

More leaders are always needed, especially in the school clubs. More leader training meetings are needed.

The 4-H adult advisory committee has been needed badly for sometime and more feel that they will do much to plan a more valuable program that will be more help to the girls. A handbook similar to home demonstration is being prepared for the 4-H club members again this year.

4-H club standards should be raised, particularly those on meriting a 4-H pin, and when the club standards or objectives are set for 4-H clubs similar to those for home demonstration clubs, there will be a better group spirit.

The leaders need training in contest work so they can help girls get ready for contest days. More training for girls and leaders is needed in setting up contest records.

The county program planning under the county agricultural extension service board with broader program is our best way to reach people.

The better lighting program is needed throughout the county and plans to continue this work next year.

Community projects were the War Memorial Building Fund, polo, yard parties, youth and cancer.

Result demonstrations continue to be of interest and plans are to place emphasis on better home lighting, kitchens, storage, water systems, and small fruit plots.

The older 4-H'ers in James Wood School worked on safety with emphasis on Civil Defense, and Farm and Home Safety.

More community 4-H clubs are needed to get ready for the possible removal of 4-H work from the school program. Leaders will have to be secured and trained for them.

continues whenever the need arises. More girls want to join the 4-H clubs than we have staff to take care of. The leaders plan more concentrated training programs of their own so as to be more helpful to the clubs.

The goals and aims of both the adults and youth groups are better understood by the public, hence the reason for more cooperation and support from so many sources. A 4-H club member's yearbook will be distributed and a score card for standard 4-H clubs will be included again this year. Two banners, one to the school and one to the community club, will again be given for outstanding work to the clubs with the highest scores.

Home Demonstration Clubs

Too much craft work has been included in the past. A crafts committee will plan the general crafts program in the future. In order to do more work on the other more important topics, it was necessary to work in still more special interest groups, both county-wide and in clubs.

In order to reach new requests for help for clubs, the leaders will still have to carry more club meetings without the agent. Also, the program could be strengthened by older girls giving some demonstrations to other groups. In some phases, the leaders need to put forth more effort to get to leader training meetings. They must be made to feel that they depend on them for this work. The educational work should try to see the idea that any member must participate if she is to get anything out of the club work or any other activity that our job is to help them to help themselves.

Quite a lot has been done, but still more can be done in giving new and younger members more responsibility.

Publicity is a weak spot and more could be done in this line by club reporters. Perhaps a training meeting for reporters would be a help. We have two radio stations now and daily programs can be taped at one. The newspapers are always cooperative and will print all that we have and can get to them.

Appraisal of this past year's program.

Leadership development in the youth program is very ~~marked~~ marked, with more leaders to help with the school 4-H clubs. Likewise, the project in adult work that challenged the best leadership. Previously experience cafeterias, field days, federation meetings, etc. helped them succeed with PTA work, cancer program, polio drives, county fair, etc. The health situation is improving with the help of a county health staff. Educational facilities are on the upward trend with a new grade school, colored grade school finished. More schools are having cafeterias and are feeding extra schools, canteen style. Shenandoah College is now open in Winchester and a private Catholic School is completed and open.

Skills learned and used in all homemaking projects for ~~adults~~ adults and youth are making homes more attractive and comfortable, and pride is shown in accomplishments. The trend is now toward community and home beautification with emphasis placed on improving mail boxes and entrances. Civil Defense ~~is~~ received emphasis this year., and now all agencies are stressing Civil Defense. Leadership in chair seating, finishing furniture, and other projects has been very outstanding. Nutrition work and foods program has done much to provide more balanced diets for many. The walnut and chestnut program is of much interest to the ~~county~~ county, but may not continue much longer due to the death of Mr. Koontz.

The long-time view of the program has been started and the plan completed. Leadership opportunities have developed pride and confidence in accomplishments and satisfaction is seeing a job well done. Ther is increased income for the family and higher standards of living. There is much yet to be done but they are on their way. The Farm and Home Development Program has been started in the county and the special interest home economics committee work is under way. Home lighting county-wide will continue to receive special emphasis.

In the youth program, growth continues in membership, project completions, contest work, junior leadership, honors and awards. Adult interest and help

County Health Staff - Pre-school clinics and giving physical checkups for 4-H campers.

Schools - Fund raising events and work done with 4-H clubs.

War Memorial Committee - assisting with events there and the home demonstration clubs have chosen this as their community project to help raise funds to build the field house this year.

Special Programs, Campaigns, Drives

1. Assist county health officials
2. Assist with school lunch program and PTA
3. Assist with community centers in six communities

E. Other Professional Workers

1. Board of Education and Schools

We have the cooperation of the school system in all phases of the adult and youth program. We have 4-H meetings in schools which help increase the enrollment, the use of buildings for special events and night club meetings.

The Religious Education Program received some money contributions from 4-H and home demonstration clubs. The clubs work with the FYA and school cafeteria staffs, also.

2. Future Homemakers of America

The home economics teachers assist as judges for contests, provide the home economics department for contests, work with us at the fair, encourage the girls to do 4-H club work, etc.

3. The Health Department works hand in hand with us on all phases of the program wherever needed.

G. What Have You Done For Your Own Professional Improvement

Attended State Conferences, District Agents Meetings, Local Leader Training Meetings, and Agent's Workshops, and Conservation Camp.

Subscribe to and read Home Economics Journals and magazines, as well as research pamphlets from V.P.I. and USDA.

VII. The Look Ahead

the extension secretary, etc.

In the youth program all plans are made and executed cooperatively such as club meetings, camps, county-wide events, etc.

B. General Public

The extension service is pretty well known by the general public and they seem to have a friendly attitude toward us. Many request and receive help in special interest groups, leaders helping their friends, at fairs, ~~XMI~~ reading news articles, listening to the radio, literature, at Achievement Programs, on community projects, etc.

C. Elected Representatives

Our County Board of Supervisors, County Clerk, etc. all work with us in helping with the care of the county rest rooms and have a very nice attitude toward the program and staff.

D. Commercial Interests

We have the fullest cooperation with our commercial concerns in providing supplies, demonstrators, loaning us things for demonstrations, providing store windows for exhibits, etc.

Southern States, Farm Bureau, Banks, and a lot of the rest are very generous with funds for the youth program, fair, trips, etc.

The Northern Virginia Power Company is a "lifesaver" to us, both in providing the kitchen for training meetings, giving demonstrations, and assisting with 4-H electric programs in both the youth and adult program.

The civic clubs all work with us on Polio, Cancer and educational work to secure their support for the youth program health programs, community beautification.

Fund raising events with rural clubs for schools and county fair.

Assist with TB, Red Cross, Polio, Cancer, Bible Programs, Rescue Squad.

Soil Conservation Service - Nut tree and seed planting program.

can rely upon, and who challenge them to develop their best qualities of leadership and skills. They set in an advisory capacity for all club activities and serve on committees for all county events, assist with educational exhibits, help each girl for contest work, project instruction, and demonstrations.

Each club staff of officers presides at meetings, and take the lead in having club participation in as many activities as possible. The 4-H fair, 4-H Achievement Program, contest work, county and area, a high percentage of completion of project work, are examples of the work of the leaders.

Adult project leaders are members of home demonstration clubs, mothers and all stars. In this field, girls have the opportunity to secure help from trained subject matter leaders in all their projects. They assist with work meetings, give demonstrations at club meetings, and at home, and help any and every girl who expresses a need for assistance. Two new community 4-H clubs were organized by Barbara Moore on Bellview Avenue.

Junior project leaders are older 4-H girls who assist the younger girls of their clubs.

We want to pay tribute to our 4-H girls leaders. Each and every leader is qualified and is able to meet the needs of the members in her particular club. Each is respected and the girls feel free to go to them with any problems.

Many qualities of leadership were developed and displayed by the majority of the older 4-H girls. Barbara Moore's leadership ~~XXXXXXXX~~ record is outstanding, and Georgia Carbaugh, Barbara Boyles, Sandy Boyles, Charlotte Leight are strong in leadership.

- A. Describe Your Progress in Developing Good Public Relations in the County with:
 - A. County workers

All projects that involve both men and women in the adult program are done cooperatively with the county agent staff such as the fair, water systems work, some phases of marketing and outlook educational work, program projection, share

on to friends, 4-H club girls, etc.

There are 78 result demonstrations and special interest project leaders also. This year these leaders gave 140 subject matter demonstrations and 41 federation goal demonstrations to adult and 4-H groups. Many of the leaders are the younger matrons and take a lot of interest in their work. They give excellent demonstrations and are placed when given a chance to do something. Home demonstration members also act as 4-H organizational and project leaders to all clubs which will be explained in the youth section.

Good reading was emphasized as well as better television program, landscaping, better reading for the children, etc.

There is evidence of a broader scope of leadership work by old and many new leaders in extra activities such as:

1. A special crafts committee to plan a general crafts program for the county and Winchester
 2. County Fair
 1. Serving on all committees
 2. Manning fair food booth
 3. Assisting with exhibits
 4. Educational exhibits
 5. Assisting judges
 6. Booking entries
 7. Judging county contests and fair
 3. Special Interest Home Economics Committee
 1. Analyzed county data and selected special interest topic
 2. Assist with making survey on projects to determine results
 3. Assist with setting up program
 4. County 4-H Council
- Home demonstration members assisted with the county contests by coaching girls and serving as judges.
5. Made all plans for and carried out Mothers March on Polio
 6. Planted seed and raised chestnut trees from seed for 400 4-H'ers
- Adult and Junior 4-H Leadership

Each community 4-H club has an organizational leader whom the girls respect,

ability and use it for the good of the people. Many non-members received help each year. Leaders also hold special interest workshops on dried flowers, making Christmas decorations, Swedish weaving, knitting, community, church, and school projects, etc.

Program Development Leaders of Home Demonstration Clubs

Most of these leaders have served continuously from year to year and have done well. They can be given credit for the following major results:

First, they have guided their groups into thinking in terms of long time projects. Some projects have been kitchens, (housing), storage, furniture, house furnishings, result demonstrations, federation goal, hooked rugs, home grounds, institute, better home lighting, etc. They have convinced the groups that they get better and more satisfactory results by studying fewer projects with more related work on these. The groups have been led to analyze, see and work on opportunity improvement projects. Outlook information is presented.

These leaders have one training meeting each year and at several meetings during the year they challenge the thinking of their groups toward ideas and projects for the following years program which they present at the planning meeting. This year they did unusually well without much help from the Home Agent, and we held our first planning meeting without our District Agent.

Program Development Leaders:

Present program calendar to club members in a way that will create most interest
 Report persons wishing special interest work
 Leaders are given time to discuss ideas for next year's calendar
 Submit to home agent any changes and club choices each club desires, and assemble program leader ideas members wish to be included in next year's calendar

Subject matter leaders are chosen for each project for the year. These leaders are trained by the State Specialist, home agent, other previously trained leaders, power company economist, etc., on the topics for demonstrations. Then they give the demonstrations at their club meetings. They also work with individuals and small groups on extra days to help them, as well as passing help

The home demonstration clubs leaders were trained to give a demonstration at each club meeting on "Home Preparedness for Civil Defense," literature was given and an adequately equipped shelter for a two weeks stay was stressed.

Many other community meetings were held, radio programs were given, news articles printed and literature given out.

People were slow at first in becoming serious about it, but the clubs and Mrs. Helwick kept on working. Results are now coming in fast. The schools have made plans and stored a food supply. Civic clubs, P.T.A.'s, and church groups are having speakers and making plans. A number of bomb shelters are being built. Many are taking first aid classes.

The Winchester Star in printing a series of 15 articles by an expert, Professor Willard B. Libby, on what to do in the event an atomic bomb were dropped.

The home demonstration clubs are continuing Civil Defense work for 1962 with demonstrations on simple first aid, distributing literature, etc.

Adult organizational leaders are the officers of the home demonstration clubs; program development leaders, result demonstrators, together with the county home demonstration committee officers, take the initiation in planning and executing the program. County fair, polio, special interest activities, educational programs, federation meeting, etc., previously narrated are an example to the type of leadership activities of leaders. Six meetings of each home demonstration club were held without the agent and some held seven. They will continue holding six without the agent next year. Our best leaders and workers are former 4-H club girls who are doing an excellent piece of work in selling the program. The newer clubs are more willing to assume leadership without the agent than some of the older ones. Organizational leaders spend several days each month with so many special interest projects in addition to the regular schedules, result demonstration sponsoring citizenship activities, most members have a chance to show leadership

VI. Civil Defense and Home Economics and 4-H Leadership Development

A. An achievement for special consideration is the Civil Defense and Leadership program, the adult and youth leaders.

In the leadership program in both home demonstration and 4-H the Civil Defense work started and its far reaching effect under the leadership of Mrs. Lloyd Helwick, Home Demonstration Federation Program of Work Chairman. The work chosen for the year was Civil Defense.

The objectives were:

Civil Defense - a county chairman be appointed to work with county Civil Defense Chairman.

Each club chairman pick her own Civil Defense representative to work with the county chairman.

Every club member take part in Civil Defense work. Allow a few minutes at each meeting to check on work done.

Have a community meeting open to public on Civil Defense.

Each club have a demonstration on Home Preparedness for Civil Defense

Mrs. Helwick having spent most of her married life with her husband in the armed services was keenly aware of the importance of the Civil Defense Program.

The first thing that faced her when she started working with the home demonstration clubs Civil Defense chairman was the fact that there was no Civil Defense Coordinator in Frederick County. Quoting Mrs. Helwick, "Well, we shall have to do something about that." "Who is responsible." She learned that the City Council and Board of Supervisors were the folks to see. She saw them and she didn't give up until a coordinator was found and appointed at a dollar a year, Mr. Jack McQuiston.

Mrs. Helwick agreed to coordinate the women's side of the work for the county and the wheels started moving. A county wide public meeting was held with an experienced speaker who had worked in the area of fallout; and movies were shown. The entire city and county was contacted through clubs, schools, and churches.

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at each club meeting, and do community work.

Both can, cook, clean house and take care of an aged neighbor couple.

Mrs. Carbaugh nurses full time, but still finds time to attend State Leaders Conferences, serve as a County Council Advisor, is President of the State Nurses Association, preserve food for her home, the aged neighbor and her own mother who lives in Lynchburg.

All eleven members of the club are given plenty of jobs and committee work to do. More girls want to join the club but she cannot take care of them in her home. However, those who do get in know there will be work to be done and that they are expected to do it.

This club will win the community club banner this year.

The group takes an active part in all county-wide activities.

As County Council President for 1962, Georgia is already planning and thinking of activities and projects for the club members.

Both serve on the fair committee and work hard.

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B - Story of development of leadership activities and accomplishments of an outstanding family, and extension's part in this development.

Mrs. Annie Carbaugh and her daughter, Georgia, (Mr. Carbaugh is deceased) deserve this recognition this year.

Mrs. Carbaugh, a special nurse, has been a 4-H leader for the Stephens City School 4-H Club, for seven years. Georgia, age 17, belonged to the same club until she started to high school.

Mrs. Carbaugh then organized a community club for girls to meet in her home so Georgia could continue in 4-H club work. That made two clubs that she works with.

However, before she started working with 4-H clubs, she was and is a member of the Stephens City Home Demonstration Club.

Georgia was president of the school 4-H club two years, was president of the community club two years, entered the Share The Fun Contest with monologues three years, represented the county at State Short Course this year, entertained at Home Demonstration Achievement Day this year, was County Council Vice President last year, and is 1962 President.

She entered her Achievement Record in Dairy Food Preparation this year and received a blue award.

She was county representative in the District Contest this year and received a red award.

She attended Conservation Camp this year.

She and her mother have inspired the eleven girls in the community club to carry on scrap paper drives, complete projects 100%, had the county 4-H Electric Congress girl winner, all girls entered the fair, all entered the county contest, they have project work meetings and demonstrations

	<u>1937</u>	<u>1938</u>	<u>1939</u>	<u>1940</u>	<u>1941</u>
No. training meetings held by					
Specialists	1	9	9	8	6
District Agents	3	4	5	3	3
Home Agent	13	6	14	15	16
By Others	8	4	9	10	9
Attendance at all training meetings	431	326	375	360	
No. meetings without agent	106	107	127	120	118
No. meetings leaders assisted	201	208	204	190	170
No. demonstrations by leaders	180	184	180	170	168
Talks and discussions by leaders	230	234	240	235	230
3. Growth of 4-H Leadership					
Number club officers	136	136	136	140	120
Number adult project leaders	140	135	139	144	140
No. junior project leaders	90	94	97	97	90
No. Result demonstrations					
Electric - Home Improvement	42	26	42	41	28
No. training meetings by agent					
Specialists	9	10	23	20	24
District Agent	2	1	4	2	2
Others	4	2	3	3	3
Total attendance of leader training	129	309	1175	1180	1140
No. 4-H leaders trained individually	10	14	18	19	26
No. club meetings held by project ldrs.	74	70	61	60	50
No. club meetings leaders assisted	72	78	65	83	70
No. demonstrations by adult leaders	241	246	242	240	220
No. demonstrations by junior leaders	351	369	330	335	300
3. YM/ Clubs					
No. club officers	8	8	8	8	8
No. Leaders or Sponsors	2	2	2	2	2

News articles, radio, circulars and letters had their place. The publicity on the nut program had far reaching results as well as that of the Mothers March on Polio and other community projects such as the Rescue Squad, Emergency Food Shelf, Yard Parties, etc.

Home visits, one of the best ways of doing good work.

Slides and movies convey a clear cut message and give many ideas.

Subject matter project leaders trained to give demonstrations at club meetings. Virginia's Changing Agriculture Meeting with key county people and V.P.I. staff at Luray, Virginia.

Work done in unorganized committees

- A. Test pressure cooker gauges
- B. Adjust sewing machines
- C. Club members assist neighbors with ideas and skills they have learned
- D. County-wide general interest meetings - literature, radio, newspaper, visits, demonstrations and exhibits
- E. Non-members assisted with Mothers March on Polio
- F. Furniture work given to others
- G. Food preservation helps given
- H. Helps on landscaping, gardening, lighting, lamp shades, etc.

V. Leadership

A. Growth of Leadership

1. Overall program leaders

A. County Agricultural Extension Service Board	<u>1959</u>	<u>1960</u>	<u>1961</u>
	20	20	20
B. Virginia's Changing Agriculture Committee			3
C. Youth Council	13	13	13
D. Home Economics Council	8	8	8

2. Home Demonstration Club Leadership

	<u>1957</u>	<u>1958</u>	<u>1959</u>	<u>1960</u>	<u>1961</u>
Number of Organization Leaders	57	57	50	60	56
Number of Project leaders	295	283	280	280	270
No. Fed. Program Work Chairman	18	18	17	16	15
No. Program Development leaders	18	18	17	16	15
Number Result Demonstrations	74	78	78	78	78

	37	38	39	40.	61
No. Home Ec. Committees	2	2	0	2	2
No. General Interest Committees	5	5	5	5	6
No. Youth Committees	4	4	4	4	4
No. Other Organizations					
No. Farm & Home Development Families	18	22	28	28	28
No. other families reached	760	780	785	790	860
No. different families reached	2975	2982	2985	2980	2990

B. What was done to increase scope of work and to inform the public about

Home Demonstration work:

1. Each member strived to reach new people and reactivate old members with literature, recipes, help, etc.
2. Assisted with larger fair and had educational exhibits.
3. Community Project work, polio, emergency food shelf, Ruritan Yard Party, Fire company dinners, etc.
4. Public home grounds meetings, tailoring schools, and upholstery clinics, Reed Basketry clinics.
5. Nut tree program, described in detail in this report.
6. Work with other agencies.
7. Home Demonstration Achievement Day and 4-H Achievement Program.
8. Special interest topics to reach new people.
9. Tours in Home Demonstration and 4-H to Baltimore, Washington, and New York.
10. Farm and Home Development Program.
11. Radio programs - 4-H and Home Demonstration on special topics and events
12. News articles
13. Gurb market - reached many non-members
14. Mothers March on Polio
15. Work started on Special Interest Home Economics - Lighting Program made available to public.

Method demonstrations were the most effective and got the best results.

Club choice and special interest topics were two ways of increasing the scope of the program. Many more were reached by those learning passing information on to others on all phases of the program. Special projects for non-members was another good method.

The result demonstrations are an excellent teaching device. Those developed in the clubs are kitchens, storage, water, and small fruit plots.

Education exhibits were deemed a good device. These were used at the county fair on 13 topics setting forth methods in subject matter fields.

8. Frederick County has been designated as a pilot county in the Town and Country Business Project, a program designed for older 4-H club members. Twelve girls and 13 boys are doing this project. A series of six topics will be studied and work has begun on the first topic. The six topics were chosen by the members.

Young Men and Women's Work

There was one older youth organization in the county at Round Hill. It was active nine years ago, but has been discontinued. Individual help was given on home planning, landscaping, furniture, decoration, foods, clothing, etc., as requested to this group through the home demonstration clubs, church work, school programs, and through the all stars and honor club groups. At least 310 young women have been reached.

All Stars, agents, and parents attended the weekend camp at Powell's Fort sponsored by City Service Oil Company, at which time the key award was presented to Barbara Moore and Karen Russell.

IV. Scope of Work

Home Demonstration Clubs or Groups	$\frac{57}{15}$	$\frac{58}{17}$	$\frac{59}{16}$	$\frac{60}{15}$	$\frac{61}{14}$
Membership	480	480	480	480	480
No. H.D. Groups - (Unorganized)					11
Membership (Special Interest)					89
No. 4-H clubs - School clubs were combined all in one school period and number clubs limited per pupil	17	17	17	18	15
Membership	455	383	430	439	410
No. YMW (All Star and Honor Clubs)	2	2	2	2	2
Membership	36	38	40	42	44
No. Community Clubs (17 H.D. & 17 4-H)	1	0	0	0	0
Membership	13	0	0	0	0

Style Revue - Barbara Boyles
Food Preparation - Charlotte Leight
Clothing Achievement - Charlotte Leight
Dairy Individual - Georgia Carbaugh
Bread - Elwanda Ginn
Poultry - Sandra Boyles
Frozen Foods - Rebecca Huffman
Home Improvement - Barbara Moore

In the District Contest, Georgia Carbaugh won a red award in dairy foods.

Karen Russell received a red award in freezing and 2nd in State. Barbara Boyles won a white ribbon in style revue. Sandy Boyles, a white in Poultry Consumption and Charlotte Leight won a red in Food Preparation.

5. Achievement Program

The 4-H club members decided at county council meeting to hold its achievement program December 9th. It is gratifying to note that they made all arrangements and planned the program. They also notified all who were on the program. Arthur Rowe, County Council Chairman, is in college so Georgia Carbaugh, Vice President, made all the detailed arrangements and saw that committee did their work. Georgia is the new president for 1962. A Share-The-Fun Contest will be held as the main feature of the program.

Highlights of the program were reports on trips to Conservation Camp, State Short Course, 4-H Electric Congress, County 4-H Camp, and County Summary 4-H work awards and honors. Forty girls will have received county medals.

6. National 4-H Club Week

The County Council worked up radio programs, had articles in the paper, put educational exhibits in store windows and decorated bulletin boards at school.

7. 4-H Educational Trip to Washington, D. C.

One hundred 4-H members, parents, leaders and agents went on an educational trip via three chartered busses to Washington, D. C., in August. The schedule was a guided tour of Washington, a bag lunch on the monument grounds, a tour of the U. S. Treasury, White House, Wax Museum, 4-H club center, and dinner at a Hot Shoppe.

said the displays exceeded any fair of the season that they had attended.

Georgia Carbaugh was sweepstakes winner and Sandra Boyles placed second, with Bonnie Phillips placing third.

Many more mothers, leaders and home demonstration members are encouraged and helping the girls in their work. The committee checked in and arranged the exhibits, then put things back in place after the judging was done. The girls and advisors set up the rules, decided on exhibit classes and provided for age groups in some of the projects. Barbara Woore, acting for the year as superintendent, had good working committees and the fair was larger than ever.

4. Contests

The 4-H girls county contests were held in August. Fifty-three girls entered in the junior and senior sections with a lot of leaders and mothers eagerly watching and getting ideas. The change in having demonstrations and records separate enables more girls to enter contests. The new Bellview Avenue 4-H club organized by Barbara Woore had seven girls out of nine in the contest.

The phase of the 4-H girls program is the key to keeping older girls in 4-H club work and the goal toward which younger girls are working. It is one of the best means of developing poise and skill by giving the girls an opportunity to work out and talk at the same time before a group. The girls regard this work as a real opportunity for developing and enter for the enjoyment, experience, and learning processes first of all. Good sportsmanship and well wishes to all winners are uppermost in their minds. A lot of practice work was done in club groups in demonstration work this year and several new clubs had entries in the county elimination contests. The girls thoroughly enjoyed learning to give demonstrations and judging at their project work meetings this summer. Seven achievement records were sent in and two won blue ribbons. Four won red and one white.

To date work done in contests for 1962 is as follows:

Results of 1961 County contests for 1962 are as follows:

The 4-H clubs each year cooperates with their churches in planning and participating in special church services, and with Rural Life Sunday. More emphasis is being placed on greater participation in the county-wide service.

The 4-H girls assisted with Cancer Fund Drives and Mothers March for Polio, distributing educational literature and helping collect funds.

2. State 4-H Short Course

Ten 4-H girls attended the State Short Course this year. The girls have certainly come home with the will and zest to do all they can to help their local clubs do better work so that others might someday attend State Short Course. Barbara Moore ran for 4th Vice President and almost won. Karen Russell gave a freezing demonstration in the State Contest and placed second. Georgia Carbaugh tried out in the Share-The-Fun Contest. Sandy Boyles received a Betty Crocker cook book on her Foods Achievement Records.

County 4-H Camp

Thirty-nine girls went to 4-H Camp. Mrs. Harry Heishman, Mrs. Russell Anderson, Mrs. Robert Russell, and Mrs. Lucille Arnel served as adult counselors.

Conservation Camp

Barbara Moore, Georgia Carbaugh, and I attended Conservation Camp. We all considered this camp more helpful in leadership training than State Short Course.

4-H Electric Congress

Florence Schulen attended the 4-H Electric Congress and declared it a wonderful experience.

3. County Fair

As previously noted in the adult section, a county fair was held this year for adults and youth, sponsored by the Ruritan Clubs. Eighty-four girls exhibited nearly 300 project entires, had ~~MM~~ nine home displays and six club educational exhibits. The same judges said the quality of work was very good and the public

6. Other

Leadership

Older girls serve as junior leaders and work with younger club members assisting with records, project instructions and demonstrations are some of their work. Barbara Moore has been outstanding in leadership as County Council President for two years, developed leadership in many others. Barbara Moore and Barbara Boyles attended the Leadership Camp.

Safety was studied by two large school clubs, James Wood and Robinson Memorial. In addition to the regular project requirements one period was devoted entirely to Civil Defense and what to do to protect themselves from fallout. Movies were shown and geiger counters demonstrated by Mr. George Turner of the Guidance Department. Mr. Turner has made an intensive study of Civil Defense and is quite well informed. Literature on shelters and fallout was given to the girls to take home.

7. Home Beautification

Objectives

A. To teach girls to take pride in and beautify the home grounds. The girls are taking pride in and working with this project.

All clubs are given help in judging, giving demonstrations, group recreation, music, record keeping, citizenship and personality improvement. Plans are to choose one or two each year for study and work.

C. Other Activities

1. Community Activities

The 4-H clubs in six communities help with keeping up community halls. Round Hill 4-H club has enlisted the cooperation of the entire community, and have a new community hall fully equipped for meetings and suppers. They have had fund raising events and everyone has cooperated in this project. Each year the 4-H clubs have cooperated with the Salvation Army and given a basket to a needy family at Christmas.

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Your Room - Pep It Up

The girls thoroughly enjoyed participating in this project. They partitioned off the dresser drawers, arranged flowers, selected potted plants, made bulletin boards, dresser scarfs, towels, etc. They streamlined their rooms for easier care and delighted in making their rooms attractive. We gave ~~the~~ project instructions each month to the girls at school club meetings.

4. Health

Seventy-four receive physical examinations before going to county 4-H camp. Because of the good grooming project, many of the girls are more interested in and practice good health habits such as cleanliness, posture, diet, regular hours and sleep and exercise, etc.

5. Electricity

How Selected

Two community clubs found this project one that could be done at club ~~XXXXXX~~ meetings and being eager to learn more about electricity chose it because they felt it would be very helpful at ~~XXXXXX~~ home.

Planned

Definite topics were selected for each monthly meeting and as each one was completed the record was filled out on that phase. By the end of the club year records were ready to turn in.

Methods Used

1. Demonstrations by agent and junior club members at club meetings.
2. Roll call answered by a report of work done at home on each topic.

Girls enrolled and completed this project. They studied lighting, wiring, lamps, color, repairing cords and care of appliances. The trip to the State Electric Congress was the best thing ever to happen to Florence Scheulen, County Winner, so she says. Emphasis was placed on correctly lighting study centers and 31 girls equipped a study center with a good lamp. All girls gave a demonstration at club meetings and talks on care of appliances.

baby bibs, stuffed toys, wrist pin cushions, etc.

Many mothers found the girls rendering first aid to ~~XXIX~~ their own clothing by doing the repairs themselves. Shoeshine kits were made and shoes and socks kept much neater. However, they say it is ~~XX~~ stylish to wear dirty saddle oxfords. This project gives excellent training and the girls are much more conscious of their appearance, spent more time at it, and it carried over into advanced clothing work in selection, and care. It is also a good project to make the girls food conscious. We found them more anxious to eat for health and they realized the importance food played in good health.

3. Room Improvement, Your Room and Home Improvement

Objectives

- A. To teach better housekeeping methods
- B. To teach refinishing furniture
- C. To make color plans for rooms
- D. To arrange room for easier care

How Selected

The girls selected these projects because they liked this work, and to help with the work at home, thus relieving their mothers.

They planned what they would do after studying their projects and analyzing the rooms.

Methods Used

- A. Agent and junior leaders gave demonstrations at school club meetings
- B. Held project work meetings in summer
- C. Girls prepared reports at club meeting on what they had done

Results

Home demonstration members have given excellent assistance to these girls. Each girl did the required work in her project and many did more than was required.

The home demonstration members have worked in good lighting and made the polden lamps. The girls were taught to make the same lamp and add it to their home improvement work.

tell them they can go ahead with clothing construction without as much help from them as those girls require who haven't had 4-H work. The 4-H girls are being given more responsibilities at school. The Home Economics teachers assist the girls with their contest work with suggestions and help on material, patterns, etc. The girls are starting clothing work this fall and plan to have more girls in contest work next year.

In Clothing I, demonstrations were given by agent, members, and leaders, on shampooing, hair cutting, and styling, setting the hair and making pin curls. They are hair ~~xx~~ style conscious and study pictures for ideas. Many girls told their mothers they didn't want anyone giving them home permanents until they were older.

The care of the skin and use of makeup was studied and demonstrated. Girls changed the color of lipstick, took off most of the makeup, and learned how to use it correctly. Emphasis was placed on the natural vs. the painted look. Diet was stressed as the most important factor in having beautiful skin, teeth, hair, etc. The girls are studying people and pictures of correct makeup and its application.

The hands and nails were the biggest problem, how to get them to stop chewing their nails and to cut off the long, long nails. However, when they actually saw how much nicer their nails were when they were the correct length and the right color polish correctly applied, and compared the chewed fingers to them also, they act to overcome the nail chewing and keep them well groomed. A lengthy and vivid picture was painted of how very unsanitary nail chewing was, besides being ~~XXXXXXXXXXXXXXXXXXXX~~ dangerous in that germs are under the nails. Most progress was made on this phase of the project.

They studied and learned how to laundry sweaters, how to use detergents, water softener, pressing sweaters, etc. How to dry clean and press the various fabrics was very helpful. Many gifts were made for Christmas-needle cases,

Objectives

1. To teach good grooming
2. To teach conservation by doing own sewing
3. To teach the girls to care for their own clothing
4. To teach them how to select clothing to meet their needs
5. To learn clothing construction principles, selection of patterns, and materials
6. To teach beginners the fundamentals of hand sewing and how to use the sewing machine

How Selected

The girls discussed project with their mothers and selected on the basis of likes and needs then planned what they would do during the year.

Results

One hundred thirty-three enrolled in "So You'd Like to Sew," (Clothing III), 57 in clothing II, and 163 in clothing I. 127 completed clothing III, 56 clothing II, and 159 Looking Your Best. They learned the basic sewing principles, how to make the hem gauge, hand hem using thimbles, use a pattern, use the machine, etc. These girls are assisted by home demonstration members and parents, junior leaders and the agent. This was a school project in several clubs and articles were made at monthly meetings, exhibited and judged.

More beginners entered their projects this year in the 4-H fair and won ribbons of which they are very proud.

The Clothing II girls made new garments, remodeled, dyed and did their own dry cleaning, mending, laundering sweaters, and stored their winter and summer clothing. The girls continue in clothing and each year their work shows improvement. These girls were assisted by the same means as the beginners. Two all day meetings were held with each group this year, with leaders and older girls assisting. Some of the girls were taught how to use the machine attachments as a result of the singer lessons to the home demonstration clubs.

Many of the girls are taking home economics in high school and the home economic instructors, as the girls tell me, comment on their 4-H work, and

One leader-training meeting was given by the state food specialist, and one by Miss Flickinger to home Demonstration leaders who helped the girls. Adult and junior leaders together with parents assisted the agent with the work. They helped prepare and serve club meals, meals at home, made cakes, baked cookies, prepared milk dishes, salads, vegetable dishes, served club refreshments, and judged food at club meetings during the year. Different breads were baked. Contest work will be elaborated on other contests. Fair exhibits were of better quality in these projects than ever before.

2. Food Preservation

Objectives

- A. To teach girls to make canning budgets
- B. To teach correct food canning and freezing methods
- C. To teach girls to give food preservation demonstrations

Thirty girls enrolled in canning and 30 in freezing with 60 completing. Demonstrations were given in canning and frozen foods by members, leaders and agent. The home demonstration foods leaders were very helpful with this work. Quarts and quarts of ~~XXXX~~ fruits and vegetables and meats were canned by girls alone and with help. Many packages of foods were frozen by girls alone and with help. They made budgets for the number of quarts of tomatoes needed and made a plan for all canned foods needed. The girls certainly are appreciated by their mothers. A lot of the family food preparation is being done by the girls, relieving their mothers of this task and giving them more time to live with their families.

As more home freezers are bought, less canning and more freezing is being done.

3. Breads

Girls enrolled and completed this project. They baked both quick breads and yeast breads.

4. Clothing I, II, III

1. Food and Nutrition

Meal planning, Breads, Food Preservation

Objectives

- A. To teach approved food preservation, preparation, meal planning and serving, using the basic four charts as a guide to challenge the girls to ~~MAX~~ eat for health and develop skills in handling foods.
- B. To relieve mothers of some of this work

How Selected

The projects were explained to the girls and requirements listed. Each girl was asked what she like to do best and what would be most helpful to her and her family. She then discussed the projects with her mother and together they made the selection.

How Planned

The girls studied the requirements and selected the topics they would study for the year; then set up what they would do each month in each of these projects.

Methods Used

The home agent trained the leaders and already trained leaders of home demonstration clubs assisted the girls with their foods projects.

Meetings

Junior leaders in foods assisted by giving demonstrations and helped with records. All day work meetings were held during the summer. The girls also gave demonstrations at work meetings and in the county area, district, and state contests.

Results

1. Meal Planning, Food Preservation and Bread Baking

The girls improved family nutrition by preparing meals, dishes using milk, eggs, vegetables, salads, baked bread, cakes, cookies, and made use of canned and frozen foods.

The all-star group is organized with full staff of officers. They act in an advisory capacity at county council meetings and with planning the county program, serve as organizational and project leaders, set high standards of conduct as a challenge to 4-H members, and assist with any and all 4-H activities. This group meets subject to call.

4. Project Planning Committee

This committee is made up of a leader and older girl from each of the 15 clubs. School clubs were combined and all grades met the same hour. We secured adult leaders to assist the grades. With growth what it has been, there is a real need for this committee to help iron out, overcome, and strengthen the weaknesses in the program, as well as helping to plan a calendar of work similar to the home demonstration calendar with committees to recommend activities, rules and regulations for:

- County-wide Events
- Contests
- Selection of Projects
- Leader-Training, Etc.

The adult and junior 4-H committee recommended that due to the interest in contest work that all project should be offered to the girls and more emphasis placed on greater participation at an early age in order to build records. They also recommended that group work be done in safety, junior leadership and health work.

The 4-H girls, agent and leaders discussed and explained the various projects to the parents, then they decided to select those projects that would be most helpful to the members and most needed in the home. The girls selected projects in clothing, food preparation, food preservation, bread baking, housekeeping, home improvements, laundry, electric and livestock. Also junior leadership and safety.

B. Project work 4-H

Objectives

- a. To set up a set of goals to raise the standards of 4-H clubs. The clubs receiving the highest score is recognized at the achievement program. The score card is a part of the 4-H handbook. This year ~~two~~ two banners will be given. One to the outstanding school club and one to the outstanding community club.

2. Year Book Committee

The committee is made up of four members and two leaders who reviewed and made up the 4-H handbook. The Farmers and Merchants National Bank sponsored the handbook. Each club member received a copy.

3. 4-H Program Planning Committee (Six Members)

Objectives

1. To plan a monthly program for 4-H meetings
2. To plan county-wide program activities such as the achievement program and Share The Fun Contest, and educational trips.
3. To plan an educational tour to Washington, D. C. for 4-H members.
4. To plan program for National 4-H club week and Rural Life Sunday.

4. County Agricultural Fair Committee

4-H members serve on all fair committees and take complete responsibility for entering, placing, and booking of exhibit placings for this event.

5. Recreation Committee

This committee plans the county-wide recreation program

6. Finance Committee

Plans for fund raising events

3. All Stars

Objectives

- A. To act as advisors and sponsors for the county council and teach club members proper spirit and attitude
- B. Take an active part in youth programs
- C. Act as 4-H organization and project leaders
- D. Assist with selection and approve new all-~~star~~ candidates

reached in 4-H club work in 1961. Ten clubs are organized in schools and the rest are community clubs. The average age of club members enrolled is 13.3 and average tenure is 3.0.

Club members take all projects and enter the contests offered.

Have good junior leadership program etc.

The committee reviewed the county program for youth and recommended that:

1. More youth should be reached
2. Need more trained leaders to organize more community clubs
3. Should have more community projects in 4-H clubs and work more closely with the church programs.
4. Two more community clubs should be organized.
5. Better understanding of 4-H work by school officials, the public, and the parents
6. Closer parent-child relationship
7. More emphasis placed on developing ~~JMI~~ junior leadership
8. More training meetings held for adult leaders
9. More recognition for leaders

Immediate Objectives

1. Continue to raise 4-H club standards
2. See that clubs are informed about true meaning of 4-H club work
3. Have junior project leaders in each club
4. Enroll in all project in the fall
5. Conduct six community club meetings without the agent
6. Set up a club score card

II. County 4-H Council

Objectives

Each club represented at county council meetings

Teach all club members 4-H policy

Plan all county-wide activities

Send two delegates to county camp

The officers and leaders of the eighteen 4-H clubs in the county make up the county 4-H council. The council holds two meetings each year, and plans all county 4-H activities by means of working committees.

Committees Are:

1. Score Card Committee

It is a real treat to have had the opportunity of seeing this project grow. Much of the work was done by the family members. Mrs. Rowe has the entire family helping with furniture upholstering, re-finishing, etc. She and Carolyn clerk at Denny's Commission Auction and have gotten many pieces of furniture that they have re-done for very little money.

The home is lovely, convenient and well built.

The yard and grounds are being landscaped as time goes on.

A picnic area and swimming pool was completed at the river and home demonstration, 4-H, and church groups go there for all kinds of picnics, etc.

Mrs. Rowe is very active in home demonstration work and makes use of any and all help she can get.

The whole family worked after Mr. Rowe was unable to do full time work. Arthur worked all summer to help with college expenses.

The time management ability of Mrs. Rowe and the girls is interesting to observe. They manage to have balanced and nutritious meals by using the home freezer, do quantity buying, and the home is always well kept and attractive.

They all shared in the work.

Were it not for the fact that the home is off the main road, it would be a good place for a Sight Conservation Result Demonstration for county-wide visits.

III. County Extension Program - Youth

A. Organization

1. County Youth Council

The council is made up of thirteen members from 4-H leaders, county council officers, a minister, home demonstration members, and parents.

Situation in Frederick County:

4,000 youth between the ages of 10-21, 407 girls, 312 boys making 719

One year later a one-half time assistant was secured to work the the home side. Twenty-two families were signed to work with during the first year. About 17 of these are still being visited in this program. Over a period of five years others have been added and the total being worked with new numbers 28. Of this number, nineteen have been worked with by the assistant home agent. Mrs. Myers was moved to Clarke County as Home Agent and since then, no one has been secured to work with the home side of the program.

PROGRESS OF THE HAROLD ROWE FAMILY

For the past three years, the Harold A. Rose family has made outstanding progress in an over-all program.

The family consists of Mr. & Mrs. Rowe, three daughters, and one son.

Two of the girls, now married, were 4-H club members and finished high school.

Arthur is at V.P.I. studying to be a forester. He was very active in 4-H club work and was president of his 4-H club and the County 4-H Council. He attended Conservation Camp one year.

Mrs. Rowe is a college graduate with a major in interior decoration and is an accomplished musician.

Mr. Rowe is very good as a bookkeeper and is a college graduate.

The family is very active in church, school, and community affairs.

Mr. Rowe suffered a heart attack and had to quit work at the Sanitary Dairy. They sold their home in Winchester and bought a tract of land on the river near Gainesboro.

Timber was cut and sawed to build a home. They lived in a small house until the large new home was built.

The Extension Service and Power Company were asked to help with plans, lighting, wiring, color schemes, cabinets, etc.

D. Frederick County Agricultural Fair

The Ruritan Clubs sponsored a county fair for adults and youth with commercial exhibits, amusements, and food stands.

The home demonstration clubs assisted with all committee work, youth activities, and their own section.

Prize money went to both the youth and adults. Results were beyond expectations. The home demonstration clubs had 14 educational exhibits as well as exhibits in the adult section at the fair.

Newspaper, radio, and business firms advertised the fair in every way as well as giving financial help. The results of the youth program will be given in the 4-H section.

Home demonstration clubs named the food stand and ~~IA~~ all the proceeds went to the fair association.

E. Tours

The Valley Mill Club chartered busses and went on a trip to Baltimore to see the Sherwood Tulip and Azalea Gardens. Another county-wide chartered bus trip was taken to New York by 38 women. Others went to Washington, to Florida, to California, etc. on educational trips.

F. Judging by Leaders at Special Events

1. 4-H club members county share-the-fun contest in December
2. Judging at Loudoun County Fair, and Jefferson County Fair in W. Virginia
3. Frederick County 4-H girls elimination contest.

Urban Work

Quite a few urban folks belong to 4-H and Home Demonstration clubs, and a goodly number receive help through general interest and special interest groups. As well as receiving literature and individual help on request.

Farm and Home Development

The Farm and Home Development plan of the Extension Program was first started in Frederick County in January 1955 by a worker with the farm side.

Shenandoah, Virginia, in April. News articles were in the local papers and a radio program was given.

Three clubs held special meetings and invited guests.

develop skills and ability that the girls are being encouraged to participate and more are doing so each year. Many gave demonstrations at project work meetings. So much still remains to be done that the clubs are continuing the work with youth.

The schools are cooperating with 4-H program. Robinson Memorial, Middletown, Stephens City, James Wood, Gore, and Kline schools have 4-H clubs in school. The principals and teachers help in every way possible, and some act as organization leaders. The 4-H program in schools of the county is being continued. More adults are helping with school clubs, at Robinson, James Wood, Stephens City, Middletown, and Gore.

H. Community Halls

There are now six community halls in the county if we count the fire hall at Middletown, which is used for community activities and which the home demonstration members helped pay for by assisting with money making events. The Grange Hall at Mt. Airy has been paid for and the community including the home demonstration club, renovated the interior of the building. The War Memorial Building Program is being expanded.

II. Club Objectives for 1961

A. Club Objectives

1. Have a routine check-up of objectives at least three times a year.
2. Promote at least one community project. (War Memorial Building Fund)
3. Each member take some responsibility within their club and try to reach more people outside the club.
4. Each club furnish leadership for 4-H clubs and assist with their projects and activities.
5. Plan to have as many meetings as is necessary without the agent.
6. Plan county-wide meetings on at least two projects.
7. Be represented at all leader-training meetings and district meetings.
8. Support the Civil Defense Program by stressing the importance of a bomb shelter and food supplies for shelter.
9. Each member revive an old interest or create a new interest in connection with Art in Daily Living.

B. National Home Demonstration Week

This was observed by 76 attending the District Federation Meeting at

group assist. Next year the Ruritans have volunteered to help with the County Program.

C. Assisted with Ruritan Yard Party for the benefit of James Wood School. More than \$6400 has been raised over a period of nine years toward band uniforms, band instruments, and athletic field bleachers.

D. Assist with T.B. Seals

E. Carry on Cancer Education Program

F. Stressed better nutrition

6 - YOUTH

After 17 years of youth work, the home demonstration clubs feel encouraged with results. The younger matrons are working with 4-H girls and each home demonstration club has a 4-H chairman. These women serve on fair committees as advisors, help plan the fair, act as organizational and project leaders, furnish transportation, judge at contests, furnish project materials; and best of all, help train club members to become our future leaders by giving them responsibilities. A full account of 4-H work will be given in the 4-H section.

The work that Mrs. John Whitacre did as State Youth Chairman ~~XXX~~ has inspired more adults to take an interest and help with the 4-H program. All the groups are actively working with the youth program. Each club has a 4-H committee which works with 4-H girls on projects and records, thereby doing their part in again challenging the girls to complete their projects. The Home Demonstration Clubs assisted 4-H clubs with money making events. Older 4-H girls are remaining in 4-H club work. More will appear about girls junior leadership in the 4-H section.

I wish to pay tribute to the Farm Bureau, Sears Roebuck, Home Demonstration Clubs, the banks, and Southern States for sponsoring projects and providing money for contests and fairs. Contest work is such a valuable device to

how to identify the wood in furniture and how to re-finish it." "We need more time and help to get the furniture ready for the fabric.

As a result of the above clinics, even our upholstery plants offered the ladies tools, etc., because they all said that they had more than they could do and realized that many could not afford to pay to have the work done.

Even Leggett's Department Store loaned sewing machines for the ladies to use.

The 1962 program planning group has provided for general upholstery clinics next year, giving two days to each group. One day to getting the furniture ready, and one day for putting on the fabric. This will enable each person to help others in the community with upholstering. These clinics will be open to the public.

The home demonstration clubs will devote two demonstrations in 1962 to identifying wood in furniture, and how to finish it.

Results reported by 190 home demonstration members in accomplishment sheets show 41 pieces of furniture re-upholstered in 1961 and others started.

Savings in money cannot be stated accurately, but it is estimated that it goes into hundreds of dollars.

Other Activities

1. Community Projects

A. War Memorial Building Fund

The War Memorial Building has been so much used that the committee is now busy trying to raise the money to build the last half of it, which will include field house, swimming pool, and large kitchen. The home demonstration clubs have taken this as a county-wide project and each club makes a cash contribution.

B. Polio Porch Light Parade - bringing in around \$1200 from the county. Home Demonstration clubs sponsor this and non-members plus one men's

C. Other Crafts

Two or three clubs have done work on tray etching, lamp shades, candle making and Christmas decorations.

The crafts program requests were so ~~XXXXXXXXXXXXXXXXXX~~ numerous that a general interest crafts committee will plan the crafts program for 1962.

Significant Story in One Subject Matter Phase -

Upholstering Furniture

Problems

1. Limited amount of money available to buy new furniture
2. Many pieces of furniture needed repairs and could be upholstered at a nominal cost
3. Cost of having furniture re-upholstered prohibited homemakers having it done

With a limited amount of money available for new furniture, prices very high for good new furniture, and a lot of good old frames and furniture in the homes that could be renovated and re-upholstered lead to more requests for help on this topic; not only by members of clubs, but by others. They could buy the fabric but couldn't afford to hire the work done.

To give help to more people each home demonstration club had a demonstration on selection of fabrics and how to brace, re-finish the wood, re-tie spring, re-pad and get the furniture ready for re-upholstering. The groups actually worked on the chairs.

Then four special upholstery clinics were held with each chair owner and one helper brought their chairs in. Each piece was finished during the day. Results were very good and 19 ~~PII~~ pieces were finished in the four clinics.

These trained people reported helping others in their communities and many others who saw their furniture wish to learn to do their own.

The educational exhibit at the fair created a lot of interest in upholstery.

Suggestions offered that would be helpful to them were - "We need to learn

Methods

Demonstrations

Procedure

1. Meetings at Result Demonstration Homes
2. More homes secure running water
3. Correct wiring in remodeled and new homes and safety in wiring
4. Continue house repair improvements

Many new homes were constructed, 41 made other major repairs or remodeled dwellings, 3 installed a water system, 9 have new heating systems, 3 bathrooms were completed, 24 had their homes re-wired with electricity or corrected and 21 improved their kitchens and/or laundry in some way.

More emphasis is being placed on home beautification and 140 reported doing some landscaping, planting shrubbery, improving entrances, and mail boxes.

Rural Arts

A. Metal Tooling

Objective

To teach art principles in color, line, design and balance

Procedure

Leaders trained by Home Agent.

Leaders gave demonstration in each club, this answered the request for a new craft and taught art principles as well. Everyone enjoyed it because it was both easy and appealed to their originality in creating new designs. All clubs worked out new ideas and future uses for it. Some plan to use it for Bible School classes next summer. An educational exhibit created a lot of interest at the fair.

B. Reed Basketry

Was worked out in Special Interest groups with the agent teaching it. They started with the hot dish mat, then those who wished to go further made a shaped bun bowl. This was not a practical project and was not continued.

3. Living Room 110 People
 4. Work Room 70 People
 5. Kitchen 190 People
 6. Study and work areas 80 People
6. Did you see the Educational exhibit at the fair? Yes 240 No 30
 7. Did you receive literature on light bulbs? 210
 8. What future help would you like on this topic? Structural Lighting

Evaluation of a Lesson Beauty in the Home With Color

Sent out to 150 home demonstration, 100 non-members, 60 4-H girls

The specialist plans to discuss this with leaders and give them a copy this year. She did not do this the past year.

We have selected a few families to help us in evaluating this program; your help in this will be appreciated. It is very important that we receive a reply from you.

Please discuss these questions with your family:

- Did you attend the unit meetings on Beauty in the Home With Color? 100
 Did you need to make better use of the color used in your house? Yes 190
 If so, what? walls, ceilings, paints, fabrics, floor coverings
 Why? Nothing matched and mainly to get better harmony and light
 Did your family analyze your own likes as to color? 210
 If you analyzed them then did your family feel the need for any changes
 In colors used? Yes to 215
 If so, what? chiefly lighter and more of what the family liked
 Was the chart helpful to you and your family in analyzing color?
 Very helpful? 135
 Of some help? 90
 Little or no help? 5
 Did not use? 10
- Did you make better use of the colors you had, as the result of this lesson:
 By sorting articles as to color harmony Yes by 180
 By placing articles together? Yes by 190
- Did you add any new colors? Yes by 60 If so, what? Pictures, vases, flowers, fruit
- To what extent did your family work with you in planning, building and using the color plan? Very good by 215
 How do you and your family feel about the changes you have made? good by 200
 If you have not made any changes, do you plan to make color changes within the next year? Yes from 66
 If so, what of the information you have received do you plan to use? light walls, light slip covers.

Result Demonstrations

Objectives

1. To continue kitchen improvement
2. To continue kitchen result demonstrations
3. To continue water systems and storage

about color planning, read the labels on paint cans, check furniture construction, look for better quality in fabrics for furniture and furnishings, etc.

Kitchen result demonstrations are an inspiration to others. After the second kitchen tour, more kitchens have been improved in some way by ideas gotten from others than were done the 11 years previously. The groups did some study on time and energy saving in the kitchen, laundry, and in housekeeping. New homes are wiring their kitchens by the rules with the help of the Northern Virginia Power Company. Correct bulbs, tubes, and fixtures can be purchased in local stores.

Chair Caning and Rope Seating.

This work has been continued by trained leaders. At least 160 chairs and stools have been seated with rope and 8 with cane this year.

Thirty-nine pieces of furniture were upholstered last year and the demand was so great that we will have clinics next year along with how to identify and finish the wood in furniture.

This project is more popular than slip covers, is easier, and better results are achieved.

The evaluation sheets that follow on two topics are self explanatory.

Good Lighting - Sight Conservation - Used in 14 home demonstration clubs and older 4-R girls

Light Bulbs

Check if you are buying warm white deluxe light bulbs as follows:

- 1. 150 watt for study and reading lamps 215
- 2. 150 watt for sewing center lamp 70
- 3. 100 watt for ceiling fixtures 200
- 4. Fluorescent Tubes -
 - 1. Over work center in kitchen Yes 110 No
 - 2. Do you have it shielded? Yes 110 No
 - 3. Over kitchen sink? Yes 90 No
Is it shielded? Yes 90 No
- 5. Where do you have warm white light bulbs and tubes in your home?
 - 1. Bathroom 180 People
 - 2. Bedroom 160 People

get the chairs ready for the upholstery clinics at their club meetings. The Home Agent and older upholstery leaders assisted with this work. Help was given in fabric selection to tie in with color planning, etc.

Four upholstery clinics were then held in the county at which 19 pieces of furniture were upholstered, to look like new.

To teach chair seating to new people 140 stool frames were bought and seated, with previously trained leaders teaching new folks how to put in rope seats and finish the wood.

Educational exhibits were set up at the agricultural fair on Paints for all Surfaces, Beauty in the Home with Color, Chair Seating, Light Bulbs, Sewing Centers, and Upholstering.

Information was passed on to others and ~~in~~ all topics were made available to the general public.

Instructions and literature was passed on to others by members and those who received it.

Paint stores, department stores, Northern Virginia Power Company, etc. cooperated in every way by loaning paints, fabrics, etc., for use in demonstrations and exhibits.

The radio and newspapers cooperated by broadcasting information and printing news articles.

4. Results

One marked result noted by many is the ability to resist high powered salesmen and not buying until they find what they want. They have learned that nothing is a bargain if it isn't needed or isn't the right shade or color.

People have learned to select paints, furniture, fabrics, etc. to plan a harmonious color scheme in the home and to save money by learning to upholster.

Dealers tell us that customers ask for warm white light bulbs, inquire

budgeting and money saving by learning about washers and dryers, also chair seating with rope and cane upholstering, and how to improve the over-all color schemes for the home by tying it all together with a study of "Beauty in The Home with Color."

The people were to learn to look for the best way to plan their homes in terms of color better lighting, to save time by doing simple home repairs, re-upholstering furniture, learning about paints for all surfaces, refinishing wood in furniture, chair seating, etc.

3. How Work Was Carried On -

Lay leaders were trained by the State Specialists, Power Company Home Economist, and Home Agent for the topics:

By State Specialists

1. Study of Paints for all Surfaces
2. Simple Home Repairs
3. Tips in Buying Washers and Driers
4. Beauty in the Home With Color

In Sight Conservation, the Northern Virginia Power Company Home Economist and Home Agent presented a demonstration to each of the 14 home demonstration clubs of the county on, "How to Correctly Light a Sewing Center, and the correct light bulbs to choose for the entire house. It was felt that much more use would be made of the sewing machine if people could "see" not only for clothing construction but for all other sewing work in the home.

Warm white deLuxe light bulbs are such an easy and inexpensive way to improve home lighting that an excellent lesson was given.

To tie in with good home lighting the club leaders stressed the importance of white ceilings, light walls, light floor coverings and furniture, etc. in the demonstration on Paints for all Surfaces and Beauty in the Home with Color.

In the Special Interest Upholstery Clinic all home demonstration clubs were given an opportunity to put to use their skills in the use of tools by helping

the new fabrics and garments. The evaluation sheet gives a small check on its effectiveness. The savings in money cannot be figured. One special tailoring school will be in the 1962 program again, along with Basic Sewing Classes.

Labeling Law Evaluation Sheet

Sent to go Home Demonstration members, 100 non-members, 50 4-H girls

1. Do you think that this information is stated so that you can use it when buying clothing and fabrics Yes 190 No
2. Do you think that the amount of information is too little too much enough 196
3. Is it easily understood by you? Yes 200 No
4. What use have you made of this information?
Use it yourself 196
Pass it on to others 200
5. Do you keep the labels from garments and file them? Yes 160 No 15
6. Where did you learn about the new labeling law?
Home Demonstration Meeting 80
Newspapers 200
Magazines 203
Radio
Television 210
7. Are you a Home Demonstration member 92 4-H 30 Other 38

III. Home Management, Housing and House Furnishings (TheHome)

1. Why Taken -

1. To continue improving the home in terms of comfort, convenience, and economy.
2. To learn what paints should be used on all surfaces.
3. To improve the beauty of the home with color
4. To save money in the study of laundry equipment
5. To improve the lighting in the home
6. To learn to do simple home repairs
7. To save money by upholstering, and refinishing furniture and chair seating.
8. To increase efficiency in the home
9. To continue kitchen result demonstrations and good lighting result demonstrations.

2. What Was Attempted -

Topics and help was provided on Good Home Lighting in Sewing Centers and correct light bulbs throughout the house. A study of paints for all surfaces lessons were arranged on how to do simple Home Repairs, help was provided on

Each home demonstration club was given the demonstration by the leaders and literature given.

Four special tailoring schools were held in the county, each school receiving four full days of instruction in tailoring a coat, suit, or topper in wool.

The latest techniques were taught.

4. Results

These topics were continued because the people felt a need to study consumer buying and fabrics, money management and how to handle the man made fabrics.

One hundred ninety reported remodeling 350 garments during the year, with many more remodeling others. 1,400 new dress and garments were made by those reporting. Many home demonstration members are taking advantage of the Singer Sewing Machines and Winchester Sewing Machine Company lessons on clothing construction and finishes and those purchasing new machines receive ten lessons with the machine. Ninety arranged sewing equipment to save time correctly lighted the sewing center and selected and learned to care for equipment and improved the care of their clothing. One hundred fifty-nine studied good grooming and posture along with their 4-H girls and passed to home demonstration club members what they learned. 339 studied selection and buying clothing. 96 garments were reported tailored as result of the four tailoring schools. 225 received help on clothing construction problems. Comparisons of costs of ready-to-wear and those made were reviewed. Tailoring school leaders continued helping others learn the new techniques. Many commented on the numerous ways of lengthening and remodeling of garments. Clothing leaders were very helpful to both members and non-members. People are saving the labels and following the instructions given for the care of

These topics are another phase of the problems facing the consumer; namely, man-made fabrics that look like wool, silk, cotton, and linen, but call for special care.

Too many people had very unsatisfactory results due to not knowing how to care for these fabrics and did not know how to interpret the labels.

Also, too many new names for ~~fabrics~~ fabrics, how to sew with them, and to be able to read and understand the labels.

2. What was attempted -

- A. Teach the people to read and interpret the labels on garments and fabrics
- B. File the labels after writing the name of the garment on it
- C. Follow instructions of the labels in care of the garments
- D. How to identify fabrics
- E. How to sew with the new fabrics

The people were expected to form the habit of reading the labels and following the instructions in order to gain the full measure of service from fabrics and garments.

3. How Work Was Carried On -

1. State Clothing Specialist trained clothing leaders, catalogues were studied to learn new terms and what they meant and how to care for the garment or fabric; literature was provided for leaders to give to club members and others. They were reminded to read all articles in magazines and newspapers, and to watch the television programs constantly in order to keep up with what is available.

The new fabrics have changed the methods of handling them in clothing construction and that was explained and demonstrated. For example: They learned why drip dry fabrics would not shrink in (sleeve fullness) hence, the reason for pattern companies providing raglan and kimono type sleeves.

Bleaches, detergents, etc. in relation to fabrics were explained.

Clothing, and yard goods, stores were most helpful in trying to explain the labels and care instructions.

4. Results

Reports of accomplishment sheets surveys, and discussions with other agencies marked changes are noted by requests for recipes, reports of recipes passed on to friends, better balanced and better prepared meals for the family, more weight watchers by freezing the left overs, more economical meals with advanced planning and home production of the family food supply.

Canning demonstrations were not repeated but the latest food preservations bulletins were distributed to members and other requesting them. Many attended demonstrations given at public places such as Northern Virginia Kitchen and Montgomery Wards. More members rented locker space at one of the three cold storages filling them with fruits, vegetables, and meats. The carry-over in food preservation has shown a high scale of use and information has been given to others by the leaders. Many demonstrations have been given by leaders where others requested it.

One hundred ninety families reported storing 3,900 pounds of meat., 1,700 bushels of potatoes, 2,300 bushels fruits, 630 bushels root vegetables, froze and canned 3,500 quarts tomatoes and juice, 3,200 quarts fruits, 2,510 quarts meats, 1,100 gallons butter, 1,200 quarts pickles, kraut. Quantities of flour, meal and dried foods were stored for winter. It is safe to assume that many others are using the same methods. Pressure cookers are being used in food preservation and kept in repair by using the gauge tester owned by the home demonstration clubs. The food storage and preservation amounts were much higher this year because gardens were excellent. The season was very good.

Nutrition

- a. Nine schools in the county provided hot lunches. ~~EMMEX~~

II. Clothing

Clothing Construction and "Study the Labeling Law as it applies to Fabrics and Garments

1. Why This Line of Work Was Taken:

to each person and extra copies passed on to neighbors and friends.

Emphasis was placed on the use of the freezer for freezing breads and on nutritious value as well as the economy in home bread baking. Holiday breads were shown which opened up a whole new field for many.

An educational exhibit of holiday yeast breads was seen at the fair by two or three thousand people and recipes were on hand "free for the taking."

B. Economical and Nutritious Oven Meals - and Table Setting and Service

Home Demonstration leaders were trained by the Northern Virginia Power Company Home Economist and Home Agent and literature provided by V.F.I.

All home demonstration clubs were given these demonstrations by the clubs foods leaders.

Recipes were provided for everybody and extras for friends and neighbors.

C. Importance of a food supply in a bomb shelter as a Civil Defense measure, received major emphasis this year in the Federation Program of Work.

Economical and Nutritious Oven Meals -

14 Home Demonstration Club groups month after demonstration given

1. Did you attend the demonstration on oven meals 210.
2. Did you use the menus and recipes? Yes
3. How many? 400
4. Are you planning balanced meals? Yes
5. Did you learn to plan better oven meal menus? Yes
6. Are you using your freezer more in menu planning? Yes
7. Were you able to save time in food preparation? Yes
8. Are you saving money in foods now? Yes
9. Did you pass on recipes to others? Yes How Many? From 3 to 9 each
10. Do you wish additional information on Foods and Nutrition? Yes
11. If so what? Oven meals using meat substitutes, and new ways to use left overs.

New recipes for good home made pickles and relishes
Also - Quick Breads using the Master Mix.

D. Result Demonstration

Family fruit plots are being carried on in each club. Strawberries, raspberries, gooseberries, rhubarb, and grapes.

community project work taking up more time, and with the cost of living steadily rising, the need to find time to prepare nutritious and well balanced meals for the family was felt.

2. What was Attempted -

- A. To teach importance of nutrition for the family
- B. To teach conservation of time, energy, and money in meal preparation
- C. To teach importance of the freezer, and canned foods in meal preparation
- D. To teach skills in bread baking
- E. To emphasize the importance of lovely table setting and service for the family

People were to learn to bake breads as an economy measure, plan economical and nutritious oven meals, as a time and labor saver, use the home freezer as a weight saver instead of eating the left overs. In addition, emphasis was placed on the use of the freezer in food preservation as well as in meal planning.

Table setting and service was stressed in an effort to build up the importance of the family members, and to teach children table etiquette as a daily part of living. It was hoped that more effort would be made to have more family meals together, thus drawing the family closer together.

Home production of foods, food preservation, and storage, and small fruit plots (Result Demonstrations) all were provided in the way of demonstrations or literature to help people provide better nutrition for their families.

The people were to learn bread baking skills, to plan better menus for the family, to use their freezers to the fullest capacity, to produce and ~~serve~~ serve the family food supply, and to save time, energy, and money.

3. How Work Was Carried On - Extension Teaching Methods and Effectiveness:

A. Yeast Breads and Variations -

Mrs. Charles Bass and Margaret Flickinger, Northern Virginia Home Economist, gave a leader training meeting for all home demonstration foods leaders. Then each club had the demonstration presented by the leaders. Recipes were given

C. Conservation - Nut tree propagation with a joint program of adult and youth in cooperation with S.C.S. Adults planted thousands of chestnuts, hundreds of walnuts, pecans, english walnuts, filberts, and shellbarks. The youth then set out and care for the trees. 1200 chestnut trees were set out in 1959 by 4-H'ers and school groups, over 1000 in 1960 and still more trees to be moved from the 1960 planting.

4. County Home Economics Committee

1. Home Lighting - This committee started the Home Lighting work four years ago and when the county program was set up it was turned over to the general interest group. The story about this will appear at the end of this narrative.
2. County Rest Room - This committee looks after the county rest room and plans for its upkeep and care.
3. Polio Committee - This committee carries on the Mothers March each year bringing in around \$1200. It is made up of Home Demonstration and non members plus one hunt club group of men.

5. County Home Demonstration Club Committees

This is composed of the club chairman, Federation Program of Work Chairman, Program Development Leader and a few members at large. This committee meets bi-annually in the fall to plan the year's work and in the spring to check results and plan the rest of the year.

This group has a complete staff of officers from the group with a two year tenure in office. They determine and plan all activities of the home demonstration clubs as well as all projects

I. Foods and Nutrition

1. Why This Line of Work was Taken

With more and more homemakers working outside the home, more and varied

Areas of work were earmarked. Some long time goals were set up:

1. To develop a higher standard of living
2. To carry the extension program to more people by means of trained leaders, news letters, radio, literature, news articles, exhibits, general interest meetings, etc.
3. To increase farm income
4. To provide better health and educational facilities
5. To conserve our national resources

Immediate Goals:

1. To reach more families with the Farm and Home Unit Method
2. To strive for an educational program on better home lighting and on home grounds improvement
3. To improve family nutrition
4. To save time and energy
5. To improve health and safety conditions
6. To develop leadership for youth
7. To develop skill in furniture refinishing, tailoring, etc., by conserving and renovating.

2. Home Economics Council

This group after studying the county data, arrived at the following fields for study. House furnishings, emphasizing good home lighting and upholstery. Nut tree propagation, Health and nutrition, time and energy management, housing (water systems, electricity, and storage) home grounds, clothing, youth and arts and crafts.

The council is made up of representatives of all Home Economics groups in the county and serves as a steering committee to evaluate the program and recommend fields of work that most meets the needs of most people.

3. General Interest Committees

- A. Home Grounds - This group plans county-wide programs for all who wish help. Three meetings were held in 1958 and improving mail boxes were stressed this year.
- B. County Agricultural Fair - This group is made up of adults (men and women) and youth of 4-H in vocational school groups. The committee plans, checks in entries, arranges displays, and books the judges decisions.

General farming with fruit growing and processing, livestock, and poultry are the chief sources of income.

Thirty-six industries operate in this county, towns and city employing more and more men and women working away from home which leaves more children on their own. A need for conservation of time, money and materials is apparent and rising living costs make it imperative for more women to work away from home. Hence, the emphasis was placed on health and safety and conservation.

Schools:

One business college
 Shenandoah College now open
 County consolidated high school and Handley High School
 Eleven elementary schools of two rooms or more
 One new elementary county school being built
 One colored high school
 Two grade colored schools
 One Parochial Catholic School

Telephone and power service available in all areas.

Health and medical care facilities are excellent. Hospital, health child care clinic, rehabilitation center, doctors and specialists for all needs, dentists, eye specialists, etc.

The War Memorial Building, Community Halls, Schools, Churches, Bowling Alleys, Armory, Skating Rinks, Parks, Pools, etc., provide recreation for all ages.

Churches are available for all demoninations. Marketing facilities are adequate, both for selling and purchasing. This being a location near large cities with rail, bus and truck service available.

2. County Extension Program - Adult

A. Organization

1. County Agricultural Extension Service Board

The meeting was held with key people and the count situation presented.

Help was requested for more literature, taking one topic at a time such as kitchen lighting, and help on lighting sewing centers. Next year's topic will be Structural Lighting. Each Home Demonstration Club had a demonstration on lighting the work areas in the kitchen, because it was felt that they could afford on thing at a time, and could do one thing each year. Hand outs were given that gave all instructions as to wattage of bulbs, diffusion and placing. Correctly lighting the study center was given to each club this year along with a lesson on correct light bulbs.

Five new homes and one kitchen have been correctly wired for adequate light with the help of the Northern Virginia Power Company, and more are being planned.

1. County Situation

Frederick County, an area of 432 square miles and 276,460 acres is the northernmost county of Virginia, situated in the Shenandoah Valley.

The topography the little north valley divides the county into two different agricultural sections. The valley section 8 to 10 miles wide and 20 miles along has an elevation of 600 to 800 feet. The western part is mostly mountains, ridges and valleys of the appalachian system with an altitude from 1000 to 2900 feet.

The soil types are (1) Berks area, east of Route 11, (2) Frederick Hagerstown between Route 11 and Route 522, (3) Muskingum Berks area west of No. 2 and (4) Rough stoney land in the mountainous area to the north and west.

Population-	- - - - -	-17,537
Non Farm-	- - - - -	-11,431
Farm-	- - - - -	6,106

There are 1,298 farms in the county with an acreage of 140.7 acre.

Land use-	- - -	-26.7% in harvested crops
		7.3% in non harvested crops
		12.2% in pasture
		13.6% in other pasture
		6.7% in woodland pasture
		27.3% in woodland
		4.6% in other land

4. While most recently built homes have adequate outlets, many do not have suitable portable lamps for reading and studying.
5. The fact that the homemaker has only \$98.88 a year to spend on house furnishings will limit the amount she can spend on lighting, hence, the reason for the decision to start with one job at a time, the reading lamp and/or study center.

Objective

To create awareness of people of Frederick County in "What is good Lighting."

To work toward a result demonstration home after educational program has been completed.

Problem

1. Recognizing need for better lighting
2. To know what adequate lighting is
3. Lack of knowledge of operating costs of electricity
4. Limited amount of money available
5. Lack of good lamps and fixtures in locality
6. Lack of adequate reading and study centers
7. Need for more educational work to point up needs for improving home lighting.
8. To encourage people to buy warm white light bulbs.

Goals for 1961

1. Make improvements of kinds of bulbs in 1,000 homes in the kitchen
2. Kitchen lighting improved in 200 homes
3. Teach what is good lighting

Methods

1. Present situations to all clubs, retailers, professional people, etc.
2. Stimulate interest in the project
3. Place emphasis on adequate light in all work areas of the kitchen
4. Give demonstrations in each home demonstration club and part of 4-H clubs on correctly lighting the kitchen.
5. Secure cooperation of lamp dealers in stocking good lamps, bulbs, shades, diffusing bowls, etc.
6. Set up educational exhibits - Store windows and at fair
7. News articles, radio programs, etc.

Results

1. Dealers stocked lamps and fixtures
2. Educational exhibits told the story
3. Demonstrations to clubs and groups
4. Literature distributed
5. News articles and radio programs

Highlights of the 1961 Program - - Two most outstanding.

The youth program stands out as one of the highlights in that the adults continue to work with and sponsor them. It has resulted in developing junior leadership, citizenship, good sportsmanship and skills in project work. Better than 90% of projects were completed. There is a marked increase in group activity in the clubs in the form of farm and home displays, fund raising, tours, and club educational exhibits at the local fair. Most of the 4-H girls project work meetings were held by leaders and home demonstration members this past year. They have printed 4-H handbooks, and are having only one entry in each age group from each 4-H club in the county "Share-The-Fun" Contest. Thus, each club had an elimination contest to select their best entries. Our 4-H girls demonstrated at county 4-H camp that the junior leadership program sponsored by the adults, is a good thing. Barbara Woore, as a junior counselor, was an inspiration to the younger campers doing vesper programs. Barbara also organized two new community 4-H clubs. The county council officers planned the program for the 4-H Achievement Program. Older girls were responsible for booking, placing and recording all judged decisions at the county fair and did a lot to help the women book, place, and record their selections as well. The County Council had a tour to Washington, D. C.

The General Interest Sight Conservation Program has been the most helpful in tying together the over-all work of the adults in the county because it has brought about concentrated study of furnishings, paints and painting, floor coverings, furniture selection, etc., as it relates to improving the lighting of our homes.

Situation and Trends

1. Electricity available to 95% of homes in County.
2. Two-thirds of farm homes and one-third of non farm homes were built prior to 1919 and poorly wired.
3. 1954 showed 1,137 farm homes wired - most of them poorly.

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ANNUAL NARRATIVE REPORT

COUNTY
EXTENSION
WORK

FILED

Virginia Agricultural Extension Service

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Home Dem. Agent Agent
Title



1961

Assistant Agent

Assistant Agent

Assistant Agent

Frederick
County