Annual Report

COUNTY EXTENSION WORK

Virginia Agricultural Extension Service



1955

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IV. County Situation as it Affected the Program

With 1,298 farms in the county, average size of 140 acres, so many too small to provide a living for the family, 1 city, 6 small towns, and 4 small villages, a real problem of so many having to work part-time off the farm exists. Living costs continue high and work is less plentiful making it clear to the planning group that they should continue with citizenship, conservation of natural resources and a study of money management.

General farming, livestock and poultry with fruit growing and processing is the chief industry from which the major part of the income is derived. More small manufacturing concerns are moving into the area providing off-the-farm work for many who need to supplement their incomes.

Prices continue rising so it was decided to stress money management and consumer education in the 1955 program.

Citizenship was continued as Federal Goal, placing emphasis on health, youth, sanitation and a study of county government.

V. Adult Work

A. Project Work

1. Housing, Water Systems, Storage, Kitchens

(a) Objectives

1. To continue kitchen improvement started in 1951 and 52
2. Continue result demonstrations in kitchens, home water systems and clothing and linen storage.
3. To conserve time and energy, increase efficiency and improve health conditions.

Procedure and Methods Used

1. Visits to result demonstrations by specialists
2. A demonstrator or in each club
3. A demonstrator act as leader and assist any who seek help.

b. House Repair and Improvements

Eleven families in the county constructed new homes, 140 made other major repairs or remodeled dwellings, 60 installed a water system, 40 have new heating systems, 190 provided additional storage space, 8 bathrooms were completed, 90 had their homes wired with electricity and 300 improved their kitchens and/or laundry in some way.

Twenty-two purchased refrigerators, 12 installed electric water heaters, 22 electric stoves and 16 gas stoves, 20 deep freezers, 27 had phones installed.

More emphasis is being placed on Home Beautification and 210 reported doing some landscaping. Community beautification is receiving added emphasis and the home demonstration clubs are cooperating with the Grange in a clean-up campaign for the county to prevent scattering garbage along the highways.

The carry-over of the demonstrations and slides are showing the same good results. Of 200 reporting, plus the 4-H girls, 447 other families have made storage improvements.

1. House Furnishings

a. Objectives

To teach conservation in furniture refinishing, upholstering of furniture, slip cover making, rug making and color.

b. To teach principles of art and design in relation to everyday life and skill in using paints in textile painting, oil stenciling and ash trays.

c. To teach principles of good home lighting and skill in making lamps, lamp shades and repairing cords, etc.

d. To teach good design in house furnishings and wise use of accessories in house furnishings.

2. Procedure

1. Leaders already previously trained to carry on in furniture conservation slip covers, rugs and lamp shades.

2. Leader-training meeting conducted by Home Agent and Specialist in

5. Leaders conduct demonstrations on lamp shades, textile painting, try making and upholstery work.

4. Specialist train leaders in good design and wise use of house furnishings.

A. FURNITURE

The training received and work done in previous years on furniture decorations, slip covers, pictures, furniture refinishing, continues to bear fruit. The study of color in crafts has been very helpful in the home. No one starts to plan new slip covers without taking into consideration the entire color scheme of the room.

Many pieces of furniture have had layers of paint removed and lovely wood has been found underneath. By refinishing they are attractive, serviceable, and valuable pieces of furniture. It certainly has been a project of repairs and refinishing, as well as learning a skill. The saving in money naturally runs into many, many dollars.

B. SLIP COVERS

The work done on slip covers 6 years ago continues to bear fruit. Color schemes have been very much improved, as well as quality of materials used. Many other new members have received help from those working on the clinics 6 years ago. Of the 200 reporting, 45 slip covers made this year, 60 pieces of furniture were refinished. Leaders assisted at all day meetings and assisted members of their homes in more slip cover making.

C. ETCHED TRAYS

Trained leaders conducted the demonstrations this year as club choice. They worked on larger trays and passed help on to others. Design was studied and many original designs were drafted. The 200 reporting gave a total of 70 more trays made this year.

D. RUGS

These members starting braided rugs 7 years ago are proudly showing the size some have become. Eleven are now room size and others are planned to end in being room size. Mrs. Douglas Kerns, Mrs. H. F. Lovett, Mrs. M. Cleary, Mrs. Ralph

Bauserman and Mrs. Mamie Braithwaite have all completed 9' x 12' rugs started 7 years ago. This is a carryover of training 7 years ago. Rugs were braided, hooked, crocheted, and woven of looper clips. Color schemes were planned and old wool garments used for braided and hooked rugs. Twenty-nine additional rugs were made or started this year in new clubs and by new members.

E. HOOKED RUGS

Thirty leaders were trained by the state specialist on planning and designing and dyeing fabrics, in preparation for making hooked rugs last year. The leaders conducted these demonstrations at 2 of their monthly meetings. This was a new project for all the clubs and is now a long-time project. Many are interested in spending much time and creating a large rug or hall runner. Stair runners have been planned by some. They are very much interested in creating their own designs; then dyeing the woolen fabric to fit the color scheme. This project is one that will grow and more will become interested. By popular request, it has been extended into next years program as special interest. Seven rug cutters have been ordered by the clubs and many rug hooks have been purchased. Of the 200 reporting. 92 rugs have been planned by as many people in the various clubs. This has been included in the new year as an evaluation and judging project, with leaders trained by the State Specialist.

F. SIMPLE CARPENTRY

Two leaders from each club received training from the state specialist on household mechanics and simple carpentry 2 years ago. Sharpening knives and scissors, replacing window panes, repairing leaky faucets were learned, as well as the use of tools, making folding screens of window shutters and bedside tables. The work done this year brought a request for special advanced work with help from the state specialist on doing more detailed carpentry work. This group did window screens, picture frames, magazine racks and learned the use of advanced tools.

G. HOME LIGHTING AND MAKING LAMPS AND SHADES

Miss Jamison, State House Furnishings Specialist, trained the H. D. leaders in

how to make electric lamps from jugs, bottles, oil lamps, candlesticks, etc., years ago and the Polden Lamp Kit was used as an illustration of the correct lamp for study, reading and work. The leaders then gave this demonstration at their club meetings. Good lighting and correct color schemes are keenly studied now.

The specialist trained agents then they trained the leaders to make lamp shade covers. The fibre glass ~~continued~~ continued to be bought freely and beautiful shades ~~to~~ are being made in all clubs. The ~~280~~ members reported 40 or more lamps wired. Help was given to others, and a total of 40 homes were reported improving home lighting. Seventy lamps were ~~b~~bought according to light engineers' standards. More than 80 more shades were made of white fibre glass. Many non-members have made shades.

H. FURNITURE UPHOLSTERY

Two years ago Miss Ruth Jamison, State House Furnishings Specialist, spent one day training two leaders from each club in fabric selection and points to consider in furniture selection. Three more days were spent training 35 leaders in actually doing re-upholstery work on pieces of furniture. They were taught to re-web and re-tie the springs, re-pad-cut- and fit-in fact, tear down and re-build the pieces. They went home with "new" pieces of furniture of which they were very proud. As they commented, they never worked so hard in their lives but they wouldn't take anything for what they learned. Fourteen pieces of all shapes and sizes were completed at the training meeting. Then, clinics were held all over the county the rest of last year, and are still being held this year. The leaders are doing an excellent job and feel "expert" now. The most frequently heard comment has been, "I'll certainly buy furniture with simple lines in the future and with good fabric." Groups are working all over the county. Of all the 210 reports received, 17 pieces of furniture were re-upholstered this year making a total of 109 since the project was started. This project will continue

next year as a special interest project.

I. ACCESSORIES - Good Design and Wise Use in House Furnishings

Miss Ruth Jamison trained 30 leaders on "Good Design in House Furnishings" and "Wise use of Accessories in House Furnishings." The leaders then conducted the two demonstrations at their club meetings. Everywhere comments were heard.

"I looked at my house with Miss Jamison's help and found that so much was not in good taste, dust catchers, expensive and useless, tacky, gaudy, hard to keep clean, and made our homes look "Cluttered".

A general face lifting was staged by many club members to pack away a lot of things, and new accessories were chosen for usefulness, durability, beauty, not always expensive and ease of cleaning, but always with an eye for simplicity in line and design and to go with the rest of the furnishings.

The 200 reported passing help on to 400 others and doing something to improve their own homes.

3. RURAL ARTS - Textile Painting

A. Oil painting and oil stenciling have been carried on a crafts project the past 7 years and we thoug t they did well with it, but when their liking for color, painting and use of it in the home led to textile painting as another phase 5 years ago, their interest mounted. Results were far beyond our expectations. Of 200 members reporting, a total of 400 more articles were painted. They held special meetings on the side in all clubs and painted articles for gifts, church bazaars, etc. Seven leaders came to the training meeting on advanced textile painting then took the work to their clubs. It developed into advanced textile painting in each club. They developed skill with double and triple stencils and did shadowing and lighting work in some clubs. They became pattern conscious, we would find them tracing designs of ladies' walls at meetings, embroidery transfer patterns were brought out, etc. They found patterns everywhere they looked, on fabric, in seed catalogues, on

greeting cards, etc. No "ready made" patterns were bought. It developed a keener sense of design, proportion, color and beauty. This special interest group taught cutting and using multiple stencils in 1955, and helped train leaders for the other clubs.

4. - Home Management

A. Objectives:

1. To continue improving kitchen storage and arrangement to save time and energy and to improve color schemes.

2. To increase efficiency, health conditions and sanitation, thereby giving her more time to live with the family.

3. To have 29 Result Demonstrations in the county.

4. To teach importance of money management principles, budgeting, record keeping, etc.

5. To carry over to other rooms in the house.

6. To teach consumer buying.

7. To stress importance of good insurance and know the new Social Security laws.

B. Methods Used:

Kitchen result demonstrations are an inspiration to others. After the second kitchen tour more kitchens have been improved in someway by ideas gotten from others than were done the 5 years previously. The 15 groups did some study on time and energy saving in the kitchen, laundry and housecleaning. So many changes have been made in kitchen planning and equipment that refresher demonstrations were included in the 1956 program.

C. Money Management - The first lesson on "Where does your money come from and where does it go" was attended by 14 members who were so enthused that they decided to have three more lessons - Wills and Deeds, borrowing wisely and Good Insurance, - with a good speaker on each topic. Because of illness of the specialist, only the topic on wills and deeds was studied. Local attorneys were called

in and did an excellent piece of work in each club. The public was invited as well as P. T. A. groups, etc. Seventy reported that they plan to have wills written. Three hundred attended and heard the discussion.

The interest ~~created~~ created by the program last year brought requests for more consumer education study on good family insurance, property, health, life, automobile, education, etc. ~~The new social security law and~~

The State Specialist trained the leaders on budgeting, consumer buying and insurance. Record keeping was encouraged, and at each meeting the leaders lead the discussion and 55 said they wanted to keep farm and home accounts. 340 members participated and 170 reported analyzing and studying their present insurance policies. Local insurance agents assisted the leaders with these meetings.

Mr. Harry Nelson of the Social Security office, gave every club a very helpful lesson on the changes in the Social Security law which everyone hearing him declared to be most helpful. Many men folks came to these meetings and some were held in cooperation with P.T.A. groups at night and were open to the public.

5 E. Clothing - Beauty Jamboree

1. Objectives

To teach sewing skills in finishes for clothing smocking.

To teach "Looking Your Best" and conserve income by intelligent selection of accessories do more home sewing and special interest tailoring groups, Beauty Jamboree to teach good grooming.

2. Procedure

Agent train leaders in smocking.

Leaders give club demonstrations.

Better Farming Magazine conducted entire Beauty Jamboree to 50 leaders and spectators.

Leaders give demonstrations at club meetings.

In smocking all club leaders came for the training except one, and all reported the project being well received by their clubs. Many were surprised at

how easy it was to do and made plans for gifts, childrens clothing, curtains, etc. Two hundred reported remodeling 640 garments during the year, with many more remodeled by others, 1500 new dresses and garments were made by those reporting. A total of 800 Christmas gifts were made, many of them smocked. Many home demonstration members are taking advantage of the Singer Sewing Machine and Winchester Sewing Machine Company lessons on clothing construction and finishes, and those purchasing new machines receive 10 lessons with the machine. 340 arranged sewing equipment to save time and selected and learned to care for equipment and improved the care of their clothing. 400 studied good grooming and posture along with their 4-H girls, and passed on to H. D. club members what they learned. 715 studied selection and buying of clothing. 90 garments were reported tailored. 860 received help on clothing construction problems, 840 on care and renovation. Comparisons of costs of ready-to-wear and those made were received. Tailoring school leaders continued helping others learn the new techniques. Many commented on the numberous ways of lengthening and remodeling of garments. Clothing leaders were very helpful to both members and non-members. This project made it possible for many to have the "new look" who otherwise could not have had new clothes. The savings in money cannot be figured.

The biggest and most unique thing that has ever come to the Frederick County folks was the Beauty Jamboree conducted by the Curtis Publishing Company Staff of Better Farming Magazine February 1, 2, 3 at Round Hill Community Hall. Ruth Hogeland, Beauty Editor, asked to bring the school to Frederick County women and explained that only one is held in each state each year and that there would be no cost to the participants, that a full length movie would be made. The school lasted three days and had 50 participants. It was also featured in the June issue of the Better Farming Magazine. In short, it would be about a $10,000.00 project with each woman receiving from $50 to $75 worth of Beauty and grooming merchandise.

The information was released to all H. D. club chairmen who recrinted participants in their communities. Result: It was a landslide of 96 waiting to participate

since only 50 could do so. Names were drawn based on quota turned in by each chairman and the other 46 had reserved seats and received some merchandise also.

Before pictures were taken and details listed, about each person for typeing purposes, then for 3 days those women were all there on time every day to practice good grooming from head to toe on every phase of the subject with a staff of 15 from Philadelphia to conduct the school. Trudy Dye and Jane Cleeland did a grand job of assisting. The movie equipment and bright lights were very hard on the eyes. The women said they never worked so hard in their lives but wouldn't have missed it for the world. It was almost unbelievable to see the transformations made at the end of the third day when "graduation" was held.

A covered dish luncheon was provided each day with our county home demonstration chairman in charge. She was assisted by three clubs.

The Curtis Staff declared it the most successful Jamboree held to date and the only one ever held where no one uttered a complaint about anything.

The local stores were very cooperative in displaying products used and setting up window displays. Radio, newspaper and television publicity was excellent.

The Fruit Growers Association presented the 15 Chicago Staff members and the 25 officials from the New York Office, a gift box of apples, 2 jars of apple jelly and one can of pie apples which they enjoyed very much.

Twenty 4-H girls were featured in the movie showing the correct way to choose and use lipstick. They didn't want to go back to school they were so interested.

In spite of very icy roads at least 600 people saw parts of the Jamboree.

No sales talks were given at any time. Each club was provided with a set of supplies to use in giving demonstrations to their clubs in ensuing months.

Interest was so great that two topics on good grooming were added to the 1956 program.

Gardening

1. Objectives

(1) To produce as much of the family food supply as possible, thereby releasing more for world food storages.

(2) To attend leader-training meetings.

Knowing how necessary a home garden is in providing a balanced diet and in keeping down living expenses, each club appointed a small fruit and garden leader, kept their garden literature in each club with a person in charge, and had a demonstration fruit plot in each club. Two new clubs asked for and had the State Specialist for a meeting on small fruits and pruning demonstrations. Then one home had help in planning a 4-H fruit project. A total of 59 small fruit plots were reported started. These leaders were requested to report on timely helps as needed at meetings. The leaders were supplied monthly garden leaflets by specialists from Blacksburg. Twenty-two demonstrations are being continued in the county. All home demonstration members had the opportunity to attend the poultry conference held in February in the county. They also received government bulletins on gardening, poultry, and small fruits. With reports received from 200 members, and including help passed on to non-members, 670 families improved the home food supply of vegetables, fruits, meats, milk, poultry and eggs, butter and cheese making. The only criticism in that the leaders don't turn out as well for these meetings as for the other training meetings.

Foods and Nutrition

a. Objectives and Procedure

(1) Provide more deep freezing facilities to conserve the family food supply and also a surplus for the war effort.

(2) To attend leader-training meetings and leaders give timely information at club meetings.

(3) Follow recommended conservation practices.

(4) To increase amount of tomatoes used for Vitamin C

(5) To study nutrition and menu planning to insure balanced diets

(6) To use foods from the kitchen as gifts.

Canning and freezing demonstrations were not repeated but the latest food preservation bulletins were distributed to members and others requesting them. Many attended demonstrations given at public places. More members rented locker space at one of the 3 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.

The leaders and Home Agent have each club a demonstration on gifts from the kitchen which offered many ideas for gifts to those who couldn't afford to spend money for gifts yet were able to give something that meant much more to the recipient. Two-hundred families reported making 1760 lbs. cheese, stored 28,000 lbs. meats, 1230 bushels potatoes, 1140 bushels fruits, 710 bushels root vegetables and cabbage; froze 10,000 lbs. fruits and vegetables, canned 16,000 quarts tomatoes and juice, 18,200 quarts fruits, 9400 quarts meats, 910 gallons butters, 1200 quarts pickles, 200 gallons kraut. Quanities of flour, meal and dried foods were stored for winter use. 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 very fine in the county. The season was excellent and late gardens were better than any in the past 5 years.

Nutrition

a. Seven schools in the county provided hot lunches last year and when the new county high school was finished, releasing space, the Home Demonstration Clubs immediately went to work and have secured secured government aid for a hot lunch program at Middletown, Stonewall, Gore, Gainesboro and White Hall. The

work done 5 years ago with pressure sauce pans is remembered and many more have been purchased. Folks still request the recipes on oven meals, breads and master mixes that we used 4 years ago, as well as those on refrigerator salads and desserts. The old foods leaders give many demonstrations to groups who request them, as well as individual help. This relieves the Home Agent for project work meetings with 4-H girls; and to work with other groups.

With so much emphasis being placed upon the importance of diet in good health, the clubs felt a real need for special help on nutrition. The Beauty Jamboree made them very conscious of extra poundage that detracted from their appearance, a help to the tops program. 97 reported reducing and taking off pounds resulting in them feeling much better. Work done in nutrition brought a request for Health as Federation goal in 1956 to stress Better Family Breakfasts.

The clubs were very well pleased with the help received in planning well balanced meals. Everyone is kept busy passing the recipes on to others. Some recipes were given over the radio and many calls came in.

At Christmas, Miss Flickinger from the Northern Virginia Power Co. gave a Christmas Cookie Decorating Demonstration together with other Christmas dishes and decorating ideas at a countywide meeting to two leaders from each club, who passed on these helps to their clubs. Five other clubs asked her to give oven meal demonstrations.

If the Curtis Publishing Co. Staff may be considered judges of good wholesome home cooked foods, they considered the luncheons at the Beauty Jamboree out of this world. Many dishes were those the women had learned to prepare from recipes received at their club meetings.

7 - Special Interest

Objectives - To develop skills of more people in slip covers, social security, braided and hooked rugs, tours, advanced carpentry and dress forms.

1. Chair caning and rope chair seating continue in the county by leaders as a result of work started 6 years ago. At least 46 chairs have been seated

with rope and 16 with cane this year.

2. A refresher course was asked for on slip covers by some clubs. It was set up as a special interest topic to be used as a club choice. New members took advantage of the project and one chair was used as the demonstration in each club with all members working on it. Previously trained leaders assisted with the project. Four clubs had the demonstration. As a result, a total of 37 new slip covers were made in the county this year. Good material, vat-dyed, pre-shrunk, plain or all over design, and color chosen to blend with the room were stressed. This project lead to a request for help next year in each club on the new short-cut method with the cover made in pieces.

3. Braided rugs were started years ago and some are room size. Since then several clubs were organized and new members joined. This topic was listed for special interest work and 22 new rugs have been started. The agent gave the demonstration on selection of fabric and making a color plan; then how to cut, press, braid and sew the braids together.

4. Hooked rugs will continue as a special interest topic. 57 rugs have been started and interest in good design has been so great that an evaluation and judging demonstration was included in 1956 program of work.

5. Those requesting work on dress forms were unable to get the project into the schedule this year due to the Beauty Jamboree taking so much time.

6. Tours - The Gainesboro Home Demonstration Club took a trip to Washington to the art gallery and to see the Cinemascope movie of the United States with money they made from chances on a quilt they made and chanced off. They cleared $86.00. The trip was taken in the midst of the hurricane but despite a damp day, they had a wonderful time and learned much.

FEDERATION GOAL

County Federation Goal Citizenship

1. County clean-up program and county health council.

   Understand and know how to help others understand these programs.

2. Know your County Government by:

   A. Education

   B. Urging full participation

3. Adjoining clubs meet together for lectures by the proper authorities on County Government.

4. Sponsor Religious Education program, Polio Porch Light Parade, Emergency Food Shelf and Home Nursing classes.

To Accomplish the Above:

1. Each club have a goal chairman.

2. Cooperate with health program and Grange clean up program. Allow ten minutes at each meeting to Federation Goal Discussion.

3. Be sure that all Home Demonstration Clubs of the county are present at every meeting of the Health and clean-up committees when their meetings involve public interest.

4. Cancer Movie and Exams

   Points stressed in County Government

   1. Voting

   2. Study county government

   3. Study duties of county officials

   4. Study qualifications of County Officials

Accomplishments

1. Each Home Demonstration club had a Federation goal chairman who was given 10 minutes at 8 meetings to stress goal work.

One meeting was devoted to a study of county government, its officials,

their qualifications and duties.

Two members of the Board of Supervisors explained the duties of county officials to 5 clubs so well that the members hope to have them come again.

Mrs. Ada Robinson made a thorough study of all county officials that was sent to all the clubs. She contacted every official personally or by phone and secured the qualifications, dtuies and how he he was placed in office. She laughingly said "I'll bet those folks were glad when I finished my report."

2. Rural Life Sunday Services were brightened last year by lovely floral arrangements provided by Mrs. A. B. Groves of the Evandale Home Demonstration Club. Many called and asked what florist furnished the flowers.

3. The Religious Education Program of the public schools was the one county-wide project sponsored by the home demonstration clubs this year. Each club made a cash contribution to the program as a back log to start the new year with. Many clubs made this contribution with the money they received for selling Better Farming Magazine subscriptions in a contest offered by Curtis Publishing Co. One club cleared $76.00 with one member receiving a good watch for the highest number of sales. No club cleared less than $12.00 for their club treasuries.

4. 161 Home Demonstration Members served as 4-H project leaders.

5. Assisted with P. T. A. Groups.

6. Stressed 4-H Health and Safety Program

Valley Mill Home Demonstration Club contacted the Cancer Society for a public showing of the movie "Self-Examination of the Breast for Cancer." 200 attended the meeting at the hospital and 66 reported having examinations made.

Emergency Food Shelf

The district nurses office made a study of emergency aid given to people and found that the privilege was being abused in that help was being sought from every agency by the same people - securing for themselves an abundance beyond the needs for the immediate emergency.

A plan was worked out so that her office would be a clearing house and each

agency would refer all requests to her. Each agency was then asked to supply only one item to a central place for distribution as needed. A canned food emergency shelf was suggested to the Home Demonstration Clubs at their part of the project. This was accepted and the Emergency Food Shelf was kept filled throughout the year. This plan worked so well, and eliminated having to provide so many other things, that it is being continued for 1956.

Polio - Mothers' March of Dimes

The Polio Foundation asked the Home Demonstration Clubs to carry on the Mothers' Porch Light Parade in the county. Each federation goal chairman assigned certain roads for each member to canvass. The plan was well worked out, judging by the results. $1,325.00 was secured by the 15 clubs. They thoroughly enjoyed the experience and various reports were received. The most frequently repeated comment was "I put my light on honestly I just couldn't believe you women would really travel over all these by-roads to collect the money."

Home Nursing

When the Red Cross offered to send instructors into the local communities to teach first aid and civil defense classes, if the home demonstration clubs would sponsor them they were not expecting so many to respond.. Many took the advanced course and several the instructor's course. One member took the home care of the sick course and was certified as an instructor. The Red Cross is offering this class next year and several clubs will probably sponsor it when sufficient instructors can be trained. To date this hasn't been done.

B. Outstanding Home Demonstration Club Community Projects with Cooperating Agencies.

1. Youth

After 9 years of youth work the Home Demonstration Clubs feel encouraged with results. The younger matrons are working with the 4-H girls and each Home Demonstration Club has a 4-H committee. 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 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 Federation Goal Chairman and 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.

Home Demonstration Clubs assisted 4-H clubs with money making events. The encouragement given the 4-H clubs has resulted in marked leadership development among our youth. They take more interest in all community activities - older 4-H girls are remaining in club work. More will appear about the girls junior leadership in the 4-H section. Mrs. John Whitacre, Mrs. Richard Goode and Mrs. Sloan Wolfe's influence and training have done much to develop such leadership. Wilda Jean Adams, a former member of Mrs. Whitacre's club, is a 1954 I. F. Y. E. delegate, another tribune to Mary's leadership teaching. Ann Wolfe goes to Chicago in Food Preparation this year.

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

The schools are cooperating with the 4-H program. Middletown, Stephens City, James Wood, Gore and Star Tannery schools have 4-H clubs in school. The Principals and teachers help in everyway possible and some act as organizational leaders.

2. 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 H. D. 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 H. D. Club, are working on the interior of the building. The new H. D. Club at Refuge Church is converting a school room into a community work room.

3. Rest Room

The rest room committee and the Board of Supervisors care for the rest room and floor, put in better ceiling fixtures, and made new lamp shades.

4. War Memorial Building

Much debating has been done as to where this building would be located when it was constructed. Two places were available. A plot of land in the city without parking facilities or a playground and the presently owned city park at the edge of town. A mass meeting was called of all interested groups in the county and towns to decide upon the location. A committee from the H. D. Clubs pointed out the need for a place to hold fairs, achievement programs, workshops, playgrounds, recreation center for our youth, etc. for the county. Other organizations did likewise. It was decided to locate the building in the park where plenty of space was available for outdoor activities and make it of such a size with kitchen etc. to hold fairs, hold programs, banquets, etc. Two H. D. members were named on the committee to help draw up plans for the building. The building will materialize soon and the Home Demonstration Clubs have ~~agreed to equip the~~ agreed to equip the kitchen. It will be available for county groups for workshops, banquets, achievement days, recreation, etc.

5. Roadside Beautification and Garbage Disposal

The H. D. Clubs have tried for 2 years to plan someway to prevent strewing garbage along the roadsides over the county but didn't get very far. Last year the Grange took this project also and asked the H. D. Clubs to work with them. Two meetings have been held and state road officials have been present. Sanitary Engineers have also been present. To date the group has decided that definite

garbage disposal areas must be found first over the county, then the public notified that there are certain places that garbage can be taken. To date no locations have been selected. When these places are provided the county officials tell us that there is a law that can be used to enforce keeping our county clean.

6. County Health Council

The County Health Council department is interested in organizing a Health Council in the county and has asked the H. D. Clubs to help sponsor this project. It was presented to each club and set up as a major project.

7. Child Guidance Center

For three years Stephens City H. D. Club has discussed trying to secure a child guidance center in Winchester and Miss Mildred Lee Groves, H. D. member, and visiting teachers presented it at the H. D. achievement program 3 years ago. It has been discussed by more groups periodically and meetings have been attended by several of the ladies. Recently the Rotary Club has taken an interest in this program and has asked for our cooperation for 1955 in trying to secure the center here. The Rotary Club joined the movement and the center is now a reality.

8. Board of Supervisors

The Board has been most cooperative in helping with the county rest room and any activity wherever possible.

Board of Education and Schools

We have the cooperation of the school system with the 4-H club program, thereby enabling us to have more club meetings in school - and more club members, Since many parents do not like for the boys and girls to be out week-day nights, [redacted]

9. Frederick County Agricultural Fair

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

The H. D. Clubs assisted with all committee work, food stands, youth

exhibits, club educational exhibits, and their own adult section.

All prize money went to the youth sections with adults receiving ribbons.

Results were beyond expectations. The H. D. Clubs had 13 educational exhibits and their participation in the fair took the place of achievement day this year.

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

After all bills were paid, more than a $1,300.00 balance is left for next year.

10. Other Groups

Future Homemakers of America

The Home Economics teachers cooperate by serving for contests, and by encouraging the Home Economis girls to take 4-H club work. The Home Economics Department at James Wood High School is available for area contests each year, which gives us an ideal place to hold them.

Local Business Firms

The business places cooperate with demonstrations, and furnish labor; likewise, with floor finishing materials, record players and records for demonstration purposes, when called upon.

Southern States Service and Frederick Farm Bureau

These stores contribute prize money and 4-H corn club materials; also feed sacks, etc. for camps, restroom slip covers, prizes for 4-H Essay Contest, etc.

Health Department

The Health Department works hand in hand with the clubs in pre school clinics, T. B. X-Ray clinics, etc.

Red Cross

The Red Cross works with H. D. Clubs and teach first aid and civic defense classes wherever organized in the county. They kept ten classes going at one

time last year and are offering home nursing classes next year.

Northern Virginia Power Co.

If it were not for the Northern Va. Power Co., we would have a hard time finding a place to hold training meetings, work shops and other events. In addition, Miss Flickinger helps in everyway possible in demonstrations on Christmas cookies, foods, lighting, etc.

Civic Groups

The following projects in cooperation with other groups and agencies have been narrated in other parts of this report mostly under Federation Goal. I shall list them here:

1. Mothers March on Polio
2. Cancer Education Program
3. Emergency Food Shelf
4. Religious Education in Public School
5. Work with County Health Department
6. Work with Grange on County Clean-up Project
7. Red Cross First Aid and Civic Defense
8. Work with schools on cafeteries
9. Work with P. T. A. Groups, etc.
10. Christmas baskets to needy - work with salvation army
11. Institute of Rural Affairs

The county was represented at V. P. I. at the Institute of Rural Affairs by 6 H. D. members and they declared it was the best and most inspirational meeting they had attended in a long time. They all felt it is very rarely so many outstanding, inspirational speakers are present at one conference. The delegates brought excellent reports back to the county home demonstration planning meeting. Mrs. Vernon Unger rang the keyhole on the planning meeting by reporting on the Federation Goal activities that would be helpful in program planning.

VI. Farm and Home Development

A. Method used in Selecting Families

Frederick County was selected as a pilot county at a key meeting of key leaders, men and women from all parts of the county, with the District Agents present to explain the Farm & Home Development Program, its goals, objectives, aims and purposes. Both the county-wide method of selecting families and the area methods were explained. The group preferred the area method as a means of reaching more new families. A committee was named to choose an area in the county. They selected the Clearbrook Area because it offered varied types of soil and seemed to have more families who had not been reached by the extension program.

The program was also explained by the District Agents to the Board of Supervisors and their approval was given to having a fulltime Assistant County Agent, and a part-time Assistant Home Agent added to the present Extension Staff to carry out this program of work.

B. How Local Leaders Were Acquainted with the Program

In addition to the work done by the District Agents with the original committee, the program has been explained to the Home Demonstration Clubs at at least one meeting of each group.

Likewise, the program was explained to the other co-ordinating professional workers of the county and their cooperation was pledged.

Again, at the Annual Planning Meeting, the program was reviewed briefly and progress to date noted.

C. Outstanding Progress of Farm & Home Development Family

The Henry C. Cline family has had more help than most of the others because they seem to have so many more problems. The house and grounds need complete renovations. There's no bath, no well arranged kitchen, all rooms need work done, water has to be piped into the house, foundation is bad, etc. A complete re-education program should be set up. Luxuries were purchased

before necessities, such as expensive play equipment for the children, television, station wagon, very expensive farm machinery, very expensive cooking utensils, too small deep freeze, etc.

Plans have been started to get a bath and water in the house, kitchen remodeling, etc. The State Specialist has visited the family and it is hoped that by another year some actual work will be done.

To date, because no Assistant Home Agent was secured, only 8 families have received any help from the Home Agent.

VII. 4-H Club Work

The adult and junior 4-H committee recommended that due to the interest in contest work that all projects 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 and Junior Leadership and urged more work in Better Methods Electric.

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, food for pep, personal laundry, electric and livestock - with special work in safety and junior leadership.

A. **Project Work**

1. Clothing Construction

(a) Objectives

(1) To teach good grooming.

(2) To teach the girls to care for their own clothing.

(3) To teach them how to select clothing to meet their needs, and plan clothing budgets.

(4) To learn clothing construction

(5) To teach beginners the fundamentals of hand sewing and how to use the sewing machine.

One Hundred and four enrolled in "So You'd Like to Sew," (Clothing III), 135 in Clothing II - "Make or Remake" - and 52 in Clothing I - "Looking Your Best." They learned the basic sewing principles - how to make hem gauges, hand hem, use thimbles, use a pattern, use the machine, etc. These girls were assisted by Home Demonstration members and parents, junior leaders, and the agent.

Several entered the 4-H Fair and won ribbons of which they are very proud. This work was done mostly in the school clubs and some very nice sewing was done.

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. Peggy Hammock won the Singer Company Contest in the teenagers clothing construction class last summer. This year she is county representative in style revue.

Many of the girls are taking home economics in high school and the home economics instructors (so the girls tell me) comment their 4-H work, and 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 on material, patterns, etc. The girls are starting clothing work this fall and plan to have more girls in contest work next year.

Demonstrations were given on shampooing, hair cutting and styling, setting the hair and making pin curls. They are hair style conscious and study pictures for ideas. Many girls told their Mothers they didn't want anymore home permanents until they were older. The Beauty Jamboree also added spice to this project.

The care of the skin and use of make-up was studied and demonstrated. Girls changed the color of lipstick, took off most of the make-up and learned how to use it correctly. Emphasis was placed on the natural versus 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 color in make-up and its application.

They like their make-up capes - many made pockets in them for make-up, etc. It also saves having to bruch their shoulders after doing their hair. 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 set out to overcome the nail chewing and keep them well groomed. A lenghty and vivid picture was painted of how very unsanitary nail chewing was, besides being dangerous in that germs are under the nails aplenty. 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. Most of them like wide circular skirts and learned to keep the hem line straight by ironing them with the weave of the material. Many gifts were made for Christmas - needle cases, baby bibs, stuffed toys, wrist pincushions, etc.

Many Mothers found the girls rendering first aid to their own clothing by doing the repairs themselves. Showshine kits were made and the shoes and socks kept much neater. However, they say it is 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, care, etc. 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.

2. Meal Planning, Food Preparation, Baking

1. Objectives

a. To realize Mothers do much of the meal planning, preparation and serving and teach girls to be better homemakers.

b. To learn to use Basic 7 Chart and plan balanced meals.

c. To teach correct food preparation methods.

d. To learn correct baking methods.

211 girls enrolled in meal planning and food preparation, 54 in bread baking, and 101 in food preservation, 188 completed food preparation, 98 food preservation, and 52 breads.

One leader-training meeting was given by the State Food Specialist to Home Demonstration Leaders who helped the girls. 135 adult and 80 junior leaders, together with parents and Home Demonstration members assisted the agent with this work. This group planned 7 dinners. Cafeterias eliminated some packed lunches. They helped prepare and serve club meals, made cakes, baked cookies, prepared milk dishes, salads, vegetables dishes, served club refreshments and judged food at club meetings during the year. Different breads were baked. Contest work will be elaborated on under Contests, More exhibits were made this year in these projects than ever before, even though they were in school.

2. Food Preservation

1. 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 demonstrations.

101 girls enrolled in and 98 completed the canning and freezing project, with the help of leaders and older members. Demonstrations were given in canning and in frozen foods by the members, leaders and agent. The H. D. Foods leaders were very helpful with this work. Quarts and quarts of fruits, 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 preservation is being done by the girls, relieving their Mothers of this task and giving them more time to "live with" their families.

5. Home Improvement and Care and Arrangement

1. Objectives

a. To teach girls to assume housekeeping duties, thereby relieving Mothers so they can spend more time on family relationship.

b. To teach better housekeeping methods

c. To learn to refinish furniture

d. To make color plans for rooms.

4. Housekeeping

16 girls enrolled in housekeeping, 27 in home improvements, 10 finished their projects in housekeeping and 20 in home improvements. 27 members served as demonstrators. 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.

The girls in care and arrangement have become real helpers at home, doing much of the housework for their mothers.

Your Room - Pep It Up

107 enrolled in and 97 completed this project. The girls thoroughly enjoyed ~~partitioning~~ partitioning off the dresser drawers, arranging flowers, selecting potted plants, making bulletin boards, dresser scarfs, towels, etc. They streamlined their rooms for easier care and delighted in making their rooms attractive.

5. Home Grounds Beautification

1. Objectives

a. To teach girls to take pride in and beautify the home grounds. 15 girls enrolled and 11 completed this project. More girls are taking pride in and working with this project. Mary Lou Owings continues to build her record and is becoming an expert with flower growing and flower arrangements.

6. Laundry Projects

1. Objectives

a. To teach the girls to launder and care for their own clothing by approved standards.

This is the 6th year any of the girls have taken this project and the 6 who did got a lot out of it. Betty Hammock entered this contest 3 years ago, and recieved a red award and also the same last year. She is going to enter this year. They learned to launder and clean all fabrics and to iron them. Laundry equipment was rearranged to save time.

7. Farm and Home Electric

47 girls enrolled in this project and 44 completed their records. 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 Joan Pugh, county winner, so she says. An even better electric program is planned for 1956.

8. Safety

All club members made a sagety survey for the farm - using the literature supplied by the forestry service. Each member made a list of danger hazards; then checked them off after corrective measures had been taken.

9. Health

Sixty-five received 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 cleaniness, posture, diet, regular hours and sleep and excerise, etc.

10. Other

All clubs are given special help in judging, giving demonstrations, group recreations, music appreciation, record keeping and budgeting, citizenship and personality improvement. Plans are to choose one or two each year for future study and work. 4-H'ers are taking their place as good citizens to the extent that State Senator Byrd wrote an Editorial commenting on the low figures on juvenile delinquency noted among 4-H trained youth.

11. Livestock Projects

The girls gave the boys plenty of competition in livestock this year. The girls are proud of these projects and feel that with luck and hard work they will be able to earn a nice savings account that can be used for their higher education. They figure that if Roxanne Rogers could earn money with livestock that is now paying her college expenses, they can do it too.

B. OTHER ACTIVITIES

1. The Community

The 4-H clubs in 6 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.

The 4-H clubs each year cooperate 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 next year.

The 4-H girls assisted with the Cancer Fund Driven distributing educational literature and helping raise funds.

2. Camps

State 4-H Short Course

15 4-H girls attended 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. Mrs. Winston Huffman and Mrs. Sloan Wolfe chaperoned the girls and praised their good behavior. Four girls competed in State contests, of which more will be written under contests.

County 4-H Camp

With 190 in 4-H camp and no experienced County Agent in the camp, Ted Harris, Assistant County Agent, was elected to direct camp. Having attended conservation camp a few days before under the Directorship of Jack Tyree, Assistant State 4-H Club Agent, he was eager to try the same type camp at home.

Mr. Tyree spent the first 3 days in camp assisting in the organization. Camp was set up with 4 tribes, and with chiefs and scribes selected and assigned by the agents from each county. No big chief was elected from the campers. Mr. Harris directed camp with assistance from every counselor in the camp. Results were highly gratifying. Morale, discipline, sportsmanship, conduct, participation, etc., couldn't have been better. Kids never worked and played so well together. Every activity was a challenge to the best in every boy and girl in camp.

Older club members who have attended many camps, said it was the best county camp they had ever attended at Powell's Fort and hoped we would continue following the same procedure in the future.

Conservation Camp

Betty Hammock, Rhoda Whitacre and Ronnie Miller attended Conservation Camp and came back ready to assist at county camp. They served as chiefs and scribes as well as Jr. Leaders.

4-H Electric Congress

Bertha Kettlewell and Bobby Lockhart attended the 4-H Electric Congress

and declared it a wonderful experience. Bertha is eager to do advanced electric work and wants to go back again. She says she wants to give a demonstration so that she can go.

National 4-H Club Congress

Ann and Lynn Wolfe achieved a unique honor that comes rarely, Both brother and sister, go to Chicago this year. Ann won on Food Preparation and Lynn on Leadership. No two have ever been more ~~worthy~~ deserving of the honor. Ann is a college freshman at Madison and Lynn is a Senior at V. P. I.

Both have spent more time helping others than they have at doing things for their own records.

County Fair

As previously noted in the adult section, a county fair was held this year for adults and youth, sponsored by the Raritan Clubs.

81 girls exhibited nearly ~~800~~ 700 project entries, had 5 home displays and 3 educational exhibits. The same judges of previous fairs said the quality of work was much better and the public said the displays exceeded any fair of the season that they had attended.

Betty Hammock, an older member, from Middletown made a unique achievement; sweepstakes in both 4-H and F. H. A. Betty is President of her club and has a heavy school schedule. Susan Bierer walked away with top honors in the Dairy Projects.

Many more Mothers, leaders and H. D. members are encouraging and helping the girls in their work.

Betty was also Superintendent of the 4-H girls fair and carried 8 projects. She did real well in seeing that all arrangements were made. The committees 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.

The 4-H girls are much more interested in working on contests. Around

Contests

This year Peggy Elliott and Arvilla Snyder won the State Dairy Team Contest and Ann Wolfe the Food Preparation contest.

The 4-H girls area contest for 1956 will be in January, 1956, which made it necessary to hold county contests in August. Forty girls entered in the Junior and Sr. Sections with a lot of leaders and Mothers eagerly watching and getting ideas.

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 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.

To date work done in contest work for 1956 is as follows:

County Elimination Contest in August.

Area Contest for 1956 will be held at James Wood High School, January 28, 1956. Results of 1956 county contest are as follows:

Style Revue - Betty Hammock

Food Preparation - Mary Lou Owings

Clothing Achievement - Margaret Ramey

Dairy Individual - Patsy Wolfe

Bread - Mary Ann Adams

Canning - Harriet Goode

Frozen Foods - Rhoda Whitacre

Laundry - Betty Hammock - She chose style revue

Achievement Program

The 4-H club members decided at their spring county council meeting to have an achievement program this year. It is gratifying to note that they made all arrangements, planned the program and even mimeographed 500 copies at school. They also notified all who were to be on the program. It was decided to have it in December so as to give all college 4-Hers a chance to be present. A county share the fun contest was the main feature of the program.

Highlights of the program were reports on trips to National Club Congress, Missouri Coop. Trip, State Short Course, 4-H Electric Congress, County 4-H Camp, and County Summary 4-H work awards and honors.

Forty 4-H girls received county medals, 12 received foley equipment. More than 500 club members, parents and friends were present.

VIII. Young Men and Women's Work

There was one older youth organization in the county at Round Hill. It was active until 2 years ago but has been discontinued. Individual help has been given on home planning, water, landscaping, furniture, decoration, foods, clothing, etc., as requested to this group through the H. D. Clubs, church work, school programs and through the All Stars and Honor Club Groups, at least 216 young women have been reached.

Eleven all-stars, parents and agents attended the banquet at Luray on November 8 sponsored by City Service Oil Company, at which time the Key Award was presented to Rhoda Whitacre and Ronnie Miller. The all-stars are a help and inspiration to the 4-H club members of the county.

IX. SCOPE OF WORK:

	1951	1952	1953	1954	1955
Number Home Demonstration Clubs or groups	14	14	15	16	15
Membership					
Number of 4-H Clubs	393	393	418	456	440
Membership (girls)	365	450	457	463	451

	1951	1952	1953	1954	1955
Number other families reached	795	810	830	700	740
Total number different families reached	3085	3090	3100	3010	2940

B. How H. D. Work was Increased and Publicized

1. Each member strives to reach new people and reactivate old members.
2. Assisted with larger fair and had educational exhibits
3. Public showing of cancer movie
4. Beauty Jamboree
5. Special interest topics to reach new people
6. Farm and Home Development program
7. Mothers March on Polio

   All received radio and newspaper publicity

8. Master Farm Family Program

The E. W. Adams Jr. Family was chosen as a Master Farm Family, the first for the county. This program was well publicized and about 150 people were in attendance.

X. Organizations

Planning and carrying out the county program

A. County Home Demonstration Committee

The entire County Home Demonstration Club program is planned by the County H. D. Committee. The organization is made up of the presidents of each club, a Program Development ~~Aide~~ Leader from each group, with some members-at-large. At the spring meeting the committee checked the calendar of work to determine work accomplished and the plan for the rest of the year. Committees were appointed for the Achievement Program and a Program and Nominating Committee were also appointed. A report was made of the District Federation Meeting. The Program Development Leaders directed the group's thinking toward ideas for the new calendar. Help was pledged to 4-H girls' project work, records, contests. The accomplishment sheets were discussed and the Federation Goal was considered.

At the preliminary fall meeting, the committee reviewed the year's work, suggested long-time projects, and community interest work, and appointed Program Development, objectives, 1956 calendar and club goals committees.

The Annual Meeting, held in July, was called to plan the 1956 program. Mrs. Mary Witacre gave an inspiring report on the 4-H program, its needs, problems, accomplishments; called for more trained project leaders and for help in completing this year's records.

The War Memorial Committee asked the clubs cooperation in furnishing the kitchen. This project was adopted as the fund raising project for 1956.

The Fair participation supplanted achievement day. Work is to continue on the Grange clean-up campaign.

Health and safety was chosen as Federation Goal for 1956.

The Farm and Home Development Program was discussed and progress reported to date. The house and housing picture was clearly presented as a carry-over from last year and it was decided to continue work on both. School cafeterias

County Adult Home Demonstration Program 1956

Agent Agnes V. Shirley Date 8/30/55

No. farm homes in County 2004 White ___ Negro ___ Non-farm Homes ___ White ___

(Immediately after county planning meetings send 2 copies to state office and 1 to district agent. Keep 1 for county files and send 1 to each Home Demonstration Club)

October - Jamison - Floor coverings and hooked rugs

1. Home Demonstration Club Calendar No. Clubs 15 No. Members 440
In addition to naming demonstration include information concerning county discussion and why topic was selected. (*Indicate that topic is related to a long time objective.)

December	June
Safety Christmas Decorations Cake or candle decorations	Corages and flower arrangements Leader Training Judging exhibits
January	July
Club Choice Social interest topic Slip covers Oil painting	Picnics Club Choice Johnson - Good Grooming
February	August
Selection and care of rugs for dining, living and bedrooms Hooked rugs - Evaluate and judge Alverson - Leader-training Kitchen planning	Judging exhibits and displays
March	September
Selection and care of floor coverings for work areas and breakfasts for the family	Color for the Individual
April	October
Kitchen utensils	Basic lines in dress Alverson - Leader-training
May	November
Kitchen planning and arrangement	Laundry short-cuts

(Over)

Community project - War Memorial
1. Raise funds for kitchen
2. Assist in fund raising campaign

II. Special Interest Activities

Topic	No. Grps.	No. Mtgs.	Month
Hooked Rugs	15	3	as desired
Slip Covers	7	7	when suitable
Oil Painting & Decorating	15	1	Winter months

III. Federation Goal Health & Safety

Points to be stressed:

1. Aid in public clean-up and dumping
2. Accidents in home
3. Breakfasts
4. Loan closet build-up

1. Accidents - Prevent
2. Fires - Defective or overloaded wiring check - Extinguishers - Kinds to buy
3. Trimming or pruning - at home - driveways - Shrubbery or trees (Educate people county-wide

IV. Result Demonstrations

Subject	No. Demonstrators
Kitchens	29
Clothing Storage	27
Water Systems	13
Small Fruit Plots	22

V. Club Objectives Recommended by County Home Demonstration Committee or change to
County Objectives

1. Each member plan to reach new people and reactivate non-members.
2. Assist the agent in organizating at least one new club.
3. Help form new 4-H clubs, enlist more leaders, and assist such leaders with one fund raising event each year.
4. Keep club schedules elastic enough to include monthly and special interest meetings, also each club conduct 6 or more mtgs. without agent
5. To be represented at all leader and council mtgs. and District Mtg.
6. Each club increase average attendance over last year and visit at least 3 non-members.
7. Have routine check of club objectives at each meeting by objective chairman.
8. Promote at least one community project.

Leaders - Federal Goal Chairman - 1
Program Development - 1
Laundry Shortcuts, kitchens 2
floor coverings 2
House Furnishings 1
Judging Exhibits & Displays - 2
Good Grooming - 2
Gardening - 1
Corsages & Flower Arrangements - 1

are still an important project and an appeal was made to strengthen the P. T. A. program and home nursing.

B. County Board of Agriculture

The organization of the county board of agriculture is still the same except for some season not explained to the Home Agent all women were removed from committees 3 years ago. There are 14 functioning committees, namely: Youth, Poultry, Horticulture , Farm and Home Markets, Livestock, Dairy, SCS, Purchasing, Resolutions, Legislative, Farm Credit, Housing and Veterans. The Board endorses all agricultural work in the county. This Board will likely be called the County Agricultural Extension Service Board of which the H. D. Committee, Youth groups, etc. will be a part.

C. County 4-H Club Council

The officers and leaders of the 16 4-H clubs in the county make up the County 4-H Council. The Council holds meetings as needed and plans all county 4-H activities by means of working committees. Committees on Safety, Fair and Achievements,, Membership, Special Training, Program and Recreation, Publicity and 4-H Projects, plan and execute the program approved by the Council. All 4-H Club activities previously narrated were planned for the most part by the County Council, with results as noted earlier in this report.

D. Honor Club

This group of older 4-H Club Members assists materially in helping younger 4-H club members with projects and project work. Goals were set up by the goals committee and each member elects to adopt at lease one goal. If any member fails to achieve his goal, he, or she, is automatically dropped. The members really accomplished good results in the program by helping increase enrollment, assisting younger members with projects and records, serving as Junior Leaders, etc. The goals set up were:

1. Serve as a Junior Leader

2. Secure at least 5 new members and help them get started on projects.

3. Be responsible for recreation at 5 club meetings.

4. Assist with county-wide activities.

5. Help own club plan an educational exhibit.

The Honor Club is a fine means of developing Junior Leadership. They are members of the County Council and assist with all plans. It is also a means of holding older members in 4-H work.

E. County Chapter of 4-H All Stars

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. The group meets subject to call.

F. County 4-H Project Planning Committee

This committee is made up of a leader and older girl from each of the 16 clubs. With growth what is 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 committee agreed that all projects should be offered to the girls since they want to enter all contests. It was also agreed that all club members should have Health, Safety or Recreation as group activities; and as many as possible take the Better Methods Electric Projects. It was recommended that home demonstration leaders who had had training in various projects be asked to help the 4-H club girls, and from this one source the girls get a lot of project help.

G. Other - Civilian Defense, Professional Workers Council, or Civic Organizations

1. Civilian Defense:

The Red Cross is training instructors to teach home nursing classes.

2. Professional Workers Council - There is none in the county.

3. Civic Organizations

The county 4-H council worked in cooperation with all civic clubs, etc. The Ruritan Clubs sponsored the County Fair.

XI. LEADERSHIP

A. Describe briefly the contributions of the volunteer leaders to the program.

1. Adult organizational leaders are the officers of the home demonstration clubs; program development leaders and result demonstrations, together with the County Home Demonstration Committee Officers take the initiative in planning and executing the program. County Fair, Polio, Educational Program, Beauty Jamboree, etc., previously narrated are an example of the type of leadership activities of leaders. Six meetings of each home demonstration club were held without the ~~agents~~ 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 and with so many special interest projects in addition to the regular schedules, result demonstrators, sponsoring citizenship activities, meet members have a chance to show leadership ability and use it for the good of the people. Many non-members receive held each year. Leaders are listed further on in this report.

2. Program Development Leaders

Most of these leaders have served continously for 7 years and for a new project they have done well. They can be given credit for the following major

results.

First, they have guided their groups into thinking in terms of longtime projects. Some projects have been kitchens, (housing), storage, furniture, house furnishings, result demonstrations, Federation Goal, Hooked Rugs, Etc. Projects that they have started have been and are being finished. The results are marred under these projects in another section of this report. 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 analyses, 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 year's program which they present at the planning meeting. This year they did unusually well without much help from the home agent.

The following objectives define the function of the program development leaders.

Program Development Leaders Shall:

1. Present program calendar to club members in way she thinks would create most interest.

2. Report persons wishing special interest work by December 1.

3. Submit to home agent any changes and club choices each club desires by December 1.

4. Members report to program leader ideas they wish included in next year's calendar.

5. Give program devotion leader a few minutes at each meeting to discuss next year's work.

3. Subject matter leaders are chosen for each project for the year. These leaders are trained by the State Specialists, Home Agents, other previously trained

leaders, Power Co. Home Economists, etc., on the topics for demonstrations. Then they give the demonstrations at their clubs meetings. They also work with individuals and small groups on extra days to help them, as well as passing help on to friends, 4-H club girls, etc.

This makes a total for the 15 clubs of 300 project leaders, plus 74 result demonstrations for this year. This year these leaders gave 410 subject matter demonstrations and 110 Federation Goal demonstrations to adult and 4-H groups. The group devoted a total of 870 days to their work. The 90 officers of clubs worked 501 days, and the 13 community leaders worked 70 days. 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.

B. Growth of leadership

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

1. Beauty Jamboree
    1. Recruiting participants
    2. Planning and serving lunch each day.
    3. Giving demonstrations to their clubs
2. County Fair
    1. Serving on all committees
    2. Planning and helping with food booth
    3. Assisting with exhibits
    4. Educational exhibits
    5. Assisting judges
    6. Booking entries
3. Farm & Home Development
    1. Leaders did all project work with 4-H girls so work could be

done on Farm & Home Development Program

4. County 4-H Contest

Home Demonstration members assisted with the contest by coaching girls and serving as judges.

~~Likewise, they judged Shenandoah County Fair~~

Likewise, they judged Shenandoah County Fair

5. Made all plans for public showing of cancer movie

6. Took responsibility of having home demonstration handbooks printed.

Home Demonstration Club Project Leadership	1951	1952	1953	1954	1955
Number of project leaders	205	205	285	308	300
Number program development leaders					16
Number Result Demonstrations	45	56	69	71	74
Number Goal Chairman	30	30	30	35	16
Number Training Meetings Held By:					
Specialists	10	10	10	10	25
Beauty Jamboree Staff and District Agent				4	4
Agent	26	34	25	30	20
Attendance at all training meetings	424	456	472	417	566
Number meetings without agent	79	96	172	174	176
Number meetings leaders assisted	211	215	220	219	195
Demonstrations by leaders				164	169
Talks and discussions by leaders				210	218

4-H Leadership Activities

Adult and Junior

Each 4-H club has an organizational leader whom the girls respect, can rely upon, and who challenges 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 Honor Club is one of the best ways of developing junior leadership for organization and project work. The group also are members of the county 4-H council and help plan all county-wide 4-H activities. The county-wide parties are held annually and are planned and executed entirely by club members. 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. The Honor Club members really work on getting project records completed.

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 project 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.

Junior project leaders are older 4-H girls who assist the younger girls of their clubs. 102 junior leaders gave a total of 440 demonstrations, while 151 adult project leaders and helpers gave a total of 280 demonstrations.

We want to pay tribute to our 4-H girls' adult 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 all ~~###~~ problems.

Many qualities of leadership were developed and displayed by the majority of the older 4-H girls but evidence of outstanding leadership training is shown by Ann Wolfe, who is studying music at college and taking an active part in all college activities; and Rhoda Whitacre, an all star, who is in college at Lynchburg. Betty Hammock is Jr. Leader in her club. It is safe to say that 1/4 of the total girls enrolled are older girls.

Growth of 4-H Project Leadership	1951	1952	1953	1954	1955
Number club officers	149	155	157	144	144
Number adult project leaders					151
Number result demonstrators	15	10	19	45	40
Number training meetings by					
Specialists					33
Agent					33
District Agent					4
Club Department					5
Others					5
Total attendance of Leader-training	299	315	399	572	419
Number 4-H leaders trained individually	33	36	34	35	29
No. club meetings without agent and project work meetings	75	70	69	65	70
No. club meetings at which leaders assisted	60	85	65	60	69
No. demonstrations by adult leaders	235	251	260	250	310
No. demonstrations by Jr. leaders	457	449	457	460	450
Young Men and Women Clubs					
No. club officers	8	8	8	8	8
Number leaders	2	2	2	2	2

C. Describe the activities and accomplishments of some outstanding leader and show extension part in this developement.

Mrs. Murl Hannum, now serving her second term as County Home Demonstration Club Chairman by popular demand, deserves this recognition this year.

Her outstanding leadership has been with the Beauty Jamboree in organizing the committees to take care of the luncheon each day which was a real problem in the crowded space, crowded schedule and having to be on time, and ready.

She handled the entire Better Farming Magazine Subscription Sales Campaign and contacted every club chairman to explain the program in two days time. The Curtis Publishing Company Representative was more than pleased with the ease in which she organized the group and with the results.

She is on the Board of Directors of the new Fair Association and was in-

strumental in getting clubs organized to man the food booth each day, as well as preparing extra food at the last minute.

The Polio Porch Light Parade was another project that she helped organize and carry through to completion.

She appointed a committee to assemble and have the home demonstration handbook printed in 1956.

As County Home Demonstration Chairman, I know of no instance where she ever failed to have committees that didn't cooperate to the fullest. She presides well and has a way of getting committees to cooperate.

She attended two National Home Demonstration Conventions and has attended Institutes of Rural Affairs several times.

It is a pleasure to have a county chairman who can be relied upon to go ahead with any task asked of her.

She takes an active part in all community projects and church activities, as well as assisting with 4-H club work whenever she can.

D. Describe the activities of accomplishments of an outstanding family

When an honor comes to the county for the first ~~time~~ time in the form of a Master Farm Family, we need look no further to write this part of the report.

The E. W. Adams, Jr. Family deserves this space for being recognized by Progressive Farmer and the Agricultural Extension Service this year.

The family has taken active part in all phases of the extension program except the daughter who took home economics work in high school instead. Mrs. Adams is an excellent homemaker and deserves a lot of credit for what she has accomplished in the home and with her family. She is the "pusher" and sees that the family members have every opportunity to develop to the fullest.

More details of the family can be found under "Master Farm Family" earlier in this narrative.

E. Describe activities and outstanding accomplishments of a club

Gainesboro Home Demonstration Club

For a young club it has done very well.

Some achievements are:

1. Provide organizational and project leaders for 4-H clubs.

2. Assist 4-H club with fund raising events.

3. Made and chanced off a quilt that netted $86.00 to their treasury.

4. Had two polio captains

5. Club took educational trip to Washington

6. Cooperate with school P. T. A.

7. Had 100% attendance at all Leader-Training meetings and county planning meeting.

8. 1 member in County Federation Goal Chairman

9. Participated in county fair and helped 4-H club members with the fair.

10. Had educational exhibit in store window during National Home Demonstration Week.

11. Participated in Beauty Jamboree

12. Sponsored first aid and civilian defense class

F. A Significant achievement of extension work in 4-H club work.

Ann and Lynn Wolfes' achievement of both being selected to go to club congress the same year is the outstanding achievement in years of club work on the part of parents leaders and agents.

Ann and Lynn started when they were 8 years of age and took many projects. The outstanding about them both is the leadership development. Both devoted more time to helping younger club members and to the development pf a good county and state program then they did to their own interests. Others came first, yet with it all they did excellent work and built good records. Ann gives excellent demonstrations and does outstanding work in her club program, school, community, church and now college. No two members are more deserving or are better examples of a long-time four-fold program.

Their parents were always ready and willing to help them as well as the county program.

XII. Significance of the year's work. Give here your feelings as to how the program contributed to better homemaking, better rural living and improved people, youth and adults.

The end of the year, with all its accomplishments, leaves the county united and working toward one goal, that of being given the privilege of helping do their bit in making this a better world in which to live.

Citizenship study, with emphasis on Youth and Health, and art in daily living is worthy of first place. Leadership development in the youth program is very marked. Likewise, the project in adult work that challenged the best leadership. Previous experience with cafeterias, field days, Federation meetings, etc., helped them succeed with P. T. A. work, Cancer Program, First Aid, Emergency Food Shelf, Polio Drives, County Fair, Beauty Jamboree, etc. The fine feeling developed between the youth and adults, and with all coordinating agencies, does one's heart good. Everyone is more conscious of a need to study and learn more about government and citizenship. The health situation is improving, with the help of a county health staff. Work is how underway to sponsor a county health council. Educational facilities, with a new county high school now completed, are on the upward trend. The cafeteria debt was paid 5 years ago. More schools are getting cafeterias and a drive is underway to clean up the garbage situation in the county.

Skills learned and used in all home making projects for 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. Leadership is chair seating, re-upholstering furniture and other projects has been very outstanding. Nutrition work and foods program has done much to provide more balanced diets for many, many more, and more work is planned for 1956. Six meetings were voted to be carried in home demonstration clubs next year again without the agent.

The long-time view of the program has been started and as they go along, they have developed high ideals, attitudes, skills and cooperation. They want, and strive for, the best, have a true sense of values and all are working together with good feelings toward a well rounded program. Leadership opportunities have developed pride and confidence in accomplishments and satisfaction in seeing a job well done. There are better schools, a health ## program, increased income for the family, higher standards of living and all working together for a better, happier world. There is much yet to be done, but they are on their way. The Farm and Home Development Program plans have been started in the county.

In the youth program, growth has been rapid in membership, project completions, contest work, project work, junior leadership, honors and awards. Adult interest and help continue whenever the need arises. Home Demonstration Clubs membership is increasing and requests for more clubs are in hand. Likewise, more girls want to join the 4-H clubs than we have staff to take care of. The schools are very cooperative with the 4-H program.

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.

Give your feeling as to how next year's work can be strengthened in the light of 1955 experiences.

HOME DEMONSTRATION CLUBS

Too much craft work has been included in the past. In order to do more work on the other more important topics, it was necessary to work in still more Special Interest groups.

In order to reach new requests for help and for clubs, the leaders will still have to carry more club meetings without the agent. Also, the program could be strengthened by older clubs 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 the club depends on them for this work.

Th

The educational program should try to sell the idea that any member must participate if she is to get anything out of club work or anyother 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. The radio is a very good device and the local station is cooperative. There is a weekly program. The newspapers are always cooperative and will print all that we can get to them.

4-H CLUBS

More leaders are always needed and especially in the school clubs. It is hoped that some system can be worked out for more adult leaders for the school clubs. More leader-training meetings are needed.

The 4-H Adult Advisory Committee has been needed badly for sometime and we feel that they will do much to plan a more workable program that will be more help to the girls. A handbook similar to home demonstration is needed by the 4-H clubs.

The 4-H fair is improving each year.

4-H club standards should be raised, particularly those on meriting a 4-H pin, and if some standards or objectives were set for 4-H clubs similar to those for the home demonstration clubs, there would likely be a better group spirit. Parliamentary procedure is a must in both 4-H and home demonstration clubs, especially the new groups and plans are underway to have lessons on this. The county council could train club officers.

The leaders need training in contest work so that they can help the girls get ready for contest days. More ~~this~~ training for girls and leaders is needed in setting up contest records. This activity does more to teach the girls self-expression, poise and skill, then any other 4-H activity.

With so many things sponsored that call for money, each club has planned to vote at home demonstration planning meetings to set up a rotation system.

The county program planning under the County Agricultural Extension Service Board, is the first most pressing work that needs to be done if we are to reach more people.

With agents secured to start the new year work on the farm and home development program, it will now be carried to more people.