

PLAN OF WORK
FOR
MIDDLESEX COUNTY
1964

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Home Demonstration Agent

W. D. Edwards, Jr.
County Agent

A MAJOR EMPHASIS - EDUCATIONAL PLAN

PROJECT AREA: AGRICULTURAL PRODUCTION, MANAGEMENT, AND
NATURAL RESOURCE DEVELOPMENT

PHASE: Livestock - Management of Fattening Hogs

The Situation:

The management of fattening hogs in the county is poor because of unbalanced rations, parasites, and sanitation.

The Specific Problem:

Farmers are not following recommended management practices.

The Program Objective:

To have farmers follow a recommended management program.

TEACHING OBJECTIVES	SOURCE OF SUBJECT MATTER	METHODS	WHEN	BY WHOM
To teach farmers to prevent losses due to disease and parasites.	Specialist Bulletins -Hog Production #192 Information provided by Experiment Station Veterinarians	Letters, New Articles Individual farm visits Meeting on management of hogs	Periodically Periodically Jan.or Feb.	Agent Agent Specialist
To recommend to farmers top feeding efficiency	Specialist Bulletins Information from Experiment Station	Letters Individual farm visits News Articles	Periodically Periodically Periodically	Agent Agent Agent

EVALUATION:

The agent will be able to determine the effectiveness of the particular program by the individual contacts made.

A MAJOR EMPHASIS - EDUCATIONAL PLAN

PROJECT AREA: AGRICULTURAL PRODUCTION, MANAGEMENT, AND
NATURAL RESOURCE DEVELOPMENT

PHASE: Farm Management

The Situation:

Many farmers in the county do not keep accurate farm records, thereby making it difficult to analyze their farm operations and to find their weak and strong points.

The Specific Problem:

Farmers are not making the best decisions for good farm management. They need to know how the use of different resources can affect their farm income.

The Program Objective:

To get farmers to make more intelligent decisions on the use of farm resources.

TEACHING OBJECTIVES	SOURCE OF SUBJECT MATTER	METHODS	WHEN	BY WHOM
To teach farmers principles and procedures for better farm management.	Specialists in Farm Management Field Farm Management printed material and information received from previous farm management schools Agent	A County Farm Management School - 3 days	Feb.	Co. Agent assisted by county and assistant agents in District
To have farmers realize and be aware of the effect good or poor management has on his farm profits.	Specialists Printed Material Agent Farm Management Records	Individual contacts Circular letters County Farm Management School Individual farm planning	Jan.-Jan. Jan.-Jan. Feb. Jan.-Jan.	Co. Agent Co. Agent Agent assisted by county and asst. agents in District County Agent

PHASE: Farm Management (continued)

TEACHING OBJECTIVES	SOURCE OF SUBJECT MATTER	METHODS	WHEN	BY WHOM
To have farmers learn general guide lines concerning what can be done and what is being done by the more successful managers	Specialist from V.P.I. Agent Printed Material	Farm Management School	Feb.	County Agent assisted by agents and asst.agents in District
		Circular letters and news articles	Jan.-Jan.	Agent
		Tours to farms where operators are doing a good job.	June or July	Agent
To have farmers do a more effective job of keeping farm records.	Agent and Specialist Bulletins	Group Discussions for farmers enrolled in VPI Farm Mail-In program	Jan. and July	Agent

EVALUATION:

The agent will observe effectiveness of farm management school by the evaluation sheets filled out by farmers attending. He will also be able to determine the extent of better farm record mail-ins.

A MAJOR EMPHASIS - EDUCATIONAL PLAN

PROJECT AREA: AGRICULTURAL PRODUCTION, MANAGEMENT, AND
NATURAL RESOURCE DEVELOPMENT

PHASE: Corn

The Situation:

Corn is the second largest cash crop grown in Middlesex. Recommended weed control and fertilizer practices are not being followed closely by Middlesex County farmers.

The Specific Problem:

Low yields in corn production.

The Program Objective:

To increase the yields of corn by recommended weed control and fertilization practices.

TEACHING OBJECTIVES	SOURCE OF SUBJECT MATTER	METHODS	WHEN	BY WHOM
To encourage farmers to conduct a more effective weed control program.	Agent Bulletins Specialists	Letters and News Articles Soil Samples Farm Visits Demonstration plots by farmers in county.	Periodically Jan.- April Periodically June-August	Agent Agent Agent Farmers in Middlesex
To recommend to farmers proper fertilization practices.	Handbook of Agronomy Bulletins & Circulars	Letters & News Articles Soil Samples Farm Visits Demonstration Plots	Periodically Jan.-April Periodically March - Oct.	Agent Agent Agent Farmers

EVALUATION:

The agent will be able to determine the increase of corn production by individual farm contacts made where improved weed control and fertilization practices have been followed.

A MAJOR EMPHASIS - EDUCATIONAL PLAN

PROJECT AREA: CLOTHING AND TEXTILES

PHASE: Well-groomed Homemaker

The Situation:

The past nine years have been devoted to construction and this year the homemakers have asked for help on other topics that make a well-groomed woman.

The Specific Problem:

There is a lack of confidence on the part of the homemaker to study her facial and figure problems.

The Program Objective:

To provide information on requested topics to help these homemakers with their problems.

TEACHING OBJECTIVES	SOURCE OF SUBJECT MATTER	METHODS	WHEN	BY WHOM
To assist young homemakers in beginners' sewing	Clothing Committee Members	Special Classes	February	Clothing Committee Members & Agent
To provide a class to help homemakers give their old clothes a new look	Clothing Specialist	County-wide special meeting on renovating old garments	March	Clothing Specialist
The Clothing Committee plans a program to assist homemakers	Agent and Committee Members	Special class on finishes for garments	March	Agent and Committee
To have consumer chairman give information on clothing buys	Consumer Chairman and Home Management Specialist	The club consumer chairman will give 5 to 10 minute talks at each club mtg.	January March April	Consumer Chairman

PHASE: Well-groomed Homemaker (continued)

TEACHING OBJECTIVES	SOURCE OF SUBJECT MATTER	METHODS	WHEN	BY WHOM
Provide information and assist homemakers with facial problems	V. F. I. and Cosmetic Companies	Method demonstration on "Tricks in Make-Up"	April	Agent
To assist homemakers in <u>What to Wear When!</u>	Bulletins and printed materials	A county-wide special program on <u>What to Wear When!</u> There will be some role-playing	November	Agent & Local guest

Evaluation:

The check-sheet will give facts on this program and the agent will observe results in large groups and later individual contacts will give a more detailed evaluation of the programs.

A MAJOR EMPHASIS - ORGANIZATIONAL PLAN

PROJECT AREA: FOODS AND NUTRITION

PHASE: Home Demonstration Programs and
Foods and Nutrition Committee

The Situation:

The Foods and Nutrition Committee meets twice a year and at this time discuss the needs; this year they felt the family needed more help on identifying and buying meat. In the past years we have had a meeting on wholesale and retail cuts of meat and also the best methods of preparing. In 1962, the home economist demonstrated at all clubs "Meat Cookery."

The home demonstration program development chairmen felt the needs to be flair in foods and how to make the best use of small electrical equipment, also additional information on nutrition.

The Specific Problem:

Lack of nutrition and also homemakers are not making the best use of their food dollar.

The Program Objective:

To offer programs that will increase the homemakers knowledge of nutrition, food preparation, and also how to plan meals in advance.

ORGANIZATIONAL OBJECTIVES	SOURCE OF ASSISTANCE	METHODS	WHEN	BY WHOM
To stimulate interest on the part of local men and women to attend a meat demonstration.	Extension Personnel	The local stores will loan cuts of meat and the foods and nutrition specialist will discuss various cuts of meat, their identity, and methods of preparing.	Jan.16	Foods & Nutri. Specialist & Agent

PHASE: Home Demonstration Programs and Foods and Nutrition Committee (continued)

ORGANIZATIONAL OBJECTIVES	SOURCE OF ASSISTANCE	METHODS	WHEN	BY WHOM
To provide information for families on the use of small electrical equipment and additional ideas on how they can make food more attractive.	Extension Staff and Home Economists	Leaders will attend leader-training meetings given by agent and specialists, also give demonstration on "Maximum use of the Broiler & Rotisserie", Christmas Breads, and a guest will demonstrate "The Flair of Food Decorating."	June December February	Leaders Leaders Guest
To develop a greater appreciation of foreign foods.	A Guest	The guest will demonstrate French and Italian Foods	May	Guest
To provide the Foods and Nutrition Committee with "County Facts."	Foods Specialist	Discussion Meeting of the Foods and Nutrition Committee to plan a program on some requested phase of Nutrition for Middlesex families.	May	Agent & Specialist
To provide information and an opportunity to work with women who have weight problems.	Local doctors & Foods Specialist	Meet and discuss the problem. Plan meetings to check on diets and give exercises. During the course other demonstrations will be given to provide the weight watchers with helpful information	April	Agent & Home Economist

Evaluation:

Have a check sheet in nutrition to see the results and use informal discussion to evaluate other programs.

A MAJOR EMPHASIS - EDUCATIONAL PLAN

PROJECT AREA: EXTENSION HOME ECONOMICS

PHASE: Rural Arts

The Situation:

The program this year emphasizes "Art in Daily Living" so the entire home demonstration program will be centered around arts. The requests have been because of a deep interest in learning and re-creating old arts that will enhance the home and perhaps be the beginning of a new hobby.

The Specific Problem:

Art items are costly but art and art principles can be learned thereby saving dollars that can be applied to other larger items.

The Program Objective:

The Extension offers many opportunities and this service will have a number of workshops to teach homemakers how to do the requested arts.

TEACHING OBJECTIVES	SOURCE OF SUBJECT MATTER	METHODS	WHEN	BY WHOM
Provide teachers and information on various arts.	Local homemakers Rural Arts Specialist, V.P.I. Agent	Exhibit & demonstration on needlepoint, petite-point, crewel. All day special interest workshop on needlepoint petite point & crewel embroidery.	Jan. Feb. & Mar.	Specialist Art Leaders Agent
To assist homemakers in cane & rush seat workshop.	Leaders	All day workshop and homemakers to bring their own chairs and equipment.	May	Leaders

PHASE: Rural Arts (continued)

TEACHING OBJECTIVES	SOURCE OF SUBJECT MATTER	METHODS	WHEN	BY WHOM
To offer an opportunity to study paintings.	Local art gallery	Discussion on paintings at HD Clubs Tour to a gallery	Sept.	Program of Work Chairman

Evaluation:

Tabulate the number of persons working in the workshops and ask questions as to how these workshops benefited them.

A MAJOR EMPHASIS - EDUCATIONAL PLAN

PROJECT AREA: EXTENSION HOME ECONOMICS

PHASE: House Furnishings

The Situation:

Homemakers are frequently asking for help on buying house furnishings. The Home Economics Council decided this was the next field that should receive help by organizing a House Furnishings Committee.

The Specific Problem:

Homemakers fail to study their needs for a piece of furniture before purchasing and sometimes end up with an expensive piece of furniture with no function.

Program Objective:

To provide homemakers with information on how to buy good house furnishings.

TEACHING OBJECTIVES	SOURCE OF SUBJECT MATTER	METHOD	WHEN	BY WHOM
To teach homemakers what to look for in buying rugs and mattresses.	House Furnishings Specialist	Agent Training	Oct.	Specialist
		HD Club demonstration by agent	Nov.	Agent
To provide information on furniture and other house furnishings articles through a house furnishings committee	House Furnishings Specialist and Agent	Tours and county-wide special programs	March	Specialist and guest

Evaluation:

To use check sheet and personal interviews with homemakers in order for agent to form an evaluation on progress in the house furnishings field.

A MAJOR EMPHASIS - EDUCATIONAL PLAN

PROJECT AREA: EXTENSION HOME ECONOMICS

PHASE: Home Management

The Situation:

The families in Middlesex have asked for information to help the consumer in buying and care of furniture, equipment, and clothing items.

The Specific Problem:

The homemaker lives in such a hurried life that they never have time to read and keep up with "What's New."

The Program Objective:

The consumer chairman in each community will have a 5 to 10 minute discussion at each club meeting on a specific topic.

TEACHING OBJECTIVE	SOURCE OF SUBJECT MATTER	METHOD	WHEN	BY WHOM
To train consumer chairmen to give a 5-10 minute discussion at each HD Club mtg.	Home Management Specialist	A Training Meeting for all consumer chairmen	Dec.	Home Management Specialist
To provide additional information for consumer chairmen and for the homemaker.	Agent	Each chairman will give a 5-10 minute report at each club and the topics are listed in yearbook.	Jan.- Jan.	Consumer Chairmen
To give information on laundering	Home Management Specialist	Agent-Training Meeting Demonstration at all clubs.	Nov.	Agent

Evaluation: There will be a homemakers check sheet mailed out in November of 1964 to be used as a source for tabulation.

A MAJOR EMPHASIS -- EDUCATIONAL PLAN

PROJECT AREA: 4-H AND OTHER EXTENSION YOUTH PROGRAMS

PHASE: 4-H Projects in Community Groups

The Situation:

There is a lack of organization in planning programs ahead for each club meeting. The agent would like a calendar of programs for the year in order to make plans for each community club. This is not a problem in the specific project groups as they are all planned.

The Specific Problem:

There is no organized plan of work for community clubs.

The Program Objective:

To plan and print a 4-H yearbook in February to explain in detail the program for each community club that was planned by the officers of each club.

TEACHING OBJECTIVES	SOURCE OF SUBJECT MATTER	METHODS	WHEN	BY WHOM
To assist 4-H officers to think about their needs and how they can become better informed on various subjects	Extension bulletins and leader-training meetings to help leaders to give demonstrations each month.	Program Planning Meeting Leader Training Meeting Individual home visits	January	Home Agent
To provide information on various home economics topics	Bulletins	Demonstrations Discussions Contest	January 1965	Agent Guest Leaders

Evaluation:

The individual 4-H Club records will show the participation in club and county activities and also what the child has done in her project.

A MAJOR EMPHASIS - ORGANIZATIONAL PLAN

PROJECT AREA: 4-H AND OTHER EXTENSION YOUTH PROGRAMS

PHASE: Training 4-H Adult Leaders, 1964

The Situation:

Boys and girls could receive additional information and training if more parents would volunteer to serve as 4-H leaders. Some leaders have been attending 4-H county meetings but no definite training has been given them.

The Specific Problem:

People have a tendency to shy away from meetings until they know what is expected of them, therefore, training must take place before a person can become a leader.

The Program Objective:

To conduct a series of meetings to train people to become organizational and project leaders to work with 4-H members in community clubs.

ORGANIZATIONAL OBJECTIVES	SOURCE OF ASSISTANCE	METHODS	WHEN	BY WHOM
To stimulate interest in adults and junior 4-H members to become leaders.	Agent	Individual home visits	Jan.	The County Staff
To provide these leaders with additional information that will help them become active leaders.	Leaders handbooks Project material Slides of leaders' activities from V.P.I. County Staff	Leader discussion group County-wide leaders mtg. Project leaders training meetings Urge leaders to attend district meetings	Jan.30 April 30 Aug. 30	The County Staff and guest

PHASE: Training 4-H Adult Leaders, 1964 (continued)

ORGANIZATIONAL OBJECTIVES	SOURCE OF ASSISTANCE	METHODS	WHEN	BY WHOM
To organize a leaders' committee	4-H Staff	County-wide meeting for the purpose of organizing the group	Dec.	County and State Staff

Evaluation:

Through personal contacts evaluate what contributions leaders have made to 4-H and also check 4-H records of members in the community groups.

OTHER FIELDS OF WORK:

Housing

Landscaping

Horse & Pony Club

Entomology Club

Camps and Short Courses

OTHER FIELDS OF WORK:

Feeder Pig Sale and Marketing Livestock

Dairy Production

Agricultural Stabilization Conservation Service

Soil Conservation

Insect Control on Soybeans and other Crops

Farm Buildings

Poultry Production

Mid-Peninsula Planning Commission

ANNUAL NARRATIVE REPORT

COUNTY EXTENSION WORK

Virginia Agricultural Extension Service

W. D. Edwards, Jr.

Extension Agent

Helen A. Rowe

Extension Agent

Assistant Agent

Assistant Agent

Assistant Agent



1964

Middlesex

County

I. Involvement of Local Leadership in Planning and Carrying Out the Extension Program

The involvement of local leadership in Middlesex is a good test this year because the county will be without an agent for awhile. When the 4-H and home demonstration programs began in 1955 the people assumed their role in planning and carrying out this program. In 1965, these people will show how they have developed in their role and will make outstanding contributions to help further education for adults and youth.

In home demonstration, the subject matter leaders gave six demonstrations a year without the agent which shows leadership and interest. The county president and a club president attended the State Convention on leadership.

Adults have taken a greater interest in young people and the youth are very appreciative of the work and the time spent helping them.

The overall leadership in Middlesex in youth, committees, and home demonstration has grown during the years and the work and planning is now under the direction of local people. They are thinking more for themselves. In 1966 they will plan and carry out their own program.

II.

A MAJOR EMPHASIS - EDUCATIONAL PLAN

PROJECT AREA: AGRICULTURAL PRODUCTION, MANAGEMENT,
AND NATURAL RESOURCE DEVELOPMENT

PHASE: Livestock - Management of Fattening Hogs

WHY? Farmers are not following recommended management practices.

OBJECTIVES:

1. To teach farmers to prevent losses due to disease and parasites.
2. To have farmers follow a recommended management program.
3. To recommend to farmers top feeding efficiency.

The agent and the area livestock specialist visited all of the hog producers in the county. They worked very closely with individual producers on feeding good balanced rations, controlling parasites, and they stressed the importance of good sanitation practices, management, and disease control.

A special session on hogs was conducted for hog producers at the farm management school in the county. This program dealt with the feeding and management of hogs and also included the economics of different feeds and rations. There are fewer people feeding hogs now than in previous years but those that are feeding now are doing a better job of following recommended practices.

The agent wrote news articles on hog management and production and sent circular letters to all hog producers concerning management practices. He also made individual contacts periodically to check on the progress being made by the hog producers.

II.

A MAJOR EMPHASIS - EDUCATIONAL PLAN

PROJECT AREA: AGRICULTURAL PRODUCTION, MANAGEMENT, AND
NATURAL RESOURCE DEVELOPMENT

PHASE: Farm Management

WHY? Farmers are not making the best decisions for good farm management. They need to know how the use of different resources can affect their farm income.

OBJECTIVES:

1. To get farmers to make more intelligent decisions on the use of farm resources.
2. To teach farmers principles and procedures for better farm management.
3. To have farmers realize and be aware of the effect good or poor management has on his farm profits.
4. To have farmers learn general guide lines concerning what can be done and what is being done by the more successful managers.
5. To have farmers do a more effective job of keeping farm records.

The agent participated in the District Farm Management School held in Middlesex, King & Queen, King William, Essex, Charles City, and New Kent Counties. Fourteen Middlesex County farmers attended and remarked that it was one of the most worthwhile Extension sponsored activities they had attended. The agent feels that all farmers did an exceptional job in this school. The agent taught the following subjects: Ways Resources Can Be Used, Effect of Resource Use on Farm Profits, Crop Budgets, and Review of Homework Assignments.

Six farmers are enrolled in the V.P.I. Mail-In Record Program in Middlesex. The agent makes periodic visits to discuss with them their

resources and to help them make good farm management decisions. These farmers are doing a better job of keeping good farm records. They have improved a great deal in their management practices.

Tours have been made to farms in the county to see successful farm operations which the farmers think will be of benefit to their own operations.

II.

A MAJOR EMPHASIS - EDUCATIONAL PLAN

PROJECT AREA: AGRICULTURAL PRODUCTION, MANAGEMENT,
AND NATURAL RESOURCE DEVELOPMENT

PHASE: Corn

WHY? There are low yields in corn production.

OBJECTIVES:

1. To increase the yields of corn by recommended weed control and fertilization practices.
2. To encourage farmers to conduct a more effective weed control program.
3. To recommend to farmers proper fertilization practices.

In order to encourage farmers to conduct a more efficient weed control program several demonstration were given by the agent on weed control in corn. These demonstrations were well attended by farmers in the county.

Farmers are more conscious than ever of the importance of controlling weeds in corn. Several demonstrations were also given by the agent on fertilization. The majority of the farmers follow good weed control practices and also fertilization recommendations. They are also more aware of the importance of good fertilization programs but due to the dry year in Middlesex in 1964 the response to fertility was not as high as in a normal growing season.

News articles were published and letters sent to farmers encouraging them to take soil samples of their fields which is the first step in a good fertilization program. The response to this was very good. After the demonstrations were held the agent worked with many farmers teaching them to calibrate a sprayer. The agent made many farm visits to discuss fertilization and weed control program for corn.

II.

A MAJOR EMPHASIS - EDUCATIONAL PLAN

PROJECT AREA: CLOTHING AND TEXTILES

PHASE: Well-groomed Homemaker

WHY? There is a lack of confidence on the part of the homemaker to study her facial and figure problems.

OBJECTIVES:

1. To provide information on requested topics to help these homemakers with their problems.
2. To assist young homemakers in beginners' sewing.
3. To provide a class to help homemakers give their old clothes a new look.
4. The Clothing Committee plans a program to assist homemakers.
5. To have consumer chairman give information on buying clothes.
6. To provide information and assist homemakers with facial problems.
7. To assist homemakers in What to Wear When.

The methods that were used to reach the overall objectives and the teaching objectives were beginners' sewing classes which were taught by members of the clothing committee and assisted by the agent. These classes were taught at night by the group for the purpose of reaching more young homemakers who could not come out during the day. This particular group of women remarked that they had changed their attitude toward construction because the product could be professional looking just by the improved methods of pressing. This group of 12 women is making a number of the family garments and have expressed how much this class meant to them and how much they had learned. They have passed this information on to others in the community.

As a follow-up of this class the agent conducted a better dress workshop in the fall where these homemakers received advanced instruction on how to interface and other methods of construction that would help them in the future.

The agent gave a bonus class on "How to Cover Old Shoes" with fabric that blended with the outfit. The group made a very nice job of covering the shoes and they will be able to use the information in meeting with the demands of the teenage daughter.

The agent and one member from each club conducted a special interest meeting on "What to Wear When." The agent gave basic information on gloves, hats, bags, shoes, and jewelry before the members modeled. These models were dressed for special occasions in Middlesex and the agent gave suggestions as to how they could give the old look a new flair! The information given was based on etiquette books and the recent books written by the world's best-dressed women. The women felt this was an interesting meeting and one that answered the most controversial questions of what and how to wear accessories. It probably brought about many new changes.

When you have a group of women the purchasing of cosmetics always comes up. The topic at the monthly club meeting was "Tricks in Make-Up." The consumer chairman chose as her monthly topic the purchasing of cosmetics. The demonstrator used various types of make-up and later used a member to prove to the audience how make-up could be used to cover up facial problems. As a result of the demonstration the women are using more care in their selection of make-up and they are not being taken in by false advertising. They also use more care in applying their make-up.

As an overall statement on the well-groomed woman, this years work on the clothing and textile area achieved many new techniques for the homemaker which led to the change in many of her clothing construction methods and gave her more confidence in her own buying procedures. This led to a more happy family.

II.

A MAJOR EMPHASIS - ORGANIZATIONAL PLAN

PROJECT AREA: FOOD AND NUTRITION

PHASE: Home Demonstration Programs and
Foods and Nutrition Committee

WHY? There is a lack of nutrition and also homemakers are not making the best use of their food dollar.

OBJECTIVES:

1. To offer programs that will increase the homemakers knowledge of nutrition, food preparation, and also how to plan meals in advance.
2. To stimulate interest on the part of local men and women to attend a meat demonstration.
3. To provide information for families on the use of small electrical equipment and additional ideas on how they can make food more attractive.
4. To develop a greater appreciation of foreign foods.
5. To provide the Foods and Nutrition Committee with "County Facts."
6. To provide information and an opportunity to work with women who have weight problems.

The most successful meeting this year was "A Taste of French and Italian Cookery." The agent studied various sources of information and planned her own leader-training meeting. Each leader went back to her club with a planned idea as to what she would do. They carried out this program by demonstrating some of the techniques used in foreign cookery and later served the foods for lunch or as a dessert. In this meeting the homemakers learned about the other countries' habits and how many more calories they have in Italian cookery and the richness of the foods in France.

An area of interest to all homemakers in Middlesex is meat. The foods specialist gave a very informative program in January for interested people on this subject. The local stores loaned various cuts of meat and their values and methods of preparation were discussed. This program was sponsored by the Foods and Nutrition Committee.

The changes in food habits have been gratifying in both the buying of meats and its preparation for the table. This is a follow-up of a meat program in 1962.

In the area of small electrical equipment, Mrs. Mildred Hudgins, Home Economist for a local power company, gave a very interesting and valuable demonstration on "Maximum Use of the Broiler and Rotisserie." She demonstrated all new small appliances and later prepared food with them. She gave many quick ideas for family foods and ones that were excellent in food value. Many of the women learned how to use a rotisserie. Some of them already had rotisseries but had never used them before. They also learned how to use and set the timer on the oven.

A local homemaker gave very interesting demonstrations at all home demonstration club meetings and 4-H Club meetings on "Food Decorating." She was a self-taught person so one could easily see how one could learn the techniques of decorating. This demonstration was of great value to homemakers in Middlesex because there is not a bakery in this area and the homemaker must learn how to decorate in order to make her food more attractive. It is a good method for excellent family relations, especially for the little ones' birthdays. The agent has observed a goodly number of results from these demonstrations as they were shown on cakes and at parties given for her.

The agent trained the food leaders on "Christmas Breads." The techniques of bread making will be emphasized and how the homemaker can make bread attractive for this particular occasion.

The Consumer Chairmen discussed foods and nutrition at their meeting too. Topics such as "Good Protein Buys", "Care of Teflon Pans", and also "Best Buys in a Rotisserie and Roaster" were discussed at the home demonstration club meetings. The club members have said that these reports have added so much to the topics and they have gained up-to-date information that has been very helpful to them. The county chairman sends out the information and the local club chairman selects from it the interesting and informative material and uses illustrative materials as much as possible.

The 4-H foods work was conducted by two senior 4-H members. They used the 4-H bulletin "Today's Girl" as a guide. Fifteen members are enrolled in this class. Demonstrations are given each month by these girls on foods and in March the members will follow through with these demonstrations and send delegates to the District 4-H Contest.

The other 4-H foods classes operate the same way except adult 4-H leaders are in charge.

II.

A MAJOR EMPHASIS - EDUCATIONAL PLAN

PROJECT AREA: EXTENSION HOME ECONOMICS

PHASE: Rural Arts

WHY? Art items are costly but art and art principles can be learned, thereby saving dollars that can be applied to other larger items.

OBJECTIVES:

1. The Extension offers many opportunities and this service will have a number of workshops to teach homemakers how to do the requested arts.
2. To provide teachers and information on various arts.
3. To assist homemakers in cane and rush seat workshop.
4. To offer an opportunity to study paintings.

Art is a very vital part of the total Extension program. A costly art item needs to be studied in order that it be used in the correct way. Why not learn an art and to buy an artistic item?

Homemakers of yesterday knew a number of arts. Today they teach the younger women the useful ones. Needlepoint, petit point, and crewel embroidery are found to be very expensive when one goes to purchase it. Many of the women designed their own patterns which added to the value of the item.

The results of this demonstration could be added up in many ways. To have fine furniture one must pay a great deal so if the work can be done by the homemaker there is quite a savings on the house furnishings budget. A homemaker may someday use this art in a way so as to supplement her income, or as a senior citizen, it could give her something to do in her leisure time.

The actual work on arts was done in an all-day workshop using local leaders.

The home demonstration women went on a half day tour of Colonial Williamsburg in the spring to study art. They toured the Rockefeller Art Gallery and the George Wyth House to observe furnishings.

In September, the program of work chairman ordered slides and pictures from the National Art Gallery and she prepared a tape on the story of the slides. At each club meeting the slides on "Principles of Art" were shown and discussed. A group of pictures by famous artists were displayed. Also in September, a group went to the Virginia Museum to view the Randolph Macon collection of fine paintings.

The results of this program of work are already beginning to show. A deeper appreciation for paintings and a good quality of accessories are being selected. Those who have worked on projects of antiquing, stenciling, and other arts have really improved their techniques and added value to their furniture.

II.

A MAJOR EMPHASIS - EDUCATIONAL PLAN

PROJECT AREA: EXTENSION HOME ECONOMICS

PHASE: House Furnishings

WHY? Homemakers fail to study their needs for a piece of furniture before purchasing and sometimes end up with an expensive piece of furniture with no functional use.

OBJECTIVES:

1. To provide homemakers with information on how to buy good house furnishings.
2. To teach homemakers what to look for in buying rugs and mattresses.
3. To provide information on furniture and other house furnishing articles through a house furnishings committee.

In reaching the objectives of the house furnishings program we look at the homes to see the tangible results.

Leaders were trained by the house furnishings specialist in What to Look for in Buying Rugs and Mattresses. These leaders gave demonstrations at all club meetings.

As a result of the requests in house furnishings, a house furnishings committee was discussed and it was decided that a committee would be formed in 1965. A program on furniture and house furnishings would be planned.

The agent met with a group of homemakers for a drapery workshop. The homemakers selected their own fabric, measured the window according to Extension materials, and the agent gave demonstrations on methods of constructing draperies. The homemakers were very pleased at how simple drapery making was and at the good results.

The consumer chairman discussed mattresses and gave the members good points to look for when buying. A number of families bought as a result of the discussion.

The agent distributed the new booklet on refinishing furniture and the homemakers were very pleased with the results. The trend is to buy old furniture and refinish it.

The agent had her largest number of the requests in the area of interior decorating. She helped homemakers and their friends to plan color schemes, buying furniture, and wise selections in accessories. This area of the program is one in which you can get closer to the family, learn their likes, help them meet their needs, and save on the house furnishings budget.

II.

A MAJOR EMPHASIS - EDUCATIONAL PLAN

PROJECT AREA: EXTENSION HOME ECONOMICS

PHASE: Home Management

WHY? The homemaker lives in such a hurried life that she never has time to read and keep up with "What's New."

OBJECTIVES:

1. Consumer chairman in each community to give a 5 to 10 minute discussion at each club meeting on a specific topic.
2. To train consumer chairmen to give discussions at each ED meeting.
3. To provide additional information for consumer chairmen and for the homemaker.
4. To give information on laundering.

The home management specialist from V.P.I. helped the county and club consumer chairmen make a plan of work. These requests were made on the basis of the monthly topics and scheduled one a month.

The chairmen gave a 5 to 10 minute report at each club meeting. The homemakers felt this was very valuable information. Some chairmen, however, did a better job than the others.

The specialist also trained the agent in "Short Cuts in Laundering" and the agent gave a 45 minute demonstration on pretreating the fabric before laundering. During this month the consumer chairmen discussed bleaches and starches.

The consumer chairmen discussed various topics during the year on good methods of homemaking and they plan to conduct a similar program in 1965.

II.

A MAJOR EMPHASIS - EDUCATIONAL PLAN

PROJECT AREA: 4-H AND OTHER EXTENSION YOUTH PROGRAMS

PHASE: 4-H Projects in Community Groups

WHY? There is no organized plan of work for community clubs.

OBJECTIVES:

1. To plan and print a 4-H yearbook in February to explain in detail the program for each community club that was planned by the officers of each club.
2. To assist 4-H officers to think about their needs and how they can become better informed on various subjects.
3. To provide information on various home economics topics.

The results of 4-H project work in communities has developed the members by giving them more of a sense of responsibility and it has also developed leadership.

The agents conducted training programs for subject matter. To help young people plan their club yearly program and activities, the agents met and guided the council and the program planning committee.

The home agent gave demonstrations on various home economic topics during the year.

II.

A MAJOR EMPHASIS - ORGANIZATIONAL PLAN

PROJECT AREA: 4-H AND OTHER EXTENSION YOUTH PROGRAMS

PHASE: Training 4-H Adult Leaders - 1964

WHY? People have a tendency to shy away from meetings until they know what is expected of them, therefore, training must take place before a person can become a leader.

OBJECTIVES:

1. To conduct a series of meetings to train people to become organizational and project leaders to work with 4-H members in community clubs.
2. To stimulate interest in adults and junior 4-H members to become leaders.
3. To provide these leaders with additional information that will help them become active leaders.
4. To organize a leaders' committee.

The agents conducted a meeting for project and organizational leaders for the purpose of explaining the responsibilities of good leaders.

The agents have also provided leaders handbooks and other materials which will be useful to them. Visits to the leaders homes have been made to assist them when they needed help on particular subjects.

HOUSING

The agent has helped numbers of families to plan kitchens and has drawn up house plans and organized a housing school.

LANDSCAPING

The agent designed a number of lawns and re-designed driveways to make them safe.

Mr. Beecher talked to a Parent Teacher's Association group on basic landscaping.

HORSE AND PONY PROJECT

The agent and leader worked with this 4-H special club. The leader and members gave demonstrations every month. Several members have participated in horse shows and parades. This club is known as the "Kick and Click."

ENTOMOLOGY

The girls enrolled in entomology formed a club called the "Insect Patrollers." They studied insects, took field trips, and put up exhibits of which they won several awards.

CAMP AND SHORT COURSES

4-H members attended camps, short courses at V.P.I. and Citizenship Short Course this year. They feel that these activities have meant a great deal to them. Those attending have contributed much to the 4-H program.

FEEDER PIG SALE AND MARKETING LIVESTOCK

The agent has worked closely with the Tappahannock Feeder Pig Sale Association and its president and sales manager, Fred Crittenden, a Middlesex County hog producer.

The agent has assisted farmers in getting their livestock at the most optimum market weights. He has also helped them with the selection of livestock at the sales.

DAIRY PRODUCTION

Of the nine dairymen in Middlesex County, the agent has worked individually with each of them. One special problem has been the feeding program which has demanded a great deal of time and attention due to the drought situation in the county. With the new wheat program and the price of wheat much cheaper, the agent has worked with some of the dairymen in putting wheat in dairy rations. The majority of the dairymen are now using wheat in their feed rations.

AGRICULTURAL STABILIZATION CONSERVATION SERVICE

The agent has worked closely with the ASCS office. He has provided the farmers with educational information concerning the new programs offered by the ASCS. He also assisted in conducting the educational portion of the new wheat program to Middlesex farmers.

SOIL CONSERVATION SERVICE

The agent worked with the soil conservation technicians for the county in contacting farmers and landowners wishing to carry out different soil conservation practices. He visited many of these people with the technicians to discuss the practices in which they were interested.

INSECT CONTROL

The agent worked with soybean growers on insect control and the time of application. There was a medium degree of infestation on soybeans this year of which several thousand acres were sprayed and with good results, however, the early frost caused the beans not to mature thus causing low yields.

FARM BUILDINGS

Some farmers have been assisted by the agent in getting plans for farm buildings. He has assisted the agricultural engineer at V.P.I. in discussing plans with individual farmers requesting information. After the engineer from V.P.I. gave suggestions for the different farm buildings, the agent conducted follow-up work with the farmers.

POULTRY PRODUCTION

The agent has worked with two of the major poultry producers in the county - Barnhardt Farms, Inc. and Renlik Hall Turkey Farm. Poultry suggestions were mailed each month to poultry producers in the county.

MID-PENINSULA PLANNING COMMISSION

The agent has worked with this Commission in preparing a list of the recreational facilities in Middlesex. This list was given to the hired executive director of the Commission. Plans are underway to secure a location in the county for a clothing factory. A survey has been conducted to find out how many women in the county are interested in being hired if such a factory locates in Middlesex. The Baptist organization is scouting for a location for a home for the aged. Middlesex is being considered.

Mary Carol Flewelling of Middlesex has been a 4-H member for seven years. She, like most teenagers, leads a very active life but still finds time to do club work.

Mary Carol started her project work in the area of clothing construction and later discovered she wanted to specialize in foods and nutrition.

In her years of 4-H Club work, Mary Carol entered the Public Speaking Contest, participated in Share the Fun Programs, and entered many county and district contests.

She is a senior at Middlesex High School and a very serious girl with many plans for the future.

This year Mary Carol really understands how work can pay off. She gave a demonstration on "Start a Good Day - Eat a Good Breakfast" and won first in the county contest and first in the district - so on to V.P.I. to compete in the State! There she won one of the four blue awards. This really inspired her. She received another honor at V.P.I. - that of All-Star. These honors really meant more than words could express for Mary Carol.

She returned home with the desire to help the younger boys and girls in her community. She organized a group of fifteen little girls who were interested in foods and nutrition. They meet every month and plan their own program. Alor Grantham, a sophomore in high school and state winner in frozen foods, helps her with this group of girls.

Mary Carol was one of the two delegates to the National 4-H Citizenship Short Course at the National 4-H Center. She is vice president of the Senior Clover Leaf 4-H Club. She has had many interesting programs and debates on

citizenship. She was the principle speaker for the 4-H program on "Youth Speaks" which was presented by the 4-H'ers for the Middlesex Senior Woman's Club.

Mary Carol is one of the outstanding young girls who really makes use of her time and has made a great contribution to the 4-H Clubs in Middlesex.

Wayne Burch, a 12 year old 4-H Club who lives at Jamaica, Virginia, enrolled in the Swine Project two years ago. He also enrolled as a 4-H Pig Chain member this year and has the boar which belongs to this organization.

Wayne showed a great deal of interest and enthusiasm in his 4-H gilt and boar and decided he would like to show them at the Northern Neck Fair at Warsaw, Va. He groomed and fitted his animals for this show and won first place in the junior class with his gilt and first place in the junior class with his boar. In the open class at the same fair he won first place with his boar and second place with the gilt. His boar went on to win grand champion of the Duroc breed at the show and as a reward he received a \$25.00 savings bond.

Wayne decided after the Warsaw Fair that he would like to enter his 4-H hogs in the State Fair in Richmond, Virginia. There he won first place with his boar and first place with his barrow and third place with his gilt. He won approximately \$100 in cash awards in showing his swine project at the two fairs.

In November he presented a talk on "What My 4-H Project Means To Me," to the Middlesex Senior Woman's Club.

Wayne is the first 4-H member in Middlesex to enter his 4-H project at the State Fair and he is eagerly looking forward to next year.

IV.

GENERAL APPRAISAL OF PAST YEAR

More farmers have been worked with this year than in 1963.

The agent can see that more farmers are following recommended practices than ever before and the results have proved very beneficial to the county and the farmer. Of course, this year's crops have not been as good as in past years due to drought conditions but, as a whole, improvements can be seen by the agent and he is pleased with the accomplishments of the Middlesex County farmers.

IV.

GENERAL APPRAISAL OF PAST YEAR

The Middlesex County Home Demonstration Club Extension Program has really shown great progress in its ten years of programs, activities, and special interests.

The County Executive Board has a great deal of experience in planning activities and has carried them out in a very organized manner.

This year will be a good test of how well people were listening as they will carry on the adult program without a home demonstration agent, at least for awhile.

SECTION I: SUMMARY OF SELECTED EXTENSION TEACHING ACTIVITIES

(See instructions in Section I for columns A-B-C-D-E-F.)

Teaching Activities	Work Done By --					
	Home Agents	Youth Agents	Agricul- tural Agents	County Total	State Staff	Grand Total
	A	B	C	D	E	F
1. Farm, home, firm and other out-of-office visits	502		634	1136		
2. Office calls	383		654	1037		
3. Telephone calls (received or made)	1162		1211	2373		
4. Newspaper articles or stories:						
a. Prepared and released directly to newspapers or magazines	35		12	47		
b. Prepared by state office and released through county extension offices	3		3	6		XXXXX
5. Broadcasts made:						
a. Radio	10		0	10		
b. Television						
6. Publications distributed directly to the public	1918		1135	3053		
7. Circular and commodity letters written	32		19	51		
8. Training meetings held for local leaders:						
a. Adult work (1) Number	16		0	16		
(2) Attendance	208		0	208		
b. Youth work (1) Number	4		0	4		
(2) Attendance	33		0	33		
9. Other meetings at which agents or specialists presented educational information:						
a. Adult work (1) Number	81		48	129		
(2) Attendance	986		552	1538		
b. Youth work (1) Number	70		33	103		
(2) Attendance	1066		462	1528		
10. Meetings held by local leaders:						
a. Adult work (1) Number	19		0	19		
(2) Attendance	222		0	222		
b. Youth Work (1) Number	41		0	41		
(2) Attendance	325		0	325		

SECTION II: PROGRAM EMPHASIS
(See instructions for Section II.)

	Days Devoted By	
	County Staff	State Staff
	A	B
11. Planning and management of the farm business	47	
12. Field crops, pasture, range (production and on-farm marketing)..	15	
13. Soil management	9	
14. Horticulture (production and on-farm marketing)	7	
15. Forestry (production and on-farm marketing)	7	
16. Soil and water conservation, wildlife	7	
17. Plant pathology	1	
18. Entomology	4	
19. Agricultural chemicals (pesticides, additives, etc.)	1	
20. Dairy (production and on-farm marketing)	18	
21. Poultry (production and on-farm marketing)	5	
22. Livestock (production and on-farm marketing)	20	
23. Animal and poultry health	24	
24. Marketing and utilization	12	
25. Consumer education in use of agricultural products	1	
26. Agricultural engineering	1	
27. Dwellings and equipment	4	
28. Home grounds improvement	1	
29. Planning and management in the home	25	
30. Family economics	1	
31. Home furnishings	29	
32. Clothing selection and care	8	
33. Clothing construction	23	
34. Food preparation and selection	33	
35. Food preservation	7	
36. Nutrition	6	
37. Human relations, child development		
38. Health	4	
39. Safety	3	
40. Recreation	9	
41. Outlook	1	
42. Community development and resource adjustment	3	
43. Manpower development, employment information		
44. Public affairs	1	
45. Rural defense		
46. Leadership development	7	
47. Extension administration, organization	51	
48. Program planning	30	
49. Supervision of extension personnel	XXXXX	
50. Inservice training received	14	
51. Miscellaneous (cannot be charged to above items)	26	
52. Total days worked (items 11-51)	464	1
Of total days reported in item 52, how many were devoted to:		
53. a. Adult work	331	
b. Young adult work (ages 18-25)	0	
c. 4-H Club work	143	1
d. Work with other youth and youth serving groups (within 4-H age)	0	

54. Adult voluntary local leaders assisting in the conduct of county extension work.
(Read instructions before completing.)

	Men	Women
	A	B
a. In overall county-wide extension councils or committees, community improvement work and other work not covered below	9	100
b. In adult agricultural and related fields	12	
c. In adult home economics and related fields		60
d. In work with young adults		10
e. In 4-H Club work: (Different leaders only)		
(1) Organizational leaders		4
(2) Project or subject-matter leaders	3	8
(3) Other adult leaders	2	2
f. Total DIFFERENT adult leaders	26	184

HOME ECONOMICS EXTENSION WORK

55. Organized clubs or other groups continuously carrying on adult home economics extension work:

a. Number of groups	<u>4</u>
b. Number of members	<u>30</u>

56. Special audience and specific interest groups:

a. Organized by extension and worked with in home economics extension work:	
(1) Number of such groups worked with	<u>1</u>
(2) Attendance at meetings held with these groups	<u>10</u>
b. Not organized by extension:	
(1) Number of such groups worked with	<u> </u>
(2) Attendance at meetings held with these groups	<u> </u>
(3) Number of leaders in non-extension organized groups trained by extension during the year	<u> </u>

WORK WITH YOUNG ADULTS

Work designed to meet the continuing education needs of men and women, primarily out of school, unmarried, and in the age range of 18-25. Report all worked with of this age group regardless of whether they are also reported elsewhere.

57. Extension sponsored groups of young adults:

a. Number of groups worked with	<u>1</u>
b. Number in such groups	Men: <u> </u>
	Women: <u>25</u>

58. Number worked with through young adult programs (jointly sponsored groups, non-extension groups, and individuals not in groups). Men:

Men:	<u>11</u>
Women:	<u>70</u>

WORK WITH OTHER YOUTH

59. Number of youth (of 4-H Club age) worked with in addition to 4-H Club members 70

4-H CLUB WORK

60. Number of 4-H Clubs 6

61. Different 4-H Club members enrolled:

a. Boys	<u>50</u>
b. Girls	<u>107</u>
c. Total	<u>157</u>

62. Four-H Club members enrolled by place of residence:

a. Farm	<u>57</u>
b. Rural non-farm	<u>100</u>
c. Urban	<u>1</u>

63. Four-H Club members by years in club work:

a. 1st year	<u>46</u>
b. 2nd year	<u>21</u>
c. 3rd year	<u>27</u>
d. 4th year	<u>20</u>
e. 5th year	<u>20</u>
f. 6th year and over	<u>23</u>

64. Four-H Club members by age groups:

a. 12 years and under	<u>87</u>
b. 13-15 years inclusive	<u>55</u>
c. 16-20 years inclusive	<u>15</u>

65. Four-H enrollment in projects and activities:

(A member may be enrolled in more than one project or activity under each of the following groupings and should be counted each time.)

a. Agronomy (crops and soils)	<u>2</u>
b. Horticulture (fruits, vegetables, landscaping)	<u>2</u>
c. Entomology and plant pathology	<u>12</u>
d. Conservation (soil, water, forest, wildlife)	<u>20</u>
e. Poultry	<u>2</u>
f. Dairy	<u>3</u>
g. Beef	<u>1</u>
h. Swine	<u>7</u>
i. Other livestock	<u>22</u>
j. Engineering (include electricity, tractor, automotive)	<u>16</u>
k. Management on the farm	<u>1</u>
l. Marketing and business	<u>1</u>
m. Management in the home	<u>1</u>
n. Clothing	<u>86</u>
o. Food and nutrition	<u>89</u>
p. Home improvement and furnishings	<u>34</u>
q. Family life education	<u>11</u>
r. Personal development (public speaking, grooming)	<u>11</u>
s. Health	<u>6</u>
t. Safety	<u>6</u>
u. Recreation (include crafts)	<u>1</u>
v. Community and public affairs	<u>1</u>
w. Career exploration	<u>1</u>
x. Total enrollment in projects and activities	<u>310</u>

66. Junior 4-H Club leaders:

a. Boys	<u>2</u>
b. Girls	<u>2</u>

SECTION III: COOPERATION WITH OTHER PUBLIC AGENCIES

(Read instructions before completing.)

	Days Devoted By	
	County Staff	State Staff
	A	B
FEDERAL AGENCIES		
67. Agricultural Research Service		
68. Agricultural Stabilization and Conservation Service	20	
69. Bureau of Indian Affairs		
70. Bureau of Land Management; Bureau of Reclamation		
71. Department of Commerce (Area Redevelopment)		
72. Economic Research Service		
73. Farm Credit Administration	1	
74. Farmer Cooperative Service		
75. Farmers Home Administration	5	
76. Fish and Wildlife Service		
77. Food and Drug Administration		
78. Forest Service	7	
79. Housing and Home Finance Agency		
80. Rural Electrification Administration		
81. Selective Service		
82. Social Security Administration; Internal Revenue Service		
83. Soil Conservation Service	14	
84. Area Authorities (TVA, etc.)	17	
85. USDA Defense Board		
STATE AGENCIES		
86. Civil Defense (at both state and county level)		
87. Health Department	4	
88. Highway Department		
89. Commissions on: Children and Youth; Juvenile Delinquency; Aging ..		
90. State Departments of Agriculture and Forestry	1	
91. State Department of Education (schools in general)	5	
92. State Employment Service		
93. Welfare Department	1	
94. State RAD Committee		
COUNTY AGENCIES		
95. Soil Conservation Districts		
96. Vocational Agricultural and Home Economics Departments	3	
97. County or area RAD Committees	9	