

Although many accomplishments have been made, it is hoped that through improvements in carrying out the program, more can be made another year. It is believed that the quality of 4-H work could be improved if more project leaders could be secured to give instruction in the home economics projects. This might also be accomplished in part through the organization of a few community 4-H clubs. It is hoped that the number of homemakers reached can be increased. This might be done through working with unorganized groups, encouraging more women to join home demonstration clubs and enlarging the mailing lists for home economics information.

C. PROFESSIONAL IMPROVEMENT

For professional improvement the agent attended a two-day House Furnishings Workshop in High Point, North Carolina. She retained her membership in the Virginia Home Demonstration Agents' Association and the Virginia Home Economics Association and attended the state meetings of both associations. She read professional magazines and other homemaking and agricultural magazines. She attended certain educational meetings planned by civic organizations in the county.

VII. THE LOOK AHEAD

Many of the county people participated in the Extension program in 1959. The benefits derived from this participation were quite varied, differing greatly from individual to individual. Many new methods were adopted in home economics. Better meal planning has resulted from the study of foods, which means better fed people. A number of homes are decorated in better taste. There is a greater knowledge of fabrics on the market. Homemakers and A-H members are better able to make repairs on electrical equipment.

Through participation in the clubs, the members have had an opportunity to develop as leaders, as well as learn new methods to apply in homemaking. As a result of being organized in clubs many worthwhile objectives and community projects have been carried out.

She is furnished a copy of the agent's schedule and planned activities are discussed with her.

2. General Public

The agent tries to answer promptly the requests of all people. When questions are asked about her work, she takes time to give adequate answers. She takes advantage of the opportunity which the press offers to keep Extension work publicized.

3. Elected Representatives

The agent gives an oral report on Extension work at the regular meetings of the Board of Supervisors each month. This enables her to keep in contact with the members, and to keep them informed of her work.

4. Commercial Interests

The agent requested the services of some of the stores in securing supplies for certain demonstrations. The stores also cooperated by allowing Extension events to be publicized through the placement of posters in store windows.

5. Other Professional Workers

The agent mails a copy of new bulletins to each home economics teacher, as is requested. She has cooperated with F.H.A. Chapters by appearing on programs when invited. She has requested help from the Health Department with certain program topics. Representatives from Appalachian Power Company cooperated with the agents in planning and carrying out the A-H Electric Program.

economics is the progress it has made in developing leadership among the homemakers of the county. Women, through serving as officers, project leaders and organizational leaders of the home demonstration clubs, have developed much leadership ability. The experience of serving as leaders has not only helped them to contribute more to their club, but it also enables them to make a greater contribution to other organizations and to their church. They have developed more self-confidence and more ability to teach others. This leadership development has been taking place over a long period of time, but this year the members accepted more responsibility than previously in carrying out the club program. Some methods which were used in working with clubs included the appointment of all leaders by the president at the beginning of the year, working to get good attendance at leader-training meetings, and after sufficient training, completely turning the demonstration over to the leader to present.

B. PROGRESS IN DEVELOPING GOOD PUBLIC RELATIONS IN COUNTY

1. County Workers

The agents meet often to discuss work which they both must plan and carry out. The 4-H boys and girls are organized together in clubs so the program during the school year is under the supervision of both agents. This requires much cooperative work. The secretary's time is considered when work is given her, since she does the work of both agents.

The president served on the County Yearbook Committee and one of the members held the office of County Secretary. The membership of the club is now twenty-four. During the year, six new members have been added. The members have made a special effort to get newcomers in the community to join the club. Also, they are constantly working to keep all members interested in club. One gimmick which they used this year was to recognize those members at each meeting who had had birthdays during the month. They were crowned with homemade crowns and presented a birthday gift. An activity which a number of the members participated in was a Red Cross First-Aid Course which the club was partially responsible for arranging in the community. Nine members received certificates. Four of the members participated in a Home Nursing Course at Virginia Baptist Hospital in Lynchburg and received certificates. Contributions were made by the club to the American Cancer Society, Maternal and Child Welfare Clinic, Associated Clubs of Virginia for Roadside Development and Beautification, and to the County Treasury for the purpose of helping to send a county delegate to the Institute of Rural Affairs.

VI. FOR SPECIAL CONSIDERATION

A. A SIGNIFICANT ACHIEVEMENT OF EXTENSION WORK IN HOME ECONOMICS

A significant achievement of Extension Work in home

3. A-H Club Leadership

	1955	1956	1957	1958	1959
No. Club Officers	96	102	138	144	126
No. adult project leaders	9	18	23	12	12
No. junior project leaders		11	5	4	4
No. result demonstrators		6	6	0	2
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	0	0	0	2	1
No. training meetings by members club dept.	0	0	0	0	0
No. training meetings by others	0	0	1	0	0
Total attendance at ldr. tr. meetings	0	0	3	7	3
No. A-H leaders trained individually	8	17	23	12	12
No. club mtgs. held by ldr. w/out agent	13	14	19	12	5
No. additional club meetings at which leaders assisted	26	31	65	24	29
No. demonstrations given by adult ldrs.	11	8	22	13	7
No. demonstrations given by junior leaders	34	64	6	5	7

B. LEADERSHIP ACTIVITIES AND ACCOMPLISHMENTS OF
AN OUTSTANDING CLUB

The Wrights Shop Home Demonstration Club has developed from a very weak club to one of the outstanding of the county over a period of several years. The small group of members had the determination to succeed. At one time the agent gave the majority of the demonstrations. This year the leaders were responsible for nine demonstrations, all that they were asked to give. The club was represented at all of the leader-training meetings. The leaders and members are always eager to get the latest information in home economics. The club was represented at both County Committee meetings this year and took an active part in the Amherst County Day program.

for the newspaper on special county events. Club work was also publicized through home demonstration exhibits and a program on Amherst County Day.

V. LEADERSHIP

A. GROWTH OF LEADERSHIP

1. <u>Overall Program Leaders</u>	<u>1957</u>	<u>1958</u>	<u>1959</u>
a. County Agricultural Extension Service Board	---	---	0
b. Youth Council	---	---	0
c. Home Economics Council	---	---	0
2. <u>Home Demonstration Club Leadership</u>			

	1955	1956	1957	1958	1959
No. organizational leaders			91	90	120
No. project leaders (subject matter)	141	130	156	166	145
No. Federation program of work chairman	13	14	13	13	13
No. Program development leaders	13	13	13	13	13
No. result demonstrators	4	2	0	2	0
No. training meetings by specialists	3	4	6	6	6
No. training meetings by dist. agents	0	1	1	0	1
No. training meetings by agents	1	3	1	2	0
No. training meetings by others					0
Attendance at all training meetings	87	137	153	144	170
No. meetings held without an agent	56	67	61	65	72
No. meetings leaders assisted	83	62	95	91	72
Demonstrations by leaders	76	77	98	105	99
Talks and discussions by leaders	440	508	351	378	330

IV. SCOPE OF WORK

A.

	1955	1956	1957	1958	1959
No. H. B. Clubs	13	14	14	13	13
Membership	308	287	287	293	256
No. H. B. Groups (unorganized)					0
Membership					0
No. 4-H Clubs	16	17	23	24	21
Membership	297	293	295	302	301
No. 4-H Clubs	0	0	0	0	0
Membership	0	0	0	0	0
No. Community Clubs	0	0	0	0	0
Membership	0	0	0	0	0
No. Home Ec. Committees			0	1	1
No. General Interest Committees			0	1	1
No. Youth Committees			0	0	0
No. Other Organizations			0	0	1
No. Farm & Home Dev. Families			2	1	0
No. Other families reached	425	410	420	502	540
No. Different families reached	1000	1005	960	990	1015

B. INCREASE IN SCOPE OF WORK AND PUBLICITY

To increase the scope of work the agent prepared a weekly news article containing homemaking information. Home demonstration club members were provided with extra printed material relating to the demonstration, to give to non-club members. Through visits to 4-H members the agent was able to make new contacts and offer help by meeting mothers who were not home demonstration members. The agent worked with some new people on the Extension Nutrition Committee. In order to inform the public of home demonstration work the reporters of the clubs were encouraged to send accounts of important club happenings to the newspapers. The agent prepared articles

gave them leadership training which will help them develop into useful and valuable citizens.

The District Senior 4-H Camp, held at Holiday Lake the week of June 8, was attended by one girl and the agent. The camp offered an excellent opportunity for leadership training.

2. Achievement Day

A 4-H Achievement Program was held on the evening of February 5. County medals were presented to members for outstanding work during the year. The Annual 4-H Club Award was presented to the Elon Club which was selected the outstanding club of the year. The county agent gave a summary of the year's work. Guest speaker was Jack Tyree, Associate State 4-H Club Agent. The Achievement Program was well attended by club members, parents and leaders. The program provided an opportunity for members to be recognized for their achievements and it helped to familiarize parents and others with the club program.

3. Contests

The District Contests were held on April 25 at Longwood College. Two girls from the county participated, one entering the Food Preparation Contest and the other Public Speaking. Ardenia Johnson placed fifth in the Public Speaking Contest. The contests help to promote better project work among members.

Methods used to train members were talks, distribution of project materials and individual assistance by the agent. Twelve girls completed the project and reported the following work: set table 1664 times, cooked cereal, vegetables, salads, eggs, milk dishes, etc. 738 times, prepared meats 710 times, prepared desserts 208 times, planned dinner 101 times and prepared 87 complete meals. The members reported that they had learned more about the principles of preparing food, gained help in preparing a balanced diet, and that their work in foods had relieved their mothers of some work in the kitchen.

C. OTHER ACTIVITIES

1. Camping

The district camp at Holiday Lake in Appomattox County was attended by club members from Amherst County the week of August 10. Those attending were 36 girls, two leaders, and the agent. Other campers were from Cumberland and Halifax Counties. In preparation for camp the agent attended a camp planning meeting. At the spring club meetings former campers were asked to speak on their camping experiences and applications were distributed by the agents. Upon the acceptance of the application, additional information was mailed to the member. To attend, the girls had to be bona fide members with their project work up-to-date. The camp helped to stimulate interest in 4-H club work among the members and

The procedure used in accomplishing the work was to confer with the leaders individually and discuss the program with them. They assisted the agent in giving instruction to the members at project meetings. Methods used were method demonstrations, workshops, letters and the distribution of printed project material.

As a result of the project being carried by members, a total of 37 articles were obtained to add to the furnishings of the home, 66 dust clothes were made, 33 drawers partitioned, 47 scarfs or towels secured (made or bought), flowers arranged 131 times, 23 flower holders bought, and furniture arranged in 44 rooms. Through the project instruction members gained a better understanding of the importance of home improvement, gained a realization of their needs so that a plan could be made for improvements, and secured new ideas to use in decorating.

4. Food

The Food Preparation Project was selected by the members at club meetings when they were given an opportunity to enroll in homemaking projects. The Food Preparation Project was expected to help the member learn the principles of meal planning and skills in preparing nutritious and attractive foods.

to train leaders. In the Elon community leaders appointed from the Home Demonstration Club accepted full responsibility for planning and conducting project meetings during the summer. The leaders of the Pedlar Mills community assisted by opening their homes for the meetings and assisting the agent in giving the instruction. All meetings were held in the form of workshops. Patterns and sheets of instruction were distributed to the members. Some of the members exhibited their work at the Lynchburg Farm Show. Others exhibited their work at school in September. Letters were written to members at various times.

Results of project work included the making of 301 articles. the members learned some of the basic principles of clothing construction such as how to cut, how to use a pattern, how to hem, how to regulate gathers, and the elementary steps in operating a sewing machine.

3. Home Improvement

Following a discussion of homemaking projects at club meetings some of the members selected the "Your Room" project. Most of the members were from the Clifford and Temperance Clubs. Instruction was planned to help the member make the most of existing furnishings, to help her realize her needs and plan improvements, and to help her acquire skill in the making of simple furnishings.

- a. Of the 600 members enrolled 457 completed the project.
There were 301 girls enrolled and 249 completing.
- b. There were 1071 pieces of equipment cared for onemonth or longer.
- c. There were 48 lamps bought or made and 21 oil lamps converted to electric lamps. The lighting was improved in 98 rooms.
- d. There were 940 cords repaired.
- e. All members learned about the proper use of fuses.
- f. There were 439 members who learned more about the care and operation of certain electrical equipment as a result of participating in conducted tours.

At the State 4-H Electric Congress the county received a blue award for the electric program which it had conducted during the year and a blue award plus a cash prize of \$20.00 for its exhibit on the electric program conducted in the county.

2. Clothing

After the available homemaking projects were discussed with members in all the clubs, the members had an opportunity to select the project for their club. Members at four schools selected the "So You'd Like To Sew" project. By carrying the project, the members were expected to learn to make some simple articles and to learn some of the fundamentals in sewing which they could apply later in the construction of garments.

It was planned that instruction on how to make at least four articles would be given where possible. One meeting was held

with a total attendance of four hundred thirty-nine (439) 4-H boys and girls and twenty-eight (28) leaders and parents. All tours were under the direction of the agents and Appalachian Agricultural Engineer. Home demonstration club members and parents assisted with the transportation. Tours were conducted to the Burkeville Veneer Plant at Amherst, Appalachian Power Company's Hydro-Electric Power Plant at Reusens, Amherst Publishing Company, Homewood Farms at Elon, Sweet Briar College Dairy, Buffalo River Ranch at Sandidges, and the home of Mr. & Mrs. Leonard Mays in the Temperance community. The adult leaders gave assistance in arranging for the tours, helping members arrange for demonstrations, helping the club prepare an exhibit, and helping individuals complete their record books. They received their training by attending club meetings, studying printed project material and conferring with agents. Some leaders attended the January workshop at the home demonstration club meetings on "Simple Electrical Repairs." Competent judges were secured at the completion of the project to score record books and determine winners. One boy and one girl attended the State Electric Congress in Richmond. Results obtained from conducting the project with boys and girls included the following things:

The subject matter was presented through method demonstrations, talks, workshops, and visual aids. The agents and Appalachian personnel presented the material September through February. The greater part of the supplies for demonstrations and workshops were furnished by Appalachian. V.P.I. bulletins relating to the various subjects were distributed to the members. The months of March and April were devoted to member demonstrations at the request of the Project Planning Committee. A total of eighty-nine demonstrations were given by the boys and girls on thirteen different subjects. An electrical safety skit was given by the members in the majority of clubs. At the County A-H Electric Day ten clubs participated in the exhibit contest by entering a club exhibit relating to the electric project. At the same event a group of members staged an electrical safety skit. The County Council participated in Amherst County Day by making an exhibit built around fuses. The exhibit was displayed again at the County Electric Day. The county participated in the exhibit contest at the State Electric Congress by building an exhibit on the story of the electric project program for the year.

In order that the members might observe electrical equipment in use, enough tours were arranged so that all members had an opportunity to attend one. Fifteen tours were conducted,

and vice-president from each 4-H club of the county and the adult leaders. The purpose of the committee is to decide on the projects which the clubs will carry the following year and suggest topics to include in the program. Prior to the Planning Meeting the available projects were discussed with the members at club meetings and each member was given an opportunity to vote for the project he would like to carry. At the planning meeting the results were announced and the committee worked out a program for the clubs for the 1960 club year.

B. 4-H PROJECT WORK

1. Electric

The Electric Project was selected by the members and program suggestions were made by the Project Planning Committee, Appalachian Power Company representatives, and the agent. It was planned by the committee that the project would be carried by all of the members in the county. By carrying the project, the members would learn more about electricity and its practical uses in the home and on the farm. The program included the following subjects: Importance of electricity in the home and on the farm, care of home and farm equipment, repair of service cords, home lighting, study of fuses, and observation of farm and home equipment in use.

County objectives for 1959 were:

- a. Have a 4-H Electric Project Exhibit Day.
- b. Arrange for each 4-H Club to go on an Electric Tour.
- c. The 4-H Clubs sponsor a Share-the-Fun Contest.
- d. Participate in Amherst County Day at Sweet Briar.
- e. Have a county-wide 4-H Social.
- f. Observe National 4-H Club Week.

The Council met twice during the club year. At the first meeting the objectives for 1959 were adopted, officers were elected, and training was given on "How To Give a Demonstration."

A program of entertainment followed the business meeting. At the spring meeting only a very short business meeting was held as a 4-H Electric Project Program had been planned.

2. All Stars

The Amherst All-Stars and Nelson All-Stars are organized jointly. A dinner meeting was held in December, at which time Mary C. Armistead, IFYE delegate to Belgium, showed slides of her visit. Her talk prompted the All-Star Chapter to resolve to sponsor an IFYE from Amherst or Nelson when a qualified person became available. Another aim of the chapter is to encourage 4-H members to strive to become All-Stars.

3. Project Planning Committee

The Project Planning Committee is composed of the president

Tuberculosis Association by conducting a Christmas T.B. Seals Gift Wrapping Contest. The project promoted the attractive wrapping of Christmas gifts with the use of the seals. It also helped to make Christmas happier for the county tubercular patients, as the gifts were sent to them following the judging and displaying. Each club was responsible for one package.

D. PROCEDURE FOR DEVELOPING AND CARRYING OUT PROGRAMS WITH URBAN FAMILIES.

Through home economics information placed in the county newspaper by the agent, some of the residents of the urban section are reached. There is a home demonstration club in this section, so personal contact is made with some families.

III. COUNTY EXTENSION PROGRAM - YOUTH

A. ORGANIZATION

1. County 4-H Council

The County 4-H Council is composed of the officers of the 4-H Clubs in the county with adult leaders serving in an advisory capacity. The Council helps to strengthen the 4-H program as it helps to train officers, and plans a number of county-wide activities. The county objectives set up by the Council help to unify the programs of the clubs.

3. Ashurst County Day

The Home Demonstration Clubs cooperated with Sweet Briar College by planning a portion of the Ashurst County Day program. The event was held at the college for the citizens of the county. The county chairman appointed a special committee to work out plans for the program. The program consisted of educational exhibits on Swedish weaving, needlepoint and house plants. There was also an exhibition of paintings by a local artist, Mrs. J. B. Stovall, who was honored at the annual home demonstration luncheon on that day. Recognized at the luncheon were three of the former home demonstration members who were eighty years of age. Guest speaker was Dr. Lucy Crawford, retired Sweet Briar professor.

The exhibits gave the county citizens an opportunity to see some of the work of the home demonstration club members. The local artist's exhibit helped to supplement work in the Federation Program of Work, Art in Daily Living. Participation in the event also gave the members from throughout the county an opportunity to exchange ideas. The event was held during National Home Demonstration Club Week and was used as a means of observation.

4. Christmas T.B. Seale Gift Wrapping Contest

The home demonstration clubs cooperated with the County

Three other clubs have served dinners to civic clubs during the year as a way of making money for the treasury. Serving lunch to voters on Election Day is a practice followed by two of the clubs.

2. County Home Demonstration Objectives

- a. Secure more young Home Demonstration Club members.
- b. Work for greater safety in home and community.
- c. Help in 4-H Club work.
- d. Emphasize recreation programs.
- e. Support Maternal and Child Health Clinic.
- f. Every member an informed voter.
- g. Promote greater understanding of world problems.

The objectives were set up by the County Home Demonstration Club Committee at the Annual Planning Meeting. A County Objectives Chairman was appointed. She sent written suggestions on how to carry out the objectives to the objectives chairmen of the respective clubs. As a result of one of the objectives, five clubs furnished leaders to assist with 4-H work during the summer. Support was given to the Maternal and Child Health Clinics through contributions amounting to \$19.00. A contribution of \$22.04 was made to Pennies for Friendship, with the hope that it would help in promoting greater world understanding.

The other project was the appointment of a Safety Committee to go before the School Board in an effort to eliminate some of the hazards connected with transportation of the school children in the community. Since the committee's visit, the school bus route has been cleared at dangerous points to allow for great visibility of the bus driver.

b. First Aid and Home Nursing Courses:

The Wrights Shop and Oak Grove Clubs arranged for a first aid course, under the direction of the Red Cross, to be given in their community. A total of 17 members completed the course and received certificates.

Members of the two clubs also participated in a Home Nursing Course at Virginia Baptist Hospital in Lynchburg. A total of six classes were given. Eight of the members completed the course and received certificates.

c. Money-Making Projects:

The Clifford Home Demonstration Club realized \$82.42 from a Cook-Out Party which it sponsored in the summer. This was a follow-up of the July demonstration on Outdoor Cookery. The Seminole Trail Club served a spring luncheon to members and friends and sponsored a supper and lawn party in August, clearing \$150.00. Serving dinner to the Baritan Club is a regular practice. The proceeds are used in reducing the debt on the Seminole Trail Club House of which the club is a joint sponsor.

This method proved to be a very effective way of teaching the subject. As another part of the demonstration the agent gave a lecture with the use of visual aids on "How To Safely Replace Fuses."

As a result of this demonstration being in the program, 185 members learned to put a plug on an electric cord, and 170 report that they can now attach a socket to a cord. There are 95 who report that they have made simple electrical repairs at home this year. This undoubtedly has helped to cut down on the loss of the homemaker's time and lessen the inconvenience caused by appliance break-downs, as she has been able to make repairs on the cords and plugs. Also, more safety measures have been practiced in the replacement of fuses. Some of the homemakers have given their assistance to the 4-H members on this subject.

C. OTHER ACTIVITIES

1. Home Demonstration Community Projects

a. School Projects:

The Clifford Home Demonstration Club worked on two school projects during the year. The first project was to improve the equipment so as to better provide for the school patient at Clifford Elementary School. The bed was painted and equipped with a pillow, sheets, and blanket. Also a screen was provided as the bed is located in one corner of the auditorium. A total of \$10.00 was spent.

carrying out art in many different phases of living. Before work was begun on the program, the rural arts specialist met with the chairman to give suggestions for the year's work. An exhibition of the work of a local artist was made on Asherst County Day and the artist was recognized at the home demonstration club luncheon.

Significant Story In One Subject Matter Phase.

Very few of the home demonstration club members knew how to make simple electrical repairs. They had to rely upon others to make the repairs for them. Sometimes this would be other members of the family and sometimes an electrician, which meant another bill to pay. Waiting upon others to make the repairs meant a loss of time and inconvenience. The club leaders, realizing the above needs, decided to include the subject, "Simple Electrical Repairs" in the Home Demonstration Club Program.

The agent consulted representatives of the Appalachian Power Company and asked their advice on how to present the demonstration. They offered their kit of materials for teaching the part on how to replace sockets and plugs. There were sufficient materials so that a workshop could be held at each home demonstration club meeting in January. Each member actually put a plug and socket on a cord, following the agent's instructions. They also tested their work with the use of a light bulb after completing the job.

up the landscaping mailing list. The specialist gave the instruction at the meetings. The meetings proved to be effective as a means of teaching. Circulars on pruning were distributed to those in attendance.

As a result of the meetings the shrubbery around a number of homes is being improved. The correct methods and times for pruning the various shrubs were learned so as to keep the size of the plant under control and to increase its beauty. Approximately ninety club members reported they had pruned shrubbery this year.

7. Federation Program of Work

The Federation Program of Work selected by the club members was Art in Daily Living. Because of the many demands upon the homemaker's time, it was felt there was a need for stressing the importance of including art in the daily schedule. It was hoped that the program would help the Amherst homemakers to recognize art, understand it, and like it.

The work was carried on through monthly letters on the subject of Art in Daily Living. Slides were also shown in some of the clubs. The letters were written by the county chairman of this program and were sent to Art in Daily Living Chairman of each club. The letters were presented to the clubs. They gave inspiration and suggestions for

from the representatives of Appalachian Power Company.

The Company also furnished the equipment which was used in the demonstration and workshop.

The members in attendance at the demonstration are now able to make simple electrical repairs without having to call upon others to help. This learning has resulted in time saved and elimination of a great deal of inconvenience caused by equipment out of operation. There were 185 members who reported that they can now put a plug on an electric cord. There were 170 who reported that they can now attach a socket to a cord. These members are now able to teach others to make these repairs. More safety measures have been practiced in the replacing of fuses, resulting in safer homes.

6. Landscaping

The subject of landscaping, with the topic of "Pruning" was taken because much shrubbery in the county was becoming overgrown.

It was hoped that through a study of pruning, the homemakers would do more and better pruning which would help beautify their homes.

The work was carried on by holding a lecture and demonstration on pruning in two sections of the county. The two meetings were special interest. Publicity was given by press, radio, and letters to home demonstration members and people making

As a result of the study more homemakers are better informed on fabrics. There were 175 who reported that they are now better informed on the selection and care of new fabrics. This knowledge will help them to buy wisely for their particular needs. Through proper care of garments they can expect longer wear from garments. There are seventeen members who have started a home file of labels from ready-to-wear garments and information about fabrics bought by the yard.

5. Electricity.

The subject of electricity was selected because many of the homemakers had to rely upon others to make simple electrical repairs. This often involved loss of time and added expense. From a study of this subject it was hoped that the following achievements would be made. The homemakers would learn to make simple electrical repairs, thus making the homes safer, reducing time lost when break-downs occur, and in some instances reducing cost, if the past practice had been to employ an electrician.

The work was carried out through a method demonstration and simple workshops at home demonstration club meetings, and the distribution of bulletins to club members. The simple workshop proved to be very effective, as each member had an opportunity to actually make repairs at the meeting. The members were instructed by the agent, who received training

meant that money was saved on decorations. The decorations added to the enjoyment of the holiday season. The demonstration on Informal Entertaining gave the homemaker new ideas on decorations, food, and entertainment that she might use, thus making the job of entertaining easier and more enjoyable.

4. Clothing

The subject of clothing was included in the program because there are so many new fabrics and finishes on the market which homemakers needed to know more about.

In this line of work the following accomplishments were expected: The homemakers would learn the important characteristics of the various fabrics so that they could buy wisely for their particular needs. They would learn to rely more upon labels for information on how to care for garments.

The work was carried on by teaching the subject through a monthly demonstration at club meetings, through the news column, through answers to questions by individuals, and through the distribution of bulletins to club members and other interested people. The various methods were all considered good in the teaching of the subject. The teaching was done by the agent who received her training in the form of written material from the specialists. She also attended sessions on the subject at the Institute of Rural Affairs and the Extension Conference.

3. Arts and Crafts

This line of work was taken because the homemakers felt that they needed new ideas for making their homes attractive at Christmas. Also, they felt a need for becoming better hostesses when entertaining friends and family informally.

In this line of work the following accomplishments were expected: The homemakers would learn to make simple and inexpensive Christmas decorations for their homes. The homes would be more attractive at Christmas through the use of the homemade decorations.

The homemakers would be more successful hostesses and get more enjoyment from entertaining as a result of the demonstration on "Informal Entertaining."

The work was carried on through method demonstrations given at home demonstration club meetings, the distribution of leaflets and bulletins, and answers to individual requests. Each method was considered effective. The leaders, who gave the method demonstrations at club meetings were trained at leader-training meetings by the Rural Arts Specialist. They had been appointed by the president at the beginning of the year.

As a result of the study in rural arts, there were 163 who reported that they made some of the decorations for Christmas that were taught at the meetings. In many instances this

distribution of bulletins; and letters in answer to individual requests. All of the methods were believed to be good teaching methods.

The house furnishings leaders were appointed by the presidents at the beginning of the year. They were trained for the three demonstrations at two leader-training meetings where they received instruction from the house furnishings specialist. Training received on the Braided Rug was only given in part by the leaders at the club meetings. The actual braiding of the rugs will be done at special interest meetings in 1960.

Since the study on window treatment, 104 homemakers have made a change in the treatment of some of their windows. There are 194 who feel better informed on how to make changes. There are 53 homemakers who have provided additional pictures or wall hangings, since the demonstration on "Selecting, Framing, and Hanging Pictures." There are 104 who have changed the location of some of their pictures. This information has certainly helped some and will help others in the future to have more attractively furnished homes. There has not been sufficient time for the braiding of rugs since this demonstration, but 50 members report that they plan to braid a rug.

2. Home Furnishings

This line of work was taken because the people did not have their homes decorated in the best of taste. They felt a need for help in the treatment of windows. Some had new homes with such glass to curtain and others had problem windows in old homes. Another need was for more knowledge on selecting and using pictures in the home. Another problem was not being able to afford the rugs desired for the home.

In this line of work the expected accomplishments were as follows: More attractive windows in the home, resulting from a better understanding of the selection of curtains, draperies, and window hardware. Better looking homemade draperies and possibly a saving of time and money, as a result of learning new techniques in drapery construction. More family enjoyment of pictures in the home, as a result of learning more about the selection, framing, and hanging. It was hoped that the families would make better use of pictures owned and be able to add others if needed at a minimum cost, because of learning methods of framing.

A well-planned and well-made braided rug added to some of the homes. The work was carried on by teaching through method demonstrations; slides; samples of fabrics, drapery hardware, pictures and frames; distribution of written material; information in the agent's news column;

agers, and increase their awareness of need for adequate meals.

The work was carried on by teaching through method demonstrations, the distribution of written material, information in the agent's news column and letters and bulletins in answer to individual requests.

All methods carried a certain degree of effectiveness but it is believed that the method demonstration was the most effective. Leaders who gave the demonstrations at home demonstration club meetings were appointed by the club president or they volunteered at the beginning of the year. They were trained at two leader-training meetings by the specialist to give four demonstrations. Following the training they gave demonstrations in February, March, June, and July, on "Planning, Buying, and Preparing Nutritious Meals", "Quick One-Dish Meals", "Frozen Desserts" and "Outdoor Cookery."

The following results were obtained: There are 117 homemakers who make menus two days to a week in advance of meals; 175 who check their daily menus to see that some foods from all of the essential foods groups are included; 207 who prepare nutritious one-dish meals, occasionally; 117 who gained helpful ideas on Outdoor Cookery; and 143 who did some cooking out-of-doors in the summer.

was made on the 1959 program. As a special activity in the spring, the committee planned ways of participating in Asherst County Day. The fall meeting was devoted to hearing club reports by the presidents, discussing the program and special events for the coming year and electing a county president and secretary.

B. SUBJECT MATTER AND SPECIAL EMPHASIS AREAS.

1. Food and Nutrition.

The subject of food and nutrition was included in the program because through a nutrition survey by the Extension Nutrition Committee it was revealed that many of the people are still not well fed. In the diets there was a lack of vitamin C, calcium and vitamin A. The home demonstration club members realized that they did not have all of the information needed for good meal planning and preparation. In this line of work, the expected accomplishments were as follows:

The homemakers would learn to select nutritious foods for the family meals, buy food wisely, and plan well-balanced meals. They would learn and use food techniques which would prevent unnecessary loss of nutrients. They would learn to prepare quick nutritious meals and frozen desserts. They would learn to do outdoor cooking so they could enjoy a change in the type of meals for summer. They would include more milk in the diet, emphasize adequate breakfasts for teen-

Recreational facilities within the county are rather limited. Some sources are Sweet Briar College, Isaac Walton Park, and one theatre. The churches are doing a commendable job in providing recreation and there are many civic clubs. The greater part of the marketing, both buying and selling is done in Lynchburg. Grocery shopping is an exception.

II. COUNTY EXTENSION PROGRAM - ANNUAL

A. ORGANIZATION

1. Home Economics Committees

Nutrition:

The Extension Nutrition Committee is composed of six county leaders. The committee met once during the year for the purpose of tabulating results of the nutrition survey which they carried out among various organized groups of the county.

At this meeting they also reviewed the 1959 program and made suggestions for carrying out the program.

2. County Home Demonstration Club Committee

The County Home Demonstration Club Committee is the planning and executive body of the Home Demonstration Clubs in the county. The presidents, the program development chairman, the county officers, and the seven members-at-large constitute this committee. The committee met twice during the year.

At the spring meeting the 1960 Home Demonstration Club Program was planned, following the presentation of program suggestions by the program development chairman. A check

I. COUNTY SITUATION

The county of Amherst covers 470 square miles. The topography is rolling to hilly and mountainous with adequate streams and springs.

The county has a population of 20,332. Of this population 33.5% are rural farm, 52.6% are rural non-farm, and 13.9% are urban.

The majority of the farmers own their farms and reside on them. The sources of farm income, ranked with greatest income source first, are livestock, fruit, field crops, and tobacco. Off-farm employment is on the increase in the county.

Employment is found at American Cyanamid Chemical Plant at Piney River, the Burkeville Veneer Plant, Madison Manufacturing Company, the Monroe Railroad Center, and industries in Lynchburg. For the white children, the county has two high schools and seven elementary schools. Crowded conditions exist in some of the schools. Communication opportunities have been rapidly improving the last few years as telephone lines have been extended to additional sections of the county. Electric service is available in all sections of the county.

There are 3,360 homes with electric lights.

The county has a well-equipped health center in which the Health Department is located. The number of doctors has increased the last several years, the total now being six. There are no hospitals in the county, since Lynchburg is so near.

OUTSTANDING CONTRIBUTIONS TO FAMILY LIVING

Figures and other evidence reveal that the 1959 program made many contributions to family living. One of the most outstanding contributions was in the field of electricity. This was quite fitting since families are so dependent upon the use of electricity in operating their homes today and will probably grow to be more dependent upon it in the future. Through a study of phases of electricity in both the A-H and home demonstration clubs, many of the youth and adults have a better understanding of electricity, respect it more, know more about its uses, and how to care for electrical appliances.

Another outstanding contribution was in the field of house furnishings. Three monthly demonstrations in the home demonstration clubs were on house furnishings topics. In addition to making recommended changes, many homemakers gained a greater appreciation for beauty in home furnishings.

The Art in Daily Living Program of Work also made a contribution to this line of work, stressing the importance of bringing art into decorating the home and the good effect it produces in family living.

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ANNUAL NARRATIVE REPORT

COUNTY EXTENSION WORK

Virginia Agricultural Extension Service

VIRGINIA R. BURES

Name

HOME DEMONSTRATION

Title

Agent

Assistant Agent

Assistant Agent

Assistant Agent



1959

AMHERST

County