

ANNUAL NARRATIVE REPORT
of
EXTENSION WORK
in
ORANGE COUNTY, VIRGINIA

December 1, 1954 to November 30, 1955

(MISS) ELEPHARE HOOD, COUNTY HOME DEMONSTRATION AGENT
(MRS.) MARYJANE C. EGGBORN

SECRETARY

TABLE OF CONTENTS

I - COVER PAGE	Page 1
II - TITLE PAGE	2
III - TABLE OF CONTENTS	3
IV - COUNTY SITUATION	4
V - ADULT WORK	5
Project Work	
Foods	5
T.O.P.S. Club	6
Clothing	7
Home Management	8
House Furnishings	9
Rural Arts	10
Landscaping	10
Federation Goal; Health	10
Community Projects - Fair	11
VI - FARM AND HOME DEVELOPMENT	11
VII - 4-H CLUB WORK	12
Project Work	
Foods and Nutrition	12
Clothing	12
Room Improvement	13
Health	14
Money Management	14
Other Activities	14
VIII - YOUNG MEN AND YOUNG WOMEN'S WORK	15
IX - SCOPE OF WORK	15
X - ORGANIZATION	15
XI - LEADERSHIP	16
Contributions of Leaders	16
Growth of Leadership	17
Outstanding Leader	18
APPRAISAL OF YEAR'S WORK	18

IV. COUNTY SITUATION

When plans for the 1955 program were made, Orange County was suffering from the effects of a two year drought, and was beginning to recover from the effects of a strike at Virginia Metal Products during the summer of 1954. This strike had marked a lull in the income of rural families, both farm and non-farm. However, prospects for sharing in the general upward trend of employment and business were good.

The population of Orange County remains at approximately 12,000 people, a figure which has varied little during the past two decades in spite of a large transient population in both the towns of Orange and Gordonsville, and in the open country. The movement to the country of many families, who are not farming continues, and gradually increases the percentage of rural non-farm families.

Livestock and poultry are the principal types of farming. Industries include a large textile plant employing about 600 people, mostly women; a velvet mill, 2 hosiery mills, Virginia Metal Products, employing 600 or 700, mostly men; a large lumber plant and several smaller ones, and several small industries of varied types. Our industries employ many people from a radius of 20 to 30 miles, which means that workers from other counties, as well as our own, spend much time in the area.

About 25% of the white women of the county are employed outside their homes.

Better incomes and improved homes are long time goals. The health survey completed in 1954 focussed attention on health needs; this resulted in emphasis on better health facilities, education and practices.

34
72

V. ADULT WORK

A. Project Work

1. Foods

The county program for foods this year included the following objectives:

- a. Better family nutrition, with emphasis on adequate meals with lower caloric content. Since the health survey showed that obesity is a common problem here as elsewhere, this seemed important.
- b. Economical use of foods - greater use of homegrown fruits, and more use of inexpensive meats, since meats are a large item in the family food budget.
- c. Efficient use of the homemaker's time in food planning and preparation. Three foods demonstrations were included in home demonstration club calendars, and a special interest group for overweights was organized. The club demonstrations were:

July - Fruits in Family Meals

October - Quick Meals

November - Low Cost Meats

Miss Janet Cameron trained foods leaders for the July demonstration in March. Mrs. Thompson trained leaders for October and November demonstrations in August. Leaders have expressed the hope that in the future training meetings may be scheduled nearer the time they will give club demonstrations.

In spite of the fact that 2 of the 3 foods demonstrations came at the end of the club year, more women reported making use of information gained in the foods

projects than in any others. The demonstration on quick meals proved especially popular, with 67% reporting that they have already used it, and passed along information to an average of 3 others already. The fruit demonstration was next in popularity, with the same number making use of it and telling an average of 2 others. One interesting experience in connection with the fruit demonstration was helping a housewife find use for 25 gallons of juice she had owned from wild grapes found in the woods.

Demonstrations of ways to serve inexpensive meals were given in November. Before the end of the month 60% of the women reporting had already used this, with information shared with an average of 2 others. In putting on this demonstration several clubs held all day meetings, using foods prepared in the demonstration for lunch.

In January, the agent organized a "Take off Pounds Safely" club, abbreviated to TOPS, for women wishing to take off excess pounds. Nineteen women attended one or more meetings, 14 actually enrolled and 12 completed the four months period of following recommended practices to take off weight. The average weight loss was 11 pounds. Each of these women told others of her experience; while no others enrolled officially, there have been numerous verbal reports of others who profited by the work of this group. Meetings were held every two weeks, with a demonstration or talk by the agent, the group leader or outsiders at each meeting. The highlight of each meeting was "weighing in", and recording progress made. Miss Janet Cameron, state foods specialist, met the group once. At the last meeting, Miss Ilya DesPortes, physical education teacher at Orange High School, demonstrated exercises for spot reducing, a topic in which members had expressed great interest. The State Health Department bulletin, "Food Is Tops", was used as a guide for diets.

Throughout the year, the agent has had many inquiries about freezing and canning foods. More abundant rains this year resulted in better

gardens, and there has been a marked increase in production and preservation of foods.

2. Clothing

At our County Home Demonstration Committee planning meeting the consensus of opinion was that our clothing program had touched almost all phases of clothing except the renovation of hats, an expensive item in the homemaker's wardrobe. Longer life for old hats through cleaning and restyling was set up as a clothing objective for the year.

The other objective was to help homemakers make better use of basic wardrobes by the addition of well-chosen accessories.

Demonstrations were:

January - Making over hats

February - Accessories to pep up my clothes.

In November Miss Iva Byrd Johnson, clothing specialist, gave a demonstration of cleaning and restyling hats. This was well attended, and the agent and leaders repeated this demonstration in the clubs in January.

At the end of the year the agent was agreeably surprised to find how much use had been made of this demonstration. Thirty-eight per cent of the women reporting had made some use of it, with an average of 2 hats done over. One woman had remodelled 10, and was delighted with her work. Half of the women had assisted an average of 4 others to do the same thing.

The leader training meeting on accessories was handled by the agent, with very able assistance from Logget's Department Store in Orange. The agent explained to the manager and women's wear department buyer the system of using leaders for demonstrations in clubs, and went into educational policies of the Extension Service and the principles she desired to get across in this demonstration. Everyone in the store was

most cooperative. Several basic costumes were selected from stock in the store, choosing costumes that were suited to the mature woman and to girls in their teens. Then accessories for these were chosen. The store lent two models to wear them, and the buyer came along to explain trends and answer questions. The meeting was held in the home economics department of the high school, and a number of students looked in on the demonstration between classes.

After this very excellent showing, leaders were divided into small groups. Each group selected 1 woman in it, and chose accessories for her costume from a pool of accessories which all the leaders had brought. The group then presented their representative, and reasons for the choice of accessories they had made. Some of the transformations were truly remarkable. Everyone enjoyed this experience, and leaders went home with concrete ideas as to how they might put across a demonstration in their own clubs. Two of the larger clubs repeated the style show, and all clubs had members participate in the actual choice of accessories after presenting general principles of selection.

Fifty per cent of the women reporting had used this demonstration, and each woman had told an average of 3 other people about it.

3. Home Management

Since the past few years have brought to market a great variety of new floor coverings and new products to care for different types of floors, the County Committee thought a study of these materials and the proper care for each kind of floor would be very helpful.

A demonstration on the care of floors was scheduled for September. This necessarily included a study of the materials used for floor coverings.

Samples of various types of floor coverings were loaned by one of our local stores. Upon Miss Alverson's suggestion, the agent wrote to

several companies making cleaning supplies, and samples of equipment and materials were obtained from them.

Great interest was shown in these demonstrations. In reporting, 57% of the women said they had already made use of this information.

The agent has also had many calls for information about refinishing wood floors, and finishing pine boards in rooms and cabinets made of pine.

2. Kitchens

The agent has assisted in planning 7 kitchens. The agent and 2 women attended Miss Alverson's meeting on kitchens and equipment in Charlottesville on September 27.

3. Bathrooms

The agent has assisted in planning 1 bathroom for a country home, and given information to other families.

4. House Furnishings

Objectives of the house furnishings program were:

- a. To help homemakers adjust window treatments to new trends.
- b. To help families, especially young families, to buy furnishings wisely, using what they have and adding suitable pieces.

Demonstrations chosen were

April - New Trends in Curtains and Draperies

May - Accessories for the Living Room

June - Combining Old and Modern Furniture

After an office conference with Miss Ruth Jamison, House Furnishings specialist, the agent conducted two training meetings for leaders. These were held in the home economics department of the County High School, which furnishes some very good examples of principles to be stressed in demonstrations of this type. Local stores, and especially a local interior decorator's shop, were most kind about lending materials and equipment for these demonstrations.

Next to foods, the house furnishings program seems to have been of interest to the most people. Sixty per cent of the women reporting had used information about curtains and draperies, 51% about accessories, and 40% about combining furniture.

5. Rural Arts.

Several clubs have held work meetings to continue some of the crafts already studied; no new crafts were taken up during the year. After these meetings home-makers have expressed great satisfaction in completing long-time projects, such as bedspreads and rugs. These all day meetings seem quite valuable for their social features also.

The agent assisted 2 Vacation Bible School groups with information for their crafts work.

6. Landscaping

On Oct. 19 Mr. Albert Beecher visited the county, setting up long-time plans for 2 results demonstrations, and visiting 2 other homes and the County High School grounds for which he made plans previously. In the afternoon, he lectured to the Orange Garden Club and showed slides of good planning in landscape design.

At present, Mr. Beecher is corresponding with the Superintendent of Schools about landscaping plans for Lightfoot School.

Throughout the year, the agent has answered many inquiries about the control of boxwood leaf miner, which is now prevalent here. She has also distributed bulletins, printed news articles and made radio talks on this subject.

7. Federation Goal-Health

After the health survey in the County, the Home Demonstration Committee thought it appropriate to work on the Health Goal, with emphasis on

1. An adequate medicine chest in every home
2. Cultivation of wholesome mental attitudes in children and adults.
3. Control of obesity
4. First aid and home safety

Through our local and State Health Departments, we were fortunate to secure

Dr. A. W. Jeffries, chief psychologist of Western State Hospital, to talk to our Federation Goal leaders on mental attitudes. Dr. Jeffries came to us on March 4. We invited representatives of all other civic organizations, schools and social agencies to share this meeting with us. After this, the May programs in our clubs were devoted to this phase of our goal.

Also throughout the year a short period at each club meeting was given to a talk or discussion of some phase of mental health. Those were in charge of Goal leaders.

Approximately half the women reporting said they had found the health program beneficial. However, the results of this effort can not be measured entirely by statistics or numbers. One young housemaker told the agent that information she had found in one of the pamphlets, which she did not care to discuss with anyone, had brought a great deal of happiness to her family; she felt that one item had been well worth her time and effort in participating in home demonstration work, even though she never received any other benefits.

The women who reported had passed on health information to an average of 3 other people each.

Half the women had checked home medicine chests, and 36% had made use of first aid and safety information.

A report of the TUPS club has been given under the section above, under foods and nutrition.

The agent reported on the Orange County Health Survey twice at the Rural Institute. She has also answered inquiries from 2 other counties regarding it.

B. Community Projects

The clubs of the county cooperated in putting on a very successful fair at the High School on Sept. 9.

VI FARM AND HOME DEVELOPMENT

The farm and home development program has been presented to the County Home Demonstration Committee, and to different Clubs. At the County Rally Day program, it was

presented by both the farm and the home agents. It has also been discussed in a radio program.

To date five families have been interested in farm plans, but none in a complete farm-and-home development program.

VII 4-H CLUB WORK

A. Project Work

1. Food and Nutrition

Food work in the 4-H Clubs was less popular than usual this year, with only 2 minor groups choosing the project "Meal Planning and Preparation". Both groups were small, but had excellent leaders. The agent met with each group the first time, then the leaders completed the projects with the girls. As results, the 7 girls who were enrolled prepared

Cereals - 17 times
Milk dishes - 31 times
Eggs - 16 times
Packed lunches - 62 times
Vegetables - 66 times
Cake and cookies - 36 times
Salads - 29 times
Complete Meals - 15 times

2. Clothing

Clothing was by far the most popular project of the year. Three clubs chose "Looking Your Best" as their project during the school year, and six groups meeting in homes chose clothing construction. In most groups some were beginners, and others took the more advanced project "Make or Remake".

Since most of the girls in the Senior High School group had

already taken "Looking Your Best", the agent arranged more advanced demonstrations for them, stressing color choices, details such as the use of costume accessories, and general rating. There were 40 girls in this group.

One demonstration which the girls particularly enjoyed was the correct use of costume jewelry. This was given by a local woman who was formerly connected with a large department store in Philadelphia.

Reports showed:

- 53 girls improved their general rating
- 76 " " posture
- 19 " " color choices
- 18 " " use of costume accessories
- 77 " " care of shoes
- 62 " " hands
- 62 " " skin
- 48 " " teeth
- 49 " " their voices
- 59 stored clothing seasonally

3. Room Improvement

Three groups chose Room Improvement as their project during the school year. Since these were all younger girls, emphasis was placed on learning to make a bed properly, learning the best length for sheets, caring for their rooms properly, drawing room plans and rearranging furniture when advisable, and making color schemes.

Results:

- 50 girls made beds 3 months or longer
- 48 " learned best length for sheets
- 52 " made room plans
- 48 " rearranged furniture

38 girls made color schemes

4. Health

The 6th and 7th grade group in Orange chose health as their project.

- 34 learned the Basic 7 foods
- 22 included these foods in their meals daily
- 23 cared for their teeth properly daily
- 17 had regular dental check-ups
- 29 washed hands before eating
- 30 improved posture
- 19 learned about 3 or more local health agencies
- 12 prepared club reports on local health agencies.

5. Money Management

The 6th grade in Orange chose a money management project. Twenty-six started with much confidence, but, like their elders, they encountered many difficulties and 10 fell by the wayside. The highlight of the project was a demonstration and talk by the agricultural representative of the National Bank of Orange.

- 15 girls listed weekly expenses
- 15 " developed a spending plan
- 15 " kept accounts

B. Other Activities

1. The 4-H cooperated with the F.F. A. and several adult groups in putting on a successful County Fair at the High School on Sept. 9.
2. There have been 2 meetings of the County Council.
3. A picnic for all Club members was held at Sherando Lake on July 7. Approximately 130 members, parents and leaders attended.
4. Five girls and the agent spent the week of Aug. 8 at Holladay Lake district camp. This was the week that hurricane "Connie" passed

through Virginia.

5. Helen Woolfolk, of Lahore, went to the State Short Course at V.P.I. and was made an All Star.
6. Helen Woolfolk and her mother, Mrs. L. C. Woolfolk, who is an outstanding h-h leader, attended the All Star recognition banquet in Lurey with the agents on Nov. 8.
7. The h-h Clubs entered a float in the Christmas parade staged by the Retail Merchants Association on Dec. 4.
8. The Senior High School Club gave a very successful dance on March 11.

VIII. YOUNG MEN AND YOUNG WOMEN'S WORK - REPORTED UNDER ADULT WORK ABOVE

IX. SCOPE OF WORK

A.	1951	1952	1953	1954	1955
No. H-H Clubs or Circles	14	14	13	13	12
Membership	252	256	290	256	260
No. h-h Clubs	7	7	7	7	8
Membership	205	215	264	302	260
No. other families reached	1700	1750	1800	1800	1800
No. of different families reached	2000	2000	2100	2100	2100

B. Home demonstration work has been publicized through news articles, radio broadcasts and exhibits. There was a continuous program of news articles and radio broadcasts throughout the year. During National Home Demonstration week there were special programs, and the chairman of the County Home Demonstration Committee was responsible for a very effective exhibit in the corner window in a popular drug store on Main St. in Orange.

X. ORGANIZATION

A. County Home Demonstration Committee

The County Home Demonstration Committee plans and carries out the program for all Homeowners Clubs. There are two meetings a year, a fall planning meeting and a spring progress report meeting. The Committee

is made up of club presidents, program development leaders and a few members-at-large.

B. County 4-H Council

The Council plans for the overall county program - Fair, County picnic, Achievement Day. This year 2 meetings of the Council were held. All club officers, leaders, sponsors, and Extension agents are members.

XI LEADERSHIP

A. Contributions of leaders

1. Organization

Organizational leaders assume responsibility for all routine matters in their groups, and promote cooperative programs with other organizations. The presidents and secretaries of clubs particularly deserve great praise for their enthusiastic, untiring service.

2. Program development

Each club has a program chairman whose duty it is to be constantly alert for program ideas, to lead program discussions in her club during the summer months, and to represent her club at county planning meetings. They report results of the county planning meeting to their own clubs and help make any program adjustments desired.

3. Subject Matter

Subject matter leaders conduct some of the club demonstrations, some of the special interest meetings, and give a great deal of information to individuals who are not club members.

B. Growth of Leadership.

HD Club Projects Leadership	1951	1952	1953	1954	1955
No. Project Leaders (subject matter)	70	60	82	53	54
No. goal chairmen	13	14	13	13	12
No. Program development leaders	13	14	13	13	12
No. result demonstrators					2
No. training meetings by specialists	5	5	2	3	2
by district agents	1	1	1	1	
by agent	4	6	6	6	5
Attendance at all training meetings	133	159	101	143	131
No. meetings without an agent	56	59	52	68	53
No. meetings leaders assisted	80	23	55		14
Demonstrations by leaders	80	23	53	67	53
Talks and discussions by leaders				13	15

Growth of h-H Club Project Leadership	1951	1952	1953	1954	1955
No. club officers				35	40
No. adult project leaders	15	19	8	13	17
No. result demonstrations					
No. training meetings held by specialists	5	0	0	0	0
by agent	7	8	2	3	2
Total attendance at leader training meetings	7	14	10	33	19
No. h-H leaders trained individually	12	17	8	13	17
No. club meetings held by leader ^{agent} without	20	22	17	29	22
No. additional club meetings at which leaders assisted					11
No. demonstrations given by adult leaders					22
by junior leaders					2

C. Outstanding Leader

Mrs. C. A. Mayhugh, of Gordonsville, has many qualities of a natural leader. Since becoming president of her club, she has built up membership and attendance at meetings; her interest in people, enthusiasm for home demonstration work and practical good sense carry a group in whatever she undertakes. In addition to being a good executive, Mrs. Mayhugh has attended nearly all leader training meetings, bringing leaders with her and assisting them with demonstrations afterward. All of her children have been 4-H club members. She has served as a 4-H leader in various projects.

Mrs. Mayhugh was a moving spirit in organizing the TOSS club, and served as its chairman.

She is also active in church work, P.F.A. and other community organizations.

XII. Appraisal of Year's Work

As in 1954, there is a growing demand for greater diversity of activity in both the Extension program as a whole and the services desired from the home agent. The trend toward less participation in group activity and more desire for specialized individual help, noted last year, continues to grow.

It is remarkable that the Extension program has held the interest and strong support of so many of the same women over a long period of years. They continue to be loyal in their services and like the educational methods to which they are accustomed. This is not true of our younger homemakers. They do not wish to form clubs, but want individual information obtained in the shortest possible time. If we are to serve this group effectively in Orange County, methods of service need to be adapted to the tempo of their lives.

We need also to give more consideration to serving the large

number of employed women in our county. The agent is very much interested in trying to work out some special way of serving the 500 or more women in the American Silk Mill, many of whom are from rural homes. The management of the mill is very cooperative, and will assist if a practical way of making contacts can be worked out.

72

1955 PLAN OF WORK

Name of Home Demonstration Agent (Miss) Elspeth Hood

County Orange

I COUNTY SITUATION

Two unexpected factors have weakened the economy in Orange County during 1954: another year of drought, and a two months shut-down at Virginia Metal Products, Inc. due to a strike. While damage due to drought was somewhat spotty, it was disastrous to some farmers, and hurt all because the large number of cattle rushed to market caused severe declines in prices. The loss of payrolls from Virginia Metals for two months affected both rural and urban families. Of course, there has been less money to spend for farm and home improvements, and also less for day-to-day family living.

Building of many small homes in rural areas continues. The school population is growing, and more and more women are entering business and industry.

There is increasing competition for the interest and time of all women who can and will participate in organized community activities. Two newly organized Garden Clubs, intensified Grange programs and three newly organized auxiliaries of fraternal organizations have all claimed the time and efforts of women whose chief outside activities were formerly church and home demonstration work. Television, too, has its devotees. In view of such competition it is really rather remarkable that so many women still give whole-hearted support to the home demonstration program.

RM

II THE ADULT PROGRAM

A- Subject Matter

Accomplishments

1. Foods

Objectives:

- a. Development of better nutrition, with emphasis on adequate meals with fewer calories.
- b. Economical use of foods.
- c. Efficient use of homemaker's time.

Procedure:

Include 3 foods demonstrations in program:

- July - Fruits in family meals
- October - Quick meals
- November - Low cost meats

Agent hold leader training meeting in June on use of fruits.

Mrs. Thompson train leaders in May for October and November demonstrations. Include use of frozen and canned foods, and broiler meals.

Emphasize value of home gardens and home preservation of food.

2-

House Furnishings

Objectives:

- a. Help homemakers adjust window treatments to new trends.
- b. Help families, especially young families, buy furnishings wisely, using what they have and adding suitable pieces.

Procedure:

Have 2 demonstrations

- April - New trends in curtains and draperies.
- May - Accessories for the living room

Leader training meeting conducted by Miss Jamison in April - preferably during first week of month.

3- Clothing

- a. Help homemakers make use of old hats by cleaning and restyling them.
- b. Help homemakers make better use of basic wardrobes by the use of well-chosen accessories.

Procedure:

Miss Johnson will train leaders for hat clinics in November. Hat clinics will be held in clubs in January.

In January, agent will train leaders for demonstrations of accessories. Miss Johnson will supply printed materials. Clubs will have accessory demonstrations in February.

4. Home Management

Objective:

To help homemakers use best methods of caring for floors of different types.

Procedure:

Ask Miss Alverson to train leaders in February, or to have agent attend a workshop to secure information for training leaders later in the year.

Have demonstration of floor care in September.

5. Crafts.

Objectives:

Encourage homemakers to practice crafts already learned.

Procedure:

Encourage special interest meetings to continue work on crafts under leaders already trained.

Some clubs will have "work days" for club choice meetings, working on several types of crafts.

B. Federation Goal: Health Objectives.

1. Adequate medicine chest in every home.
2. Emphasis on cultivation of wholesome mental attitudes in children and adults.
3. Help homemakers and others face problem of obesity.
4. Stress first aid and home safety.

Procedure:

Ask help from State Department of Health in getting speaker to train leaders for program on mental hygiene in clubs. Training in February, program in all clubs in March.

Organize 1 or more TOPS clubs in January.

Have a 5 minute program in every club each month on some phase of first aid or safety.

Distribute list of needs of adequate medicine chest.

Before end of year check with all home demonstration club members to see if needs are supplied.

Other Activities

1. State And National
 - a. Pay club dues on time.
 - b. Have 30 women attend district meeting.
 - c. Have 10 women attend state meeting.
 - d. Observe National home demonstration week with radio program, news articles, exhibits in local stores.
2. County
 - a. Organize tour of club members to Beltsville Experiment Station in spring.
 - b. Hold fall Rally Day.
 - c. Participate in County Fair.

III 4-H Club Work

A. Project Work

1. a. Looking Your Best - Orange Senior Club
 - The Basic Costume
 - Use of Costume Jewelry
 - Foundation Garments
 - Becoming Hair Styles
 - Selection of Colors for Individuals
 - Rate Yourself
- b. Looking Your Best - Barbourville Club,
Unionville 4th and 5th Graders
 - Rate Yourself
 - Posture
 - Care of your Hands
 - Care of your Hair
 - Selection of colors for individuals
 - Care for your feet and shoes
2. Health Project - Orange 6th and 7th Graders
 - An adequate breakfast
 - What are the basic 7?
 - Posture
 - Health Organizations and what they do
 - Community Project
3. Home Improvement - Gordonsville, Unionville
6th and 7th Graders, Orange 4th and 5th Graders
 - Inventory of your room
 - A room plan
 - An attractive bedroom
 - How to make a bed
 - Care of your room
 - Choice of improvements to be carried during summer months

Accomplishments

4. Money Management - Grange High School
8th Graders

1. What is Money?

- a. Making a Christmas Gift List
- b. Where Does my money come from
- c. What are my necessary weekly expenses
- d. What are my choices in spending
- e. My record of expenditures
- f. My budget

5. Food Preservation

Conducted in Summer Months, adapted to needs of girls
in each neighborhood group.

6. Clothing- Make and remake

Adapted to needs of each small summer group.

7. Meal Planning and preparation given in summer.

Plans for each group worked out with leader.

B. Other Activities

1. Work with county council
2. Have a social event in each of clubs during the year
3. Hold county achievement night
4. Have county picnic in summer
5. Have 20 girls attend Holladay Lake Camp
6. Observe National 4-H Club week
7. Have quota of girls at State Short Course
8. Have representatives in area contests for projects carried during year
9. Put on County Fair in cooperation with F.F.A. and Huritan Clubs

IV. Young Men and Young Women's Work

- A. This work will be accomplished through adaptation of Homemakers Club programs to needs of younger group in Gordonsville, Efforts will be made to organize 1 other such group.

V. Farm and Home Development

Plans for this will be made after attending special district meeting in January.

Accomplishments

- C. County 4-H Project Planning Committee :
Call summer meeting to plan 1954-55 projects. :
- D. Garden Clubs :
Present plans for county-wide Home Grounds project :
(Federation Goal), ask for participation. :
Ask qualified members to talk to Homemakers on specific :
subjects, such as "Roses for the Home Garden". :
- E. All Stars :
Use as judges or leaders when possible. :
- F. Granges :
Follow same plan as Garden Clubs. :

VIII. Plan for Leadership.

A. Home Demonstration

	No. in <u>1951</u>	No. in <u>1952</u>	No. in 1953	No. in <u>1954</u>	Goal <u>1955</u>
No. Project Leaders (subject matter)	70	60	82	54	75
No. federation goal chairmen	13	14	13	13	14
No. program development leaders	13	14	13	13	14
No. result demonstrators					
No. meetings at which leaders were trained by specialist	5	5	2	3	2
No. meetings at which leaders were trained by dist. agents	1	1	1	1	1
No. meetings at which leaders were trained by agent	4	6	6	6	6
Attendance at training meetings	133	159	101	143	160
No. club meetings held by leaders without agent present	56	59	52	68	70
No. club meetings in which leaders assisted	80	23	55	50	60
Total number of demonstrations given by leaders	56	59	52	67	70
Total number of talks or discussion by leaders				13	15
Describe your plans for training and using all types of leaders in carrying out 1955 program.					

B. Plans for Training and Using Leaders

1. Project Leaders

Hold training meetings, conducted by specialists or agent, for each project. Supply printed or mimeographed materials where needed.

At each training meeting have definite understanding with leaders from each club which demonstrations they will give, which they will give.

Training leaders in small groups if they cannot attend county meetings.

2. Goal Chairman

Secure help from State Health Department for training. Also get assistance from local Health Unit for TOPS Clubs.

3. Organizational Leaders

Depend upon elected officers to take responsibility for conducting all club business.

Assist with information on parliamentary procedure or other help needed.

Keep in touch with officers through conferences and correspondence. Give public recognition to leaders for their services at every opportunity.

Accom-
plishments

IX. Work with Other Agencies

1. Health Unit - Ask help for Federation Goal programs and TOPS clubs.

2. Fair Association

Serve on committee, get judges for women's and girls' departments, aid in setting up exhibits.

3. Schools

Work with school programs as teacher request. Ask cooperation in conducting h-H work.

4. Farm Bureau

Attend annual meeting. Assist as requested.

5. Granges

Assist with programs and in other ways if requested.

6. Garden Clubs

Publicize Garden Week, club tours or other projects that may be of general other projects that may be of general interest to women in the county.

- | | Accomplishments |
|--|-----------------|
| X. Plans for developing good public relations with other agencies. : | : |
| A. Elected representatives : | : |
| 1. Make monthly report to Board of Supervisors. : | : |
| 2. Invite suggestions and advice through conferences and : | : |
| personal visits. : | : |
| 3. Submit summary of annual report to Delegate to Assembly.: | : |
| B. General public : | : |
| 1. Use radio and county paper to inform public about : | : |
| program. : | : |
| 2. Keep attractive office. Give courteous, friendly, : | : |
| prompt attention to individual requests for help. : | : |
| C. Co-workers : | : |
| 1. Hold frequent conferences. : | : |
| 2. Keep informed about coworkers by reading : | : |
| professional news publications. : | : |
| 3. Co-operate in joint activities involving other counties : | : |
| as well as in local affairs. : | : |
| D. Commercial Interests : | : |
| 1. Cultivate personal acquaintance with officers and : | : |
| employees. : | : |
| 2. Acknowledge services publicly when possible. : | : |
| 3. Offer any services of Extension that may be helpful. : | : |
| E. Other Professional Workers : | : |
| 1. Try to keep informed about work of other agencies : | : |
| through conferences, visits, and correspondence. : | : |
| XI. Plan for Evaluating Progress : | : |
| A. Check plan of work frequently. : | : |
| Confer with district agent and local officers of county : | : |
| and of County Home Demonstration Committee. : | : |
| Make Annual Report : | : |

Accomplishments

XII. Professional Improvement

- A. Read professional publications.
- B. Participate in activities of Home Demonstration Agents' Association, Virginia Home Economics Association, and American Home Economics Association.
- C. Attend Virginia Home Economics Association meeting in Roanoke in March.
- D. Confer with state office about attending a summer school.