

ANNUAL NARRATIVE REPORT

COUNTY EXTENSION WORK

Virginia Agricultural Extension Service

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1959

Frederick
County

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Highlights of the 1959 Program---Two most outstanding.

The youth program stands out as one of the highlights in that the adults continue to work with and sponsor them. It has resulted in developing junior leadership, citizenship, good sportsmanship and skills in project work. Better than 90% of projects were completed. There is a marked increase in group activity in the clubs in the form of farm and home displays, fund raising, tours, officers workshop, and club educational exhibits at the local fair. Most of the 4-H girls project work meetings were held by leaders and home demonstration members this past year. The County 4-H council made an all out drive to have six 4-H club welcome signs erected at the 6 entrances to the county. They have printed 4-H handbooks, and are having only one entry in each age group from each 4-H club in the county "Share The Fun" contest. Thus, each club had an elimination contest to select their best entries. Our 4-H girls demonstrated at county 4-H camp that the junior leadership program, sponsored by the adults, is a good thing. Betty Hancock won the State Leadership award. Barbara Moore, as a junior counselor, was an inspiration to the younger campers, doing vesper programs and acting as big chief. The county council officers planned the program for the 4-H Achievement Program. Older girls were responsible for booking, placing and recording all judged decisions at the county fair and did a lot to help the women book, place and record their selections as well. The county council held a fund raising event, had a tour to Washington, had an officers workshop, and a county-wide party.

In the Home demonstration program their community project work rates very high. They are very proud of the nut tree planting program. According to Mr. C. E. Koonts, formerly of the Soil Conservation Service and now retired, this county holds the distinction of being the first adult group in the nation to do this project. Each club planted walnut and chestnut seed, and many planted trees. Still more are being planted next year. 400 4-H'ers set out 1200 chestnut trees in March 1959. A significant leadership achievement in Home Demonstration 4-H work, "Nuts and More Nuts". There is no way to measure, at this time, the results or to gauge how far reaching this project will be.

It started three years ago when Mr. Koonts, a former Soil Conservation Service man, offered the home demonstration members some two yearold grafted thin paper shell black walnut trees to set out at \$2.00 each, a very reasonable price. About 70 trees were bought. Then, he comes along and gave them about 2 bushels of seed to plant. Result, walnut trees are pretty well scattered over the county.

The next offer was Chinese Chestnut trees at 50cents each and more than a hundred were bought. "Who will plant chestnut seed if I give it to them?" Every club planted seed and all members who wanted trees now have them, and this spring he asked the home demonstration members if they would plant a pound of chestnut seed, each for 4-H club members. 40 did so the 4-H'ers signed agreements with their parents to plant three chestnut trees each and take care of them. They will be given these trees from the crop raised by the home demonstration members. 400 4-H'ers received 1200 chestnut trees last spring. 200 pounds of seed was planted last spring for trees for more 4-H'ers and students.

The dream ahead is to have a processing plant like other states have for processing walnut meats and to re-forest the blighted chestnut trees with these blight resistant varieties.

Mr. Koontz has been discovered by folks from other states who are in the nut business and he has been sent Hazel nut seed, improved persimmon seed, etc. to start. Several of the improved persimmon trees have been set out. This fruit costs 39 cents a pound in the stores. We will grow our own.

The walnut and chestnut trees and seed are becoming higher priced and harder to get because of the great demands, even from foreign countries. This caused Mr. Koontz to decide to have the folks "grow their own." This is a good example of group work with home demonstration and 4-H clubs.

1 County Situation

Frederick County-an area of 432 square miles and 276,480 acres is the northernmost county of Virginia, situated in the Shenandoah Valley.

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

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

Population-----17,537

Non Farm-----11,431

Farm----- 6,106

There are 1298 farms in the county with an acreage of 140.7 acre.

Land Use----26.7% in harvested Crops.
 7.3% in non harvested crops.
 12.2% in pasture
 15.6% in other pasture
 6.7% in woodland pasture
 27.5% in woodland
 4.6% in other land

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

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

Schools:

1 Business College

Shawmsdeah college being built

County consolidated High School and Handley High School

Eleven elementary schools of 2 rooms or more

1 colored high school

1 grade colored school and another being built

1 Paronichal Catholic School

Telephone is pwer service is available in all areas.

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

The war memorial building, community Halls, Schools, Churches, Bowling Alleys, Armory, Skating Rinks, Parks, Pools, etc provide recreation for all ages.

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

11 County Extension Program--Adult

1. Co. Agricultural Service Board.

The meeting was held with key people and the county situation presented. Areas of work were earmarked. Some long time goals were set up:

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

Immediate Goals:

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

11 Home Economics council

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

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

III General Interest Committees

A. Home Grounds--This group plans county-wide programs for all who wish help. Three meetings were held in 1958 and others were asked for in 1959 but due to limited time this program will be picked up in 1960.

B. County Agricultural Fair--This group is made up of adults (men and women) and youth of 4-H in vocational school groups. The fair gets larger each year. The committee plans, checks in entries, arranges displays, and books the judges decisions.

C. Conservation--Nut tree propagation with a joint program of adult and youth in cooperation with S. C. S. Adults plant hundreds of chestnuts, walnuts, pecans, english walnuts, filberts and shellbarks. The youth then set out and care for the trees. 1200 chestnut trees were set out in 1959 by 4-H'ers and school groups. 200 pounds more seed was planted this spring.

IV County Home Economics Committee

I. Home Lighting--This committee started the Home Lighting work two years ago and when the county program was set up it was turned over to the general interest group. The story about this will appear at the end of this narrative.

II. County Rest Room--This committee looks after the County Rest room and plans for its upkeep and care.

III. Folio Committee--This committee carries on the Mothers March each year bringing in around \$1200.00. It is made up of Home Demonstration and non members.

V. County Home Demonstration Club Committees

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

the spring to check results and plan the rest of the years work.

This group has a complete staff of officers from the group with a 2 year tenure office. They determine and plan all activities of the home demonstration clubs as well as all projects.

B. Project Work

1. Foods and Nutrition

Objectives

- a. To teach importance of Nutrition for the family and clubs.
- b. To teach conservation of time and energy in meal preparation by using frozen foods and using time saving freezing methods and wrapping and containers.

Methods Used

- a. Freezing, Fruits and vegetables-wrappers and containers. The use of freezers called for time savers for working members.

Miss Margaret Flickinger, Northern Virginia Power Company Home Economist, trained the leaders of each home demonstration club and provided recipes from the State Extension Office and the Power Company for the leaders to give to members. The leaders gave the demonstration in each club. This topic is always very interesting to everyone and the results were gratifying. Leaders and members passed help on to friends and neighbors.

b. New Ways for Everyday Foods

Members of home demonstration clubs as well as non-members felt a need for help on new ways to use the everyday foods that would appeal to their families and at the same time be quickly prepared. Mrs. Mary L. Thompson State Foods Specialist, gave excellent training to the home demonstration leaders on new ways to use the everyday foods such as canned and frozen green beans, peas, cabbage, canned and frozen sausage hamburger, potatoes etc. Recipes were provided for each leader to take

to club members and friends. If reports of leaders and members may be used as a guide, the recipes were well received. Some of the dishes were prepared for picnics, church suppers, youngsters snacks etc. The Foods leaders gave the demonstration to each club. County-wide reports came in of the potato-burgers being a favorite with the children and adults. The stuffed cabbage head aroused the groups imagination to try others meats such as corned beef, ground ham and beef, even tuna fish--as well as sausage.

a. Weight Control--Special Interest

This group met four times, received literature, weighed each time and steadily took off weight.

d. Result Demonstration

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

e. Nutrition

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

Two hundred families reported making 1900 pounds cottage cheese, stored 300 pounds of meat, 1700 bushels potatoes, 2100 bushels fruits, 670 bushels root vegetables and cabbage; froze 3900 pounds fruits and vegetables, canned 3700 quarts tomatoes and juice, 3200 quarts fruits,

2300 quarts meats, 1400 gallons butter, 1200 quarts pickles, 200 gallons kraut. Quantities 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 excellent. The season was very good.

Nutrition

a. Eight schools in the county provided hot lunches last year and 5 others are getting hot lunches this year by the mobile canteen method. Food being prepared at the regular school cafeterias and taken to Kernstown Miller, Bryarley, Round Hill and the colored grade school. The work done 9 years ago with pressure sauce pans is remembered and many more have been purchased. Folks still request the recipes on oven meals, breads, and waster mixes that we used 8 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. A major achievement is the removal of candy and soft drinks from the schools of the county with only milk and ice cream being sold. More are eating hot lunches as a result.

2 - Clothing

Objectives

- a. To teach how to select and adjust patterns and how to buy clothing fabrics and ready-to-wear garments.
- b. To teach renewing and remodeling hats.

These topics were requested because the people felt a need in consumer buying and fabrics, money management and how to handle the wash and wear fabrics.

New pattern measurements and instructions created a problem and the help was requested on how to adjust patterns.

Procedure

State clothing specialists trained the leaders on all 3 clothing topics. Each leader was asked to bring hats, trimmings, tapes, pencils, and a garment of the wash and wear type that they had had trouble caring for. The hats were cleaned and garments discussed. Literature was given for each member.

1. Renewing and remodeling hats.

One club did an excellent job of making new hats and Mrs. Gordon Arnel's pheasant feather hats are works of art. This work with new hats led to the work on renewing old hats. The cleaning of dark felts, straws, and velvets with cleaning fluid produced excellent results. Cornmeal did equally as well with light felts. The steaming process made each type of hat look like new. The leaders took this back to each club where members did the work on their own hats. Instructions leaflets were given to each leader for the members of her club.

The folks were pleased with the money saved. All told more than 400 received help in this project.

2. Pattern Selection and Alterations

So many had had trouble reading and understanding the new patterns that help was requested on this. Each leader was taught by the Specialist to read, adjust and fit the pattern and to take body measurements.

She in turn gave the demonstration in each club. Measuring c. bulletins on pattern alteration were given to the members.

3. Consumer Education on clothing fabrics and ready-to-wear

So many new man-made fabrics on the market and so much unhappiness in how to care for wash and wear garments, etc led to this topic.

After a study of the fabrics on the market and how to care for garments, the folks all realized the importance of reading and filling labels. The literature will be carried in purses as reference by most of the folks.

At the end of the demonstration and showing of fabrics and garments the groups were asked to evaluate the lesson. The results were as follows:

Fibre Evaluation Sheet

1. Do you think that this information is stated so that you can use it when buying clothing. 260 yes _____ No.
2. Do you think that the amount of information is too little _____, too much 260.
3. Is it easily understood by you 260 yes _____ no.
4. Do you have any comments or suggestions about this information?

Answers. 1. Need more time on this topic
2. Have a follow up later on results and experiences they had with fabrics.
3. Enough for 2 or 3 more lessons etc.

Special Interest

1. Basic Sewing

A group of eleven beginners wanted to learn to sew better so as to get a Tailoring School later. This group selected patterns, fabrics, cut out and made a garment. All did very well and were continuing to sew. The class was taught by the agents.

2. Tailoring School

One group of 7 tailored garments, all were non-members but three. This group was taught by the Assistant Home Agent.

290 reported remodeling 490 garments during the year, with many more remodeling others. 1690 new dresses and garments were made by those reporting. 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. 60 arranged sewing equipment to save time and selected and learned to care for equipment and improved the care of their clothing. 240 studied good grooming and posture along with their 4-H girls and passed to home demonstration club members what they learned. 460 students studied selection and buying of clothing. 88 garments were reported tailored. 210 received help on clothing construction problems, 400 on care and renovation. Comparisons of costs of ready-to-wear and those made were reviewed. Tailoring school leaders continued helping others learn the new techniques. Many commented on the numerous ways of lengthening and remodeling of garments. Clothing leaders were very helpful to both members and non-members. 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.

3. Home Management

Objectives

- a. To continue improving kitchens, storage, and arrangement to save time and energy and to improve color schemes.
- b. To increase efficiency in the home.
- c. To have 35 result demonstrations in the county.

Methods Used

Kitchen result demonstrations are an inspiration to others. After the second kitchen tour, more kitchens have been improved in some way by ideas gotten from others than were done the 9 years previously. The groups did some study on time and energy saving in the kitchen, laundry, and in housekeeping. New homes are wiring their kitchens by the rules with the help of the Northern Virginia Power Company. Correct bulbs, tubes, and fixtures can be purchased in local stores.

4. House Furnishings

Objectives

1. To teach how to choose the correct treatment for all types of windows.
2. To teach indirect lighting for windows
3. To teach wise selection of fabrics for draperies and curtains
4. Teach how to make draperies and select suitable hardware.

The work done last year on correct lighting in the home which included color of walls, ceilings, draperies, furniture and floors led to the work on window treatments with improved lighting included. It also tied in with the general interest lighting program carried on in the county.

1 Styles of Windows and Indirect Lighting

The home agent gave the demonstration in each club with the use of colored slides of all types of windows and suggested treatments for each kind.

Our local store loaned the bulbs, etc needed to show how windows could be lighted.

The people were to learn how to treat problem windows and the importance of indirect lighting. Then, they were expected to make the

changes as they could. Reports indicate that many made changes and others are going to.

2. Selection of Fabrics for windows and Slip Covers.

The home agents were taught by the State Specialist for these topics.

With the help of Leggetts Department Store who provided all materials, hardware, and fabrics, the home agent trained the leaders on this topic.

Leggetts also supplied enough 1001 Decorating Ideas booklets for every club member in the county and extras for non-members.

Leaders brought lamps to convert and work was actually done on them. A review of reading centers was also given.

The leaders gave this demonstration to each club.

3. Window Hardware and Making Draperies

Again, Leggetts provided draperies, materials and hardware. The steps in making draperies were given to the leaders by the home agent and the hardware studied. Prices were studied and costs compared.

The leaders also gave this demonstration to their clubs.

Results reveal that many have been making draperies. Many prefer making their own French Fleets, as an economy measure. More and more are using only draperies and no other window covering--both are an economy measure and to let in more light. They are indeed becoming light conscious.'

4. House Furnishings

A. Furniture finishes and refinishing (Special Interest)

Objectives

1. To teach conservation
2. To recognize a piece of furniture worth refinishing
3. To teach methods of refinishing all types of wood.
4. To teach tools and equipment needed.

Procedure

Trained leaders worked with individuals who wanted to do additional pieces. The extension bulletin on refinishing was provided for the leaders.

B. Special Interest--Hooked and Braided Rugs

Objectives

To continue work on rugs already started in dyeing, blending colors, and using materials on hand.

Procedure

Meetings with those already working on rugs and teach new members how to start.

Those members starting braiding rugs 11 years ago are proudly showing the size some have become. 21 are now room size and others are planned to end in being room size. Mrs. Douglas Kerns, Mrs. H. F. Lovett, Mrs. H. Cleary, Mrs. Ralph Bauseman, Mrs. Godfrey Zirkle, Mrs. Jane Branner, and Mrs. Mavis Braithwaite have all complete 9' x 12' rugs started 11 years ago. Rugs were braided, hooked, crocheted, and woven of looper clips. Color schemes were planned and old wool garments used for braided and hooking rugs. Six additional rugs were made or started this year in new clubs and by new members. An education exhibit on braided rugs was shown at the fair.

Hooked Rugs

30 members were trained by the State Specialist on planning and designing and dyeing fabrics in preparation for making hooked rugs 5 years ago. The leaders conducted these demonstrations at two 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 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 was extended into the program as special interest. Seven rug cutters were ordered by the clubs and many rug hooks were purchased. Of the 200 reporting, 97 rugs have been planned by as many people in the various clubs. Seven reported finishing their rugs and exhibiting them at the fair.

C. Chair Caning and Rope Seating

This work has been continued by trained leaders. At least 86 chairs have been seated with rope and 14 with cane this year. 135 more stools and rope have been ordered for next year.

D. Picture Frames (special interest)

The work done the previous year on selections and hanging of pictures and the cost if they had pictures framed brought the request for making and framing their own frames.

The State Specialist taught the group, and many very nice frames were made in several clubs. The specialist taught the ladies to become very adept with power drills, clamps, hammer and saw and mitre boxes. The cost was very little in doing their own.

5. Housing---water systems, storage, kitchens, electricity.

Objectives

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

Methods

Demonstrations

Procedure

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

Seven families in the county constructed new homes, 46 made other major repairs or remodeled dwellings, seven installed a water system, 8 have new heating systems, 14 provided additional storage space, 8 bathrooms were completed, 28 had their homes wired with electricity or corrected and 70 improved their kitchens and/or laundry in some way.

10 purchased refrigerators, 9 installed electric water heaters, 22 electric stoves, and 21 gas stoves, 18 deep freezers, and 18 had telephones installed.

More emphasis is being placed on home beautification and 360 reported doing some landscaping. Community beautification is receiving added emphasis and another Home Grounds Institute is being planned for 1960.

The carry over of the demonstration and clinics are showing the same good results. 200 are reporting, plus the 4-H girls, 140 other families have made storage improvements.

6. Rural Arts

A. Needlepoint- (Special Interest)

Objective

To teach the art of doing needlepoint

Procedure

1. Agent and leaders teach members
2. Seventeen folks learned to needlepoint pictures or small stool covers.

B. Swedish Weaving

Objective-To teach the art of Swedish Weaving

Procedure

Leaders, already trained, worked with special interest groups who wanted to do this work.

C. Dried Arrangements - Special Interest

The work done by Madeline Myers last year on drying and arranging flowers has developed into an interesting project by several folks. Workshops were held and arrangements were made. Many and varied materials have been dried by Mrs. Hubert Cather as well as others. Mrs. Cather is using hers to make paper weights, pictures, etc. for sale.

One club had a workshop on making decorations of tin cans. All they needed was tin cans, kitchen scissors, wire, strings, tiny decorations, old Christmas cards, scotch tape and band aids.

D. Knitting

Members who could knit taught the others in three clubs how to do simple knittings.

7. Garden--Poultry

Objectives

1. To produce as much of the family food supply as possible, thereby releasing more for world food storages.
2. 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 own garden literature in each club with a person in charge and had a demonstration fruit plot in each club. A total of 40 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 Blackburg. Twenty-two demonstrations are being continued in the county. They received government bulletins on gardening and small fruits. With reports received from 200 members, and including help passed on to non-members, 450 families improved the home food supply of vegetables, fruits, milk, poultry and eggs, butter and cheese making.

Marketing

The curb market still functions during the summer months. Several women sell on the market and many sell from door to door or take orders.

Significant Story in one Subject Matter phase showing accomplishments

9 - Home Lighting---The general home ec committee decided that this topic needed emphasis and was one that most people needed.

Situation and Trends

1. Electricity available to 95% of homes in County.
2. Two-thirds of farm homes and one-third of non farm homes were built prior to 1919 and poorly wired.
3. 1934 showed 1,137 farm homes wired--most of them poorly.
4. While most recently built homes have adequate outlets, many do not have suitable portable lamps for reading and studying.
5. The fact that the homemaker has only \$96.68 a year to spend on house furnishings will limit the amount she can spend on lighting, hence the reason for the decision to start with one job at a time, The reading lamp and/or study center.

Objective

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

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

Problem

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

Goals for 1959

1. Make improvements of kinds of bulbs in 1000 homes.
2. Lighting improved in 200 homes with 200 study or reading centers correctly lighted.
3. Teach what is good lighting

Methods

1. Present situation to all clubs--details, professional people etc.
 2. Stimulate interest in the project
 3. Place emphasis on 200 study centers and 1000 homes using correct bulbs.
 4. Give demonstrations in each home demonstration club and part of 4-H clubs on correct lighting study center and enroll members to set up study centers in 200 Home Demonstration Homes.
 5. Secure cooperation of lamp dealers in stocking good lamps, bulbs shades, diffusing bowls etc.
 6. Set up educational exhibits--Store windows at fair
 7. Show Movie "Bright Future" to clubs.
3. News Articles, Radio Programs, etc.

Results

Dealers stocked lamps and fixtures
 Educational exhibits told the story
 Demonstrations to clubs and groups
 News Articles and Radio Programs
 Literature distributed

Evaluation Results

250 questions were sent out and of the 149 returned by

Home Demonstration Members 60 4-H Members 49 others 40

97 saw the demonstration
 91 saw the educational exhibit
 7 saw the movie
 27 heard the radio program
 96 received printed literature
 48 saw the 4-H demonstration
 77 replaced bulbs with 100 watt Inside Frosted White
 44 replaced bulbs with 150 watt Inside Frosted White
 40 replaced bulbs with 1-2-3 Hogle base
 44 replaced bulbs with 4-40-150 watt Indirect White
 22 purchased certified diffusing bowls
 57 have bowl shaped diffusing bowls
 31 have r-40- diffused bulb
 14 converted a lamp
 21 bought a study lamp
 70 set up study centers or reading centers
 72 made improvements as a result of information received

With 75 Poldon Study Lamps already in the county and an additional 70 study centers set up by the above group reporting the estimate for the county could safely reach the goal set up for bulbs and study centers.

Help was requested on the evaluation sheet for more literature, more demonstrations, kitchen lighting and do-it-yourself-study lamp kits. Each Home Demonstration Club has had a demonstration on Living Room, kitchen and den lighting as well as on window lighting and study centers.

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

C. Other Activities

1. Community Projects

A. Rescue Squad

The rescue squad has been in operation for three years and their work is very outstanding. The home demonstration clubs have taken this as a county-wide project for three years and each club except Stephens City, makes a cash contribution. They have a hospital on wheels and are on call 24 hours a day.

B. Folio Porch Lite Parade--bringing in around \$1200.00 from the county.

C. Assisted with Buritan Yard Party for the benefit of Hanes Wood School.

D. Assist with T. E. Seals

E. Carry on cancer Educational Program

F. Keep emergency Food shelf filled.

G. Stressed better nutrition

H. Studied first aid and safety in the home

Of the 200 reporting, 130 had complete physical examinations.

YOUTH

After 15 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, had inspired more adults to take an interest and help with the 4-H program. All the groups are actively working with the youth program. Each club has a 4-H committee which works with 4-H girls on projects and records, thereby doing their part in again challenging the girls to complete their projects. The Home Demonstration Clubs assisted 4-H clubs with money making events and the encouragement given the 4-H clubs has resulted in all community activities. Older 4-H girls are remaining in 4-H club work. More will appear about girls' junior leadership in the 4-H section. Mrs. John Whitacre, Mrs. Richard Goods, and Mrs. Sloan Wolfe's influence and training have done more to develop each leader. Wilda Jean Miller, a former member of Mrs. Whitacre's club is a 1954 IFYE delegate, another tribute to Mary's leadership teaching. Betty Hemlock again won the Leadership Award this year. Barbara Moore has done a magnificent job of leadership this year as co-council president.

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

valuable device to 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. Robinson Memorial, Middletown, Stephens City, James Wood, Gore and Star Tannery schools have 4-H clubs in school. The principals and teachers help in everyday possible, and some act as organization leaders. The school board action last spring in ruling out 4-H clubs cemented the county solidly behind the 4-H program and succeeded in getting the schools back in school.

J. Community Halls

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

K. Frederick County Agricultural Fair

The Extension clubs sponsored a county fair for adults and youth with commercial exhibits, assessments and food stands.

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

Prize money went to both the youth and adults this year. Results were beyond expectations. The home demonstration clubs had 15 educational exhibits and their participation in the fair took the place of achievement day this year. 137 adults (women) entered the fair.

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

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

L. Club Objectives

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

M. Federation Program of Work

A. Art

1. Study art principles that they might be used in beautifying our homes, dress and surroundings.
2. Three artistic autobiographies and 1 painting from each.
3. Tour 1 art museum or gallery.
4. Get pictures or slides of our club accomplishments for publicity or reports.

B. Music

1. Have three music appreciation classes.
2. Encourage groups singing in meetings to take interest in a county choral group.

3. Learn National Home Demonstration song.
4. Share our art and appreciation of music with our children.
 - a. Have good books, magazines, records or information displayed in home.
 - b. Have 50% of club members qualify for good reading certificates by reading 5 books from the N.D. list, selected from standing reading guide.
 - c. Encourage summer story telling hour in your own locality for young children. (We have in Handley Library and Stephens City.)

N. National Home Demonstration Week

This was observed with 77 attending the District Federation meeting in New Market. New articles were in the local papers and a radio program given. Two clubs had educational exhibits in store windows.

O. Achievement Program

In addition to participation in the fair the Stonewall H. D. club held a county-wide tea to honor Mrs. Ed Grant to whom the hand book was dedicated last year. This was a lovely event and more than a hundred members attended with some there from all the clubs.

The Valley Hill Club chartered busses and went on a trip to Washington D. C. in October.

P. Judging by Leaders At Special Events.

1. 4-H club members county share-the fun contest in December.
2. Clarke and Shenandoah County Fairs
3. Frederick County 4-H girls elimination contest.
 - a. 24 women, two 4-H girls and the Home Agent judged at this event.

D. URBAN WORK

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

E. FARM & HOME DEVELOPMENT

The Farm and Home Development plan of the Extension Program was first started in Frederick County in January 1955 by a worker with the farm side. One year later a one-half time assistant was secured

to work with the home side. Twenty-two families were signed to work with during the first year. About 17 of these are still being visited in this program. Over a period of five years others have been added and the total being worked with now numbers twenty-eight. Of this number, nineteen have been worked with by the assistant Home Agent. Much encouragement has been given to keep some type of accounts and they do, but hate to keep a record book. More assistance has been given in house furnishings. This was in planning colors and fabrics, constructing slip covers and curtains and seating chairs. Other help was given in clothing construction. A tailoring class of eight people was held by the Assistant Agent and two of the eight were Farm and Home participants. One made a coat and the other a suit. Some help was given on hat construction.

The Reuter family came from Germany. They settled in Frederick County by way of New Jersey, where they did some factory work to get money ahead to put into a farm. Mr. and Mrs. Reuter are in the early forties and they have a 13 year old daughter who attends James Wood School. The 125 acre lime stone farm is located one mile from the secondary road in North Western part of county. The house is stone and when they bought it, it was in bad state of repairs. Mr. Reuter with help did some repairs, mostly in the kitchen. A bath and laundry rooms were made by partitioning the north end of the kitchen. Some cabinets were built around a sink in the kitchen and the west window pointed up and frame replaced. Two years ago Mr. Reuter bought another farm of about 200 acres joining his original land. This year he rented another farm of 125 more acres for additional grazing. The first visit this agent made there found a friend of the family with all plastering off the stone in the living room, the stairway out and a job of re-plastering being readied for. Much of the repair work has been done by friends or Mr. Reuter.

Mr. Reuter is very friendly and has an outgoing personality but Mrs. Reuter is quieter and harder to know---but when known she is just as friendly as he. Our friendship was strengthened outside Extension work. Mrs. Reuter does not prefer to go to dinner or luncheon meetings because there are dishes we use often that she does not like and she is shy and embarrassed. She has not joined the home demonstration club because she has so many home chores she never feels that she can be away all day. She works very hard. During the early spring months she has lambs to feed and take care of away from their mothers. She helps raise the garden, chickens, pick apples and all the other chores.

The Reuters have approximately 150 head of cattle, 55-60 head of sheep and a fair size poultry flock. They have sold eggs but recently only keep enough for family supply. The farm had an apple orchard which has gradually gone down until the trees bear very little anymore. These have given some supplemental income as vinegar apples. He plans to pull the old trees out and use the space for pasture.

As to the house, they work when there is time from the farm. Last winter Mr. Reuter built more needed cabinets in the kitchen, put a smooth surface on the work surface and started building the back porch. The basement entrance was cemented with new steps, a floor poured for the back porch. The sides were built of cinder block and the roof put on. He still had to fill in the side and close it in. This is to be the laundry space and serve as an eating place in the summer.

Mrs. Reuter had one cushion with broken springs. She was shown how to do the springs over and by the next visit she had repaired hers. She likes to work alone after being shown what to do.

The agents have discussed account keeping with this family and they keep their own accounts. The importance of making a family plan and keeping account of work accomplished has also been gone over. They have and are accomplishing a lot gradually and they will be pleased to look over a list of these from time to time. Mr. Reuter has followed advice on feeding, stocking, and marketing of beef cattle, wool marketing, grazing, feed, and numerous other farm problems.

111 COUNTY EXTENSION PROGRAM (youth)

A. County Youth Council

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

Situation in Frederick County:

4000 youth between ages 10-21 and 766 reached in 4-H club work in 1959. Ten clubs are organized in schools and the rest are community clubs. The average age of club members enrolled is 13.3 and average tenure is 3.0.

Club members take all projects and enter the contests offered.

Have good junior leadership program etc.

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

1. More youth should be reached.
2. Need more trained leaders to organize more community clubs.
3. Should do more community projects in 4-H clubs and work more closely with the church programs.
4. Two more community clubs should be organized.
5. Better understanding of 4-H work by school officials, the public, and the parents.
6. Closer parent-child relationship.

7. More emphasis placed on developing junior leadership.
8. More training meetings held for adult leaders.
9. More recognition for leaders.

Immediate Objectives

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

B. County 4-H Council

Objectives

Each club represented at county council meetings
 Teach all club members 4-H policy
 Plan all county-wide activities
 Send two delegates to county camp

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

Committees Are:

1. Score Card Committee

Objectives

- a. To set up a set of goals to raise the standards of 4-H club. The clubs receiving the highest score is recognized at the achievement program. The score card is a part of the 4-H hand book. The club with the highest score last year was White Hall, with Green Clover a close second.
2. Year Book Committee
 Made up of four members and two leaders made up the 4-H hand book. The Farmers and Merchants National Bank sponsored the hand book. Each club member received a copy.
3. 4-h Program Planning Committee (Six Members)

Objectives

1. To plan a monthly program for 4-H meetings.
 2. To plan county-wide program activities such as the achievement program and the Share The Fun Contest.
 3. To plan and have erected six 4-H club signs.
 4. To plan for an officers workshop.
 5. To plan an educational tour to Washington for 4-H members.
 6. To plan program for National 4-H club week.
4. County Agricultural Fair Committee

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

5. Recreation Committee

This committee plans the county-wide recreation program.

6. Finance Committee

Plans for fund raising events.

C. All-Stars

Objectives

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

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

for a year.

5. Honor Club

This group of older 4-H members assist 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 least one goal. If any member fails to achieve this 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 three new members and help them get started on projects.
3. Be responsible for recreation at 5 club meetings.
4. Assist with county-wide activities.
6. Project Planning Committee

This committee is made up of a leader and older girl from each of the eighteen clubs. With growth what it has been, there is a real need for this committee to help iron out, overcome, and strengthen the weaknesses in the program, as well as helping to plan a calendar of work similar to the home demonstration calendar with committees to recommend activities, rules and regulations for:

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

The adult and junior 4-H committee recommended that due to the interest in contest work that all 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, laundry, electric and livestock. Also junior leadership, and safety.

B. PROJECT WORK 4-H

1. Food and Nutrition

Meal planning, Breads, Food Preservation

Objectives

- a. To teach approved food preservation, preparation, meal planning and serving, using the basic 4 chart as a guide to challenge the girls to eat for health and develop skills in handling foods.
- b. To relieve Mothers of some of this work.

How Selected

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

How Planned

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

Methods Used

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

Measures

Meetings

Junior leaders in foods assisted by giving demonstration and helped with records.

All day work meetings were held during the summer.

The girls also gave demonstration at work meetings and in the county, area, district and state contests.

Results

1. Meal Planning, Food Preparation, Baking

194 girls enrolled in meal planning and food preparation, 28 in bread baking and 52 in canning and 51 in freezing. 159 completed food preparation, 49 canning, 49 in freezing and 26 breads.

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

National Dairy Month

The Windchester Dairy and Farmers & Merchants National Bank invited the 4-R foods girls to help observe National Dairy month by exhibiting a prepared food dish each day for two weeks at the bank. The girls eagerly accepted the invitation and for two weeks they had a prepared food exhibit on display in which they used dairy products. Clubs

participating were:

Round Hill	2 girls
Gore	2 girls
Green Clover	1 girl & 1 boy
Stonewall	1 girl
Whitehall	3 girls

Two former 4-H girls who worked at the bank judged the products each day and awards were given by the bank as follows:

Beverly Boyles	1st-\$5.00
Arthur Ross	2nd-\$4.00
Karen Russell	3rd-\$3.00
Charlotte Leight	4th-\$2.00

The rest each received a silver dollar. The awards were a surprise as they were not told that any would be given. The group participated for the experience and recognition. Each one had recipes to give people. All the dairies had an exhibit. Milk and ice cream was dispensed daily. The girls and Arthur assisted with this. A lot of interest and attention was shown by the public. Pictures and publicity was carried in the papers.

2. Food Preservation

Objectives

- a. To teach girls to make canning budgets.
- b. To teach correct food canning and freezing methods.
- c. To teach girls to give food preservation demonstrations.

Fifty-two girls enrolled in canning and 51 in freezing with 49 completing. Demonstrations were given in canning and frozen foods by members, leaders and agent. The home demonstration foods leaders were very helpful with this work. Quarts and quarts of fruits and vegetables and meats were canned by girls alone and with help. Many packages of foods were frozen by girls along with help. They made budgets for the number of quarts of tomatoes needed and made applan for all canned foods needed. The girls certainly are appreciated by their mothers. A lot of the family food preparation is being done by the girls, relieving their mothers of this task and giving them more time to live with their families.

More emphasis is being placed on freezing this year.

CLOTHING 11, 111

Objectives

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

How Selected

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

Results

177 enrolled in "So you'd Like to Sew", (Clothing 111), 116 in clothing 11 and 97 in clothing 1. 151 completed clothing 111, 107 clothing 11, and 93 Looking Your Best. They learned the basic sewing principles, how to make the hem gauges, hand hem, use thimbles, use a pattern, use the machine, etc. These girls are assisted by home demonstration members and parents, junior leaders and the agent. This was a school project in several clubs and articles were made at monthly meetings, exhibited and judged.

Several entered the 4-H fair and won ribbons of which they are very proud. In the school clubs, some very nice sewing was done.

The clothing 11 girls made new garments, remodeled, dyed and did their own dry cleaning, mending, laundering sweaters, and stored their winter and summer clothing. The girls continue in clothing and each year their work shows improvement. These girls were assisted by the same means as the beginners. Two all day meetings were held with each group this year, with leaders and older girls assisting. Some of the girls were taught how to use the machine attachments as a result of the singer lessons to the home demonstration clubs.

Many of the girls are taking home economics in high school and the home economic instructors, as the girls tell me, comment their 4-R 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-R work. The A-R girls are being given more responsibilities at school. The home economics teachers assist the girls with their contest work with suggestions and help on material, patterns, etc. The girls are starting clothing work this fall and plan to have more girls in contest work next year.

In clothing 1, demonstrations were given by agent-members and leaders, 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 anyone giving them home permanents until they were older.

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 vs. the painted look. Diet was stressed as the most important factor in having beautiful skin, teeth, hair, etc. The girls are studying people and pictures of correct color in make-up and its application.

They like their make-up cases, many make pockets in them for make-up etc. It also gave having to brush 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 act to overcome the nail chewing and keep them well groomed. A lengthy and vivid picture was painted of how very unsanitary nail chewing was, besides being dangerous in that germs are under the nails. Most

progress was made on this phase of the project.

They studied and learned how to laundry sweaters, how to use detergents, water softener, pressing sweaters, etc. How to dry clean and press the various fabrics was very helpful. 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 pin cushions, etc.

Many mothers found the girls rendering first aid to their own clothing by doing the repairs themselves. Shoeshine kits were made and the shoes and socks kept much neater. However, they say it is stylish to wear dirty saddle onfords. 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.

4. Housekeeping

Girl enrolled and completed.

A. Room Improvement, Your Room and Home Improvement.

Objectives.

- a. To teach better housekeeping methods.
- b. To teach refinishing furniture.
- c. To make color plans for rooms.
- d. To arrange room for easier care.

How Selected

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

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

Methods Used

Methods Used

- a. Agent and junior leaders gave demonstrations at school club meetings.
- b. Held project work meetings in summer.
- c. Girls prepared reports at club meetings on what they had done.

Results

31 girls enrolled in Your Room project, 16 in Room Improvement, 22 completed Your Room, 13 Room Improvement and 16 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.

Your Room-Pep It Up.

31 girls enrolled in and 22 completed this project. The girls thoroughly enjoyed participating. They partitioned off the dresser drawers, arranged flowers, selected potted plants, made bulletin boards, dresser scarfs, towels, etc. They streamlined their rooms for easier care and delighted in making their rooms attractive.

5. Health

76 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 cleanliness, posture, diet, regular hours and sleep and exercise etc.

6. Electricity

How Selected

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

Planned

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

Methods Used

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

55 girls enrolled and 51 completed this project. They studied lighting, wiring, lamps, color, repairing cords and care of appliances. The trip to the State Electric Congress was the best thing ever to happen to Loretta Wilkins, County Winner, so she says. Emphasis was placed on study centers and 48 girls equipped a study center.

7. Other

Leadership-Older girls serve as junior leaders and work with younger club members. Assisting with records, project instructions and demonstration are some of their work. Betty Hammock, 4th in the county, won the Chicago trip on leadership, last year and the State Leadership Award this year. Barbara Moore has been outstanding in leadership this year and has developed leadership in many others. Berry Hammock, Patsy Wolfe, and Harriet Gooden are college Home Ec. majors.

8. Home BeautificationObjectives

- a. To teach girls to take pride in and beautify the home grounds.

30 girls enrolled and 26 completed this project. The girls are taking pride in and working with this project. Carolyn Largent is becoming an expert with flower growing and flower arrangements.

All clubs are given help in judging, giving demonstrations, group recreation, music, record keeping, citizenship and personality improvement. Plans are to choose one or two each year for study and work. 4-H'ers are

taking their place as good citizens to the extent that State Senator Bryd wrote an editorial commending on the low figures on juvenile delinquency noted among 4-H trained youth.

9. Livestock Projects

The Dairy Show at the County Fair this year was all girls. 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 Renaune Rogers could earn money with livestock that is now paying her college expenses, they can do it too. Susan Bierer won awards again at Richmond on her dairy cow and is in college paying her way with proceeds from her dairy herd. Patsy Wolfe continues in dairy work also and will continue college with funds from the same source.

C. Other Activities

1. Community Activities

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 cooperates with their churches in planning and participating in special church services, and with Rural Life Sunday. More emphasis is being placed on greater participation in the county-side service next year.

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

The community project that most united the county on behalf of the 4-H clubs was the county-wide delegation that worked tirelessly and quietly to get the Board of Education to return the 4-H clubs to the school program. The Board ruled the 4-H clubs would not be allowed school time for meetings this year, which would have eliminated around 300 girls and 200 boys from the 4-H program. The Ruritan clubs, civic clubs, key individuals, Farm Bureau, Southern States, Home Demonstration clubs, 4-H clubs, etc., united in an effort to have the 4-H clubs returned to the school program. After two meetings with the school board--at which time both the delegation and the school officials discussed and evaluated their programs, the clubs were returned to the school program. This resulted in a better understanding of both school work and 4-H work by everyone, a stronger 4-H program, and more leadership for the 4-H program. The Farm Bureau chairman deserves a star for his part in this project.

In the high school, students are limited to two clubs, and when the first meeting was held 109 girls came down. In the 9th to 12th grade 88 girls enrolled--all except 3 are older club members--only 3 are first year members. Four adults, Mrs. Henry Brumback, Mrs. H. I. Phillips, Mrs. H. C. Woelf, and Mrs. Clarence Cather will work with this group on career exploration, with additional help from the Guidance Instructors at James Wood School.

The 7th and 8th grad group was smallest the first meeting because they failed to learn of the meeting date. More are expected at the next meeting. This group will study the Electric project with help from Miss Flickinger and older 4-H members who have had the electric project.

At Robinson School, Patsy Wolfe, older 4-H member will have charge of the 6th grade group which will study "Your Room".

The 4-H program is stronger as a result of the action of the school board. The part that Barbara Woore played in this as county council chairman will be narrated later.

2. State 4-H Short Course

12 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. Harriet Goode chaperoned the girls and praised their good behavior. Barbara Woore served on the nominating committee for State Short Course officers.

County 4-H Camp

76 were in 4-H camp. The campers never worked and played so well together. Every activity was a challenge to the best in every boy and girl in camp. Marika Whiteacre and Mary Ashwood were fine as junior counselors for the girls. Barbara Woore, as big chief, did an excellent job. She also had charge of vespers. Lesser chiefs were all from Frederick County except one.

Conservation Camp

Peggy Franklin attended Conservation Camp. Peggy is in training to become a nurse.

4-H Electric Congress

Judith Abe attended the 4-H Electric Congress and declared it a wonderful experience.

National Club Congress

The delegates to club Congress will be myself this year.

3. County Fair

As previously noted in the adult section, a county fair was held this year for adults and youth, sponsored by the Rural Clubs. 71 girls exhibited nearly 700 project entries, had 7 home displays and 4 club educational exhibits. The same judges said the quality of work was very good and the public said the displays exceeded any fair of the season that they had attended.

Susan Bierer was top winner in the Dairy Cow project and also Grand Champion of the fair.

Many more mothers, leaders and home demonstration members are encouraged and helping the girls in their work. The committee checked in and arranged the exhibits, then put things back in place after the judging was done. The girls and advisors set up the rules, decided on exhibit classes and provided for age groups in some of the projects. Barbara Moore, Superintendent, had good working committees and the fair was larger than ever. The 4-H girls are much more interested in working on contests.

4. Contests

The 4-H girls held county contests in August. 37 girls entered in the junior and senior sections with a lot of leaders and mothers eagerly watching and getting ideas. The change in having demonstrations and records separate enables more girls to enter contests.

The phase of the 4-H girls program is the key to keeping other girls in 4-H club work and the goal toward which younger girls are working. It is one of the best means of developing poise and skill, by giving the girls an opportunity to work out and talk at the same time before a group. The girls regard this work as a real opportunity for developing and enter for

the enjoyment, experience, and learning processes first of all. Good sportsmanship and well wishes to all winners are uppermost in their minds. A lot of practice work was done in club groups in demonstration work this year and several new clubs had entries in the county elimination contests. The girls thoroughly enjoyed learning to give demonstrations and judging at their project work meetings this summer. Five achievements records were sent in and four won blue ribbons. Harriet Goode submitted her record to try for a National Home Ec Scholarship.

To date work done in contest for 1960 is as follows:

County Elimination Contest in August.

Results of 1959 county contests for 1960 are as follows:

Style Revue- Bonnie Hamcock
 Food Preparation - Susan Owings
 Clothing Achievement - Charlotte Leight
 Dairy Individual - Stella Leigh Bell
 Bread - Nancy Carper
 Poultry - Sandra Boyles
 Frozen Foods - Karen Russell
 Room Improvement - Loretta Wilkins

In the area contest the juniors gave demonstrations for practice.

This greatly stimulated their interest.

In the District Contest, Stella Leigh Bell won a red award in dairy foods. Barbara Speery received a red award in canning and goes to State. Bonnie Hamcock won a white ribbon in style revue. Loretta Wilkins won red in Room Improvement and Sandra Boyles, a white in Poultry Consumption. Ruth Hendley won a red award in Breads.

5. Achievement Program

The 4-H club members decided at county council meeting to hold it's achievement program December 19. It is gratifying to note that they made all arrangements and planned the program. They also notified all who were on the program. Barbara Woore, county council chairman, made all the

detailed arrangements and saw that committees did their work. A "Share The Fun Contest" was held as they main feature of the program. Sandy Russell was winner in the senior section, and Dixie Newman in the junior section.

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

6. National 4-H Club Week

The county council officers visited all community 4-H clubs and the James Wood School clubs to explain the 4-H council and presented the county program of work, as a part of National 4-H club week. The county council president wrote a letter to the other school club members and asked the agents to distribute them. This letter also explained the county council and gave the county program.

One of the road signs were erected during this week also.

4-H programs both typed and alive ones were given on four different days. News articles were in the papers and two clubs had educational exhibits in store windows.

During this week also, a loan mower given by Shade Equipment was used as a fund raising project. The mowers sold chances on the mower, and after the proceeds from the square dance were added on later the total proceeds was \$516.00 for the county council treasury.

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

142 4-H members, parents, leaders and agents went on an educational trip, via 4 chartered buses, to Washington, D. C. on October 24, 1959.

The schedule was:

10:00 A. M. until Noon---The White House, Library of Congress, Supreme Court Building and the Capitol.

12:00--Bag lunch at Washington Monument grounds.

1:00 until 7:30--Smithsonian Institute, National 4-H Club Center, and dinner at a Hot-Shoppe.

Barbara Moore, County Council Chairman attended to all reservations, chartering the buses, contacted the chamber of commerce in Washington and scheduled the trip to the last detail--even to arranging for the Hot-Shoppe to add extra help to serve us at dinner.

This trip did more to stimulate interest in both adults and club members in 4-H club work than any other event this year. What with seeing "Dinah Shores" at the Smithsonian, sitting in Mrs. Eisenbergs (Eisenhower) chair at the White House, etc., to add spice--the club members are still talking about their experiences.

Mr. Euse, at the National 4-H club center, welcomed the group in a grand manner and told them about the work done there. They saw the Flag Pole's put up by Virginia 4-H clubs and are proud of the fact that they helped in a small way to build the center.

8. 4-H Officers Workshop--November 14

The 4-H clubs felt a need for officer training and the workshop was held November 14 at the Robinson Memorial School.

The program was:

9:00 - Registration

9:30 - 10:00 - Devotionals and "Set the Pace for the Morning Remarks" by Jack Tyree, Associate State 4-H Club Agent.

10:00 - 11:00 - Officers Workshops

Presidents - Taught by James Givens, Vocational Agricultural instructor at James Wood High School who taught the presidents parliamentary procedure.

Vice-presidents - Taught programs suitable for 4-H meetings by Jack Tyree.

Secretaries - Taught how to do their work as secretaries by Mrs. Rebecca Whitlock, commercial teacher at James Wood High School.

Treasurers - Taught how to keep their records and fund raising ideas for clubs by Arlis Frymeyer, Assistant County Agents, and Robert Edward, of Shenandoah Bank.

Reporters - Taught how to write new articles for the paper by Joe Wightman, Assistant County Agent.

Song & Recreation Leaders - Taught by Mrs. Mattie McClung Myrick, games and songs for club meetings.

All groups were provided with literature what was designed to be helpful.

11:00 - 11:45 - Entire group together for songs and recreation led by Natalie and her song and game leaders.

11:45 - 12:30 - 4-H movie and adjournment.

Young Men and Women's Work

There was one older youth organization in the county at Round Hill. It was active until eight years ago but has been discontinued. Individual help was given on home planning, water, landscaping, furniture, decoration, foods, clothing, etc., as requested to this group through the home demonstration clubs, church work, school programs, and through the all-stars and honor club groups, at least 260 young women have been reached.

Sixteen all-stars, agents, and parents attended the banquet at Front Royal sponsored by City Service Oil Company, at which time the key award was presented to Harriet Goode and Buddy Adams. The all-stars are a help and inspiration to the 4-H club members of the county.

IV Scope of Work

	<u>54</u>	<u>55</u>	<u>56</u>	<u>57</u>	<u>58</u>	<u>59</u>
H Home Demonstration Clubs or Groups	17	17	15	17	17	16
Membership	440	480	480	480	480	
No. of 4-H Clubs	17	17	17	17	17	17
Membership	451	445	455	383	430	
No. YHS (All-Star and Honor Clubs)	2	2	2	2	2	
Membership	32	34	36	38	40	
No. Community Clubs (17 H. D. & 17 4-H)	1	1	0	0		
Membership	13	13	0	0		
No. Home Ec. Committees	2	2	2	2	2	
No. General Interest Committees	5	5	5	5	5	
No. Youth Committees	4	4	4	4	4	
No. Other Organizations						
No. Farm & Home Dev. Families	22	22	18	22	28	
No. Other Families Reached	755	740	760	780	785	
No. Different Families Reached	2940	2960	2975	2982	2990	

B. How Home Demonstration Work has Increased and Publicized.

1. Each members strives to reach new people and reactivate old member
2. Assisted with larger fair and had educational exhibits.
3. Community Project Work.
4. Public Home Grounds Meetings-Basic Sewing and Tailoring Schools.
5. Work with other agencies.
6. Special Interest topics to reach new people. District Forum on Art in Daily Living Open to public.
7. Farm and Home Development Program.

8. Mothers March on Polio

9. Work Started on Special Interest Home Economics - Lighting Program made Available to public.

Method demonstrations were the most effective and got best results.

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

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

Educational exhibits were deemed a good device. These were used at the county fair on 15 topics setting forth methods in subject matter fields.

New articles, radio, circulars and letters had their place. The publicity on the nut program had far reaching results as well as that of the Mothers March on Polio and other community projects.

Home Visits - One of the best ways of doing good work.

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

Subject matter project leaders trained to give demonstrations at club meetings.

Work done in unorganized committees.

- a. Test pressure cooker gauges.
- b. Adjust sewing machines.
- c. Club members assist neighbors with ideas and skills they have learned.
- d. County-wide general interest meetings - literature, radio, newspaper, visits, demonstrations and exhibits.
- e. Non-members assisted with Mothers March on Polio.
- f. Furniture work given to others.
- g. Good preservation helps given.

V GROWTH OF LEADERSHIP

1. Overall program leaders					
		<u>1957</u>	<u>1958</u>	<u>1959</u>	
a. County Agri. Ext. Service Board					<u>20</u>
b. Youth Council		<u>10</u>	<u>10</u>		<u>13</u>
c. Home Economics Council		<u>8</u>	<u>8</u>		<u>8</u>
2. Home Demonstration Club Leadership					
	<u>1955</u>	<u>1956</u>	<u>1957</u>	<u>1958</u>	<u>1959</u>
Number of Organizational Leaders		57	57	57	50
Number of project leaders	300	260	295	283	280
No. Fed. Program Work Chairman	16	18	18	18	17
No. Program Development Leaders	18	18	18	18	17
Number result demonstrations	74	74	74	78	78
No. training meetings held by					
Specialists	20	11	1	9	9
District Agents	2	2	3	4	5
Home Agent			13	6	14
By others			8	4	9
Attendance at all training meetings	566	590	431	526	575
No. Meetings without agent	176	166	106	107	127
No. meetings leaders assisted	195	196	201	208	204
No. demonstrations by leaders	169	170	180	184	180
Talks and discussions by leaders	216	226	230	234	240
3. Growth of 4-h leadership					
Number club officers	144	158	136	136	136
Number adult project leaders		130	140	135	139
No. Junior project leaders		106	90	94	97
No. Result Demonstrations	40	69	42	26	42
No. Training Meetings by					
Agent	33	20	9	10	23
Specialists					4
District Agent	4	2	2	1	3
Others	5		4	2	9
Total Attendance of Leader Training	419	270	129	309	1175

No. 4-H leaders trained individually	29	22	19	14	18
No. club meetings held by project leaders	70	74	74	70	61
No. club meetings leaders assisted	69	70	72	78	65
No. demonstrations by adult leaders	310	220	241	246	242
No. demonstrations by Jr. leaders	450	360	351	369	330

4. YSA CLUBS

No. Club officers	8	8	8	8	8
No. Leaders or sponsors	2	2	2	2	2

B. Story of development of leadership activities and accomplishments of an outstanding individual and extension part in this development.

Barbara Moore - a 16 year old 4-H club girl deserves this recognition this year. Until she was elected President of her 4-H club this year (The largest community club in the county - 50 members) and president of the county 4-H council, we hadn't noticed her too much. But, when she started everybody felt her leadership qualities. In her 4-H club she achieved the following:

1. Devotionals at all club meetings in charge of a committee.
2. Program committee had a club program.
3. Sixteen new members secured.
4. Seven adult women leaders for project work active in the group.
5. Two skating parties.
6. Twenty-four members in county camp.
7. Two members to State Short Course.
8. Club had radio program for National 4-H club Week.
9. Club assisted in erecting one 4-H road sign.
10. Club members planted chestnut trees.
11. Club had five project work meetings for girls.

12. 85% of club entered exhibits at the fair and had a club educational exhibit.
13. Had a club Halloween and Christmas party.
14. Club gave a tree to the school.
15. Club had a swimming party and hay ride.
16. 26 members went on trip to Washington.
17. Members entered county contest.
18. All officers attended officers workshop.
19. Club was represented at all county council meetings.
20. Club participated in Rural Life Sunday, and National Dairy Month, and "Share The Fun" Contest. For all club activities, committees were appointed and functioned, which materially developed junior leadership.

Barbara saw that each person understood what he was to do and did it.

COUNTY COUNCIL PRESIDENTS

It is in this office that she has made her greatest contribution to the county program.

The first job to receive her attention was to acquaint every club with the purpose of the county 4-H council, who its officers are, who are members of the county council, etc., and to start doing things.

Projects carried on in 1959 sponsored by the county council:

1. A county 4-H hand Book - The committee on hand books and score cards were appointed and meetings held until the book was assembled and printed. Barbara contacted the Bank with the home agent and secured them as sponsor again this year.
2. Achievement Program and Share The Fun Contest - Committees were:

Arrangements
Programs

She gave these committees no rest until the program was finished, contacts made, decorations provided, song sheets secured, persons on program notified, judges for the "Share The Fun" contest, loud speakers and all arrangements made.

3. Fund Raising - The finance committee decided to chance off a lawn mower. Barbara saw that they had tickets printed and that every club member had tickets to sell. At the same time she had a county council officer attend all community clubs and James Wood School clubs to give out tickets and explain the county council to them. She sent a letter to all members of the other school clubs via the agents. A square dance was held and the drawing made - net proceeds were \$516.00

4. County Wide Party Committee - Planned and conducted the party held in August with 150 in attendance.

5. National 4-H Club Week - This week found club members making tapes, appearing on radio program, taking charge of devotionals at James Wood High School for the week, working on educational exhibits, digging holes for roadside signs, writing new articles, etc. She was everywhere tagging numbers and agents alike, keeping them on their toes.

6. National Dairy Week - When Barbara was approached she at once said, "We can secure the girls for this at the county council meeting next week," and she did. The story is narrated elsewhere in this report.

7. Tour to Washington and National 4-H Club Center - This project nearly snowed her under when 170 club members said they wanted to go. It took four buses for the 142 who did go. Barbara worked out every detail of the schedule for the day, secured all information needed as to guides, time buildings were open, eating places, and chartered buses.

She assigned 10-12 members to an adult and all went off like clock work.

The house agent only arranged for the group at the National 4-H club center.

8. Her work in county camp was amazing in that she had never been to county camp before and was elected Big Chief. Her she rallied to the job and carried it off successfully still was no. The camp went very smoothly, but Barbara was everywhere. She even prodded the agents and counselors to keep on their toes and to help with the program. Tribe chiefs were given plenty to do for their tribes. In addition, she had already been assigned the job of planning and conducting weavers. She had the programs all completed before camp and they were beautifully done. Each group in charge of weavers was coached ahead of time.

9. She was a delegate to State Short Course and served on the nonleading Committee. They IFTM program and All-Star Services impressed her very much. She said "You'dn't it be wonderful to be an IFTM and an All-Star!" Who knows?

10. Officers Workshop - Barbara saw that every detail for this meeting was worked out and all material, speakers, etc. were ready.

11. As fair superintendent she took care of so many details that the agents have had to do in the past. The fair was such a jigger and ran more smoothly as a result.

12. Her greatest contribution to the 4-H program was her leadership and work done toward getting help to get the 4-H clubs returned to the school program. Her letter to key people, 4-H members and parents set off a chain reaction that did more to acquaint the school board with the wishes of the people than anything else. The entire county was united in this project and a better understanding reached with all groups.

Barbara is an unusual person. Only a word or suggestion is needed and she goes on from there. She's a born leader, demands high quality

work, welcomes criticisms and suggestions, and is ever alert to the best interests of the program. She is anxious for more and more people to know about 4-H work and to receive the benefits of the program.

Her school, and church work is just as outstanding.

Were it not for her untiring efforts much of the work done and events held could not have been done this past year.

VI HOME ECONOMICS AND 4-H LEADERSHIP DEVELOPMENT

A. An achievement for special consideration

Adult organizational leaders are the officers of the home demonstration clubs; program development leaders, result demonstrators, together with the county home demonstration committee officers, take the initiation in planning and executing the program. County fair, polo, special interest activities, educational program, federation meeting, 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 agent and some held seven. They will continue holding six without the agent next year. Our best leaders and workers are former 4-H club girls who are doing an excellent piece of work in selling the program. The newer clubs are more willing to assume leadership without the agent than some of the older ones. Organizational leaders spend several days each month with so many special interest projects in addition to the regular schedules, result demonstrations, sponsoring citizenship activities, most members have a chance to show leadership ability and use it for the good of the people. Many non-members received help each year. Leaders also hold special interest workshops on dried flowers, making Christmas decoration, Swedish weaving, etc.

Program Development Leaders of Home Demonstration Clubs

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

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

These leaders have one training meeting each year and at several meetings during the year they challenge the thinking of their groups toward ideas and projects for the following year's program which they present at the planning meeting. This year they did unusually well without much help from the home agent.

Program Development Leaders:

Present program calendar to club members.

Report persons wishing special interest work.

Submit to home agent any changes and club choices each club desires and assemble program leader ideas members wish to be included in next year's calendar.

Subject matter leaders are chosen for each project for the year. These leaders are trained by the State Specialist, home agents, other previously trained leaders, power company economist, etc., on the topics for demonstrations. Then they give the demonstrations at their club meetings. They also work with individuals and small groups on extra days to help them, as well as passing help on to friends, 4-H club girls, etc.

The 16 clubs have 144 project leaders, plus 78 result demonstrations and special interest leaders for the year. This year these leaders gave 127 subject matter demonstrations and 80 federation goal demonstrations to adult and 4-H groups. Many of the leaders are the younger matrons and take a lot of interest in their work. They give excellent demonstrations and are placed when given a chance to do something. Home demonstration members also act as 4-H organizational and project leaders to all clubs which will be explained in the youth section.

Federation program of work leaders of which each club has one besides a county chairman carried out a program of music appreciation this year with a study of composers and the story about the selection.

In addition good reading was emphasized as well as better television program, landscaping, better reading for the children, etc.

A children's story telling hour in club committees, a county wide choral group, and a music appreciation hour on the radio bi-monthly are to be a part of the 1960 program.

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

1. District Forums
2. County Fair
 1. Serving on all committees
 2. Manning fair food booth
 3. Assisting with exhibits
 4. Educational exhibits
 5. Assisting judges
 6. Booking entries
 7. Judging county contests and fair
3. Special Interest Home Ec. Committee
 1. Analyzed County data and selected special interest topic.

2. Assist with making survey on projects to determine results.
3. Assist with setting up program.
4. County 4-H Council

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

5. Made all plans for and carried out Mothers March on Folio.
6. Took responsibility of having some handbooks printed.
7. Planted and raised chestnut trees from seed for 400 4-H'ers/

VI. ADULT AND JUNIOR 4-H LEADERSHIP

Each community 4-H club has an organizational leader whom the girls respect, can rely upon, and who challenge them to develop their best qualities of leadership and skills. They set in an advisory capacity for all club activities and serve on committees for all county events, assist with educational exhibits, help each girl for contest work, project instruction, and demonstrations.

Each club staff of officers presides at meetings, and take the lead in having club participation in as many activities as possible. The Honor Club is one of the best ways of developing junior leadership for organizational and project work. The group also are members of the County 4-H Council and help plan all county-wide activities. 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 subject matter leaders in all their projects. They assist with work meetings, give demonstrations at club meetings,

and at home, and help any and every girl who expresses a need for assistance. Former 4-H members and older club members have led the way in organizing two new community 4-H clubs this year.

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

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

Many qualities of leadership were developed and displayed by the majority of the older 4-H girls, such as Harriet Goode a college Home Economic major; Patsy Woolf who is leading a 4-H club and Marika Whitacre, a college freshman. It is safe to say that one-fourth of the total girls enrolled are older 4-H members. Barbara Moore's leadership record is told elsewhere.

B - Describe Your Progress in Developing Good Public Relations in the County with:

A. County Workers

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

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

The work in the home agent's office, between the home agent and assistant, goes very smoothly at all times.

B. General Public

The extension service is pretty well known by the general public and they seem to have a friendly attitude toward us. Many request and

receives help. The special interest home economics program is being planned to reach more of the general public.

C. Elected Representatives

Our county board of supervisors, county clerk, etc. all work with us in helping with the ~~case~~ of the county rest rooms and have a very nice attitude toward the program and staff.

D. Commercial Interests

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

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

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

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

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

Assist with TB, red cross, Polio, Cancer, Bible program, Rescue Squad.

Soil Conservation Service - Nut tree and seed planting program

County Health Staff - Pre-school clinics.

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

War Memorial Committee.

Special Programs, campaigns and drives.

1. Assist county health officials
2. Assist with school lunch program and PTA
3. Assist with community centers and fire companies.

E. Other Professional Workers

1. Board of Education and Schools

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

The Religious Educational program received some money contributions from 4-H and home demonstration clubs. The clubs work with the PTA and school cafeteria staffs also.

2. Future Homemakers of America

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

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

C - What HAVE You Done for Your Own Professional Improvement:

Attended State Conferences, District Agents Meetings, Local Leader Training Meetings, Agent's Workshops and National 4-H Club Congress.

Subscribe to and read home ec. journals and magazines, as well as research pamphlets from VPI and USDA.

VII. THE LOOK AHEAD

Appraisal of this past year's program.

The end of the year, with all its accomplishments, leaves the county united and working to do their bit in making this a better world in which to live.

Leadership development in the youth program is very marked, with more leaders to help with the school 4-H clubs and one new community club. Likewise, the project in adult work that challenged the best leadership.

Previously, experience with cafeterias, field days, federation meetings, etc. helped them succeed with PTA work, Cancer program, Emergency Food Shelf, Police Drives, County Fair, etc. The health situation is improving with the help of a county health staff. Educational facilities are on the upward trend with a new grade school and colored school being built. More schools are having cafeterias and are feeding extra schools, canteen style. Shenandoah college is also being built in Winchester and a private catholic School is completed and open.

Skills learned and used in all homemaking 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 with another landscape institute planned for 1960. Leadership in chair seating, finishing furniture, and other projects has been very outstanding. Nutrition work and foods program had done much to provide more balanced diets for many, many more and more work is planned for 1960. Six meetings were voted to be carried in home demonstration clubs next year again without the agent in Home Demonstration clubs. The walnut and chestnut program is of much interest to the county and is gradually spreading to other counties.

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

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

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

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, both bounty-wide and in clubs.

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

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

Publicity is a weak spot and more could be done in this line by club reporters. Perhaps a training meeting for reporters would be a help.

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 have and can get to them.

More leaders are always needed and especially in the school clubs. Four leaders have been secured for the James Wood Senior Club and one at Robinson Memorial. More leader training meetings are needed. The leaders are organizing as a group so as to have workshops.

The 4-H adult advisory committee has been needed badly for sometime and more feel that they will do much to plan a more valuable program that will be more help to the girls. A handbook similar to those demonstration is being prepared for the 4-H club members again this year. An officer's workshop was held for 4-H club members. (officers)

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

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

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

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

Community projects are the rescue squad and rehabilitation center.

Result demonstrations continue to be of interest and plans are to place emphasis on home grounds and homelighting this year.

The older 4-H'ers in James Wood School are working on Career Exploration next year.

The 4-H enrollment went up this year due to a better schedule in the school clubs.

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