

ANNUAL NARRATIVE REPORT

COUNTY EXTENSION WORK

Virginia Agricultural Extension Service

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Name

HOME DEMONSTRATION

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1959

LOUISA

County

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HIGHLIGHTS OF THE 1959 PROGRAM

The County Home Demonstration Club Committee set as a goal for each Home Demonstration Club to give at least 6 demonstrations. Eight out of eleven clubs gave six demonstrations or more. It is felt that through the increased leadership developed during 1959, many more homemakers were reached with information helpful to the improvement of family living.

The two specific areas in which homemakers report they have received the most help are Housing and Food and Nutrition.

I. COUNTY SITUATION

Louisa County is a rural county with an area of 517 square miles, located in the Central Piedmont Plateau. The county is surrounded by Fluvanna and Goochland counties on the south; Hanover on the east; Orange and Spotsylvania on the north; and Albemarle on the west. Two small towns with less than a thousand population in both are in the county. The 1950 census indicated a county population of 12,826 and 1771 farms. The rural farm population is 6961 while the rural non-farm population is 5859.

About 70% of the county is in forest. The predominant types of agriculture are livestock, livestock products, poultry and field crops. Well over half of the farms are operated on a part-time basis and 60% have income from other sources such as employment in industries in Louisa County or nearby cities, Charlottesville, Richmond, Fredericksburg or Orange. Industry within the county includes saw milling and planing mills, overall factory at Louisa and a shirt factory at Mineral.

Seventeen percent of the female population over 14 years of age is employed in textile production, domestic service, educational service and retail trade. The median farm income is \$1436 per year and the median school year completed is 7.0 grade.

Telephone and power service is available to approximately 85 and 90 per cent, respectively. A nine year old medical center, serving the county and surrounding area, includes the County Health Department and offices for four physicians as well as the medical section.

There are 5 elementary schools, one in each district, and a consolidated high school near Mineral.

2.

Recreational facilities for the general public are limited to two drive-in theaters; however, a private pool owned by members was opened this summer.

With the above information in mind during program planning, the Louisa County women selected topics on better and less expensive methods of food and meal preparation, housing, gardening, clothing construction and grooming.

II. COUNTY EXTENSION PROGRAM - ADULT

A. Organization

1. Home Economics Committee

A group of key people serving as an Overall Committee met to study the county situation. This group recommended the formation of a Special Interest Home Economics Committee on Nutrition. Three women have been selected, contacted, and have agreed to serve on this committee which will hold its first meeting in January.

2. County Home Demonstration Club Committee

The Home Demonstration Club Committee is composed of the president and program development leader of each home demonstration club, the county officers and a few key leaders.

It functioned in the following ways:

1. To plan the monthly demonstration topics.
2. To set up county objectives.
3. To select a Federation Program of Work.
4. To cooperate with Community and County Projects.
5. To plan and carry out the business of the Home Demonstration Clubs as a county organization.

B. Subject Matter and Special Emphasis Areas**1. Foods****a. Problem**

A growing percentage of working women need to know how to feed their families, nutritious meals with time saving methods and economy constantly in mind.

Special Diets (Overweight, Diabetic, Salt-free, etc.)

b. Goals

To have homemakers learn:

- (1) About proper diets for persons who are overweight, diabetic, or on a salt-free diet.
- (2) How to prepare foods correctly for use on such diets.
- (3) How to coordinate a special diet and the diet for the rest of the family.

c. Methods

- (1) Mrs. Mary L. Thompson, Associate Extension Food Specialist conducted a leader training meeting in January, training 19 leaders.
- (2) Leaders conducted 8 method demonstrations and agent three during February.

d. Results

Forty percent of the enrolled club members indicated their increased knowledge, resulting from this subject, had enabled them to accomplish the above goals.

Variety In Breakfasts

b. Goals

- (1) To impress upon homemakers the importance of breakfast nutritionally.
- (2) To suggest simple and nutritious variations for breakfast menus.

c. Methods

- (1) Mrs. Mary L. Thompson, Associate Extension Food Specialist, conducted a leader training meeting in January, training 19 leaders.
- (2) Leaders conducted 7 and agent 4 method demonstrations in March.

d. Results

Sixty-five percent of the Home Demonstration Club members report that this subject was valuable in reaching the above goals.

New Ideas In Outdoor Cookery and Fire Building

b. Goals

- (1) To suggest new recipes and ideas for outdoor cookery.
- (2) To teach homemakers how to build an outdoor fire for cooking with charcoal and other new fire building materials now on the market.

c. Methods

- (1) Miss Janet L. Cameron, Extension Food and Nutrition Specialist, conducted a leader training meeting in May, training 10 leaders.

- (2) Leaders conducted 9 and assisted with one method demonstrations in July.

d. Results

Fifty-nine percent of the club women indicate having used information gained through this meeting.

Consumer Information On Food Buying.

b. Goals

- (1) To teach homemakers how to recognize the best buys at the food store.
- (2) To teach homemakers to buy groceries more economically.

c. Methods

- (1) Miss Janet L. Cameron, Extension Food and Nutrition Specialist conducted a leader training meeting in May, training 10 leaders.
- (2) Leaders gave 2 and agent 7 method demonstrations in August.

d. Results

The blue ribbon exhibit entitled, "Watch Cost Per Serving To Cut Food Bills", was presented at the Home Demonstration Club Achievement Day Program where a number of comments were made as to the effectiveness of having Consumer Information on Food Buying in the program. Sixty-one percent of the members reported the use of information given through method demonstrations as quite helpful in buying food more economically.

Oven Meals

b. Goals

To teach homemakers

- (1) Simple new combinations of meals for preparation in the oven.
- (2) To have better management of time by making their appliances work for them.

c. Methods

- (1) Miss Jean Keatly, VEPCO Home Economist, held a leader training meeting in the new VEPCO kitchen in Charlottesville training 21 leaders.
- (2) Nine method demonstrations were given by leaders, one by leaders assisting agent and one by agent in October.

d. Results

It is felt that the approximately 65% who reported this subject helpful found ways to better time management through better menu planning and methods of preparation as well as better use of equipment on hand.

Meat Cuts and Their Preparation

b. Goals

To help homemakers become:

- (1) More familiar with all the cuts of meat available.
- (2) Familiar with ways to prepare these cuts of meat, especially the ones less commonly known.

c. Methods

- (1) Miss Jean Keatly, VEPCO Home Economist, and the agent conducted a leader training meeting at an appliance dealer's store in Mineral. Eleven leaders were trained.
- (2) Three method demonstrations were given by leaders, one by agent and leader and 5 by agent during November.

d. Results

Club members indicated a definite interest in using different methods and recipes suggested in order to have a wider variety of meat cuts in their family menus. A recipe for deviled liver was very well received by members who had not learned to like liver up until this time.

2. Clothing

a. Problem

Homemakers need to learn how to utilize the money they have for clothing as efficiently as possible by knowing how to buy wisely.

Styles and Colors To Suit The Individual

b. Goals

To help homemakers have a better understanding of:

- (1) Styles and their relation to different figure types.
- (2) Color in the selection of clothes in relation to skin coloring and size.

c. Methods

- (1) Miss Bettie McClaskey, Assistant Extension Clothing Specialist, conducted a leader training meeting training 13 leaders in April.
- (2) Six method demonstrations were given by leaders, 2 by agent and leaders and 3 by agent in May.

d. Results

Fifty-five percent of members indicated that help was received through this subject in reaching the above goals.

New Ideas For the Use of Feed Bags

b. Goal

To give homemakers help on new ways feed bags can be utilized other than in making dresses, pajamas and dish towels.

c. Methods

- (1) Miss Bettie McClaskey, Assistant Extension Clothing Specialist conducted a leader training meeting in April training 13 leaders.
- (2) Seven method demonstrations were conducted by leaders in June.

d. Results

Members reported satisfactory results from having this subject in their program, in that 225 different feed bag articles have been made, 20 begun and information given to 18 non-members.

Hair Styling and Care

b. Goals

To teach homemakers:

- (1) What hair styles are appropriate for the different shapes of faces.
- (2) What care hair needs.

c. Methods

- (1) The agent collected information from Extension leaflets and local beauticians.
- (2) Eight illustrated discussions were given by agent and 3 method demonstrations by leaders during September.

d. Results

Fifty percent of club members report that this subject was helpful to them in reaching the goals set.

3. Housing

a. Problem

Homemakers need to know how to utilize storage space as efficiently as possible, particularly in old homes without many closets and cabinets.

b. Goals

To teach homemakers:

- (1) How better utilization of space can be made in cabinets, drawers and closets.
- (2) How to make simple constructions for more efficient storage.

c. Methods

- (1) Miss Mary B. Settle, Extension House Improvement Specialist, conducted a leader training meeting in

March, training 17 leaders.

- (2) Six method demonstrations were given by leaders, one by agent and leader and four by agent.
- (3) Four workshops were held in different communities where members and non-members made space covers for kitchen storage.

d. Results

Nearly 100 space covers have been made at this time. The leader training meeting was held at a members home, which has been used as a result demonstration. Many non-members have joined clubs or become more active in Home Demonstration Club work as a result of this subject in the program.

4. Rural Arts

a. Problem

Homemakers need to be informed of the proper methods and desirable materials to use in making articles for gifts or to be used at home.

Glass Etching

b. Goal

To teach homemakers how to carry out recommended procedures for etching glass, using simple designs of good taste.

c. Methods

- (1) Miss Catherine Peery, Extension Rural Arts Specialist, conducted a leader training meeting in November, 1956.
- (2) Leaders conducted 8 method demonstrations and the agent 3 in January.

d. Results

Twenty-four members have stenciled glasses and have given information to 10 non-members. This was a special interest subject and is felt to have reached most everyone interested.

Quilt Making

b. Goals

To teach homemakers:

- (1) The history of quilting.
- (2) How to select colors and materials for use in quilting.
- (3) How to construct a quilt.

c. Methods

- (1) Miss Catherine Feery, Extension Rural Arts Specialist conducted a leader training meeting in November, 1958.
- (2) Leaders conducted 8 method demonstrations and the agent 3 in January.

d. Results

Club members report making 19 quilts, work begun on 27 and information to 11 non-members. It is felt that information reached a high percentage of those requesting this in the program.

5. Gardening

a. Problem

In order to attack the rising cost of living, Louisa County homemakers have vegetable gardens. They need to be informed of new developments in varieties of vegetables

and methods of fertilization and weed control.

b. Goal

To teach homemakers:

- (1) Recommended varieties of seeds and plants as well as the recommended methods to use in flower and vegetable gardening.

c. Methods

- (1) Mr. A.S. Beecher, Associate Extension Horticulturist and Mr. F.H. Scott, Assistant Extension Horticulturist conducted a leader training meeting in January, training 11 leaders.
- (2) These leaders have conducted 127 discussions and illustrated talks at regular club meetings.

d. Results

Seventy-eight percent of the club members have felt the gardening discussions were so important that they requested them to be continued another year.

The following media was used throughout the Home Demonstration subject matter topics:

- (1) Illustrative materials
- (2) Home visits
- (3) Circular letters
- (4) News articles
- (5) Bulletins and leaflets
- (6) Slides
- (7) Movies

6. Health

a. Problem

Health is a most important topic to all homemakers as they are the ones who must care for their children, husbands and older relatives. For this reason, Health was chosen as the 1959 Federation Program of Work.

b. Goal

To encourage homemakers to:

- (1) Study mental health
- (2) Have physical check-ups
- (3) Take Home Nursing Classes
- (4) Develop better nutrition

c. Methods

A leader training meeting was conducted by Mrs. J.W. Tolleson, County Federation Program of Work Chairman, in January. Nine leaders were given materials for 5 minute discussions on the following topics:

January - Plans for Home Nursing Course

February-Taking stock of Your Health

March - Enroll members in Home Nursing Classes

April - Looking Forward to School (Pre-School Shots, etc.)

May - Leisure Time and Diversion for the Sick

June - The Family's Vacation

July - Vacation Health Sense

August - Food Storage

September - Kitchen Sense

October - Complete Home Nursing Course Enrollment

November - Kitchen Sense

d. Results

It is felt that homemakers received much new information concerning Safe Food, Storage and Work Simplification. An exhibit on Leisure Time was presented at Achievement Day by the Mineral Club which emphasized the need for each homemaker to have some time each day to call her own. Discussions which were well participated in developed on most subjects.

Miss Mary Naples, Red Cross Home Nursing Instructor, trained 8 Home Demonstration Club members in a 30 hour course. These leaders are now qualified to instruct, in their respective communities, a 14 hour course.

Significant Story

Homemakers have become very conscious of the relationship of diet and health. Their problem is often not with themselves but with getting other members of their families to eat properly. A specific problem of one homemaker, a home demonstration club member, has been that her husband would eat very few foods unless they were fried. Two food demonstrations, "Oven Meals" and "Meat Cuts and Their Preparation", encouraged this club member to make another effort toward using other cooking methods such as broiling and baking. The whole Home Demonstration Club became interested in this woman's progress and was quite pleased when the husband actually liked some of the "new things".

This is only one example, but it is felt this is

is typical of other similar incidents.

C. Other Activities

1. Better Homes and Gardens Day

Home Demonstration Club members held their annual Better Homes and Gardens Day Program on March Court Day, March 9th. Approximately \$100 was realized on the sale of lunches. Following the lunch a program was held in the Louisa Baptist Church where Dr. Carroll Vance, Library of Congress, spoke on "Virginia Farm Plantation Women of 150 Years Ago".

The main purpose for this event is to raise money by the sale of lunches but the program also serves as an inspiration and affords an opportunity for the women to compare notes and hear what other clubs are doing.

2. National Home Demonstration Club Week

Activities were as follows:

a. James River Plantation Tour

Thirty-three county women took part in a tour of four James River Plantation Homes which was sponsored by the County Home Demonstration Club Committee.

b. Antique Tea

Between 55 and 60 persons attended a tea and antique exhibit (articles 100 years and older) held by Home Demonstration Club members. A silver offering taken was presented to the Cancer Fund Drive.

c. Exhibit

Mrs. D.A. Watson, Mineral Club, was responsible for an exhibit of articles made by Home Demonstration members

through club work. This exhibit was displayed in the Louisa Department Store window.

- d. A few club members attended church in a group which was recognized.

It is felt that such activities help to increase membership and stimulate interest of citizens in Home Demonstration Club work.

3. Achievement Day

A Home Demonstration Club Achievement Day Program was planned to aid the overall program through:

- a. Creating interest of club members and non-club members.
- b. Providing an inter-change of ideas.
- c. Promoting better club relationships and recognition of clubs.
- d. Recognition of club members.
- e. Providing a means for summarizing and evaluating years' work.
- f. Providing a means for correlating Home Demonstration Club and Youth Work.

As a result of the Achievement Day it is felt that Home Demonstration Club work was better publicized.

The Achievement Day was held at Apple Grove School on November 12th. The program included a report on the Institute of Rural Affairs by Mrs. C.F. Pettit, 4-H Activities by Jackie Grebbe and Rowena Tyler, devotions by Mrs. Arthur W. Ordal, Jr. and guest speaker, Dr. J.B. Kenley, Louisa County Health Director. Each Home Demonstration Club brought an educational exhibit

on some phase of the 1959 program. These exhibits were judged by Mrs. Eva Foster, Goodland Home Demonstration Agent, Miss Joyce Huffman, Poshatan Home Demonstration Agent and Mrs. T.S. Curtis, Poshatan County. Blue, Red and White ribbons were won on exhibits by Louisa, Piedmont and Shelfer Home Demonstration Clubs, respectively. Refreshments and flower arrangements were in charge of Babneys and Shelfer Clubs.

4. Tri-County Fair

The Tri-County Fair, including the counties of Louisa, Poshatan and Goodland was held at the Goodland Fair Grounds. Home Demonstration and 4-H Club members participated by exhibiting articles at the fair. It is felt that homemakers and youth will be able to determine standards they desire through participating in the fair.

Babneys and Shelfer Home Demonstration Clubs entered educational exhibits which won second and first places, respectively.

Mrs. D. A. Watson was high scorer in the Womens Department of the Fair.

5. County Home Demonstration Objectives

The following objectives were set-up by the county Home Demonstration Club Planning Committee:

- (1) Information to non-members and inactive members.
- (2) Monthly publicity to county newspaper.
- (3) Promote County Health Program by actively assisting the Hospital Auxiliary, Red Cross and Civil Defense.

- (4) Definite Information on International Farm Youth Exchange.
- (5) Work with local recreational group.
- (6) Assistance from each club for 4-H groups.
- (7) Trip for 1959.

6. District Federation Meeting

There were 22 Louisa County Home Demonstration Club members present at the Federation Meeting of District X held in Fork Union. The following clubs were present: Bumpass 5, Ferncliff 3, Mineral 2, Piedmont 10, Shelfer 1 and Vesters Store 1.

Mrs. Pembroke Pettit, Fredericks Hall Club was elected Tenth District President.

7. Trip for 1959

The county Home Demonstration Club Committee indicated a desire to make a trip of an educational nature available to Louisa County adults, again in 1959. The James River Plantation Tour was selected and conducted during National Home Demonstration Club Week.

8. Institute of Rural Affairs

Mrs. A. K. Steele attended the Institute of Rural Affairs as the Louisa County delegate. Also attending were Mrs. C. F. Pettit, installed as President of Federation District X, and Mrs. Francis H. Puroell.

D. Farm and Home Development

(Farm and Home Management)

At the present time there are no Farm and Home Development families being worked with by both agents.

The agent was requested by the Welfare Department to work with Mrs. Sadie Mitchem on basic Home Management principles but particularly on elementary clothing construction. The family is composed of the mother, father and four children. The background of the parents is very limited but they want to learn and always accomplish a little more between visits than was expected.

III. COUNTY EXTENSION PROGRAM - YOUTH

A. Organization

1. Project Planning Committee

Due to the absence of a County 4-H Council, the agents selected Home Grounds Beautification, Unit I, as the school project after discussing the project with several members and leaders.

B. 4-H Project Work

1. Home Grounds Beautification - Unit I

Objectives

- (1) To grow plants from seeds or cuttings
- (2) To construct garden features such as: a fireplace, picnic table, rock garden, garden pool, and many other items.
- (3) To learn how to plan on paper a landscape plan for the home or the flower border.
- (4) To develop game areas in your yard.
- (5) To learn how to care for plants.
- (6) To create interesting flower arrangements for the house.

Procedures

Method demonstrations were given and activities conducted by the agents as follows:

- October - Introduce Project with Color Slides
How to Press and Mount Leaves for Notebook.
- November - How to Plant Bulbs and Shade Trees
Collect Leaf Notebooks made.
- December - Present prizes for best notebook in each club
Tree Identification Contest
- January - Home Projects
- February - Home Projects
- March - Building Lawn Chairs and Fireplaces
- April - Lawn Care - (Cutting and Fertilizing)
- May - Record Books

Results

Two hundred and fifty-two girls were enrolled in this project and 130 completed the project.

It is felt that this project was very beneficial not only to club members but to their families. A number of parents requested help on related topics because their child, taking this project, had interested them.

2. Home Projects

Home projects were conducted through project groups supervised by volunteer leaders and the agent.

The following objectives and procedures were used in all 4-H projects:

- (1) To teach how to keep records neatly.
- (2) To teach how to give demonstrations.
- (3) To participate in contests.
- (4) To encourage exhibits.

Procedures

- (1) Personal contacts were made.
- (2) Exhibits were made
- (3) Method demonstrations by members.

C. Other Activities

1. 4-H Club Camp

4-H Camp was held at Holiday Lake 4-H Camp, Appomattox, Virginia, July 6-11 with Calpeper, Greene, Madison and Orange counties. Twenty-eight Louisa County 4-H girls attended. Jackie Crebbs and Rowena Tyler of the High School 4-H club attended as Junior Leaders, Mrs. J.W. Tolleson and Mrs. Hartwell Willis as adult leaders and Mrs. Raymond Chisholm as Camp Nurse.

It is felt that by participating in 4-H Camp Program and activities, members and leaders will be better informed, will make new friends and will develop leadership. Camp may create more interest in 4-H activities in the county.

2. Rural Life Sunday

Several groups made arrangements with their local churches to observe Rural Life Sunday by standing and being recognized as a 4-H group.

It is felt that observance of Rural Life Sunday helps to promote 4-H club work and strengthen the 4-H club program.

3. 4-H Short Course

Jackie Crebbs, Margaret Newman, Eunice Racey, Norma Kay Byrd and the agent attended State 4-H Club Short Course at V.P.I. Jackie Crebbs won a blue ribbon in the Share The Fun Contest.

These 4-H members have indicated a much stronger interest in and understanding of 4-H club work since they attended 4-H Short Course.

4. Tri-County Fair

Numerous Louisa County 4-H club members entered articles in the Tri-County Fair. Jane Massie was high scorer for the entire fair in the 4-H Club Department.

It is felt that by competing with others that better work will be done and standards raised.

D. Young Men and Womens' Work

Representatives from the Young Adult Club and the Extension Agents planned the following program for 1959:

January - Banquet

February - Parliamentary Procedure - FFA

March - Looking at Louisa County (Speakers to be secured by Carl Coleman and T.C. Andrews)

April - Entertain high school seniors (To be developed by Program Committee)

May - "Make the Fish Bite" - Mr. Max Carpenter

June - "Gone Fishing" - Trip

July - Hayride - Softball Game (Boys vs Girls)

August - Swimming Party - Picnic - Demonstration on Water Safety in Pool.

September - Christianity in Everyday Life - Local Minister

October - Money Management

November - Wilderness Battlefield-Trip

December - Christmas Project

Objectives

- (1) To learn to use correct parliamentary procedure.
- (2) To become more familiar with Louisa County facts, origin and history.
- (3) To increase membership.
- (4) To learn recommended procedures connected with fishing and laws related to conservation of game and wildlife.
- (5) To provide a source of recreation for young men and women in Louisa County.
- (6) To learn how we can carry out recommended water safety procedures.
- (7) To learn how we can handle our money to better advantage.
- (8) To learn more about historical places of interest near our homes.

Procedures

- (1) The agent expects to serve in an advisory capacity.
- (2) Tours will be made.
- (3) Members will participate in leadership camp at Camp Farrar.
- (4) Mr. E. M. Penington, Vocational Agriculture Instructor will present a program on Parliamentary Procedure with members of the Future Farmers of America.
- (5) Qualified speakers will be secured for "Looking at Louisa County".
- (6) Mr. Max Carpenter, Game and Inland Fisheries, will conduct the Hay Meeting.
- (7) Young Men and Women's Club members will sponsor a fishing trip in connection with number 6 above.

- (8) Trooper Dwight Ozmont will conduct a meeting on Water Safety in a pool.
- (9) A local minister will speak on "Christianity in Everyday Life"
- (10) A local banker will speak on "Money Management for Young Adults"
- (11) Young Men and Women's Club members will visit the Wilderness Battlefield.

Results

The program was carried out as planned except the Wilderness Battlefield Trip, scheduled for November was not made.

Three YMW members. Rowena Tyler, Jackie Grebbs and Charlie Winston attended State Leadership Camp at Virginia Beach.

IV. SCOPE OF WORK

A.	1955	1956	1957	1958	1959
No. H.D. Clubs	13	12	12	11	11
Membership	295	281	213	201	201
No. 4-H Clubs	9	9	8	9	19
Membership	268	268	217	231	266
No. YMW Clubs	1	1	1	1	1
Membership	33	33	43	42	33
No. Home Ec. Committees					2
No. General Interest Committees					1
No. Other Organizations					4
No. Farm & Home Dev. Families					1
No. other families reached				109	367
No. Different families reached				911	579

B. How Scope of Work was Increased

It is felt that the Scope of Work was increased by the following methods and activities.

- (1) Training and using leaders
- (2) Having a County Home Demonstration Reporter who assisted by writing news articles.
- (3) More pictures used in local paper.
- (4) News articles sent to the Daily Progress in Charlottesville in addition to local paper.
- (5) Home visits
- (6) More leader participation.
- (7) Participation in Tri-County Fair.

It is felt that families and individuals not participating in organized Home Demonstration Clubs received information through:

- (1) Home visits.
- (2) News articles.
- (3) Telephone calls
- (4) Through Home Demonstration Club members.
- (5) Through 4-H Club members.

V. LEADERSHIP

A. Growth of Leadership

1. Home Demonstration Club Leadership

	1955	1956	1957	1958	1959
No. organizational leaders			39	49	42
No. project leaders (subject Matter)	11	110	92	100	96
No. Federation program of work Chairmen	14	13	12	11	12
No. program development leaders	13	12	12	11	11
No. result demonstrators					13
No. training meetings by specialists	5	7	7	6	8
No. training meetings by dist. agents			2		
No. training meetings by agents	2		1	2	1
No. training meetings by others				3	3
Attendance at all training meetings	67	110	105	135	155
No. meetings held without an agent	58	77	35	49	38
No. meetings leaders assisted	26	39	13	7	6
Demonstrations by leaders	58	84	50	38	78
Talks and discussions by leaders	313	125	419	434	630

2. 4-H Club Leadership

	1955	1956	1957	1958	1959
No. Club officers	45	54	39	54	90
No. adult project leaders	9		7	7	8
No. junior project leaders	4				2
No. training meetings by agent			2	3	
No. 4-H leaders trained individually	9			2	8
No. club mtgs. held by ldr. w/out agent	14		16	8	38
No. add. club mtgs. which ldr. assisted	31		8	3	12

	1955	1956	1957	1958	1959
No. demonstrations given by adult ldrs.	37		20	16	11
No. demonstrations given by jr. leaders	4				2

3. Young Men and Women's Clubs

	1955	1956	1957	1958	1959
No. club officers	6	6	8	7	7
No. leaders or sponsors	2	2			

B. Leadership Development in an Outstanding Club

It is felt that the Vesters Store Home Demonstration Club, located in the Ellisville community, has played a very important part in carrying out the Louisa County Extension Program for 1959.

The 20 member club has been represented at every County Home Demonstration Meeting held this year, all leader training meetings, planning meetings and special interest meetings.

Nine out of 10 demonstrations have been given by club leaders and results of these demonstrations have been passed on to non-members who work or live in neighboring communities.

A space saver workshop was held by Vesters Store Club and a 4-H girl, who wouldn't have gone otherwise, was sent to 4-H Camp Holiday Lake.

Extension played its part by providing leader training meetings, giving subject matter information and encouraging the use of recommended methods and procedures.

It is felt that the organizational and project leaders of this club have played a most important part in planning the program on the county level and executing it on the community level.

VI.

A. Significant Achievement of Extension Work in Home Economics or 4-H

It is felt that the most outstanding achievement of the 1959 Home Demonstration Program has been the growth of leadership activities.

Attendance at leader training meetings has increased and the number of demonstrations given by leaders has more than doubled.

This achievement has not been made suddenly, but is the result of hard work by leaders and other key people for the past three years. It is felt that leadership will continue to grow as the people gain an even clearer understanding of their program and its potentialities.

B. Progress in Developing Public Relations

1. Health Department

Home Demonstration Club members have been encouraged to help with Health Department Clinics.

County Health Department staff members were consulted concerning Home Nursing Instruction Course and Dr. J. B. Kenley, Health Department Director, was guest speaker at Home Demonstration Achievement Day.

2. Welfare Department

The agent has worked with the Welfare Department through exchange of information and assistance with one family on basic Home Management procedures.

3. County Workers

Good public relations have been developed in the county office through: Informal office conferences for the purpose

of planning or altering and coordinating Extension Program; planning with secretary work to be done to avoid confusion with work load for both agents; leaving information regarding where agent goes and when she expects to return.

4. General Public

It is felt that good public relations have been developed by having a friendly attitude towards the general public. News articles have been prepared to acquaint the people with Extension Activities. Home visits have been made and in addition to office and phone calls, the agent has tried to be pleasant and informative when information is desired.

5. Elected Representatives

Members of the Board of Supervisors have been invited to county-wide meetings and individual contacts have been made. Reports have been made concerning activities of the program.

6. Commercial Interests

Good public relations with commercial concerns have been encouraged through individual contacts and by means of news articles and radio programs which inform them concerning Extension Activities.

The Extension Agents have in turn cooperated with activities of a worthwhile and educational nature conducted by Appliance dealers and the Virginia Electric and Power Company and have shown interest in the county-wide activities conducted by these organizations.

7. Other Professional Workers

The agent has shown interest in activities promoted by other U.S.D.A. workers such as ASC, FFA, Soil Conservation, Home Economics Teachers, Welfare and Health Departments.

C. Professional Improvement

Professional Improvement was gained through attendance at Agent Training Meetings, District Meetings, Institute of Rural Affairs, Agents' and Annual Conference where information was received and methods and procedures learned.

Reading consisted of material found in Extension Service News; Head, Heart, Hands and Health; Extension Review; University News Letter; and Extension Bulletins. Professional magazines such as What's New in Home Economics, Journal of Home Economics, Forecast, other Agricultural and Homemaking magazines, and Specialists News Letters have also been read.

Membership in such professional organizations as National Home Demonstration Agents Association, Virginia Home Demonstration Agents Association, American Home Economics Association and Virginia Home Economics Association have helped to keep up with changing ideas and materials as well as methods and procedures.

The agent also attended the National Meeting of the Home Demonstration Agents Association in New Orleans, Louisiana, as a delegate from East Central District.

VII. THE LOOK AHEAD

More leaders have received better training and are beginning to assume more and varied responsibilities. Therefore, it is

felt that Home Demonstration Club members will be able to carry a much larger responsibility in conducting the adult program so the agent will have more time for developing 4-H Club Leadership and Organization, Farm and Home Development and Long Range Planning.