

72

•Annual Report

COUNTY EXTENSION WORK

Virginia Agricultural Extension Service



1956

Mrs. Mildred A. Payne
Mrs. Nancy K. Nicholas

● agent

assistant agent

Charles City & New Kent
county

37
72

ANNUAL NARRATIVE REPORT

Mildred A. Payne
Nancy K. Nicholas
HOME DEMONSTRATION AGENTS

CHARLES CITY AND NEW KENT

1956

TABLE OF CONTENTS

- I. Cover
- II. Title Page
- III. Table of Contents
- IV. County Situation As It Affects The Program..... 1
- V. Adult Work..... 2
 - Project Work..... 2
 - Foods and Nutrition..... 3
 - Clothing..... 4
 - Home Management..... 5
 - House Furnishing..... 5
 - Rural Arts..... 7
 - Community Activities..... 7
 - Federation Goal..... 7
 - Christmas Baskets..... 8
 - Achievement Day..... 8
- VI. Farm and Home Development..... 9
 - Selection of Families..... 9
 - Acquainting Local Leaders With The Program..... 9
 - Progress of One Family in Farm and Home Development..... 9
- VII. Four-H Club Work..... 12
 - Project Work..... 12
 - Clothing..... 12
 - Room Improvement..... 13

Other Activities.....	13
District Camp.....	13
State Short Course.....	13
Club Contests.....	14
VIII. Young Men and Women's Work.....	14
IX. Scope of Work.....	14
Membership.....	14
Increasing Scope of Work.....	15
X. Organization.....	15
County Home Demonstration Committee.....	15
Program Planning Committee.....	15
Four-H County Council.....	15
XI. Leadership.....	15
Contributions of Volunteer Leaders.....	15
Organizational.....	15
Program Development.....	16
Subject Matter.....	16
Growth of Leadership.....	17
Development of An Outstanding Leader.....	18
Accomplishments of An Outstanding Family.....	18
Accomplishments of a Club.....	19
Achievements in Home Economics.....	20
XII. Progress in Developing Public Relations.....	21
General Public.....	21
XIII. Professional Improvement.....	21
XIV. Brief Appraisal of Year's Work.....	21

34
72

IV. County Situation As It Affects The Program.

Charles City and New Kent Counties are both small in size and located in the Tidewater area of Virginia. Both of these counties are rich in history, but through the years have developed very little economically. There has been very little change in population for many years. These counties are both entirely rural with a large portion of land in timber. Charles City lies between the James River and Chickahominy River and most of the best farm land is incorporated in large plantations along the James. Some of these plantations are open to the public as historical show places. There are also several plantation homes of this type in New Kent County.

The main sources of income in Charles City and New Kent are from timber and farming. There is little industry other than sawmilling. There are paper and pulp mills adjoining each county which derive some of their products and labor from Charles City and New Kent.

Most of the farming is in the production of grain. There are only two dairy farms selling grade A milk and about fifty poultrymen with laying or broiler flocks in the two counties. There is also a small beef production. A grain market located at Providence Forge is a convenient outlet for grain production in Charles City and New Kent.

The population in both counties is small and scattered. About 50% of New Kent's population is white and about 20% of Charles City's population is white. There is a small Indian population in both counties. Because of this division in population, the census shows a subsistent living condition. Many homes do not have running water, refrigerators, and electricity. These facts, however, do not apply generally to the

white population and are not considered too seriously when planning the program. Also, because of this division in population, it is necessary for the counties to maintain three school systems. This has been a financial strain due to the fact that revenue is obtained mainly through individual real estate owners and personal property taxes.

There are well-established health departments in each county with one clinic at Providence Forge serving both Charles City and New Kent. Each county has a health nurse and clerk, but share the services of a sanitation officer and health director. Because of the shortage of doctors, one new doctor established in Charles City last year and another in New Kent in 1956.

The churches serve as centers for social and community activities in most areas. There are three community centers in New Kent County which have given the people a greater opportunity for developing community activities.

The need for better telephones in Charles City County has led to the purchase of a local phone system by a larger telephone company which promises to better serve the people with an increased number of telephones and improved lines.

All of these conditions have been contributing factors in planning the county Extension program because the physical and economic conditions of the county ultimately influence the living conditions of the people within the county.

V. Adult Work.

A. Project Work.

72

1. Foods and Nutrition.

Several programs were planned for regular home demonstration club meetings in foods. These programs included meat cookery, uses of spices, sandwiches, and low-calorie meals. The club members feel that planning and preparing nutritious meals for the family is one of their most important jobs. Therefore, they are constantly looking for ways to improve their methods. The demonstration on meat cookery was given by the agent. The Tunstall, Quinton, Longbridge and Eltham Clubs held a joint meeting at the Quinton Community House at which the agent showed the movie, "Meat and Romance" and then demonstrated methods of cooking several types of meat. After the demonstration, the group enjoyed luncheon together followed by a Christmas party and program. Other clubs held separate meetings at which the agent showed the movie, "Meat and Romance" and held a discussion on meat cookery.

Leaders/^{were} trained by a representative from the Sauer's Extract Company on the uses of spices in cooking. These leaders gave demonstrations at their club meetings in February. Most of the groups held luncheon or supper meetings.

The Extension specialist trained leaders in March for demonstrations on making sandwiches and on low calorie meals. In April, leaders of seven home demonstration clubs gave the demonstrations on sandwich-making at their regular club meetings. In June, the demonstration on low-calorie meals was given.

Although no programs were planned on canning or freezing, many individual requests came to the agent for information on these subjects. This

is usually given verbally or through the distribution of bulletins.

In October, a demonstration on oven meals was given in all the clubs by a home economist from a local utility supplier. Different types of oven meals and the time saving element in preparing them were discussed and new recipes were given to the homemakers. This demonstration was valuable in showing how meals can be planned and prepared ahead of time and it showed the members how they could fix their dinner in the morning to eliminate the problem of what to fix when they have to be away from home.

The new agent has also had requests for new recipes as the women like to find out new and unusual ways to prepare food.

The bulletin, "Apples Around the Clock" was discussed by the agent during one radio talk and requests for this bulletin were received from our radio listeners.

2. Clothing.

Several types of clothing construction classes were planned in 1956 program because the people felt that there were still many women who needed to learn easier and better methods of sewing for themselves and their families. All of the adult programs in clothing were planned in the way of special classes because it was felt that there were a good many club members who were not interested in this subject and also because there were a good many women outside of the club who were interested. Three special interest groups were organized for classes in basic sewing construction. Each of these groups met at least five times to learn how to use a pattern, cut out a garment, and other special construction jobs. These classes were taught by the agent.

One tailoring school was held in New Kent County in which two suits and two coats were made. Five classes were held for this group. The women attending these classes were women who have done a good bit of clothing construction.

Two better dress clinics were held--one in Charles City and one in New Kent. These were both three-day clinics in which the women learned the techniques in working with finer fabrics and finishes suitable for the better dress. Instructions were given ahead of time on the selection of fabric and pattern.

Individual help was given several women on the use of new sewing machines, care of sewing machine, and other special construction problems. This was done through special home visits by the agent.

3. Home Management.

In September, the home demonstration clubs had a program on kitchen efficiency which was given by the agent. We discussed the arrangement of the large and essential pieces of equipment within the recommended standards of research. The agent was trained by our State home management specialist. This program was planned because the women felt a need for more efficient methods of work in the kitchen. This is an area in which more work could be done. The 1957 program will include a program on home laundry and the agent will show more efficient methods of washing and ironing. The agent also answered individual kitchen arrangement requests which came as a result of this kitchen efficiency meeting.

4. House Furnishing.

The adult work in the house furnishing field for 1956 consists

of special clinics in upholstering, furniture refinishing, and hooked and crocheted rugs, and regular monthly programs in table settings and in fresh flower arrangements.

The upholstery clinics and furniture refinishing demonstrations were a follow-up of work started in 1955. These projects were chosen because the women felt that they had furniture of good construction that could be put to good use at less expense than brand new. The agent conducted these classes with the help of some leaders who were trained in 1955. Two upholstery clinics were held--one in the Glendale community in which eleven pieces of furniture were reupholstered and one in the Quinton Community which resulted in seven pieces being reupholstered. Several women reported having completed other pieces of furniture at home as a result of the training in 1955 and 1956. There were a variety of jobs to be done in these clinics. Several pieces had to have complete jobs, from tying springs to re-covering. Others had only to have springs re-tied or a new fabric put on.

In June, a furniture refinishing class was held at the Quinton Community House for women who had furniture they wished to refinish at home. The Barnett's Home Demonstration Club held a special furniture refinishing clinic for their group in July. Only four pieces of furniture were brought to this clinic.

In June, a special class was held on planning the hooked and crocheted rug. A follow-up class was held in October to which the women brought material to begin work on their rugs. Miss Betty Walters, County Chairman of Home Demonstration Clubs in Henrico County was the leader for this clinic.

72

She taught the group how to dye material, the kind of fabric most suitable for rug-making, ^{and} how to transfer patterns to burlap and hooking. The group that attended was small, but very industrious, and we expect to have five hooked rugs as a result of this clinic.

Regular program for home demonstration clubs for March and May consisted of demonstrations on table settings and fresh flower arrangements. The women requested that this be included in the program because they felt they could improve the atmosphere of their homes by learning more about these subjects. The house furnishing specialist trained leaders who in turn took the program to their club meetings. Other special programs held at regular club meetings this year included demonstrations to several groups on "Color in the Home" by a representative of the local telephone company.

5. Rural Arts.

During the month of November, which was scheduled as choice in the home demonstration club program, most of the clubs made handmade Christmas candles. This work was supervised by the agent after a circular made out by her had been given to each club member.

Other handmade gifts were made at this meeting with the idea of Christmas in mind.

B. Community Activities.

1. Federation Goal.

The federation goal which was chosen by home demonstration clubs for 1956 was "Citizenship and International Understanding". This was chosen in order to follow up and finish work started in 1955. The women of both counties have become interested in the IFYE program and for that

reason were interesting in continuing their study of international understanding. In February, the Quinton Home Demonstration Club held a special international luncheon as a part of this federation program of work. Women in the community who had been born in a foreign country were given a special invitation and asked to bring some dish typical of this country. Countries represented were Poland, Czechoslovakia, Hungary and Australia. A guest from Hungary demonstrated the making of strudel. The luncheon was held on George Washington's birthday.

At each of the regular club meetings, the federation goal chairman gave brief reports on some phase of citizenship. Some of the subjects which were discussed were better understanding of local organizations, how to obtain birth certificates, voting laws in Virginia, the IFYE program and civil defense.

The Quinton Club also prepared an interesting exhibit on the IFYE program for our Achievement Day. Materials were available on the IFYE work and the hostess families to IFYE delegates were presented awards. These awards were presented by Edith Frame who was an IFYE delegate to New Zealand from New Kent in 1954.

2. Christmas Baskets.

About ten baskets were fixed for needy families by home demonstration clubs in Charles City and New Kent. In some cases, suggestions were made by the Welfare Department and in other cases, the clubs fixed baskets for families in their communities whom they felt could use some extra help at Christmas time.

3. Achievement Day.

72

The annual Home Demonstration Achievement Day program was held on October 12, 1956. It was a buffet supper for members in their families and a program was planned for the evening. Mr. P. H. DeHart, Assistant Director of Extension, was the guest speaker and his topic was, "The History of Extension". Each club prepared exhibits from the year's program and special interest clinics. The program was well attended with about 225 people. The clubs prepared the food and committees were set up to take care of the details. The County Chairman, Mrs. Billie Pearce, presided.

VI. Farm and Home Development.

A. Selection of Families.

No new families were started in 1956. Those selected before this year were chosen by the agent. The work was started with three families and has been continued with these families.

B. Acquainting Local Leaders with the Program.

No work has been done this year to acquaint local leaders with the farm and home development program other than to mention the program at the home demonstration committee meetings.

C. Progress of One Family in Farm and Home Development.

The agent feels that the farm and home development program has not served the purpose it should have in these two counties. The home agent is not familiar with the work done with the farm side of the program.

Three homemakers are participating in the program, all involving some improvements in the home. The homemaker with whom the agent has worked the closest, perhaps, is Mrs. John Wilson of New Kent Court House.

Mrs. Wilson is married a second time. Her first family is grown and are all away from home since the marriage of her younger daughter on August 4, 1956. At home, at the present, are her husband, son, age five, and herself. She works for the Selective Service Board. Her daughter-in-law, who lives next door, keeps her son while she works. The nineteen year old recently married daughter attended college one year.

Work was begun with Mrs. Wilson in November, 1955. At the time of the first visit, plans were discussed for using the old kitchen with certain changes. The homemaker seemed anxious to build an additional room. The home agent drew plans for rearrangement of the old kitchen and also for an addition. She decided to add the extra room, using it for a kitchen and dining room.

Mrs. Wilson carried out many of the plans which were made with the help of the agent. The new kitchen was in use by Christmas, although it was not complete in all details. She did some of the finishing work herself. Her son, who is a floor finisher, laid tile in the kitchen and finished the floor in the dining area.

After the new kitchen and dining area were built, the homemaker began to develop the old kitchen into a utility room. She has followed several suggestions made by the agent, including moving her washing machine near her sink in order that she would not have to move it across the room each time she washed. Her utility room is still much too crowded, but the agent feels that she made wonderful progress in the few months she has been working with this problem.

In addition to these major projects, Mrs. Wilson has repaired the fireplace in the living room, rearranged her furniture for more comfortable living, put tile on her bathroom floor, and made minor changes in her furnishings. She has kept close account of the cost of the new addition to her house and kept costs down wherever she could without sacrificing quality.

Other long time goals which she is working on include landscaping the yard and central heat. Specialists in each field have been requested for assistance at a later date. A more immediate goal will be refinishing and purchasing of new furniture. Assistance has been given on budgeting and a family account book will be furnished prior to January 1st. On a visit in November, the Extension specialist and agent helped Mrs. Wilson to evaluate accomplishments to date. She was pleased with the progress made and requested additional assistance.

The present agent has spent considerable time working with another homemaker in New Kent County, Mrs. A. C. Frame. Work was started with this family in 1955 at which time plans were made for improving bedroom and bath. The Frame family was familiar with services of the Extension department having worked with both agents. Mrs. Frame is active in home demonstration work and is a 4-H leader. Her oldest daughter, Edith, was an outstanding 4-H member and was an IFYE delegate to New Zealand. Her youngest daughter, Dean, is now enrolled in 4-H club work.

In a recent visit, the present agent and the Home Management Specialist, Mrs. Ocie O'Brien, worked with Mrs. Frame on plans for rearranging the kitchen and building base and wall cabinets. A sketch was drawn and

left with the family along with appropriate kitchen improvement leaflets. The agent expects to work with this homemaker very closely within the next few months. Pictures will be taken before the work is started and again after completion. These will be used to inform people of the value of farm and home development.

VII. Four-H Club Work.

A. Project Work.

1. Clothing.

Two 4-H clubs carried as their project, "Make or Remake Clothing". One junior club carried, "So You'd Like To Sew" as their main project for the year. The groups taking "Make or Remake Clothing" chose this project because they wanted to learn to make their own clothing in order that they might be better dressed for less money. In this project, girls learned to use a pattern, cut, assemble, and finish a garment. They also learned to keep records of work done and model garments they have made. The leaders of these groups, Mrs. M. M. Renalds of Quinton, and Mrs. W. M. Waldrop of Charles City, took much of the responsibility for seeing that the girls got their necessary instructions and completed their work. The leaders were trained by the agent and the project work was planned by the leaders, agent and club members. The girls in the Charles City Senior Club gave a dress review for the Mothers' Club of the Charles City School.

The Quinton Junior 4-H Club worked on the project, "So You'd Like To Sew". These girls are all young and wanted to learn some of the basic things about sewing. Mrs. A. C. Frame and Mrs. Russell Edwards, leaders of these groups, helped the girls with their project instructions.

54
72

The agent and leaders were trained by the agent for carrying out the instructions. These girls learned to use the sewing machine by making simple articles such as a stuffed toy and an apron. Each girl equipped a sewing box for her own use and made a needle case and wrist pin cushion. During the spring and summer months, the girls made blouses and skirts which they modeled at the Home Demonstration Achievement Program in October.

2. Room Improvement.

The Charles City Junior 4-H Club leader, Mrs. A. L. Smith, Jr., instructed her club in carrying out a room improvement project. They chose this project because most of the girls were interested in making their own rooms attractive. Project instruction was given mostly by the leader after having her trained by the agent. Some of the demonstrations given to the girls were furniture arrangement, making a bulletin board, flower arrangement, selection of pictures and lamp-making.

B. Other Activities.

1. District Camp.

Eighteen 4-H club members and two leaders attended the district camp at Jamestown in July. At camp, the girls received training in game leadership, handicraft, and other classes. All campers participated in the regular improvement program which included swimming, recreational activities, tribal organization, and certain housekeeping duties.

2. State Short Course.

Two girls attended the State Short Course at V.P.I. At this camp, the girls learned about 4-H leadership, song and game leadership, and participated in the regular short course activities.

9. Club Contests.

Two girls participated in the district contests as a result of project work done in 1955. The county contest for the girls enrolled in "So You'd Like To Sew" and "Make or Remake" was held with the Home Demonstration Achievement Program in October. A senior and junior winner from each county were picked to represent the counties at the district contest which has not yet been held.

VIII. Young Men and Women's Work.

The agent participated in only one organization of young men and women. This is primarily a church organization and the agent worked only in an advisory capacity to help with some of their activities and recreations. Many women of the YMW age group are included in the home demonstration clubs and their activities.

IX. Scope of Work.

A. Membership.

	1952	1953	1954	1955	1956
No. of HD Clubs or Groups	10	9	9	9	9
Membership	185	185	182	189	194
No. 4-H Clubs	5	6	6	6	7
Membership	58	69	67	81	97
No. Other Families Reached	500	500	500	255	250
No. of Different Families Reached	693	698	650	525	550
No. of Community Clubs	3	3	3	2	2
Membership	139	145	130	125	300

34
72

B. Increasing Scope of Work.

The agent used every opportunity available to increase the scope of work through publicity. Methods used were weekly news articles in local paper, special news items, radio talks about once a month and special meetings. The agent also made contacts, where possible, with other agencies and cooperated with their programs where practical.

X. Organization.

A. County Home Demonstration Committee.

The County Home Demonstration Committee is made up of the presidents, program development leaders, and federation program of work chairmen of all of the home demonstration clubs. There is a chairman serving for both counties and other officers including a vice-chairman, secretary, and treasurer. Each county has a federation program of work chairman.

B. Program Planning Committee.

No program planning committee has been set up for Charles City and New Kent Counties other than the Home Demonstration Committee.

C. Four-H County Council.

We do not have a 4-H Council at the present time, but plans are being made for one and the first meeting will be held after the first of the year.

XI. Leadership.

A. Contributions of Volunteer Leaders.

1. Organizational.

In the nine home demonstration clubs in Charles City and New Kent, there are thirty six officers. These include president, vice-president, secretary and treasurer. This group of leaders conducts all the business

for the clubs and helps to carry out the program outlined. Officers receive necessary training from the agent.

The seven 4-H clubs have thirty-five organizational leaders or officers. The adult leaders for this group total ten. These leaders help with organization and project work. They meet regularly with the club members and guide them in all phases of their program.

There are two community groups with twenty-six organizational leaders including officers and members of the Boards of Directors. They conducted all business of these two groups.

2. Program Development.

Each home demonstration club had a program development leader whose job was to help to plan the home demonstration program for the county. This committee talked with club members and non-club members in an effort to develop a program to meet the needs of as many people as possible in Charles City and New Kent. Special instruction was given to these leaders at the spring meeting of the home demonstration committee. Material was sent them regularly by the home agent. Their object is to help plan the program and to help carry out the program throughout the year.

3. Subject Matter.

In the nine home demonstration clubs there were fifty subject matter leaders. These included federation goals, foods and house furnishings. Women were trained in special meetings to give demonstrations at regular club meetings. Five of these leaders helped with upholstery clinics and furniture refinishing demonstrations. These were women who had done work in these fields previously.

Project leaders for h-N clubs are adults who worked with the club members, helping them with project instruction as well as organizational activities. These leaders were trained individually by the agent.

B. Growth of Leadership.

ND Club Project Leadership	1952	1953	1954	1955	1956
No. of project leaders (subject matter)	75	81	72	82	50
No. of Goal Chairmen	9	9	11	11	11
No. Program Development Leaders	12	9	9	9	9
No. Result Demonstrators	6	6	5	4	4
No. Training Meetings by Specialists	2	3	3	3	2
by District Agent	1	1	1	1	1
by Agent	3	2	1	2	6
Attendance at All Training Meetings	79	76	47	95	91
No. Meetings Without Agent	34	24	32	46	26
No. Meetings Leaders Assisted	84	72	63	102	45
Demonstration by Leaders	56	50	72	52	26
Talks or Discussions by Leaders	150	170	150	90	85

Growth of h-N Project Leadership	1952	1953	1954	1955	1956
No. of Club Officers	25	24	24	24	25
No. of Adult Project Leaders	8	6	5	7	10
No. of Junior Project Leaders	0	0	0	0	1
No. of Result Demonstrations	6	1	1	0	0
No. Training Meetings by Specialists	1	0	0	0	0
by Agent	2	2	1	1	5
by Dist. Agent	0	0	0	0	0
by Club Dept.	0	0	0	0	0
by Others	0	0	0	0	0
Total Attendance at All Training Meetings	16	12	4	2	21
No. h-N Leaders Trained Individually	4	6	5	7	11
No. Club Meetings held by Leader Without Agent	4	8	10	17	30
No. Additional Club Meetings at which Leaders Assisted	11	14	22	14	13
No. Demonstrations Given by Adult Leaders	15	19	23	17	30
No. Demonstrations Given by Junior Leaders	8	9	9	18	14

C. Development of An Outstanding Leader.

All leaders do a good job even though they may give only one or two days of their time during the year. The agent is always gratified to see results of any work done by volunteer leaders. It is not the purpose of this paragraph to point out any one leader and say she has done a better job than others; however, the agent would like to show how a typical leader might grow in Extension work.

Mrs. Lillian Bloudek, a member of the Eltham Home Demonstration Club, has been doing home demonstration work for several years. In 1955, she was elected president of her club. Before this, she had served occasionally as project leader. As president, she has taken responsibility of seeing that her club was represented at all county meetings, that they participate in many outside activities, and that the club meetings were conducted in a business like manner. In 1955, she appeared on a television program with the agent telling about the development of the community house in the Eltham community.

Mrs. Bloudek has most recently been elected county chairman for the Charles City-New Kent Home Demonstration Committee.

In August, 1956, she began work as a 4-H club leader of a newly organized club in her community. Mrs. Bloudek has no children of her own.

D. Accomplishments of An Outstanding Family.

One of the families in Charles City which has participated in the Extension program this past year has been the family of A.L. Smith, Jr. Mrs. Smith is a member of the home demonstration club at Sandy Point, and has served as a food project leader giving two demonstrations at regular

34
72

club meetings this year. Mrs. Smith also served as a 4-H club leader and took most of the responsibility for the project work and other activities of her club. Because of the scattered population in the county, it was necessary for Mrs. Smith to drive about fifty miles each time the club met in order to get children to and from the meetings. During the summer, she took the club members on a club outing and all-day meeting.

Betsy Smith, her oldest daughter, began her first year of 4-H club work this year. She took great pride in her 4-H club and in her project, "Your Book, Pep It Up". Because of her age, Betsy did not attend camp during the summer. Mr. Smith participates in the farm program of the county and both Mr. and Mrs. Smith are very active in other civic affairs. Even though the oldest son is not a member of the 4-H club, he has a beef project of his own with which his father helps him. He also has taken much of the responsibility for the family garden.

E. Accomplishments of A Club.

The Quinton Home Demonstration Club has been very active in community affairs during 1956. This club in connection with the community association, was successful in obtaining a doctor for the community this year. The doctor began her duties in the spring and shortly afterwards was given a reception by the Tunetall and Quinton Home Demonstration Clubs. This group was also responsible for obtaining living quarters and an office for the doctor and her family.

The Quinton Club in cooperation with three other clubs held a joint Christmas party for the club members in the county. The Quinton Club also held an international luncheon for women of foreign birth who lived in

their community. This project is discussed under paragraph V-B-1.

This group has continued to work to help improve the community center which has recently been built. They have helped to raise money to put a ceiling in the building and have obtained several pieces of equipment for the kitchen.

The Quinton Club sponsors two 4-H groups--the Quinton Senior and the Quinton Junior Clubs. The leaders of these two clubs are members of the Quinton Home Demonstration Club.

F. Achievements in Home Economics.

In the opinion of the agent, the greatest achievement in the home economic field this year has been the results obtained in the re-upholstery project. This work was begun in 1955 and continued this year. In this program, the agent had women to register with her several months in advance of the clinics in order that individual visits could be made to determine what needed to be done and the material necessary for the job. In 1955, thirty-four pieces of furniture were done in the clinics. As a result of this, many other women became interested and more clinics were requested this year.

The women brought their furniture and materials to a central working place and did their own work with the supervision of the agent and leaders. Some of the furniture needed to be done over completely while others had only minor repairs to be done. A complete job included tearing out all of the springs and padding, retying the springs, repadding and covering. Where there were extra cushions with springs, these had to be rebuilt, also, which involved making new pockets for the springs, sewing together of these pockets, repadding and covering. Only two clinics were held this year, but

34
72

many women have done other pieces of furniture at home with the knowledge gained at the clinic or with the help of some others who attended clinics.

XII. Progress in Developing Public Relations.

A. General Public.

Relations with the public are carried on mainly through weekly newspaper articles, special interest articles and monthly radio broadcasts. The new agent has not carried on any other public relation work except for making herself acquainted with other professional workers in the county.

XIII. Professional Improvement.

The agent reads the New Home Economics and Extension magazines and tries to keep up to date on the new phases of home economics.

XIV. Brief Appraisal of Year's Work.

The agent feels that the Extension Home Economics program which was planned and carried out for 1956 has been a successful one and has made a definite contribution to better living for many families in Charles City and New Kent. The participation of people in the program has shown that this is true. The programs on house furnishings have helped women make economical improvements in their homes, the foods and clothing projects have contributed to better standards of living, and the 4-H club work has helped girls to contribute to better family living.

The agent feels that the 4-H club work is still weak, though some improvements have been made this year. There was a planning meeting held by 4-H leaders and some of the leaders also attended an area training meeting. Both of these meetings were a help to the clubs, but more of them need to be held. The agent would also like to see a 4-H council organized and a separate 4-H achievement program held.

In spite of the handicaps, however, the 4-H membership and program in general has increased. The agent hopes that growth in 4-H work will continue next year.

The present agent in three months of work with the farm and home development families has found excellent interest and has been asked by the families for assistance in carrying out their plans. It is apparent that the accomplishments have been very good and that the assistance that these families have received has aided them in seeing their problems more clearly and solving them by means of thorough planning which would not have taken place without this program.

In the coming year, the agent hopes to have more families working on the farm and home development program and also hopes to organize a 4-H council and carry a better 4-H program.

PLAN OF WORK
CHARLES CITY AND NEW KENT COUNTIES

1956

MILDRED A. PAYNE

HOME DEMONSTRATION AGENT

1956 PLAN OF WORK

Mrs. Mildred A. Payne
Home Demonstration Agent

Charles City and New Kent
County

I. COUNTY SITUATION AFFECTING PROGRAM.

In making a program of work for Charles City and New Kent, the people have tried to keep in mind certain conditions surrounding the counties. Both Charles City and New Kent are rich in history, but through the years have developed very little economically. The majority of both counties is still entirely rural with a good portion of the land in timber. In Charles City, much of the best farm land lies along the James River and is incorporated in large plantations. Several of these plantations are historical and are open to the public as "show places".

The main sources of income in the two counties are from timber and farming. There are paper and pulp mills adjoining each county and several lumber mills in New Kent. These mills furnish a good outlet for the timber.

Most of the farming is in the production of grain. There are only two dairy farms selling grade A milk, a few poultrymen with laying flocks and a few raising broilers. In the past few years, there has been an increase in beef production. There is a grain market located at avoidance Forge which serves both counties, Charles City and New Kent.

The population in both counties is small and scattered, with 50% of New Kent's population colored and about 80% of Charles City's population colored. There is also a small Indian population in both counties.

1956 PLAN OF WORK

Mrs. Mildred A. Payne
Home Demonstration Agent

Charles City and New Kent
County

① I. COUNTY SITUATION AFFECTING PROGRAM.

In making a program of work for Charles City and New Kent, the people have tried to keep in mind certain conditions surrounding the counties.

Both Charles City and New Kent are rich in history, but through the years have developed very little economically. The majority of both counties is still entirely rural with a good portion of the land in timber. In Charles

City, much of the best farm land lies along the James River and is incorporated in large plantations. Several of these plantations are historical and are open to the public as "show places".

The main sources of income in the two counties are from timber and farming. There are paper and pulp mills adjoining each county and several lumber mills in New Kent. These mills furnish a good outlet for the timber.

Most of the farming is in the production of grain. There are only two dairy farms selling grade A milk, a few poultrymen with laying flocks and a few raising broilers. In the past few years, there has been an increase in beef production. There is a grain market located at Providence Forge which serves both counties, Charles City and New Kent.

The population in both counties is small and scattered, with 50% of New Kent's population colored and about 80% of Charles City's population colored. There is also a small Indian population in both counties.

Because of this division in the population, the census shows a subsistent living condition. Many homes do not have running water, refrigerators, or even electricity. However, this is not true of the general white population. Also, because of this division in population, it has meant that the counties must support three school systems. With no industry to help bring revenue into the treasuries, both counties have found it difficult to maintain a high standard in their schools and also to support other worthwhile projects for the betterment of the county.

All of these conditions have been contributing factors in planning the county Extension program because the physical and economical conditions of the county ultimately influence the living conditions of the people living within the county.

Also influencing the Extension program somewhat is the fact that there is a health department in each county with a combined clinic at Providence Forge. Each county is staffed with a nurse and clerk and serving both counties are a health director and sanitation officer. There are only two doctors practicing full time in the two counties. Many people go into Richmond, West Point, and Williamsburg for medical attention.

Social activities are centered around the churches and the three community centers. These three centers have been developed in the past few years because of a felt need for more unity within the communities.

II. THE COUNTY HOME ECONOMICS PROGRAM - Adult.

A. County Home Economics Committees.

In order to serve more people more effectively, plans are to set up home economics committees to work out special interest programs and goals.

Only two committees are planned for 1956. These committees will be set up to plan work in clothing and house furnishings. There will be approximately six people on each committee to help plot a course and set up certain goals. The clothing committee feels that many people need to learn better clothing construction and have set a goal to teach clothing construction to as many homemakers as can avail themselves of the classes. Classes will be offered in basic clothing construction, tailoring, and advanced construction. No work is planned for consumer education in the clothing field for 1956.

The house furnishing committee plans classes in upholstering, furniture refinishing, and rug making. These projects were chosen because the committee felt that there was a need for learning to use what is at hand to a better advantage.

B. Home Demonstration Clubs.

1. Foods.

Five regular monthly programs of the home demonstration clubs are in the field of foods. Because feeding the family seems to be the big problem facing the homemaker day after day, she is constantly searching for ways to do this job more economically, more attractively, more efficiently, and more healthfully. The agent hopes to be able to incorporate all of these factors into the program of foods.

In December, the program will be on the selection and cooking of meats. The agent will be responsible for bringing this program to the club members. At most of the club meetings, the agent will use a movie, "Meat and Romance" which tells the story of selection and preparation of meats very well. A discussion will follow the movie in order to answer any questions which

the women have.

Four clubs plan to hold a joint meeting at which the agent will give a talk and demonstration on meat cookery, showing how low-cost cuts can be made very palatable and also how to cook the more tender cuts so that there is little weight loss. Following the demonstration, the movie will be shown. This is to be an all-day meeting, using the meat from the demonstration as the main course for the lunch.

The use of spices to perk up meals will be the subject under discussion in February. Leaders will be trained to give these demonstrations. The food advisor for a large spice and flavoring manufacturer will train these leaders. She will show the leaders how to use spices in meats, salads, soups, and other dishes. These women will return to their own clubs and give the demonstrations to their club members.

The demonstration on sandwiches for parties, picnics and lunches was requested because of the increased interest in picnicking. Sandwiches have become a major item in many menus and the women feel they need new ideas for making sandwiches more nourishing, palatable, and interesting. Leaders will be trained by the Extension food specialist for these demonstrations. These leaders will give the demonstrations at their club meetings.

Leaders will be trained for demonstrations at the June meetings on low calorie meals. The Extension food specialist will train the leaders, showing how meals can be planned for the entire family giving some members less calories than others. The leaders will give or assist with these demonstrations at their club meetings.

In October, the demonstration will be on the use of the electric range

57
72

including oven meals. A representative of a local power supplier will train leaders for this demonstration. The club members requested this demonstration because many of them felt that they were not using their ranges to the best advantage. By learning to use the oven more efficiently, they will use less electricity for preparation of food, yet have well-balanced and attractive meals. Leaders will give the demonstrations at their club meetings.

2.e House Furnishing.

In the field of house furnishing there are two regular demonstrations planned. These are on table settings for all occasions and on fresh flower arrangements. Homemakers feel the need of having their homes attractive as well as comfortable; for that reason, they want to know ways of adding fresh beauty to their furnishings. They requested these demonstrations because of this need. The Extension House furnishing specialist will train women from each of the clubs to give demonstrations on these subjects at their regular club meetings, in March and May. It is hoped that as a result of this program, the club members will feel that they can make their homes more attractive simply by adding well-arranged flowers and by learning to set attractive tables.

Also planned for club members and other women in the county will be special classes in upholstering, furniture refinishing and rug making.

The class in furniture refinishing will be a demonstration on how to remove the old finish from a piece of furniture and the application of a new finish, showing the different effects of various finishes.

The upholstery classes will be a clinic-type with women bringing pieces of furniture to be re-upholstered and actually doing the work at

the clinic. This class will be a follow-up of upholstery clinics held in 1955.

Classes in rug making will be conducted by the agent for those women wanting to learn to make crocheted or hooked rugs. There will be a class for each group on planning the rug and a class several months later on the construction of the rug.

3. Home Management.

One demonstration was requested by the club members in the home management field. This was on more efficient planning of work in the kitchen. The Extension agent will give this demonstration trying to show how they can plan their kitchens and plan their work so that they can get routine chores done with the least effort. The agent will try to help the club members work out flexible schedules for their work and show them where much of their time might have been spent unwisely. Through this demonstration, the agent hopes that the homemaker will find she can do her house-keeping more efficiently and still have more time for her family.

C. Farm and Home Development.

The farm and home development phase of the Extension program in Charles City and New Kent has had a small beginning with three families already in the program. These families were selected by the Extension agents with no help from a committee. The home agent plans to have an advisory committee set up for selecting about four more families with which to work in 1956. Plans for working with the families already in the program include work with furnishings for the homes and remodeling, and with clothing and food budgets.

Federation Program of Work.

Citizenship and International Understanding is the goal on which the women of the counties will put main emphasis in 1956. This program was selected because the women feel that now, as never before in their lives, they need to know more about the world and its people. Plans are to have a citizenship chairman in each club with a county chairman in each county to help make and carry out the program. The points which will be stressed are to better understand foreign nations and to recognize persons of foreign birth living in the community and to make them feel they are a part of the community. The citizenship leaders will take three to five minutes at each meeting to discuss some foreign nation. Some clubs will have special meetings in which people of foreign birth will be invited to share some of their favorite recipes. The clubs also plan to contribute to the IFIE program and take a special interest in delegates' reports.

E. Other Activities.

Result Demonstrations.

Two result demonstrations are planned for 1956. These are both homes which are being remodeled. The agent has helped one of these families considerably in making plans for the remodeling and arrangements of furnishings. The demonstrators plan with the agent to have groups visit their homes to see the work that has been done.

2. Community Projects.

Three home demonstration clubs will continue to work toward improving the community centers which have been built recently. These community houses have been the result of many years of work and planning and

37
72

there is still much to be done.

There are two centers developed by these three clubs. Each of them needs outside development for playgrounds, lawn and parking. These projects will begin in 1956.

3. National Home Demonstration Week.

This special week will be used as an opportunity to publicize HD work in Charles City and New Kent. The agent will have special articles with pictures in the local papers. The agent plans to ask club members to write to the editors telling about some of the ways in which club work has helped her. Each club will hold an "open house" meeting in May to which all the women in the community will be invited. Each club plans to have representation at the district meeting in May.

4. Achievement Program.

As in the past few years, the home demonstration achievement program will consist of a supper served for all club members, their families and friends, exhibits of work done by the clubs, demonstrations by 4-H club members, some entertainment and a guest speaker. Plans are to have a speaker on some phase of the citizenship program.

5. Work in Unorganized Communities.

The agent plans to work with a group of women in one unorganized community. Work with this group will be based on their needs. The plans which have been made include some work on special clothing construction problems. Lessons for this group will include how to put in a zipper, how to set in sleeves, how to make buttonholes, use of machine attachments, and making and applying pockets.

6. Publicity of HD Work.

The agent plans to write a special column for the local paper each week which will tell about the activities of the clubs. Special articles will be written for National HD week. Whenever there is an opportunity for a feature article for the local paper or the daily paper, the agent will make every effort to use it. Radio programs will be given each month and TV programs will be given whenever there is an opportunity.

III. N-H CLUB WORK.

A. Project Work.

1. Clothing.

There are three clubs taking clothing projects. Two of these groups are taking "Make or Re-make" and one club is taking "So you'd Like To Sew". Each of these clubs have local leaders who work with the girls in bringing to them the instruction they need. The groups will meet each month with their leaders. Sometimes the agent will meet with them. The girls in the "Make or Re-make" clubs will make garments for themselves under the guidance of their leaders. The agent will work with the leaders to train them for these meetings.

The group taking "So You'd Like To Sew" will learn to cut out small patterns, how to use the sewing machine, how to make some embroidery stitches, how to equip a sewing box, and how to make a gathered skirt. Leaders will be trained individually to give this instruction to the club members.

2. Room Improvement.

One N-H group is taking the room improvement project. The leader who will work with this group will be trained by the agent to give instructions

34
72

to the girls. Demonstrations will be given on room arrangement, how to make a lamp partitioning dresser drawer, making a bulletin board, caring for the room, and flower arrangement.

3. Electricity.

One 4-H club will work on the electric project. The agent, leader, and power suppliers will work together in supplying instructions for the club members. All 4-H clubs will meet outside of the school which will present certain problems in transportation, time for meetings and places for meetings. These will be met by trying to interest as many parents as possible in the program and asking for their cooperation.

B. Other Activities.

1. District Camp.

All 4-H club members who have completed at least one year of successful club work will be eligible to attend the district 4-H camp at Jamestown. The agent expects to send about 10 girls from Charles City and New Kent. The camp is designed to help boys and girls develop leadership, offer them an opportunity to learn to live with others, and share fun and responsibilities. Handicraft and other classes will be taught to those attending.

2. State Short Course.

Girls over 14 years of age who are doing satisfactory 4-H work will be eligible to attend the State 4-H Short Course at V.P.I. in June.

Two girls in Charles City and New Kent will be given this opportunity.

3. Club Contests.

Each girl in the 4-H club is eligible to enter the county

27
72

contest in her project. She can enter the demonstration contest or achievement contest. The agent and leaders will encourage club members to enter county contests. The county winners will compete in the district contest.

4. Achievement Day.

The 4-H clubs will hold a combined achievement day with the home demonstration clubs in October. Club members will participate in the program and exhibits will be shown of work done.

5. Rural Life Sunday.

One church in each county will be asked to sponsor a special service for Rural Life Sunday. The 4-H clubs, FFA, FHA, and boy and girl scouts will work together to plan the program.

IV. YOUNG MEN AND WOMEN'S WORK.

There are no plans for organizing YMW groups in Charles City or New Kent. The agent will work with groups which are already organized such as the Junior Women's Club and Young Adult groups in the churches. The agent works with these groups only as she is requested. Young women are included in the home demonstration clubs and every effort will be made to use these women in the program and to encourage more to attend. Two clubs will meet at night in order that husbands can keep young children for the mothers to attend. One group of women will meet for special interest demonstrations.

B. Other Activities.

Young men and women will be given an opportunity to attend the YMW Camp during the summer.

V. SCOPE OF WORK.

A. Organization.

	<u>No. in 1955</u>	<u>Goal 1956</u>
Number of Home Demonstration Clubs	9	9
Membership	189	206
Number of 4-H Clubs	6	6
Membership	81	85
No. of Young Men and Women's Clubs	0	0
Membership	0	0
No. Community Improvement Clubs	0	0
Membership	0	0
Number Other Organizations	3	3

IV. USE OF ORGANIZATIONS TO STRENGTHEN EXTENSION WORK.

A. County Home Demonstration Club Committee.

This committee will have as its main purpose to plan and help carry out the home demonstration club program for Charles City and New Kent. This group will consist of the presidents and program development chairmen of each club. This group will meet twice during the year to formulate the program and make plans for carrying it out. Having made the program plans in the fall of 1955, this committee will meet in the spring to make further plans for completing the program for the year. At this meeting, definite plans will be made for the achievement program in the fall and work will begin on planning the 1957 program. The fall meeting will be for the purpose of completing the 1957 program, making plans for the yearbooks, approving the budget for the county and to take care of other business concerning the entire county. This committee will coordinate the work of all the clubs, thereby

strengthening the home demonstration clubs and the Extension program. This group will also assist with the 4-H program by providing leaders and funds for carrying out their program.

B. County 4-H Project Committee.

This committee will be made up of 4-H leaders, representatives of the 4-H clubs and older 4-H members. They will meet during the spring to help make plans for the reorganization of the 4-H clubs in the fall. This group will decide what 4-H projects should be offered and what activities can be planned for the 4-H clubs.

C. Community Organizations.

There are two community clubs in New Kent which have been organized for several years. These organizations will continue their efforts to complete the community buildings which are in use and to help plan activities for the communities. These buildings will be used regularly for home demonstration, 4-H, and other activities.

VII. PLAN FOR LEADERSHIP.

A. Home Demonstration.

	<u>Number in 1955</u>	<u>Goals in 1956</u>
Number project leaders (subject matter)	82	72
Number federation program of work chairmen	11	11
Number program development leaders	9	9
Number result demonstrators	4	4
Number meetings at which leaders were trained by specialist	3	3
Number meetings at which leaders were trained by district agents	1	1
Number meetings at which leaders were trained by agent	2	3
Attendance at training meetings	95	100
Number club meetings held by leaders without agent present	46	36
Number club meetings in which leaders assisted	102	84
Total number demonstrations given by leaders	52	54
Total number of talks or discussions by leaders	90	96

Project leaders will be trained to give or assist with six different demonstrations. Foods leaders will be trained by the agent and the specialist. The agent with the help of a representative from an extract manufacturing firm will train leaders in January for a demonstration on the use of spices. In March, the Extension specialist will train leaders for demonstrations in making sandwiches and on low-calorie meals. In September, the agent with the help of a representative from a power supplier will train

leaders for a demonstration in using the electric range. This demonstration is to include cooking oven meals. All of these foods leaders will give or assist with giving these demonstrations at the time they are scheduled in their club programs.

The house furnishing specialist will train leaders in February for demonstrations in setting tables for all occasions and in making fresh flower arrangements. These leaders will be expected to give these demonstrations without the help of the agent.

Federation program of work chairmen will be trained by the agent and the county federation program chairmen. This meeting will be held in January and the club chairmen will be given instructions for carrying out the federation program.

Program development leaders will meet with the county committee at which time they will receive instructions for helping to develop the program for 1957 and for helping to carry out the current program.

B. 4-H Club.

	<u>Number in 1955</u>	<u>Goal 1956</u>
Number 4-H Club officers	24	24
Number adult project leaders	7	8
Number junior project leaders	2	6
Number result leaders	0	1
Number meetings at which leaders were trained by specialist	0	0
Number meetings at which leaders were trained by district agent	0	0
Number meetings at which leaders were trained by agent	1	1
Number meetings at which leaders were trained by personnel in 4-H department	0	1
Attendance at leader training meetings	2	10
Number 4-H leaders trained individually	7	7
Number club meetings held by leaders without agent present	17	13
Number club meetings at which leaders assisted	14	48
Number demonstrations given by adult leaders	17	24
Number demonstrations given by junior leaders	13	18

Leaders for 4-H clubs will be trained by the agent individually and in groups. Representatives of the 4-H department will hold an area training class for 4-H leaders to which Charles City and New Kent 4-H leaders will be invited to attend. The training will cover organization, awards, program, selection of projects, and how to give demonstrations.

The agent plans to hold a meeting of all 4-H leaders to give them

34
72

training in conducting the program which is set up.

Organizational leaders will be trained at regular club meetings and at council meetings if such are held. Junior leaders will help with keeping records and will assist with giving demonstrations.

VIII. PLANS FOR WORK WITH OTHER AGENCIES.

A. Health Department.

No definite plans have been made for working with the Health Department; however, the agent will keep in close contact with this department and will assist with their program in any way possible.

B. Welfare.

The home demonstration clubs and 4-H clubs will assist the Welfare Department by furnishing Christmas baskets of food for needy families. The home demonstration clubs will furnish six baskets. The 4-H clubs will prepare a gift box to be sent to a welfare patient at the Patrick Henry Hospital.

C. The ASC and Soil Conservation.

The agent will encourage farm families to enroll in the ASC and Soil Conservation programs. The agent will cooperate with these agencies whenever the opportunity arises.

D. Home Economics.

The home agent will keep in close contact with the one high school home economics instructor in the county. She will talk with the class on subjects of home economics when requested by the instructor. The agent plans to talk with the Junior and Senior classes on choosing a home economics career.

IX. PLANS FOR DEVELOPING GOOD PUBLIC RELATIONS.

A. Selected Representatives.

The agent will meet all members of the county Boards of Supervisors and other local representatives. She will familiarize them with the county Extension program. Members of the Boards of Supervisors will be invited to attend all ED and 4-H programs of a county-wide nature.

B. General Public.

The Extension program will be kept before the people through a weekly column in the local newspaper, monthly radio programs and by any other means available. The agent will endeavor to develop good public relations by contacts with organizations other than Extension and also through her work with the Extension groups.

C. Co-Workers.

The home agent will endeavor to keep good will with her co-workers through cooperation and understanding. Occasional staff conferences will help to coordinate the work in the Extension office.

D. Professional Workers.

The agent will work with other professional workers whenever the opportunity arises. Though no professional workers organization exists in these counties, the agent will find opportunities to discuss with them their work and programs, and to familiarize them with the Extension program.

The Extension program depends a great deal on cooperation from commercial interests. Power companies will be asked to train home demonstration club leaders and 4-H leaders. Food concerns also will be asked to help train leaders. Many local commercial interests will be asked to help support the 4-H program in the county.

34
72

X. PLANS FOR RECORDING PROGRESS AND EVALUATING PROGRAMS.

Records will be kept of agents activities from day to day and reported monthly. Activities of leaders, 4-H and home demonstration clubs, farm and home development families, special interest groups and other Extension groups will be recorded and reported monthly. Newspaper stories will be clipped to help tell the story of the work. The work of the Extension program will be reported in statistical and narrative form annually. Periodic check-ups will be made with the plan of work in order to evaluate the program. Comparisons will be made with work done in previous years and with work in similar counties.

XI. PLANS FOR PROFESSIONAL IMPROVEMENT.

A. Organized Study.

The home agent will attend whatever short courses to which she is assigned in order that she might keep up with the new and improved methods of doing Extension work.

B. Professional Literature.

The agent will read such professional magazines as Journal of Home Economics, What's New, Forecast, and commercial fashion and homemakers magazines. Literature prepared by the Extension Home Economics staff will also be studied and filed for reference.

C. Membership in Professional Organizations.

The agent will continue her membership in the Virginia Home Economics Association and the Virginia Home Demonstration Agents' Association.

C. Practical Experience.

The agent will endeavor to practice recommended methods of

57
72

homemaking in the operation of her own home. She will try to make her home and family a living example of good management.

XII. PLANS FOR UNIFIED EXTENSION PROGRAM.

The home agent has discussed the development of a unified Extension program with the farm agent; however, no definite plans have been made. The home agent will work with the farm agent to develop an Extension program committee of leaders in the county. The agent will help to present facts about the county and will cooperate in every way possible to develop the special interest committees. There are some special interest committees already at work, but this has not come from the unified Extension program. The home agent does not feel that she can launch out into this program alone.

XIII. PROBLEMS IN CARRYING OUT EXTENSION.

The agent considers the division of population her most difficult problem in carrying out the Extension program in Charles City and New Kent Counties. The recommended method for conducting Extension work is through organization; however, with the small and scattered white population, it becomes difficult to get groups together. Any programs designed for large groups must be done on a county-wide basis which involves much transportation. The two counties work together on many things in order to get together a sizeable group. This is quite a problem with 4-H clubs as the clubs meet out of school. Girls must come from a good distance in order to have a decent size club. This also makes it difficult for the leaders to see the girls between meetings. The problem of integration may have some influence on the total Extension program-especially if children should be sent away from home to enter private schools.

✓

The agent hopes that through the cooperation of the parents and leaders that 4-H work and other Extension programs will continue to thrive in spite of the transportation problems. Club members will be transported by the agent, leaders and parents. Community and neighborhood groups will be organized whenever and wherever possible.