

for information bearing on our work.

C. Membership in Professional Organizations

1. National, State and District Home Economics dues will be paid, yearly, in keeping abreast of activities and developments of these organizations.
2. Continue as active member of Epsilon Sigma Phi.

D. Programs and workshops planned by other organizations

Participate in these when available.

E. Planned Educational Trips

None at present. Summers full of out-of-county meetings.

XIII. PLANS FOR COOPERATING WITH OTHER EXTENSION AGENTS IN COUNTY TOWARD A UNIFIED COUNTY EXTENSION PROGRAM

- A. Selection of families, by County Farm and Home Demonstration Agents, for special emphasis in carrying out the farm and home development phase of the Extension program in a Pilot County.
- B. Periodic conferences, for planning and evaluating program, will be held.
- C. Other agricultural agencies will be contacted and worked with as plans develop.

XIV. MOST DIFFICULT PROBLEMS IN CARRYING OUT EXTENSION PROGRAM IN COUNTY

- A. Inaccessibility to State and District headquarters. Agent knows of no remedy for improving this condition.
- B. Club members are unable, financially and physically, to attend District and State Meetings due to transportation charges and inconveniences.

B. Co-workers

1. Hold conferences with county agents when advisable, at least weekly
2. Confer with agents, in adjoining county, when occasions demand.

C. General Public

1. Cooperate with all organizations and individuals in promoting worthy projects.
2. Keep public informed of Extension Program through weekly column in two Eastern Shore weeklies.

D. Commercial Interests

Southern States dealers, in county, will be supplied with up-to-date food preservation instructions, freezer wrappings, etc. Agent will attend annual meeting of this organization.

E. Other Professional Workers

A copy of new bulletins coming out of V.P.I., will be sent to Home Economics teachers, at Central High School.

XI. PLANS FOR RECORDING PROGRESS AND EVALUATING PROGRAMS AS PLANNED IN 1955

- A. Year Books, in the hands of club members, will carry two pages on which to report, monthly, their accomplishments, as a result of the past and current program.
- B. Daily report sheets will be kept. From these sheets monthly reports will be compiled.
- C. Project leaders' reports will be made, following the completion of a project.
- D. Changes in attitudes are noted in evaluating programs and progress.

XII. PLANS FOR PROFESSIONAL IMPROVEMENTA. Organized Study

1. Schools - Agent will spend one week, in December, at V.P.I., getting instructions for carrying out the Farm and Home Development phase in Pilot Counties.
2. Short Courses - No plans at present.

B. Reading Professional Books and Other Publications

1. Agent will read Journal of Home Economics, "What's New In Home Economics" and articles in other publications on Home Economics
2. At least one new Economics book will be purchased.

IX. PLANS FOR WORK WITH OTHER AGENCIESA. Health Department

The present County Public Health Doctor is very cooperative, allowing agent and club members the privilege of holding meetings in the assembly room of the Health Department.

- Homemakers are conscious of the high rate of T.B. in the county and will serve in publicizing and conducting the three-day X-Ray Clinic, again in 1956. They will also serve at the monthly clinics when called on.

B. Welfare Department

Encourage girls and boys in Welfare Client's homes to become 4-H Club members. Agent will give these members as much individual help as time permits.

C. School Officials

Secure school bus for transporting 4-H club members to and from District 4-H Club Camp.

Provide all principals and teachers with club schedules for the school term.

- Give to teachers any material requested to help them with their class work.

Encourage club members to take community projects conducive to making the school grounds more attractive. Secure and paint discarded oil barrels, providing shrubbery, pruning shrubbery and providing flag poles are some of the really worthwhile projects the members have carried out, in recent years.

D. Ministerial Association

Secure their services for special occasions.

E. I.F.Y.E.

Encourage older club members to apply for opportunity to serve their country in capacity of an I.F.Y.E. delegate.

Assist, financially, when need arises.

X. PLAN FOR DEVELOPING GOOD PUBLIC RELATIONS IN COUNTYA. Elected representatives

1. Obtain factual information.
2. Secure services in promoting Extension Program.

B. 4-H CLUB

	No. in <u>1951</u>	No. in <u>1952</u>	No. in <u>1953</u>	No. in <u>1954</u>	Goal <u>1955</u>
No. 4-H Club Officers	28	21	21	21	21
No. adult project leaders	2	1	-	-	1
No. junior project leaders	-	-	-	-	-
No. result demonstrators	-	-	-	-	-
No. meetings at which leaders were trained by specialist	-	-	-	-	-
No. meetings at which leaders were trained by dist. agent	-	-	-	-	-
No. meetings at which leaders were trained by agent	-	-	-	-	-
No. meetings at which leaders were trained by personnel in 4-H Department	1	1	-	-	-
Attendance at leader training meetings					
No. 4-H leaders trained individually	3	3	2	1	1
No. club meetings held by leaders without agent present	7	14	14	7	7
No. club meetings at which leader assisted	2	2	2	-	2
No. demonstrations given by adult leaders	4	7	16	7	7
No. demonstrations given by junior leaders	-	-	-	-	-

1. Organizational leaders are trained at the winter meeting of the 4-H club council. Additional training is given when occasions demand, to individual officers.
2. adult project leaders as such are non-existent. A school sponsor will be trained, individually, to help a group of first year, "Learning To Sew" members.

1. Leaders will be trained, by specialists, prior to the months in which the demonstrations will be given. Leaders will give all demonstrations for which they will be trained.
2. Federation Goal leaders have been trained, by County Federation Goal Chairman and agent, for the first six month's of work. Leaders ordered two reference books, at suggestion of County Goal Chairman. The project will be presented at the December meeting of the clubs. Monthly topics were included in the 1955 Year Books and club goal chairmen will present pertinent information on the subject.

Directions for constructing bird houses and feeders will be given to those leaders whose members want to make same.

3. Organizational Leaders are directly responsible for steering and conducting the club program. All clubs have good secretaries and treasurers in addition to a president and vice president. These leaders give club notices; secure hostesses; plan all special or work meetings; collect and submit reports to County Committee Chairmen, Goal Chairmen and Agent, when called for.
4. Program Development Leaders, one from each club, will be trained in January by a specialist. At subsequent monthly meetings of the clubs, these leaders will take 5 or 7 minutes to discuss county, state and national conditions in view of building a 1956 program of work.

In July, these leaders will compile the information and outline programs their members have selected.

At the annual planning meeting, to be held in September, these programs will be considered and from them a county program will be developed.

5. Result Demonstration leaders, in garden and poultry, will lead discussions at the regular monthly meetings of their clubs.

In poultry, a specialist will score the laying flocks of the demonstrators. Owners of these flocks will give to their members, at monthly meetings, the benefit of the specialist's recommendations.

VII. PLAN FOR USING FOLLOWING ORGANIZATIONS TO STRENGTHEN THE EXTENSION PROGRAM IN 1955:

A. County H.D. Committee

This organization, composed of President of the seven organized clubs, County Federation Goal Chairman, Library Chairman, and a few other outstanding homemakers serve as a planning and steering committee in unifying a county program of work. Semi-annual meetings are planned with call meetings, if necessary.

C. County 4-H Council

This group of club members is composed of all club officers, leaders and sponsors. The object of this organization is to plan and unify a county program. Meetings are held, regularly, in November and June.

At the November meeting goals are set; monthly programs are outlined; club officers are trained, in their respective duties; council officers are elected and recreation club leaders teach new games. This is an all day meeting when members bring their lunch and agent provides an abundance of hot chocolate. Members look forward to this meeting as it gives them an opportunity to see friends, made the previous year, and to make new friends.

The June meeting is devoted to progress reports, appointing committees for Achievement Day; selecting date and place for the county-wide picnic and appointing committees for holding same.

VIII. PLAN FOR LEADERSHIP:

A. HOME DEMONSTRATION

	No. in 1951	No. in 1952	No. in 1953	No. in 1954	Goal 1955
No. Project Leaders (subject matter)	103	96	61	68	82
No. Federation goal chairmen	8	8	8	8	8
No. program development leaders	8	8	7	7	7
No. of result demonstrators	17	18	26	27	25
No. meetings at which leaders were trained by specialists	13	9	5	5	7
No. meetings at which leaders were trained by dist. agents	2	2	2	2	2
No. meetings at which leaders were trained by agent	-	-	1	3	1
Attendance at training meetings	111	92	61	101	125
No. club meetings held by leaders without agent present	63	62	63	52	70
No. club meetings in which leaders assisted	26	25	17	12	14
Total number of demonstrations given by leaders	63	64	70	64	70
Total number of talks or discussions by leaders	227	135	260	250	275

3. Rural Life Sunday

Club members are encouraged to attend the church of their choice, with their parents, on the Sunday, designated by the minister, for this observance.

At the March club meetings, club president will appoint two or three members, from each church represented to contact the minister to learn the date of his observance and ask what the members can do to assist with the service. Progress reports will be given, at the April meetings, and final plans will be perfected.

4. Achievement Day, for culminating the year's work, awarding prizes, etc. will be observed in November. We hope to have an I.F.Y.E. delegate as guest speaker.

5. County-wide Picnic

4-H club members, their families and friends, spend a day, in July, at Wilkin's Beach, near Eastville. Swimming, contests games and a picnic lunch claim the attention of those attending. Old friendships are renewed and new ones are made on this occasion.

At the June 4-H Council meeting, the date for the picnic will be selected. President of Council will appoint necessary committees at this time.

IV. YOUNG MEN AND YOUNG WOMEN'S WORK

None as such.

V. FARM AND HOME DEVELOPMENT

This county has been selected as one of the Pilot counties in the state for promoting this phase of our program.

Following one week of intensive training, at V.P.I., agents will meet with District Agents and a committee of leading county people, in January, to delineate the area in which agents will begin the work. Thirty families was the maximum considered, to begin with.

VI. SCOPE OF WORK

	No. in 1951	No. in 1952	No. in 1953	No. in 1954	Goal 1955
Number of home demon. clubs	9	8	7	7	7
Membership	186	197	161	157	160*
Number of 4-H clubs	4	4	3	3	3
Membership	63	67	72	68	68
No. young men & women's clubs	-	-	-	-	-
Membership	-	-	-	-	-
No. Community Improvement Clubs	-	-	-	-	-
Membership	-	-	-	-	-
No. other organizations	-	-	-	-	-

* Club rolls are being revised. Members will be added, but as many or more may be dropped.

in October. The climax of the work on "Birds" (Federation Goal) will be a lecture by a professional "Ornithologist".

6. Work in Unorganized Communities

Through the passing on, to non-members, by members of organized clubs, information received at club meetings, we hope to reach more people. Agent visits among non-members. The seven organized clubs are so located that a club is easily accessible to all the homemakers.

III. 4-H CLUB WORK

Agent feels 4-H Club work, in this county, is not up to par. Indifference, on the part of parents, is the greatest handicap. Lack of leadership is also a drawback. There are school sponsors but only one takes a real interest in the members.

A. Project Work

1. Foods - Eleven girls, 3rd and 4th year members, are taking Bread Projects. Four of these girls did "Quick Breads", last year and are taking "Yeast Breads", this year. They will serve as demonstrators for the seven who are taking "Quick Breads".
2. Clothing - 31 first year members are taking a "Learning To Sew" project. School sponsor will work with five little girls in this project. Agent will work with members in two clubs.
3. Room Improvement - 7 second year members are taking "Room Improvement" project. Agent will work with all three groups.
4. Health Unit - All 3rd and 4th year members are taking a "Health project, correlating good grooming. Agent hopes to help these girls to form good food habits.

B. Other Activities

1. District 4-H Camp

Club members, who have completed their project and have a good club spirit, will be invited to attend the annual District Camp, to be held at Jamestown, in July. Agent encourages members to save their nickles, during the year, in order to be financially able to attend.

Home Demonstration Clubs give three \$5.00 scholarships, one for each district, to a worthy club member!

2. National 4-H Club Week

In order to stimulate public interest in club work, each club arranged a window in a public store window, for that week. Prizes of \$3, \$2 and \$1 will be awarded, by the County Council, for these windows.

At the planning meeting, a County Goal Chairman was elected. She set up goals, which were included in Year Books. In November, club goal chairmen were elected. These chairmen were met, November 30, and given training for the first six months, beginning in December. At that time lists of material, with address for securing same, were given to these leaders. Monthly topics have been included in the Year Books, with pertinent information.

Clubs and members will be encouraged to buy inexpensive reference and illustrative material.

This work will be climaxed, at Achievement Day, with an illustrated talk by a professional ornithologist, who is the husband of one of the very active club members, in the same club with the Federation Goal Chairman.

C. Other Activities

1. A financial budget, presented to the planning group by the County Committee Treasurer, was adopted. Clubs will meet this obligation through free-will offerings, bakes, game parties, etc. Proceeds will be used to defray expenses of delegate to State Federation meeting; pay State Federation dues; defray expenses of County Committee Chairman to district planning meeting, and defray expenses of leader training meetings.

2. Health work, in cooperation with the County Health Department, will be continued.

Each club will have a Health Chairman, who will use the State Health bulletin, Today's Health and timely articles from other magazines, in leading discussions at the monthly meetings.

Patients, at the county hospital at Christmas, will be remembered, in some way, by the clubs.

Club members will be encouraged to have a thorough physical examination.

3. Result Demonstrations

Garden, poultry, housing and landscape projects will be used as result demonstrations.

Garden and poultry leaders, who are Poultry Flock demonstrators will use material prepared by specialists, in the respective lines, to lead monthly discussions.

4. National H.D. Week will be observed by members from all clubs attending the District Federation meeting, to be held in May. At this time, the State Federation dues will have been paid and "Pennies For Friendship", collected at monthly meetings, will be presented, by the County Committee Chairman.
5. Achievement Day

In order to get a resume of the year's work, Achievement Day will be held,

- c. "Better Understanding of Legal Matters" was requested. This topic was presented, at an Achievement Day program, several years ago. Homemakers felt the need of more definite help along this line.
- d. "Control of Household Pests" was included in the program. Crickets have become a real menace and ants run a close second. A specialist will train leaders for this work and leaders will demonstrate at monthly meetings.

3. House Furnishings

- a. "Color In The Home" was selected for study as members felt a need for same in this changing-color-mood.

Leaders will give these demonstrations following training by specialist.

- b. "Furniture Arrangement" - Televisions have created a new problem in the too-small-living rooms and club members asked for help in solving this problem.

4. Rural Arts

To satisfy the persistent request for "Basket Making" that phase of arts was included in the program. Specialist will train these leaders for their monthly demonstrations.

5. *Housing

Agent feels there is a need for a great deal of work in this county, in the "Housing" line. Too small living rooms need partitions removed, useless porches need to be converted into utility rooms, doorsteps need rebuilding, kitchens need rearranging, storage and running water installed and bedrooms need storage units. Specialists are working with four homemakers on long-time-house improvement plans. One homemaker has asked for help in planning a new home and one has asked for help in rearranging kitchen.

6. *Landscaping

Circular drives and lack of parking space calls for work in this line. It is difficult to break down the general idea that "Landscaping" means planting shrubbery (small trees very often) around the foundation of the house. A demonstration, in each club in October, as a result of specialist's training, earlier, is helping to overcome some of the problems. An effort will be made to correlate this work, as far as possible, with other subjects, relating to the home.

*Indicates topics related to long-time program.

B. Federation Goal

"Art in Daily Living"

Following seven years of Library, Health, Citizenship and Safety work, club members decided to continue this work and take a new topic. Following a talk by the State Federation Goal Chairman, at the annual planning meeting, "Birds" was selected for emphasis, during 1955.

73 have incomes exceeding value of agriculture products sold.
 163 work off their farms.
 91 work 100 days or more off their farms.
 75 farmers do not reside on the farm which they operate.
 517 farmers reside on farm operated.

Farm Incomes (1950 Census)

91 farms show incomes of \$1,000 or less.
 136 farms show incomes of \$1,000 to 4,000.
 198 farms show incomes of \$4,000 to 10,000.
 178 farms show incomes over \$10,000.

II. THE ADULT PROGRAM

A. Subject Matter Fields

1. Food

- a. Production - Encourage growing poultry and garden vegetable products in carrying out a live-at-home program.

(1) Leaders, for these subjects, will be used as Result demonstrators to show value of following recommended practices.

(2) Leaders will use material, prepared by specialists, in leading discussions at monthly meetings of their clubs.

- b. Selection - Realizing homemakers are more interested in a "recipe" than nutrition, an effort will be made to convince club members of the importance of following the "Wheel of Good Eating", in feeding their families. January and February will be devoted to this phase of the program when trained leaders will give the demonstration. All club members will be furnished with a wall chart, containing the "Wheel of Good Eating", at this time.

- c. Preservation - More home freezers are being bought, yearly. Agent will help owners to know and use the best methods of preparation and packaging fresh products for future consumption. Those homemakers, using pressure canners will be assisted when they need it.

2. Home Management

- a. Homemakers seem to be more conscious of the problem of "lack of time". For that reason a demonstration in "Better Use of Our Time" was included in the program. Agent hopes homemakers will find time for reading. Leaders will be trained, by specialist, for this demonstration, to be given at monthly meetings.

- b. "Simple Home Repairs" was considered a need, since all homes have become so mechanized. Electrical equipment will be included in this demonstration.

Leaders will be trained, by a specialist. These leaders will give the demonstration at subsequent club meetings.

A hospital, supported by Accomack and Northampton counties, has 100 beds. A shortage of beds and nurses prevail, as a rule.

J. Recreation & Community Activity Facilities

1. Public Parks - 0
2. Playground Center - 1 (negro)
3. Community Centers - Churches use Sunday School rooms and old church houses for this purpose. Two American Legion Halls and a Community House are used for recreation.
4. One gymnasium is under construction in the new negro high school, and one in the new white high school.
5. Public Libraries - 1
6. Types of Recreation
 - a. Baseball and Softball
 - b. Football
 - c. Basket Ball (out of doors)
 - d. Dancing - Firehouses, Halls, Schools, Public Places

K. Churches

There are 9 negro and 24 white churches of Methodist, Episcopal, Baptist, Presbyterian, Catholic, Holiness and Jehovah Witness faiths. All churches are in good physical condition.

L. School Facilities

There are 2 white and 1 negro High Schools in the county, with 14 grade schools. Pupils are transported, by state owned buses, to all but one school. There are 3,041 children in 1 one-room and 15 larger schools.

At the county seat, is a High School, for white children, teaching Home Economics and Vocational Agriculture.

A negro High School, near the county seat, offers Home Economics and Vocational Agriculture, to its pupils. Negro schools, generally, are in a deplorable condition, according to Superintendent of County Schools. One grade school has recently been built to care for two smaller schools and a new High School building is now in use.

M. Incomes & Sources

Three commercial canneries, a Railroad terminal, Ferry terminal, seafood industry and truck cropping furnish incomes of the majority of the county people.

According to the 1950 Census, farm operators do off-farm work as follows:

northern markets.

E. Farm Buildings

The general condition of farm dwellings and other buildings is very good.

F. Home Conveniences

1. Electricity - 80.9% of the people have electricity, being served by the B.E.A. and eastern shore public service lines.

2. Running Water

a. 48.9% of the people have running water in the homes, as compared to 40.3% in 1945.

b. The 1950 Census shows 122 farms with hot water heaters, which agent feels is too conservative a figure.

3. Telephones - 50.7% of farms have telephones, according to 1950 census. This figure is too small, also, agent feels.

4. Automobiles - According to 1950 Census there are 621 autos on farms. (All farms appear to have one or two).

5. Home Freezers - 23% of the homes, according to 1950 Census, have home freezers.

6. Washing Machines - 41% of the homes, according to 1950 Census, have washing machines.

G. Home Food & Feed Production

1. Cows - There are cows on 501 farms in the county.

2. Poultry - 467 farms carry home flocks, poorly managed, generally.

3. Hogs & Pigs - 321 farms carry 2,682 hogs and pigs, a decrease of 56 farms and 895 hogs and pigs.

4. Home Gardens - 336 farms report home gardens as compared to 642 in 1944. ~~Many of these farms are in the western part of the county; farms having gardens do not have adequate "Year-Around" gardens.~~

H. Milk deficiency, among rural people is the result of too few farms having cows. Malnutrition and a high rate of TB, in the county, result from this.

I. Health

There are 17 doctors and 5 dentists in the county. A county Health Department consists of a doctor, two nurses, and a sanitarian.

Prenatal, V.D., T. B. and Orthopedic clinics are held, regularly.

Sanitary conditions, on the farms, are generally good.

1955 PLAN OF WORK

Buna Bratten
Home Demonstration Agent

Northampton
County

I. A plan of work, for Northampton County, during 1955, was considered from the standpoint of the people, land types and sizes of farms, marketing facilities, farm buildings, home conveniences, home food and feed production, nutrition, health, recreation facilities, churches, schools, incomes and sources of income.

A. The People

1. Northampton County, 225 sq. miles in area, with 77 plus persons per sq. mile, is considered rural, inasmuch as there is no town of 5,000 or more population. The total population is 17,300. Of this population, 53.4% is colored, leaving a total white population of 8,045.
2. There are 592 farm operators with 234 farm tenants, divided as follows:

Cash tenants	-----	65
Share-cash tenants	-----	27
Share tenants	-----	96
Croppers	-----	31
Other	-----	15

B. The Land

According to 1950 Census there are 73,097 acres in farm land, as compared to 77,553 acres in 1945.

The soil, of this county, is sassafras-sandy-loam, with good drainage and very little erosion, caused by wind. A lack of sufficient water necessitates using irrigation in some sections of the county. 42 farms irrigated, up to date. The growing season is 210 days. The productivity of the soil is above average, for the state of Virginia, in growing truck crops.

C. Types & Sizes of Farms

Of the 603 farms, 547 are specialized and commercial farms, according to 1950 Census, ranging in size from 25 to 3000 acres. The 1945 Census lists 500 of these farms.

D. Marketing Facilities

With a railroad and a three-lane-hard-surface road, running the length of the county, north and south, farmers are accessible to nearby