

represented Warren in the District Contest held in Culpeper where he placed third and won several quarts of oil.

A County Public Speaking Contest was held back in the spring in the Court House. Charles Johns and Mary Jane Tremble came out on top and competed in the District Contest held here in Front Royal.

Agents made another attempt to organize a senior 4-H Club here in Front Royal early this summer. Letters were sent out and various announcements made of the first meeting, but there was no attendance. Another attempt to reach this goal will be made again this fall.

The Electric project was one of the favorite club projects this year as the majority of the groups took it as a club project. The local power company personally were very helpful in carrying out this project. The ^{were} members/taught how and given chances to give demonstrations at club meetings. One tour was taken on June 17 by more than 30 club members through the local power plant. They were very impressed. We are now in the process of judging records in order to select a boy and girl to represent Warren at the Electric Congress in September.

For the past several years the completion percentage of records has been in the fifties, we have already reached and passed this level for this year with close to 150 records already completed out of 256 projects being carried.

Bobby M. Coggsdale
Assist. Co. Agent
Page and Warren Counties

The County 4-H Council has been active this year by holding two training meetings; one in the fall, for officer training, and one in the spring for recreation training.

So far we feel that Warren County will fill its quota at Camp in August. We already have more than 40 applicants. The Camp is to be in Powell's Fort Valley in August.

On July 22, the Warren County 4-H picnic was held at the County Club starting at 10:00 a.m. and lasting til late in the afternoon. Drinks were furnished by the County Council and the Royal Dairy of Front Royal supplied ice cream for the entire crew. This was probably one of the most successful and enjoyed picnic held in years with more than 80 members and parents attending.

The Sears Duroc Pig Chain boys had rather bad luck this past year with one boy's pig coming down with piles and had to be sold before farrowing and another boy's pig lost all 10 of her litter at birth. Five new pigs have now been placed at new homes and a boar purchased from Carpenter in Winchester has been placed in the community. This year the pigs are scattered around the Browntown Community with Lloyd Smelser, Junior Clegg, Wally Manuel, Larry Seal and Richard Jenkins holding new pigs. The boar was placed with Mr. U. J. Clegg. The winners of last year's contest are as follows: Boicy Frye, Charles Grove, Jimmy Stephens, Martin Johnson and Wesley Hammack placing in this order. A banquet is being planned for these boys in late August.

The Warren Tractor Maintenance Club organized and held about six meetings in the Parkway Chevrolet Garage this spring. Three equipment dealers from Winchester gave very interesting demonstrations and movies were shown at several meetings. Larry Cooke and Tuck Tobin served well as Junior Leaders for the second year. The County Tractor Driving Contest was held on Kay Brown's farm with several boys participating. Larry Cooke came out first. Larry

agents have stressed projects such as Electricity, Entomology and wildlife projects, and some Forestry Identification.

The Page-Warren Baby Beef show and sale was held at the Front Royal Livestock Market on May 1st. This year was one of the first times in several years that Warren County has had entries in this show. Tuck Tobin and Larry Cooke fed and showed 3 Herefords that held their own in the show. The Champion and Reserve Champion were Herefords shown by David Mins of Luray (Page County). The Champion brought an all time high price this year of \$55/cwt, and purchased by a farmer of Warren County. M. and Mr. Market of Front Royal purchased 5 of the beeves and dressed two more for local people. The dressed grades and dressing percentages were very interesting when discussed with the boys. Several more boys and girls have expressed a desire to start feeding a baby beef this fall.

Six boys in the county are feeding about 20 pigs for the Market Show and Sale to be held in August at the Front Royal Livestock market. The show was originally scheduled for August 14, but due to complication with camp and some pigs still rather small, we have decided to postpone it until August 28. Efforts are now being made to raise prize money for show. Ribbons have been ordered.

Opportunities were given boys to participate in judging and demonstrations. A livestock judging team was trained, but most all participants found it impossible to attend the District Contest.

Four boys and five girls attended State H-H Short Course during June. This is the largest delegation ever to attend from Warren County. Our All-Stars this year were Larry Cooke and Nancy Burch. Everyone from Warren County seemed to enjoy and profit from much at Short Course.

D. Methods

Give all boys aged 10-19 an opportunity to enroll in 4-H Clubs either in public school or in community clubs.

Offer sufficient projects that all interested boys might participate.

Provide an outlet for club members with marketable stock in the Page County Baby Beef Sale in April, and in August hold the Annual Page-Warren Market Hog Sale.

Provide training in poultry and livestock judging to boys and girls interested.

Send Warren County's quota of delegates to State 4-H Short Course in June.

Send one boy to State Forestry Camp in June.

Hold 2 County Council Meetings--both to be training meetings.

Meet our county quota of campers attending District 4-H Camp in August.

Schedule 4-H County picnic in July.

Participate in exhibitions at local fair in September.

E. Results (Throught July 31, 1958)

Sufficient opportunity was given all boys and girls within the age of 10-19 to enroll in and carry out various 4-H projects. In providing these opportunities the Extension agents have worked with 11 school groups and 4 community groups that met out of school plus working with individuals that find it a problem to attend meetings. We also provided other projects such as tractor maintenance and worked with groups other than in regular meeting in such things as judging, egg grading and demonstrations.

Boys were offered projects that were of interest to them and of the nature that would fit their home provisions. A good example of this is that probably over 50% of our members live in town which makes it impossible to carry livestock and sometime garden projects, here the

12/1/57 to 1/31/58 inclusive

VI. 4-H CLUB WORK

A. Situation

According to "One Million Rural Youth in Virginia" Circ. 536, there are in Warren County 1285 white farm and rural non-farm boys ages 10-19. In 1958, there are now 190 boys enrolled in 4-H Club work or approximately 16% of the total eligible.

We have 15 organized and active clubs. This figure breaks down to 11 school clubs for the younger members and 4 community clubs for the Senior 4-H'ers.

Project completion has been a problem and for several years the percentage has been in the 50's.

Opportunities for livestock projects are limited, as well over 50% of our boys enrolled are either town or suburban residents.

B. Needs

More leaders.

More members in community clubs.

Increased attendance at community meetings.

Keep 4-H'ers in program longer.

More agricultural projects taken.

C. Goals

Increase total boys' membership by 30.

Organize one Senior 4-H Club in Front Royal.

Increase project completions to 75% of enrollment.

Add 3 leaders assisting with 4-H Club activities.

Increase agricultural projects 50%.

At this time several boys and girls have been feeding pigs for the 4-H pig show to be held in August. Approximately 25 pigs will be shown from Page County this year.

The annual Page 4-H picnic was held at Shulers Pool on July 18 this year. There was a good showing of 40 - 50 4-H members and parents present. We were very happy to have had so many parents present.

The Page 4-H county council has been very active and helpful in planning 4-H events this year. So far they have held two meetings. The council has decided and made plans to have an educational booth at the Page Valley Agricultural and Industrial Fair in late August.

At this time we have already sent out applications for camp which is to be held in Powells Fort Valley the 11th of August. Very few have returned their applications as most boys seem to have much work to do this summer.

-3-

in selecting, feeding and fitting these calves. Approximately \$175 was raised in prize money for this project. A tour was held the last of December of all boys feeding calves. This tour for the purpose of showing boys what the others are doing and how they are progressing. This project is a favorite among the 4-H'ers and more boys are planning on starting this project this Fall.

Another favorite project here in the county is the Sears and Roebuck sponsored sheep project. Every two years 5 boys receive 5 yearling ewes. They have 2 years to return enough money to buy another boy five ewes. Many of these boys attend a sheep shearing school at which they learn to shear their own flocks. Some of the boys also show lambs at Winchester. None of the boys from the county came out first at the show this year. It is now time to place another set of ewes and the boys have been selected and plans are being made to purchase these ewes. The boys receiving sheep this year are: Donnie Atwood, Ike Shenk, Charles Burner, Charles Erubaker and David Shuler. The boys are worked with very intensively on this project especially by George Allison, the county agent, who is an excellent sheep man. George has made this project a great success in this county as through it he has increased the number of farm flocks in the county considerably. Billy Abbott, who was started in the project several years ago, took third place at the National Sheep Shearing contest last Fall. This Spring Billy sheared over 6,000 sheep throughout the state.

The chain pig project here in Page consists of cross-bred pigs sponsored by the Luray Lions Club. This year 9 boys had pigs. All of them has returned a sow pig to be placed with another boy except one whose pig did not develop properly making it necessary to sell it. This boy has agreed to take one of his father's pigs and replace a pig from her next year. Eight pigs were placed with boys this summer. All the pigs are doing fine except one boy lost his pig from heat. It seems that the pig got out of the pen and in trying to get it back, the pig got over heated and died.

-2-

To bring about better record keeping and completion, at least a whole club meeting was spent explaining the importance of record keeping and the proper way to keep records. I also helped many boys at home to fill in their records as some of our record books are rather complicated for 10 year olds.

Prospective members have been visited this summer and some have already started projects. Older members have been asked to encourage younger members of the family to join 4-H clubs.

Judging teams were trained in the following: Livestock, Dairy, Poultry and Egg Grading. The dairy and livestock teams entered district contest, but did not turn out too well as we did not have winners in either contest. The poultry team looked promising, but boys seemed too busy to attend the contest.

The tractor program was carried out this year by holding 6 meetings at various equipment dealers in the county. Units A, B, and D were taught by two junior leaders and myself (assistant county agent). The district tractor maintenance school was held at a bad time because high school exams fell at that time preventing our junior leaders from attending. This hurt as it is necessary for us to depend on these boys. I ended up going to the school by myself. On Saturday, April 12, the Page County tractor driving contest was held at the Foltz farm. Charles Foltz came in first followed by Robert Foltz, his brother. It was impossible for Charles to attend the district contest so Robert represented Page that day. Between a faulty tractor and a nervous boy, Page placed 8th.

Ten boys from Page fed out and showed 15 baby beeves at the Page-Warren baby beef show and sale which was held May 1st. Davy Mims of Luray showed the Grand Champion and Reserve Champion with the champion bringing the highest price ever received at this sale of 55¢ per lb. The number 3 calf was shown by Charles Bauserman also of Luray. All baby beef members were worked with very closely

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PAGE COUNTY

4-H NARRATIVE THROUGH JULY 31, 1958

There are eleven 4-H clubs in Page County this year. Nine of these clubs, including one senior group, met during school hours. The other two are senior 4-H groups that meet at night. The one senior group that met in school was hindered all year by lack of meeting space and uninterested boys and girls coming to club meeting only for the purpose of getting out of classes. I feel that if I would have had the opportunity to have remained here, something would have been done to eliminate this problem. The plan is to hold the meetings from now on at night. Although the number of members will be reduced, and also lose some good members so far as meetings are concerned, I feel that the interested ones would be better off and more true 4-H work will be done in out of school meetings.

Various projects were offered 4-H'ers and the following chose the different projects: Corn Production 2; Forestry, 1; Garden Unit I, 15; Small Grain, 1; Baby Beef, 12; Market Beef, 6; Dairy Calf, 8; Dairy Production, 2; Breeding Pig, 5; Sow and Litter, 19; Market Pig, 26; Sheep, 24; Poultry Brooding, 17; Rabbits, 9; Safety, 8; Tractor Maintenance, 13; Electricity, 7.

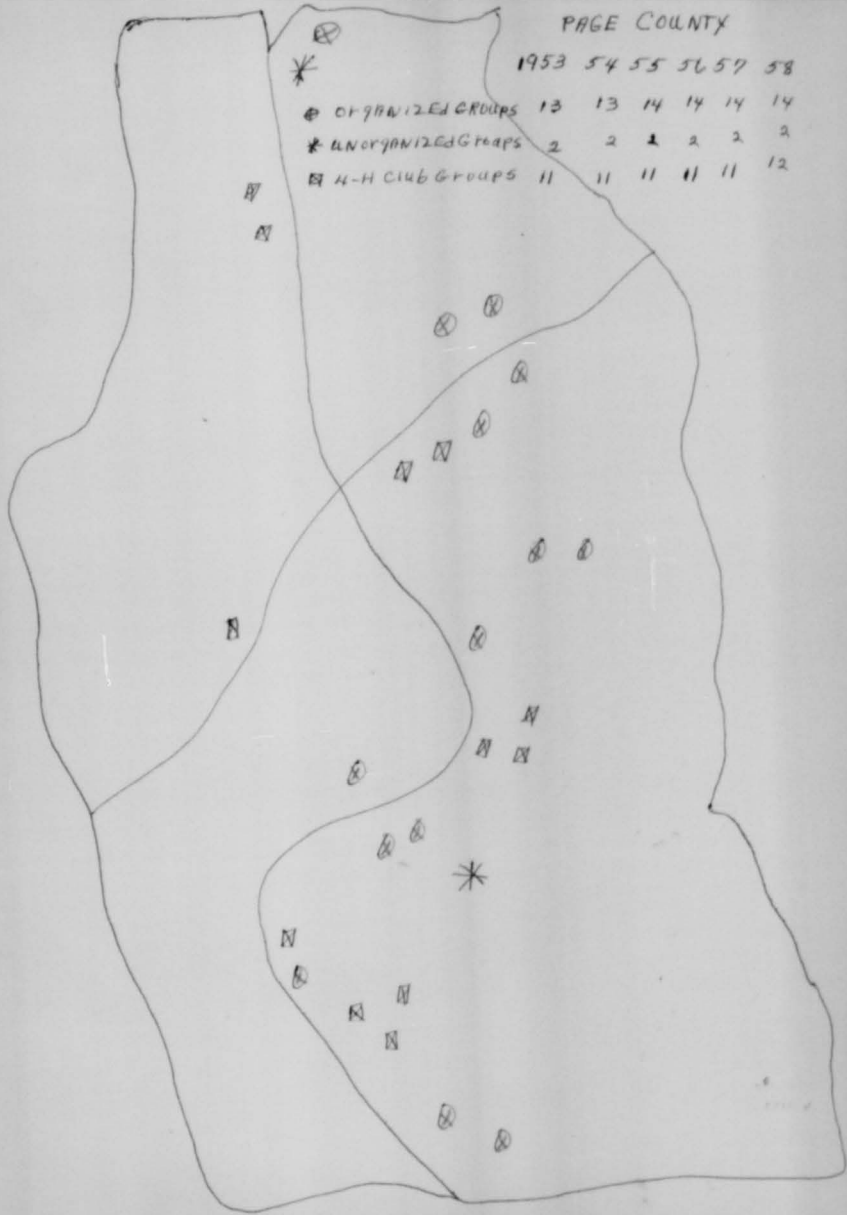
As most of these projects are pertaining to agriculture, few or none have been completed at this time.

To encourage interest this year, we have striven to award as many members as possible and we have tried to make meetings more interesting by having some recreation at club meetings and also we have had several round table discussions during meetings as to make everyone feel needed. Both of the senior groups have also held socials this year which have attracted new members. To get the parents interest, we held several meetings in various homes so parents would have a better understanding of club work. As a whole, I feel that interest of members and parents have been improved.

PAGE COUNTY

1953 54 55 56 57 58

⊙ ORGANIZED GROUPS	13	13	14	14	14	14
* UNORGANIZED GROUPS	2	2	2	2	2	2
⊠ 4-H CLUB GROUPS	11	11	11	11	11	12



The leaders serving do an excellent job. Several who were quite active have gone to work. This limits their time to be spent with youth leadership.

Mothers of young children are limited in their opportunity to attend meetings. Neighbors and leaders assist them by passing information along to them. Home visits help in these cases.

Competition on the time of people has become a serious problem. People active in church, school and civic affairs become bogged down in too many meetings and activities. This is one problem in securing efficient leadership for youth and adult programs. The program of Extension must be of such quality and of such interest and help to make people feel that their time engaged in the activities is worthwhile. Leaders and members will be urged to pass along helpful information to others who cannot attend and participate in meetings.

It is the sincere hope of the agent that the 1959 program will be valuable to the county people in conducting the affairs of happy and well adjusted families.

Certain problems have impeded satisfactory progress during 1958.

These include:

1. Many women are working away from home.
2. The quality of certain demonstrations needs improving.
3. Need more well trained leaders.
4. It is difficult for mothers of young children to attend meetings.
5. The competition of many demands on the time of people.

The problem of reaching women working in industry may be partially met by sending leaflets, bulletins and recipes by other members and by leaders. Helpful information can be distributed by means of the pay envelopes of women employees. This practice has been followed in one plant.

Excellent demonstrations give best results. A well prepared demonstration on a topic of intense interest gives results such as excellent attention, and the practices are followed more frequently than from a "weak" demonstration. Therefore, training for demonstrations, planning for them and presentation by agent, leaders and others must be of the highest quality possible.

The need for more well trained L-R leaders is always present.

Several willing people are tied down with family responsibilities, young children, etc. These responsibilities limit the extent of their activities.

XII. THE LOOK AHEAD

Plans for strengthening next years work in the light of 1958 experiences.

Next years work includes Foods Work, Lawn Care, House Furnishing, Safety, Improving Lighting, Patterns, Selection and Fitting. These topics were selected to help families to carry on a more satisfying homemaking program, with healthier and happier family members.

In 1958, training of leaders in foods work, lawn improvement, safety, clothing work and house furnishings will strengthen work in these phases in 1959.

The special interest meetings in simple tailoring will assist in the clothing work. The agent participated in a tailoring school in Culpeper in September, 1958. The information and skills received there will enable her to be more useful in the clothing programs of 1959.

The Art in Daily Living Forum in Winchester, November, 1958, has given excellent ideas which may be incorporated in the 1959 program.

The District and State Federation meetings attended always give inspiration and ideas which can be used in promoting the county program.

The most useful and successful topics included in one years program are always included in future programs. The food and nutrition work-- saving of time, energy and money meetings are always requested, since these give definite help needed daily.

7. Educational Trips

Two tours have been taken by groups from the county. One, a county tour to observe housing and lawn improvements, the second to the historic town of Waterford in Loudoun County. This Waterford Fair is quite interesting and educational. Very probably a southern trip will be taken during the Christmas holidays. This will include points of interest in Florida and other states.

8. Membership in Professional Organizations

Professional organizations in which membership is held include:

- (a) District, State and National Home Demonstration Agents Assoc.
- (b) District and State Home Economics Association
- (c) Local associations of T.B. Association, Cancer Association and Red Cross Association
- (d) Kappa Delta Pi National Fraternity
- (e) Alpha Gamma Chapter, Ext. Agents organization
- (f) Page County Womens Club

The above organizations serve to give well rounded information and inspiration to members participating.

XI. OFFICE WORKING CONDITIONS--IMPROVEMENTS MADE THIS YEAR

The most important improvement was in light conditioning of working areas. Excellent swing-arm desk lamps are included on each desk of the offices. The light is quite comfortable and eyestrain is lessened.

The furniture was rearranged for convenience.

Except for lack of storage space, the office set up is quite acceptable.

3. Tailoring School, Culpener, September, 1958

This was a well conducted school, and Miss Johnson and Miss McClaskey were generous in giving their time and skill to make the training valuable. The completed garments reflected the careful planning of all concerned during the week.

4. Annual Agents Conference, August, 1958

Much work had gone into careful planning of the agents conference. Efforts were made to provide training to agents in the fields of their choices. The specialists had made excellent preparation for the group meetings, and it is hoped that similar plans will be followed in 1959.

5. Art in Daily Living Forum, Winchester, November 13, 1958

This forum was interesting, educational and inspirational. The topics were music and making winter arrangements. A display of Christmas ideas was a pleasant sideline.

6. Reading

Some of the publications read during the year are: "The Journal of Home Economics", "What's New In Home Economics", "Forecast", "American Home", "Readers Digest", "Guideposts", "The Farm Journal", "Southern Planter", and "Progressive Farmer." Other professional reading in "Extension Service Review" and "National Notes" has also been done. The reading of books for professional improvement and for personal pleasure should be done more extensively. Some reading in books has included: "When We're Green We Grow", "The Spirit and Philosophy of Extension Work."

Teachers, principals and the superintendent of schools work well with the agents in planning for 4-H meetings in school, for the achievement program in schools. Careful attention is given to schedules in order that the school program is not interrupted by the Extension program being conducted in schools. Certain teachers serve as leaders and sponsors.

When requests are made, ministers are willing to appear on programs, such as achievement programs, etc.

The fine cooperation of the various groups and agencies in Page County help make the work and progress of the Extension family quite a satisfying and rewarding experience.

X. PROFESSIONAL IMPROVEMENT OF AGENT

1. A Communications School

A communications school was conducted for Extension workers in January, 1958 at the Mimslyn Hotel, Luray, Virginia. This well planned school was very informative, and the information received there has assisted numerous times in conducting the work of the year. A similar school will be attended in January, 1959.

2. The State Federation

The state federation of home demonstration club meeting and the Institute of Rural affairs were attended at V.P.I., Blacksburg, Virginia during the last week of July, 1958. Many good ideas and helpful suggestions were received during the week.

of the work of the extension program by means of home visits, attendance at meetings, by the press and by radio.

Yearly accomplishments are reported by the home demonstration agent at the December meeting of the Board of Supervisors. This report is usually used as information for a newspaper article, arranged by the county clerk. This, in turn, gives information to the people.

D. Commercial Interests

Many firms provide samples, booklets and bulletins for use in demonstrations, when requested. New preparations are sent by companies to help keep the agent informed as to new things available.

Stores cooperate by stocking supplies needed and by loaning articles, fabrics and garments needed for demonstrations.

The power suppliers are generous with the demonstration kitchen, and the services of the home economist when her assistance is needed. She, in turn, requests assistance from and hold conference with the agent on occasions.

E. Other Professional Workers

In carrying out the safety program, the health department workers, Mr. Lewis Polk with State and U.S. Health Departments, the State Troopers and the Game Warden have all made their contributions in speaking to special interest groups, to 4-H club groups and in home demonstration meetings.

In previous years, they have assisted in driver training classes, and in conducting bicycle safety classes in grade schools. This cooperation is given generously and willingly.

B. General Public

Good public relations are developed with the general public by means of home visits, appearance on programs as requested, by publishing newspaper articles, by appearing on radio programs and by giving the best assistance possible in helping to plan and carry out a worthwhile program during the year with adults and youth.

The editors of several newspapers cooperate well in printing notices of meetings, news articles, news stories, pictures of activities and other information prepared for publication.

The radio farm supervisor works well with Extension workers by coming to the county, making tape recordings and by sending them over the air as planned. Notices of meetings are presented over several radio stations, and this serves as excellent reminders to the people planning to attend.

A cooperative working relationship is fostered between agents and adult and youth leadership, this in turn, is reflected to others in the county.

Meetings of general interest, achievement programs, county picnics and tours create good will and a fine spirit of understanding among the county people.

C. Elected Representatives

The members of the County Board of Supervisors are invited to events such as county picnics and county achievement programs. They are informed

9. Women in Industry

Recipes are included in their psy envelopes. Special thought is given to time, labor and money saving for the busy working women.

10. Merchants

The merchants give excellent cooperation in loaning materials and garments and in supplying samples for illustrative materials in meetings. This is appreciated and is very helpful in planning demonstrations.

IX. PROGRESS IN DEVELOPING GOOD PUBLIC RELATIONS IN PAGE COUNTY WITH:

A. Co-Workers

All members in the Extension staff, agents and secretary, try to have consideration for each other. When meetings are to be conducted together, such as 4-H club meetings, 4-H council meetings, achievement programs, etc., careful plans are made in order for each to understand his part in the undertaking. Plans are worked out together, as to suitable time, place and each ones responsibility for parts on the program and for planning the meetings. By having the good working relationship, work goes along harmoniously, and the results are more satisfactory. An effort is made to plan with the secretary in order that she may have work ready for her gradually when possible, rather than to have heavy rush seasons with staggering loads. This applies to such times as reporting seasons, etc. When the agents give thought and attention to cooperating with her, the secretary is in a position to complete her work more efficiently and on time.

5. Local Hospital

The new hospital appreciates the assistance of club groups in mending linens. One group made many cookies for the opening of the new hospital in September.

Financial assistance is given the hospital. Members assist in the hospital food booth at the county fair. Certain members have received certificates to teach home nursing. Classes have been planned by these instructors.

6. SCS, ASC, and FHA

The workers in these offices are cooperative in many ways. They cooperate in planning meetings, and the relationship of the various workers is on a very friendly basis.

7. Veterans Class

The veterans class attended the special interest meeting on home safety in October. The home agent spoke and gave a canning and freezing demonstration in the Spring, 1958 to the Veterans class.

8. Group of Young Mothers, Park Headquarters

The agent will give a demonstration on Christmas gift suggestions and decorations at a meeting of these young ladies on November 20. This is by special request of the group which meets from time to time for work meetings.

T.B. was given by H.D. women. The father of one member received a money prize for being the oldest person x-rayed that day. He is 92.

2. Fair Association

The agent attends the fair meetings when possible. She encourages leaders to assist in fair activities and they do this in an efficient manner. Judges are secured by the assistance of Extension agents. Assistance is given in arranging and setting up exhibits. L-H leaders, junior and senior, are active in fair activities. The fair secretary is also an active home demonstration member.

3. Educational Association

The agent tries to be prompt at L-H meetings in schools. The teachers, superintendent and principals are very cooperative in planning for time and places for meetings in the crowded buildings. The school auditorium may be secured for L-H achievement, special interest and other meetings as requested. Some of the teachers serve as L-H club sponsors.

4. Power Company

The agent is fortunate in being able to secure the demonstration kitchen at the Power Company for leader training, L-H project meeting and certain home demonstration club meetings. The home economist and the agent cooperated in presenting training meetings in foods for leaders for three series of home demonstration club meetings. They are most generous in supplying equipment and supplies, and in making the groups feel welcome.

State troopers gave instructions and each member passed the test for the learners permits to drive. Practice work, with the assistance of state troopers, teacher of high school driving classes, and others, enabled to many of the women/become licensed drivers.

Health and Safety continues to be one of the programs of work to be stressed in Page County for 1959.

VIII. COOPERATIVE WORK OF AGENT WITH OTHER GROUPS

The agencies cooperated with by agent are:

1. Health Department
2. Fair Association
3. Educational Association
4. Power Company
5. Local Hospital
6. SCS., ASC, and FHA
7. Veterans Class
8. Group of Young Mothers, National Park Headquarters
9. Women in Industry
10. Merchants

1. Health Department

The health nurse and the agent cooperate in various activities. Club women serve as hostesses for chest x-ray unit. They help when clinics are held. Clubs and individuals support drives, and supply garments and supplies as needed for patients preparing to go to the sanatorium. When the request is made, the county nurse makes talks to club groups on disease control and other topics. Literature is secured from the health nurse for distribution when needed on timely topics. Safety materials were secured. Definite help in helping to have people over 40 x-rayed for

dentists. He is working in cooperation with the U.S. Dept. of Health and the State Health Department. An intensive prevention program will follow the survey.

4. A safety scrapbook was submitted for national competition in 1957.

5. Bicycle safety certificates were presented to pupils in five schools who had attended bicycle safety meetings. State troopers talked. They actually used bikes as illustrative material, and they used films secured from the State Safety Council. Approximately 800 boys and girls were included.

6. Two senior 4-H clubs chose safety for their club projects.

They have studied and discussed:

- (a) Water safety
- (b) Safety with firearms
- (c) Safety in the home
- (d) Safety on farms--machines and animals
- (e) Safety on the highways

The two groups have been quite interested in the safety discussions, and they plan to have more work along this line. A state trooper has been invited to serve as guest speaker. The game warden visited the group once. He gave special emphasis to the use of firearms. One group has already had the talk and discussion by a trooper. This was an intensely interesting meeting.

7. Two large groups of women met for the purpose of learning to drive cars.

14. Members participated in radio programs.
15. Members are assisting in plans for observing Farm-City week to be observed November, 1958.
16. The members are thoughtful of non-members and assist them by giving helpful information, recipes and leaflets. This arouses interest in the Extension Program.
17. Two outstanding contributions of members are: cooperation, and attending meetings regularly and punctually.

F. One Significant Achievement of Extension Work

Work in safety has been important in the youth program and with adults. This safety phase has been ⁱⁿ progress for several years. Activities have included:

1. Special interest meetings. State troopers assisted in conducting the special interest highway safety meetings in two communities. These were lively meetings, well attended by young people and adults. Questions and lively discussions indicated the presence of interest.
2. Home Demonstration club meetings on highway safety, driver and pedestrian, were held. For December, 1958, there will be discussions of holiday safety in home demonstration clubs. Very likely the 4-H clubs will discuss safety at the December meetings.
3. Home accidents were discussed by Mr. Lewis Polk at a special interest meeting in October. He is conducting a survey of accidents in Page and five neighboring counties that are brought to doctors, hospitals and

1. The county home demonstration chairman is from this club.
2. The membership of the club increased.
3. Leaders attended all training meetings.
4. The club president attended county and district training meetings.
5. Their meetings were well conducted with excellent participation by members and leaders.
6. Special interest meeting on refinishing furniture was held. Other clubs were invited to attend and participate.
7. The members gave active support to the new hospital.
8. The club contributed to worthwhile drives—March of Dimes, Polio, etc.
9. Members joined the two educational tours conducted in October, 1958.
10. One member opened her home to the housing tour. She served refreshments to the large group.
11. Two members attended the "Art In Daily Living" forum in Winchester, November 13, 1958.
12. Members cooperated in conducting the agricultural fair.
13. One member attended the State Federation meeting and the Institute of Rural Affairs, this past summer at V.P.I., Blacksburg, Virginia.

Rebecca, now in high school, has attended 4-H camp for several years. She did excellent work in clothing construction and freezing foods this year. She attended one session of State Short Course.

Mrs. Mims is county program of work chairman in "Health and Safety." She has conducted excellent planning meetings along these lines. Several special interest meetings, one on highway safety and one on home accidents have been conducted under her leadership.

Mrs. Mims assisted with the 4-H summer project work this summer while Rose Harmon, undergraduate trainee, was working in the county. Her able leadership was a good example for the student in training.

She serves as a chairman of the youth division of the agricultural fair.

In school, church, home demonstration and 4-H clubs, and the community recreational program, she works in an untiring and unselfish way.

In the home, it would be difficult to find a better example of a Christian homemaker than is Mrs. Mims. The development of the three fine children bespeaks the interest, love and care of devoted parents.

Communities are fortunate when they are made up of public spirited families such as the Mims family.

E. Activities and Outstanding Accomplishments of a Club

Various activities have made 1958 a good year for the Springfield-Kinball Club. These activities include:

interested in helping to secure a permanent site for the fair. The fair chairman gave Mrs. Waters fine complements for her devotion to duty and her untiring efforts in getting the fair established in new buildings on a permanent site. It is through Mrs. Waters' leadership that many home demonstration women serve as leaders in home demonstration clubs, in church activities and in other civic organizations. Mrs. Waters has been instrumental in acquainting the public with the work of Extension and in so doing, causing women to join the groups and become active members and leaders.

D. Activities And Accomplishments Of An Outstanding Family

The Brooks Mims family has been quite interested in the affairs of the school, church, Extension organization, the agricultural fair and the community recreational program. They are untiring in their use of time, effort and they are generous with funds in cooperating with worthwhile community efforts.

The family lives on a good general farm. Bobby, the eldest son, has practically full charge of the farm operations, since Mr. Mims works with the livestock sale in a near-by town. Bobby was county council chairman last year, was re-elected for 1958-59. He received the loving cup for being the outstanding 4-H member in the county last year. He became an All Star in 1957. Now Bobby is serving actively as a 4-H leader in the Springfield School clubs. He was president of the Luray Sr. 4-H Club in 1957.

5. Young Men and Women's Clubs

	1954	1955	1956	1957	1958
No. Club Officers	: 4 :	4 :	4 :	2 :	2 :
No. Leaders or Sponsors	: 6 :	6 :	8 :	4 :	6 :

C. Activities and Accomplishments of Some Outstanding Leader—And Extensions Part In This Development

Mrs. Cletus Waters has been active in the Extension program for at least eight years. She has served as club secretary, club president, county and now she is program of work chairman chairman/in home and community beautification. Her club made excellent progress under her fine leadership. Some of the results noted during her term of office were: increased membership, interesting club meetings with good attendance, fine development of leadership within the club group. While she was county chairman, the activities of the clubs were quite successful. An excellent achievement program was held, probably the most outstanding one ever conducted in the county.

Educational tours were made to points of interest.

Mrs. Waters is interested in the 4-H club program. Although she is not an active leader, she has given assistance and support to the youth program in various ways. She has helped select and encourage 4-H leaders. The leadership which has developed while engaged in Extension and church activities has reflected in the part she has played in getting the young agricultural fair started. As secretary, she has shown great initiative and interest in the progress of the association. She was very

B. Growth of Leadership

1. Overall Program Leaders (Organizational Leaders for County Ext. Service Board.

<u>No. 1957</u>	<u>No. 1958</u>
10	10

2. Home Demonstration Club Leadership:

	1954	1955	1956	1957	1958
No. Organizational Leaders	55	70	70	70	65
No. Project Leaders (subject Matter)	120	120	135	98	84
No. Federation Program of Work Chrm.	13	14	14	26	24
No. Program Development Leaders	13	14	14	14	12
No. Result Demonstrators	16	16	17	16	16
No. Training Meetings By Specialists	9	6	6	2	4
No. Training meetings by dist. Agents	2	1	3	2	1
No. Training Meetings by Agents	11	6	5	4	4
No. Training Meetings By Others					2
Attendance at all training meetings	231	295	174	102	216
No. Meetings Held Without An Agent	54	59	68	21	56
No. Meetings Leaders Assisted	70	74	56	80	90
Demonstrations by Leaders	54	59	68	75	65
Talks and Discussions by Leaders	107	150	184	195	210

3. Overall Youth Leaders

<u>No. 1957</u>	<u>No. 1958</u>
5	5

4. A-H Club Leadership

	1954	1955	1956	1957	1958
No. Club Officers	55	55	55	55	60
No. Adult Project Leaders	12	8	8	11	11
No. Junior Project Leaders	3	4	10	12	13
No. Result Demonstrators		2	2	2	2
No. Training Meetings by Specialists	2		1	1	
No. Training Meetings by Dist. Agents	1				
No. Training Meetings by Agent	16	8	4	6	4
No. Training Mtgs. by Members of Club Dept.					
No. Training Meetings by Others				1	2
Total Attend. At Ldr. Trn. Mtgs.	75	74	45	55	50
No. A-H ldrs. Trained Individually	7	8	8	10	8
No. Club Mtgs. Held by ldr. w/out agt.	15	14	4	6	9
No. Additional Club Meetings at which leaders assisted	25	33	23	38	40
No. Demonstrations Given by Adult Ldrs.	47	16	19	25	27
No. Demonstrations given by jun. ldrs.	40	30	32	35	40

Early in the winter, a planning meeting was held to establish goals for the work of the year. The discussion was lively and important decisions were made. The meeting was planned in cooperation with the program of work chairman. Physical examinations, chest x-rays and stress on home, farm and highway safety will be considered during the year. Reports show that much work has been accomplished along these lines.

More than 50% of the ladies reporting had physical check-ups. Almost 50% had chest x-rays; nearly half of them had removed fire and accident hazards.

(b) Home and Community Beautification

The two tours were to further the work of home and community beautification. Club meetings were held in February on "Rock Gardens and Continuous Blooms." The forum in Winchester had "Making Winter Arrangements" as one of its topics on Wednesday, November 13, 1958.

Mail box improvements were stressed. A contest was held. A winner was selected in each club for the best mail box. A county winner was chosen from the winners in each club group.

More than 25% of the women reporting had improved mail boxes in 1958. More than 35% had improved their yard and grounds.

The county planning group plans to try to get a rubbish disposal place planned for the county. This is badly needed as there is no such convenience for county residents at present.

some cases. The results of this study and planning are reflected in a smoother meeting, business-like and one which opens and closes on time. The members appreciate having promptness.

2. Program Development

The work of program development leaders is invaluable in having an interesting program set up which carries a challenge to the people in the community.

The wishes of the club members were secured with the cooperation of the program development leaders. These wishes were secured, not only at the program planning meeting called "A Look Ahead For the Next Year", but all along through the year as they are expressed.

A more meaningful and helpful county plan for the years program has resulted from the good work of well trained program development leaders.

3. Subject Matter Leaders

The subject matter leaders were diligent in their work during 1958. The attendance at the leader training meetings has been excellent. Their assistance has been outstandingly good in presenting demonstrations, leading discussions and giving talks. A well planned training program has assisted them in giving good service as leaders. Their work has definitely promoted the work of the Extension program and has contributed to its growth.

4. Federation Program of Work Chairmen

(a) Health and Safety

2. Home visits were made to give assistance where needed.
3. Special interest meetings were held. Among the topics were safety, refinishing furniture and simple tailoring.
4. Bulletins were distributed through a plant by means of the pay envelopes.
5. Visitors days were held in various club groups. Also special programs were conducted to interest people in the Extension program.
6. Educational tours were attended by members and by non-members.
7. Home demonstration members visited various church services in a group. There are numerous demonstrations in the community.
8. Members gave bulletins and other helpful information to non-club members.

VII. Leadership

A. Volunteer Leaders and Their Contributions To The Program

1. Organizational Leaders

The organizational leaders studied the handbooks and the yearbooks to become familiar with various phases of the Extension program. They became familiar with good rules of parliamentary procedure in order to conduct business-like meetings. There has been marked improvement in the manner of conducting certain meetings. The business portion of the program gets under way in an orderly fashion, and action is taken more rapidly in

Extension program—camp, achievement days, fair, tours and in conducting the regular program of 4-H and home demonstration. Their cooperation has strengthened greatly the work of the entire extension program. In turn, the assistance given by them has developed their leadership ability. Various officers and leaders in home demonstration groups are from the younger segments of the club group.

The tours, in county and out of county, have attracted numerous young people. Young homemakers, because of the tours, have become interested and have joined the home demonstration clubs.

VI. SCOPE OF WORK

A. Chart

	1954	1955	1956	1957	1958
No. H.D. Clubs or Groups	15	16	16	16	16
Membership	285	295	297	300	300
No. 4-H Clubs	11	11	11	11	12
Membership	269	264	240	255	239
No. YW/ Clubs	1	1	1	1	1
Membership	15	15	15	20	20
No. Community Clubs	1	1	1	1	1
Membership	1	1	1	1	1
No. Home Ec. Committees	1	1	1	3	3
No. General Interest Committees	1	1	1	1	1
No. Youth Committees	1	1	1	1	2
No. Other Organizations	1	1	1	1	1
No. Farm & Home Dev. Families	1	1	2	4	4
No. Other Families Reached	935	930	940	950	960
No. Different Families Reached	990	980	995	990	995

B. Increasing The Scope of Work and Informing The Public About Home Demonstration Work

1. Publicity was given by means of the radio and the newspaper.

Articles and meeting notices, regular meetings and special meetings were published in a daily paper and in the local weekly paper. The press cooperates in making photographs to go with certain news articles.

They request demonstrations from time to time from the home agent. One is being planned for later in November, 1958

A class of veterans attended the accident special interest meeting conducted by Mr. Lewis Polk.

A talk and round table discussion and demonstration on preserving foods by freezing and canning was presented to the veterans class. Their wives were invited to attend the session.

Information is passed along by club members and leaders to young homemakers who are unable to attend meetings.

A club leader gave a demonstration to a garden club group on continuous blooms and rock gardens. She had secured training from a specialist on the topic.

Many of the ladies in industry who receive information and recipes are young women. This information is apparently well received.

Materials are secured for groups of young women such as junior garden clubs, etc. These groups were invited to the District IX forum on "Making Dry Arrangements" and "Music" conducted in Winchester, November 13, 1958.

Young married couples attended and participated in the Institute of Rural Affairs during the summer, 1958 at Blacksburg, Virginia.

Cooperation with many young people who were working to make the agricultural fair a success has been a very rewarding undertaking. The purchase of new fair grounds and the construction of permanent buildings reflect sound cooperative effort.

Young people have assisted when called upon in any phase of the

7. L-H Planning Committee

The committee of leaders, junior leaders and members select projects that appear to be suitable for members to choose for their work of the year. The planning committee sets up plans for the conducting of the projects in a successful manner.

8. Special Project Meetings

During the year, special work project meetings are held to do intensive work on specific projects. Leaders assist in these meetings. The results of these special meetings has been evident in better quality products such as foods prepared and garments constructed.

D. Young Men and Women's Work

Young homemakers from club groups and others have been given assistance in planning housing improvements. These improvements include lighting, color schemes, kitchen improvements, planning family room, planning outdoor living area, planning for window treatment, etc. This help has been given individually and with the assistance of others. The home economist from the Power Company assisted with advice on lighting and kitchen planning in one home.

A group of young ladies, wives of the National Park personnel meet to do craft work and to make articles to improve their homes. Many have young children and they cannot get to the regular home demonstration club meetings.

4. 4-H Achievement Program

The council made plans for the annual achievement program. The major part of the program will be made up of numbers by 4-H members. A "Share The Fun" contest will be conducted as an entertaining feature of the program.

At the December 3 program, a loving cup will be presented to the outstanding 4-H member. County medals and other means of recognition will be given for excellent work.

5. Annual 4-H Picnic

This event is also planned by the 4-H council group. The picnic is held at a recreational area near the center of the county. Families meet to swim, play games and to enjoy the picnic supper together. Parents, members, friends and agents enjoy getting better acquainted.

6. Participation In The Agricultural Fair

4-H leaders are in charge of the youth division of the agricultural fair. Members give definite assistance in numerous ways during the entire fair. They helped in constructing new buildings on the newly acquired fair grounds. They planned and arranged an educational booth in the farm and home exhibit. They won the blue ribbon and the first prize of \$15.00 for the exhibit. Leaders and junior leaders participate in the fair planning meetings. A former 4-H member has been elected president of the fair association for 1959.

(h) Give a trophy cup to the outstanding club member in the county. (No member can receive this honor more than one year.)

(i) Increase county 4-H membership to 500 members.

(j) Work toward better planned and more interesting meetings.

(k) Each club strive to secure 100% completion of record books.

(1) Cooperate with the Page Valley Agricultural and Industrial fair by making exhibits, booth exhibits and in any other way possible. Probably a float will be decorated by council members or an educational booth will be arranged by them.

2. 4-H District Camp

Three counties cooperate in holding an encampment at Powell's Fort Valley Camp in Shenandoah County. About 150 campers and leaders were in attendance.

Classes included craft, swimming, first aid and nature study. There were vesper programs each day. The association with members from other counties was a rewarding part of the program. Leaders and members consider this a highlight of the club year.

3. 4-H Contests

County contests are conducted for the purpose of securing winners for further competition or for county awards.

County medals will be presented at the achievement program in December. Participation in demonstration and record contests has been practiced in 1958.

there was interest shown in the work. The most important phases in which work was done were furniture arrangement, improving equipment and furnishings in rooms, window treatment, care of rooms. In yard improvement, planting and care of flowers and shrubs, keeping the lawn mowed and in good condition were considered. The interest in home improvement is increasing. This is evidenced by having two active club groups enrolled in the Farm and Home Electric project.

C. Other Activity

1. 4-H council meetings are held about three times each year for the purpose of planning county events such as 4-H achievement program, 4-H picnic, camp, fair participation. The goals established by council group follow:

- (a) Award a small loving cup to the club showing most improvement in using parliamentary procedure correctly in conducting meetings. To keep the cup, a club must win it three years in succession.
- (b) Present a banner to the most outstanding club in the county.
- (c) Hold a county picnic
- (d) Hold a county achievement program day in the Fall.
- (e) Send leader to camp and to the State Short Course when necessary.
- (f) Have more 4-H members participate in more contests and work harder for state winners.
- (g) Be well represented at 4-H camp in August

(d) To give instruction and training in various methods of food preservation such as canning and freezing.

(e) To teach members how to judge.

Leaders, agent and members cooperated in giving the demonstrations.

Practice was secured by the members at home following the demonstrations.

They would bring products to meetings to secure practice in judging.

Several results in foods work reflected on members reports. The results show that

277 meals were prepared	506 quarts were frozen
1420 dishes were prepared	236 pounds were frozen

3. Safety

Two club groups, namely the Stanley Sr. 4-H Club and the Luray Sr. 4-H Club carried safety as group projects. During the summer, emphasis was given to water safety. Safety with firearms and highway safety are two important phases to be stressed. These topics have been of great interest to the members. The discussions in the groups have been lively. Demonstrations and practice in the most modern method of giving artificial respiration were engaged in at meetings. Guest speakers have been invited. State troopers and the game warden were invited. The discussions engaged in by teenagers who have recently started to drive are lively and informative. Their exchanges of experiences should be valuable to each other.

4. Home Improvement

Work was planned and accomplished on room improvement and on lawn improvement. Although there was a small group enrolled in these two projects,

Small project groups met for instruction and work sessions during the summer. Good results were noted in the smaller project groups. It is easier to get efficient leadership for smaller groups than for a large group meeting in school.

Many garments constructed were very pleasing to the members, their mothers and the leaders. The interest shown by the members in the clothing construction work was very satisfactory; therefore, the results reflected the interest and initiative on the parts of members and of the people in charge of training the members.

Reports from members carry several results of quantity of work accomplished—

Articles made—697

Garments Made—236

Of the 237 girls enrolled in the clothing projects, 203 or 85% completed their projects.

2. Foods and Nutrition

The objectives in conducting the foods projects were:

- (a) To teach the value of planning well balanced meals for health, vigor and happiness.
- (b) To teach methods of preparation of attractive nutritious meals.
- (c) To teach skills in baking—quick breads and yeast breads.

3. Safety. This was taken as a club activity in two senior clubs, in addition to the other projects.

4. Home improvement, including improving rooms and home grounds.

1. Clothing Work

The objectives in planning the clothing work were to give training in selecting appropriate materials, suitable colors, and styles suitable of the individual girl, how to operate a sewing machine, how to read labels and interpret them, how to give proper care to newer materials and blends, whether man-made or natural. Interpreting and using patterns was an important phase of the clothing program. Changing patterns to fit the individual figures was practiced. Finishing garments by hemming correctly and careful pressing were stressed. The use of the pattern guide for placing, cutting and construction was given emphasis.

In the personal appearance or looking your best unit, good grooming was given a prominent place. The scrapbooks made by the girls illustrated the phases considered, namely, care of hair, care of clothing, skin and hand care, improving posture and foods for radiant health. The importance of good teeth cared for properly was a topic for discussion also.

The adult leaders, junior leaders, members, home demonstration agent and undergraduate trainees presented demonstrations to assist with the training of the individuals and groups.

Usually two meetings of this group are sufficient to plan for school projects and the second one to plan for summer activities.

The excellent work of this planning committee has had a definite influence on the quality, quantity and completion of the 4-H project work in Page County.

5. Honor Club

The honor club is inactive at present. Competition for time has resulted in very poor attendance at the meetings of this group. When the members became eligible for the honor club, they are involved in numerous school, church and community activities, and the honor club meetings, which were fairly infrequent, were ones which could be missed. Attempts were made to have inspirational and interesting programs; yet the attendance continued to be very low, and a source of discouragement to the officers and program committee.

B. 4-H Project Work

The projects carried by the majority of the 4-H members during 1958 follow:

1. Clothing, including beginners sewing, more advanced clothing construction and personal appearance.
2. Foods and nutrition. The foods topics were meal preparation, bread making, freezing and canning foods.

- (d) To plan for making county awards
- (e) To plan for the county 4-H picnic
- (f) To elect council officers annually

Members and officers from various sections of the county become better acquainted during the council meetings.

The work of the council serves as a means to get better understanding among all groups of the county, to get better cooperation and to insure a more unified program throughout the county.

3. All Stars

There is no formal organization of all stars in Page County. They cooperate in all phases of the youth program, county council, county clubs, achievement programs, etc. The all stars cooperate in helping to select all star candidates to be recommended annually. Whenever a request is made of them, the all stars are willing to cooperate in a dependable manner.

4. Project Planning Committee

This committee is made up of adult 4-H leaders, junior 4-H leaders and older 4-H club members. The purpose of having this working group is to arrange the annual program of project work for the 4-H clubs. Suitable school projects are selected and others to be conducted in smaller summer groups are chosen. In connection with the projects selected, they plan for activities and project work for each month's meeting. They make detailed plans for completing the project requirements.

V. COUNTY EXTENSION PROGRAM--YOUTH

A. Organization

1. County Youth Council

The county youth council operates as a part of the home demonstration county committee. The council is composed of home demonstration county committee members and 4-H club leaders. They function in the following ways:

Goals are set up in cooperation with the county home demonstration goals to reach young married people by visiting them, supplying them with written information on subjects needed, by helping to interest them in the Extension program. At the committee meetings, a report is given on the 4-H progress, and plans are made to furnish 4-H leaders from the home demonstration groups. Financial help was provided by the county committee to three 4-H club leaders who attended the Leaders Conference held in Natural Bridge in November, 1957.

2. County 4-H Council

This organization has in its membership adult 4-H leaders, the council officers and the officers of each of the 4-H clubs in the county. The purpose of the council is to make plans and decisions on activities of interest to the entire county. Some of the activities of 1958 were to:

- (a) Set up county 4-H goals
- (b) To plan as to the kind of fair participation to engage in
- (c) To plan for the county 4-H achievement program to be conducted December 3, 1958

The numerous duties found on a farm and in a farm home require much time of the parents. They wish that they could have more time to engage in many activities which would interest them. They are very weary with the pressure of work, including milking cows, caring for layers, washing eggs, gardening, canning, freezing foods, cleaning the house, that it is difficult to take part in many community affairs. They are active in the church activities and Extension activities.

This family is willing to make improvements as they can find time.

The greatest improvement has been on home grounds. A new stone wall is flanked by chrysanthemums in full bloom now. The bank across the road is a mass of colorful blooms. These improvements are a completion of some of their careful plans.

The chore of keeping the son in college requires careful planning of funds.

The health of the family is better this year than for about three years. Two major accidents, one to the mother and a tractor-car accident in which the father was involved, threw them back in completing their plans. Although not very young, the couple expect to continue making improvements as set up in their long-time plan.

The family is a friendly one. They were host and hostess to a foreign visitor. A friendlier welcome could not have been found anywhere.

home, and the family routine has changed considerably. The plan to complete the kitchen will be realized as early as possible—probably the heaviest fall work on the farm will soon be finished.

When the water is piped into the kitchen, the next step will likely be an electric stove. A place is being planned to locate the stove.

Another family improvement fairly recently was a new car. This was necessary, since their old one was practically worn out.

In spite of being a busy family, they take time out to engage in church and community affairs. They are active in the affairs of the church. The mother is a 4-H club leader; the summer project group met several times in her home. The Senior 4-H club was entertained there in October. The teen age daughter has been quite active in 4-H work and her progress has been good. The son is also an active member.

Although progress is not rapid, the sound plans have been made and constant progress is being made.

Another family has the mother and father at home and a son who is a senior at V.P.I. They need to get improvements made in the kitchen to save steps. The work areas are scattered, the telephone is up a long flight of steps from the kitchen, and the lighting is not adequate in the kitchen.

Improvements made this year include painting several rooms, and plans are being made to remove old wall paper and repaper other rooms.

B. Subject Matter Areas and Assistance Given

	Short-Term Goals	Long-Term Goals	Outlook Information	Buying Information	Improved Methods and Practices	Demonstrations	Specialist Assistance
Foods and Nutrition	3	2	2	2	2	2	1
Vegetable Gardening							
Clothing	2	2	2	2	2	2	1
Housing	3	3	1	1	2	2	1
Home Management			1	1	1	1	
House Furnishings			1	1	2		
Yard Improvement							
L-H Club				1	1	1	
Other (specify)							

C. Progress Stories

1. This family being considered has been planning for several years to make major improvements in the kitchen. The house is fairly old and all of the family members are grown and away except for a teen age daughter and a son about 12 years old.

An excellent utility room has been arranged fairly near the kitchen. A big home freezer simplifies the food preservation problem. Many other activities are engaged in in this room such as storing and cleaning eggs, pickle making, laundry and other activities.

The kitchen improvement work has been carefully planned. The father is an excellent cabinet maker and he has cured walnut lumber from the farm. This is being used to make the beautiful kitchen cabinets. The basement had to be dug out more to protect water pipes from freezing. The work was interrupted when an extended illness and death of a married daughter occurred in the Spring. Since her death, two young grandchildren are living in the

and women. Each person in attendance participated in the activities. A good feature of the evening is getting better acquainted with folks from all over the county.

E. Urban Work in Page County

The towns of Stanley, Shenandoah and Luray are rather small. There is no large city located in Page County. Work in these towns includes giving help on housing problems, improving kitchens, bathrooms, family rooms, outdoor recreational areas, color schemes, selection of materials for house furnishings, etc.

Requests come for methods of food production, insect control, food preservation and preparation.

Requests for quantity preparation of foods for church suppers are answered.

Care of lawns, flower and shrubbery planning, planting, pruning and care are topics on which requests come. Some of the town women are showing excellent qualities of leadership in the home demonstration club groups.

Apparently, the work with town women is increasing constantly.

IV. FARM AND HOME DEVELOPMENT

A. Problems Encountered Most Often

	<u>No.</u> <u>Families</u>
1. Failure to get plans carried out	3
2. Inconvenience in the arrangements of kitchens	2
3. Inadequate home heating	2
4. Lack of time for home duties and numerous community activities	4
5. Records and plans incompletely kept	3
6. Health of certain families retards progress	1

to the undergraduates. She participated in a radio program and visited a L-H project meeting during the day.

9. Providing Information to Women in Industry

Labor and time saving recipes and other helpful information are distributed to working women by means of the pay envelopes. Apparently, the women are pleased to receive this timely information. It would be interesting to survey the number of times it is actually used.

10. A talk To a Veterans Class

The instructor requested the agent to give assistance on food preservation—canning and freezing. This was done at a class session, and instruction books were distributed where needed.

11. Working With Young Women In National Park Headquarters Group

Many of these women have young children and cannot get to home demonstration meetings. They have a meeting room where they get together to do various kinds of craft work. They have requested a demonstration to be conducted later in November on the subject of gift suggestions and Christmas decorations. This help will be given on November 21. Work has been done with the group previously.

12. Home Demonstration Club Picnic

The annual county picnic was a successful one this year as usual. One club group was responsible for the entertainment following supper. They chose numbers that appealed to young and old people, and to men

District IX meeting in Leesburg, and by holding visitors days at club meetings to acquaint more people with the Extension program.

4. Having Housing Tours

The two tours have been discussed previously in connection with the housing phase of the program. One was to the Waterford Fair and housing tour of five homes. The other was a county tour to seven homes in Page County having good housing phases.

5. Judging at Fair

Page County leaders and the agent assisted with the judging at the Warren County fair, the first to be held for a number of years. This is always a rewarding and interesting experience.

6. Observing Farm and City Week

A window display will be arranged in Luray during Farm-City Week. News paper publicity is being planned also for the week.

7. Working with Undergraduate Trainee

For eight weeks from June until August, Rose Harman, a senior at V.P.I. was with the Extension family in Page County. She was an interesting and capable member and apparently she enjoyed Extension work while here. Her work with the 4-H program was exceptionally good.

8. Entertaining a Visitor From Turkey

Miss McCune, a trainer of home demonstration agents in Turkey, observed the methods used by Virginia Extension in giving training

9. Providing recipes and helpful material to women in industry.
10. Presenting Food Preservation Information to Veterans Class
11. Working with young women in the National Park Headquarters village in a gift and craft demonstration group.
12. County Home Demonstration Club picnic

1. County Objectives

The home demonstration committee planned the following objectives for 1958:

- (a) All county leaders should attend county training and other county meetings.
- (b) Be responsible for four meetings without the home demonstration agent
- (c) Encourage all members to be regular in attendance and to take part in the demonstrations
- (d) Share materials with young married couples by visits from H.D. members. Also visit non-club members.
- (e) Each member make one or more accomplishments on one of the programs of work (Health and Safety) or (Home and Community Beautification). Discuss the program of work at several club meetings.
- (f) Encourage members to become 4-H leaders and to help to interest more young people in 4-H club work.
- (g) Each club set a goal to reach in the sale of cookbooks. (at least four objectives must be accomplished to be a standard club).

2. Special Interest Meetings

The special interest meetings conducted this year have been discussed previously. They include Vegetable Gardens and Pest Control, Refinishing Furniture, Simple Tailoring and Accident Prevention.

3. Observance of National Home Demonstration Week

This week was observed by publishing news articles on Home Demonstration Work, by having Home Demonstration Club members attend various churches represented in their group, by having good attendance (2 bus loads) at the

Several of the home nursing instructors trained at the hospital by a Red Cross representative were home demonstration members. The new building was needed badly and support will continually be given by interested members. This phase is directly in line with the Health program of work being stressed at present. For the opening celebration members assisted by helping with making refreshments for the huge crowds in attendance.

Another community project was moving into the newly erected fair buildings, which were built on the new fair grounds. Home Demonstration clubs and many community organizations worked closely together to make this dream come true. One important result of the effort was that the county agricultural fair was the most successful one ever to be held since its beginning about six years ago. The exhibits, the entertainment and the financial success reflected excellent cooperation on the part of county and town people of Page County.

Other improvements will be made as planned by committees in the future.

D. Other Activities Include:

1. County Objectives
2. Special Interest meetings
3. Observance of National Home Demonstration Week
4. Holding Housing Tours
5. Judging at County Fair (Warren County)
6. Observing Farm and City Week
7. Working with Undergraduate Trainees
8. Entertaining a visitor from Turkey

Well planned new and remodeled bathrooms were observed.

Two family rooms were included in the tour. These were admired a great deal for convenience, comfort and beauty.

An outdoor living area with fireplace was well planned, convenient and beautiful.

Results reported by 92 families follow:

- 6 houses were remodeled
- 1 house was built new
- 4 houses had water installed
- 4 new bathrooms were built
- 52 have safe sewage disposal
- 25 have rearranged and improved kitchens this year.
- 29 have rearranged and improved 59 other rooms
- 14 floors were sanded
- 22 improved home storage
- 21 improved lighting in 32 rooms
- 39 made major repairs to house
- 5 installed kitchen sinks
- 3 secured water heaters
- 4 installed heating systems
- 3 installed furnaces

C. Outstanding Community Project

The outstanding community project continues, as was reported last year, to be work with Page Memorial Hospital. In September, 1958 the Page Memorial Hospital moved into the new modern building located in a beautiful spot in Luray. The mountain view is beautiful and the facilities are modern and of excellent quality. The home demonstration clubs give financial support to the hospital. They mend linens as the need arises. Home Demonstration members give assistance when help is scarce.

- 40 removed fire hazards
- 41 removed other accident hazards
- 84 tried to save time and energy doing housework
- 21 improved home lighting in 32 rooms
- 58 family members had physical examinations during 1958
- 65 rested a while each day
- 84 family members had chest x-rays
- 69 visited the dentist as needed
- 75 gave special thought to serving well balanced meals during the year
- 56 tried to improve family recreation
- 37 tried to plant a better variety of vegetables

6. Housing, Kitchens, New Houses and Other Improvements

The housing objectives are to interest people in:

- (a) Have better facilities in kitchen--running water at sink, better arranged kitchens.
- (b) To improve home lighting.
- (c) To encourage families to plan well for making improvements and for building new homes to avoid "built-in" mistakes.

(Two tours were engaged in during the Autumn, 1958. The first tour was to Waterford Fair, Loudoun County, Virginia. In connection with this tour, there was a tour of five houses. This was interesting and many, many excellent ideas were secured for housing improvements.

(The second tour was in Page County. Seven homes were visited. These homes were remodeled, old and new homes. The kitchens were of particular note, since they had been carefully planned from the standpoint of lighting, convenient arrangement, sizes, careful color use, good floor treatment and suitability for the individual families.)

(d) Stress safety on the highway, in homes, and on the farm.

(e) Eliminate fire hazards in the home and on the farm.

Leaders and members assisted with the mobile x-ray unit. They helped to interest people who had not had chests x-rayed before. They assisted as hostesses during the actual time the unit was in Page County.

Families were urged to have check ups periodically to detect conditions needing attention.

√ A special interest home safety meeting was arranged with Mr. Lewis Polk as guest speaker. Mr. Polk is working in Page and four neighboring counties to determine the number and kinds of accidents occurring and being taken to doctors, dentists and hospitals in the five county area. Mr. Polk is employed by the State and United States Department of Health for this undertaking. An intensive educational program will follow the survey. √

A cooperative effort was with the Red Cross representative to hold a training school for instructors in home nursing. Nineteen women finished the course and are qualified instructors in the county. Several of the women are in the process of training additional women in classes in the county.

Certain health and safety results shown from 90 reports from families:

The first one was done by agent training. A representative and leader from a neighboring house furnishings store, a graduate in art, gave agent/ training for the April meeting on Color Schemes. He prepared excellent illustrative materials for his presentation. These materials were loaned to the leaders for use in the April meetings. They made the meetings much more interesting and meaningful.

Special interest meetings were conducted in the Autumn, 1958 for the purpose of refinishing furniture.

Results noted from 92 women reporting are shown below:

- 14 made rugs
- 9 made 18 slip covers
- 9 refinished 15 pieces of furniture
- 2 tied springs
- 5 upholstered furniture
- 10 made 13 metal articles
- 9 made 46 baskets
- 4 reupholstered 9 chairs
- 21 improved home lighting in 32 rooms
- 5 painted or stencilled 6 trays

5. Health and Safety

The objectives of major work planned in health and safety as one program of work follow:

- (a) Home Demonstration club members will work with organizations to secure a county rest room.
- (b) Use the chest x-ray mobile unit
- (c) Stress having periodic physical check-up by the doctor to improve physical and mental health.

Of The Newer Fabrics" and "Selection of Lasting Styles" the leaders who had been previously trained assisted with the demonstrations, and in certain cases, gave them completely.

Special interest meetings on simple tailoring were conducted in communities desiring them.

Agent training was secured at the Culpeper Tailoring School in September. A winter coat was made at this school, attended by about 15 agents.

Certain results noted during the 1958 program reported by 92 people follow:

- 150 work dresses were made
- 181 better dresses were made
- 289 other garments were made
- 49 hats or garments were remodeled
- 60 considered use, care, color and cost when buying fabrics
- 19 kept accounts of family clothing costs

4. House Furnishings

The objectives in the house furnishings work were to make useful accessories for the home, to learn to refinish and restore old furniture, to learn to plan more pleasant color schemes for furnishings and to improve home lighting.

The methods used in conducting the house furnishings work were: to train leaders before the January meeting on "Making Useful Accessories for the Home" and the April meeting on "Planning Color Schemes for Furnishings."

who in turn, carried the information to club members and to others.

During the county tour to observe housing and lawn improvements much information was secured on the beautification of home and grounds by means of having a well planned lawn, well arranged and planned flower beds for continuous blooms and the skillful use of rockeries in suitable places.

Some results are evident in numerous homes and lawns having improvements made.

Reports from 91 women show:

36 improved yard and grounds
6 remodeled house this year
1 new house was built this year
28 improved mail boxes during 1958

3. Clothing

The objectives set up in clothing work were to:

- (a) Secure a better understanding of the newer fabrics and how to care for them.
- (b) Study the selection of lasting styles in ready to wear and in patterns for garments to be made at home.
- (c) To become more skillful in making simple tailored garments.

Leaders were trained by specialists and agent. The demonstrations in September and October, entitled "Know Your Newer Fabrics and The Care

2814 quarts tomatoes canned
6959 quarts other vegetables canned
3539 pounds vegetables frozen
4986 pounds fruits canned
1961 pounds fruits frozen
49 have home freezers
1822 quarts meats were canned
9795 pounds meats frozen
1825 quarts preserves and jellies made
659 other foods canned, frozen or preserved
2087 quarts pickles and relishes made

Additional results show that many families are using the recipes and methods of preparation given in connection with the demonstration.

Greater attention is being paid to having meals that will insure maximum health, vigor and happiness to family members.

2. Home and Community Beautification

The objectives of work planned in home and community beautification were to plan to improve homes, lawns, and mailboxes in order to have more attractive communities. Attention was to be given to helping secure a rubbish disposal area in Page County (at present, there is no such area in rural areas). It was planned that each family plant one new shrub or dogwood in lawns needing them.

Filling station operators were to be encouraged to give rubbish disposal bags for use in cars.

This work was planned to give inspiration to others in the community as well as to cause individual improvements.

In February, the demonstration topic was Rock Gardens and Continuous Blooms. A specialist visited the county and presented training to leaders,

foods that will insure meals nutritionally adequate for all family members, regardless of age, state of health and activities engaged in. Stressing the use and preservation of home produced foods will assist in keeping food costs lower during this period of high living costs.

The method of presenting the foods work was by giving training to leaders who in turn would pass along the information to others in meetings or individually.

Recipes were distributed in plants in which women work. These were designed to be time and money savers for the busy ladies who were carrying two jobs, one at home and one in industry.

The leader training during 1958 has been done by specialist, by agent assisted by the home economist from the Power Company.

The foods work included in the monthly demonstration were: Wider Use of Chicken In Our Meals, Freezing Prepared Foods, Salads and Salad Dressings and Wider Use of Home Grown Vegetables.

A special interest meeting was on Vegetable Gardens and Pest Control.

The foods demonstrations are usually well attended, since this subject is an everyday occurrence in the majority of homes, and new ideas and short cuts are welcome to busy homemakers.

Several results secured from reports from 92 women indicate that:

achievement programs, county tours, program of work activities, etc. The annual program planning meeting has the important job of making plans for the annual program of monthly meetings, special interest meetings, county goals and ways to accomplish them, and the selection of programs of work to consider during the year.

The desires, suggestions and needs of the greatest possible number of county women are considered carefully. Following this consideration, the years program is set up to meet as many of the suggestions and needs as possible.

A special planning session usually is held to make detailed plans for the program of work activities.

The committee members consider their work as quite important. Their attendance, devotion to the task, and interest in getting a worth while program established are reflected in the entire year's activities including special interest, monthly program, result demonstration, special activities, such as tours and achievement programs. Goals and how to reach them are established also. The intelligent planning of this group of leaders has given much strength to the county programs undertaken in the past.

B. Project Work

Objectives of Major Work Planned, Methods Used and Results Obtained.

1. Food and Nutrition

In foods and nutrition work, the objectives are to assist families to produce foods, to plan menus and to prepare, conserve and purchase

have stressed farm and home accidents, and work on highway safety has been discussed in a youth group.

Good nutrition as it influences health has been given emphasis in connection with the foods demonstrations and news articles published.

3. General Interest Committees

The fields in which general interest committees function are in health and safety, foods and nutrition, housing and management, time, energy and money. They function in planning special interest meetings, displays and tours.

4. Home Economics Committees

These committees are composed of men and women particularly interested in the field under consideration. There is a chairman and a secretary for recording plans of action.

The safety committee made plans for the special interest home safety meeting in October. Mr. Lewis Polk was guest speaker. A survey is revealing that in a five county area, including Page, that certain months surveyed, more than 1000 accidents come to doctors, dentists and hospitals. The accident study is in progress at present, and is the first of its kind. Causes of accidents will be considered later. The next club program will be devoted to Holiday Safety.

5. County Home Demonstration Club Committee

The members of the county home demonstration club committee are county officers, club presidents, program development leaders and program of work chairmen. They meet to plan activities of a county nature--

These improvements are excellent in the numerous homes having them, but the need is still waiting to be corrected in many, many homes.

Immediate goals which are being emphasized now and will be continued are improving the nutritional status of families; improving the health and safety of families and improving management practices as they affect time, energy and money.

III. COUNTY EXTENSION PROGRAM—ADULT

A. Organization

1. County Agricultural Extension Service Board

This board, composed of leaders from various organizations and parts of the county, such as home economists in business, representatives from the health department, leaders of home demonstration organizations, etc., selected problem areas existing in the county where work should be done. The three committees set up by the board were to do definite work on Foods and Nutrition, Health and Safety and Management of Time, Energy and Money.

This year, stress has been placed on the safety phase. A special interest meeting was held to get a better understanding of the safety survey in progress. Safety for holidays will be stressed before the Christmas vacation.

2. Home Economics Council

Home economics special interest committees and county home demonstration club committees comprise the home economics council. They

however, at present, these enterprises have probably decreased about 25%, due largely to poor prices offered.

Many farms and homes are passed along from generation to generation. The rate of tenancy is low in Page County. In general, the fertility of the soils and the repair and maintenance of homes and buildings has been kept at a high level. "Rural alums" are present to a very small degree in Page County.

The high cost of living has caused many farmers and homemakers to secure work away from home. More than 20% of the homemakers are gainfully employed from the financial standpoint, away from their homes.

Many high school graduates go to college, or for advanced training in mechanics, nursing and business. At present, there is no home economics in the three high schools. A building program is under way, and this important subject will be included.

The county is fortunate in having a new hospital, a goodly number of physicians and dentists and many churches of numerous denominations.

Total county income is increased by the tourist trade each year. Other sources of employment and income are the textile mill, the Blue Bell, manufacturers of work clothing, the tannery and tomato, bean, peach and cress canneries.

For many years, an important goal has been to improve housing and get water into homes.

to eliminate these. A comprehensive study is being made at present by the State and National Health Departments in Page and four neighboring counties to determine how many accidents and what kinds of accidents occur, and later they plan to go into the educational phase of prevention of accidents.

Better physical and mental health, better nutrition, happier family members, younger and older, have apparently been the results of the program presentation by agent, leaders, specialists and others during 1958.

II. PAGE COUNTY SITUATION (1958)

The total area of Page County includes 202,240 acres. About 50.5% of this area is included in farm lands. Many mountainous areas are included in the total area. The Blue Ridge and Massanutten Mountains are on the East and West of this valley county.

The total population has changed slightly from 15,152 during the last twenty years.

Approximately one-third of the people live on farms. About two-thirds live in the incorporated towns of Stanley, Shenandoah and Luray and in the rural non-farm homes.

Dairy farming and the production of livestock for beef have increased during the last decade.

General farming is engaged in, in the county. The production of broilers, layers and turkeys has formerly been a major source of income;

I. HIGHLIGHTS OF THE 1958 HOME DEMONSTRATION PROGRAM

The highlights of the Page County program stressed during 1958 follow:

Foods and Nutrition
Home and Community Beautification
Clothing
Vegetable Gardening and Pest Control
Health and Safety
House Furnishings

Club members and other members of the communities have been interested in the program of the year. This interest has been shown by attendance at meetings, requests for information, good attendance of tours, changed practices in food and nutrition practices, improved homes and grounds, more attention being paid to health and safety of families, a better variety of foods produced, stored, canned and frozen, and better balanced meals planned and served to families. Attention has been given to wise buying and care of clothing, including clothing of the newer fabrics. Selection of patterns and styling of garments to suit the individual has been studied and demonstrated.

This year's program has had definite influence along the line of improving the foods and nutritional practices of families, of improving housing and house furnishings for comfort and convenience, and all of these phases influence the general health and well being of family members. More people are having physical examinations to insure physical well being. People are becoming aware of home and farm accident hazards, and are trying

	<u>Pages</u>
VII. Leadership-----	35 - 45
A. Volunteer Leaders and Their Contributions to The Program-----	35 - 37
B. Growth of Leadership-----	38 - 39
C. Activities and Accomplishments of Some Outstanding Leader and Extensions Part in This Development-----	39 - 40
D. Activities and Accomplishments of an Outstanding Family-----	40 - 41
E. Activities and Outstanding Accomplishments of a Club-----	41 - 43
F. One Significant Achievement of Extension Work-----	43 - 45
VIII. Cooperative Work of Agent-----	45 - 48
IX. Progress In Developing Good Public Relations in Page County-----	48 - 51
A. Co-Workers-----	- 48
B. General Public-----	- 49
C. Elected Representatives-----	49 - 50
D. Commercial Interests-----	- 50
E. Other Professional Workers-----	50 - 51
X. Professional Improvement of Agent-----	51 - 53
XI. Office Working Conditions Improvements Made This Year-----	- 53
XII. The Look Ahead-----	54 - 56

Cover

<u>Title Page</u>	<u>Pages</u>
I. Highlights of the 1958 Home Demonstration Program-----	1 - 2
II. Page County Situation-----	2 - 4
III. County Extension Program--Adult-----	4 - 19
A. Organization-----	4 - 6
B. Project Work-----	6 - 14
C. Outstanding Community Project-----	14 - 15
D. Other Activities-----	15 - 19
E. Urban Work in Page County-----	- 19
IV. Farm and Home Development-----	19 - 22
A. Problems Encountered Most Often-----	- 19
B. Subject Matter Areas and Assistance Given-----	- 20
C. Progress Stories-----	20 - 22
V. County Extension Program--Youth-----	23 - 34
A. Organization-----	23 - 25
B. A-H Project Work-----	25 - 29
C. Other Activities-----	29 - 32
D. Young Men and Women's Work-----	32 - 34
VI. Scope of Work-----	34 - 35
A. Chart-----	- 34
B. Increasing The Scope of Work and Informing The Public About Home Demonstration Work-----	34 - 35

ANNUAL NARRATIVE REPORT

1958

Ina E. Glick

Home Demonstration Agent

Page County

ANNUAL NARRATIVE REPORT

COUNTY EXTENSION WORK

Virginia Agricultural Extension Service

Ina E. Glick

Name

Home Demonstration

Title

Agent

Assistant Agent

Assistant Agent

Assistant Agent



1958

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County

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