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XIV. BRIEF APPRAISAL OF YEAR'S WORK

In appraising the year's work, I feel that homemakers definitely have improved many home making practices. Their reports indicate that good use is being made of educational materials which they receive to use as follow up work after seeing and giving demonstrations. The Annual Statistical Report gives a good percentage of improved home making practices for better family living. This is authentic information direct from homemakers. I am confident that Extension has helped many families in Allegheny County to help themselves.

As I work among and with people, I am conscious of many situations which I feel should be recognized by them as needed improvements. This year I hope to help a goodly number of my people with some bench mark evaluations of their own situations. As they recognize their needs I will help them work toward the goals which they set for themselves.

Allegheny being an industrial County, the people have a median income above the state median. Consumer education is an important field for study in Allegheny County. I hope to do some concentrated work in that area this year. With the help of a County Advisory Committee which we have already planned to work with, a plan of action should be set in motion toward this goal early in the year.

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XII. PROGRESS IN DEVELOPING GOOD PUBLIC RELATIONS IN THE COUNTY

With:

- A. Co-Workers
- B. General Public
- C. Other Professional Workers
- D. Elected Representatives
- E. Commercial Interests

To describe one's progress in developing good public relations is a difficult task. The fact that the Extension Program is expanding in the County indicates good public relations.

The general public is cooperative, receptive and responsive to the educational work which is of their own choosing and planning and which is supported by their own Land Grant College. The Extension Workers of the County realize that they are simply channels through which the County people receive desired educational materials. Other professional workers in the County, and commercial interests, too, seem to have no other feeling but that Extension is a part of the over-all County program. It is my personal belief that we Extension Workers enjoy good relations with each other, and with all associated agencies and groups. To promote progress in public relations, I try to keep well informed on the subject matter fields as well as on public and civic issues. By participating in and supporting the programs of other groups, they in turn support my program. We are all needed for a complete well rounded way of life.

XIII.

For my own professional improvement this year I have studied for three weeks at the University of Arkansas - Southern Regional School for Extension Workers.

I have studied Extension Policy and educational materials from V. P. I.

Reading current magazines is a habit which I consider a means of professional improvement.

I also participate in educational programs of several civic organizations.

State 4-H Short Course at V. P. I., to Conservation Camp at Virginia Beach, and entered representatives in the Southern States Talent Contest. They had 100% completion of projects. They were active in the County picnic, County Talent Show and Council Circle.

F. Significant Achievement In Home Economics

A significant achievement in Home Economics was the completion of a Result Demonstration by Mrs. Richard Terry of Pinehurst.

Mrs. Terry's problems were: (1) Rough, painted hardwood floors. (2) Dirty paper on plastered walls. (3) A collection of antiques to refinish and find a place for in the home. (4) Need for living room furniture. Her three piece suite had broken down springs and the cushions had worn padding. (5) The entire house needed the windows to be redecorated. (6) Window curtains were needed over the entire house and rugs were a "desire" of the homemaker.

Many method demonstrations and much individual help was given in the way of discussion and in studying helps secured from specialists at V. P. I. as well as from many other sources.

An inventory was made, needs decided upon and ways of securing needs and getting the jobs done were planned for.

Records were kept and the entire family participated as the project progressed. At first, we thought we could complete the project within a few months. After a number of goals had been accomplished, a group of H. D. Members would visit and express opinions. The family and Home Agent would then have another planning and evaluating conference.

Finally, just in time for judging Community Improvement, the project was open to receive its final tour. Only one thing planned for is still to be done - draperies for the living room. Several pairs have been tried and then returned to the store. I'm still confident that the draperies will be made at home instead of purchased ready made. I'm just waiting for some time to lapse so the homemaker will be more relaxed and in a more receptive mood toward this final bit of work for completion of the project.

<u>Young Men and Woman's Clubs</u>	<u>1952</u>	<u>1953</u>	<u>1954</u>	<u>1955</u>	<u>1956</u>
No. Club Officers					3
No. Leaders					0

C. Outstanding Leader

There have been several outstanding leaders in the County this year. Mrs. Roy U. Arritt, Jr. worked with practically every one of the 23 clubs demonstrating textile painting. Mrs. B. K. Campbell and Mrs. John Swartz were especially good in helping clubs with hooked rugs. Mrs. Richard Terry and Mrs. Frank McBees have answered numerous requests on the aluminum tray making project. Mrs. Ray Plasters was a "traveling" leader to clubs helping with interior decorating problems.

The part played by Extension in this leadership work was first of all a training period for the leaders with specialist help. Secondly the Extension organized groups furnished the demand for this leadership to be exercised.

D. Outstanding Family

The Vincent Perry family is Allegheny County's outstanding 4-H family. They support all community activities, provide a meeting place for the 4-H Club every month and are all members of Extension groups.

A "runner-up" family is the R. B. Rhodes family. Mrs. Rhodes organized the Sharon Hustler's 4-H Club in her community. Her three children are active 4-H members. Mrs. Rhodes went to County Camp as a leader. Two of her children also attended County Camp. Mrs. Rhodes borrowed sewing machines from The Singer Center and had the girls of her club meet every Monday night during last years' school term. The girls all completed their projects and then made cotton dresses which they wore in a style show sponsored by the Home Demonstration Club of which Mrs. Rhodes is a member. At the request of Mrs. Rhodes, the Home Demonstration Club furnished materials to children who couldn't buy them. This leader uses her station wagon as a means of transportation for the widely scattered members.

E. Activities and Outstanding Accomplishments of a Club

The Willing Workers 4-H Club is an outstanding one. Its' community project this year was to raise money to buy 4-H road signs welcoming motorists into the County. The club has raised its money and is ready to purchase the sign which have just been approved to be used as state wide signs. This club bought hymn books for the church. It remembered a needy family in the community with gifts of clothing. The club sent representatives to County Camp at Holliday Lake, to

B. Growth of Leadership

<u>H. D. Club Project Leadership</u>	<u>1952</u>	<u>1953</u>	<u>1954</u>	<u>1955</u>	<u>1956</u>
No. Project Leaders (Subject Matter)	66	144	160	266	286
No. Federation Program Chairmen	18	19	20	20	23
No. Program Development Leaders	18	19	20	19	23
No. Result Demonstrators	2	2	3	3	6
No. Training Meetings by Specialists	5	5	6	5	5
by District Agents	-	-	-	2	2
by Agents	8	2	2	12	22
Attendance at all Training Meetings	222	177	241	583	814
No. Meetings without an Agent	96	94	106	83	79
No. Meetings Leaders assisted	123	154	119	112	274
Demonstrations by Leaders	-	-	257	83	98
Talks and Discussions by Leaders	-	-	614	266	382
<u>Growth of A-H Club Project Leadership</u>	<u>1952</u>	<u>1953</u>	<u>1954</u>	<u>1955</u>	<u>1956</u>
No. Club Officers	88	88	96	103	161
No. Adult Project Leaders	18	18	18	16	18
No. Junior Project Leaders				2	32
No. Result Demonstrations					-
No. Training Meetings held by Specialists				4	-
by Agent				14	34
by District Agent					
by Members Club Dept.					
by Others				1	3
Total					
Attendance at Leader Training Meetings				288	551
No. A-H Leaders Trained Individually	84	92	79	2	14
No. Club Meetings held by Leader without Agent	43	17	23	39	46
No. Additional Club Meetings at which Leaders Assisted	104	177	161	111	144
No. Demonstrations given by Adult Leaders	79	194	75	39	46
by Junior Leaders	300	355	175	2	61

G. County 4-H Project PLANNING COMMITTEE

This is done by a project committee appointed by the County Council and is credited to the Council's accomplishments.

H. Others

Many organizations in the County solicit Extension educational services. The Garden Clubs, Sororities, Future Home maker's Organization, Church groups, both youth and adult, Business and Professional Woman's Club, Federated Woman's Club, Eastern Star, Red Cross, Welfare Department and County Health Department. All have made their requests and have received Extension cooperation and services.

XI. LEADERSHIP

A. Contributions to Program Leaders

1. Organizational Leaders

The County Organizational Leaders were given special training this year in Parliamentary Law. They were trained, practiced in workshop groups, then went back to their community groups and gave organizational demonstrations. They arranged for and trained women to act as installing officers at the November meetings for the 1957 officers-elect. The interest was keen and much progress was made toward more orderly business meetings. The group has been influential in getting Public Speaking on the program calendar for 1957.

2. Program Development

The program development leaders were trained individually by the Home Agent in 1956. Plans have already been made for the District Agent to give group training to the group in 1957.

3. Subject Matter

Subject Matter leader training meetings are held well in advance of the month during which a subject will be emphasized. The Home Agent and subject matter specialists from V. P. I. do this training. The attendance at training meetings is excellent.

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B. County Advisory Program Planning Committee

Alleghany County has no County Agricultural Extension Service Board. Since the County is an industrial one the Extension Agents feel that an Advisory Program Planning Committee would more nearly meet the needs than would an Agricultural Board.

In an office conference to which the District Agents and Extension Specialists were called in as advisors, the Extension Agents worked out a plan for an Advisory Committee to help with an Advisory Committee to help with over-all program planning for the County. This was done fairly late in the year. The Agents have had several conferences and have made definite plans for action. The list of people to be asked to help with this work has been compiled and screened. A person-to-person approach is being used in informal conversation as a "lead up" to asking their services on a committee. Progress is being made. Next year we will have something worth while to report on this. The one big improvement in Program Planning which we can be proud of is that we Agents plan for the County cooperatively now. Previously we did individual planning, one for the home side, the other for the farm side. Now together we plan for farm and home development.

C. County A-H Council

The County A-H Council is composed of all officers and leaders from all the clubs in Alleghany County. The Council meets quarterly for officer training and for making program plans and County wide activity plans.

D. County Honor Club

The County Council is making plans to be presented at the next meeting for a re-organization of the County A-H Honor Club. The Honor Club has not been active here since 1948.

E. The County All-Stars were discussed under section VIII Page 11 of this report.

F. County Young Men and Women's Board

Other than the All-Stars we have no YMW organizations as such. The young home makers work in Home Demonstration Clubs. Other young people leave the County as soon as they graduate from High School either to find work or to enter college.

IX. SCOPE OF WORK

A. <u>Chart</u>	1952	1953	1954	1955	1956
No. H. D. Clubs or Groups	18	19	20	19	23
Membership	350	398	456	366	491
No. L-H Clubs	22	22	24	23	23
Membership	410	469	478	452	482
No. YMW Clubs					1
Membership					23
No. Other Families Reached	550	675	623	627	802
No. Different Families Reached	900	1300	1200	1210	1821
No. Community Clubs	3	3	3	2	4
Membership	66	220	250	525	1058

B. Increasing Scope of Work and Publicizing H. D. Work

There has been a good increase in the scope of work this year. The Home Agent has publicized the advantages of the Extension Program "some way - every day!" As a result people have discovered that Extension is for every one and the program is fast out growing the human energies of one Home Agent.

X. ORGANIZATIONSA. County Home Demonstration Club Committee

This committee is composed of 23 H. D. Club Presidents, 23 H. D. Club Program Development Chairmen, 1 County Federation Program of Work Chairman, 1 County H. D. Civil Defense Chairman.

The committee meets semi-annually. The spring meeting this year was a planning meeting for setting up a calendar of work for 1957 and to appoint committees to get the Yearbook to press and to plan Achievement Day.

The fall meeting was an evaluation meeting. The committee checked the calendar of work in terms of progress made. Suggestions for further work and program completion were heard and methods discussed. The final plans for Achievement were made.

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Results of all these methods and the efforts of members, leaders, and Agents add up to a satisfactory finish at the close of a year. A few clubs will boast 100% completion of projects. Others boast many improved practices in home making and the intangible values of 4-H Club can never be measured or described on any piece of paper.

Some of the outstanding community activities have been; (a) One club presented hymn books to the church on Rural Youth Sunday, (b) One club had an IFIE delegate to participate on a Rural Youth Sunday Program, (c) Nineteen of the twenty-four clubs conducted Public Speaking Contests in their community groups. Five of these clubs sent representatives to the "top" and were honored by a dinner and cash prizes from the Covington Kiwanis Club, (d) County Fair exhibits were entered by members from every club in the County, (e) Rural Life Sunday was observed by a majority of the clubs, (f) Achievement Day was a dual affair with exhibits at the County Fair and a talent night following a day of games, picnic, veppers and finally the 4-H Council Circle, at Humpback Bridge Wayside Park, (g) Only one girl participated in the area contests. Martha Saunders entered the Public Speaking Contest in Roanoke, (h) We received an additional quota for delegates to attend Short Course at V. P. I. We never have sufficient quota for the number of applicants, (i) Two girls attended Conservation Camp, (j) All Clubs were represented and were active in 4-H County Council work, (k) The Milling Workers 4-H Club bought signs, "A 4-H Club Member Lives Here", and put them in every members yard. They earned money by sponsoring community square dances.

VIII. YOUNG MEN AND YOUNG WOMEN'S WORK

Alleghany County has an All-Star Chapter which meets alternate months. This organization furnished 4-H Club adult leadership, sends 4-H members and club delegates to annual 4-H Short Course at V. P. I. and to County Camp, furnishes enthusiasm that goes with youthful home making to the Home Demonstration Clubs of which they are members. There are All-Star representatives in practically every Extension project in the County. Their motto of "service" is truly alive in Alleghany County.

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The Kent Marshall family has made notable progress toward the goal they set for themselves. Their major goal is to build a new home. Secondary to this, but also of major importance, is the goal to increase the actual cash income on the farm.

Major changes made are: They have rented land for additional corn acreage to sell as a cash crop. In doing this existing farm machinery has been utilized. The market for this cash crop is a local mill and a local cattle feeder who previously got his corn from Ohio. A poultry egg producing enterprise is being considered at present. The family has requested specialist and agent help often.

In the home, a second hand bathroom outfit has been installed at a very minimum cost. The home agent has helped the home maker plan her storage space to better advantage. Much needed kitchen wall cabinets have been substituted with shelves in the utility room adjoining the kitchen. 1)

The home maker has become a member of the Home Demonstration Club in her community and is an enthusiastic participant in the educational program of the organization.

VII. 4-H Club Work

4-H projects for Allegheny County were selected by the members with the Extension Agents acting as consultants. The following projects were carried by the girls: (1) So You'd Like To Sew, (2) Looking Your Best, (3) Meal Planning and Preparation, (4) Bread, (5) Make or Re-make (Sewing).

The school clubs were so large and time so limited that note worthy accomplishment in these clubs was hindered. However the seven community 4-H Clubs did excellent work under local adult leadership. The Extension Agents are attempting to organize more Community 4-H Clubs throughout the County with the clubs securing local adults to help with project work. There is no question in Allegheny County but that these 4-H Clubs receive greater benefits from their efforts than the crowded school clubs do. Then, too, by organizing more community 4-H Clubs the school clubs will have lower enrollments and can accomplish more.

The 4-H Club calendar is planned cooperatively by members, local leaders and the Extension Agents. The calendar of work is established at the annual organizational meeting. Every member copies the calendar on a work sheet and the goals are before them during the entire year.

Method demonstration, individual help in work meetings, home visits, leader training meetings, circular letters, exhibits, posters, radio, personal letters, tours, conferences, bulletins and leaflets are all methods of carrying out the program of work. Then too, there's always that last demand by some of the slower ones for additional helps after all seeming resources have been exhausted, so the Agent just has to use her own initiative which possibly would best be called just plain "gumption".

5. Nehi Bottling Company

The local Nehi Bottling Company had the Home Demonstration Yearbooks printed. The company has done this for the past seven years.

6. Extension Meeting Places

Industrial Rayon Corporation generously permits Extension to use their service center as a meeting place.

The Allegheny County School Board permits Extension groups to use the auditorium in the School Administration Building when it is not in use by school groups.

A meeting place for leader training is a real problem in this County. A County center with a well equipped kitchen and space for sewing is direly needed.

The County participated in the State Federation Program of work. The goal for Allegheny for the year was Home and Community Beautification. Excellent results are visible over the County.

VI. Farm and Home Development

Two families were selected by the Extension Agents as farm and home development families. The agents were careful to select farm families who derive their sole income from the farm and who are representative of the two main types of farming carried on within the County. Mr. and Mrs. Harry Bennett of the Rich Patch Community have three children. They operate a dairy farm. Mr. and Mrs. Kent Marshall and their two young daughters live in the Moss Run Community. This family does general farming.

The Extension Agents were already acquainted with the farming practices of these families and were reasonably certain of getting their cooperation in planning toward and working on their family goals. This confidence was justified when the "bench mark" approach was made.

The farm and home development approach has been explained to County leaders by the Extension Agents. In discussing this approach, it is usually concluded that it is not new in Allegheny County. While it is agreed that meetings of an organized type are indispensable it is also agreed that these meetings are just a place for planting ideas. Then follows the individual help by the Extension workers and by trained leaders. After an office conference in which an evaluation of the County Program was made, the agents agreed to use the farm and home approach in all family contacts as well as when giving individual help to farmers and home makers.

W. K. E. Y. Radio Station gave free time for weekly broadcasts and made all meeting announcements free for our clubs.

B. Other Adult Projects

1. Civil Defense

The Home Demonstration Clubs had a County Home Demonstration Civil Defense Chairman this year. As a result we feel that our women have had excellent training and are definitely more civil defense minded. Three minutes was devoted to this topic at every club meeting throughout the year. In addition, several special interest meetings were held and outside speakers were heard. The County Health Department and the First Aid Squad were especially helpful to Extension in carrying out this program of work.

2. Achievement Day

In addition to the educational exhibits at the Alleghany County Fair, the Home Demonstration Clubs held an Achievement Day. Every club set up educational exhibits on an individual basis with club groupings. A recreational program was held. Awards and other recognition was publicly given. Name tag contests resulted in many clever name tags being worn. The Selma Club won and will make duplicate name tags for District Federation Meeting which will be held in Alleghany County next May. This year's Achievement Day was "different" and was attended by over two hundred club members and many public visitors. The public was invited to visit the exhibit hall.

3. I F Y E Delegate

An IFYE delegate, Kadhim Shawi AlSaieed, from Baghdad, Iraq spent six weeks in Alleghany County. He was a guest in the homes of All-Stars in the County. His most extended visit was in the home of Mrs. Polly Matheny who operates a dairy farm.

4. Community Improvement Clubs

Two new Community Improvement Clubs were organized this year. The Mallow Club was only organized eight months when the judging contest occurred. It won over the other newly organized Altamont Club and over the two older clubs, Boiling Spring and Morris Hill. The clubs placed as follows: Mallow first, Boiling Spring second, and Altamont third. These clubs are sponsored by the Covington Chamber of Commerce and are a part of the Extension Program.

(c) To be able to make gifts that are useful and attractive and yet not as expensive as comparable items on the market.

Rural Arts play quite a satisfying role in the organized extension groups. Popular art work this year has been on etching aluminum trays, textile painting and early American stenciling on chairs and trays. Workshops on these subjects were of one day duration on a County basis. However, many happy hours were spent out in the communities when neighborhood groups assembled to hold special interest group meetings. Some lovely work has been done on trays, cloth and chairs. Every goal has been reached, to some degree, by many women.

7. Garden, Poultry and Landscape

The women had as a goal this year, "A Home Garden for Every Family". Wherever possible, the attempt was made, and some excellent gardens resulted. A special training meeting was held by V. P. I. Specialists on fungicides, insecticides, and weed killers. This topic was also studied in the home demonstration clubs. One group emphasized the subject in a County Fair exhibit. With good home gardens handy it was the natural thing to preserve surplus food for winter use. Many basements now boast fine displays of canned fruits and vegetables. Home freezers are full of good nourishing foods and the gardeners are looking forward to raising even better home gardens next year. Results of this project were quite outstanding when we had our community tours.

Poultry raising was not emphasized in our program this year. Landscaping was carried out as a Federation Goal.

B. Community Work

Home Demonstration Club Community Projects were as follows:

One Home Demonstration Club sponsored the organization of a Community Improvement Club. This newly organized Community Improvement Club, eight months old, won first place in the Contest sponsored by the Chamber of Commerce.

One Home Demonstration Club set up a scholarship fund and encouraged a deserving youth to use the scholarship to go to college.

Several Home Demonstration Clubs sent 4-H members to County Camp, to Short Course and to Conservation Camp.

The Singer Sewing Center trained 4-H leaders on care of use of the sewing machine.

The Nehi Bottling Company had Yearbooks printed for the Home Demonstration Clubs.

(b) To be able to "do it yourself" by developing skills upholstering, slipcovering, refinishing furniture, weaving chair bottoms, in making draperies, and in hooking and braiding rugs.

These projects all require more time than can be devoted to an afternoon club program. For that reason, special work shops were arranged throughout the year with emphasis being placed on one subject at a time for several consecutive meetings. The results have been most gratifying. It is especially encouraging to an Extension worker to see a homemaker tying springs, padding and upholstering good furniture frames to make them into attractive, comfortable furniture. The untrained homemaker would throw worn furnishings out and buy new, but not home demonstration club members. They are eager to restore pieces that are worth restoring. It results in a family saving as well as in self confidence and in family and neighborhood prestige.

5. Housing

One regular monthly meeting was devoted to housing working toward the one goal "making the most out of what we have". Floor refinishing; redecorating porches, porches and walks received emphasis.

A great deal of work was accomplished through Community Improvement Club work. This will be discussed under B. below.

Two meetings were held by a committee to discuss water systems in the County. The committee was composed of representatives from the Electric Power Companies, Key banker, Soil Conservationist, Forester, Home Demonstration Council, Farmer's Organization, Retail Merchants, Heating and Plumbing salesmen, and Extension staff. A survey was made to determine County needs and statistical data was studied. The committee is scheduled to meet again to make plans for an action program.

Repair and care of electrical cords on household appliances was studied with specialist help from V. F. I. A county workshop was held. It was attended by representatives from all the communities in the County. These representatives held a meeting in their own communities and repeated the workshop procedure. It was most effectively carried through.

6. Rural Arts

Goals:

- (a) To provide ways to satisfy creative ideas and desires in individuals.
- (b) To be able to add desirable decorative touches to every day home items.

2. Clothing

These goals were set up by the County planning group for the educational program in clothing for 1956:

- (a) To develop skills and techniques in hand and machine sewing.
- (b) To be able to appreciate good construction in clothing in both home-made and ready-to-wear garments.
- (c) To develop individual ability in skills and techniques by practice under supervision.
- (d) To be able to evaluate progress in ability to select, care for, and construct clothing to meet family needs.

Educational programs were held at five regular monthly meetings using the method demonstrations for presenting help on sewing skills and techniques. One meeting was devoted entirely to children's clothing. There were five special leader training meetings for these programs. Specialist help was supplemented by instruction at the Singer Sewing Center. The Home Agent did follow up work with special interest meetings in the form of sewing workshops. The classes were taught for beginners (ten days), for intermediates (ten days), advanced dress making (five days), and tailoring of coats and suits (seven days). Consumer problems in the clothing field were discussed at all these meetings. Clothing made in these schools of instruction was exhibited at the County Fair, at Achievement Day, and at club style shows. There is great demand for further instruction in this area of work.

3. Home Management

No definite goals were set up in this area of home economics. It is impossible to execute a program on home sewing and foods without getting into management problems. While a goal was not formally stated by the County planning committee, it is obvious that a great deal of help has been evidenced on management problems. This is an area of study much needed in Allegheny County. The planning committee has recognized it as such and it is on their agenda for future programs.

4. House Furnishings

The goals were:

- (a) To be able to keep sturdy home furnishings in good repair and in harmony with other home furnishings.

The findings of Extension Specialists handed down to the local Clubs through the County Home Agent help the women to actually see the improved condition in the home as a result of practicing recommended changes. These changes result in the saving of money, the saving of time, and the saving of energy for the homemaker and for her family.

In choosing a method or methods of approach the objective is kept well in mind. Methods used to make individual contacts are farm and home visits, office calls, telephone calls, personal letters and result demonstrations. Group contacts are made through method demonstration meetings, work meetings on special interests, leader-training meetings, conference and discussion meetings, meetings at result demonstrations, tours, school 4-H meetings and other meetings necessary to meet objective in mind. Mass contacts are made through bulletins, leaflets, news articles, circular letters, radio, television, exhibits and posters. These methods are used in all areas of study as the educational program progresses toward the accomplishment of goals within the County. In relating methods to material, consideration is given to practices being taught and to age groups, mixed groups and cultural pattern of groups to be reached.

The teaching methods used are always preceded by a benchmark to determine where we are. Objectives are always set up to determine where we want to go. Evaluations at intervals determine the progress we are making and help determine methods needed to help us reach our goals and objectives.

Adult projects which were given emphasis in the Allegheny County program this year will be discussed in the following paragraphs:

1. Foods and Nutrition

- (a) To be able to plan for and to raise home gardens to supplement family food needs.
- (b) To develop a better understanding of dairy foods and their contribution to human nutrition.
- (c) To be able to provide more balanced meals in the "packed" lunch and for the home "snack".
- (d) To be able to glamorize nourishing every day foods by meeting the homemakers need for gift giving with gift wrapped jars of food from the home-canned foods or from the home freezer.

Five educational programs were presented at five of the regular monthly Home Demonstration Club meetings on these goals. Specialists from V. P. I. helped with home gardening problems. We also had specialists help on family foods. The Home Agent emphasized the foods program further by writing articles for the newspaper, by radio programs, by special interest meetings, and by food exhibits at educational fairs and Achievement Day.

2. To develop skills and techniques in the clothing construction area of home economics study.
3. To improve the ability to select the "best buys" in ready to wear clothing.
4. To develop a better understanding of human nutrition in order to improve family eating habits.
5. To improve food preparation practices.
6. To be able to practice improved selection and good buyanship at the food stores and markets.
7. To be able to use available house furnishings effectively for comfortable and attractive family living.

Some long time goals expressed by the people are:

1. To be able to be a more intelligent consumer.
2. To improve all home making practices by participating in the long time educational program available through the Extension Adult Education Plan.
3. To keep informed on up-to-date home making practices in the areas of clothing, foods, and house furnishings.
4. To furnish adult leadership and adult support to the 4-H Clubs in order to help them acquire and maintain prestige on a par with other organized youth groups in the County.
5. To work toward better family living for every family in Allegheny County.

V. ADULT WORK

A. Project Work

The Home Demonstration Program in Allegheny County is dedicated to better family living for every family member within the County.

As a result of the organizational activities, program planning and plans being executed in regular meetings, the women have strengthened their self-confidence and have found expression for hidden abilities and dormant talents. This self-confidence, carried over into home practices of improved methods, influence younger family members to be more secure as they, too, develop a "know how" in assuming their share of the family responsibility.

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and mass media the Home Agent's services reach out to practically every home in the County.

Statistical County information based on the 1950 U. S. Census which is basic to Extension Program Development is as follows:

Number of families in Alleghany County	5,485
Total dwelling units in the County	6,182
Dwelling units - hot and cold water and bath	2,974
Dilapidated dwellings	.888
Total occupied dwelling units	5,861
Percent occupied by owners	56.8
Median number of rooms per house	4.8
Median number persons per room	3.5
Median school years completed (25 years up)	8.3
Median family income (annual)	\$2917.00
Women working - 14 years and up	1951
No. farms occupied by farmers with sole income from farm	43
County population - including 2 cities	28,934

All these people are included in the Extension Program of Alleghany County. Some make more demands on the program than others, but all requests are attended to whether from city or County residents.

With only 28.3% of the County's total land acreage in farms, it is obvious that the men, women and youth of the County will have many interests and needs which are not necessarily of an agricultural nature. The Home Economist must have broad vision, wide experiences, and training in many interest fields to meet the great variety of individual needs and requests. These requests come from 23 organized 4-H clubs, 23 organized Home Demonstration groups, several unorganized groups, 4 organized Community Improvement Clubs, and innumerable individual calls for help.

With work opportunities in industry so prevalent the task of getting local adult leadership for organized groups is a difficult one. The Home Agent and the County Agent spend much of their time working with Extension organized groups.

The Extension Program with its educational advantages for all of the people within the County bounds is definitely making a noticeable contribution to improved living conditions in both urban and rural homes.

Some immediate goals expressed by the people are:

1. To improve all home making practices through the educational extension program planned by the County Committee of Home Demonstration Clubs.

IV. THE COUNTY SITUATION

Allegheny County is located in the western part of Virginia in the heart of the Allegheny Mountains. The western border of the County forms the dividing line between the states of Virginia and West Virginia. The land is a series of mountains and valleys and lends itself to livestock farming. It is from livestock that the Allegheny County farmer derives his principal farm income.

Manufacturing dominates the economy of the County. Farm incomes are so heavily supplemented with income from industries that it might better be said that regular monthly incomes are supplemented by farm income.

The major industries within the two cities and the County are West Virginia Pulp and Paper Company, Industrial rayon Corporation, The Saltzerlind Company, Inc., Virginia Rubber Corporation and the C. & O. Railway Company with offices, yards and shops furnishing employment to many part - time farmers.

The area of Allegheny County is 452 square miles. The land acreage is 289,280 with approximately 130,000 of these acres in National Forests. The amount of acreage used for farming purposes is 81,599. While there are 566 farms in Allegheny County, few farms provide the principal income for the farmer. Most of the farmers work in industry and have farming as a sideline. The livestock raised in the County is easily marketed at the stock sale, which is held in Covington every Monday. These farmers and their families are recipients of services rendered by the Extension Agents. A full - time County Agent and a full - time Home Demonstration Agent give competent guidance and help to these rural people through a well organized program of work.

The County is easily accessible to all parts. In addition to a network of paved County roads, there are two National highways crossing the County. Route 220 crosses the County from north to south and Route 60 is an east-west National highway.

Much farm land in the County has been sold off in subdivisions and has readily become housing areas for urban people who are moving out of the cities in greater and greater numbers.

This moving of the population has created the opportunity for an intermingling of urban and rural customs, ideas and activities through which all groups are benefiting. Educational Extension services are in greater demand than ever before in the history of the County. The Home Agent's regular schedule on a monthly basis includes 23 Home Demonstration Clubs, 23 4-H Clubs, 4 Community Improvement Clubs, Leader Training Meetings, Planning Meetings, Special Interest Group Meetings, Routine office work and regular participation in Church and civic activities. Through these contacts and by use of varied teaching methods

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HOME DEMONSTRATION AGENT'S NARRATIVE REPORT

December 1, 1955 to November 30, 1956

ALLEGHANY

COUNTY

Vella L. Knapp Home Demonstration Agent

Betty B. Traynor

Stenographer

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Annual Report

COUNTY EXTENSION WORK

Virginia Agricultural Extension Service



1956

Mrs. Vella Knapp

agent

assistant agent

Allegheny

county

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