhaps guests can enjoy the results of your foresight.

In 1958 a survey showed a calcium deficiency in the diets of many Bath County people. Thus it was clear to all the need for the demonstration "Milk and Milk Products". Posters showed the facts about milk which is our most nearly perfect food.

Also information of interest in the use of hues, values, intensities, warm and cool colors, was brought out in the demonstration. The importance of linking colors in one room to the colors in the next was stressed. After the demonstration each woman was given a chance to try her skill with colors. Sample wall papers, paint chips, upholstery, curtain material and etc., were available. The women were divided in groups and had the task of planning the color scheme for a certain room.

In the Demonstration on furniture arrangement the following main points were covered:

1. The importance of traffic lanes
2. Arrangement of furniture in groups (for example, conversation or study)
3. Developing a center of interest and planning for spaciousness
4. Colorful slides were shown giving many examples of good furniture arrangement.

Pictures and Other Wall Decorations was the topic covered in the November demonstration club meetings. It showed how to hang pictures, the use of mats to give more space and depth to pictures, the right frame for your pictures and putting away excesses not needed. Illustrations from magazines were used as well as real pictures and decorations.

Each of these demonstrations makes the home demonstration women think of her own house and ask herself

set up and they worked out the many details leading to the smooth running and well developed program and lunch.

The County Home Demonstration Committee met in May and planned the 1960 program, using the ideas from the Home Demonstration Clubs in the county. The Year Book Committee was then appointed by the chairman and this committee organized the information and secured financial backing for the publication.

Another event the County Home Demonstration Club Committee carried to a very successful completion was the County Home Demonstration Achievement Day held in November.

Fourteen Committee members made final plans a month in advance of the meeting. A Program Chairman and Food Chairmen were appointed to carry out the wishes of the group.

It was decided to invite the public to attend and have a varied program showing and explaining Home Demonstration Clubs and their activities. Exhibits to be set up by the clubs should show work done by the women.

B. Subject Matter and Special Emphasis Areas

1. House Furnishings

Everyone wants her house to look just as nice as it can. Problems often come up in our homes on color, furniture arrangement and wall decoration. This is why the home demonstration women wanted to include in the 1959 program, demonstrations on these topics.

In the color demonstration everyone was pleased with the large number of color schemes they could use in their homes.

Realizing the lack of recreation in the county the 4-H clubs plan parties and include recreation in their program.

4-H groups and Home Demonstration groups have helped throughout the year by acting as sponsors the Youth Center in Hot Springs.

3. Nutrition Committee

It has been found very hard to measure the effectiveness of the work in this field of improving the health and nutrition in the county.

In working toward decreasing the calcium deficiency noted in a 1958 milk survey the demonstration topics in the September Home Demonstration meetings covered "Milk and Milk Products". Nutritious quick meals from the freezer, were shown in the April demonstration on "Freezing Pre-cooked and Prepared Foods".

All the school 4-H clubs took "Meal Preparation" for a project and throughout the school year setting the right foods as was stressed in the project. Good menus were also planned by the groups. The members kept a record of meals eaten for a week in checking their own food habits.

4. County Home Demonstration Club Committee

This has been a busy year for this committee. The first project was the District VII Home Demonstration Federation Meeting with Bath County for the first time as hostess. Plans for the May 7th meeting were started in January. Committees were

County Fair. Two (one Home Demonstration and one 4-H) of these exhibits won a blue ribbon for their subject matter contest.

A number of newspaper articles and radio talks have been given on the topic of lighting.

A survey was taken on lighting in the homes of the Home Demonstration members.

The advisors on this committee have been very cooperative. The County Health Nurse attended some of the Home Demonstration Club meetings when this topic was being covered as a demonstration. The Assistant Manager of the Electric Cooperative furnished materials for the demonstrations and exhibits throughout the year.

2. Recreation Committee

This committee has been working very hard this past year to reach their goal of having money enough to build a recreation center. Each month one money making project was conducted such as a bazaar, selling chances on quilts, bedspreads, hams, food sales, suppers, and a donkey ball game. The group is happy with the results of their years work, but have found they have not chosen an easy task.

When this center is built it will be the second of its kind in the county. A successful recreation program for the young people has been carried out this past year at Hot Springs. The distance and the size of this Youth Center does limit its use and seems to be used mostly by the children in the Hot Springs area.

people. There is one movie hall. A newly established recreation center at the Veterans Hall in Hot Springs is proving very successful. Now another section of the county is making plans for another center. The lack of recreation for the young people always encourages them to plan recreation in the 4-H program.

The only large market for farm produce in the county is the Hot Springs Company, which has its own farm and because of their strict quality requirements they go outside for most of their other needs.

Livestock, the most important source of cash farm income for the county, is mostly trucked to markets in nearby counties at Covington, Monterey, Marlinton (West Virginia), and Staunton. The wool clip goes into a Bath-Allegheny Livestock Association wool pool. Several small livestock dealers operate within the county. A large paper pulp plant at nearby Covington furnishes a ready market for pulpwood.

II. COUNTY EXTENSION PROGRAM - ADULT

A. Organization

1. Lighting Committee

This group has worked toward interesting the public in having and using better lights in their homes. The January and February Demonstrations covered these topics. Four 4-H clubs took the electric project as a club project.

Four different lighting displays were shown at the

county people have employment at Covington and in the textile plants in nearby Goshen and Craigsville to the east.

The present day highway system is very good considering the mountainous nature of the country. Most all the roads are paved and the small number of gravel roads are in good condition.

A high school in the Warm Springs Valley and another at Millboro east of Warm Springs Mountain serve the white children. These places also provide instruction for the grades.

4-H clubs are organized in all these schools. The large new Valley High School has provided a place to hold the Home Demonstration District VII Federation Meeting and the County Home Demonstration Achievement Day. Also a number of County 4-H events have been held at one of the elementary schools.

The telephone service is somewhat spotty. Some sections of the county do not have telephone service.

The Hot Springs Company supplies its own electricity at Hot Springs. The remainder of the county is served by an electric cooperative. This cooperative had 273 miles of transmission lines and 1,512 meters in Bath County at the time of a survey made in 1950. Most farms have electricity.

A new Health Center has been built in Warm Springs. A hospital is located in Hot Springs. There are 5 doctors in the county. Good cooperation is found between the health agencies and the Extension Program in Bath County.

There is very little recreation in Bath County for the young

important to the economy of the county than anything else. The center of this attraction is the Homestead Hotel at Hot Springs, famous the world over for the quality of its accommodations and entertainment. Many people of wealth who have come to enjoy attractions of the county have bought farm homes and have well-operated farms.

The Homestead Hotel also has a smaller hotel known as The Cascades. Both are operated by the Virginia Hot Springs Company. This company owns 17,000 acres of land in the Warm Springs Valley which includes its own large dairy and livestock farm operation.

The resort hotels, tourist places, and summer camps for boys and girls employ about twelve hundred persons. The major portion of this employment is provided by the Virginia Hot Springs Company. About ten thousand hunting and fishing licenses are issued annually bringing a total of over fifteen thousand dollars directly into the County Treasury. The large number of hunters spend a lot of money in Bath County. This is one way farmers get supplemental income. Some operate hunt clubs while others take the hunters into their homes giving them room and board.

There is little employment opportunity for young people. Many of the high school graduates would like to stay in Bath County and work, but are unable to do this because of the lack of employment and low wages.

The timber industry furnishes employment to a large segment of the population. The county has no industrial plants. A few

contacted when more than one county meeting is held with the people attending the meeting on their side of the mountain.

The population of Bath County was 6,296 in the 1950 census report. Eighty-nine and five-tenths percent of these people are white. The rural farm population is only thirty-four and four-tenths percent of the total. The remainder is rural nonfarm. Bath County contains no urban population.

While the population of Bath County has been steadily decreasing, the number of farms and farmers has been following the trend. However, the average size of the farms has increased. Most of the farms are too small to produce substantial income. There is little desirable undeveloped farm land in the county.

The population is distributed almost entirely in the valleys. The most thickly populated portion is the Warm Springs Valley. Hot Springs, the largest town, has less than a thousand permanent residents. The county seat of government is at Warm Springs, a small village. Millboro and Burnsville are villages of importance. Large areas of mountain land have no inhabitants. The future of the population growth seems to be closely related to the future of the resorts that are located in the County.

There are 443 farms in Bath County. Nearly half of the total farm income is from beef cattle and sheep. Sheep lead the livestock numbers. Hogs and poultry are not produced such in excess of home needs.

Recreation and sports are directly and indirectly more

I. COUNTY SITUATION

Bath County lies on the Virginia-West Virginia State line and is about seventy-five miles north of Roanoke. It is 150 miles slightly northwest of Richmond.

Federal and State owned land occupies almost half the area of the county.

The Douthat State Park is located in Bath County on the Allegheny County line in the southern part of the county and provides rental cabins and a large lake for vacational and recreational use.

About three-fourths of the county is forest mountain land, nearly two-thirds of which is in the George Washington National Forest.

Bath is a mountain county. Three-fourths of it are too rough for agricultural use. The farm land and the population are found mostly in the narrow valleys. Maximum elevations in the mountains exceed 4,000 feet. The farm land usually have elevations of 2,000 to 2,500 feet. The climate is cool and moist. Below-zero weather and snow are experienced in winter. This gives the Extension Program many travel problems.

Many of the farms and communities are from 50 to 75 miles apart and separated by rugged mountain ranges with only one main route across them. The people seem to mostly use the valley roads rather than crossing the mountains. This presents problems to the Extension Program, and attendance records show larger groups are

OUTSTANDING CONTRIBUTIONS TO FAMILY LIFE AS A RESULT OF THIS
YEAR'S PROGRAM.

I. The most results can be seen in the Lighting Program which was carried on in Bath County this past year. There has been a great awareness by the people of the importance of good lighting in their homes. The program has increased knowledge on the selection and use of lights and bulbs through demonstrations, radio talks, newspaper articles, 4-H judging contests, and displays that have reached all the members of the family.

Placement of over 100 excellent rated, inexpensive lamps made from kits by the women and 4-H members has improved the beauty and lighting of their homes.

II. A great deal of work has been done this year on Home and Community Beautification. Every home demonstration club in the county had at least one project ranging from improving their mail boxes to a county-wide clean up day. A varried array of family home beautification improvements can be seen while passing through the county.

Increased interest was shown this year by the 4-H club members in the Home Grounds Beautification Project. Four County Medals were awarded for outstanding work by the members.

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ANNUAL NARRATIVE REPORT

**COUNTY
EXTENSION
WORK**

Virginia Agricultural Extension Service

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Title

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1959

BATH

County