

Annual Report

COUNTY EXTENSION WORK

Virginia Agricultural Extension Service



1955

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CULPEPER

county

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IV. COUNTY SITUATION AS IT AFFECTED THE PROGRAM

Since women and particularly farm wives usually handle the home accounts it was decided to do more work on Business Facts. Three club programs were devoted to this project.

Interest in sewing is strong in many clubs. It was decided to stress dress making, buying, and selection of clothing in four meetings. Buying children's clothes was put into the program for the young H. D. members.

A large number of the women in the clubs are interested in crafts. They want something to do in their spare time. Many of them live alone as their children have married and moved from home so they have more time on their hands.

Culpeper County is an agricultural community. The families depend largely on dairying, livestock production, poultry raising and general farming for a livelihood. Small farm owners do part-time, off-the-farm work to add to their income. The economic condition of the county is above average. The large farm owners have a high standard of living.

The county has 248,960 acres of land with 70% in farm land. The population is 13,242, of this 19% is urban, 39% rural, and 42% non-farm. The people are community-minded. They are interested in improving the appearance of the county and the facilities offered. They have been trying to bring new industries into the area to stabilize the county income. They are at present working on a project to build a hospital in the town.

V. ADULT WORK

A. Project Work

1. Clothing

The aim of this project was to help women become more familiar with basic sewing, to give them suggestions for more professional finishes

for their garments, and to emphasize the importance of fitting the pattern before cutting the garment; also to help them in selecting more serviceable clothing for children.

Two leaders from each of the organized clubs were appointed to receive training in these topics. The clothing specialist gave training to these women in two separate meetings. The leaders gave 45 demonstrations without the agent and 15 demonstrations with the agent's help.

As an outcome of the clothing program, 2140 garments were made, 4232 garments were mended, 591 garments were remodeled, 322 families were assisted with clothing problems by H.D. members. Fifty-three members used the suggestions given to help them buy children's clothing, 152 special finishes for cotton dresses were used.

The four topics demonstrated at club meetings were: "Fitting and Adjusting Patterns for the Simple Cotton Dress", "Construction, Fitting, Finishes", "Special Finishes for the Cotton Dress" and "Selecting and Buying Children's Clothing." One demonstration on "Selecting Accessories" was given as a club choice. One radio program was given on "Selecting a Basic Spring Suit." There was much interest in this project. I think it was the favorite on the year's program.

Several women made dresses for the first time. Some of the women with small children were particularly interested in learning better methods.

One club choice demonstration was devoted ^{to} remodeling and blocking hats. Eight hats were renovated.

2. Business Facts

This program was planned to help women understand the new Social Security laws, the importance of being adequately insured and of having a will. Three club demonstrations were held on this topic which included "Social

Security", "Inheritance and Joint Ownership" and "Life and Property Insurance". The attendance at these meetings was very low and interest in the demonstrations even lower. A county-wide meeting was to have been held on "Business Facts" but the women did not want this.

As a result of this topic, 35 women kept home accounts, 19 made a budget, 57 families have wills, 110 families have hospitalization insurance, 150 have property insurance and 115 women said they felt the discussions had helped them to understand business facts better.

The Social Security representative for this district gave five talks to the clubs which met in groups.

The home management specialist from V.P.I. trained 30 leaders who gave 24 demonstrations and the agent gave six demonstrations on business facts.

3. Home Management

This topic was one on which the women felt they needed the most help. One demonstration on "Managing Time Wisely" was given by the agent to 13 clubs and one unorganized group. Two leaders gave two demonstrations and four radio programs were devoted to this topic. The importance of planning a work schedule, not over working, and planning for recreation and rest were stressed. This demonstration was well received but the women wanted more specific information on ways to cut down on time spent doing routine household tasks. Washing and ironing were the two tasks which took the largest amount of time. Sixty-six women felt that the demonstration helped them to use their time to a better advantage.

4. Rural Arts

The women in Culpeper are particularly interested in rural arts. They like these meetings. They are well attended even though we often have as many spectators as participating members.

(a). Hammered Copper

This was the new craft for the year. The craft specialist held a leader training meeting for the 21 craft leaders. Interest in this craft has been growing slowly. Forty-one copper bowls have been completed.

(b). Stenciling

This craft is a carry over from a previous year. Different women have become interested in it after seeing what others have accomplished. Four leaders who were trained several years ago have held the stenciling workshops. Eighty-four articles have been completed.

(c). Etching Trays

This craft was offered as a special interest project several years ago. It is the most popular craft in the county and interest in it has been growing constantly all year. One club alone has held five all-day workshops. Members of this club have served as leaders for several other clubs. A total of 206 etched trays have been made this year.

(d). Rug Making

This is a craft which was offered at a special interest meeting several years ago. There have not been any workshops on this but several of the leaders have helped members to start 6 braided rugs this year.

(e). Lamp Shades

Two meetings have been held on lamp shades this year. A leader conducted one and the agent the other. Seven lamp shades have been made.

(f). Basket Making

Two basket making special interest meetings were held by leaders. Thirty seven baskets were made as a result of these two meetings.

(g). Textile Stenciling

One club asked for a workshop on textile painting. Two

34
72

leaders helped with this meeting. Twenty-eight articles were stenciled.

5. Gardening

The aim of the garden project was to interest families in growing a variety of vegetables and to use them in providing adequate diets for their families.

A county-wide meeting was held by a horticulturist from the extension service. Twenty-six women attended this meeting. The garden leaders from each club were given booklets containing gardening information and sheets outlining the best garden rotation system. Besides the training received, monthly garden letters were sent to the 15 leaders who distributed these at club meetings and explained the information given.

6. Family Life

A county-wide meeting was held with Dr. Mildred Tate, Family Life Specialist from V.F.I., giving an interesting talk on "Getting Along With Others". The meeting was attended by 72 women. It was one of the highlights of the year's program. So much interest was shown in this subject that the women begged to have a similar meeting again this year.

7. Federation Goal

This goal was selected for the second year because the women felt they needed to know more about the appreciation of "Art In Daily Living." The aim was to develop beauty in themselves and their surroundings so that it became a part of their life and personality.

The objectives of the "Art In Daily Living" goal included: Developing music appreciation by featuring music at each club meeting; organizing a choir and song fetes, and by studying the stories of well known songs. Another objective of this goal was to encourage recreation for the home and the community through reading, hobbies, music, and nature studies. Also to help their com-

munity by sponsoring "Share the Fun" program, supplying flower arrangements for their churches and participating in community improvement projects.

In order to accomplish this goal a county federation goal chairman and 15 club chairmen were appointed. Their responsibility was to see that the program functioned. The county federation goal chairman trained the club chairmen and supplied the subject matter material needed for the meetings. Ten to fifteen minutes of each monthly meeting was devoted to the federation goal topic. This was presented by the goal leaders or a representative they secured.

The highlight of the Federation goal program was the Hobby Show featured in May. Only club members could display hobbies and they were asked to feature one exhibit in a class. Thirty-three classes were offered with 124 articles exhibited. These were not judged or scored, just displayed. The show was open to the public one afternoon and evening and the morning of the following day.

Another outcome of this goal was a trip to Washington, D. C. to visit the Embassies. Six county women attended this tour.

8. Other Activities

(a). County Objectives

County objectives were promoted as a means of creating more interest and participation in the overall county program. They serve as a means of determining the rating of clubs and their accomplishments.

The county objectives are outlined by a committee and presented to the county home demonstration committee for approval and adoption at their fall meeting. After that each club begins working to accomplish these goals. The program development chairmen help the club members to accomplish the objectives.

The following goals were adopted for this year:

1. Each club have a representative at all home demonstration leader training meetings.
2. Older clubs conduct seven meetings and younger clubs six in absence of home agent. Leaders exchange talent when necessary.
3. Clubs increase membership at least 10% of enrollment.
4. Clubs continue work with non-members in the community and hold one special interest demonstration for them.
5. All clubs appoint a committee for 4-H and Y.M.W. work to keep the club informed and to assist in youth programs.
6. Each club sponsor a community meeting, especially emphasizing the federation goal.
7. Each club have a representative attend State Federation meeting.

Four home demonstration clubs have accomplished six of the seven goals. Because of this accomplishment they are rated as "Standard Home Demonstration Clubs."

(b). Result Demonstrations

Such demonstrations are conducted by families, homemakers, and others for the purpose of teaching the demonstrators and the public the value of such a recommended practice. This work is done under the supervision of the county home agent and may extend over a long period of time.

The result demonstrations conducted this year included landscaping, bath rooms, storage spaces, color schemes, floors, and account keepers. The extension horticulturist drew up landscaping plans for four homes and one community house. These demonstrations were just started and very little work

has been done on them as yet. Three bathrooms have been installed. The extension housing specialist helped with plans for these. One meeting has been held where one bath was installed.

Four floors have been refinished - two of these were finished with floor seal and two with fabulon. One meeting was held at the home of one of the floor demonstrators.

Four storage space demonstrations were completed. Two housing specialists helped these demonstrators.

The agent helped four demonstrators plan color schemes. Two meetings were held at the home of these demonstrators.

Ten women have been keeping home accounts.

B. Community Projects

The H. D. clubs were asked to obtain blood donors for the April visit of the Bloodmobile. One hundred donors were obtained. The clubs furnished cookies for the Bloodmobile on its two visits to the county this year.

Five dollars was contributed to the flood relief fund.

Five dogwood trees were planted by the H. D. clubs during a beautification campaign. The H. D. members were active in promoting the county beautification and litterbug campaigns. They were instrumental in obtaining extra city dumps.

Ten home demonstration clubs have held extra meetings to wrap cancer bandages.

Dresses, shirts, pajamas and slips were made for foster children in the county.

One community has a collection of sick room equipment which they loan out in the community.

H. D. members have pledged their backing to the hospital drive which was recently started in Culpeper.

VI. FARM AND HOME DEVELOPMENT

A. The families were selected by the executive committee of the County Agriculture Board. There are five magisterial districts in Culpeper; two families were selected from each district. Families young in farming experience were selected.

B. The farm and home development program was explained to the agriculture board, and to the home demonstration county committee. Since this is a non pilot county very little publicity has been devoted to it.

C. Two families have been contacted. Inventories have been made of both of these homes. Goals have been set up for one family with plans to add a bathroom discussed. Draperies for the living room were planned.

VII. 4-H CLUB WORK

A. Project Work

1. Food and Nutrition

The food project work was conducted during the summer months individually and in project groups. Leaders were trained to help with the project work. Three meal preparation groups were formed with 26 members enrolled and 21 completing the project. A total of 818 meals were planned and 3131 dishes prepared. The table was set 961 times.

In the food preservation project ten enrolled and 10 completed. They canned and helped to can 1598 quarts of food and helped to freeze 1466 pounds.

Five girls enrolled in the bread making project and four completed. These girls made all types of bread 513 times.

Home visits, contests, exhibits, judging and displays were the methods used to promote these projects.

2. Clothing

"So You'd Like To Sew" was selected by the 4-H county planning committee as the main winter project for 1955. Project work was conducted in the eleven 4-H clubs for 40 minutes at each of their club meetings. Leaders attended the meetings to help with the project work. A total of 149 girls enrolled in this project with 117 completing. Eighteen headscarfs, 23 needle cases, 21 baby bibs, 119 towels, 68 aprons, 14 laundry bags, 13 stuffed toys, 29 wrist pin cushions, 9 tray cloths, 45 broomstick skirts, 52 handkerchiefs, 25 blouses, 9 collars and 51 other articles were made.

Make and Remake was chosen by 14 girls for their summer project. All 14 completed. This project was conducted in community groups with leaders. Eighty-five articles were made at a cost of \$142.00; 18 articles were remodeled at a cost of \$5.33 and seven articles were dyed at a cost of \$1.40.

The girls entered their articles in the 4-H Fair and many were exhibited in a local store window during National 4-H Week.

3. Housekeeping

One girl took the washing and ironing project. She did this work on her own with some help and suggestions from her mother and the home agent.

4. Room Improvement

This project was carried during the summer by one community group. Five girls enrolled in this project and five completed the same. A 4-H Junior leader helped the younger members with this project. Walls were painted, rooms rearranged, drawers partitioned, flowers arranged and dresser scarfs, laundry bags, shoe bags, and lamps were made.

5. Health

This project was not carried in the county.

6. Safety

This was chosen as an alternate winter project by 10 senior girls.

Only four of these projects were completed. The four girls completing this project gave radio programs on Farm and Home Safety during Safety Week.

7. Electricity

Fourteen girls enrolled in this project and 12 completed. Two girls went to the Rural Electric Congress in Richmond - one as the county winner and one as the district winner. Project meetings were held at the local electric co-operative on four Saturdays. Two Junior leaders and one adult leader helped representatives of the electric companies and the agents lead this project. A tour of a farm, a home, and the local locker plant was conducted.

8. Public Speaking

Two girls enrolled in and completed this project. The local radio manager helped the members taking this project with their speeches. Four meetings were held to practice the speeches. They were given at a 4-H meeting with the high school and grammar school principles and a representative from the radio station serving as judges.

B. Other Activities

1. Camps

The county's quota of delegates attending both state and district camps was filled.

Information relative to camp was discussed at 4-H club meetings in April. At the May Meetings delegates were elected and names of other children wishing to attend were listed. Camp information was mailed to those interested a week before the camp opened. Sixteen girls and one leader attended district camp, seven girls attend^{ed} Short Course at V.P.I. and one girl attended Conservation Camp at Camp Farrar, Virginia Beach. These girls have shown more interest in and responsibility for club work and records since attending camp.

2. Rural Life Sunday

Interest in Rural Life Sunday was aroused by announcements at club meetings, newspaper articles, radio programs and letters to all 4-H club members.

The executive committee of the 4-H county council planned a special Rural Life Sunday Service which was held at night at the Baptist Church in Culpeper. As many 4-H members as possible were involved in the plans and in the service. A choir of 22 Junior 4-H members was trained by the church organist who was also a 4-H parent. Six senior girls served as ushers, pinning green and white ribbon on 4-H parents as they came in the church. The Baptist minister helped five senior boys and girls prepare prayers and scripture readings for the service. The sermon was delivered by the minister. Special Music was provided by a senior 4-H club girl. Over 200 4-H club members and their parents attended this service.

3. Achievement Day Program

The Achievement Day was held on November 12 with approximately 200 4-H'ers and leaders present.

The program was planned by a committee which was appointed at the county council meeting.

Eleven 4-H members had a part on the program with the president of the county council presiding. 4-H leaders awarded the pins for outstanding project work. The recreation was directed by the district camp recreation director.

Each member brought sandwiches and cookies which were spread. The county council furnished soft drinks. After lunch the group marched in a body to the theatre where they saw a movie as compliments of the theatre manager.

4. Culpeper Farm Show

This year, for the first time, the farm show was for 4-H, F.F.A. and F.H.A. members only. This show is sponsored by a local fair organization made up of interested business men.

The home agent with the help of 4-H leaders submitted an exhibit list for the fair catalogue. The 4-H members were encouraged to exhibit articles in the fair at their 4-H club meetings. The radio and newspaper were used to encourage 4-H members to participate in the fair.

Interested home demonstration club members, 4-H parents and 4-H leaders served as fair superintendents. The superintendents provided a lunch for the judges and those helping with the fair. A total of 541 entries was made by club girls for which they received \$326.50. This is an increase in the number of exhibits from the previous year.

5. 4-H Contest

The county homemaking contest was held in August with 10 girls competing in dress revue, meal preparation and bread making. Four contestants received blue ribbons - two blue ribbons were given for meal preparation, one for the senior girls and one for the junior girls; a blue ribbon was given for dress revue and a blue ribbon for bread making.

6. County 4-H Picnic and Parties

These socials were promoted to maintain interest in club work and to provide recreation for club members. A committee appointed by the 4-H county council planned these activities.

The parties were held in March during National 4-H Week. An evening party with dancing was planned for the senior members. A Saturday afternoon party with games and square dancing was planned for the junior members. Refreshments were served at the parties.

The picnic was an afternoon affair and included games and swimming. Each child brought sandwiches and cookies. Additional food and iced tea was provided by 4-H club leaders. The highlight of the day was a soft ball game between the Culpeper girls and 4-H club girls from an adjoining county who were special guests for the afternoon.

VIII. YOUNG MEN AND YOUNG WOMEN'S WORK

This program is directed to help young people whose interests and needs have developed beyond the 4-H program. The purpose of such a group is to help develop capacities important to good citizenship.

A great deal of guidance by extension agents and leaders is needed by the Y.M.W. groups in this county because of their age which is below that recommended for the state. They enjoy recreation and dancing, but are hostile towards attempts to set up a regular program either of recreational or educational type. They have been fairly active in raising money for some community service work. They have donated money to the Polio Drive and to the community center, which when finished will afford them a better meeting place.

A committee met with the agents and a leader to set up a six months program. Two of these programs have been held and have gone over fairly well.

One community group is functioning here. Another group disbanded at the beginning of school as their working members graduated and have moved away.

Leadership for the remaining group is interested, active and large.

Seven Y.M.W. members attended youth camp at Camp Farrar, Virginia Beach; three of these were girls. Two girls attended the Five State Young Men and Women's Conference at Jacksons Mill, West Virginia.

Two hayrides and a watermelon party were organized by these groups during the summer.

IX. <u>SCOPE OF WORK</u>	<u>1951</u>	<u>1952</u>	<u>1953</u>	<u>1954</u>	<u>1955</u>
A. No. HD Clubs or Groups	14	14	14	15	15
Membership	395	379	414	380	351
No. 4-H Clubs	10	10	10	11	11
Membership	141	151	160	170	170
No. other families reached	1100	939	998	995	789
No. different families reached	900	942	953	895	692

B. One radio program was given by three H.D. members explaining the home demonstration club work in the county and telling what club work had meant to them.

One special newspaper article was written during National H. D. Week explaining home demonstration club work and inviting people to join.

One unorganized group was met to introduce the program to a new group of people.

Non-home demonstration club members were contacted to receive help from specialists/^{on} housing and landscaping.

X. ORGANIZATIONS

A. County Home Demonstration Committee

This committee is the overall governing group for the home demonstration program. It met three times during the year. This committee is composed of the county officers, the club presidents and the program development leaders.

A meeting was held in the spring to train program development leaders. A report was given at this meeting by the state nutritionist concerning the food habits of Culpeper school children. Reports and accomplishments of the different clubs were given. A committee was appointed to select delegates to the State Federation Meeting in July from their clubs.

The fall meeting was the planning meeting at which program development leaders presented reports as to what members thought should be included in the year's program. These reports were formulated into a plan of work. Monthly demonstrations, a federation goal and county objectives were determined.

This group financed the expenses of leader training and county-wide meetings, demonstration equipment and year books. They voted to secure song books for the H. D. clubs - these were secured and distributed. They discussed the possibility of securing H. D. membership cards. These were designed by the county president. They have been secured and will be distributed with the new year books.

B. County Board of Agriculture

This board was officially set up in March. It consist of two members of each commodity committee, two H. D. club members, two Y.M.W. club members, two 4-H club members and representatives from the Chamber of Commerce and five Baritan Clubs.

C. County 4-H Council

This organization is composed of all the officers of all the 4-H clubs in the county. They met three times during the year to discuss plans for Rural

Life Sunday, National 4-H Club Week and the 4-H club parties; to make plans for the summer picnic and elect delegates to camp; to plan Achievement Day, to discuss the 4-H Year Book and appoint a committee to work on this and to have an officers' training meeting.

D. County 4-H Project Planning Committee

This group plans the yearly 4-H homemaking project program. It is composed of girls and leaders from each club. They started planning in the spring preparatory to the county meeting which was held in July. These representatives discussed with other club members the projects they would like to see included in the county program. Their recommendations were then presented, discussed, and voted on at the planning meeting to determine which should be included in the program.

XI. LEADERSHIP

A. Contributions of the Leaders to the Program

1. Organizational

The help of 121 organizational leaders was used in organizing and promoting the program. These leaders supervised club meetings and saw that they functioned efficiently. They provided meeting places and assisted with programs and other club activities.

2. Program Development

Each club has a program development leader who serves two years. These leaders assist in developing, promoting and accomplishing the club's program.

As soon as the county program has been adopted these leaders begin presenting it to their clubs. After this they start working to see that the different phases are accomplished. While the year's program is being featured these leaders are busy getting ready for another year's plan of work.

3. Subject Matter

A total of 122 subject matter leaders helped extend the teachings of the home demonstration program during 1954. They conducted result demonstrations, gave method demonstrations and featured workshops. A large number of these helpers passed on information to non-club members and gave individual help to others. These leaders gave 103 method demonstrations and assisted with others.

B. Growth of Leadership

<u>U. S. Club Project Leadership</u>	<u>1951</u>	<u>1952</u>	<u>1953</u>	<u>1954</u>	<u>1955</u>
No. Project Leaders (subject matter)	105	112	126	149	122
No. goal chairmen	15	30	31	19	16
No. Program Development leaders	14	14	15	16	15
No. result demonstrators	44	55	64	41	30
No. training meetings by specialists	11	9	9	10	9
by district agent	0	0	0	0	2
by agent	7	11	9	10	1
Attendance at all training meetings	358	290	318	417	317
No. meetings without an agent	96	90	99	115	103
No. meetings leaders assisted	71	74	71	34	15
Demonstrations by leaders	58	93	115	115	103
Talks and discussions by leaders	66	52	146	166	110

Growth of Leadership

<u>4-H Project Leadership</u>	1951	1952	1953	1954	1955
No. Club officers	50	50	50	58	96
No. adult project leaders	22	20	17	20	24
No. result demonstrations		1	2	2	0
No. training meetings held					
by specialist	1	2	2	0	0
by agent	6	5	5	4	0
by district agent	0	0	0	0	0
by member club dept.	1	1	1	1	0
by others					1
Total attendance at leader training meetings	143	86	76	38	5
No. 4-H leaders trained individually	10	8	10	12	14
No. club meetings held by leader without agent	33	19	16	14	14
No. additional club meetings at which leaders assisted	62	68	70	80	54
No. demonstrations given by adult leaders	27	9	20	14	5
by junior leaders	51	38	36	32	23
 <u>Young Men and Women's Clubs</u>					
No. club officers	4	8	8	10	6
No. leaders	2	4	4	4	3

C. Activities of An Outstanding Leader

Mrs. David Kennedy has done a fine job of leadership. She is president of her home demonstration club and president of the county home demonstration

committee. She is community minded. She has compiled safe driving information which was distributed to club members as a part of the Safe Driving Contest. She designed home demonstration club membership cards which will be distributed to H. D. members in December. She was instrumental in getting song books which were distributed to the H. D. clubs. Mrs. Kennedy is efficient and enthusiastic. She has pushed home demonstration club work in her Richardsville Community and in the county. She is constantly working on ideas which will improve the program. Through her efforts and ability she has promoted the building of a Community House in Richardsville. This house was designed by her husband. It has a large recreation room with a stage which is flanked by dressing rooms in which the rest rooms are located. A large open fireplace is the center of interest at the opposite end of this room. A kitchen fully equipped with facilities for cooking quantity meals adjoins the recreation room. This kitchen has a counter pass through. A small den with open fire place, and overstuffed furniture is used. At present Mrs. Kennedy's club is working on a library which is located in this room. People may come there to read and relax or check out books. The horticulturist specialist from V.P.I. drew up plans for landscaping this community center. Plans are being made now to carry out the landscaping plans. Mrs. Kennedy's club is in a backward community where leadership ability, interest and enthusiasm are very low. It is entirely to her credit that she has promoted her club and made it one of the few standard clubs in the county. She encourages her members to participate in whatever way they can. She helps them and encourages them with their task. For the club choice month she secured a demonstrator from a commercial company to demonstrate making Christmas candles. This was a very interesting meeting.

D. Activities and Accomplishments of an Outstanding Family

The Everett Feaganes family is active and interested in community affairs. The parents and one daughter comprise the family group. The daughter

has been a 4-H club member for eight years. She has carried a variety of projects, including both homemaking and agricultural. She takes an active part in all 4-H activities. She has served as club officer and is now an officers in the 4-H county council. She has served as a 4-H junior leader for the electric project and has won the district electric award of a gold watch. She has attended district camp, short course, conservation camp and the Five State Young Men and Women's Conference at Jacksons Mill, West Virginia. This year she was awarded the county achievement award.

The mother is president of her home demonstration club which is a very active group doing much good work in the community. One of their projects is loaning out sick room equipment which has been purchased by the club. She is also a 4-H leader for the Mitchells Club in which capacity she has served for ten years. She attends all the meetings of her club and helps with the special events. She is a fair superintendent.

The father is a dairy farmer and active in community organizations.

E. Activities and Accomplishments of an Outstanding Club

The Inlet Home Demonstration Club has 28 active members. This club shows a great deal of interest and pride in their club and its activities.

They have a strong federation goal leader. She has enlarged on the information sent to her each month and presents very interesting federation goal programs. The club has organized a quartet which provides intertainment at many of the meetings. The club members had 25 exhibits in the hobby show. At their Christmas meeting they had a program of Christmas carols, a reading, games and the distribution of gifts from their secret pals. A club scrapbook is kept containing information pertinent to the federation goal, club activities, and demonstrations.

Four housing improvements were made by club members this year and two result demonstrators were secured. An extra workshop on basketry was held and three extra workshops on etched aluminum trays. Leaders were furnished for two other clubs to teach them to etch aluminum trays.

This club had a surgical dressing leader who was active in going to the cancer workshop. The club had a workshop meeting at which 150 cancer dressings were made. Five dollars was contributed to the cancer drive. Five blood donors were secured and cookies were furnished for the Bloodmobile. Two members served as 4-H club leaders.

All the members are active in H. D. Work and enjoy participating.

F. A Significant Achievement of Extension Work

An achievement of the home demonstration clubs was making garments for the foster children in the county. These clothes were made by club members - seven dresses, twelve pairs of pajamas, ten pairs of boys' undershorts, eight slips and six boys' shirts.

XII. APPRAISAL OF THE YEAR'S WORK

The home agent feels that the program has contributed to better homemaking and improved living for a large number of families.

The assistance rendered families through the housing program is showing definite results. One home project was visited by four specialists and two home agents. It was an old house and is being completely remodeled. The home owner is doing most of the work so the progress is slow. Another old home has been completely remodeled after suggestions were given by two specialists. Three new homes have been constructed. Many homes have been improved in the county because of bathroom installation, kitchen remodeling, redecorating and landscaping.

The business facts program helped many women understand the new social security rulings. Several families made wills.

The clothing projects interested many women. Twelve women made their first dress as a result of these meetings. More professional finishes for cotton dresses were very helpful in improving the appearance of the clothing made.

The federation goal "Art In Daily Living" taught women a better appreciation of music, birds, and flower arrangements. The county women have been most helpful to the new agent. They have helped with every activity, often times taking the initiative for organizing and promoting some phase of the program.

One new club has been formed, and membership in 4-H clubs has increased somewhat.

The 1956 program can be strengthened by extending the work to a larger number of homemakers. There are many young homemakers in the county who need to be reached.

1955 PLAN OF WORK

MARIE TURNER
Assistant Home Demonstration Agent

CULPEPER
County

I. COUNTY SITUATION

Culpeper County is an agricultural community. The families depend largely on dairying, livestock production, poultry raising and general farming for a livelihood.

The tenants and small farm owners do part time, off the farm work to add to their income. The economic condition of the county is above average. The income of farm families is derived from the sale of fluid milk, cream, livestock, poultry and poultry products.

Large farm owners have a high standard of living. Their homes and farms are supplied with modern equipment and conveniences. The tenant families' homes are in need of repair, and lack running water, bath rooms and modern equipment.

The people in Culpeper are energetic, hard working and take pride in their homes. The majority of the homemakers do their housework with the help of electrical equipment.

II. THE ADULT PROGRAM

A. Subject Matter Fields

1. Clothing

The objectives of this project are to help the woman improve her appearance, by teaching better techniques of cutting, fitting and finishing the cotton dress, and to teach better buying practices so as to save money.

Methods to be used

Leaders will give the demonstrations to the club members on: Fitting and adjusting patterns and cutting simple cotton dresses. They will also demonstrate construction, fitting and finishes.

The agent will demonstrate special finishes for the cotton dress. These will include making buttonholes, buttons, belts, and belt loops.

The agent will also give the demonstration on selecting and buying children's clothing to stretch the clothing dollar.

The club members will be encouraged to wear the dresses they have made after receiving training to their club meetings so as to encourage the other members to do more home sewing.

2. Business Facts

The objectives of this project are to give the homemaker a better understanding of what income they can receive after reaching retirement age, and to emphasize the importance of making a will.

Methods to be used

A representative from the Social Security office will talk to the club members.

Leaders will be trained by specialist.

A special interest county-wide meeting will be held.

Give publicity through radio and press.

3. Account Keeping

The objectives of this project are to impress upon the women the importance of keeping accounts; to show them how they can increase their buying power by a better understanding of where their money goes; to encourage them to keep standing accounts from year to year.

Methods Used

To secure seven women to serve as result demonstrators.

Give publicity to the women who are participating in result demonstrations.

Visit them often and help them organize their system of keeping records.

4. Installation of Running Water With A Bath*

Objectives

To improve the standard of living for the family and for the county as a whole. To show other women how and where a bath can be installed. To lighten the working load of the homemaker.

Methods to be used

With the help of club presidents and program development leaders secure six families to serve as result demonstrators and install running water.

Make home visits to promote and encourage this project.

Give publicity to the progress made on this project through the radio and press.

5. Improving and Installing Storage Spaces*

Objectives

To improve and increase storage in the home. To make the working load of the homemaker lighter. To put the articles stored in a place which is most convenient to the place they are used.

Methods to be used

With the help of club presidents and program development leaders secure six families to serve as result demonstrators and improve their storage problems.

Make home visits to promote and encourage this project.

Give publicity to the progress made on this project through the radio and press.

6. Crafts

Objectives

To create more interest in the home demonstration program.
To serve people not being served and spread the Extension influence.

Methods to be used

Hold two method demonstrations in each home demonstration club. Train leaders to give and assist with giving craft demonstrations. A new type of craft, hammered copper, to be introduced, and work to be continued in the crafts which have been offered in the past.

Give publicity to these crafts through radio and press.

Display the completed craft projects.

7. Managing Time Wisely

Objectives

To teach better use of time. To discourage time consuming and unnecessary practices in home making. To emphasize the importance of finding time to rest during each day. To teach the house wives to space their household duties so that a tiring chore will be followed by one which is more relaxing or pleasant.

Methods to be used

Specialist to train leaders to give this demonstration.

That publicity be given through press and radio.

8. Human Behavior

Objectives

To improve family relation. To show what behavior problems are likely to arrive in the average family. To make for better understanding of behavior problems by demonstrating that problems of a certain type are expected to develop at certain ages and stages in the home.

34
72

Methods to be used

Hold a county-wide meeting with an outside speaker.
Give publicity to this topic through radio and press.

9. Vegetable Gardening

Objectives

To teach the women what vegetables to grow in Culpeper.
Help them plan a garden which will give them as large a variety of vegetables as possible. Encourage them to grow two vegetables they have not grown before.

Methods to be used

Twelve gardening leaflets distributed at club meetings.
Each club appoints a gardening leader.
A county-wide meeting with a specialist giving information.

B. Federation Goal

Art In Daily Living was selected a second year for the Federation Goal. The club members like to carry the same Federation Goal for two years to give it greater emphasis.

Procedures

A Hobby Show will be held in May to display the hobbies of the club members.
A portion of the program at each club meeting is devoted to the Federation Goal. Talks and discussions on different phases of Art In Daily Living are presented.

C. Other Activities

1. County Objectives

Help raise standard of work in the different clubs.
Make the club members conscious that the clubs need improving.

Procedures

Check objectives periodically.

Publicity to clubs who need the standard.

2. Result Demonstrations

Objectives

To teach an improved practice. Increase interest in the home demonstration program. Improve standard of living of the farm family.

Procedure

Twenty-four additional Result demonstrations are planned for 1955.

With the help of Program Development leaders result demonstrators will be secured from each club in the county.

Give individual assistance through home visits.

Hold club meetings at the home of the result demonstrators.

Give publicity to the participants in the demonstrations over the air and in newspaper.

3. National Home Demonstration Week

Objectives

To publicize the home demonstration program and increase membership in the home demonstration clubs.

Procedure

Home demonstration clubs conduct a drive to get in non members during that week.

Give publicity through radio and newspaper.

4. Fair and County-wide Hobby Show

Objectives

Increase interest in the H. D. Program. Give homemakers a chance to display their creative ability.

Procedure

Assist with the county fair. Encourage the home demonstration members to participate in the fair by entering exhibits and helping as superintendents of the different departments. A committee of Home demonstration members make out the exhibit list.

Encourage the home demonstration fair committee to sponsor a special interest event, such as a fashion show.

III. 4-H CLUB WORK

A. Project Work

1. Foods

Meal Planning

Bread Making

Food Preservation

Objectives

Help club girls know the importance food plays in health. To teach meal planning and to encourage the girls to check the items in their plans against the basic 7. Teach techniques of preparing, serving and conserving food.

Methods to be used

Appoint a Junior leader for each group. Train these leaders and encourage them to help other girls with projects and records.

Secure an adult leader for each project group to help give demonstrations in each project.

Club girls give short demonstrations.

Have girls keep a record of work accomplished and submit reports when completed.

Encourage each girl to exhibit her product and compete in

contests.

Use home visits, meetings, letters, radio and press to give publicity to the projects.

2. Clothing Unit III

Objectives

To teach simple sewing. To teach the girls to measure and cut fabrics, also how to thread a needle and use a thimble. To encourage the parents to help their daughters use the sewing machine.

Methods to be used

Appoint a Junior leader in each club. Train the leaders and help them.

Secure adult project leaders, train them and encourage them.

A short demonstration to be given each month by either the home agent or the leaders.

Teach members to score and judge their work. Encourage them to exhibit it at the county farm show.

Encourage girls to compete in contest for which they are eligible.

Girls keep a record of work accomplished and submit it at the close of the project activity.

3. 4-H Farm and Home Rural Electric

Objectives

To teach the boys and girls more about electricity, so that they will be able to make simple electrical repairs and be able to understand every day electrical terms.

To emphasize the safety factors involved in working with electricity.

Procedure

Co-operate with the power companies in promoting and advertising this project.

Have four county-wide meetings to work on these projects.

Two movies on electricity are to be shown and a tour through an electrically heated and properly lighted house has been planned.

B. Other Activities

1. Camp

Objectives

To give the boys and girls the advantages of life in large organized groups. To give them the opportunity to learn to lead, as well as follow. To have 4-H members bring back new enthusiasm and activities to their community.

Procedure

Encourage each club to pay part of the expenses of at least one member. Encourage other members of the 4-H clubs to attend camp if they are financially able. Give publicity to the camp through radio and press. Make home visits to familiarize parents with the 4-H camp.

2. Achievement Day

Objectives

To give credit to the 4-H members and clubs that have done outstanding work during the year. To encourage more participation in 4-H work during the year.

Procedure

Help the executive committee of the 4-H Council to plan the day's program well in advance.

Work to keep the interest and attendance of this program increasing from year to year.

Make awards and give recognition to members and leaders on this day.

Give publicity through press, radio, meetings, etc., to this program.

3. Club Contest

Objectives

Create more interest in 4-H projects to help the girls develop skills and to take initiative.

Procedure

Present available contests to club girls and interest them in participating in one or more. Hold club contests and select winners to compete in county contest. These to be featured in the summer months. Assist the county winners in preparation for the area contest.

4. Rural Life Sunday

Objectives

To develop spiritual and moral values.

Procedure

Conduct a county-wide Rural Life Sunday Service. Help a committee from the county Council to plan such a program, and encourage participation by members.

IV. YOUNG MEN AND YOUNG WOMEN'S WORK

A. Program Areas

These groups do not have an advance plan. They have a program planning chairman who is suppose to be responsible for the program. The agents plan some of the programs, but they ask the program planning chairman for permission to present these programs. They have a very good recreational program, and have done a great deal of community work, having contributed to six projects carried on both in the community and

on a national scale.

The home agent is not satisfied with their educational program or their interest in it, or with the fact that the Y.M.W. groups are really young boys and girls. It is hoped that the age range of these groups can be changed to include more older members and fewer children. Until this has been accomplished, the forming of more Y.M.W. groups will not be undertaken.

B. Activities

A hay ride is planned for the summer. A pie walk and a play are being planned to raise money for the treasury. It is hoped that the clubs will send a large number of delegates to camp. They will be encouraged to partially pay the way of five members.

V. FARM AND HOME DEVELOPMENT

Culpeper is a non-pilot county. It has not as yet been decided what part the non-pilot counties will pay in the new program. We will cooperate in every way that we can with the plans for non-pilot counties which will be discussed at the district meeting next week. We will base the number of families selected, and the method of selection on the information we receive at the district meeting.

VI. SCOPE OF WORK:

A. Organization

	No. in <u>1951</u>	No. in <u>1952</u>	No. in <u>1953</u>	No. in <u>1954</u>	Goal <u>1955</u>
Number of home dem. clubs	14	14	14	15	15
Membership	375	388	414	420	435
Number 4-H clubs	10	10	10	11	11
Membership	141	150	160	170	185
Number young men & womens' club	2	2	2	2	2
Membership	48	50	55	60	60
No. other organizations	2	2	2	2	3

VII. PLANS FOR STRENGTHENING THE EXTENSION PROGRAM IN 1955

A. County Home Demonstration Committee

This group with the assistance of program development leaders to do the overall planning for the group.

Try to get each member to assume more responsibility for getting the program accomplished. Help to spread the influence of the Extension program to families not being reached.

B. County Board of Agriculture

One has not been organized in this county.

C. County 4-H Council

The members with their leaders will do the overall planning of the 4-H club program.

Encourage members to assume more responsibility for carrying out the program.

Train officers in parliamentary procedure; how to conduct meetings; and reporting of club events.

Encourage the Council to send delegates to both state and district camps.

D. County Honor Club

One has not been organized in this county.

E. County All Stars

Encourage them to give more of their time to helping younger members of the 4-H club.

Use every opportunity to publicise the All Stars and give them recognition, so that they will be inspired to do more work and contribute a larger service.

To begin to think about and talk up the forming of an All Star Chapter.

F. County Young Men and Women's Board

One has not been organized in this county.

C. County 4-H Project Planning Committee

This committee plans the annual 4-H Homemaking Project Program.

Suggestions and recommendations are secured from club members prior to planning such a program. This information to be secured by a representative group of members from each club. This will make it possible for all members to have a part in planning the project program.

At a county-wide meeting of this group the recommendations are presented, discussed and voted on, as well as mapped into a month by month program.

Delegates are asked to present the planned program to their respective club members.

H. Others - Professional Workers' Council, Civic Organizations,
Civilian Defense.

Work with these organizations on their projects. Keep them informed about the projects being carried on by the Extension staff. Ask for their assistance on Extension projects when they can be of help.

VIII. PLAN FOR LEADERSHIP

A. Home Demonstration

	No. in <u>1951</u>	No. in <u>1952</u>	No. in <u>1953</u>	No. in <u>1954</u>	Goal for <u>1955</u>
No. project leaders (subject matter)	98	98	100	106	106
No. federation goal chairmen	15	30	15	17	16
No. program development leaders	15	15	15	15	15
No. of result demonstrators	45	50	65	28	40
No. meetings at which leaders were trained by specialist	5	5	9	7	6
No. meetings at which leaders were trained by district agent	0	0	0	0	0
No. meetings at which leaders were trained by agent	9	6	6	9	6
Attendance at training meetings	250	260	318	325	350
No. club meetings held by leaders without agent present	93	90	99	100	115
No. club meetings in which leaders assisted.	71	74	71	34	45
Total number of demonstrations given by leaders	95	60	70	80	100
Total number of talks or discussions by leaders	10	28	36	44	80

Give the leaders training for the jobs they are appointed to assume. This training to be administered by specialists, home agent, and other leaders. See that leaders are given an opportunity to put into practice the training they receive.

Project leaders conduct seven demonstrations in each organized club, and assist the agent with one demonstration. These leaders assist in giving demonstrations to unorganized groups of women.

B. 4-H Club

	No. in <u>1951</u>	No. in <u>1952</u>	No. in <u>1953</u>	No. in <u>1954</u>	Goal <u>1955</u>
No. 4-H Club Officers	64	64	55	55	55
No. adult project leaders	22	23	20	23	26
No. junior project leaders	10	10	12	12	14
No. result demonstrators	4	6	6	8	8
No. meetings at which leaders were trained by specialist	3	2	1	1	1
No. meetings at which leaders were trained by dist. agent	0	0	0	0	0
No. meetings at which leaders were trained by agent	6	5	5	5	5
No. meetings at which leaders were trained by personnel in 4-H department	0	0	0	0	0
Attendance at leader training meetings	143	86	76	88	88
No. 4-H leaders trained individually	10	8	10	10	10
No. club meetings held by leaders without agent present	33	19	16	20	20
No. club meetings at which leader assisted	62	68	70	80	88
No. demonstrations given by adult leaders	27	9	20	20	20
No. demonstrations given by Junior leaders	51	38	36	46	48

Train adult leaders for the projects they will teach and get them to assume more responsibility.

Teach Junior 4-H leaders to be more efficient. Give them more opportunity to function.

4-H club officers be trained by a state 4-H club agent and home agent assist officers to use training received.

C. Young Men and Women's Clubs

	No. in <u>1951</u>	No. in <u>1952</u>	No. in <u>1953</u>	No. in <u>1954</u>	Goal <u>1955</u>
Number of club officers	15	15	15	20	15
No. adult leaders or sponsors	4	4	4	6	4

Have two young women to serve as leaders or sponsors for each organized Y.M.W. Club.

Have sponsors to attend seven monthly meetings of the clubs in the absence of the home agent.

Strive to have them assist with club activities.

Appoint committees of older Y.M.W. members to work up monthly program of recreation and education.

IX. PLAN FOR WORK WITH OTHER AGENCIES

1. County Welfare Department
2. County Board of Supervisors
3. Farmers' Home Administration
4. County Red Cross Chapter
5. Local Folio Campaign
6. Local T. E. Association

Cooperate with all agencies listed above. Give publicity to these organizations when it can be done in accordance with extension principles.

Encourage H. D. members to serve on committees when needed. Also encourage women to take advantage of clinics when held and get them to assist with the bloodmobile when it visits the county.

Submit reports to the Board of Supervisors. Present an annual summary of the work to board members.

Invite women and girls of the Farmers Home Administration to become members of H.D. and H-H clubs.

X. PLAN FOR DEVELOPING GOOD PUBLIC RELATIONS

A. Elected Representatives

Recognize a job that's well done.

Commend them for worth while efforts.

Recognize this group's ability.

Home agent display courteous, hospitable, and efficient service when working with this group.

B. General Public

Build public relations into every day activities.

Respond in a pleasing manner to requests made of you.

Be tolerant of people and try to understand their behavior.

Be pleasant and friendly every where.

Use media as radio, newspapers, reports, etc., to help in promoting good public relations.

C. Co-Workers

Cooperate with co-workers.

Work closely with this group and be interested in what they are accomplishing with their program.

Be prepared to receive constructive criticism.

D. Commercial Interest

Some of the commercial interest with which we work are: City Service Oil Company, Virginia Electric and Power Company, The Northern Piedmont Electric Cooperative, Stores in Culpeper, Radio Station,

Newspaper, Local Insurance Companies, and Banks.

To show appreciation to these interest for the help they give the Extension program in Culpeper. To keep them informed about the programs they help with. To show them how the club members have benefited by their help.

E. Other Professional Workers

Home agent be informed as ^{to} their program. Recognize these workers' abilities and use such when its possible.

Be tolerant at all times and show a friendly, courteous manner toward them.

Render assistance and cooperation when its requested and needed.

XI. PLANS FOR RECORDING PROGRESS AND EVALUATING PROGRAM

Send monthly and annual reports to State Extension Office.

Collect reports when definite phases of the program have been completed.

Encourage leaders to collect and summarize reports from individual members. Submit club summaries to the county home agent. Get 4-H leaders to collect and summarize reports of club members.

Try to keep more detailed records of different phases of the work. Evaluate the program by comparison of present accomplishments with the past at regular intervals, probably quarterly.

By expanding the scope of work and by an increase in requests for assistance.

By reviewing the year's program and goals with the club officers to see if we are accomplishing what we planned.

XII. Plans for Professional Improvement

A. Organized Study

Attend district tailoring clinic.

Attend clinic on freezing foods.

B. Read:

1. Eight professional books during the year.
2. two professional magazines
3. Subscribe to a large number of magazines for the home.

C. Membership in Professional Organizations

Member of Virginia and American Home Economics Association.

Attend State Home Economics Meeting.

Join Home Demonstration Agents' Association.

E. Planned Educational Trips

Visit five museums.

Spend two days in Williamsburg.

Shop Better Dress Shops to keep up with commercial finishes
on better dresses.

Hope to attend National Home Demonstration Agents Conference

XIII. PLANS FOR COOPERATING WITH OTHER EXTENSION AGENTS

Record Keeping by farm and home agent on specific families for the
Washington Department of Agriculture.

Work with farm agent on the Farm and Home Development program which
is to be introduced to a few families in each non-pilot county.

XIV. PROBLEMS IN CARRYING OUT THE EXTENSION PROGRAM IN CULPEPER COUNTY

1. To get club members to spread the influence of the Extension
Program to non members.
2. The lack of initiative and responsibility shown by a large
number of club members.
3. Need for enrollment of more younger members.

4. Few 4-H club project leaders.
5. Little interest among older boys and girls in joining 4-H clubs.

Plans for Meeting Problems

1. Give publicity to the program through press, radio, meetings, exhibits, tours, and special events.
2. Make home visits to new families and give demonstrations to unorganized groups.
3. Interest club members in bringing more of their friends into their clubs.
4. Use special interest meetings and result demonstrations to increase interest and cooperation.
5. Interest younger members by offering through the program topics of special interest to them.
6. Secure more 4-H project leaders and help them to take more responsibility.
7. Have 4-H program presented at H. D. club meetings in any effort to increase interest.