

Annual Report

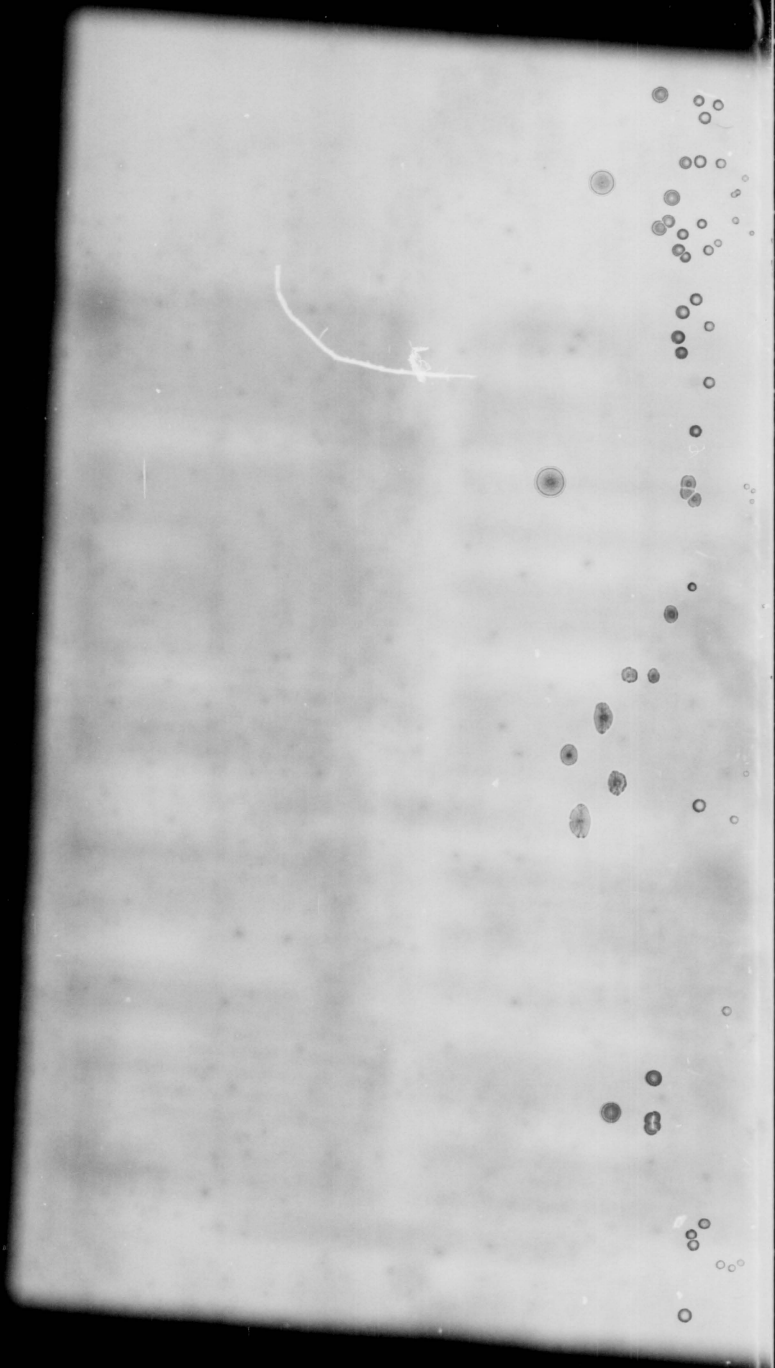
**COUNTY
EXTENSION
WORK**

Virginia Agricultural Extension

MATILDA H. BAILEY

agent

assistant agent



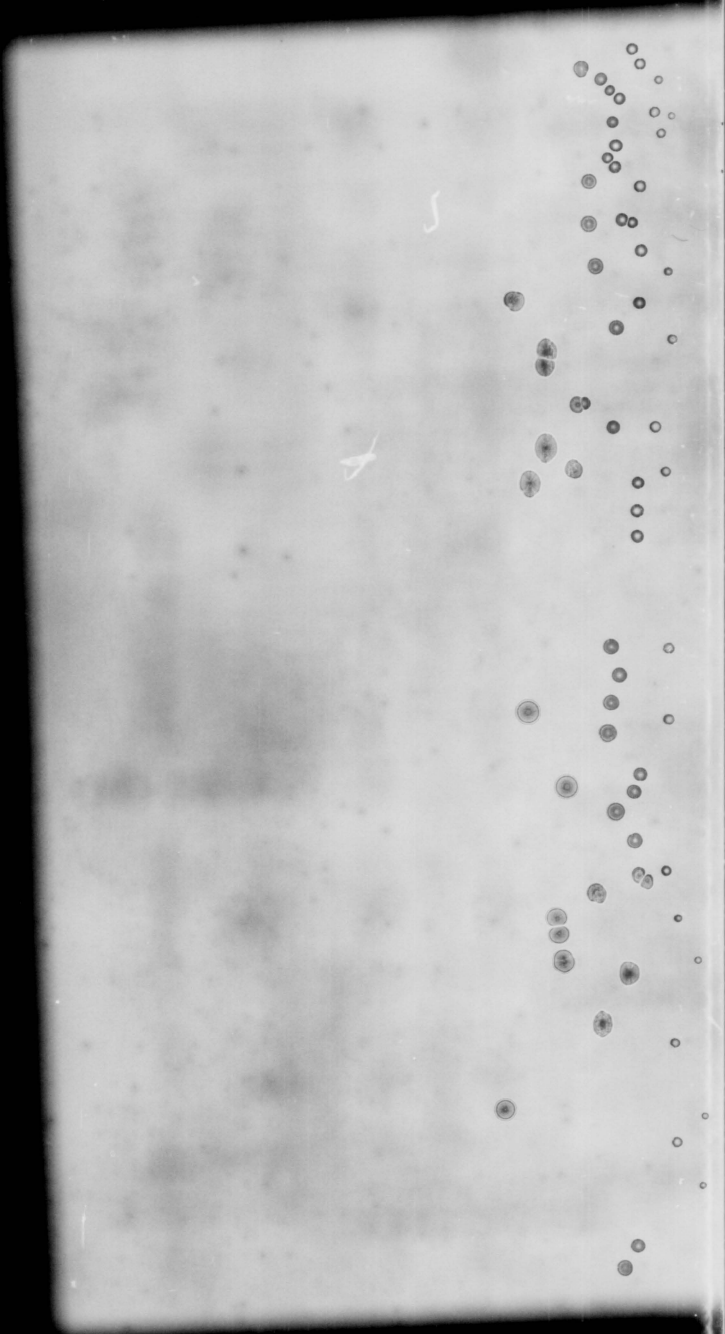
VIRGINIA AGRICULTURAL EXTENSION SERVICE

1955 PLAN OF WORK

CAMPBELL COUNTY

JANUARY 15, 1955

Matilda B. Morse--Local Home Agent



1955 Plan of Work for Campbell County

County Situation

Campbell County has for its first time a Negro Home Demonstration Agent. Because the work started at such an inopportune time of the year, the county situation has not been studied fully.

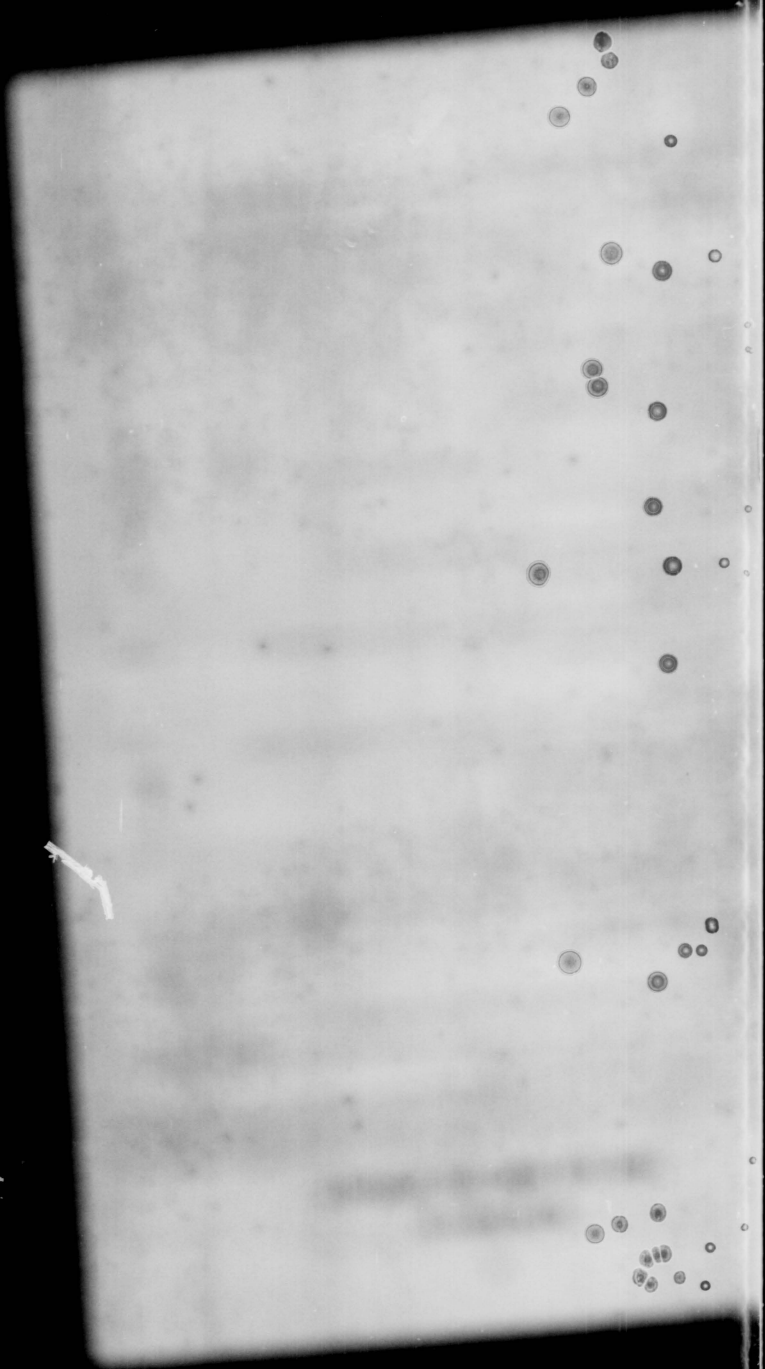
The county is divided into five districts. Two of the five districts of the county are predominately urban. Aside from the urban areas, there is a large population of rural people. According to the 1950 census there are 469 Negro farm operators, covering an area of 535 square miles approximately.

Most of these people in the rural areas engage in farming for their source of income and as means of supporting their families. Others in rural and suburban areas run grocery stores and sell merchandise in their respective communities. In the suburban areas many are employed outside their home areas in order to support their families. They are working with corporations such as factories, mills, plants, and so forth, in the more densely populated urban areas.

Economic standards are very low; therefore, the living standards and conditions are low, which is reflected in the type of dwellings in which they live, the food they eat, the clothing they wear, and the kinds of recreation they enjoy. There has been no real organization of home demonstration clubs as yet. Distinct efforts are being made to get a clear and understandable picture of the county situation before any real organized program is attempted.

The needs and interest of the people in the county are being taken into careful consideration and studied to its fullest extent. Help of the farm agent, vocational agricultural and home economics teachers, and other agricultural agencies is being ~~sought~~ so that the best possible conclusions can be reached for the betterment of the people in the county.

In many areas there are great numbers of young farmers and young housewives just getting started on their own. Most of them have large families and instructions are needed badly on ways of improving their standards of living and, at the same time, improve the standards of the communities which they live.



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II. Adult Program.

A. Organization of Home Demonstration Clubs.

Objectives:

1. To bring together groups of interest to receive ideas from each other.
2. To work in groups in order to reach more people.
3. To have group discussions of county problems.
4. To reach more people through group meetings.

Procedure:

1. Make home visits in the several communities.
2. Send circular letters.
3. Publicize through newspapers.
4. Meet with other community organizations.
5. Visit churches and schools.
6. Discuss home demonstration work individually and collectively.

B. Objectives of Adult Work

1. To help improve the standards of living.
2. To enable the people of the county to recognize the need for improvements.
3. To relate many ways in which the Extension Service can be of greatest value to rural people.
4. To bring in specialist in different subject matter fields.

C. Subject Matter Fields

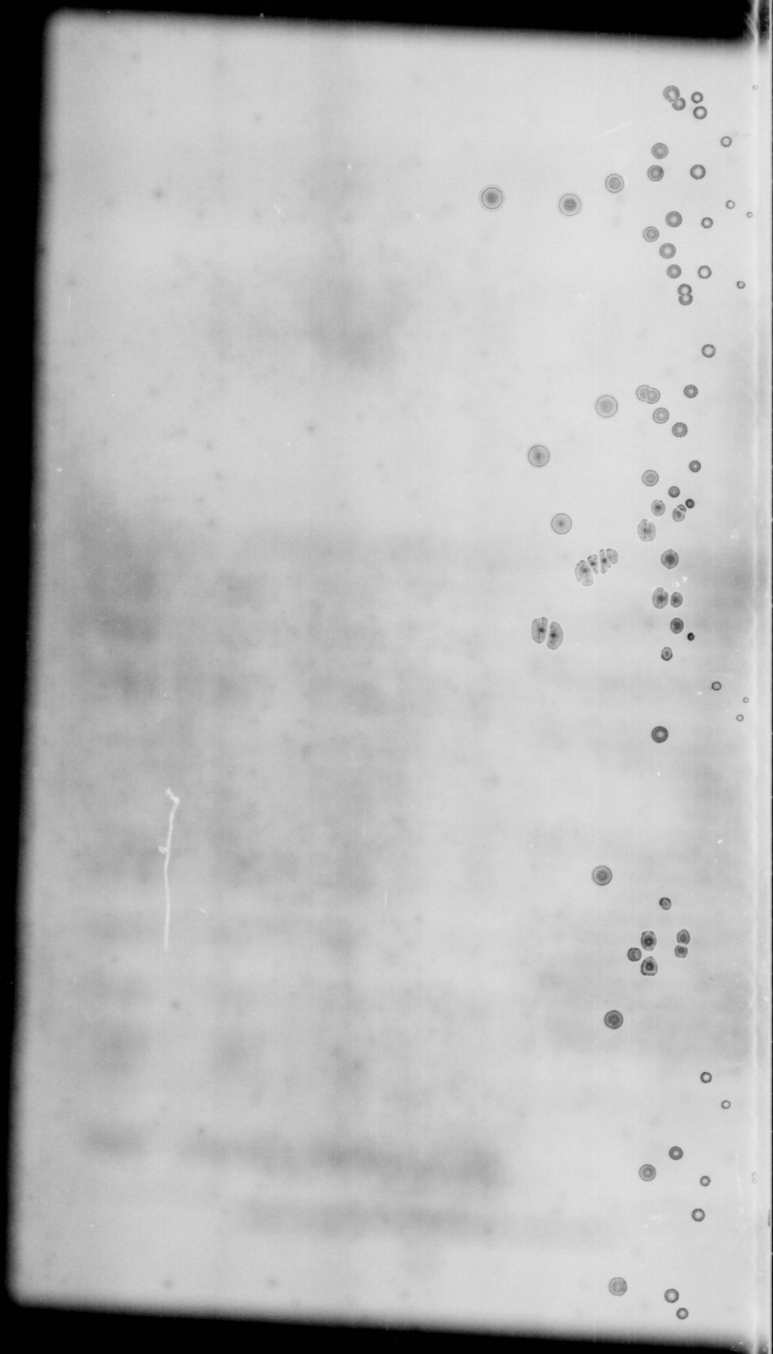
(1) Clothing

Objectives:

1. To teach the value of making clothes for the family.
2. To teach ways of reducing expenses by making clothes at home.
3. To teach the uses of patterns.
4. To teach selection of patterns suitable for different types of ~~use~~ such as, work clothes, all occasion, sport, and dress clothes.
5. To teach the selection of fabrics.
6. To teach the value of buying good materials and selecting conservative patterns.

Procedure:

1. To hold meetings with individuals interested in clothing.
2. To illustrate on flannel board.
3. To use charts, cutouts, patterns, samples for illustrative material.
4. To use ready-made garment showing the fine and weak points.
5. To hold workshops for clothing leaders.



(2) Food and Nutrition

Rural families need training in fundamentals of good nutrition and balance diets. They need to understand menus, recipes, and to gain experience in preparing attractive nutritious foods and refreshments.

Objectives:

1. To teach the value of a well-balanced diet.
2. To teach the food value that can be gotten from certain foods as meats, vegetables and fruits.
3. To teach the importance of growing a good home garden.
4. To teach the kinds of vegetables to grow in the home garden.
5. To teach the value of preserving as much food as possible.
6. To teach the selection of non home grown foods.
7. To teach protective foods and their importance to the diet.

Procedures:

1. Prepare flannel-graph demonstrations.
2. Make leaflets available to those requesting them.
3. Write News articles.
4. Give demonstrations on "Milk Drinks".
5. Give demonstrations on "New Ways With Packed Lunch".
6. Hold leader training meetings.
7. Cooperate with other concerns with food preparation.

(3) Home Furnishings

"There's no place like home" says many homemakers. These rural women recognize the need for better home furnishings. They also recognize the fact that if the surrounding things or furnishings are gloomy, they make everything else about gloomy. The point is things about us must be cheerful and bright in order for the housewives to keep a smile on their faces.

Objectives:

1. To teach the selection of furniture for all rooms.
2. To teach color schemes that can be used in rooms.
3. To teach the selection of fabrics that can be used for certain furnishings.
4. To teach refinishing of old furnishings.

Procedures:

1. To use charts, cutouts, pictures, showing different kinds of furniture.
2. To use color charts in selecting color schemes.
3. To give demonstrations in club meetings.
4. To hold refinishing workshop for persons interested in refinishing furniture.

(4) Management of time and energy

In order to achieve the best results housewives must know how to budget time and save energy that can be used to do other things. To do this, they have set aside as one of their goals, learning how to save themselves.

Procedures:

1. To hold meetings on time and energy saving methods.
2. To show the advantages of labor-saving devices.
3. Make out daily and weekly schedules of household chores.
4. Send newsletters to interested persons on time and energysaving methods.

(5) Home Garden

With the average rural family in need of supplementing supplies of food for the table and for the added nutrition and health giving value of fresh home-grown vegetables, productive year-round home gardens will meet the universal need of rural families.

Objectives:

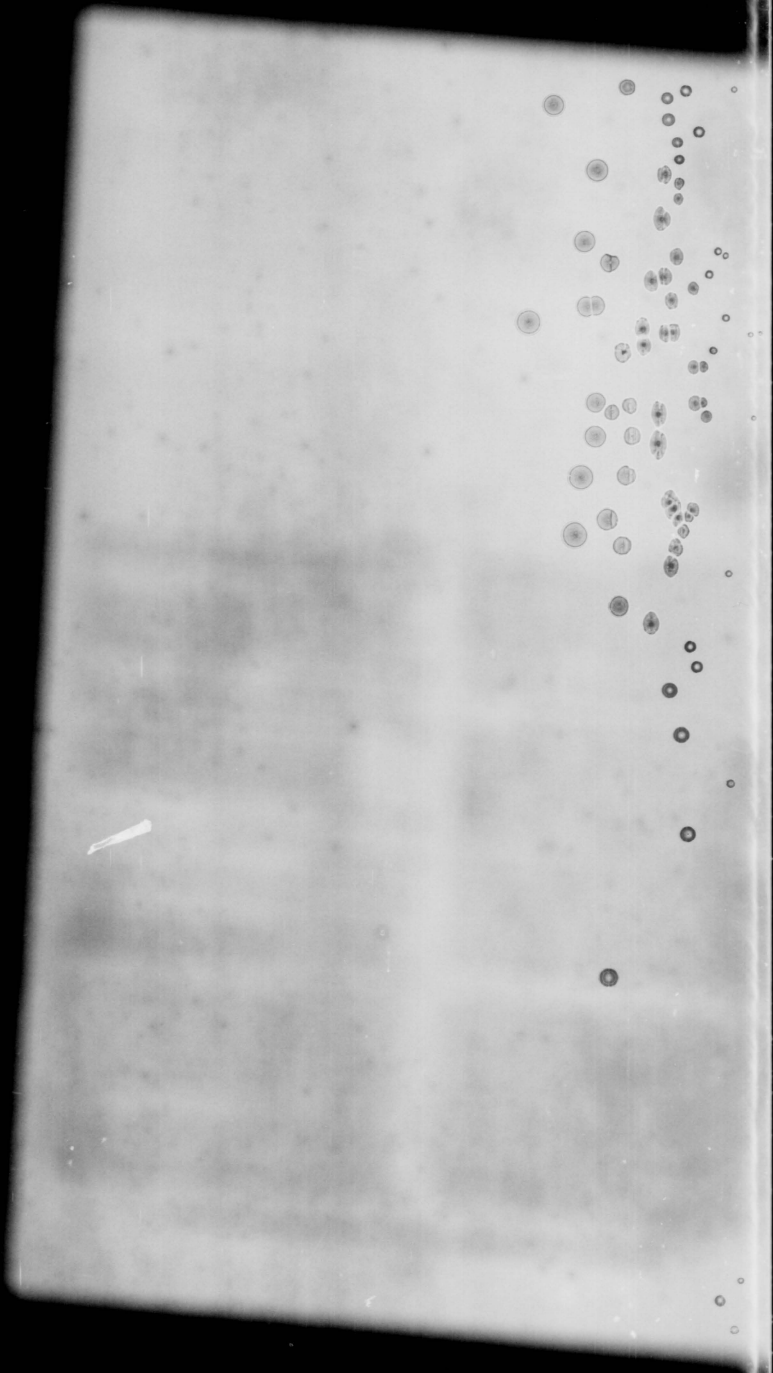
1. To give pertinent information on growing year-round gardens.
2. To encourage farm families to grow the necessary amounts of fruits and vegetables to supply the family needs.
3. To teach the kinds of vegetables to grow in the home garden.

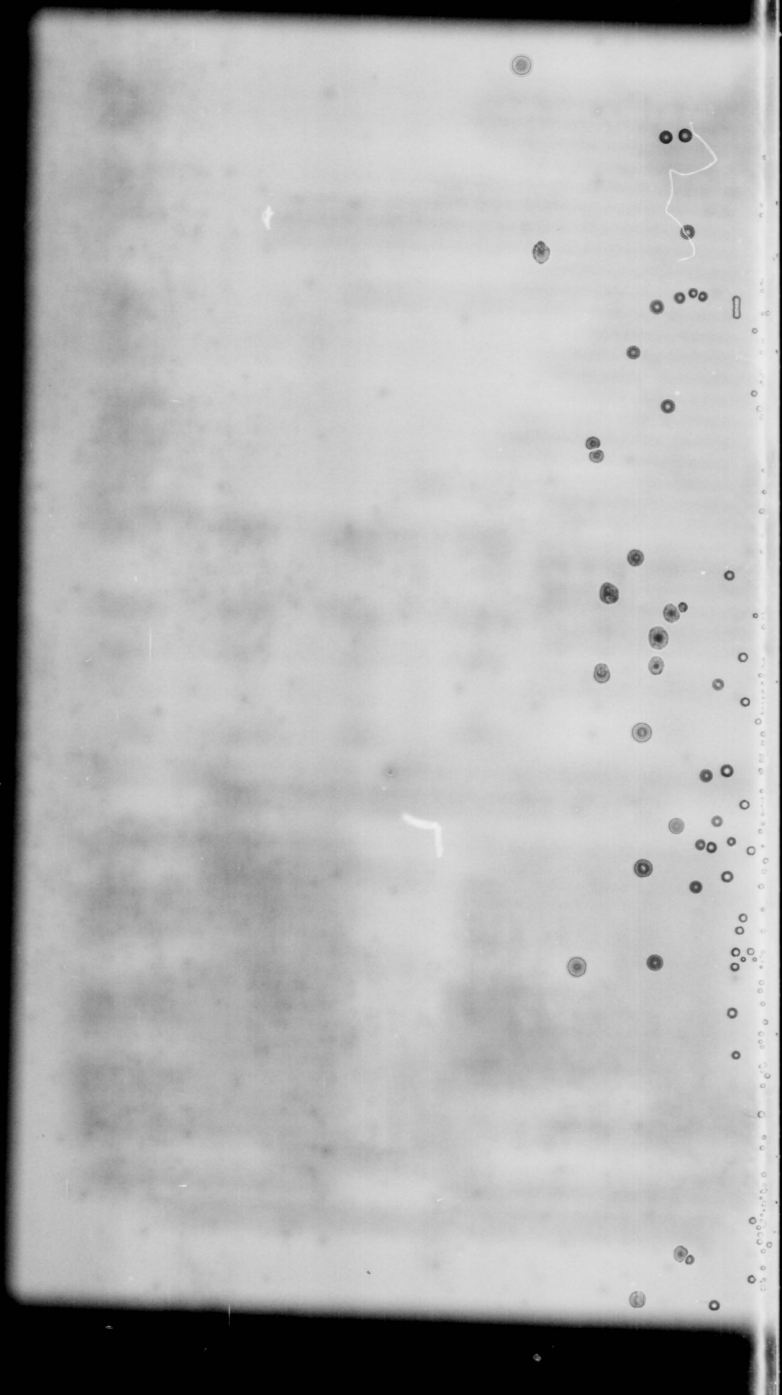
Procedure:

1. To hold discussions about gardening in monthly meetings.
2. To teach the control of garden pest.
3. To discuss the types of fertilizer to use for growing vegetables.
4. To teach using charts, movies, and flannel graph.
5. To make home visits.

(6) Housing

Families of Campbell County must recognize the need for better housing. Improvements in living con-





ditions, sanitary water supplies and adequate health facilities must be stressed.

Objectives:

1. To aid families who desire to remodel homes and plan new ones.
2. To help families realize the importance of having a well place in which to live.

Procedures:

1. To hold public meetings to discuss housing problems.
2. To secure specialist help for those interested in remodeling or building new homes.
3. To give demonstrations on sanitary water supplies.
4. To make home visits periodically.

D. Federation Goal

No federation goal has been selected as yet by families in this county. Our objective is to select a federation goal that would be of interest and need to every rural family. The goal will be selected on the basis of the most important thing that needs assistance and one that the people will recognize as being needed and will work towards accomplishing goals set up.

E. Other Activities

(1) Sanitary Water Systems

Objective:

To encourage more families to improve their sanitary conditions by putting running water in their homes.

Procedures:

1. To hold discussions on sanitary water supplies.
2. To hold a tour to the Appalachian Electric Company.
3. To give out bulletins and leaflets.

(2) Result Demonstrations

Objectives:

1. To set up at least two result demonstrations.
2. To encourage families to improve their living conditions.
3. To encourage families to set up goals of things they want to do and work towards its accomplishments.

Procedures:

1. To hold discussions in meetings with family members.
2. To distribute bulletins, leaflets and mimeograph material.
3. To give demonstrations where applicable.

4. To write news articles of accomplishments.
5. To take before and after pictures of improvements.
6. To make home visits periodically.

(3) National Home Demonstration Week

Objectives:

1. To acquaint the general public with Extension work.
2. To encourage more women to become interested in Home Demonstration Work.

Procedures :

1. Hold discussions in community groups.
2. Write news articles about extension activities.
3. Use visual aids, if possible, to relate some of the extension activities and accomplishments.
4. Hold a county-wide program.
5. Put up plaques and charts for advertisement.
6. Use radio, if possible.

(4) Celebration of Campbell County's 30th Anniversary of Extension

Objective:

To encourage more people to become interested in extension, to give them an opportunity to see, hear and gain extensive knowledge of the things that have been and can be accomplished as a result of extension being initiated in the county.

Procedure:

1. To hold a county-wide meeting in June.
2. To secure the interest and cooperation of the people in the county.
3. To bring in other extension workers to participate in the celebration.
4. To secure the cooperation of the advisory board.
5. To write news article.

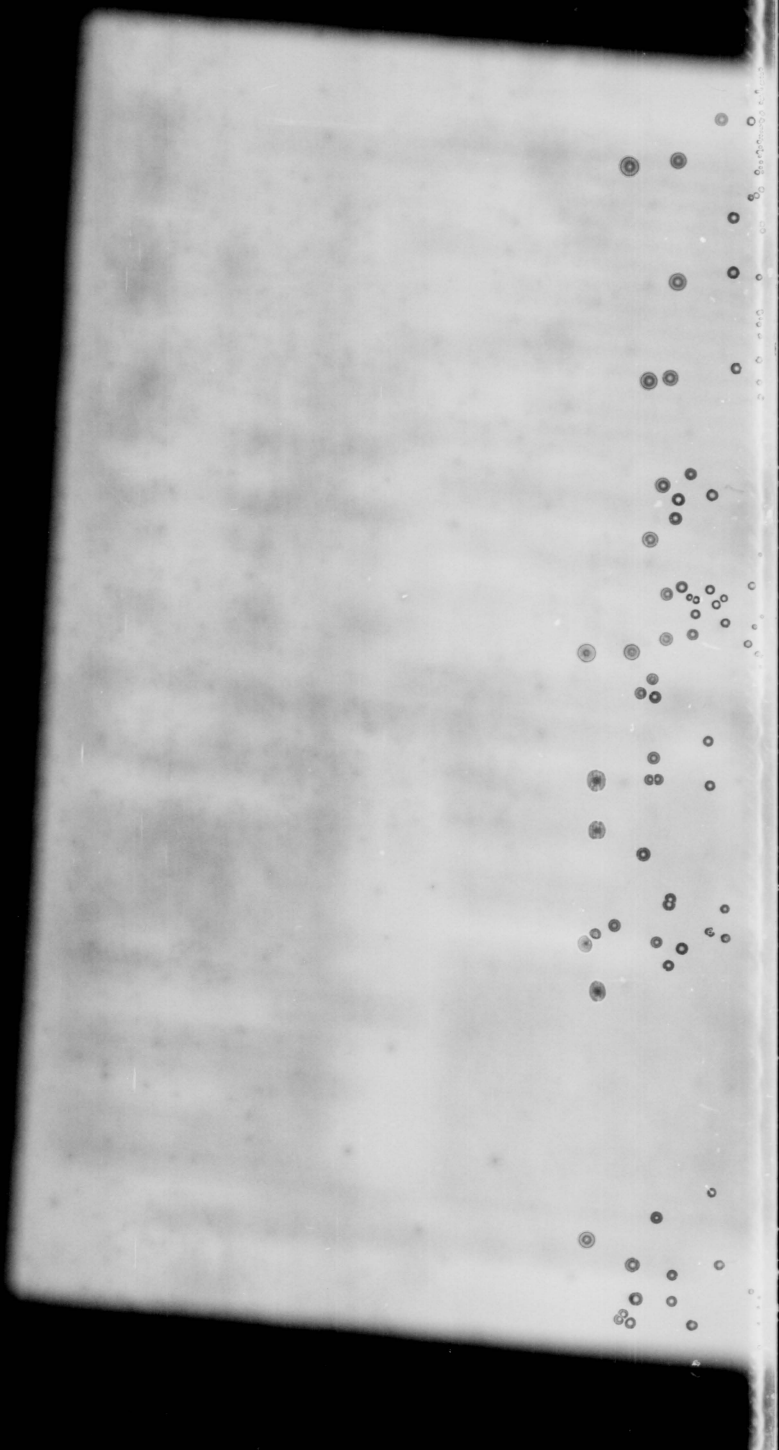
(5) Tours

Objectives:

1. To hold a tour to the Appalachian Electric Company to let the farm family see the experimental kitchen and the different kinds of electrical appliances and how they operate.
2. To inspire more farm women to use energy-saving and time-saving devices.

Procedures:

1. To contact company for reservations in order to have a guide to explain appliances.
2. To discuss among community groups.
3. To write newsletters concerning tour.



(6) Work in Unorganized Communities

Objectives:

1. To make these individuals understand the importance of extension work.
2. To depart with them pertinent information that may be of help to them in the home and on the farm.

Procedures:

1. Make home visits.
2. Set up result demonstration, if possible.
3. Write newsletters.
4. Distribute bulletins, leaflets and mimeograph material.
5. Hold meetings in the communities.

(7) Judging Done by Local Leaders

To develop ability in judging products made by adults and 4-H for both adult and junior leaders.

Procedures:

1. Use adult leaders to help judge projects put on county youth fair.
2. Junior leaders will receive training through their club meetings and individually.
3. Judging of products for county fair will be judged first by junior leaders before put on exhibition.
4. Training in judging will be given by the agent.

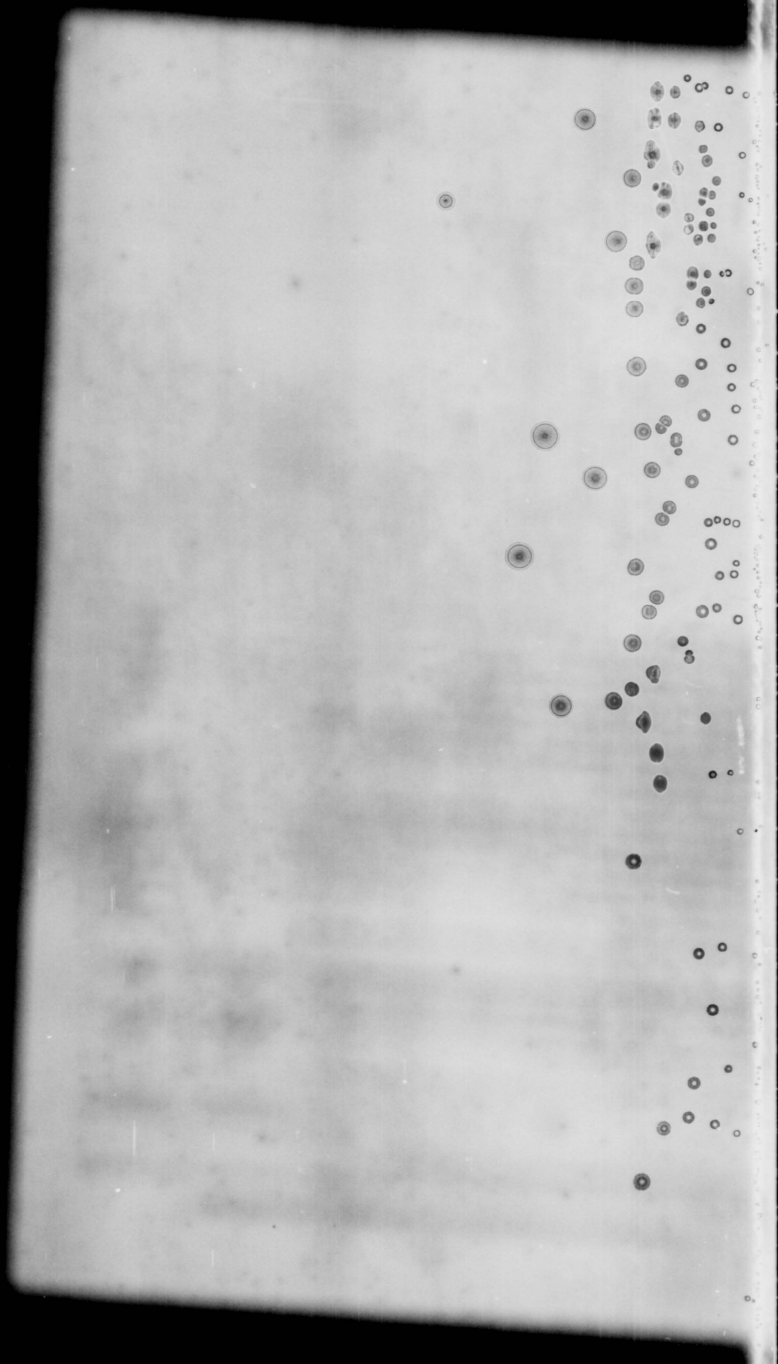
(8) Community Live-at-Home Work

Objectives:

1. To encourage each individual to improve and beautify his home and surroundings.
2. To beautify the churches and school grounds.
3. To increase the income of the people now living in the communities through encouraging the farmers to improve their land and crops, improve health and sanitation in the communities, and improve the recreational facilities for the youth.

Procedures:

1. To hold meetings in the communities.
2. Send out circulars telling of improvements that can be made.
3. Take first and second score of live-at-home community.
4. Take pictures of improvements.
5. Secure specialist help if necessary for those desiring assistance.
6. Farm agent will assist farmers in improving their land and crops.



(9) Farm and Home UnitObjectives:

1. To encourage homemakers and family members to make the necessary improvements.
2. To encourage families to put running water in their homes.
3. To encourage families to improve their exterior appearances.

Procedures :

1. To hold conferences with family members.
2. To discuss necessary improvements that could be made and ways of improving them at minimum costs.
3. To send out bulletins, leaflets, circulars.
4. To give any assistance necessary in helping these families make improvements.
5. To give demonstrations.
6. To secure specialist help, if needed.

III. 4-H Club WorkSituation:

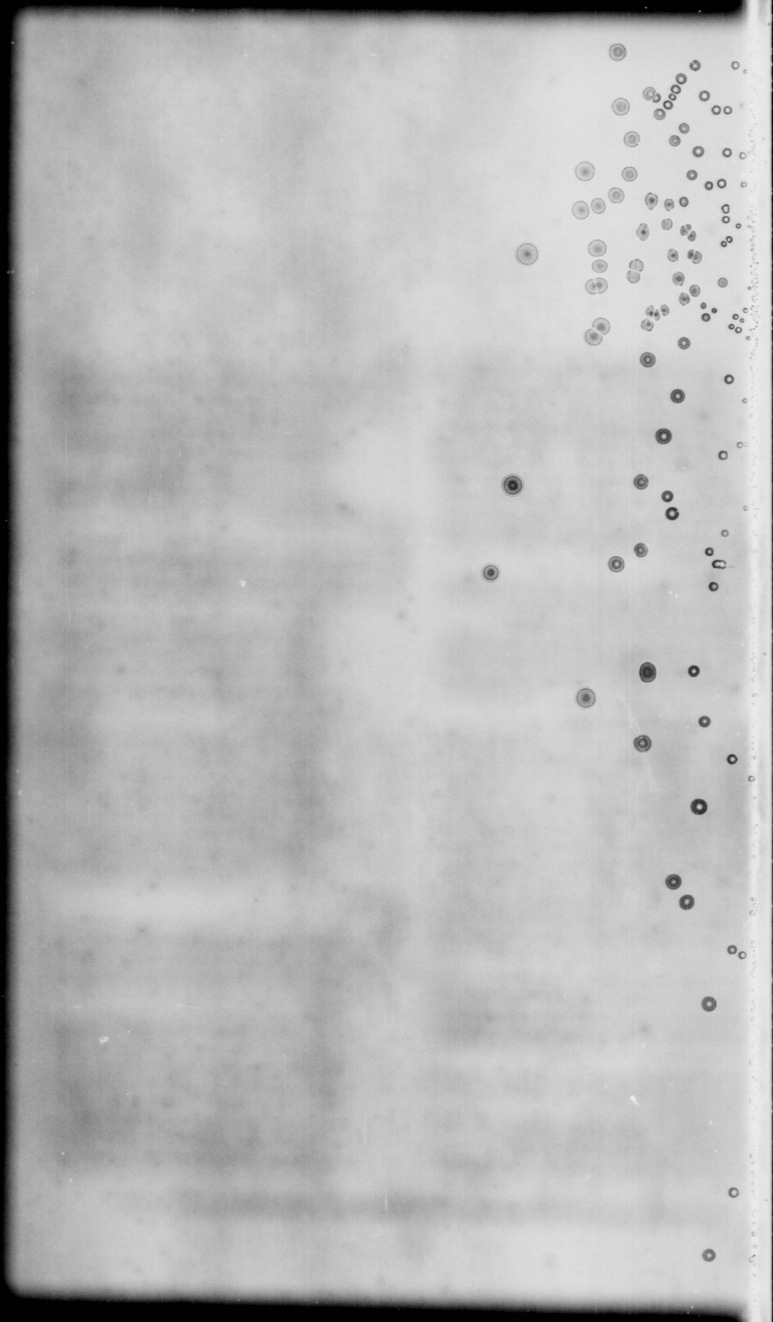
There are ten 4-H clubs with a membership of two-hundred and forty-seven boys and girls. Each member of the 4-H clubs has set aside as his ultimate individual goal to work harder than ever this year towards the completion of his project. To increase project completion, closer assistance will be given on the part of the leaders, parents, and agents to each individual member. Since this is the first home agent girls have not had much assistance with their project, but strong efforts are being made for the future to work harder with the boys and girls to help them become more efficient.

A. Project Work(1) Clothing-So You'd Like to SewObjectives:

1. To teach the fundamentals of clothing construction.
2. To encourage individuals to make the simple articles rather than buy them.
3. To teach mending and repairing.

Procedures:

1. To hold discussions in club groups.
2. To give demonstration on simple methods of constructing a garment.
3. To give demonstration on mending and repairing.
4. To train junior leaders to give demonstrations to other members.
5. To make home visits.
6. To give out bulletins and leaflets showing simple sewing instructions.
7. To teach construction of laundry bag.



(9)

- 8. To teach construction of pin cushion.
- 9. To teach construction of a simple blouse.
- 10. To teach construction of a gathered skirt.

(2) Food Preservation

Objectives:

- 1. To teach basic food preservation methods.
- 2. To help decrease family expenses by encouraging preservation of more foods.
- 3. To can at least twenty quarts of fruits and vegetables alone.
- 4. To freeze at least 30 packages of fruits and vegetables alone.
- 5. To assist parents in canning and freezing as many products as they can.

Procedures:

- 1. To give necessary instructions of basic food preservation.
- 2. To send out bulletins, charts, leaflets showing food preservation methods.
- 3. To give demonstrations on canning and freezing methods.
- 4. To judge products in meetings for the benefit of other interested persons.
- 5. To use visual aids where applicable.

(3) Gardening

Objectives:

- 1. To encourage h-H members to grow the necessary amount of vegetables to supply the family needs.
- 2. To encourage members to use garden products to help supplement family income.
- 3. To encourage h-H members to introduce new vegetables into the family diet.
- 4. To encourage h-H member to grow year-round gardens.

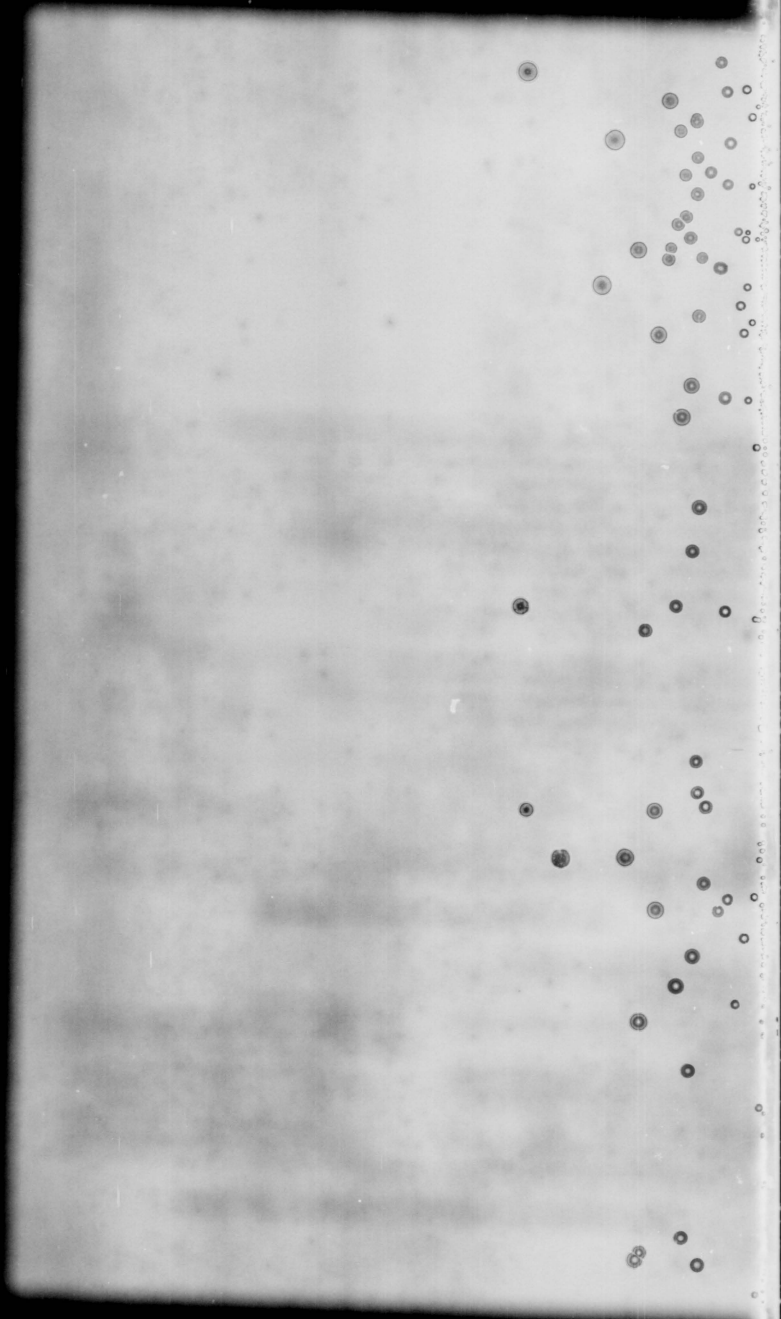
Procedures:

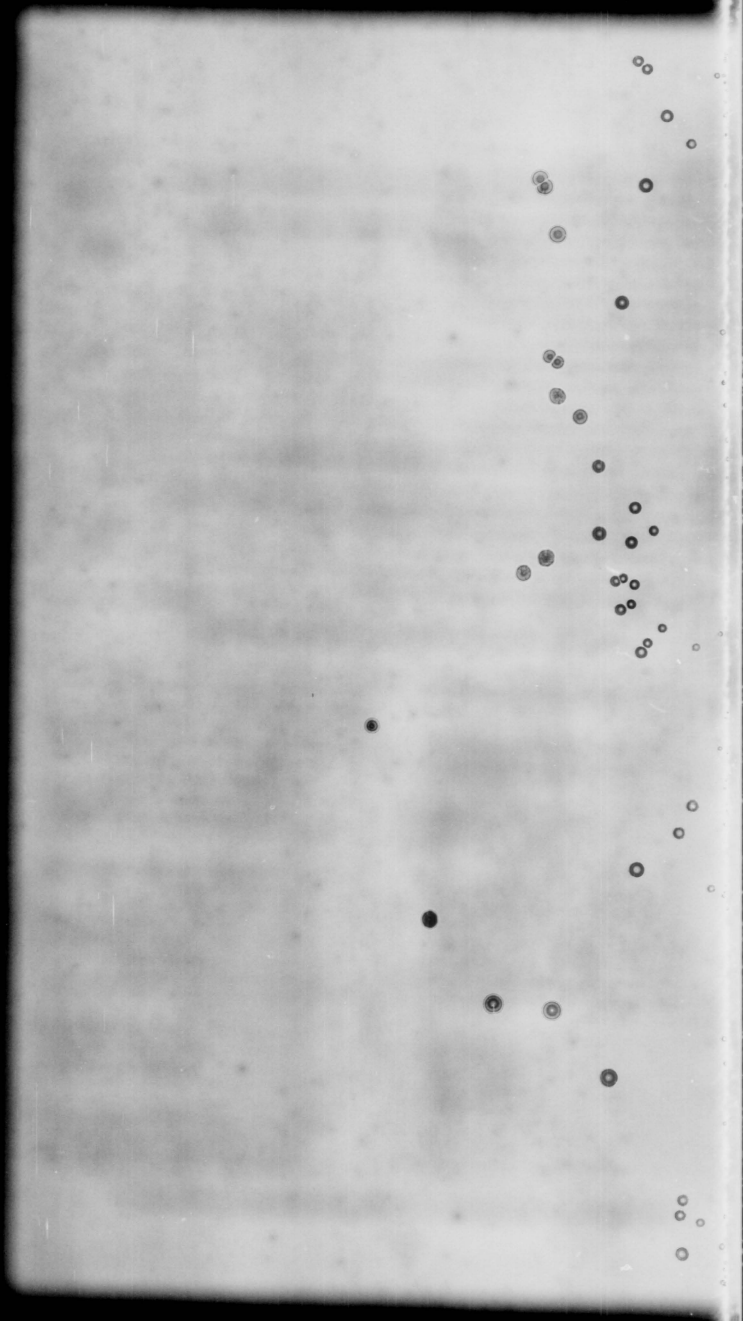
- 1. Club members must secure cooperation of parent in locating a good garden plot.
- 2. To discuss kinds of seeds and fertilizer recommended for the garden.
- 3. To give out bulletins and leaflets on spring and fall gardens.
- 4. To make home visits.
- 5. To secure the interest of parents in helping h-H member with their projects.

(4) Home Improvement-Your Room, Pep It Up

Objectives:

- 1. To make the best of existing furnishings.
- 2. To help h-H members realize their needs and to make plans for improvements.





3. To acquire skill in making simple furnishings.
4. To set up at least two home improvement demonstrators and work with them on a long-time project.

Procedures:

1. To solicit cooperation of parents.
2. To help select room in which the project will be conducted.
3. To make simple furnishings needed for the room.
4. To make an inventory of the existing furnishing in the room.
5. To take before and after pictures of improvements.
6. To rearrange existing furnishings in the room, if necessary.
7. To write news articles of improvements made.

(5) Home Grounds Beautification

Objectives:.

1. To teach 4-H members the correct methods of caring for lawns.
2. To teach 4-H members to appreciate the beauty of a well planned and cared for lawn.
3. To teach the kinds of flowers and shrubery to be used.

Procedures:

1. To hold discussions in meetings.
2. To give method demonstrations.
3. To send out newsletters, bulletins and leaflets.

B. Other Activities

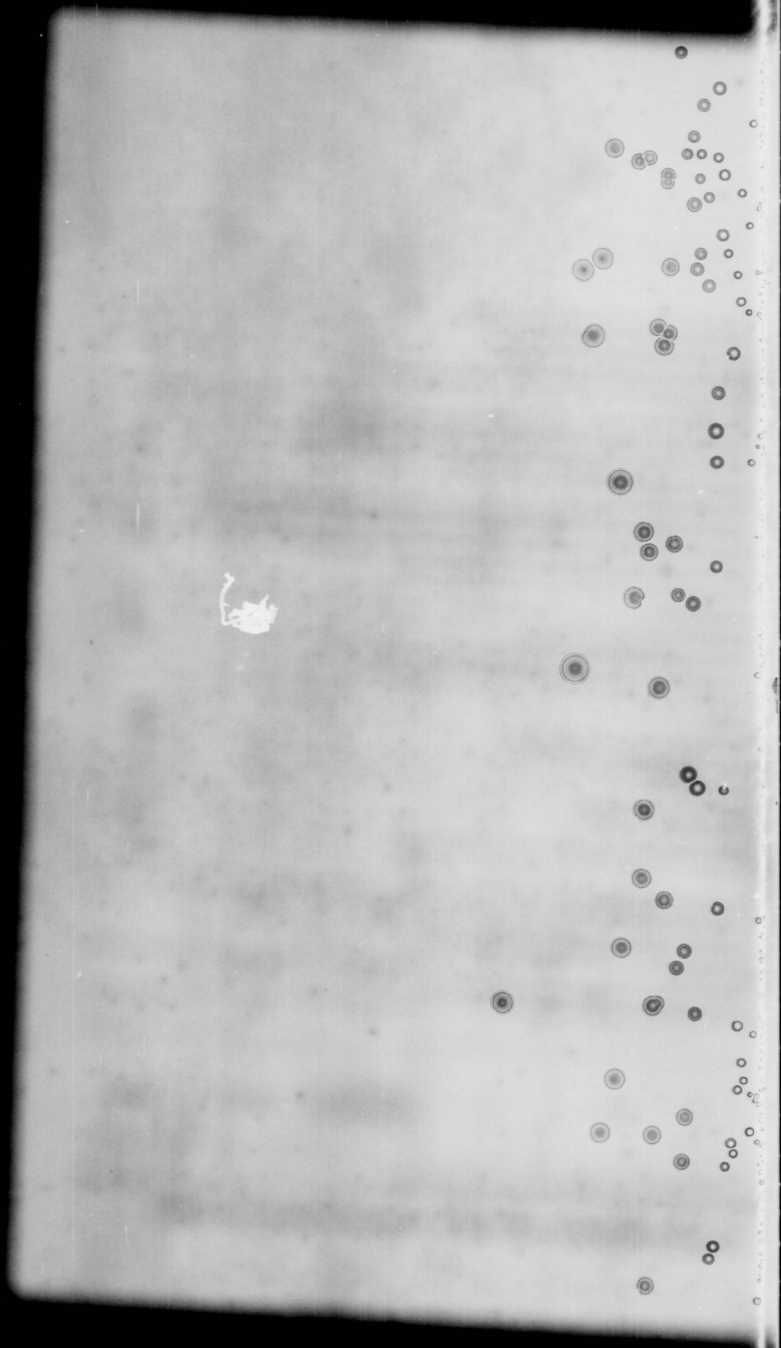
(1) National 4-H Week Observance

Objectives:

1. To acquaint the general public more about 4-H club work.
2. To secure cooperation of merchants to help promote 4-H club work.
3. To encourage more participation by parents in promoting 4-H club work.
4. To encourage more young boys and girls to join the 4-H club.
5. To encourage harder work and more project completion.

Procedures:

1. Discuss with parents in advisory board meeting.
2. Discuss with 4-H'ers in their club meetings.
3. Have window displays showing activities and accomplishments of each 4-H in their several communities.
4. Publicize on radio and thru newspapers.
5. Write circular letters to parents in the interest of 4-H club work.



(2) Rural Life Sunday

Objectives:

1. To acquaint the public more of 4-H club work and extension activities.
2. To give the youth an opportunity to actually participate in the church services.
3. To enable them to accept and share responsibility.

Procedures:

1. To discuss among 4-H'ers in meetings and county advisory board.
2. To hold special church service on Rural Life Sunday in Gladys community.
3. To write news articles about Rural Life Sunday.

(3) Campbell County Youth Fair

Objectives:

1. To give rural youth an opportunity to exhibit their projects.
2. To let the public know of some of the projects that are being carried.
3. To encourage rural youth to work on projects to the best results.
4. To afford an opportunity for the children to com- with others in the county.

Procedures:

1. To encourage youth all during the year in prepar- ation for youth fair participation.
2. Make plans in 4-H leaders association meeting.
3. Bring in outside sources that would be of inter- to the public.
4. Have adults to exhibit products as a means of setting standards for the youth's products.
5. Hold judging contest in clubs to pick out the best products for exhibition.

(4) 4-H Picnic

Objectives:

1. To give parents an opportunity to meet with the other 4-H'ers and their parents from all over the county.
2. To provide recreation for 4-H'ers and parents.
3. To help develop within the child a sense of be- longingness.

Procedure:

1. To send newsletters to parents.
2. To discuss in 4-H council meeting.
3. To discuss in county advisory board meeting.
4. To hold picnic in June or July.

(5) Short Course and Wildlife Conference

Objectives:

1. To reward 4-H'ers who have done satisfactory project work.
2. To encourage more boys and girls to work harder towards completions.
3. To give boys and girls a chance to mingle with other 4-H'ers from all parts of the state.
4. To help them develop an appreciation for wildlife.

Procedures:

1. To select individuals on the basis of their merit and interest in 4-H club work and wildlife.
2. To discuss in club meetings.
3. To discuss among parents.

(6) Contests (County and State)

Objectives:

1. To motivate members to greater achievements
2. To acquaint the public of some accomplishments of 4-H boys and girls.
3. To reward members for outstanding achievements.
4. To provide an opportunity for effective public relations in both county and state.

Procedures:

1. Enroll members in contest.
2. Encourage project participation and completion.
3. Solicit cooperation of merchants and dealers in the county to help promote the 4-H program.
4. Publicize all results obtained.
5. Encourage leaders and parents to work very close with members so that they can expect good work.

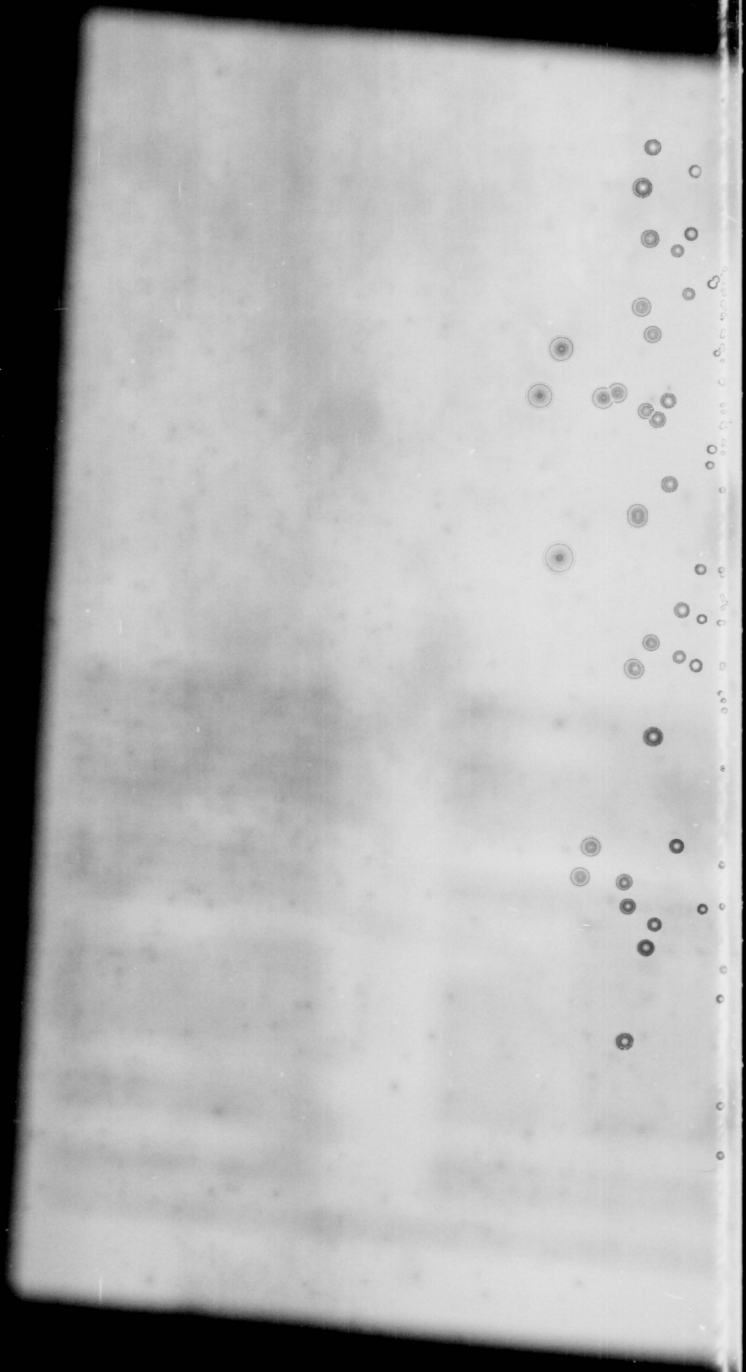
(7) 4-H Christmas Party

Objectives:

1. To teach members to work together in harmony.
2. To teach members to establish confidence in themselves through accepting responsibilities.
3. To get cooperation from parents and leaders.
4. To provide recreation for 4-H members.

Procedures:

1. To discuss in leaders association meeting.
2. Send circular letter to parents and leaders.
3. Make arrangements for transporting children to and from the party.
4. Arrange for party in school auditorium.



IV. 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				0	5
Membership				0	50
Number of 4-H clubs				10	10
Membership				247	255
No. young men and women's clubs				0	0
No. Community Improvement Clubs				0	1
Membership				0	20
No. other organizations				0	0

V. Organizations to strengthen the Extension program in 1955:

A. County Home Demonstration Committee

As home demonstration clubs are organized a committee will be formed to help carry out plans for 1955, and make further plans that will help to strengthen the home demonstration program for this county.

B. County Advisory Board

The county advisory board will hold meetings to make plans for activities to be carried out by the extension program. This board will cooperate with other organizations and serve in an advisory capacity for home demonstration clubs, 4-H council, and county youth fair committee. This board will send delegates to the State Farmers Conference and the State Advisory Board Meeting. It will also help to make plans for the farm and home unit and community live-at-home projects.

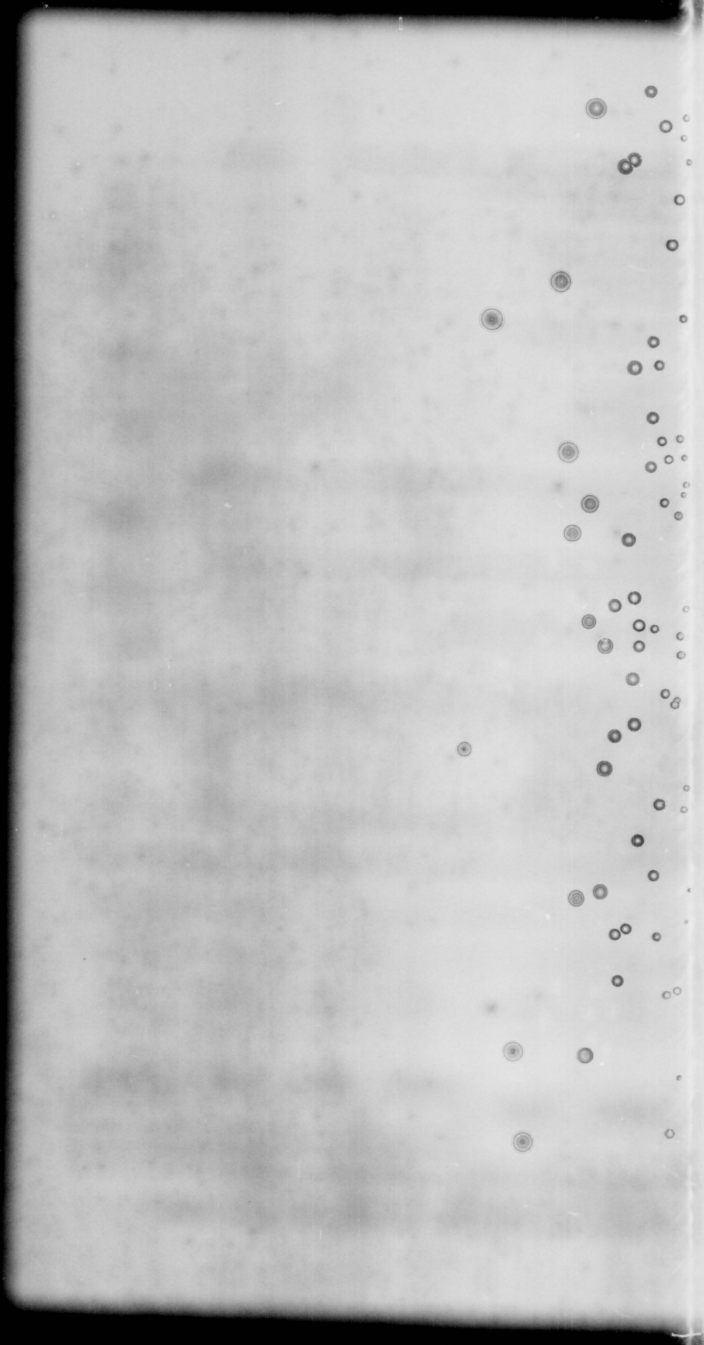
C. 4-H Leaders Association

This association is made up of all of the leaders of the 4-H clubs and they hold regular meetings each month to make plans for the next months activities. It also serves as an advisory committee for the county 4-H council. This association helps to make plans for 4-H Christmas party, 4-H picnic, county youth fair, achievement day, Rural Life Sunday, and National 4-H Club Week.

D. 4-H Council

This council is composed of all the officers of the 4-H clubs in the county. The council set up its goals as: To encourage project completion; to help select county and state contest participants. To help plan program of the year for 4-H activities, to train officers to become more efficient in conducting their 4-H meetings.

This council will assist in making plans for Rural Life Sunday and National 4-H Club Week activities. It plans to present a 4-H Pageant in the early spring relating club activities and accomplishments.



VI. Plan for Leadership:

A. Home Demonstration

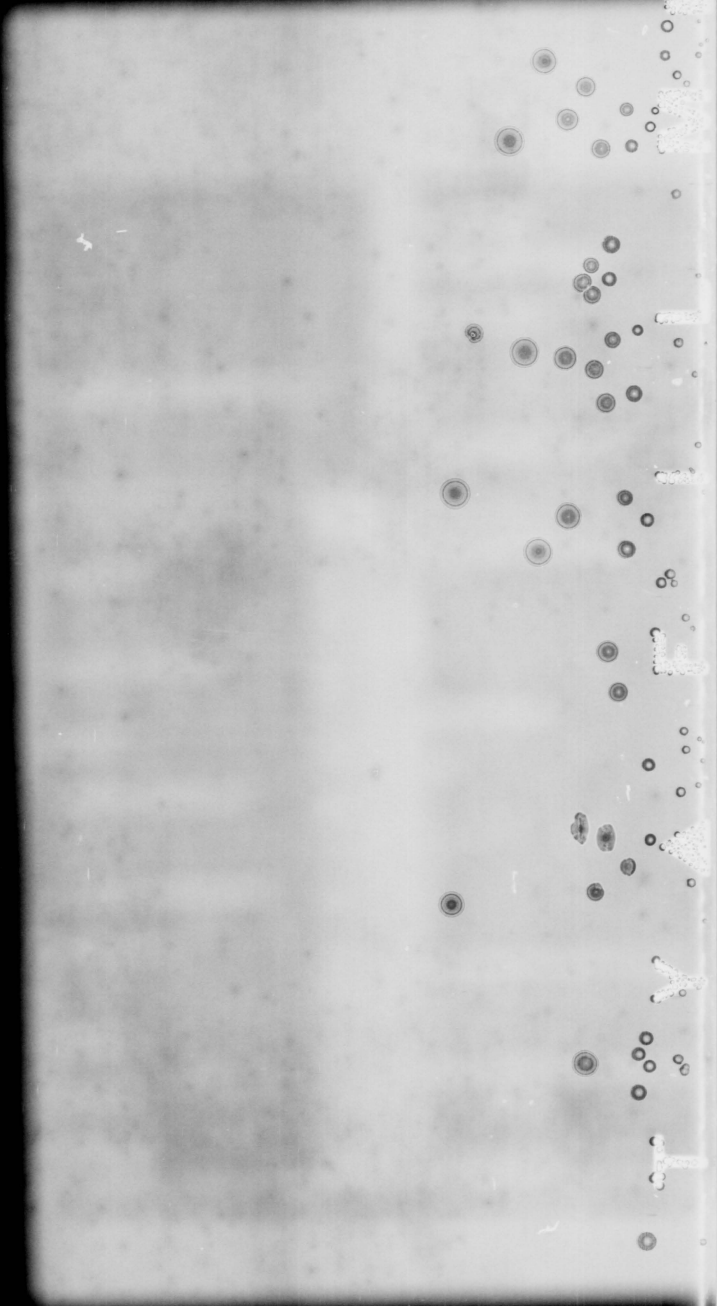
	No. in <u>1951</u>	No. in <u>1952</u>	No. in <u>1953</u>	No. in <u>1954</u>	Goal for <u>1955</u>
No. Project Leaders(subject matter)				0	20
No. Federation goal chairmen				0	1
No. program development leaders				0	5
No. of result demonstrators				0	2
No. meetings at which leaders were trained by specialist				0	1
No. Meetings at which leaders were trained by district agent				0	1
No. meetings at which leaders were trained by agent				0	5
Attendance at training meetings				0	50
No. club meetings held by leaders without agent present				0	0
No. club meetings at which leaders assisted				0	7
Total number of demonstrations given by leaders				0	4
Total number of talks or discussions by leaders				0	8

Plans for training and using leaders.

Leaders will be trained by agent, district agent and specialist to carry out different phases of the home demonstration program. Method demonstrations will be given at club meetings and other meetings. Information will be given leaders through discussions, bulletins and leaflets to bring them up-to-date of the latest findings of research. These leaders will carry information back into the communities to encourage women to use recommended practices.

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 for <u>1955</u>
No. 4-H club officers				70	70
No. adult project leaders				39	43
No. junior project leaders				0	10
No. result demonstrators				0	2
No. meetings at which leaders were trained by specialist				0	0
No. meetings at which leaders were trained by dist. agent				0	0
No. meetings at which leaders were trained by agent				0	5
No. meetings at which leaders were trained by personnel in 4-H Department				0	0
Attendance at leader training meetings				0	60



Plan for 4-H Leadership continued --

	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. 4-H Leaders trained individually				0	10
No. club meetings held by leaders without agent present				3	6
No. club meetings at which leaders assisted				4	10
No. demonstrations given by leaders (adult)				0	10
No. demonstrations given by junior leaders				0	4

Plans for training and using 4-H leaders:

Leaders will be trained to give and assist with giving demonstration for 4-H members. They will be expected to give demonstrations and conduct meetings in the absence of the agent. They will be trained to give demonstrations to other leaders. They will help to plan activities set up by the clubs and assist in any capacity necessary. Leaders will be expected to encourage good project work make home visits and offer suggestions to club members about their projects. Leaders will be given training by the agent.

VII. Work in Cooperation With Other Agencies

A. American Red Cross

Plans are made to cooperate with the American Red Cross in helping to secure aid for those who are in need. To discuss with officials conditions of some people and help to map out plans to meet the existing needs of the county people.

B. Vocational Home Economics

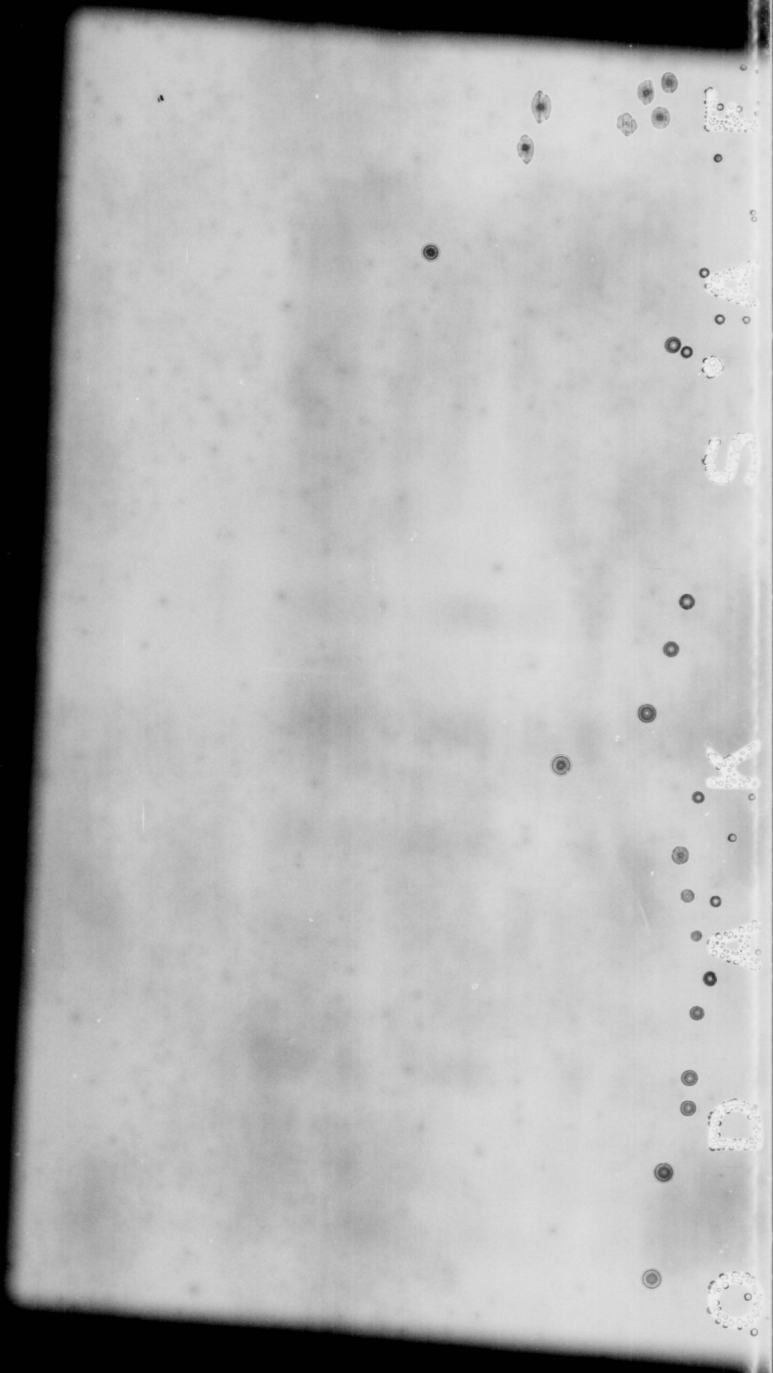
Plans are made to help or serve on any committee that I can render service for the betterment of the people of this county. Meetings will be held to discuss activities and exchange ideas to solve problem that may effect the people in Campbell County.

C. Parent-teachers Association

Efforts will be made to meet with as many of the P. T. A's in the county as possible to bring about a closer relationship between the people and the county officials.

VIII. Plans For Developing Good Public Relations

Efforts will be made to meet with as many of the county official as possible, discuss with them existing conditions and try to establish a relationship which will enable better participation and cooperation. Activities will be published and suggestions will be from any source to better the program. The general public will be invited to activities sponsored in the county.



IX. Plans for Recording and Evaluating the 1955 Program

At different intervals during the year, I plan to have adults and L.H. discuss the good points and weaknesses of the program. They will in turn suggest other ways of improving it. Score sheets will be made and given out in the fall at club meetings to evaluate the work that has been carried on during the year.

X. Plans for Professional Improvement

Plans are being made to attend short courses and workshops to promote professional improvement.

Books, bulletins and leaflets will be read to keep up with the latest findings and research.

Membership will be held with the Virginia Farm and Home Agents Association, Negro Organization Society, and the county health council.

Plans are made to attend the District Home Demonstration meeting, State Farmers Conference, and the State Advisory Board meeting to gain more information that will be necessary in carrying out extension activities with the most effectiveness and efficiency.

XI. Cooperation With Other Extension Agents in the County

Efforts will be made to hold conferences with other extension workers in the county at least twice a month to discuss problems in order to bring about a more unified extension program.

XII. Most Difficult Problems In Carrying Out the Extension Program in Campbell County

(1) How can I get the people interested in the Home Demonstration program?

I plan to meet in each community at community programs and discuss the things that the home demonstration program and extension can offer. I plan to give demonstrations on different phases of homemaking to help gain the interest of the homemakers.

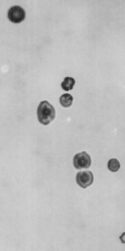
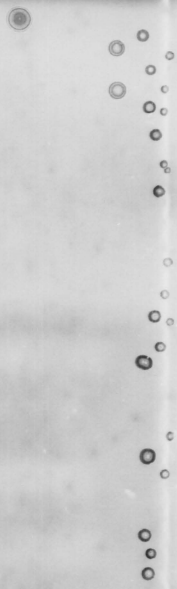
(2) How can I secure leaders for the home demonstration program?

I plan to organize clubs and let the leaders volunteer for service in the capacity which they would rather serve. Other leaders will be selected by club members to serve in certain capacities.

XIII. Plans for vacation

I plan to take my vacation leave in August.

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ANNUAL REPORT
OF
HOME DEMONSTRATION WORK
FOR
CAMPBELL COUNTY, VIRGINIA

DECEMBER 1, 1954, TO NOVEMBER 30, 1955

Matilda M. Bailey
Local Home Demonstration Agent

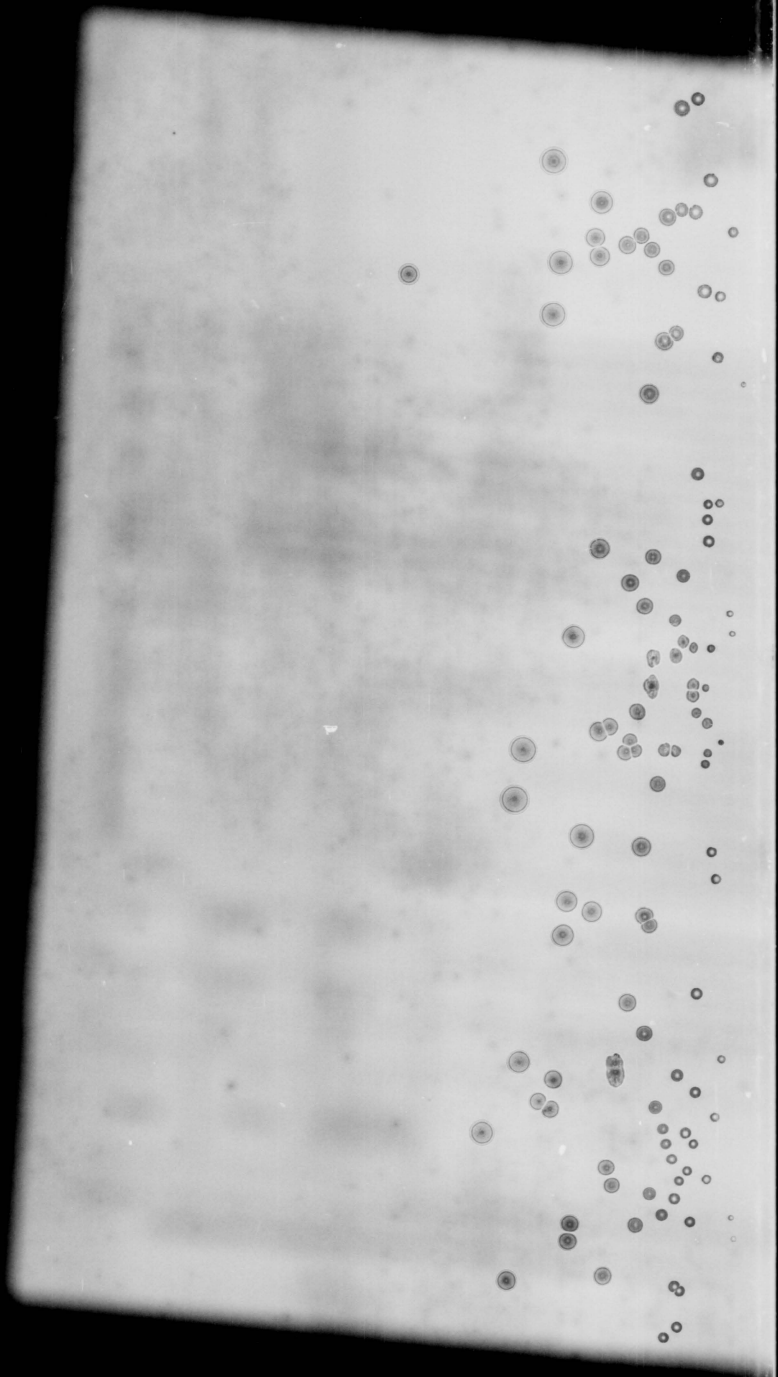
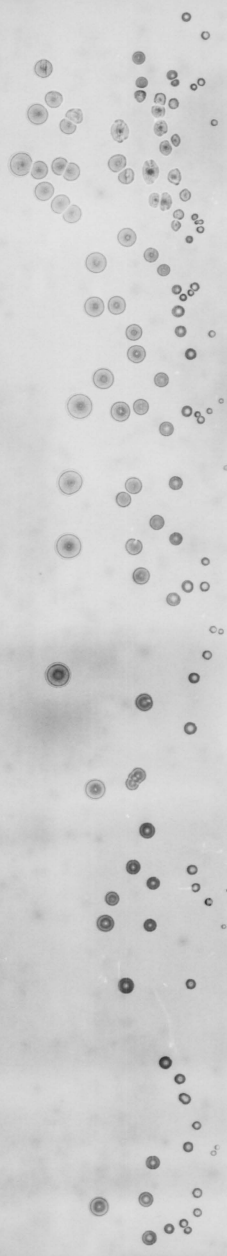


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The County Situation

The Campbell County Extension program was planned to meet the needs and interests of farm, non-farm, and urban families according to their economic status. The economic conditions are far below par. For this reason, efforts are directed towards raising farm income of all rural families. Their sources of income include farming, merchandising, work in factories, mills, plants, and other industries. Many of the housewives are employed outside the home in order to help support the families. Here we find that a number of the family problems go lacking because the mother is not at home to see that these things are corrected.

In some communities we have found homesteads to be overcrowded. There is a great need for more dwellings to house the overcrowded families.

To help raise the standards, groups have been organized to give sufficient instructions in housing, clothing, food and nutrition, and health. Through the subject matter areas we hope to be able to lower living costs and be able to use more income for improvements and other needed areas.

The county covers an area of approximately 535 square miles. It is divided into five magisterial districts; they are: Seneca, Otter River, Falling River, Brookville, and Rustburg. Two of the five districts are predominantly urban. According to the 1950 census there are 469 Negro farm operators.

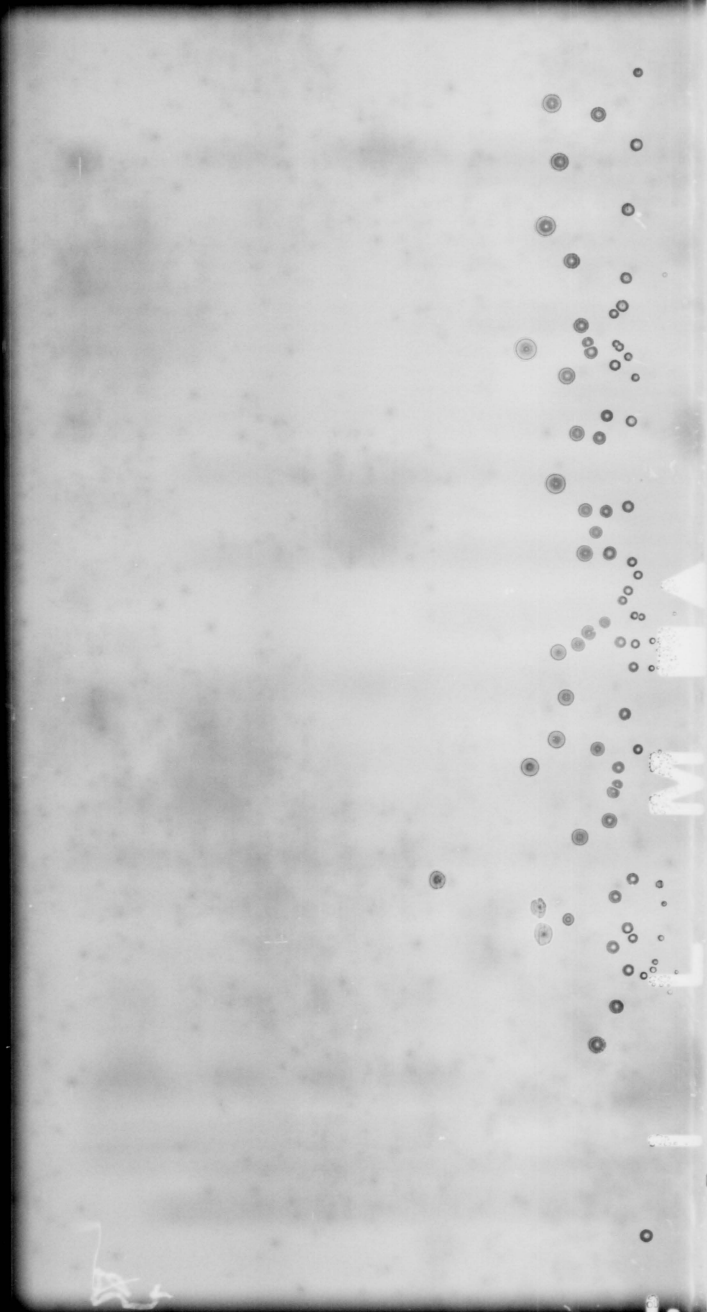
Adult Work

Three home demonstration clubs have been organized in three different communities with a total of thirty-seven members. The clubs were organized as a means of reaching more people. The objectives of this organization have been well accomplished. They were: (1) to bring together groups of interests to receive ideas from each other, (2) to work in groups in order to reach more people, and (3) to have group discussions of county problems. During the year 286 home visits were made, and approximately 1,500 bulletins and circulars were sent out. These home visits, bulletins, and circulars served to give more information on the Extension program, helpful suggestions in several subject matter fields, and other information of interest to the farm families.

Subject Matter Fields

1. Food and Nutrition

Realizing that rural families needed training in the fundamentals of good nutrition and balanced diets, an understanding



of menus and recipes, and experience in preparing attractive nutritious foods and refreshments, the home agent set up these objectives: (1) to teach the value of a well balanced diet and the food value that can be gotten from certain foods such as meats, vegetables, and fruits, (2) to teach the importance of growing a good home garden, (3) to teach the selection of non-home grown foods, and (4) to teach the value of protective foods and their importance to the diet.

To accomplish these objectives, demonstrations were given, talks and discussions were made, and leaflets and circulars were sent out. "Meat Makes the Meal" and "Hints for Preparing and Cooking Fowls for Special Dinners" were demonstrated and discussed by the home agent in the home demonstration club meetings.

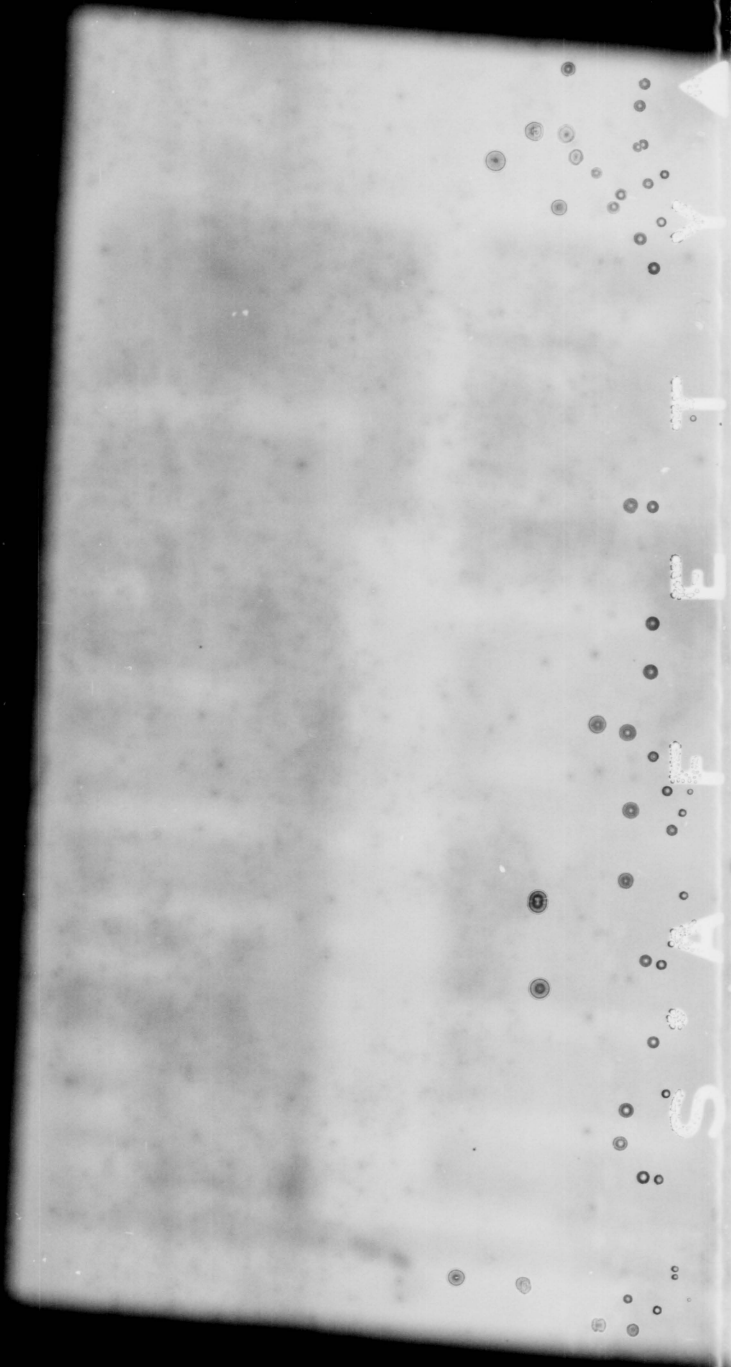
Realizing that more people needed to be reached in foods and nutrition, the home agent invited Miss Janet L. Cameron, Food and Nutrition Specialist, to give a lecture-demonstration at the Thirtieth Anniversary Celebration of Extension Work in Campbell County on the seven basic food groups and suggested foods that could be used to keep the nutritive value when others were not available. Approximately ninety-seven different families were helped by this demonstration.

Through studies made by the home agent, reports from the health department and family members, the point came to our attention that children are not getting enough milk in their diets. At the Campbell County Youth Fair, the Westover Dairy put on a demonstration on "Milk for Better Health" and gave out samples of chocolate milk to more than 300 children. This demonstration encouraged more children to drink milk and gave parents ways of preparing the milk to make it more palatable and tastier for the children. The Appalachian Electric Power Company also gave a demonstration on "Snacks for Special Occasions". After these demonstrations, special discussions were held in several club meetings. Club members related many benefits which they had derived from them.

Food preservation was especially stressed. Leaflets were sent out, giving recommended methods of food preservation. Ladies reported preserving more than 5,600 cans of fruits and vegetables and approximately 1,000 cans of meats. More emphasis is going to be placed in this area during future work in the county.

2. Clothing

The need for better clothing for children and adults has been recognized as a great problem for families in the county. Ways to help the families meet this need in accordance



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with their low income have been of grave concern. These objectives have been set up: (1) to teach the value of making clothing for the family members and reduce clothing costs, (2) to teach use and selection of patterns, (3) to teach the selection of fabrics suitable for the type of garment to be made.

These objectives have not been completely accomplished. Instructions and demonstrations have been given on the use and selection of patterns. Twenty-nine of the 37 home demonstration club members were given demonstrations on how to take measurements of the body.

Women felt that their children needed clothing for everyday and school wear. They have begun cutting and sewing some children's garments. Others are sewing on work dresses and aprons. This project will continue into another year.

3. Home Furnishings and Home Management

"Home, Sweet Home" must be neat and attractive in order to be comfortable. Wise spending and buying certainly must be emphasized in order to be able to afford the necessary things for neatness and attractiveness. Two hundred and fifty-nine families were helped in some phase of the home management program. As a result of careful planning and budgeting, 107 families selected, constructed, or reconditioned their home furnishings. Twenty-three walls were painted and papered. Methods used were charts, pictures, leaflets, and samples of color for paints. This project was not completed, but is planned for continuance in the 1955 program.

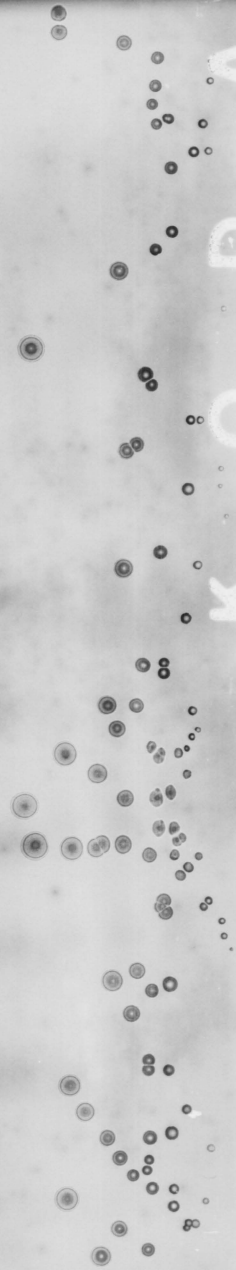
4. Housing

Families of Campbell County have recognized the need for better housing. Improvements in living conditions, sanitary water supplies, and adequate health facilities have claimed their attention.

These objectives were set up in housing: (1) to aid families who desire to remodel homes and plan new ones, and (2) to help families realize the importance of having a comfortable place in which to live.

Information was sent out to interested families, giving them some points on good housing. A number of the families took great interest and stopped by the office to see the Extension house plans. As a result, there were twelve new homes built and remodeled. Three families put in complete water systems, and five put running water in the house.

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Other Activities

1. National Home Demonstration Week

During this week Home Demonstration work was discussed widely. Seventeen women banded themselves together and organized two home demonstration clubs in Hills Creek and Lynch Station communities. These women met and discussed county problems and set up some objectives as club members in order to start out doing the correct and necessary things, giving their services whenever needed.

Their objectives were: (1) to attend all club meetings, (2) to cooperate 100 per cent in county activities and among themselves, (3) to put their best foot forward in order to achieve the desired results, (4) to assist with 4-H members and their projects, (5) to attend as many county and state activities as possible, and (6) to make the community proud to have a Home Demonstration Club by exhibiting fine spirit and cooperation.

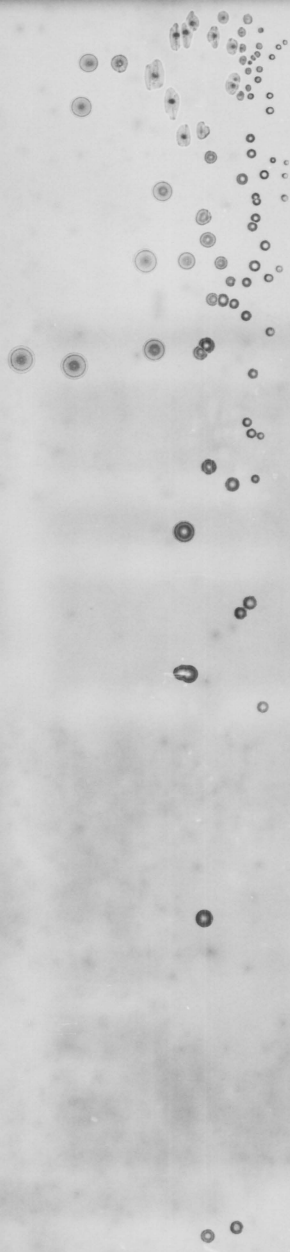
Three women represented the clubs at the District Home Demonstration Meeting held at South Hill, Virginia. Three also attended the Restyling Hat Workshop held in Farmville and supervised by Miss Iva Byrd Johnson, Extension Clothing Specialist. Discussions on aims and objectives of Extension were held in group meetings. These served as an incentive to further Home Demonstration work in the county.

2. Federation Goal

At the County Home Demonstration Committee Meeting, group discussions were held on county problems. The Red Cross Nurse and the county health nurse joined in the discussions. After receiving some specific information from these sources on sanitation, diseases, poor diets, and insufficient clothing, the group decided to select "Better Health" as a county goal. The program for the coming year is centered directly around the goal.

3. Thirtieth Anniversary Celebration of Extension Work for Negroes in Campbell County

During the past thirty years Campbell County has made great progress in farm and home management and procedures. Extension played a most important role in this development. The celebration was planned to relate to other people in the county and state the accomplishments over a span of time and to commemorate some of the pioneers, those who helped to lay the foundation and pave the way for others to improve their standards of



living. The anniversary celebration was held at the farm and home of Mr. and Mrs. Samuel Hunter, Sr., of Route 1, Brookwood, Virginia. Over 300 farmers, homemakers, and friends gathered to hear the family tell of their fifty years of experience in developing the 197-acre farm enterprise and review Extension progress for the past thirty years.

The family consists of six children, three of whom are at home helping to carry on the enterprises. Mr. Hunter and the two sons work the farm on a father-son agreement, while the mother and daughter take care of the home situation.

The farm history was given by the Hunter family.

The father recalled the early farming methods and programs. He told how he had used an axe to clear enough of the one acre of land to build the three room log hut which now stands and is being used for storage and also as a beaver penit. Mr. Hunter said he was once proud to get eight bushels of corn per acre, nine bushels of wheat, and a one-horse load of hay to the acre.

Now his yields average fifty bushels of corn, twenty-five bushels of wheat, and one and one-half tons of hay.

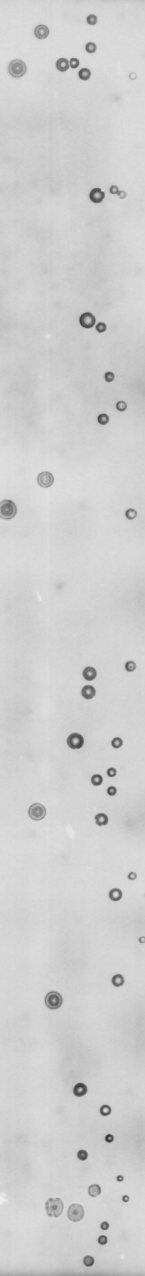
Realizing the inadequacy of the housing, the children left home at early ages to work in order to build the modern home which they now have. The oldest daughter and her husband have returned home with the family because of the falling health of their mother.

The family practices a sound live-at-home program, spending approximately \$12 a month for staple foods. They maintain a flock of fifty hens, conserve and process 600 quarts of fruits, vegetables, and meats, and cure about 600 pounds of meat annually. Their one and one-half acre of year-around garden produces enough fresh vegetables for daily consumption.

Their major sources of income include dairy products from twenty-three cattle, thirty-four hogs, thirty-one acres of corn, seventeen acres of wheat, and thirty-five acres of hay, including seven acres of alfalfa. The family has set three goals in mind for the future: (1) to have a Grade A dairy barn with commensurate equipment and (2) to put central heating and a bath in the home.

Mr. P. H. DeHart, Assistant Director of the Virginia Agricultural Extension Service, was guest speaker. He pointed out future possibilities of farms like the Hunters' and commended the family and others who had worked with Extension for thirty years. A tour was made of the farm and home. Demonstrations were set up on various phases of the farm and home program. Each part of the program was an effort to help the people understand

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the Extension program to a fuller extent and help them to understand the opportunities that are open for them to improve themselves and others.

4. Community Live-at-Home Work

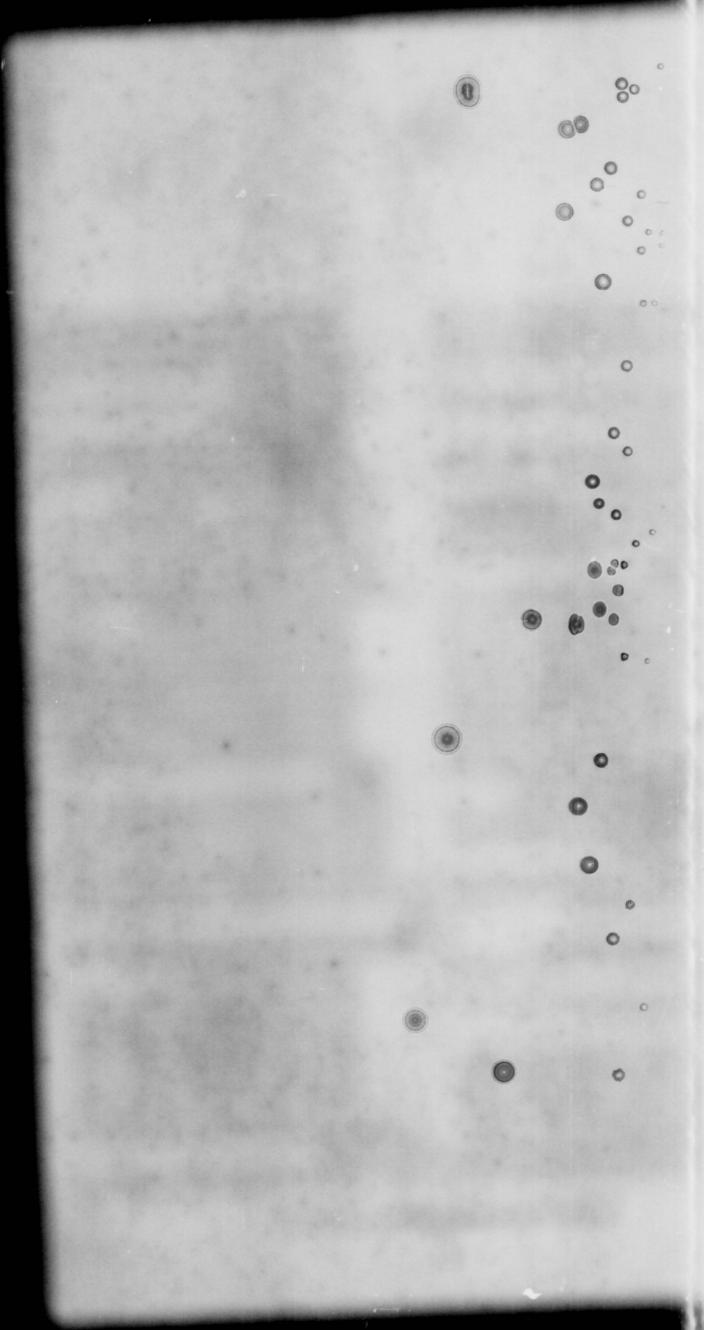
The Hills Creek Community has been carrying on the live-at-home community improvement work for the past nine years. During that period many improvements have been noted. The major objectives as set up by the people in the community are: (1) to encourage the individual to improve and beautify their homes and surroundings, (2) to improve and beautify the two churches and the school grounds, and (3) to encourage the members of the community to seek new methods of increasing their income.

The improvement work has been carried on through the combined efforts of the community club, the two churches, 4-H Club, Young Couples Club, and the newly organized Home Demonstration Club. The outstanding accomplishment of the Young Married Couples Club has been the erection of a community house. Although the house has not been completed, the group has already begun to plan activities to be carried on when it is completed.

The 4-H Club has also made outstanding achievements. During the Rural Life Sunday program held at one of the community churches, the 4-H Club presented the church with a sanitary water cooler and a cup dispenser. It has also presented the other church with the same gifts. This was one of the goals the 4-H Club undertook to help improve the sanitary conditions of the community.

On the farms the following improvements have been made: four tractors have been purchased, five farmers are carrying on a soil and water conservation program with strip-cropping, terracing of tobacco land, and sod waterways as new practices adopted. Sixteen families produce enough pork and other meats to supply the family needs. They also have approximately 1,900 birds in their poultry flocks, ranging in size from fifty to 200 birds per flock. Eighty per cent of the families reported that they grow enough food in their gardens to supply their family needs, both fresh and canned products. There are twelve families with a sufficient number of cows to furnish milk and butter for the family needs.

From the home standpoint this community is making unusually good strides. Six new homes have been built, seven rooms have been added, and nine homes have been painted in the last three years. All of the homes have electricity. Seventeen have electric irons, fifteen have refrigerators, fourteen have television sets, thirteen with sewing machines, fifteen



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with washing machines, and four with running water in the house. Sixty-five per cent of the boys and girls are in the 4-H Club. Five boys are enrolled in the Tobacco Show and Sales Contest. One of these boys was third place winner in the contest on the local market.

This community improvement work is designed to get all of the community people to participate in the program.

5. Farm and Home Development

Two families have been selected in Campbell County as farm and home development families. They are Mr. and Mrs. Melvin Elliott, Route 2, Lynchburg, Virginia; and Mr. and Mrs. Samuel Hunter, Route 1, Brookneal, Virginia. These two families were selected through the County Advisory Board. Local leaders have been given information concerning the farm and home development approach and have been urged to give their wholehearted cooperation in helping these families make the necessary improvements. These families are being used as experimental families in the county.

Full bench mark inventories have been taken of each farm and home, and special assistance is being given by the agents in helping with improvement in the various phases of the farm and home program.

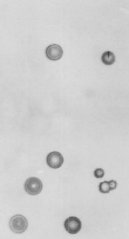
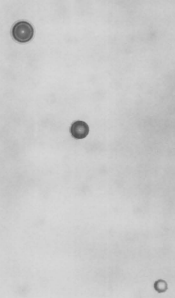
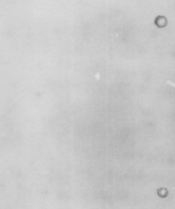
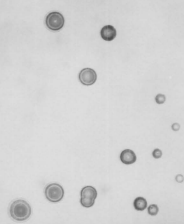
4-H Club Work

4-H Club work was carried by ten groups this year with 261 members enrolled. Each member of the 4-H Club set aside as his individual goal to work harder than ever towards project completion. As a result of the 4-H members' interest and the interest shown by parents and leaders, we had a 59 per cent project completion. Forty-two adult leaders and eleven Junior leaders assisted with the project work.

Project Work:

1. Clothing

"So You'd Like to Sew" was carried as their clothing project by seventy-five members, and forty-three of them completed. The objectives were: (1) to teach the fundamentals of clothing construction, (2) to encourage individuals to make simple articles, rather than buy them, and (3) to teach mending and repairing. These 4-H girls reported finishing twenty-three articles and fifty-seven garments. Many of the 4-H girls exhibited their products at the Youth Fair, and twelve won first prizes on products such as babies' bibs, pot holders, cotton dresses, kitchen



towels, cotton blouses, and skirts. Demonstrations were given by leaders and by the agent on the articles mentioned above.

2. Home Furnishings and Room Improvement

Thirteen girls were enrolled in this project, five of whom completed. The objectives of this project are: (1) to make the best of existing furnishings, (2) to help 4-H members realize their needs and to make plans for improvements, and (3) to acquire skill in making simple furnishings. Five rooms were involved in this project. These five girls made curtains for their rooms from feed bags, rearranged the furnishings in the room, painted two dressing table stools, and painted three floors. These girls expressed their interest in improving their room and wish to continue the project to make other improvements.

3. Food Preservation

Food preservation was carried by 4-H girls, but no special training was given them by the agent. Leaders worked with the 4-H members and helped them to continue their program work. Nineteen girls were enrolled in food preservation, and they reported canning and preserving 320 quarts of fruits and vegetables. Pamphlets and leaflets in food preservation were used as teaching tools. Exhibits were made of some of the products at the Campbell County Youth Fair.

Other Activities

1. National 4-H Observance Week

Seven of the ten 4-H Clubs observed National 4-H Week. These were their objectives: (1) to publicize the 4-H program, (2) to provide members and leaders an opportunity to evaluate their program and accomplishments, (3) to encourage more adults to recognize the need for leadership, and (4) to encourage them to volunteer their services. With these objectives in mind, window displays were put up in the different communities in spaces provided by local merchants.

The displays were centered around the national theme, "Improving Family and Community Living", by using the following topics: Vocation - Choosing the Right Job for a Right Mind; Forestry - Plan Now for a Greener Future; Home Grounds Beautification - Old and Improved Yards; and Nutrition - Better Foods for Better Living. The 4-H'ers developed their own ideas as a result of discussions and information they had received in 4-H Club meetings. Leaders and parents participated in helping



to put up the displays. Four 4-H Clubs held special programs and invited parents, friends, relatives, local ministers, and supervisor to witness their program. A skit was presented by one 4-H Club entitled "What 4-H Members Have Done".

This National 4-H observance opened the eyes of more than 1,800 people through the window displays and programs. Four more leaders volunteered their services to help in future 4-H work.

2. Rural Life Sunday

Approximately 175 4-H Club members and parents observed Rural Life Sunday at the Hills Creek Baptist Church. The Rev. L. F. Griffin of Farmville, Virginia, gave an address on the theme of "Improving Family and Community Living through Christian Fellowship". The program was conducted solely by 4-H members. Honors and recognition were given two outstanding 4-H Club leaders.

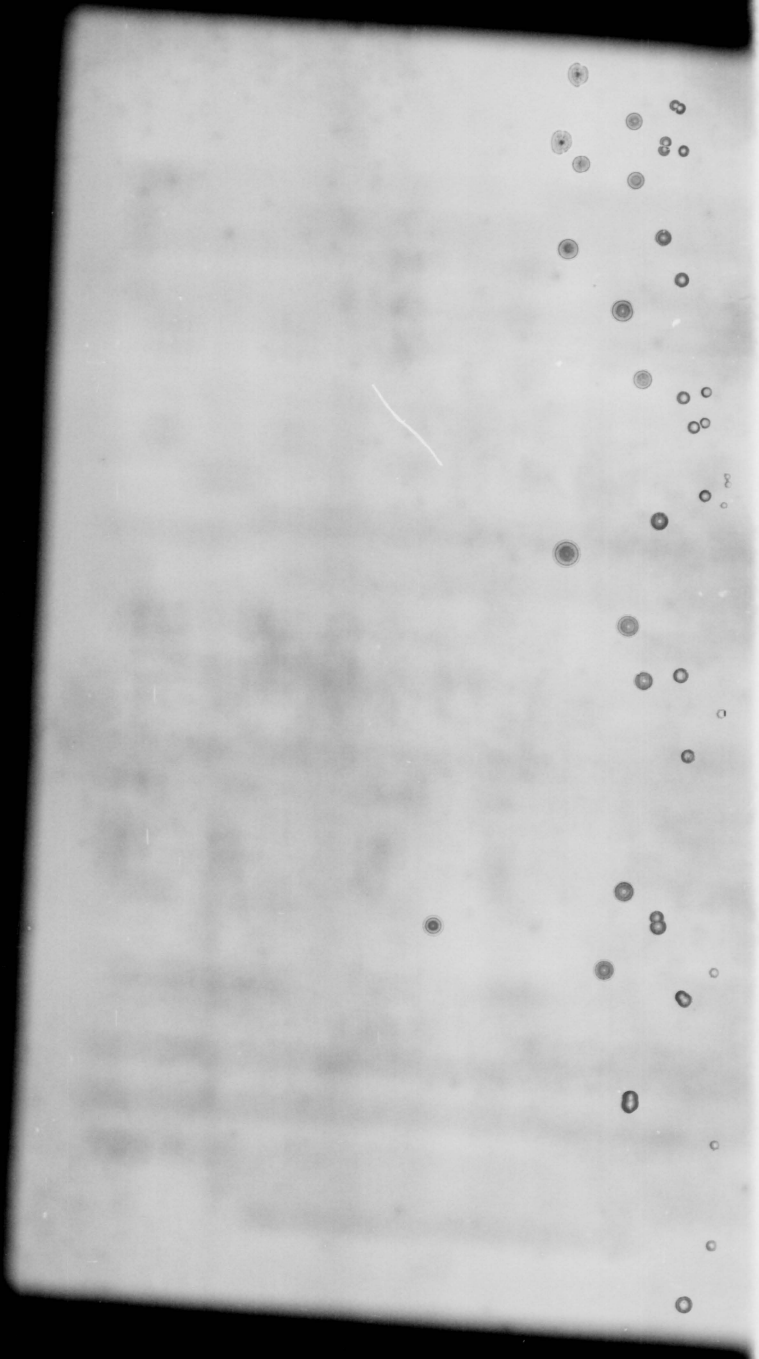
3. 4-H Achievement Program and Pageant

A 4-H pageant, written by one of the leaders, Mrs. Hazel Duncan, was presented, symbolizing the activities and achievements of 4-H. "Journey in 4-H'dom" was written in five scenes with seven episodes coming in the last scene. The pageant featured a queen of 4-H'dom, a fairy, and an energetic boy. The episodes and scenes were done by the ten 4-H Clubs of the County. Each scene depicted some idea or activity of 4-H work. The queen was selected by popular vote. The cast included eighty-five 4-H members, parents, and leaders. The affair was attended by approximately 300 spectators.

4. Campbell County Youth Fair

Campbell County held its third annual youth fair at Campbell County High School in October. The main purpose of the fair is to give young people a chance to exhibit their projects in order to show others their accomplishments. This fair is an independent fair sponsored by the Youth Fair Association composed of vocational agriculture and home economics instructors, the principal of the high school, 4-H members, N. F. A. and N. H. A. members, the supervisor, parents, leaders, the local farm agent, and the home agent.

Approximately 200 exhibits were made by the young people. Adults exhibited also to set a standard for youth work. Only those winning first prizes were given cash awards. The all day affair included an address by an I. F. Y. E. delegate to



England and Wales, demonstrations by companies and firms, a style show by N. H. A., N. F. A., and 4-H members, and a talent show by youth members of the audience.

5. 4-H Christmas Party

The 4-H Leaders' Association sponsored its annual Christmas party for 4-H boys and girls in December thirty-first at Campbell County High School. The program included a movie on Charles Dickens' "A Christmas Carol", games, exchange of gifts, and refreshments. Approximately 350 4-H members, leaders, and parents enjoyed a day of fun and frolic. The object of the party was to bring together 4-H members in harmony and to effect a closer relationship among parents and leaders.

6. Awards and Contests

4-H members participated in county contests last year, and awards were given at the annual Christmas party. Prizes were won in food preservation, clothing, livestock, and tobacco. Eighteen 4-H Club members won trips to the State 4-H Short Course and Wildlife Conservation Camp in June and August respectively. The members were selected on their merit rating, project work, and participation in club and county activities.

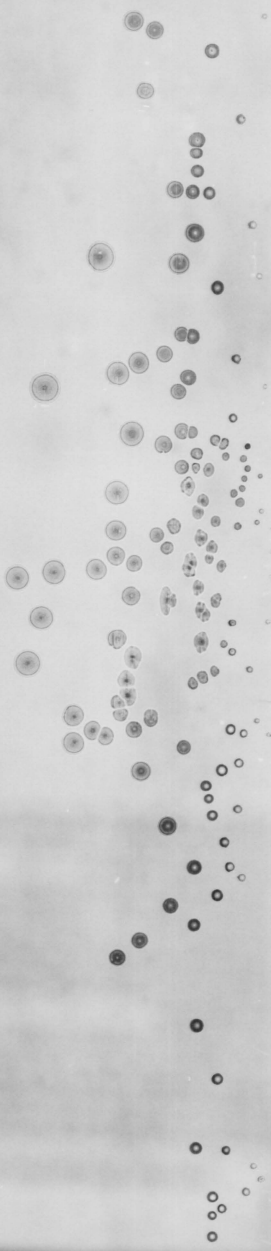
7. 4-H Picnic

The annual 4-H picnic was held in conjunction with the Thirtieth Anniversary Celebration at the Hunters' Farm in June. Games and other activities were held at Bradley Elementary School. After lunch they all assembled at the Hunters' farm for the evening event.

Young Men and Women's Work

All work done with young men and women was performed in conjunction with other Extension activities. Talks have been given to the organized community groups, and also a movie was shown by the agents, entitled "Community Building at Work".

Assistance has been given in helping to plan for activities in the community building which is being erected.



Scope of Work

	1954	1955
No. HD Clubs or groups	0	3
Membership	0	37
No. A-H Clubs	10	10
Membership	247	261
No. other families reached	53	369
No. of different families reached	21	105
No. of community clubs	0	0
Membership	0	0

The scope of work was increased as a result of the publicity given Home Demonstration work. Talks were made in several communities at church and school programs. Fly sheets were made with basic information on Home Demonstration work and were given out at a public gathering, urging people to make themselves available for contacts by the home agent. Home visits were made; as a result, three Home Demonstration Clubs were organized, and other communities are in the process of beginning Home Demonstration Clubs in order to be able to reach more people.

County Extension Organizations

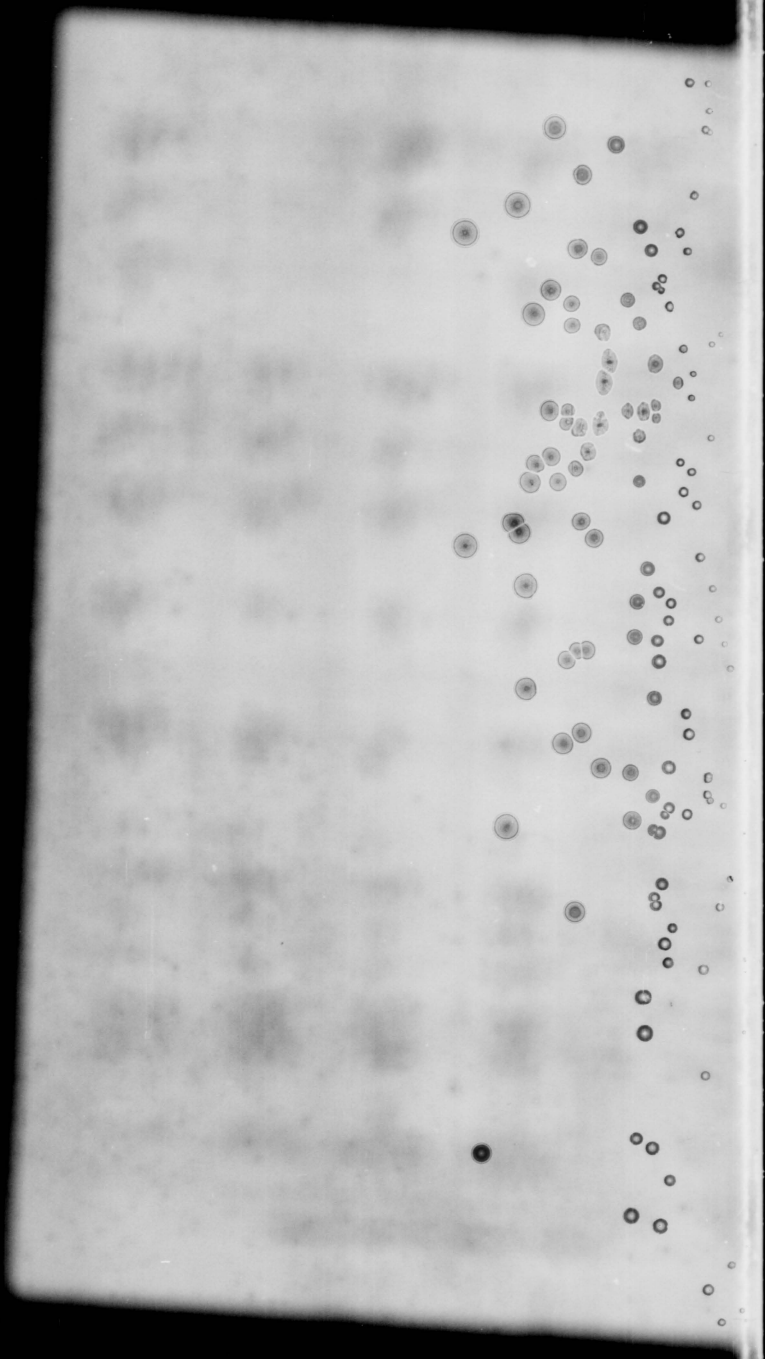
1. County Planning and Home Demonstration Committee

Twenty-six ladies from the three Home Demonstration Clubs and four other unorganized communities met in Rustburg's assembly room to discuss the county situation and make plans for the 1956 program. The Home Demonstration Committee was organized from this group to act as an advisory council to the Home Demonstration Clubs. Officers were elected.

Representatives from the Red Cross office and the County Health Department joined in a discussion on "Trends in Family Living". Through their wide experience in working with individual families, they were able to sight many of the problems that needed immediate attention. This body plans to meet twice a year to plan and evaluate the program.

2. County Advisory Board

The County Advisory Board serves as an over-all committee of Extension work in the county. It is composed of local leaders from each community within the county. This year the board made and executed plans for the Thirtieth Anniversary



Celebration, and sent two delegates to the state Advisory Board Meeting and also members to the State Farmers' Conference.

3. 4-H Council

The 4-H Council is composed of all the officers of the 4-H Clubs in the county. The council is an advisory board for local 4-H Clubs. It serves to encourage 4-H project work and helps to plan over-all activities for the local clubs. This year the council met twice, once in July to plan 4-H activities and project work for the coming year. In November the council meeting was held to train the 4-H officers so they could conduct their 4-H meetings in a better manner. It also helped to sponsor the 4-H Pageant in conjunction with the 4-H Leaders' Association.

4. 4-H Leaders' Association

The 4-H Leaders' Association is made up of forty-two 4-H leaders, and they hold regular meetings each month to plan and evaluate the 4-H program. It serves as an advisory committee to the 4-H Council. This committee sponsored the 4-H Christmas Party. It helped to make plans for the 4-H picnic, Rural Life Sunday program, Achievement Day program, and National 4-H Week Observance.

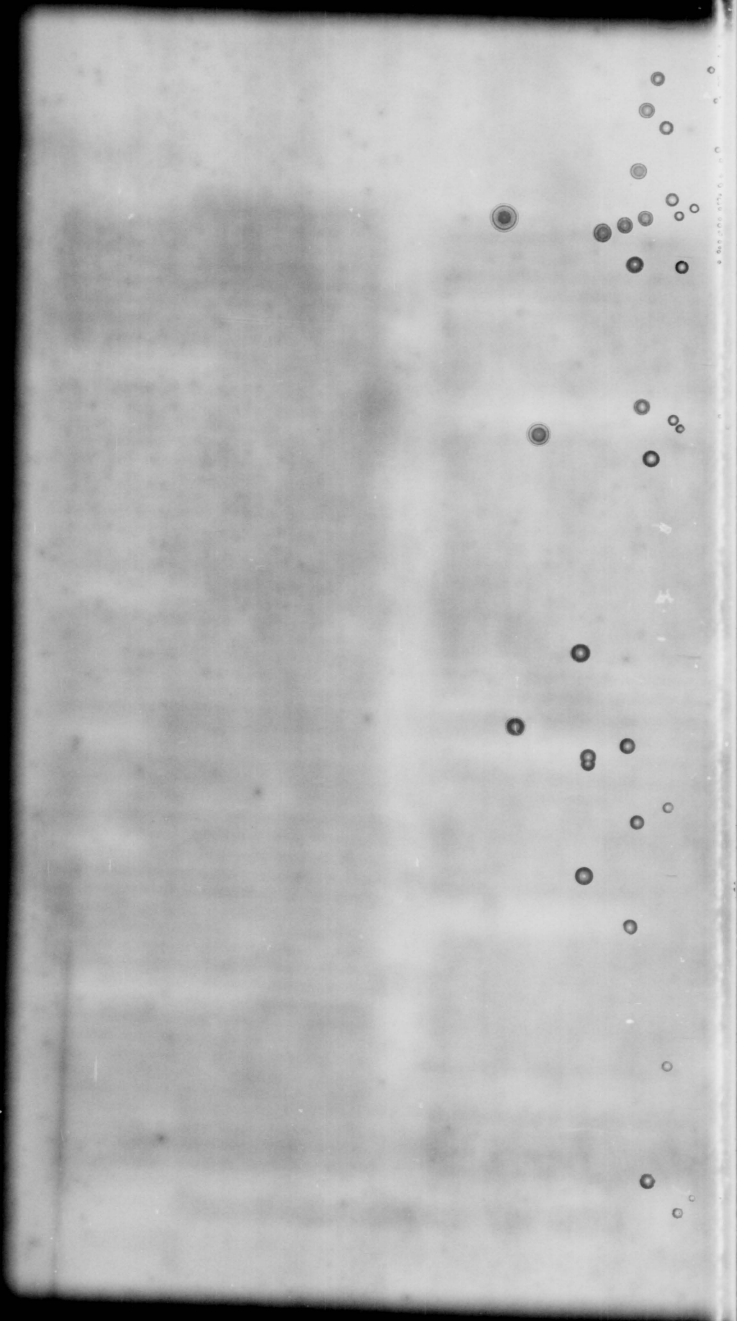
Leadership

1. Contributions

The organizational, program development, and subject matter leaders are beginning to work fine in their several capacities. However, they need additional training in order to be able to do efficient jobs. They have been most inspirational in getting the interest from community people and spreading the importance of Home Demonstration and 4-H Club Work.

2. Growth of Leadership

<u>HD Club Project Leadership</u>	<u>1954</u>	<u>1955</u>
No. Project leaders (subject matter)	0	7
No. Goal chairman	0	3
No. Program development leaders	0	3
No. result demonstrators	-	-
No. training meetings by specialists	0	-
by district agents	0	4
by agent	0	0
Attendance at all training meetings	0	104
No. meetings without an agent	-	7
No. meetings leaders assisted	0	17
Demonstrations by leaders	0	0
Talks and discussions by leaders	0	23



Work in Cooperation with Other Agencies

Without the assistance and cooperation of agencies within the county and surrounding areas, Extension could not accomplish half as much. The cooperation given by the N. F. A. and the N. H. A. departments has been most helpful. Other agencies such as the Red Cross and the local Health Department have helped to open the eyes of many people to the existing situations.

Appraisal of Year's Work

It is very difficult to evaluate the Extension program in light of the Home Demonstration work; however, as an over-all Extension program, it can be done much easier. The Extension program has contributed much to raising the standards of living for people in Campbell County. It has opened the eyes of many to their problems and has offered effective measures of meeting them. The Home Demonstration work, even in its short existence, has proved its worth to the people who are striving towards better living. Many comments have been made about the value of the Home Demonstration program.

A comment was made by Mrs. Sallie H. Vardon, member of the Yellow Branch Home Demonstration Club, "I would have never known the correct way to lay and cut a pattern, had it not been for the local home agent's assistance".

The addition of a telephone and the employment of a secretary in the Extension office have really proven their worth. Many more contacts are being made by individuals who need assistance, but do not find time to come directly to the office. The secretary's assistance in the office is invaluable.

In order to strengthen the program, there is a great need for more leadership and leadership training. It has been noted that in a number of cases individuals are willing if they have a clear understanding of what is to be done.

We are deeply grateful to the many agencies that have given their assistance to strengthen the Extension program. Our thanks go out to the state office, the local farm and home agents, Virginia Polytechnic Institute, and county agencies.

