

Annual Report

**COUNTY
EXTENSION
WORK**

Virginia Agricultural Extension

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FOREWORD

Home Demonstration work was conducted in eight districts in Bedford County from December 1, 1954 to May 31, 1955. This report includes the progress and accomplishments of the Rural Homemakers in ten communities who are members of organized Home Demonstration Clubs and other families assisted with special problems.

The work with youth is centered around 17 4-H clubs in sixteen communities, and one special interest group. The program this year reached three-fourths of the girls and boys of 4-H club age and approximately one half of the adults.

COUNTY SITUATION

Bedford County which is located in the western section of Virginia is the fifth largest county in the state. A survey made during 1954 indicated that the average Negro family in this county can be classed either in the middle or low income group. Opportunities for Negroes are very limited in this area because they are not hired in the majority of the factories. The main industries participated in are saw milling, rock mining, railroading, and farming. Heretofore, men were employed in the paper mill in one section of the county but approximately three-fourths were discharged to seek employment elsewhere. This has caused many of the women in that section of the county to seek employment outside the home in an effort to help their families. Throughout the county approximately 50% of the men and women are employed in the neighboring towns and cities of Bedford, Vinton, Big Island, Reanoke, Salem, and Lynchburg.

There are approximately 369 farm families in the county with about 60% of these families owning their farm but operating on a very small scale, 30% are tenant farmers who do some public work, and 10% are large scale farmers who depend entirely upon their farm products for their income. The main farm products produced here are beef, cream, milk, sheep, swine, tobacco, and wheat.

The cost of living is high and to supplement the farm income many homemakers have sought employment outside the home in tomato factories and in private homes as domestic workers.

Homemakers throughout the county realize that living is much more complex than it was forty years ago. They must plan and prepare meals, do their daily tasks, plan family recreation, keep family unity, and often work outside the home. Homemakers see the need for close home and community ties and through their home demonstration club work they

solve many of their everyday problems. Their contact with women throughout the state helps them to be better citizens for their communities and their state.

ADULT PROJECT WORK

Foods and Nutrition

This year's Foods and Nutrition program was planned so that homemakers might be taught how to plan simple refreshments at a low cost, how to use homemade mixes to save time and energy, how to plan nutritious winter salads, and how to plan menus for community gatherings.

- Objectives:
1. To teach homemakers how to make some of party refreshments at an inexpensive cost.
 2. To teach homemakers how to make and plan nutritious winter salads.
 3. To teach homemakers how to prepare and cook foods from homemade mixes.
 4. To teach homemakers how to plan menus for large groups.

Procedure: Demonstrations were given by the agent in an effort to accomplish the above objectives. Women were also given pamphlets to help them continue their work at home. Foods leaders assisted the agent in the demonstrations on Winter Salads and Homemade Mixes.

Results: As a result of the Foods Program 47 women made regular use of the homemade mix and 52 prepared winter salads which they had never prepared before. Seventy-five percent of all club women prepare salads and bake some type of bread everyday.

The women were taught to plan menus for large groups but they did not prepare a meal for a large group.

Handicrafts

Objectives: 1. To teach homemakers how to make simple leather articles.

Procedure: Four leaders were trained to assist in the various club meetings where women were taught to make wallets, and change purses.

Results: Twelve wallets and 8 change purses were made by women from five clubs. These articles will be exhibited at the County Fair this fall. The women seemed to be very pleased with their products.

Home Management

Objectives: 1. To provide homemakers with information on how to get rid of Ants, Roaches, and Rats.

2. To teach homemakers the importance of having running water in the home and to develop a desire to work toward getting a home water system.

Procedure: Pamphlets and leaflets were given to all club women so that they may read them in their leisure time. Discussions were held in each club on both of the above topics.

Results: As a result of these discussions 75 women got better results in getting rid of ants and rats. In addition to this Mrs. Georgia Spinner and Mrs. Hattie Turpin have made plans for putting in and completing a home water system, respectfully.

House Furnishings

Objectives: 1. To teach homemakers how to buy linens wisely.

2. To teach homemakers simple crochet stitches that may be used on linens and handkerchiefs.

Procedure: Charts containing different grades of muslin, percale, and toweling were shown to the women and then a discussion was held. All women were urged to get the best buy for their money.

In addition to this, women were taught simple crochet stitches to be used on handkerchiefs and pillow cases.

Results: As a result of this part of the program 21 handkerchiefs had edges crocheted on them and 7 table scarves were made. Eleven women have used good buymanship principles in buying sheets, pillowcases, and towels.

FEDERATION GOAL

The County Federation Goal of "Better Nutrition and Health" was continued for the third year. Home Demonstration Club women throughout the county learned to prepare more nutritious salads to be used during the winter season. They also learned to use the homemade mix as a labor and time saver.

OTHER ACTIVITIES

Special Interest Activities

Objectives: 1. To teach homemakers how to refinish furniture properly.

Procedure: On March 29, 1955, a furniture refinishing clinic was held at Susie Gibson High School with Miss Ruth Jamison in charge. Eleven women were enrolled for this clinic but only three attended. Mrs. Doris Otey, Mrs. Georgia Spinner, and Mrs. Agnes Jones. These women were taught to remove paint and varnish, clean spots from furniture, and to refinish furniture. The meeting was very beneficial to all these women who will serve as leaders to teach other women how to refinish furniture.

Results: As a result of this clinic 9 more women were trained to assist other county women in refinishing furniture. Six pieces of furniture and 2 picture frames were refinished.

Community Projects

In an effort to beautify their communities, Big Island, Forest, and Coleman Falls home demonstration clubs participated in a yard beauti-

fication project where women exchanged bulbs and seeds. As a result of this project women received satisfaction in seeing the beauty of their gardens.

Community Improvement Work

Improvements made thus far include:

1. 4 new homes built
2. 3 new refrigerators bought
3. 2 homes wired for electricity
4. 18 phones installed
5. 5 electric ranges bought
6. 2 water systems installed

Home Demonstration Week

On May 13, 1955, 32 persons attended a banquet which was held at the Mecca in Lynchburg, Virginia. The purpose of this banquet was to bring together women throughout the county with the hope of drawing more women into the home demonstration program. The meal served included turkey, green peas, candied yams, fruit salad, strawberry short cake, iced tea, and hot rolls.

In addition to this 4 county women attended the District Home Demonstration Club meeting which was held at South Hill, Virginia on May 3, 1955.

Community Live-at-Home Work

Big Island Community is still working in the live-at-home program. Two water systems have been installed in this community.

4-H CLUB WORK

Foods and Nutrition

- Objectives:
1. To teach rural girls how to prepare meats and vegetables so as to save as much of the food value as possible.
 2. To teach rural girls to bake successfully.
 3. To teach rural girls how to plan nutritious meals.

Procedure: Method demonstrations were participated in by the girls and they were taught to cook meats and vegetables in as little water as possible. They were also taught to bake fancy yeast breads and how to plan meals that would meet the family nutritional needs.

Results: As a result of the food project, 4-H members prepared 48 dishes and served 79 meals. Their club work has enabled them to be of great help at home.

Health

- Objectives:**
1. To teach rural boys and girls the importance of cleanliness at all times.
 2. To teach rural boys and girls the importance of eating the right foods.
 3. To teach rural boys and girls how to help when there is sickness in the home.

Procedure: Method demonstrations were given and members were taught to mind their manners, look their best, eat the right foods, help when there is sickness in the home, and equip a medicine chest.

Results: As a result of this project 291 boys and girls ate breakfast every morning and tried to eat foods from the basic seven everyday. In addition to this 15 medicine chests were equipped.

OTHER ACTIVITIES

National 4-H Club Week

4-H members in Bedford County celebrated National 4-H Week by giving a radio program on March 5, 1955. Members participating on this program were Barbara Otey, Mary Clements, McCoy Minnis, McArthur Evans, Nathaniel Wright, and Bertha Wright. The program consisted of the 4-H Prayer, 4-H Pledge, two songs, and 4-H activities in various clubs.

Rural Life Sunday

In celebration of Rural Life Sunday boys and girls attended Church in their respective communities. Two hundred and thirty-seven members reported that they attended Church.

4-H Council

The 4-H council has held one meeting this year at which time plans were made for National 4-H Week and Rural Life Sunday.

Achievement Day

4-H Achievement Day was held on May Day as usual and members exhibited the handiwork that they had done during the year. In addition to this health posters were made on the Basic Seven Food Group. The children were very proud of the change purses and wallets that they made.

SCOPE OF WORK

	1951	1952	1953	1954	1955
Number Home Demonstration Clubs	7	9	10	10	10
Membership	193	114	150	150	150
Number 4-H Clubs	18	18	17	17	17
Membership	323	494	373	416	398
Number Other Families Reached	0	250	375	200	300
Number Different Families Reached	194	314	600	600	121
Number Community Clubs	4	1	2	4	4
Membership	75	29	50	53	53

FUNCTION OF COUNTY ORGANIZATIONS

County Home Demonstration Committee

The County Home Demonstration Committee is made up of two representatives from each home demonstration club and some interested leaders from unorganized communities.

This group has met twice this year to make plans for carrying out

the county program. The group decided to have a banquet at the Mecca in Lynchburg in celebration of National Home Demonstration Week. The purpose of this banquet was to bring together women from all over the county with the hope of bringing more women into the program.

Women attending the District Home Demonstration Committee at South Hill, Virginia, on May 3, 1955 were Mrs. Carrie Rucker, Mrs. Inez Carter, Mrs. Doris Otey, and Mrs. Agnes Jones.

County Advisory Board

This group is the governing body and advisory committee for the county. There are 45 members. The group met once during the year to discuss the county activities.

4-H Planning Meeting

This group is made up of delegates from each club and the club leaders. This group met on May 27, 1955 to plan the program for 1956. "Looking Your Best" will be the project for the coming year.

LEADERSHIP

Organizational leaders help the agent and advisory committees to decide on procedures for carrying out the Extension Program. They help set up county goals, and help plan county activities.

② Program Development leaders are also important because they see that each club runs along smoothly. They also present to the agent any ideas that they feel will make their community a better place to live.

Subject Matter leaders are also very important because they help the agent to teach materials and information to various groups.

Growth of Leadership

	<u>1951</u>	<u>1952</u>	<u>1953</u>	<u>1954</u>	<u>1955</u>
<u>Home Demonstration Club Project Leaders</u>					
Number Project Leaders	9	18	18	21	21
Number Goal Chairmen	25	35	10	10	10
Number Program Development Leaders	7	14	10	10	10
Number Result Demonstrators	21	15	19	8	0
Number training meetings held by					
Specialist	3	1	0	0	0
District Agent	0	1	0	0	0
Agent	3	6	3	3	1
Attendance at all training meetings	25	35	35	68	9
Number meetings without agent	7	17	19	14	17
Number meetings leaders assisted	9	28	21	31	7
Demonstrations by leaders	15	26	19	21	17
Talks and Discussions by leaders	0	6	24	19	17
<u>Growth of 4-H Club Project Leadership</u>					
Number Club Officers	119	126	126	136	136
Number Adult Project leaders	17	12	24	23	17
Number Result Demonstrators	0	2	5	2	0
Number of training meetings held by					
Specialist	0	0	0	0	0
Agent	0	4	4	3	1
District Agent	0	1	0	0	0
4-H Dept.	0	0	1	1	0
Attendance at leader training meetings	35	35	77	40	17
Number 4-H leaders trained individually	9	10	15	21	9
Number meetings without agent	3	20	22	19	11
Number meetings leaders assisted	0	14	16	11	7
Number demonstrations by Adult leaders	8	37	41	34	11
Junior Leaders	3	15	21	28	17

Outstanding leader

Mr. Paul Quarrels is the sponsor leader for Sharon 4-H Club and in addition to this he serves as a project leader. He takes great pride in doing all that he can to help 4-H members do the best in their club work. Whenever the agent cannot attend 4-H meetings Mr. Quarrels always sees that the meeting and work for the day is carried on. He is truly one of the best 4-H leaders in the county.

Outstanding Club

One of the most outstanding clubs in the county is the Forest Home Demonstration Club. There are 15 active members enrolled with most of them attending regularly. The cooperation among the women in this club is one reason that the group runs along so smoothly. One of the yearly tasks of this group is to take Christmas baskets to the aged and needy.

WORK WITH OTHER AGENCIES

In an effort to cooperate with other agencies the agent has sent out posters urging all persons to take a chest x-ray when the clinic is in their community.

APPRAISAL OF YEAR'S WORK

In order to have a better community and home life people must be well informed as well as taught to do. It has been the aim of the program thus far to teach homemakers to better their home life through more nutritious meals, wise buymanship, refinishing furniture, and making the home more sanitary. The agent feels that the program thus far has helped many homemakers save more time, energy, and money.

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