

The 4-H Club program resulted in many accomplishments in 1961 - providing leadership opportunities for the members as well as subject matter training. The agent feels that in 1962 emphasis should be placed upon providing increased opportunities for instruction and guidance in home economics projects. Effort should be made to secure and train more leaders to accept the responsibility of conducting project group meetings and then to help parents and leaders plan a system for transporting members to meetings.

VII. THE LOOK AHEAD

The home demonstration club program made many worthwhile contributions to family living in 1961. Response to the program was good. The fact that homemakers with many years of membership in the club of their community continue to support the program by attendance and active participation in meetings is evidence that the program is meeting a real need. Attendance at leader-training meetings has been good. Keeping the club membership up is quite a challenge for some of the clubs, due to loss of members through employment outside of the home. In 1962 more workshops will be included. This was a specific request from many clubs. An effort will be made to get better attendance at special interest meetings with the hope of reaching non-club members. The program should reach more homemakers. It will be suggested to clubs that they hold one or two special meetings during the year for homemakers who work. The programs should be slanted toward the needs of homemakers who work. Some additional means should be worked out for informing these homemakers of information available through the Extension Service. The program could be enlarged through the organization of another home economics committee - perhaps house furnishings or clothing.

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 local stores have been most cooperative in loaning merchandise for leader training meetings and club demonstrations.

5. Other Professional Workers

Copies of new and revised bulletins were mailed to home economics teachers. One of the teachers assisted the agent with some judging of homemaking exhibits.

The County Health Nurse assisted the agent in preparing a first aid-home medicine chest list for the home demonstration club members.

Home economists from Appalachian Power Company assisted with a special interest meeting, a 4-H food project meeting and gave demonstrations on Kitchen Safety to Home Demonstration Clubs.

C. PROFESSIONAL IMPROVEMENT

The agent has read professional magazines and publications during the year. She attended a Hat Making Workshop at Culpeper in November. She has retained her membership in the Virginia Home Demonstration Agents' Association.

as the program for the new year includes topics such as "Combining Old Furniture With New."

B. PROGRESS IN DEVELOPING GOOD PUBLIC RELATIONS IN THE COUNTY

1. County Workers

The agents have frequent conferences to discuss work which they must plan and carry out. The L-H clubs are organized jointly under the supervision of the county and home agents, so this results in much cooperative work. The secretary's time is considered when work is given her, since she does the work of both agents. In October the agents and secretary moved into a suite of offices in the new addition of the Courthouse. Prior to this time the county agent's office had been in another building. The present set-up of offices will help to make cooperative planning of work by county personnel easier.

2. General Public

The agent takes advantage of the opportunity which the newspapers offer to publicize Extension work. A regular news column, plus special articles, are prepared. The agent answers carefully and promptly requests for information. When questions are asked about her work, she takes the time to give an explanation.

devoted to the family, as daughters and their families live nearby. It might be said that Mrs. Davis is a leader who does what is expected and then goes a step farther.

VI. A. FOR SPECIAL CONSIDERATION

A SIGNIFICANT ACHIEVEMENT OF EXTENSION WORK IN HOME ECONOMICS

It is interesting to tour the homes of Amherst County home demonstration club members and compare them with the memories of the same homes of some years ago. The conclusion is that they are much more tastefully decorated today. If a check were made, much of the same furniture would be found, however, some pieces would be difficult to recognize because of a new finish. In the arrangement of furniture better balance has been achieved and the effect is much more pleasing. There has been a rehangng of pictures giving them a sense of belonging. Suitable fabrics have been selected for windows and furniture. Paint has given walls a new fresh look. Numerous other observations could be mentioned. Of course, Extension could not take all of the credit for this change, but certainly many changes have come about due to participation in the Home Demonstration Club program. Demonstrations on various house furnishings subjects over a period of years have influenced the homemaker's taste in decorating and brought action. Interest in making her home more attractive and livable continues. This is in evidence,

She has given two years of service to the 4-H program by conducting sewing project group meetings for the girls of her neighborhood. Mrs. Davis remarked that while teaching them basic sewing skills she was endeavoring to teach them that sewing can be fun, so they would want to continue with clothing construction.

In 1961 she was appointed County Chairman for the Federation Program of Work - Civil Defense. She kept in touch with the chairman in each club through letters containing civil defense information and by sending bulletins on the subject.

For Amherst County Day she prepared an exhibit which consisted of a three-week emergency food and water supply for one person.

In the fall, she decided that through a personal visit to the clubs she could get even more information to the members. She prepared a kit of emergency first aid, cooking, and sanitation supplies needed for the home and visited twelve clubs.

News of her work spread outside of the clubs. In

October she was asked to take part on a Civil Defense program arranged by the Red Cross for the public.

Other clubs in her community and Lynchburg compete for her time. Also, much of Mr. & Mrs. Davis' time is

3. 4-H Club Leadership

	1957	1958	1959	1960	1961
No. club officers	138	144	126	126	120
No. adult project leaders	23	12	12	9	9
No. junior project leaders	5	4	4	7	4
No. result demonstrators	6	0	2	2	3
No. training meetings by specialists	0	0	0	1	0
No. training meetings by dist. agents	0	0	0	0	0
No. training meetings by agent	0	2	1	1	0
No. train. meetings by mbs. club dept.	0	0	0	0	0
No. training meetings by others	1	0	0	0	0
Total attend. at ldr. tr. meetings	3	7	3	5	0
No. 4-H ldrs. trained individually	23	12	12	9	9
No. club mtgs. held by ldr. without agt.	19	12	5	4	10
No. additional meetings at which leaders assisted	65	24	29	21	11
No. demonstrations given by adult ldrs.	22	13	7	6	14
No. demonstrations given by junior ldrs.	6	5	7	23	5

## B. LEADERSHIP ACTIVITIES AND ACCOMPLISHMENTS OF AN OUTSTANDING LEADER

Several years ago Mrs. Robert B. Davis and her husband moved to the Elon community, after building a home there. She joined the home demonstration club and soon became one of its most active members.

As program development chairman she did a thorough job of leading the club members in the selection of suggestions for the program. While serving in this capacity she attended meetings of the County Home Demonstration Club Committee and made valuable contributions. She has done more than her share of attending leader-training meetings and giving demonstrations to her club.

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V. LEADERSHIP

## A. GROWTH OF LEADERSHIP

1. Over-all Program Leaders

	1959	1960	1961
a. County Agricultural Extension Service Board	0	0	0
b. Youth Council	0	0	0
c. Home Economics Council	0	0	0

2. Home Demonstration Club Leadership

	1957	1958	1959	1960	1961
No. organizational leaders	91	90	120	125	125
No. project leaders (sub. matter)	156	166	145	147	154
No. Fed. program of work chairmen	13	13	13	13	13
No. program development leaders	13	13	13	13	13
No. result demonstrators	0	0	0	3	3
No. training meetings by specialists	6	6	6	5	5
No. training meetings by district agents	1	0	1	1	0
No. training meetings by agents	1	2	0	3	3
No. training meetings by others			0	2	0
Attendance at all training mts.	153	144	170	179	135
No. meetings held without aid/gent	61	65	74	59	40
No. meetings leaders assisted	95	91	72	84	98
Demonstrations by leaders	98	105	99	130	71
Talks and discussions by leaders	351	378	330	468	475

Regular news articles, totaling 55 and appearing in a weekly county newspaper helped to inform the public of home demonstration work. A feature article in the "Lynchburg News" during National Home Demonstration Club Week was another means of telling about the work. Several home demonstration club reporters have excellent reports of meetings appearing regularly in the Lynchburg News. Each club has an appointed publicity chairman. Home demonstration club members were urged to take information to those in the community who were not members. Approximately five hundred people were reached in this way.

Requests for bulletins and information from non club members were answered.

Exhibits on Amherst County Day helped to inform some county residents of some of the home demonstration projects.

Through visits to L-H members the agent was able to make new contacts and offer help to the mothers, many of whom were not members.

3. National 4-H Club Week

The observation of National 4-H Club Week helped the club members gain a greater appreciation for their organization and helped to remind others of 4-H work. Posters announcing the Week were placed in local store windows and on school bulletin boards. Some of the clubs made and work 4-H emblems throughout the week.

IV. SCOPE OF WORK

	1957	1958	1959	1960	1961
No. H. D. Clubs	14	13	13	13	13
Membership	287	293	256	256	250
No. H. D. Groups *(unorganized)	0	0	0	0	0
Membership	0	0	0	0	0
No. 4-H Clubs	23	24	21	21	20
Membership	296	309	301	320	318
No. YMW 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	1	1
No. Gen. Interest Committees	0	1	1	1	0
No. Youth Committees	0	0	0	0	0
No. Other Organizations	0	0	1	1	1
No. Farm & Home Dev. Families	2	1	0	0	0
No. Other Families Reached	420	502	640	700	675
No. Different Families Reached	960	990	1015	1075	1080

Increase In Scope of Work and Publicity

Efforts to increase the scope of work included a letter sent to a large number of residents not in home demonstration work who requested that their names be placed on a home improvement list. The letter was an invitation to attend a home demonstration special interest meeting on home lighting.

were distributed. Upon acceptance of the application, a letter was mailed to each applicant. Members were required to complete their projects to become eligible for camp.

The camp program was well planned in advance. The camp helped to stimulate interest in 4-H club work among the members and gave them valuable leadership training.

## 2. Contests

The District Demonstration Contests were held at Longwood College in April. Five girls attended and three participated. Contests entered were Dress Revue, Food Preparation and Forestry. The other two girls assisted at the contest meeting place.

Three girls participated in the Sears Roebuck Garden and Canning Contest. The regular 4-H garden and food preservation project materials were used. Girls were given individual assistance.

Regulations for the contest were followed. The Assistant Extension Horticulturist scored the gardens twice.

Two of the girls exhibited canned foods at the Sears Store in Lynchburg. They were present to receive awards made by the Sears Roebuck Company in both gardening and canning. A great deal of satisfaction and value was gained through participating in the contest.

Through written instructions, some individual assistance, and several demonstrations at summer group meetings the members were asked to make an improvement plan for a room, arrange furniture to the best advantage, make the best use of furniture on hand, make improvements in storage space for possessions, make simple accessories for the room and use flowers in the room.

There were thirty-four members who did work in the "Your Room" project. Furniture was arranged in fifteen rooms, eight drawers partitioned, thirty-three flower arrangements made, sixteen flower holders bought and numerous articles acquired for the bedrooms. They all cared for their rooms during the time that the project was carried.

C. OTHER ACTIVITIES

1. Camp

Club members from Amherst County attended district camp at Holiday Lake in Appomattox County, along with Campbell and Prince Edward Counties the week of July 3rd. In attendance were twenty-six girls, two junior leaders, one adult leader and the agent.

In preparation for camp the agent attended a planning meeting. Slides of camp scenes and a discussion by the agent and former members was held at club meetings in March. Applications and information sheets on camp

The demonstrations were planned around the need and use of milk. The home economist from Appalachian Power Company demonstrated the nutritious dishes. Members and mothers attending made a total of twenty-two. There was a fair number of baked products exhibited at the Lynchburg Fara Show and some ribbons were taken home. Also, there were some exhibits at the project group meetings. The county had a contestant in the District Food Preparation Contest.

As a result of project work carried, members became more skilled in food preparation work. Thirty-four members learned to prepare new foods and learned certain preparation techniques and methods. One father expressed happiness over the fact that his daughter not only was learning to be a good cook but that she seemed to be deriving so much satisfaction from turning out high quality baked products.

#### 4. Home Improvement

The "Your Room" project was selected by members following a discussion of home economics projects. It was hoped that the members enrolled would improve the appearance of a room by making the best use of the furnishings on hand and making or restoring simple accessories.

Several entered garments in the Lynchburg Farm Show and two modeled in the Dress Revue. Ribbons were won on some garments entered.

Resulting from the "Make or Remake" Project work, members learned to take body measurements, select and use a pattern, construct a fitted garment and put in buttonholes, sleeves and zippers. All eight girls enrolled in the project met the requirements.

### 3. Food

Food projects were selected following an explanation of home economics projects by the agent.

The Meal Preparation Project was selected by thirty-four members. The goal was to have each girl become more skilled in food preparation work. Some of the things members were to learn were: to set the table correctly; to prepare milk dishes and salads; to cook vegetables, eggs, cereal, bacon, sausage, and hamburger; and to plan and prepare a family meal.

Instruction was given in two communities at a series of meetings. Demonstrations were given by the agent and members. Both groups prepared and served lunch at one of their meetings. Members and some home demonstration club ladies opened their homes for meetings. One special meeting was arranged for all members enrolled in the project.

project leaflets and instructions. Meetings held for members were in the form of workshops. Leaders in the Wesleyan and Elon communities arranged and held meetings without the agent being present. In other communities the agent assisted leaders or directed the workshops. All members enrolled received patterns and sheets of instruction on the construction of articles they planned to make. Some of the members brought articles to project meetings and some exhibited them at the Lynchburg Farm Show. As a result of this project work members learned some of the basic principles of clothing construction such as how to cut, use a pattern, put in a hem, regulate gathers, and the elementary steps in operating a sewing machine. Over one hundred articles were made.

"Make or Remake" was carried by members who had previously been enrolled in "So You'd Like To Sew" for one or two years. The requirement was for the girl to make or remake one or more garments. She was to make a clothing plan, select a pattern and adjust it to fit, cut and construct or make a fitted garment, and model the garment. Instructions were given to the girls by leaders at meetings in one community. Others received individual help from the agent and other interested persons. One of the girls entered the district 4-H Dress Revue Contest.

interest. Prizes of bulbs were awarded in each club to the winner. Members conducted a sale of auto litter bags.

As a result of the program, 164 girls reported work done in the project - 149 of this number completed the project. The larger number of accomplishments were in cleaning the yard, keeping the grass cut, ridding lawn of weeds, weeding flower borders and planting a variety of flowers. There were many good leaf collections. Also mailboxes were painted and names put on, some shrubs pruned and furniture painted.

## 2. Clothing

"So You'd Like To Sew" was a project selected by fifty girls as a summer project. Selection was made following an explanation of home economics projects by the agent. Parental approval was gotten before the member was enrolled in the project.

It was planned that each member enrolled would make four or more simple articles and exhibit them. The members would learn some of the fundamentals of sewing which could be applied later in the construction of garments. Home demonstration club members served as project leaders in three communities. Leaders were trained through individual visits by the agent. They were furnished with

B. 4-H PROJECT WORK

1. Home Grounds Beautification

The Home Grounds Beautification Project was selected by the members and the Project Planning Committee to be carried by all members in the county. It was hoped that through activities and information presented in this project members would learn to identify trees and shrubs about them and learn those most suitable for home grounds planting. Also they would learn how and where to plant bulbs and how to build a compost pile using leaves raked off yard. It was hoped that they would become conscious of trash and litter and do their part in helping to keep home grounds and highways clean. The use of auto litter bags was encouraged. The proper time of year for, and value of fertilizing lawns was taught. Members were shown how to paint a mailbox and stencil a name on it. Simple pruning was taught and lawn mower safety stressed. It was hoped that members would apply when needed the information they had learned. The result would be more attractive homes in the county.

The instruction for the project was given at nine monthly club meetings. Methods used were method demonstrations and talks by adults and club members, contest, and movies. A leaf collection contest attracted much

3. Project Planning Committee

This committee is composed of the president and vice-president from each of the 4-H clubs in the county and adult leaders. The purpose of the committee is to make final selection of the project to be carried during the following year and suggest topics, demonstrations and activities to include in the program. Prior to the planning meeting each club member has an opportunity to express his wishes by voting for the project he would like to carry. After results are determined, the committee and agents work out the club program.

The program and general 4-H information were incorporated into a yearbook, which was distributed to all 4-H members at the October, 1961 meeting.

4. 4-H Honor Club

There is no Honor Club in the county but steps are being taken to organize one. Two meetings of delegates to the 1961 State Short Course have been held. The Committee discussed the need for an Honor Club and outlined work than an Honor Club could complete. A letter has been sent to eligible 4-H members asking if they would like to become a member of the Honor Club. These same members are also being contacted personally by the Committee. It is anticipated that an organizational meeting will be held early in the new year.

4. Every club observe National 4-H Week and Rural Life Sunday.

5. 80% of members plant shrubs, flowers, or trees to improve their home grounds.

Clubs arranged short talks or demonstrations by members at many of the meetings during the year. The 4-H pledge was given by members at each meeting. Clubs displayed posters announcing National 4-H Club Week in local store windows and at the schools. Many of the members made and wore 4-H emblems during the week. A large number of the members planted shrubs, flowers or trees to improve their home grounds.

At the spring meeting of the Council a plant identification contest was held in addition to the business meeting. At the fall meeting officer training sessions were held prior to the business meeting.

## 2. All-Stars

The Nelson and Amherst County All-Stars are organized jointly. The aim of the Chapter is to encourage 4-H members to strive to become All Stars. An Amherst business man is Big Chief of the Chapter.

Two 4-H boys who are All Stars represented the county at the District All-Star meeting at Holiday Lake in the summer.

Some information requests are received from urban people. These, of course, receive as much consideration as farm requests.

A new event this year which attracted some from the urban area was the Town and Country Institute held at Lynchburg College on March 27. The Institute, sponsored by the Kiwanis Club of Lynchburg and conducted by the Extension Service gave the people of the Lynchburg area an opportunity to receive information on the home economics subject of their choice. Many different subject matter sessions were held during the day and night.

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 through its opportunities for training of officers, setting up county objectives and planning countywide events. The Council met twice during the year. County objectives for 1961 were:

1. Every club member participate in a club program.
2. Every club participate in Amherst County Day at Sweet Briar. Make "Keep Virginia Beautiful" exhibit.
3. Every member know 4-H motto, pledge and colors.

Lee University and other places of historical significance at Lexington. A bus was chartered for the trip with funds earned by the club from dinners served to the Ruritan Club.

5. Representation at District and State Federation Meetings

The agent, working through county leaders, publicized the district and state federation meetings well in advance of dates. Newspaper articles, letters, announcements and individual encouragement urged attendance. Twenty-two members attended the district meeting at Chatham on April 13. The clubs contributed \$24.95 to "Pennies For Friendship." Five members and the agent attended the state meeting in July.

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

A variety of methods are used to reach the urban population of the county. One of the most effective ways is through the home demonstration clubs. There are three clubs in the Madison Heights area and one in the town of Amherst. Not only do the members benefit from the information but they often bring guests to the meetings and share information with non-members.

Subject matter included in the agent's news column is selected for the homemaker of the urban area and well as farm area.

residents. Exhibited this year were scrapbooks prepared by the home demonstration clubs on "The History of Amherst County." Also, on display was a three-weeks' emergency food and water supply for one person, prepared by the Civil Defense Federation Program of Work Chairman. At the Annual Home Demonstration Club Luncheon on that day Mrs. Ben Wallis, an outstanding leader of the county, was recognized for her service to the county and state. Twenty-nine members were awarded the Federation of Home Demonstration Clubs Reading Certificates.

A feature article was prepared for The Lynchburg News especially for the observance of National Home Demonstration Week. Through the article an effort was made to inform the public of the work of the home demonstration clubs of the county.

One of the clubs held a luncheon meeting during the Week and made a special effort to get non-club members to attend. There were forty-five persons in attendance, more than half of whom were not members.

4. Club Tour

A trip to Natural Bridge to attend "The Drama Of Creation" at the Bridge was a highlight of the fall for the Lowesville Club. The trip also included a visit to the Chapel and Robert E. Lee Museum at Washington and

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The objective, "Work For Safety In Home and Community" was emphasized in July as National Farm Safety Week came within the month. Arrangements were made for the Home Economist from Appalachian Power Company to give a short kitchen safety talk, illustrated with color slides. This did not replace the planned demonstration, but instead was an added feature at regular club meetings. Home safety check sheets were distributed to all members in the fall.

Other work carried on as a result of objectives was: 4-H summer project leaders furnished by four of the clubs; distribution of a first aid - home medicine chest supply list to club members, plus a display of supplies at some meetings, (at end of year 70% of the members reported having a well-equipped chest); and monetary contributions to the Maternal and Child Welfare Clinic. A couple of clubs arranged for current news reporting at club meetings.

### 3. National Home Demonstration Week

Each year the Home Demonstration Clubs participate in the program on Amherst County Day which comes the first part of May and often during National Home Demonstration Club Week. An effort is made to show some phase of the club program through exhibits and give some leader recognition. These exhibits are viewed by many county

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3. Participate in current news reporting at club meetings.
4. Provide project help and demonstration opportunities for local 4-H members.
5. Provide a family First Aid Kit.
6. Support Maternal and Child Welfare.
7. Work for safety in home and community.

The major work done on objectives this year consisted of the preparation of scrapbooks on the History of Amherst County by eleven of the clubs. This was Amherst County's bicentennial year, so the scrapbook project created much interest among club members and many other citizens. The books were displayed on Amherst County Day at Sweet Briar College. In addition to the books the exhibit included paintings and posters which helped to identify the communities of the clubs displaying the books. The books contained information on outstanding citizens and families, old homes, churches, and schools. Old pictures, news clippings, records, letters, etc. were included. The books were judged and ribbons awarded to the best three. The books were later used by the local newspaper in preparing a Bicentennial issue. They have been stored at the Courthouse in the record room so those interested may use them for reference.

these clubs. The Seminole Trail Home Demonstration Club held two luncheons during the year. An amount of \$32 was realized from the May luncheon and an amount of \$53.75 was cleared in November when seventy plates were served. Serving dinner to the Ruritan Club is a periodic project. A plant sale and white elephant sale brought in additional funds in November. A birthday bank operating from contributions from members on their birthday is another source of funds. Besides being used to make payments on the building, the money is spent for the many items classified as upkeep such as cleaning supplies and grass cutting.

(b). Volunteer Work At Lynchburg Training School and Hospital:

Many of the members of the Seminole Trail Home Demonstration Club have done volunteer work for the Lynchburg Training School and Hospital. Most of the work consisted of fitting and altering coats that were being distributed to patients. Some coats needed major alterations, while others only needed the replacement of buttons.

2. County Home Demonstration Objectives

The objectives were:

1. Prepare a scrapbook: History of Amherst County through 200 years.
2. Every member a qualified and informed voter.

improvements were related to the kitchen. The demonstration on "Planning For More Storage Space" brought forth many questions on kitchen storage as drawer dividers and the addition of extra shelves was discussed. Many fact sheets on kitchen equipment were taken by members during the Home Electromotion Emphasis Period. Questions on hood-fans and built-in ranges were among the most frequent asked. During the Home Electromotion Emphasis Period the Clifford Club planned a tour of the kitchens of five members and two non-club members in the community to observe improvements. The tour was co-sponsored by Appalachian Power Company. Several non-club members joined the members for the tour, making an attendance of twenty-six.

Keen interest in kitchen improvements has been displayed throughout the county during 1961.

C. OTHER ACTIVITIES

1. Home Demonstration Community Projects

(a). Upkeep and Payment On Club House:

The Seminole Trail Club House, jointly owned by the Home Demonstration Club and two other clubs of the Madison Heights Community is being paid for and kept in good condition through the untiring efforts of the members of

A SIGNIFICANT STORY IN HOUSING

Interest In Kitchen Improvements

Homemakers realized that kitchen work required much of their time and energy. They also realized that kitchen storage was inadequate in many homes. This prompted them to include two demonstrations in their program that would help them to solve these problems. At the demonstration on "Short Cuts In Homemaking" much interest was aroused in better arrangement of kitchen equipment so as to save time and energy. Some comments by members following the demonstrations were: "I have rearranged my kitchen drawers and find them much more convenient." "I have been so busy arranging my kitchen for greater efficiency I haven't had time for anything else."

Interest began to grow - The Clifford Club decided to make a club objective: "Every member make at least one improvement in her kitchen." In July all of the clubs were eager for information on kitchen safety, when they learned it was possible to make arrangements for a special lecture and slides on this subject. At the end of the year 55% of the club members reported having changed a practice or made a home improvement that had helped to promote safety in the home. It is evident that a fair share of the

(c). Information packed letters were sent to the clubs by the Civil Defense Chairman in the earlier part of the year. Each member received a home preparedness kit. Additional bulletins were distributed throughout the year. An exhibit showing a 3-weeks' emergency food and water supply for one person was set up under the direction of the Chairman of Amherst County Day. The Chairman visited twelve clubs in the fall and discussed food, first-aid and sanitation supplies which should be assembled at home. She had a kit of supplies to show. The Chairman and the agent accepted an invitation to appear on a Civil Defense panel, arranged by the Red Cross for an open meeting. The county agent was asked to speak to one club.

(d). As a result of the work carried on, club members have a greater awareness of the need for civil defense preparedness and have information on how to make preparations at home. On the check sheet 71% of the members reported having a 2 to 3 week food supply for the family.

Leaflets relating to the subject were distributed.

(d). There were 148 homemakers who gained a better understanding of Social Security as a result of the March lectures. Many received answers to questions concerning eligibility for social security and how and when to apply for benefits.

As a result of the study of "Short Cuts In Homemaking," 115 homemakers have put into practice one or more home-making short cuts suggested in the demonstration.

In some instances conventional equipment became energy saving equipment through conversion. For example, a broom stick was attached to a conventional dustpan when the homemaker was unable to buy a long handled dustpan.

6. Federation Program of Work - Civil Defense

(a). The Home Demonstration Clubs selected Civil Defense as their Federation Program of Work as they realized the need for being better informed on the subject of civil defense. They wanted to know what home preparedness steps to take.

(b). An effort was made to inform them of preparations they could make at home and to give them some background on the effects of radioactive fallout and how protection could be gotten.

learn who is eligible to receive benefits and how to meet the requirements; and learn how and when to apply for benefits. To help homemakers cut down on time and energy required for housekeeping jobs, a topic, "Short Cuts In Homemaking" was included in the program. Through the program it was hoped that homemakers would learn to do a better job of organizing regular work, store equipment within a work center so as to promote more efficient work methods, and get equipment with time and energy saving features when new purchases were made.

(c). To carry out the program on social security, a representative from the local social security office attended six meetings held jointly by clubs in the various districts of the county. A lecture was given, followed by a question and answer period. The meetings were open to interested persons in the community as a type of community service. Literature on the subject was distributed. The response to the meetings was very good. Leaders were appointed by the presidents to attend a training meeting for the demonstration on Short Cuts In Homemaking. The training was given by the Home Management Specialist. The leaders gave the demonstration in their respective clubs. In some clubs the demonstration was held in a kitchen, where work methods were demonstrated and kitchen arrangement pointed out.

(d). The demonstration on "Planning For More Storage Space" helped the homemakers make plans for improving home storage. Some of the homemakers have already carried out their plans. Storage has been improved in the following rooms: 11 kitchens, 1 den, 2 closets, 7 bedrooms, 1 pantry, 1 sewing room and 2 basements. Two members have built new homes with good storage provisions.

Since the demonstration on "Smooth Surface Floor Coverings and Care" 9 members have bought new coverings. Twenty-two others reported that they had used information from the demonstration. The information gained from the demonstration was considered very valuable, however, it may be a long period of time before some members will have need for the information themselves. It was indicated through the check sheet that club members do a good job of passing information on to non-club members.

##### 5. Home Management

(a). Some members had a misunderstanding of the purpose of social security and many did not fully understand the benefits and how to receive them. Many homemakers found routine housekeeping jobs tiring and quite time consuming.

(b). Through a study of social security it was hoped that members and other interested persons could get a clearer understanding of the purpose of social security;

(b). An effort was made to show how to use available storage more wisely through a better grouping of articles and through the use of shelves and dividers. Points where storage is needed and could be located were shown. It was hoped that every homemaker would make improvements in existing storage space and provide for additional storage, if needed. It was hoped that members would learn the types of smooth surface floor coverings available, learn how to select them for the various rooms of the home in terms of wearing qualities for money spent and learn how to best care for the different types of coverings. This should enable homemakers to get more satisfaction from the purchases made.

(c). The program was carried out through method demonstrations at club meetings. The presidents appointed two or more project leaders in each club. The leaders received training for the demonstration on, "Planning For More Storage Space" and "Smooth Surface Floor Coverings and Care." The training was given by the Home Improvement Specialist. The leaders gave the demonstrations in their respective clubs using charts on improving storage and samples of floor coverings furnished by the specialist. Bulletins relating to the subjects demonstrated were available for members and other interested persons.

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(d). Members considered the information on Proper Bedding to be very worthwhile, being especially happy to get facts on what to look for when buying mattresses. One hundred, twenty-two members say that they have, or will, use some of the bedding information. Much interest was shown in the demonstration on Color Schemes and there was good discussion at meetings. It is felt that the 145 persons who saw the Color Scheme demonstration obtained information that will help them to achieve the goals set for members to reach as a result of this demonstration. Since the demonstration was presented in November there has not been sufficient time for information to be applied. There were 18 members who reported that they had made improvements in the lighting in their homes.

#### 4. Housing

(a). Homemakers did not have adequate storage for kitchen supplies, for linens, for clothing and miscellaneous items. They wanted to know how to better utilize the available storage facilities and what additional storage could be provided at the minimum expense. Another problem was a lack of knowledge on selection and care of the many new floor coverings on the market.

An all-day meeting conducted by the House Furnishings Specialist gave training to the leaders for demonstrations on Proper Bedding and Color Schemes. For the demonstration on bedding the leaders got pictures from magazines and advertisements from newspapers to illustrate the subject. Many of the leaders borrowed bedding from local stores to add to samples from home to use in teaching. In presenting the demonstration on Color Schemes leaders borrowed fabric samples from Lynchburg stores; added color and fabrics to living room sketches available from specialists and used these to teach color coordination and found pictures in magazines to illustrate certain points. A kit of fabrics and set of slides from the specialist were used in a part of the clubs and proved to be very valuable teaching aids. Leaflets and bulletins were distributed at club meetings. The agent's news column contained additional information. In preparation for the special interest meeting on lighting the agent met with the home economist from Appalachian Power Company and discussed items the members would like covered in their lighting meeting. Notices were sent to county residents on the home improvement list, as well as to club members. Newspaper publicity was given. The home economist conducted a very informative meeting.

(b). To help the members eliminate their problems certain house furnishings subjects were studied. From a study on bedding the members would learn what characteristics to look for in the various types of bedding and thus be able to make satisfactory purchases. They would select bedding that would promote good health. Following a study on lighting homemakers could improve the lighting at the activity centers in the home with the use of the proper lamp or fixture, with the right amount of light at the right location. It was hoped that the homemakers would provide at least one good lamp for reading or study. Good lighting in the home would increase efficiency in work, prevent eye strain and make homes more attractive. During a study on color, homemakers would learn the basic principles of color combinations based on today's trends in color for the home. They would learn the use of color to create a feeling of restfulness, warmth or coolness, and spaciousness. They would use color in paints, papers and fabrics in the home to provide attractive and satisfying living surroundings.

(c). The first step in carrying out the program was the appointment of project leaders in the clubs by the presidents.

theme being, "Unlocking Doors to Fashion."

For the special interest topic on, "Making A Dress" the members were asked to give their opinion on the type of meeting or meetings they would like to attend. A workshop, in the form of a series of meetings, was planned and members who enrolled were notified. Attendance was very poor, partly due to many conflicting spring activities. Individual requests for clothing information were answered. Information was included in the agent's news column.

(d). The demonstration on, "Choosing Clothing For The Occasion" was helpful to 155 members in the selection of clothing. Of this number 52% have taken a basic dress and made it suitable for many different occasions through a change of accessories. Help given to certain homemakers on clothing construction resulted in better looking homemade garments and better clothed families.

### 3. House Furnishings

(a). Some problems in house furnishings named by club members were: not knowing what the good buys are in bedding as related to good health; not knowing which lamps or lights are needed for the various home activities and which types of shades allow best lighting, and a need for help in renovating their homes from the color standpoint.

They could then have a feeling of confidence that they were suitably dressed on all occasions. They were to learn how to adapt the clothing they had to the occasion, through use of more or fewer accessories; the value of a basic dress or suit to use on most occasions; and types of fabrics and accessories suitable for dress and casual wear. Through a workshop consisting of a series of meetings the homemakers were to learn how to select the right type and size pattern, make pattern adjustments for better fit, select suitable, becoming fabric, place pattern correctly, cut correctly, and sew, press and finish garment. After learning this basic construction the homemaker could then make good looking garments for herself and family.

(c). Work toward reaching the goals began with the appointment of two clothing leaders in each of the home demonstration clubs. The leaders were trained by the Assistant Extension Clothing Specialist. The demonstrations conducted by the leaders in the respective clubs took two forms, either members came dressed for certain occasions or some members wore basic dresses and others brought extra accessories. A point score sheet was used in scoring outfits. One club held a fashion show, the

food preparation. Ninety percent of the members answering the check sheet on the club program believed that they were planning meals to meet the needs of the members of their family. Fifty percent reported that they are now using the U. S. Department of Agriculture's Daily Food Guide as a guide in planning meals. At the time of the demonstration a few homemakers seemed quite surprised to learn that it is not enough just to get vegetables and fruits in the diet, but that it is important to include certain types in the diet each day.

As a result of work with two men's civic groups some men were exposed to nutrition information.

## 2. Clothing

(a). In the field of clothing a problem of many women was feeling insecure in their choice of clothing for different occasions. They wanted to be pleasingly and appropriately dressed on varied occasions, within their limited income.

There were some individual homemakers who wanted to learn how to sew for themselves and families. They needed to learn basic clothing construction.

(b). One demonstration on "Clothing For The Occasion" was included to help the members and their families become better dressed without added clothing cost.

Members were encouraged to take copies for non-members whom they knew could profit from the information.

Individual requests for information were answered.

There was information given through the agent's regular news column.

In January 22 food leaders, 2 members of the Extension Nutrition Committee and the agent attended a meeting on nutrition, presented by Miss Anna Russell of the American Institute of Baking. The meeting was most beneficial in correcting common misunderstandings with right information and giving supplemental training to leaders.

Nutrition programs were presented at two civic organizations for men. Many members were concerned with the weight program. Nutrition leaflets were distributed.

(a). As a result of the food and nutrition program many new practices were adopted. The demonstration on Foods For The Sick helped the homemakers to prepare more suitable and nutritious meals for the sick. There have been 107 homemakers who have used recipes and ideas from the demonstration. Information on New Food Products proved to be enlightening to many. Eighty-one percent of the members feel that they buy new foods products wisely - considering whether they are needed for the purpose of balancing the diet and for cutting time and effort in

that many residents who had not been consuming enough vitamin A, vitamin C and calcium could be encouraged to eat foods rich in these nutrients so their diets could be made adequate.

(c). Work toward reaching the goals began with the appointment of two subject matter leaders in each club for the demonstration on, "Foods For The Sick." The Associate Extension Food Specialist gave the training to the leaders. The agent later held a training meeting for leaders from three clubs not present at the first meeting. The leaders gave very thorough demonstrations in April, preparing food and setting up two or more different trays for the sick. The specialist gave the agent at-the-store training for the demonstration which she was to give on, "New Food Products." A basket full of new food products was used as illustrative material in teaching the subject. The agent also gave the demonstration on, "Your Meals - Better With Balance?", using USDA bulletins as resource materials. In addition to illustrated charts, a Food Mobile from the American Institute of Baking was used very effectively.

Along with the demonstrations, bulletins and leaflets relating to the topics were available for the members.

for the sick, including those recovering at home from operations. Many new food products on the grocery shelves offered a problem to homemakers. They did not know which ones would fit into their diets nor how to select and prepare them wisely. Many had a problem of overweights in their families, and others had teenagers and older people who were not eating properly. The Extension Nutrition Committee realized there was a need to encourage good nutrition throughout the county - particularly to encourage consumption of milk, vitamin C foods and vitamin A foods as those three are not being used to meet adequate daily requirements as revealed in a Nutrition Committee Survey.

(b). It was hoped that through the program homemakers would learn to plan and prepare proper diets for family members who were sick. They would select new food products based on their needs in relation to time and effort, balancing of diet and cost. They would know how to prepare and serve the new food pleasingly. It was hoped that the homemakers would learn how to improve upon their meal planning and then make a practice of serving well balanced meals, taking into consideration the special needs of certain members of the family, such as overweights and older people. It was a hope

Definite suggestions were given for improving the nutrition of the county in 1961 by working through clubs and schools.

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 club presidents, the program development chairmen, the county officers and the eight members-at-large constitute this committee. The committee met twice during the year. At the spring meeting the 1962 Home Demonstration Club Program was planned, following the presentation of program suggestions by the program development chairmen. At the fall meeting there was a discussion on ways of carrying out the new year's program, there was an election of two officers and there was a review of some of the accomplishments of 1961.

There are always special committees appointed to work on the Yearbook and the Amherst County Day program.

B. SUBJECT MATTER AND SPECIAL EMPHASIS AREAS.

1. Food and Nutrition

(a). Several problems led the homemakers to include three food demonstrations in the club program. There was a lack of knowledge of what to include in the diets

Telephone lines have been extended rapidly in recent years. Electric service is available in all sections of the county. The county has a well equipped Health Center with a full-time nurse and a part-time doctor. There are six doctors in private practice and two dentists. There is a Life-saving and First Aid Crew with headquarters in the Town of Amherst. Nearby Lynchburg provides excellent hospital facilities.

Many residents look to churches and schools for recreation. The newly lighted athletic field at the County High School has enabled both young and old to enjoy sports at night. The Issac Walton Park, the National Forest and Blue Ridge Parkway attract many. Many go to Lynchburg for bowling, concerts, plays and movies, as well as to Sweet Briar for certain programs.

Most of the shopping is done in Lynchburg except for groceries, drugs, and certain farm and building supplies.

II. COUNTY EXTENSION PROGRAM - ADULT

A. ORGANIZATION

1. County Extension Nutrition Committee

The Extension Nutrition Committee is composed of six county leaders. The committee meets annually to make plans for carrying out a part of the long-time nutrition program.

I. COUNTY SITUATION

The county of Amherst covers an area of 470 square miles. The topography varies from gently rolling, to very hilly and mountainous. There are plentiful streams and rivers. The county population, which is increasing, is now 23,000. Industries in Lynchburg have brought new people to the county. The 1950 census showed 33.5% of the population as rural farm; 52.6% as rural non-farm; and 13.9% as urban.

According to the 1959 Farm Census there were 714 white farm operators. The majority of the farmers own their farms and reside on them. The major sources of farm income are livestock, fruit, field crops, timber and tobacco. Off-farm employment is continuing to increase. Many are employed in the county at American Cyanamid Chemical Plant at Piney River, The Burkeville Veneer Plant, Madison Manufacturing Company and Monroe Railroad Center. Many find employment in Lynchburg at General Electric, Babcock and Wilcox, the foundaries and other industries. One large central high school at the county seat and another smaller high school near Lynchburg provide secondary education for white children. There are eight elementary schools for white children. Some of the schools are overcrowded.

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more actively participate in the election of officers and 120 members had the experience of serving as officers. Home demonstration club members actively participated in the program, many serving as both project and organizational leaders. The leadership training, plus the experience of serving in many different roles, has helped to develop members into more desirable and useful citizens, prepared to more ably serve in the Extension organization - and other organizations in the community and county.

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OUTSTANDING CONTRIBUTIONS MADE TO FAMILY LIVING AS A  
RESULT OF THIS YEAR'S PROGRAM

One of the most outstanding contributions was in the subject matter phase of housing. Two demonstrations in this phase were held during the year. Information learned and adopted helped homemakers to have more attractive and conveniently arranged homes. Through a study of "Planning For More Storage Space" homemakers got ideas that helped them provide more and better storage for the home. In some instances they got ideas on how to rearrange existing storage for more convenience, which would conserve energy and time. There was a great need for information on the new smooth surface floor coverings. Now that more of these coverings are being installed this information on characteristics, etc. was needed by the homemaker so she could select wisely and thus get more satisfaction and longer wear from the covering.

Another outstanding contribution to family living was that of providing leadership training and opportunities for members of home demonstration clubs and 4-H clubs. The 4-H officers received training at a county council meeting and further instruction for carrying out duties was given at club meetings. By having clubs organized by grades in most of the schools, members were able to

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# ANNUAL NARRATIVE REPORT

FILED

## COUNTY EXTENSION WORK

### *Virginia Agricultural Extension Service*

MRS. VIRGINIA R. BURKS

**Name**

HOME DEMONSTRATION

**Title**

**Agent**

\_\_\_\_\_  
**Assistant Agent**

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**Assistant Agent**

\_\_\_\_\_  
**Assistant Agent**



1961

AMHERST

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**County**