

which would enable them to make the best food selection decision for their family. Emphasises were placed on teaching homemakers to

1. Plan nutritious meals a week in advance.
2. Always shop the grocery ads in the newspaper to get an idea of what foods are good buys.
3. Shop with a list. But compare as you shop. Figure the cost per serving.
4. Buy foods in season.
5. Squelch impulse buying.
6. Avoid food waste by learning to cook no more than the family will eat.
7. Evaluate the cost and quality of convenience food.
8. Know beef cuts and prepare them correctly.
9. Use more milk in the family diet.
10. Consumer information on buying meat, eggs, milk and bread - the four foods which takes the biggest hunk of the food budget.
11. Save when shopping for food.
12. Save food preparation time by planning, preparing and serving broiler meals, one dish meals which can be prepared ahead of time and stored in the refrigerator or freezer and oven meals.

The 1959 Home Economics Extension Program has helped families make wise decisions in clothing the family becomingly and economically by teaching them to

- a. Make a wardrobe plan around one or two basic colors.
- b. Buy more wisely.
- c. Make a cotton dress which has a professional look instead of that homemade look.
- d. Get the most from their sewing machine through proper use and care.
- e. Remove spots and stains successfully from today's clothing fabrics.

- B. Suggestions for improving the Home Economics Extension program in the county in the year ahead.
1. Continue to involve more people in planning and carrying out the program.
  2. Secure and train more h-h adult leaders.
  3. Strive to improve the quality of training for Home Demonstration Club and h-h leaders.
  4. Make better use of press and radio.
  5. Extension Home Economics bulletins or leaflets need to be developed by Specialist. Agents should not have to use commercial ones.
  6. Homemakers need more help on food buying. A monthly publication by marketing and food Specialist covering best food buys, menu suggestions, a few recipes and shopping tips could help meet this need.
  7. Professional improvement of agent.
  8. Staff conferences are needed.
  9. More over all county planning of h-h program.
- C. Highlight of the two most outstanding contributions made to family living as a result of this year's program.

What shall we have for breakfast? For dinner? For supper? may appear to be an easy decision for any family or homemaker to make. It is not an easy decision however if you are trying to select foods that will give the family adequate nutrition with the most appetite appeal for the least money and least amount of food preparation work.

This was one of the main objectives which received top priority in the 1959 Home Economics Extension program. Many teaching methods were used by the agent to reach homemakers with information and facts

### G. Professional Improvement

#### Home Demonstration Agent

1. Have bought and read subject matter books in the area of Family Economics, and Nature - Wild Flowers. Read regularly professional magazines such as Journal of Home Economics, Extension Review, Changing Times, What's New in Home Economics, Farm and Home magazines.
2. Attended 1959 District and State Home Economics Association meetings.
3. Attended 1959 District, State and National Home Demonstration Agents Association meetings. Recipient of the Florence Hall Award of the H.H.D.A.A. which will be used for professional improvement in 1960.
4. Took advantage of professional improvement opportunities offered to agents by and through the Virginia Agricultural Extension Service.

#### Assistant Home Demonstration Agent

1. Member National and State Home Demonstration Agents' Association.
2. Member National and State Home Economics Association.
3. Attended district and state meetings of Home Demonstration Agents' Association.
4. Read monthly publications of magazines relating to home economics.

### VII The Look Ahead

#### A. Appraisal of this year's Home Economics Extension program.

1. Involving more people in program planning has helped to develop a better program based on their needs and interests.
2. More families have been reached directly with Home Economics Extension information.
3. Home Demonstration Club members are assuming more responsibility and leadership in carrying out their program.

3. Elected Representatives

- a. Submit a copy of the 1959 annual narrative report to Board of Supervisors.
- b. Invite to Achievement and special programs of interest.
- c. Sent a resume of 1958 Home Demonstration Accomplishments to each elected representative.

4. Commercial Interests

- a. Norfolk Chamber of Commerce sponsors 4-H Leader Recognition Banquet. This is an annual cooperative project between the Extension Service of Norfolk and Princess Anne Counties and the Norfolk Chamber. Volunteer leaders are recognized for the number of years of service they have given to 4-H Club work.
- b. Nine retail stores help to promote 4-H Club work, by providing awards for girls' 4-H homemaking projects. The sponsors are awarded a certificate of recognition at the 4-H Achievement Program. Letters of appreciation are written to the sponsors by agents and by 4-H members receiving the awards.
- c. Light for Better Living Committee acquainted some equipment dealers with the program.

5. Other Professional Workers

- a. Invite to Achievement and special programs.
- b. Work cooperatively on "Light for Better Living" program.
- c. Help with the judging of 4-H demonstrations and exhibits.
- d. Send a copy of new Extension bulletins to each professional worker.

B. Progress in developing good public relations with

1. County workers

- a. Conferences with other County Extension Agents to keep them informed concerning program of work.
- b. Plan and work together in carrying out joint programs such as:
  1. Program development work.
  2. 4-H Club work.
  3. Home grounds beautification project.
  4. Light for better living.
  5. Cooperative work with some groups.
- c. Invite agents to special meetings.

2. General Public

- a. Involve more people in program development.
- b. Publicize program through press, radio, and television.
- c. More and better training of 4-H adult leaders.
- d. Letters to 4-H parents to acquaint them with 4-H project.
- e. Trained 4-H members to give lighting demonstrations to civic groups and women's organizations and P.T.A. groups.
- f. Send letter to presidents of other women's organizations in county to invite their members to county-wide subject matter meetings.
- g. By being a good listener and showing a sincere interest in their problems.
- h. By expressing appreciation to people who have helped with a program.
- i. By recognizing people who have done a good job in home-making.
- j. Efficient and friendly office secretaries.

too many colors in one room, too much furniture and a cluttered look. I selected a fabric I liked for draperies and planned a color scheme from it. I painted the living room, dining room and hall white to match the background of the draperies and to give me more light in these rooms. Since these rooms are small the doors were in the way and served no real need so down they came. The fabric used for draperies will also be used to slip cover a chair. I have selected a brown fabric for slip covers for one chair and sofa. I picked this brown from the drapery fabric. When I finish I think I will have a very attractive room." Mrs. J.G. Horton is still carrying out a long time decorating plan for her new home. Quote "I feel that the programs we have had on home furnishings have been of tremendous help to me in making decisions. The furniture I buy now will last me the remainder of my life so I give this a lot of thought before purchasing anything. I hope we will have more demonstrations in the near future. I still need a lot of help along this line. I am replacing needed furnishings as I am financially able and I would like to avoid as many costly mistakes as possible".

more artificial light, and to make small rooms appear larger. They know to use not more than three colors and to use only one pattern per room. Patterns selected are more subdued, pleasing in design and in scale to sofa, or chair if used for slip covers or to the room if used for draperies. Accessories are used more tastefully. Less clutter, knick-knacks or useless objects. One homemaker removed all knick-knacks. "The room looks empty," she says, "but I have learned that empty space is more pleasing and easier to keep than all my little objects to move and dust." Another homemaker says, "I have learned much about selection of fabric for slip covers and draperies, window styling and the making of draperies and slip covers". Some of these women are using the information in selecting drapery material for churches and community houses. Mrs. C.L. Garrett is using the information on making draperies to earn extra money. Emphasizes on light for living is influencing more and more families to make improvements. Many have already purchased recommended floor or table lamps or added a light where needed for a specific seeing job. They are planning additional improvements as money is available. Furniture has been rearranged for better seeability. The members of a woman's organization gives a recommended lamp as a gift when a member moves into a new home. This year, they are giving the minister a lamp for Christmas. Mrs. Edward Saith of Jolliff says, "After the many demonstrations on color, furniture arrangement, accessories and fabric demonstrations, I realized my decorating was not so good;

- d. Home Demonstration and h-R project leaders trained by specialist or agent.
  - e. Exhibits at Norfolk County Fair by Home Demonstration Clubs on "Make Your Own Draperies", arrangement of accessories for mantel (contrast showing correct and incorrect)
  - f. Result demonstrations.
  - g. Radio and television programs.
  - h. Press.
4. Results

The Home Economics Extension program is helping homemakers and h-R Club girls make their home more attractive. Many have made a long time decorating plan which is helping to prevent costly mistakes. By having a better understanding of good design, plus a decorating plan, they are making planned purchases and doing less impulse buying. Mrs. W.L. Cummings says, "I have been looking for two occasional chairs for two years and I am still looking". Mrs. Cummings knows what she wants and chooses to do without rather than buy a misfit or substitute. Mrs. J.G. Horton is collecting ideas for living room storage which is included in her long time decorating plan. She hopes her husband will build this storage unit this winter.

The agent has observed that more homemakers are using color more effectively. For example, they are using color effectively for backgrounds, to tie furnishings together, for accent, to reflect

VI A. Significant Achievement of Extension work in Home Economics  
Home Furnishings

1. Problems

- a. Homemakers lack knowledge of decorating principles and ability to apply them skillfully such as:
  1. Use of Color.
  2. Selection and use of accessories.
  3. Coordination of furnishings.
  4. Arrangement of furniture.
  5. Window styling.
  6. Good design.
  7. Selection of furniture.
- b. Homemakers lack knowledge and skill in:
  1. Spending Home Furnishings dollar wisely.
  2. Renovating furnishings.
  3. Making draperies and slip covers.

2. Objectives

- a. To have homemakers learn decorating principles and apply them skillfully.
- b. To have homemakers spend their home furnishings dollar wisely.
- c. To have homemakers learn and develop skill in re-finishng furniture and making slip covers and draperies.
- d. To have homemakers make a long-time decorating plan.

3. Methods

- a. Workshops on refinishing furniture, making slip covers, and draperies.
- b. Special interest demonstrations.
- c. Tours to furniture store.

This doubled the Carter's electrical installations bill, but their contractor agreed to pay one-half the increase. The finished product was used for 2 years by the Virginia Agricultural Extension Service for a proper lighting demonstration. The Carters also consulted the Extension Service on landscaping, and are planting their shrubs in accordance with its recommendations. The house, therefore, also will possibly be used for exterior demonstrations in the near future. Some years ago when the Jolliff L-H Club was being organized, Mrs. Carter was asked if she would be its adult leader.

Mrs. Carter not only consented to lead the club but characteristically allowed it to meet in her home. It met there through the first two years of its existence. The club has steadily grown; now has two adult leaders in addition to Mrs. Carter and its members consistently win prizes in local and state competitions. This summer when Jesus Perojo, a farm exchange youth from Spain, was visiting Norfolk County, the Carter residence was one of three in which he was housed. In her church work, Mrs. Carter is active in the Women's Society of Christian Service, is a substitute school teacher and assists with missionary work. She is a past president and active member of the Jolliff Home Demonstration Club and also holds membership in the Eastern Star. As a member of the women's auxiliary of the Jolliff Men's Club, she is assisting with Landscaping plans for the improved community building. All such activities take most of her time, but she prefers it that way. "I would rather that my years be shorter and full," she says, "Than long and inactive."

uses her leisure time for the benefit of others but offers the facilities of her home as well. And her new, single-story brick dwelling off Jolliff road has been used on various occasions - as a site for proper lighting demonstrations, as a home away from home for a foreign exchange student and as a meeting place for civic organizations. "The door is always open," she says, "for worthwhile activities." Mrs. Carter's own community activities are numerous. They include active participation in the work of the Jolliff Methodist Church, the area's L-N Club, Home Demonstration Club and the auxiliary of the Jolliff Men's Club.

But the busy Mrs. Carter does not confine herself to organizational activities. A thoughtful neighbor, she frequently can be seen carrying pies, cakes, etc., to ailing neighbors or to friends celebrating special occasions. In one 12-month period she carried 56 pies or cakes to others. And her neighbors have demonstrated their appreciation. Not long ago Mrs. Carter and her husband, a retired military police major, went on an eight month trip to Florida and Mexico. When they returned they found that neighbors had thoroughly cleaned their house (it had gathered considerable soot during Mrs. Carter's absence) and had given them enough pre-cooked food to last a week. At the time, Mr. and Mrs. Carter were considering moving from Norfolk County, but this expression from their friends ended such thoughts. Instead of moving, they built a new home on the same county acreage on which they have been living for 20 years. And when they were planning the house, they took into consideration its community potential.

Mrs. Carter asked the county home demonstration agent, to help her plan the structure and this conference gradually evolved into a "light conditioned home" - or a house systematically lighted for maximum benefit.

## V Leadership

## A. Growth of Leadership

## 1. Overall program leaders

	1957	1958	1959
a. County Agricultural Extension Service Board	0	0	0
b. Youth Council	0	0	0
c. Home Economics Council	0	0	0

## 2. Home Demonstration Club Leadership (Give in table below)

	1955	1956	1957	1958	1959
No. organizational leaders	112	118	118	108	78
No. project leaders (subject matter)	110	125	124	151	162
No. Federation program of work chairmen	23	23	24	22	19
No. program development leaders	23	23	24	22	20
No. result demonstrators	5	93	7	12	11
No. training meetings by specialists	9	9	9	5	4
No. training meetings by dist. agents	0	0	0	0	0
No. training meetings by agents	9	3	4	8	8
No. training meetings by others	0	0	4	4	1
Attendance at all training meetings	571	459	607	450	381
No. meetings held without an agent	148	145	152	175	170
No. meetings leaders assisted	5	15	5	0	1
Demonstrations by leaders	164	166	110	125	124
Talks and discussions by leaders	468	232	299	266	254

## 3. 4-H Club Leadership (Give in table below)

	1955	1956	1957	1958	1959
No. Club Officers	120	89	84	130	108
No. adult project leaders	14	14	16	15	11
No. Junior project leaders	0	8	18	13	15
No. result demonstrators	2	1	0	0	0
No. training meetings by specialist s	0	0	3	3	1
No. training meetings by dist. agents	0	0	0	0	0
No. training meetings by agent	2	1	0	9	16
No. training meetings by members club dept.	1	1	0	1	1
No. training meetings by others	0	0	3	0	0
Total attendance at ldr. tr. meetings	56	55	169	95	158
No. 4-H leaders trained individually	15	14	7	16	15
No. club stps. held by ldr. w/out agent	37	19	26	50	30
No. additional club meetings at which leaders assisted	140	44	98	29	15
No. demonstrations given by adult ldrs.	60	13	13	29	25
No. demonstrations given by junior leaders	13	22	16	21	17

## B. Development of Leadership Activities and Accomplishments of an outstanding individual.

"The Carters help their neighbors"

Mrs. W.F. Carter, of Jolliff is a Norfolk County homemaker who not only

f. During the year bring five non-club members to a county wide special interest meeting.

As a result of these club objectives records show Home Demonstration Clubs helped to increase the scope of Home Demonstration work by:

1. Adding 54 new club members.
2. 238 visitors attended club meeting during the year.
3. passed Extension information to 1011 neighbors or friends.
4. conducted 4 special interest meetings for neighbors and friends.
5. organized one Home Demonstration Club.
6. placed 15 educational exhibits in the Norfolk County Fair, 8 in public places during National Home Demonstration Week.
7. Brought guests to county wide special interest meetings.
3. Twelve radio programs and 4 television programs by Home Demonstration Agent and Assistant.
4. News articles on all phases of Extension program.
5. Special interest meetings. Public invited through letters to women's organizations and press.
6. Involving more homemakers in program planning other than ones who are members of an Extension organization.
7. Training Home Demonstration Club project leaders to give demonstrations so the agent can have more time to work on methods to reach other people.
8. Held two meetings at the home of a result demonstrator - "Light Conditioned Home". Invited the public.
9. Attending meetings of other agencies and womens' organizations when possible.

IV Scope of Work

A.	1955	1956	1957	1958	1959
No. H. B. Clubs	23	25	23	21	19
Membership	459	442	430	435	425
No. H. B. Groups (Unorganized)	0	0	0	0	1
Membership	0	0	0	0	12
No. H-H Clubs	17	16	14	22	16
Membership	269	323	445	433	302
No. YW Clubs	0	0	0	0	0
Membership	0	0	0	0	0
No. Community Clubs	0	0	0	0	0
Membership	0	0	0	0	0
No. Home Ec. Committees	0	0	1	2	2
No. General Interest Committees	0	1	1	1	1
No. Youth Committees	0	0	0	1	1
No. Other Organizations	0	0	0	0	0
No. Farm & Home Dev. Families	1	1	1	16	12
No. Other families reached	10,000	10,500	9000	11,000	10,000
No. Different families reached	8,000	9,200	8300	9,000	8,000

B. What was done to increase scope of work and to inform the public about Home Demonstration work.

1. A brief resume of Home Demonstration work for 1958 with a little philosophy of Extension work was given to the press, members of the board of supervisors and mailed to Extension program planning committee members and Home Demonstration Club presidents and H-H Adult Leaders.
2. The following Home Demonstration Club objectives help to reach more people through Home Demonstration members.
 

Increase the scope of and better publicize the Home Demonstration program by doing at least three of the following:

  - a. Make and carry out plans for observing National Home Demonstration Week.
  - b. Add five new members to club.
  - c. Publicize all club meetings in newspaper.
  - d. Sponsor the organization of a Home Demonstration Club.
  - e. Conduct one special interest class in community for non club members.

To climax the program the County Council officers for 1960 were installed with a candlelighting ceremony.

arrangements for the achievement program held at Churchland Elementary School. The Norfolk papers gave much publicity to the program.

Anita Wright, President of County Council, presided and the invocation was given by Rev. H.L. Johnson, Jolliff Methodist Church. 4-H members participated in the program by leading the group singing and pledge to the U.S. Flag and 4-H Pledge.

4-H Adult Leaders and sponsors were recognized.

The Best All Around 4-H Club Girl Awards sponsored by the Norfolk County Federation of Home Demonstration Clubs, were presented to Patti Delk, Senior from Jolliff 4-H Community Club, Margaret Hedrick, Junior from Oak Grove 4-H Community Club and Judy Schleppe, Junior from Grassfield 4-H Community Club by Mrs. J.K. Smith, President of the federation.

Patti Delk, secretary to County Council, presented the award for the best secretary's record book to Jane Baine of Oakdale Farms Community 4-H Club.

Presentation of medals, project awards, and certificates were made to the top winners in each project by the assistant agents.

David Glesmaing, Patti Delk, Loretta Glesmaing and Randy Schiewann were recognized as state winners.

Loretta Glesmaing was presented the "I Dare You" book as the most outstanding 4-square 4-H Girl.

The County Agent presented the best 4-H Club plaque to the Jolliff Community Club for having the highest total points and completing the most goals as set up by County Council.

Public Speaking, gave demonstrations in Your Room, Electric, Health, Laundry, and Home Grounds Beautification, and made exhibits in Looking Your Best, So You'd Like to Sew, Safety, and Your Room. Seniors were given 9 blue ribbons, 7 red, and 6 white. Juniors received 2 blue, 6 red, 8 white ribbons.

7. Norfolk County Fair

There were 4 4-H educational exhibits based on each club's project for the year. 19 Club members entered individual articles, and seven received blue ribbons, 6 red, and 8 white. Some of the canned goods were comparable to the adult entries. Several entries were entered in the state fair.

8. Annual 4-H Achievement Program

The annual 4-H Achievement Program is sponsored by the County Council and the objectives for this program are:

- a. To publicize the value of 4-H Club work to boys and girls.
- b. To give public recognition to individual and group achievements of the 4-H Club members.
- c. To give parents an opportunity to better understand and appreciate 4-H Club work.
- d. To give public recognition to the sponsors of the various projects.
- e. To emphasize the 4-H opportunities afforded young people and encourage those not yet enrolled to join.
- f. To help 4-H members to develop their own 4-H club plans for next year based on their 4-H achievements for the current year.

A committee composed of old and new officers of county council, special achievement night committees, county council program planning committee, and two adult leaders planned and made

Achievement-Loretta Gleaming

Leadership-Anita Wright

The state winner in the Frozen Foods Achievement program was Loretta Gleaming, first Norfolk County girl to win a trip to National 4-H club Congress.

The recognition and awards which these girls have received is encouraging them and other club members to work harder and complete their projects and assemble neat and attractive record books. By participating in these contests club members are increasing their knowledge, improving skills and developing leadership.

c. County Contest

a. Objectives

1. To encourage the development of initiative, poise, and self confidence through giving demonstrations, modeling in dress revue and making exhibits.
2. To encourage members to work harder on their projects.

b. Results

25 Norfolk County girls participated in the first day of the County Contest which was held in the demonstration kitchen on August 7. Demonstrations were given in Meal Preparation, Bread, Canning, Freezing, Dairy Foods, and Poultry Consumption. In the Senior Division, 4 girls were awarded blue ribbons, 5 red ribbons, and 4 white ribbons. In the Junior Division, 1 girl received a blue ribbon, 2 red, and 10 white. At the second day of County Contest held on August 13 there were about 25 girls who participated in the Dress Revue,

6. Contests

a. 4-H District Contest

Ten Norfolk County 4-H girls competed in the district contest at Petersburg. Contests entered were:

Meal Preparation-Jane Bains, blue award

Dairy Foods-Joyce Denny, blue award

Frozen Foods-Sarah Owens, blue award

Canning-Feggy Parker, blue award

Poultry Consumption-Betty Jane Hedrick, white award

Electric-Lucille Bouldin, blue award

Home Improvement-Patti Dalk, red award

Public Speaking-Loretta Gleaming, blue award

Laundry-Judith Bittle, blue award

Dress Revue-Maechie Warren, white award

The contest has contributed to the extension youth program through the development of initiative, poise, and self confidence through giving demonstrations, making speeches and preparing exhibits and posters.

b. Achievement Awards

Eight 4-H clubs entered their achievement record books in the achievement contest. Record books were entered in the following projects:

Room Improvement-Ann Gerrey

Health-Patti Dalk

Frozen Foods-Loretta Gleaming

Food Preparation-Feggy Parker

Clothing-Louise Floyd

Home Economics-Judith Bittle

- b. The theme of the Senior 4-H Camp was "Forward To Tomorrow".

Classes included:

"Junior Leadership In Camp-Jack Tyree-Assoc. State 4-H Club Agent.

"Career Opportunities"-Dr. George T. Blume-Ast. Extension Sociologist, VPI.

"Recreational Leadership"-Miss Rosalie Ward-Recreational Director; Misses Gayle Zydron and Nell Seditz, Students, VPI.

"Boy-Girl Relationship"-Rev. Emanuel C. Bech, Asst. Rector Galilee Episcopal Church, Virginia Beach.

"Junior Leadership In The County"-Maynard C. Heckel, Extension Training Specialist, VPI.

Approximately 100 senior club members participated in classes, athletics, vespers and the evening program. The assistant home agent served as assistant director for Senior Camp.

The opportunities for developing leadership and fellowship among the campers will help them in their county programs as well as serve as junior leaders for other camps. A week of camp routine helped the 4-H members to adjust to new living, to new living situations and provided opportunities for making new acquaintances and developing friendships. Campers learned to work and play effectively with members of committee and other groups.

- c. Conservation Camp

4 Norfolk County Senior 4-H club members attended State Conservation Camp. One member commented that this was her favorite camp because she was treated more like an adult plus the fact she was able to meet 4-H club members from all over the state.

Patricia Cogliandro and Charlotte Hasking. In the Senior Division Ann Knapp and Joyce Baine placed first and second respectively. The Share the Fun program has contributed to the youth phase of the extension program by:

- a. Providing an opportunity to develop talent.
  - b. Developing an appreciation of talent.
  - c. Developing leadership and confidence.
  - d. Providing an opportunity for wholesome recreation.
4. National h-H Sunday

National h-H was observed in Norfolk County with a county wide program in the vesper area of h-H Camp Farrar, Virginia Beach, Virginia. The program was conducted by h-H club representatives from ten clubs in the county. The committee for planning the program included: Lucille Bouldin, Loretta Glewsing, Patti Delk, and Randy Schiesmann.

Six h-H clubs participated in a National h-H Sunday program at the Great Bridge Baptist Church and the Centerville Baptist Church. These programs have helped the h-H club to associate church activities with their everyday living, to cooperate with other community groups and opportunity to participate in a service that develops the Heart.

5. Camps

- a. The District h-H Camp and the Senior h-H Camp were held at Camp Farrar, Virginia Beach. Sixty h-H Norfolk County Club members enjoyed h-H District Camp. Wildlife classes were conducted by Mr. George Harvey, Virginia Game and Wildlife Commission and bird and nature tours were conducted by Mrs. M.K. Morisette of Norfolk. Bird houses and bird feeders were constructed and exhibited by the campers. Patti Delk,

e. The Jolliff Girls Club presented a 4-H program consisting of an electrical demonstration by Lucille Bouldin and a talk by the Assistant County Agent to the Jolliff Ruritan Club. The 4-H girls served the dinner and put up exhibits for the meeting. The 4-H Honor Club placed a large exhibit in the window of the VEPCO Building, Portsmouth. The theme of the exhibit was a recipe for the 4-H club program in the County. The Share the Fun program was directed and sponsored by the 4-H Honor Club during National 4-H Club Week. Spot announcements concerning National 4-H Club Week were given on three local television stations and four radio stations. The Assistant Home Agent gave a thirteen minute radio program on WTAR - Norfolk on 4-H Club work in the county.

From the observance and participation the 4-H club members have had an opportunity to inventory their own 4-H activities and help them to reaffirm their intention of carrying to completion their club goals. Parents and the public in general were made aware of what the 4-H members are doing and how they can help the 4-H county program.

### 3. Share the Fun Program

The annual 4-H Share the Fun program with 51 participants was directed and sponsored by the 4-H Honor Club. The committee, composed of Randy Schiemann, Fatti Dalk, Betty Jane Hedrick, Joe Walker, and Loretta Gleaming worked diligently rehearsing the participants, contacting sponsors and decorating the auditorium with pots of tulips made of green sticks and colored Easter eggs. Two members of the Edgewood Home Demonstration Club served as judges. Winners in the Junior Division included Linda Rawls, Betty Ann Parker and a group composed of Judy Reel, Cindy Phillips,

- a. Scrapbooks sent to children's hospital.
  - b. Flower arrangement made for school.
  - c. Christmas gifts sent to hospital.
  - d. Clothing and shoes given to needy.
  - e. Easter tray favors and magazines sent to hospital.
  - f. Dish towels made for church.
  - g. Flowers placed in church for National L-H Sunday.
  - h. Worked for the SPCA drive in Deep Creek area.
  - i. Food and \$10 to needy family.
  - j. Flowers sent to shut ins.
  - k. Pepper Relish made for invalid.
2. National L-H Club Week

National L-H Club Week was observed by L-H members, L-H Clubs and the L-H Honor Club. All L-H Clubs (27) displayed the L-H posters "Improving Family and Community Living" in stores and other public places. Many of the L-H Clubs carried out individual projects during the week such as:

- a. The Grassfield Girls L-H Club with 21 members and their leader, Mrs. Paul Reeves placed an exhibit on L-H projects in the library of Deep Creek High School. At that time an evaluation team was working in the school and their comments on the exhibit was most encouraging.
- b. The Hickory Girls L-H club with 34 members placed an exhibit on "Furniture Arrangement" in the display window of the school.
- c. The Oakdale Farms Girls L-H club appeared on a local 30 minute radio program (HOME - Norfolk)
- d. The Oak Grove Girls Club (12 members) gave a tea for their mothers at the home of their leader, Mrs. A.S. Nicholson. The girls planned, prepared and served the food for the tea.

b. Methods Used:

1. Demonstrations were given at each meeting by the assistant agent, adult leader, or junior leader.
2. Club members repeated all or part of the demonstration at the next club meeting.
3. Each member was encouraged to enter club contest and clue award winners entered county contest.
4. Special meeting on how to give a demonstration held by assistant agent and 4-8 adult leaders.

c. Results

1. 20 members out of 41 enrolled completed the project.
2. 13 members gave demonstrations at county contest.
3. 11 members entered products in County Fair.
4. 3762 dishes were prepared by members.
5. 227 meals were served by members.
6. Results from the project were expressed by a member this way:  
"This project has helped me learn to plan meals that are nutritional and economical. The correct method for preparing foods in order not lose their nutritional value is important in all homes. This is learned quickly and well in this project."

Anita Wright, Age 17

C. Other Activities

1. Community Projects

The girls 4-8 clubs of Norfolk County participated in eighteen community projects during the year. They were striving to make their community a friendly place to live, to share responsibilities for community improvement and to be a good citizen. Some of the service projects included:

4. Girls modeled garments at club contests and county dress review.

c. Results obtained:

1. 19 record completions from 22 enrolled.
2. 17 4-H Club members and 2 4-H Adult Leaders attended 6 classes on clothing construction given in the summer by the assistant agent.
3. 15 participated in county dress revue and there were 4 blue winners.
4. One club made exhibit at County Fair and placed second in 4-H educational exhibits.
5. 13 articles were exhibited at County Fair.
6. Several articles were exhibited at State Fair.
7. 161 garments were made by club members.
8. 26 garments were made by club members, for other people.
9. 22 garments were remodeled by club members.
10. \$444.74 estimated savings on articles made by club members.

5. Meal Preparation

The Meal Preparation project was selected by two community 4-H clubs with 27 members, as recommended by the Project Planning Committee.

a. Objectives were:

1. To teach members how to set table correctly and attractively.
2. To teach members how to make salads and salad dressings.
3. To teach members how to plan nutrition meals and to develop good eating habits.
4. To teach members the principle of meat and vegetable cookery.
5. To teach members how to give a demonstration.
6. To teach members how to make milk desserts.

k. Make or Remake

The Make or Remake project was selected by two community I-H clubs with twenty two members, as recommended by the Project Planning Committee. Although the Make or Remake project is set up as a summer project many of the girls requested to carry it throughout the year. During the school year at club meetings demonstrations on wardrobe planning, choosing accessories, how to determine pattern size, selection of fabrics, color and pressing equipment and pressing methods were given. During the summer months project instruction in clothing construction was completed.

a. Objectives were:

1. To teach members how to plan a wardrobe.
2. To teach members how to develop skill in making alterations in patterns.
3. To teach members how to choose becoming styles.
4. To teach members how to judge quality in fabrics and workmanship.
5. To teach members how to use their clothing money wisely.
6. To teach members how to press and use pressing tools.
7. To teach members how to make new garments.
8. To teach members how to remake old garments.

b. Methods Used:

1. Method demonstration was given by the agent or adult leader at each meeting.
2. Flannelgraph on wardrobe planning was given by agent.
3. Six classes on clothing construction were given by assistant agent and agent in training.

5. To teach members how to pull a thread, how to fold and baste a hem by making a towel.
6. To teach members how to use a sewing machine properly.
7. To teach members how to cut by measurement, gather fabric, select fabric and make and put a pocket on an apron.

b. Methods Used

1. Method demonstrations were given at each club meeting by the assistant home agent or a junior leader.
2. Club members displayed their articles at each meeting.
3. All articles made and sewing boxes were entered in the club contests.
4. Blue award winners exhibited their articles in county contest.

c. Results obtained:

1. There were 16 completions from 40 enrolled in the project. One club with 20 enrolled in this project disbanded because of lack of adult leaders.
2. 91 articles were made including headscarves, needle cases, aprons, laundry bags, stuffed toys, towels, wrist pin cushions, blouses, and collars.
3. 8 exhibits were given by individuals at regular club meetings.
4. 4 demonstrations were given by various individuals at regular club meetings.
5. 5 exhibits were made at county contest.
6. 13 articles were exhibited at county fair.
7. 4 attended summer classes on making a dress and one was in county dress revue.
8. All received instructions on using a sewing machine.

b. Methods used:

1. Demonstrations were given at each meeting by assistant home agent.
2. Members used the "How Do You Rate" sheet to score their progress at the beginning and end of the project.
3. Club members made a make up cape to use while combing hair and sewed buttons on their garments properly.
4. Club members prepared exhibits for their club contests.

c. Results obtained:

1. One club member made an exhibit at club contest.
2. There were 112 completions from 143 enrolled in the project.
3. 45 demonstrations were given by various club members throughout the year.
4. 30 exhibits were made by various club members at their regular meeting throughout the year.

3. So You'd Like To Sew

Three 4-H clubs with 4- club members selected the So You'd Like to Sew Project as recommended by the County 4-H Project Planning Committee.

a. Objectives were:

1. To have members get essential sewing equipment and assemble it in a sewing box.
2. To teach members how to sew a button on properly.
3. To teach members how to cut a square, stitch edges together and do an overhand stitch by making a wrist pin cushion.
4. To teach members how to select fabric and make a hem on a headscarf.

6. Several Radio programs were presented by the assistant home agent on lighting.

c. Results obtained:

1. 14 girls gave demonstrations at their club contest in July and each was eligible to enter county contest. Seven gave demonstrations at county contest, and there were two blue winners and two red winners. One club member made an exhibit and received a red ribbon.
2. There were 64 record completions of the 79 enrolled.
3. 47 articles and improvements for the room were completed with an estimated value of \$450.
4. Furniture was arranged in 73 rooms.
5. One club made exhibit for County Fair.
6. Two clubs made exhibits for Achievement Night.
7. Results expressed from the project by Nancy Dill, Age 16:  
"Having studied 'Your Room' we are now able to make our bedrooms more attractive to others and to ourselves. We can also clean and care for our room more effectively and efficiently."

2. Looking Your Best

The Looking Your Best Project was selected by four school clubs with 143 club members when they reorganized at the beginning of the school year.

a. objectives in this project were:

1. To teach members to make good grooming a habit.
2. To improve appearance by wearing clean, well pressed clothing and by keeping shoes shined and in good repair.
3. To look our best by taking care of our hair, skin, teeth, hands and feet.

clubs selected the project when the clubs were reorganized in September. Demonstration topics were selected by the project planning committee. Suggestions and revisions were made by the home furnishings extension specialist. Seventy nine L-N girls are enrolled in the Your Room project. Plans for this project included: Care of the Room, Storage and Accessories for My Room.

a. Objectives for this project were:

1. To teach members how to care for their room by making a bed and a dustless dustcloth.
2. Teach members how to keep top of dresser and drawer storage space orderly by providing partitions for the dresser drawers.
3. To teach members how to arrange their furniture properly for comfort and ease in caring for their room.
4. To teach members how to select a good study lamp.
5. To teach members how to make three simple flower arrangements and select the proper containers for the arrangements.

b. Methods Used

1. Introduction to project was made through slides on care, storage and accessories for your room.
2. Demonstrations were given at each meeting by the assistant home agent, adult leader or junior leader on the demonstration topics.
3. Club members repeated the demonstrations at the next club meeting.
4. Exhibits pertaining to "Your Room" were made by L-N club members.
5. Blue award winners in club contest competed in county contest in August.

one attended the meeting. Therefore, project calendars and suggested lists for demonstrations were sent to each club and each selected a project and subject matter for the coming year. The projects decided upon as club projects were Meal Preparation I and II, Your Room I and II, and Housekeeping.

#### 7. Program Planning Committee

The program planning committee was the same as the project planning committee and since no one attended the meeting neither projects nor programs were planned. The assist. agent planned the county program based on requests from several of the large community clubs. Material was prepared for each month and sent to each president and vice-president, in a booklet form. For the 1959-1960 year each club will present a ten minute program on Health at regular h-S Club meetings. The topics are:

October - Improve Your Posture

November- Keen Teens Eat Well

December- Practice Cleanliness for Your Own Health

January - Ker-Choo and You

February- The Home Medicine Chest

March - Improve Garbage and Trash Disposal

April - Your Ear - A Miniature Machine

May - Take Care of Your Teeth

June - Test Your Eye-Q

#### B. h-S Project Work

##### 1. Your Room

The Your Room project was selected by three community h-S Clubs as recommended by the h-S Project Planning Committee. Two school

Upon recommendation of the L-H youth committee that an active All Star organization be initiated and developed as a means to obtain more L-H leaders an attempt to organize an All Star group in Norfolk County was made. Mr. James A. Reynolds, Associate State L-H Club Agent explained to the group how an active All Star Chapter could contribute to the total L-H program in the county. No definite plans for organization were made at this meeting.

5. L-H Honor Club

The L-H Honor Club met quarterly and accomplished the following objectives mostly through the planning and working with committees and the officers of the Honor Club:

- a. Trained 58 County Council officers for their respective offices.
- b. Encouraged younger club members to participate in L-H meetings and activities by giving demonstrations, making exhibits and helping with records.
- c. Planned and sponsored the county picnic.
- d. Sponsored and directed the county "Share the Fun" Program.
- e. Publicised National L-H Club week by placing a large exhibit in the window of the local power supplier.
- f. Planned and took an educational trip to Williamsburg and Jamestown with an overnight stopover at the L-H camp at Jamestown.
- g. Planned and held the annual dance and crowning of Mr. and Miss L-H of Norfolk County at the Deep Creek Community Center.

6. Project Planning Committee

A project planning committee composed of L-H Adult leaders and members from each community club was scheduled in July, but no

by an extension agent, were presented to four Ruritan Clubs, two PTA's, and one ladies auxiliary club with over five hundred in attendance. Although there have been no prospective leaders from the Great Bridge Ruritan Club, the club accepted the responsibility of supplying the electrical and lighting equipment used in the demonstration.

In order to acquaint the public with 4-H Club work and the need for volunteer leaders the assistant home agent presented three 13 minute 4-H programs on radio station WTAR Norfolk and on a 13 minute 4-H program on WVEC TV, Norfolk. Newspaper coverage on each 4-H activity has been given by both the morning and evening papers in Norfolk, thus providing more recognition for the 4-H club members of Norfolk County.

Letters concerning the projects in which their children were enrolled were sent to all 4-H parents. Special invitations for 4-H activities were issued to the parents and friends through letters, radio, announcements at schools and PTA's.

3. County 4-H Council

The county 4-H Council is composed of 142 club officers with 21 adult leaders serving as advisors to the group. The council planned and carried out the following programs:

- a. National Rural Life 4-H Sunday
- b. Monthly program for 4-H club meetings
- c. Exhibit for National 4-H Club week in Norfolk department store window.
- d. Achievement Night

4. All Stars

There is not an organized group of All Stars in the County.

The councils and committees which function in developing and carrying out the county youth program include:

1. County Youth Council

This council has not been organized but plans for organization are being made.

2. 4-H County Youth Committee

The county youth committee which was organized in 1958 includes a 4-H leader, a 4-H parent, an urban Home Demonstration member, a Scout leader and a school principal. The situation of the 4-H Club work in Norfolk County was presented to the committee by the extension agents. After much discussion the following problems were pointed out by the youth committee.

- a. Lack of enough organizational and project leaders.
- b. Need for more projects of interest to non farm and urban youth.
- c. Lack of interest by many parents.
- d. Lack of adequate recognition for club members.

After much consideration the youth committee decided that only problem one (1) would be considered this past year. Suggestions from the committee for solving the immediate problem included:

- a. Presentation of 4-H programs to PTS, Ruritan, Home Demonstration Clubs, and other civic organizations.
- b. Development of County All Stars into leaders.
- c. Presentation of 4-H programs on TV, radio and in newspapers.
- d. Letters to 4-H parents.

To date seven 4-H programs, including a 4-H electrical demonstration by a 4-H club member and a brief explanation of the 4-H club work in the county (stressing the need for adult leaders)

a Home Demonstration Club member and attends many of the special interest demonstrations where she has learned to refinish furniture, cane chairs, re-upholster furniture, make draperies, and slip covers, and improve her dressmaking skills. Recently she has been earning extra money by making slip covers, draperies and re-upholstering furniture. She would like to develop this into a small business. By attending Home Demonstration Club meetings she has learned to be a better manager of income, buy more wisely and plan more nutritious meals.

### III County Extension Program - Youth

#### A. Organization

The youth phase of the Norfolk County Extension program, namely the h-m clubs enrolled 302 girls and 295 boys in 27 h-m clubs this past year. Of these 27 clubs, two are joint clubs, fourteen are girls clubs and eleven are boys clubs. Generally the joint clubs are supervised by the assistant home demonstration agent and the assistant county agent. The girls clubs are supervised by the Assistant Home Demonstration Agent and the boys clubs are supervised by the Assistant County Agent. Project instruction is given by the extension agents, volunteer trained adult and junior leaders. The chart below shows the organization of the h-m Clubs in Norfolk County this past year.

Club	No. of Community	No. of School	h-m Adult Leaders for Community	Leaders for School
Girls	7	7	12	0
Boys	3	8	5	0
Joint	1	1	3	0

- e. Lack of family cooperation.
- f. Family members not willing to try different foods or food prepared differently.

This year many of these homemakers and husbands attended the series of three meetings on family economics which were held at night.

Some attended other Extension special interest demonstrations, "Ways to Get more Milk into the Diet", Planning a Basic Wardrobe, Cotton dressmaking workshop and some with husbands visited the light conditioned home. They are being assisted with individual problems through home visits.

Progress made by Mrs. C.L. Garrett. The family is composed of Mr. and Mrs. Garrett and one son who has completed a draftsman's training program at the College of William and Mary in Norfolk.

The son is now employed and living at home with the family. They live on a farm which they own and rent out the farm land. Mr. Garrett is employed in the Norfolk shipyard.

The family goals includes remodeling the old farm house to make it more livable, improving the home grounds and saving money to supplement Mr. Garretts retirement benefits.

Several years ago the State Extension Housing Specialist helped the family develop a plan for remodelling their house. Since the family is doing the work themselves, improvements have been slow. A bathroom has been added and four of the five rooms completed with storage added in each. They are working in the kitchen building cabinets and work counters. The old kitchen had no cabinets.

Mrs. Garrett has developed a long time decorating plan which she will begin working on as soon as the remodeling is completed. The house has received top priority and rightly so. Mrs. Garrett is

1. We are keeping a record of family living expenses. We hope to find ways to spend less money.
  2. We stop and think before we buy.
  3. More satisfaction in knowing where our money goes.
  4. Saved \$25 per month. I decided I did not need maid services.
  5. Buying more nutritious food - less knick-knacks.
  6. I am keeping a record of food costs.
  7. I plan menus for a week, study food ads for best buys, make and use a shopping list. This is helping me to save time and money.
  8.
    - a. Better understanding of how to build a basic wardrobe and use inexpensive accessories for fashion accents.
    - b. Family is enjoying one dish meals. They help me to save time.
    - c. More time for outside activities and child care and training.
    - d. Improved method of washing dishes.
    - e. Reorganized storage space in kitchen. Things easy to find for husband too.
    - f. Cabinets are neater.
    - g. Reorganized housecleaning and food shopping schedule-more satisfaction.
    - h. Better informed on fire and auto insurance. Checked policy.
    - i. Inspired me to do a better job.
- Difficulties we had applying the information gained from the study course to family situations:
- a. Lack of know-how and experience in food preparation.
  - b. Do not know the best food buy for money.
  - c. Improper distribution of clothing dollars among family members.
  - d. Difficult to change long established habits.

clothing and other educational exhibits.

Club educational exhibits at 4-H Achievement program.

D. Procedure for developing and carrying out programs with urban families in County.

According to the 1950 census, 76.7% of the population in Norfolk County is classified as urban; 18.1% rural non-farm; and 5.3% in rural farm. Because of the high degree of urbanization in the Norfolk and Portsmouth area, the Agent works with more urban and rural non-farm families than with strictly farm families. The majority of Home Demonstration Club members are urban and rural non-farm. The Agent is still working with six Home Demonstration Clubs in the Tanners Creek District which Norfolk City annexed in 1955. January 1, 1960 the city of Portsmouth will annex 10 sq. miles of Norfolk County. There are six Home Demonstration Clubs in this area to be annexed. The Agent works with urban families in all phases of the County Extension Program, including program planning.

E. Farm and Home Development

19 homemakers and their families are receiving direct help with one or more family living problems. Last fall these homemakers attended a home management study course which consisted of a series of six meetings. The topics for the study course were planned by the homemakers and dealt with a study of efficient use of time and money. In the spring of this year a testimonial luncheon meeting was held to find out if homemakers were applying any of the information if so, how is it helping the family? What difficulties they encountered in trying to apply the information to their situation? This information was collected from the homemakers before the luncheon meeting. The Home Demonstration Agent presented the findings to the group for discussion. How is the information helping to save time and money? The homemakers mentioned the following:

The agricultural engineer with the local power supplies planned the lighting for Home Economics exhibit tent. Committee members secured a person from the Virginia Commission of Game and Inland Fisheries and from the Heart Association to come and show films in the theatre at night.

A high school industrial art teacher and a committee of husbands helped to construct display tables.

Supervision of the Home Economics exhibit tent was divided among Home Demonstration Club groups.

As a result of their efforts there were 540 entries in the homemaking division (adult and junior). Of the 411 adult entries 51 were awarded blue ribbons, 54 red and 45 white ribbons. 60 items were miscellaneous, not listed in the fair catalog. Some classes had no entries. In the Junior division there were 49 entries. Seven received blue ribbons, 6 red and 8 white. Fifteen of the nineteen Home Demonstration Clubs had educational exhibits. Four 4-H Clubs put in educational exhibits. District VI, Virginia Home Economics Association entered an exhibit on Careers in Home Economics. The two most popular educational exhibits were Do You Know How To Put In A Sleeve Correctly? Make Your Own Draperies. Approximately 100 people registered for a free copy of the Extension bulletin relating to the subject. Some Home Demonstration Club members worked hard and faithfully to improve the homemaking division of the fair. Improvements were made too. They helped Extension reach more people through educational exhibits.

6. Judging by leaders at special events. Leaders who have received training in Judging homemaking exhibits have helped to judge 4-H events namely County Contest, Dress Review, food demonstrations,

## 5. Norfolk County Fair

Members of Norfolk County Federation of Home Demonstration Clubs accepted the responsibility of the Home Economics exhibit tent at the Norfolk County Fair. The Buritan Club members were in charge of the Agricultural exhibit tents. Last year there were very few individual exhibits in the Home Making and agricultural divisions of the fair. Had it not been for the educational exhibits of Home Demonstration and 4-H Club groups the Home Economics Tent would have been empty. The fair management recognized many of the reasons for the failure and lack of interest. To help overcome some of the difficulties the fair management asked the Home Demonstration Club members and the Buritan members to be responsible for this phase of the fair in 1959. If these two groups could influence enough people to exhibit in the Homemaking and Agricultural divisions so that the tents would be three fourths full, the fair management would remunerate each organization.

### Responsibilities included:

1. Interesting people in exhibiting
2. Planning the lay out of the exhibit tent
3. Building display tables
4. Receiving entries and displaying them attractively. Keeping a record of entries.
5. Securing judges.
6. Supervision of exhibit tent at all times.

A committee of Home Demonstration members with Mrs. W.L. Hedrick as chairman planned the lay out of display table and theatre in tent.

available from the Cooperative Extension Service through the Home Demonstration Agent.

2. 20 homemakers enrolled.
3. Agent receiving more telephone calls, more requests for bulletins and requests for individual help.
4. Home Demonstration Club Members have renewed interest and pride in belonging to a Home Demonstration Club group.
5. Home makers who have benefited from the program are grateful for the help available through the Extension Service.

#### 4. Achievement Program

The Home Demonstration Achievement program was held in conjunction with an "Open House" of a light conditioned home. The house was open from 7:00P.M. to 8:00P.M. and from 8:15P.M. to 10:00P.M. From 8:00P.M. to 8:15P.M. the people met in the Jolliff Community House for a short business meeting of the County Federation of Home Demonstration Club and a short program. Five L-H Club girls who participated in the share the fun activity furnished entertainment. Club goal and X-Ray Certificates were presented to clubs who had met the requirements. Members who had met the reading requirements. Members who had met the reading requirement received a certificate. Mrs. W.V. Bakar, Home Demonstration Club member taught the group to sing the National Home Demonstration Club song, "Ever Onward". Mrs. J.K. Smith of Norview and Mrs. F.M. Sholes of Simonsdale were elected President and Vice President of the County Home Demonstration Clubs. Upon adjournment of the meeting, people who had not visited the light conditioned home were invited to do so. 75 men and women visited the home.

County Activities

1. Radio program by Home Demonstration Agent and Mrs. A.S. Nicholson, County publicity Chairman talking about How the Home Economics Extension Program can help homemakers.
2. 79 Home Demonstration Club Members were guests on the Radio program, Coffee Break Radio Station WCMS from 9:30 to 11:00 A.M. Radio host interviewed different members throughout the entire program on Home Demonstration Club work. This was informative to the radio listeners, and a pleasant experience for the Home Demonstration Members.
3. County wide special interest meetings on "Ways to get more milk into the diet".

The Home Demonstration Week Committee secured or provided door prizes for the ones present. What were the door prizes? Master Mix made with lots of dry milk, Cottage Cheese, Milk Dishes prepared ahead of time but demonstrated at the meeting.

4. Special interest meeting - Cotton dress workshop demonstration which consists of 7 two hour demonstrations.
  5. Newspaper and radio publicity. Poem written by a Home Demonstration Club member. This was printed in the Newspaper and read twice on two different radio programs. Also read at all Home Demonstration Club meetings in May.
- Letter to public forum section of Newspaper. Letter written by Mrs. Nicholson, Publicity Chairman.

Values Resulting From Week:

1. The concentrated publicity through Mass Media and meetings certainly acquainted more people with the type of assistance

At another meeting of boy scouts and their Mothers, the Federation Program of Work Chairman of Indian River Home Demonstration Club presented a program on Identification of Birds.

Jelliff Club held a tea in the community house and made a special effort to invite young homemakers in the community. They provided free baby sitter service so it would be easier for the Mothers to attend. Attractive posters showing the type of assistance available from the Cooperative Extension Service through the Home Demonstration Agent, and gracious hostesses talking to guests about Home Demonstration Club work and things learned helped to acquaint the visitors with the Home Economics Extension program.

Six clubs had an educational exhibits or attractive posters in public windows. 2 were educational exhibits on "Correct lamps (bulbs) for seeing jobs in the home" 2 were educational exhibits on "Attracting birds to your yard". 2 were posters showing assistance available from the Cooperative Extension Service through the Home Demonstration Agent.

Below is an estimate of the number of new homemakers reached through Home Demonstration Club members. Also number of Club exhibits, News items and posters:

19 Clubs.

65 Guests at May Home Demonstration Club meeting.

20 Homemakers enrolled as a result of the week.

15 Club News items.

8 Posters in Public Places.

8 Educational exhibits.

147 New homemakers contacted individually.

bulletins or personal assistance received from the Home Demonstration Agent.

4. Trained project leaders to give a demonstration on "Know the Beef Cuts-Selection and Cookery".
  5. Trained Federation Program of Work Chairman to give a well prepared talk on "Some facts about Birds of the Marsh Lands".
  6. Prepare an exhibit of Extension bulletins or an educational exhibit on some phase of the program. Put this in a public window or have on display at the place the May Club meeting is held.
  7. Make posters and put in public places.
  8. Plan and conduct a special interest meeting in the Community. Invite non club members to attend. Choose a Topic you think will be of interest and one in which Club project leaders are trained and prepared to give.
  9. Members to invite guests to attend county wide special interest meetings to be held in May.
  10. Special program or Tea to acquaint other homemakers in the community with Home Demonstration Club work. If you do this a carefully planned program is a must-(Such as talks on "What Home Demonstration Club work is"; Educational exhibits on some phase of work studied; Extension bulletins; posters showing How Home Demonstration Agents can help homemakers.)
- All Clubs observe the week by carrying out one or more of the suggested Club Activities.
- Trained project leaders of two Clubs conducted a Community special interest meeting successfully. Clubs and Topics are:
- Crossroads - A family Spending plan.
- Indian River - Ways to get more milk in the diet.

committee met in February with the Agent and made the following plans:

County Theme: "The Home Economics Extension Program Helps Families to Improve Family Living."

Objective: To acquaint more families with the type of assistance available from the Cooperative Extension Service through the County Home Demonstration Agent. The Committee's County wide plans and suggested Club activities for observing the week were sent to each Club President in March.

Suggested Club Activities included:

1. Each member to invite a guest to attend the May Club meeting.
2. Talk by a Club Member on "Home Demonstration Club Work - What it is and how it helps us to be better homemakers and more effective citizens."
3. Ask each member to tell one thing she learned through the Home Demonstration Club, special interest meetings, Extension

16. Subscribe to and read at least one of the following publications:

- a. Home Demonstration News of the Va. Federation of Home Demonstration Clubs.
- b. National Notes
- c. Country Woman

Twelve of the 19 Home Demonstration Clubs completed the club goals and received a certificate of recognition at the achievement program. This is an increase of one club over last year.

87 members or 20% of the membership met the pin requirements. Their names were listed in the achievement program. This is an increase of 26 members over the previous year.

Four clubs had all members to get a chest X-Ray during the year and were awarded a certificate of recognition at the achievement program. This is an increase of one over last year.

59 members or 13% of the total membership met the reading requirement and received a certificate of recognition at the achievement program. This is the same as last year.

3. National Home Demonstration Club Week

The County President of the County Federation of Home Demonstration Clubs appointed a committee to make and carry out plans for observing National Home Demonstration Club Week. The committee was composed of the Vice President of the County Federation, Publicity Chairman, County Federation Program of Work Chairman, two club presidents and one member. The

b. Pin Requirements

1. Make and follow a weekly food plan based on food budget.
2. Attract birds by doing one of the followings:
  - a. Make a bird house
  - b. Make a bird feeder
  - c. Feed birds
  - d. Make bird bath.
3. Improve lighting of one or more areas within the home according to recommendation.
4. Make one or more improvements in carrying out decorating plan.
5. Attend one or more county-wide special interest meetings.
6. Bring a non-club member to a special interest class or club meeting.
7. Qualify and vote.
8. Have a chest X-ray.
9. Have a complete physical examination.
10. Attend nine or more club meetings.
11. Submit a written report of things learned or done this year as a result of demonstrations this year or previous years.
12. Read at least five books from the recommended book list for home demonstration club members.
13. Attend County Achievement Program, District or State Federation Meeting.
14. Take part on the program during the year.
15. Sell at least one Federation cook book, "Recipes From Old Virginia."

- d. Sponsor the organization of a Home Demonstration Club.
- e. Conduct one special interest class in community for non-club members.
- f. During the year bring five non-club members to a county-wide special interest meeting.
- g. Participate on a radio or TV program.
7. All active members to have a chest X-ray.
8. All active members to have a complete physical examination.
9. Choose A or B:
  - a. To carry out a project which will improve your community.
  - b. To plan and carry out a welfare project.
10. To promote the work of the 4-H or other youth groups such as:
  - a. Transportation to and from meetings.
  - b. Secure or assist leader.
  - c. Help girls with homemaking projects.
  - d. Send a girl to camp.
  - e. Sponsor a 4-H project award.
11. To have a representative attend the Institute of Rural Affairs.
12. To have a committee to take leaders without transportation to and from training meetings. Complete at least eight of the twelve.

funds amounting to more than \$2,000 to furnish the kitchen which includes large and small equipment, serving dishes, tile for the floor and counter tops and curtains for the entire building. They are very proud of the building.

2. County Home Demonstration Club Objectives

The following club objectives and goals were planned by a committee appointed by the President of the Norfolk County Federation of Home Demonstration Clubs.

a. Home Demonstration Club Goals

1. At least five club members to provide means for attracting birds such as houses, feeders, bird baths.
2. Two club members to follow recommendation and improve the lighting of one or more areas in the home.
3. Two club members to make or continue a long time decorating plan.
4. Five club members to make and follow a weekly food plan based on food budget.
5. To be represented at all leader training meetings and board meetings with all leaders following through with their responsibilities.
6. To increase the scope of and better publicize the Home Demonstration Club program by doing at least three of the following:
  - a. Make and carry out plans for observing National Home Demonstration Week.
  - b. Add five new members to club enrollment.
  - c. Publicize all club meetings in newspaper.

It was a complete loss except for some lumber which could be salvaged and sold. This, of course, necessitated new procedures and a change of plans. The building committee, requested community house plans from the Extension Service. The Associate Extension Agricultural Engineer and the Home Demonstration Agent met with the committee to discuss the use of the community house and structural needs.

In 1956, the men in the community organized a Ruritan Club. They held their meetings in the Deep Creek Community House. Prior to the organization of the Ruritan Club the men showed little interest in a community house and gave the Home Demonstration Club members little encouragement. Their attitude changed after organizing the Ruritan Club. A steering committee with representatives from both organizations decided the lot purchased by the Home Demonstration Club was too small for a building with adequate parking facilities. The Home Demonstration Club sold the lot. The Ruritans purchased a larger and more desirable lot from their own funds. The agreement between the two organizations is: The Ruritans will construct the building and the Home Demonstration Club members will furnish it completely including large kitchen equipment.

This year, 1959, the new cedar block community house built according to an Extension plan was completed and dedicated in September. The correct name is the Grassfield Ruritan Club Home. The Home Demonstration Club and L-H Club can use it without charge. The Home Demonstration Club used their

21% have 5 portable lamps in the living room. This is equivalent to one lamp for each 40 to 50 sq. ft. of floor space.

37% have a ceiling fixture in each room.

In the kitchen 97% have a ceiling fixture, 54% have a light over the sink and 5% have one 24" 20 watt tube for each 3' to 4' of kitchen counter.

60% have one or more yard lights.

42% have contacted 263 people with information on some phase of good home lighting.

One Home Demonstration Club member says, "I believe I have received more help from the lighting demonstrations which I have actually used than from any other. We certainly did not have good lighting when compared to research recommendations. We are so very pleased with new lamps and bulbs we have purchased. I have told five friends about this and after seeing my lamps two have purchased lamps.

### C. Other Activities

#### 1. Home Demonstration Club Community Project. Community House.

In 1940 Grassfield Home Demonstration Club members realized a need for a community house. Since then they have been talking and raising funds through money making projects, namely serving meals to organizations. In 1954, they purchased a lot with a church building on it, hoping that the building could be remodeled into a community house. They consulted the Extension Housing Specialist who suggested a remodeling plan. The summer of 1955 a hurricane blew the building from the foundation.

2. Established another result demonstration. Helped family with wiring plan to be incorporated in the house plan.
  3. Two radio programs.
  4. Newspaper article
  5. One project leader of a Home Demonstration Club helped 22 members who had tall usable lamps, converted them so they would give a better light by replacing the narrow harp with a wide one and using the 150 watt indirect bulb.
- The homemakers have been assisted directly with home lighting through open house, home visits, telephone calls, and office visits. 136 bulletins have been distributed. Many more families have been reached through the h-H Club program and by one person telling another.

d. Results

Families reached with information on adequate home lighting last year continued making improvements this year.

42% now have table lamps with a wide harp and 150 watt white indirect light bulb.

31% have one or more table lamps with a glass diffusing bowl with a 50-100-150 watt bulb.

14% have one or more swing arm desk lamps with 6" glass diffusing bowl and a 50-100-150 watt bulb.

45% have one or more pin to the wall lamps with a diffusing device.

42% are using one or more white bulbs of the recommended wattage for a specific seeing task.

45% still have one or more bare bulbs

b. Objective

To have families improve the lighting in their homes and yards according to recognized research findings.

c. Methods

1. Open house of a result demonstrator was held twice during the year in December 1958 and in October 1959. 104 people visited the light conditioned home. This was a joint educational project between the local power suppliers, the County Extension Service and the co-operating family, Mr. and Mrs. W.F. Carter. The planning started with the house plans. A wiring plan was developed by the Agricultural engineer with the local power supplier. The Home Economist and the Home Demonstration Agent helped with the selection of ceiling fixtures. Actually helping the homemaker shop for adequate fixtures. When the first open house was held the Agricultural engineer and Home Economist with the local power supplier and County Extension Agents served as host and hostesses in each room of the house, garage and yard to explain the right light in the right place. A cooperating retail dealer helped by loaning some table and dresser lamps. The second open house was held in conjunction with the County Home Demonstration Achievement program. This time the Agent trained two Home Demonstration Club members to serve as hostesses and explain the lighting. The Home Demonstration Agents were also hostesses.

had a yard light installed in the front so the walk and steps are well lighted. I also have two flood lights near my outdoor fireplace."

Developing and maintaining the home grounds is the main project for the H.C. Oliver family. They enjoy growing and rooting roses, azaleas, camellias, and gardenias. The grounds are always attractive and carefully maintained. Mrs. Oliver says, "This project is one in which the entire family participates which provides us an opportunity to work together. My husband puts the beds in and works on drainage ditches, sprays and maintains the roses and azaleas. Michael, who is thirteen, cuts the grass and helps his father. Susan is almost twelve. She rakes the grass and helps me weed the flower borders. Vicki Lynn, seven, puts the grass in the wagon and takes it to the vacant lot. Steven, four, helps everybody thereby making our jobs harder to do. It is fun, however, and the day we spend in the yard brings us closer together. We have received and used the information from the Extension Service which has helped us achieve the measure of success which we feel we have accomplished."

More and more families are requesting help with landscape design plans from their County Extension Agents.

#### 5. Home Furnishings - Home Lighting

##### a. Situation

It has been estimated that today about nine out of ten homes have "just lights" instead of adequate home lighting. The lack of adequate home and yard lighting is a problem which affects family living.

##### b. Objectives

"The school was interesting, informative and beneficial. Too much time and money can be wasted due to lack of knowledge of gardening. Further schools would be appreciated. Topics to include:

1. Detailed discussion of design for new homes.
2. Combination shrubs and flower borders for boundaries.
3. Color combinations."

"This has been an informative series of meetings. I would like to see at least one every year. I am proud of the Tidewater District, Virginia Federation of Garden Clubs were privileged to participate" - Mrs. E.D. Duval, President, District, Va.

"Enjoyed the meetings. I would like to have more printed information on the topics discussed to take home for reference - similar to materials on loans. Would like to have more time on each subject, especially Dr. Rowell."

"Please have some more programs. I like plain instructions, like we had on pruning". Please spell out or have a slide with the names of insecticides for those who are not familiar with them."

A Home Demonstration member says: "I have benefited greatly from the help and information received on home grounds beautification. I have made more improvements in my yard than any other place. I have removed several old shrubs and replaced them with young ones. I have planted four shade trees and in the process of developing a shrub border. I am trying to have something of interest throughout the year. I have

Programs were printed and 35,000 copies were distributed by the Home Grounds Beautification Committee, to garden clubs, Home Demonstration Clubs, women's clubs, 4-H clubs, and civic clubs in the county and through grocery stores, and garden supply centers. 650 people attended one or more of the series of 4 meetings.

The landscape design chairman of the District Federation of Garden Clubs also prepared an excellent exhibit on shrubs which was used at the first meeting on landscaping the home grounds. The shrubs were labeled to help people identify them and learn plant materials.

2. Home Visits
3. 6 Result demonstrations

The Home Demonstration Agent has helped 917 people directly with some ornamental horticultural problem through meetings, office visits, home visits or telephone.

d. Results

Some evaluation statements made by people who attended the last meeting of the Home Grounds Beautification school follow:

"Would like another course next spring to include the study of plant material, size and use. Classes to be two hours."

"I've enjoyed these sessions very much and would like to see another school held next spring on:

1. Flower borders.
2. Plants suitable for shady areas, ornamental and perennials.
3. Landscaping along salt water edge.
4. Planning a formal and informal garden for continuous bloom."

Problems:

1. Home grounds poorly landscaped
2. Overgrown shrubs
3. Unattractive lawns
4. Diseases and insects injure shrubs and flowers.

b. Objectives

1. To have families know landscape design principles and apply these to their home grounds.
2. To have home owners know and apply proper management and maintenance of the lawn.
3. To have home owners prune and care for shrubs properly.
4. To have home owners know and apply proper insecticides when needed to shrubs and flowers to control insects and diseases.
5. To acquaint home owners with horticultural information and assistance available from the County Extension Service.

c. Methods

1. Two Home Grounds Beautification schools were held at night. One in Norfolk City and one in the county. A series of four meetings for each school.

Topics were:

Landscaping the Home grounds

Pruning, care and maintenance of shrubs

Lawns for tidewater

Diseases of shrubs and flowers

Insect Control of shrubs and flowers

"The better money management classes I attended are really paying off. A few cents saved here and there add up to other things we want or need. I shop more carefully now for things. I used to just run in and pick up without regard to price, etc. I now make a shopping list, compare prices, read labels and really shop for everything."

"Our income this year has been less than we have been use to so the buying information has really helped believe me! This year my family has been eating better for less."

h. Home Grounds Beautification

a. Situation

The municipal gardens of the city of Norfolk are becoming more and more famous, attracting thousands of visitors to the Norfolk area annually. This garden and the increasing number of garden clubs in the area have helped to interest people in ornamental horticulture. The Extension Agents are receiving more and more requests each year for information in this subject matter field. Many homes and communities are attractive and many others are not. Thousands of new homes are being built each year in this area. Whole new communities are being developed. Many of these homes as well as old ones are poorly landscaped.

a college education for the son, music appreciation training for the girls, and in the near future we will have to trade cars."

"The most important thing I have learned, and one which has been most helpful to my family is the family budget and how to buy food and clothing more wisely. I never thought much about this until we started studying this through our Home Demonstration programs and special interest meetings. I realize how important it is now. I can stretch my grocery and clothing dollars so much further. I would love to have more information on buying things we need and use everyday. I am very interested in this since I have such a small amount of money."

"If you haven't taught me anything else, you have certainly made me aware of family goals, values, and spending money wisely for goods and services to the point I will never be able to buy anything without due consideration. You call it 'impulse' buying."

"Better management of family income. Our family goals are:

1. To plan our spending so the wife will not have to work.
2. 16 year old boy to get a part time job and earn his spending money.
3. Take out additional insurance on bread earner.
4. Save some from each pay check. Put this in a savings account in the bank. This will be needed in the near future for a new car.

We have a spending plan. I am trying to apply the things I learned in shopping wisely for food and clothes."

phase of family economics and others through related projects and mass media.

d. Results

The family economics program through the years is influencing families to re-examine or establish for the first time family goals and to be better managers of their income so they can obtain these goals. After all, money is the magic key that unlocks the door to financial security and all the things which make life easier and more pleasant. More families are keeping records of family living expenses, planning their spending and learning to hold the upper hand over the selling pressures. This observation was made by the Home Demonstration Agent from talking with homemakers who through the years have taken advantage of the program. Also from testimonials they have written. Some of these follow:

29  
"Undoubtly the most rewarding use of my time was attending the money management classes. It just seemed we could not stretch our money far enough, although we knew very little went down the drain in cigarettes and real luxuries. We started keeping a family expense record. After keeping this for six months, we made a spending plan. We started a savings or emergency fund at a building and loan where we would not be tempted to write a check on it. We add to it a small amount regularly. This is growing slowly but steadily. Keeping a record of how we spend money helped us to see some holes. We want a comfortable home,

Problems:

1. Lack of knowledge and skill in wise financial planning
2. Lack of knowledge and skill in buying wisely

b. Objectives

To have families know sound financial facts and develop skill in managing their income wisely.

c. Methods

1. Agent conference with State Extension Home Management Specialist
2. Series of three meetings held at night so husbands and wives may attend together.

First meetings - Providing for your heirs through inheritance

Second meeting - Social Security benefits

Third meeting - Money management film "Mr. Cyrus K. Jones" -

Symposium

Topics and speakers were:

Savings for Emergencies - (Banker)

Life Insurance Needs - (Insurance representative)

Home Ownership - (Real Estate representative)

Investments - (Mutual funds representative)

69 men and women were reached through the three meetings.

3. One television program and one radio program. In the food and nutrition project one demonstration on "Some aids to wise shopping in the grocery store" plus one news article on wise food shopping helped to carry out the above objective as well as the demonstration on wardrobe planning. This year 163 people have been reached directly with some

"I'm not satisfied with the fit. I need help on pattern alterations."

"I came to bring a friend who wanted to come when I told her about this class."

Mrs. I.S. Clarke was typical of the beginners, although her finished dress makes it difficult to believe she has never tried to make a dress. Mrs. Clarke has teenage boys and says, "I have never made a dress in my life. This will be my first. I have patched, sewn rips, hemmed tea towels and such things on the machine but never have I made a dress." She was so pleased with her completed dress she has since bought a new sewing machine. A club friend of Mrs. Clarke's attended the class too. Both were so pleased with the things learned, they conducted a class for other homemakers in the community deriving such pleasure from this feat of service.

### 3. Home Management

#### a. Situation or problems

Authorities in the field of family economics say quote:  
"Living standards have mounted at a breathless pace. There is hardly a home where the skills of modern technology fail to make life easier and more pleasant. These speeding years of phenomenal growth in personal wealth and material possessions are unprecedented in history. Never have so many people had it so good. In spite of booming prosperity, the average family is caught in a squirrel cage existence of hand to mouth living. We appear to have lost along the way our forefathers talent for spending money prudently and having a little left to spare."

One homemaker has expressed the value of a wardrobe plan thusly, "It prevents me from buying on impulse a garment which is a misfit in color. It has helped me to save money especially on accessories. It gives me a feeling of satisfaction in my personal appearance. I am more at ease in a group of people because I can forget about the clothes I am wearing."

Mrs. Barnes says, "I am grateful for the help I received on removing spots and stains from clothing. When you have a family who is always getting stains on their clothes, it is too expensive to send clothes to the cleaners constantly. I have tried to remove stains with little success Occasion-ally even ruining the garment. I need more help along this line."

Many Homemakers who attended the cotton dress demonstration workshop were very proud of their dresses. The Home Demonstration Agents also received much satisfaction from teaching the class and seeing the construction techniques which were taught skillfully applied to the dresses the women made. Although the class was planned for beginners, several women with much sewing experience attended. The reasons given by these experienced sewers for wanting to attend were:

"I want to see if there is an easier or better way."

"I always learn something when I attend your sewing classes. I figure this would not be an exception."

"I want to see if there are any new methods."

"I want to learn how to put in a zipper. I'm not satisfied with the way I do it."

5. Community Cotton Dress demonstration conducted by two Home Demonstration members who attended the county wide cotton dress demonstration workshop. 11 homemakers attended their class. They helped 6 individually. Eight have requested they hold another class.

d. Results.

943 homemakers have received direct help with one or more clothing problems through meetings, office visits, letters, or telephone calls. Others have been reached by homemakers passing on Extension information from one neighbor to another. 401 bulletins have been distributed. The Home Demonstration Agent has observed that homemakers reached directly with information on planning and selecting a basic wardrobe this year and previous years are choosing clothes more tastefully. This indicates they have learned some color and design principles and are skillfully applying these to the selection of their clothing. They are conscious of coordination of color in dress, accessories and wardrobe. An expression of greeting one of their fellow homemakers who attended the same class is, "Well I see you are coordinated and looking nice." This is a complimentary expression and not slanderous. Mrs. Ralph Moulton, a mother of five boys and two girls says, "My boys are continuously asking me about colors that they wear, because they feel mama knows if the colors are right." 16% of the 58 homemakers reached this year through meeting on wardrobe planning are keeping family clothing account records and 5% of these have made a personal wardrobe plan.

3. One Home Demonstration Club exhibit at Norfolk County Fair. Subjects Do you know how to put in a sleeve correctly.
4. A special interest cotton dress demonstration workshop consisting of a series of seven meetings. Twenty three homemakers enrolled and fourteen completed satisfactorily. The demonstration teaching method was used by the Home Demonstration Agent and Assistant Agents who conducted the workshop. Homemakers saw a cotton dress made from start to finish. Ones attending sewed at home on their dress applying the information learned during class. The seventh and last meeting provided an opportunity for each person to judge her garment, model her dress, and receive a certificate, if she completed, satisfactorily. The certificate signifies the homemaker, a member of the cotton dress workshop successfully completed the course and is now eligible for further training in better dressmaking. If members encountered special problems, they could make an appointment with the agent and stay after the class period to receive individual help. Each class period was two hours from 10:00A.M. to 12:00 Noon. The homemakers and the Home Demonstration Agents liked this method of teaching construction. It eliminated problems of sewing machines. Reasons women liked the method:
  - a. Could get away better for half day session.
  - b. Can sew better at home on own machine. More relaxed.
  - c. Can see each step.
  - d. Pay better attention since we will be on their own at home.

## 2. Clothing

### a. Situation or Problems

Homemakers lack knowledge and skill in

1. planning and selecting becoming clothes for a basic wardrobe.
2. removing spots and stains successfully from today's clothing fabrics. The agent is receiving an increasing number of requests from perplexed homemakers.
3. obtaining a professional look in garments they make.

### b. Objectives

1. To have homemakers keep a record of clothing cost, make a wardrobe plan and choose becoming basic colors and designs for figure type.
2. To have homemakers remove grease, ink, lipstick, coffee, nail polish and blood spots and stains successfully from clothing fabrics.
3. To have homemakers make a cotton dress applying recommended sewing methods and techniques.

### c. Methods

1. Assistant Extension Clothing Specialist conducted a county wide special interest meeting on Planning a Basic Wardrobe. 58 homemakers attended.
2. Assistant Agent in training conducted a special interest meeting on removing spots and stains from clothing fabrics. A Home Demonstration member who attended the meeting was so interested in the subject she conducted a special interest class for her club members and friends. She reached 22 homemakers with the information.

2. Training meeting for the Federation Program of Work Chairmen on four monthly topics included in the 1960 Wild Flower study for Home Demonstration members. The County Federation Program of Work Committee composed of four Home Demonstration Club members conducted the training. Mrs. Wilbur Sears, garden club member, assisted by giving a demonstration on "Making Christmas Wreaths for the Door". Topics included in this training meeting were:

- a. December - Enjoy, share and conserve our native plants  
Christmas Wreaths for the Door
- January - Wild Flower Bingo (game)  
Wild Flower of the month - Arbutus
- February - Woodman's Creed  
Wildflower of the month - Dandelion
- March - Woodman's Creed  
"Beware of Me"

d. Results

The special interest meeting on "Christmas Decorations" was timely and of much interest to the homemakers. They enjoyed it. Scout leaders and a person from the Portsmouth Recreational Department attended and were especially interested since they were seeking ideas which could be used in their work with young people.

1-A Rural Arts

a. Situation or Problems

Americans spend four times as much for recreation as they do for medical care.

1. Families lack knowledge and skill in developing satisfying creative activities for leisure time.
2. Lack of knowledge of the art principles and the ability to apply these to things they make or buy.
3. Lack of appreciation for nature, music, literature and paintings.

b. Objectives

1. To have homemakers increase their understanding of the art principles and apply these to things they make or buy.
2. To have families enjoy, share and conserve native plants.
3. To have families discover a satisfying hobby.

c. Methods

1. Special interest demonstration on "Art in the Home with Christmas Decorations" conducted by Extension Rural Arts Specialist. This meeting was widely publicized by the press. 135 women attended. 52 of these were not members of a Home Demonstration Club.

After the demonstration by the Specialist the group was divided into small work groups. Each group created a Christmas design. The group reassembled and discussed each design. The group nominated the best designs and from these selected the best. A small award was presented to the group which created the best design.

and I like to try new ways of preparing food. This years program on meal planning and food buying has been most helpful to me. I keep homemade pastry mix and master mix on hand all the time. "Some aids to Wise Shopping in the Grocery Store" demonstration really opened my eyes to the cost of built in maid service when cost comparisons were made of the same food in different forms. I decided and am convinced that by planning my meals ahead, shopping with a list and practicing wise buying constantly, I can save time in preparing meals without buying so many foods with built in maid services. I have better meals much cheaper. This takes time but it means more money in our bank account, better meals and a healthier family".

"I am a better food manager. I use the shop for food and pay no attention to price. Now I plan menus ahead, study food ads, shop with a list and compare prices. I have saved enough money on my food to buy slip cover material for a chair. We eat better for less money too."

"It was a privilege to attend the training meeting and give the demonstration on selection and cookery of beef. I have benefited greatly from this knowledge which I have used. I would like to learn more about the buying and cooking of other meats"

Mrs. Wright

"I learned much from the demonstration on getting more milk in the diet. Since attending, I have increased the amount of milk in the family diet. I use about twice as much now. I have used the recipes many times and shared them with my friends. They like them as much as my family."

Mrs. I.S. Clarke

"Since I am employed, I am especially interested in ways to save time in preparing meals. I have used the menu suggestions and recipes for Do-ahead Main Dishes, Oven Meals and Roiler Meals several times with much satisfaction. They are quick and easy to prepare but what is more important, my family enjoys them too. Each time I serve a food prepared differently someone says, 'we are having A Home Demonstration meal tonight.' I like to Cook

16. Do less impulse buying.
17. Leave the kids at home when I shop for food.
18. Buy cereal in larger boxes instead of individual packs.
19. Never buy round steak and ask the butcher to grind it.

16% of the homemakers who attended the demonstration would like additional help on buying food. 42% passed information on to a total of 132 neighbors and friends.

The following statements exemplifies the value of the Foods and Nutrition program to homemakers.

"My family is composed of my husband, two daughters ages 12 and 16, and myself. The program has helped me and my family change some poor eating habits. I serve foods from the basic four group each day. My husband and I were a little overweight and we lost weight by eating a balanced diet and less sweets. My family eats the proper food and we feel wonderful."

Mrs. A.D. Joskowiak

"The demonstrations on meal planning and food buying have helped me greatly. I have always been a careful shopper, but I learned things I was unaware of which helps me to save on my food bill. My family enjoys the new dishes I prepare."

Mrs. Bertha Fender

The demonstration on "Some Aids to Wise Shopping in the Grocery Store" has helped some homemakers buy food more intelligently in the super markets and keep within their food budget. They have discarded some of their old buying habits and adopted some better ones such as:

1. Shop with a list
2. Never shop when hungry
3. Buy whole ham and have center slices cut from it instead of buying ham slices.
4. Buy large arm pot roast or 6 and 7 ribs and get several freshly cooked meals cheaper.
5. Try different brands. Have found some less advertised brands as good and cheaper than well known ones.
6. Compare price and number of servings of fresh, canned or frozen fruits and vegetables.
7. Buy in larger quantity.
8. Study newspaper food ads.
9. Buy vegetables and fruits in season.
10. Plan menus for a week and shop with a list.
11. Do comparative shopping of brands, price, quality and number of servings.
12. Read more labels.
13. Buy whole chicken instead of parts.
14. Use grade B eggs in baking. Cheaper.
15. Conscious of food waste. Try to cook no more than we will eat at one meal.

5. 24% use a meat thermometer for roasting beef.
6. 10% of the women purchased a meat thermometer as a result of the demonstration.
7. 24% of the women bought a large arm pot roast and cut it according to instruction to make two meals (boneless pot roast and swiss steaks)
8. 11% have purchased a 6 and 7th beef blade roast and cut it according to instructions to make 3 meals (boneless pot roast, stew meat, and steaks to broil)
9. 68% never wash fresh meat in water before cooking; 19% sometimes; and 13% always.
10. 41% passed on information to a total of 117 neighbors and friends.
11. 19% would like additional information on buying and cooking meat such as:
  - a. Cooking meat outdoors on grills
  - b. Veal
  - c. Lamb
  - d. Pork

One Project leader said, "I have been cooking 20 years and thought I knew how, but from the demonstration today, I learned a lot of things about cooking meat I didn't know."

Another homemaker said, "I received the nicest compliment from my seven year old son. I cooked a rib roast like I learned at club meeting. You know with no water or top on the pan. My son said, 'Gee Mon, this is the best meat you ever cooked'."

6. 36% passed information on to a total of 118 neighbors and friends.
7. 28% would like additional information on meal planning such as:
  - a. different ways to prepare vegetables such as string beans, butter beans, dried beans and the use of herbs.
  - b. Meals for unexpected guests.
  - c. Suggested menus for two weeks.
  - d. Low Calorie menus.
  - e. Composition of food such as vitamins, protein, calories, etc.
  - f. Low Calorie desserts.
  - g. Meals for one or two people.
  - h. Meals planned around different cuts of meat.
  - i. Time saving meals.
  - j. Use of left overs.
  - k. low cost menus for a week.

Homemakers reached with information on the "Selection and cookery of beef" learned the following:

1. 68% learned one or more retail beef cuts
  2. 22% always know if the retail beef cut purchased is tender or less tender
  3. 15% buy prime, 45% choice, and 40% buy commercial or budget grade of beef more than any other grade
  4. 44% learned to roast meat correctly; 35% to broil, 28% to braise and 15% to cook in liquid correctly.
- This is more than 100% but one person learned more than one meat cookery method as a result of the demonstration.

25 percent of the homemakers influenced family members to improve their eating habits such as:

1. Not eating before going to bed.
2. Eating less fried foods and more broiled foods.
3. Eating less gravy and rich desserts.
4. Eating more salads and fresh raw vegetables.
5. Using less fat in vegetables.
6. Serving more balanced meals.
7. Eating more fruits for desserts.

27 percent of the women would like more information on weight control. 24 percent of the women passed on weight control information to neighbors or friends.

Several of the homemakers in the weight control class in 1954 have expressed an interest in some follow-up meetings next year.

As a result of the teaching methods used to reach homemakers with information on "Planning Nutritious Low Cost Meals" the following shows the percentage of homemakers reached who adopted recommended practices.

1. 25% are keeping a record of actual food cost.
2. 13% always plan menus from 3 to 7 days ahead, 62% follow this practice some time and 25% never.
3. 44% serve foods from the basic four food group each day, 32% sometimes, 24% did not answer or indicated never.
4. 67% study food ads before marketing, 23% sometimes, 10% never.
5. 58% shop with a list, 27% sometimes, 15% never.

After the demonstration on sensible weight control given by the Home Demonstration Agent to 20 Home Demonstration Club groups, 28 percent reported trying to lose weight during the year. 12 percent of these homemakers followed the meal pattern guide in the Extension bulletin "Food is Tops! Take Off Pounds Safely" and lost weight satisfactorily. Of the remaining 16 percent who tried to lose weight, 6 percent gained weight during the year and 10 percent maintained their weight throughout the year.

These overweight women listed one or more of the following as the most difficult in controlling their weight:

1. Just love to eat. Eating habits are hard to change.
2. Crave sweets.
3. Not enough will power.
4. To eat less especially if alone.
5. Eating between meals.
6. Cooking for family when they want food prepared the way they like it.
7. Controlling intake of sweets and starches.
8. Bed time snack.
9. Tasting while cooking.
10. Club refreshments and socials.
11. Guest meals and entertaining at home.
12. Sweetened carbonated drinks.
13. Fried Foods.
14. Hot bread and butter.

5. One television and 3 radio programs
6. Exhibits by Home Demonstration Club groups at the Norfolk County Fair. Number of exhibits and subjects were:
  - 2 on Be Fit - Not Fat
  - 2 on How Much Does It Cost To Feed Your Garbage Can Per Year?
  - 1 on Dairy foods furnishing the same amount of calcium as one cup of milk.
  - 1 on How Many Beef Cuts Do You Know?Exhibits were effective in getting a message to other people. 150 People filled in a bulletin request card.
7. 3 newspaper articles.
8. Follow-up evaluation meeting with members of the weight control class of 1954 to secure additional information for Miss Mary Jane Burgess who is studying the effectiveness of the weight control program in Virginia.

d. Results

2622 homemakers have been reached directly through meetings, office calls, telephone calls, home visits, and letters. Others have been reached indirectly through television, radio, newspaper, exhibits and the passing on of extension information from one neighbor to another.

As of January 1, 1959, 66 percent of the Home Demonstration Club members who attended the demonstration on Sensible Weight Control reported they were overweight. The average number of pounds overweight is 20 pounds per person. 7 percent were underweight with an average of 11 pounds per person.

One man attended this demonstration. He said he lived alone and did his own cooking. After reading the notice in the newspaper he decided the information would be of interest to him so he attended. He stayed for all the meeting including the tasting. With recipes in hand and a kind expression of enjoying the demonstration, he departed.

4. The Home Demonstration Agent gave the demonstration on Weight Control to all Home Demonstration Club groups. As a result of this, one club formed a weight control group which met twice a month for four months. Overweight friends and neighbors in the community were invited and attended. The group appointed a chairman and secretary. The chairman was responsible for the program. At each meeting they would weigh and the secretary would record their weight. The Home Demonstration Agent met with the group to help them organize and plan the series of eight program topics. After the first meeting the agent provided the program chairman with lesson sheets and attended when the group needed help. Each member helped with one or more demonstrations. They would meet in the morning and have their program and finish with a low calorie luncheon. Often the luncheon was planned ahead and each member was designated to bring a certain low calorie dish. They had fun and lost weight too.

c. Methods

1. Extension Food and Nutrition Specialist or Home Demonstration Agent trained project leaders of Home Demonstration Clubs who gave the following demonstrations to their club groups:
  - Planning Low Cost Meals
  - Selection and Cookery of Beef Cuts
  - Some Aids to Wise Food Shopping in the Grocery Store
  - Time Saving Meals
  - Do-Ahead Main Dishes
  - Broiler Meals
2. 205 trained project leaders gave 111 demonstrations to 1802 homemakers.
3. County wide special interest demonstration on "Some Ways to get More Milk into the Diet". This was given by the Extension Food and Nutrition Specialist. Homemakers from three Home Demonstration Clubs were so enthusiastic with learning how to add more non-fat dry milk to foods that they went back and gave the demonstration at a special meeting for club members and friends in the Community. Several of the homemakers who attended the county wide meeting have requested recipe sheets for friends. At the county wide meeting every one received a door prize either Cottage Cheese which was given by a dairy, or Master Mix using a large quantity of dry milk, or one of the milk enriched dishes which was demonstrated.

eat without plan or purpose, thus acquiring small nutritive value. One study shows that only 25% of the women have even a fair understanding of nutrition. A survey by the Virginia Health Department indicates that only three out of every ten children surveyed in the state eat the proper amount of vegetables, citrus fruits and potatoes. Only one out of ten drink the proper amount of milk each day.

6. Busy days or working away from home demands quick and easy meals.

b. Objectives

1. To have homemakers learn to cut down on the total calorie intake of an adequate diet in order to lose weight safely.
2. To have homemakers plan adequate family meals within their food budget, prepare these foods tastefully and serve attractively.
3. To have homemakers learn the different grades and cuts of beef and cook each properly.
4. To have homemakers realize there is a food price to fit every pocketbook within the super market depending on the built in maid services one wishes to buy and individual tastes.
5. To have homemakers save time in meal preparation work by planning and serving broiler meals, oven meals and main dish casseroles which can be prepared ahead of time and stored in the refrigerator or freezer.
6. To have homemakers learn to use more non-fat dry milk in foods they prepare.

The program development chairman of each Home Demonstration Club and the Agent involve homemakers in program planning. This was done at two monthly meetings. At one meeting the leader and agent conducted a discussion of family living trends and problems affecting us today. Prior to club discussions program development leaders were trained by the agent so they could function more effectively as discussion leaders. Following the club discussion, each member had the opportunity to check one subject matter area of most interest and list three problems or topics within the area checked. Each program development leader made the club summary of check sheets and sent them to the agent. At the next meeting the leader presented the county summary of major problem areas and most requested topics to members for further discussion. Each club group selected two demonstration topics from one subject matter area of their choice. Program development leaders attended a county program planning meeting to help determine the Home Demonstration Club program based on club requests.

B. Subject matter and Special Emphasis Areas

1. Food and Nutrition

a. Problems

1. Overweight of one or more family members.
2. Difficult to keep food cost down and stay within food budget with the many new foods, services and wide variety of food attractively packaged and displayed.
3. Lack of knowledge of the different grades and cuts of beef and how to prepare them properly.
4. A survey of 200 homemakers in Norfolk County showed that 64.5% did not drink or use enough milk products to meet their daily nutritional requirement.
5. Everybody eats, but according to recognized studies, people

membership, conducting special interest meetings in the community, and sharing subject matter information with non-club members or inviting them to attend county special interest meetings.

6. Maintaining and sustaining members' interest in Home Demonstration work through special programs, Home Demonstration Club pins, and recognition of individual member's accomplishments.
7. Cooperating with other community organizations in planning and carrying out community improvement projects.
8. Improving storage facilities in hall closet of the office building for Extension owned demonstration equipment.
9. Promoting the sale of the Virginia Federation Cook Book, "Recipes from Old Virginia".
10. Selecting, planning and carrying out one phase of the program of work of the Virginia Federation of Home Demonstration Clubs.
11. Planning and carrying out club objectives.
12. Encouraging members to broaden their interest by reading recommended books and awarding reading certificates to members meeting the reading requirement.
13. Publicizing the Home Demonstration Club program in local newspapers.
14. Cooperating with state-wide programs which promote better family living and improved people.
15. Reporting club and individual member's accomplishments to Home Demonstration Agent.

executive body representing the Virginia Federation of Home Demonstration Clubs at the county level.

The county committee is composed of the President and Vice-President of each Home Demonstration Club, and the past presidents of the County Committee. The President appoints the following county chairmen to promote the work of the Federations:

1. Federation Program of Work
2. Program Development
3. Publicity
4. Federation Cook Book
5. Subscription

These chairmen are also members of the committee.

The committee holds three meetings a year to promote the program and activities of the State Federation of Home Demonstration Clubs, to further the interests of Home Demonstration work in the county, and to advise and assist the Extension Agents in carrying out the Home Demonstration phase of the Extension program.

The Committee accomplishes the following through sub-committees:

1. Financing and planning the Home Demonstration Club Year Book.
2. Planning and conducting an annual Achievement Program.
3. Sponsoring the Best All-Around 4-H Club Girl contest.
4. Outlining an annual budget of expenses and income to systematically finance the work of the County Committee, including monies for demonstration supplies and equipment.
5. Increasing the scope of Home Demonstration Club work by planning and conducting activities in observance of National Home Demonstration Week, organizing new clubs, increasing club

The committee met in December 1958 to review the accomplishments and weaknesses of work done in 1958 and to set objectives and goals for 1959.

b. Arts and Crafts Committee (organized 1958)

The committee is composed of six homemakers, one from each of the five magisterial districts within the county and the city of Portsmouth. Half of these are not members of an Extension organization. Early this year a survey was made to determine the interests of homemakers in this project area. A representative sampling included church circle groups, P.T.A.'s, Garden Clubs, Woman's Clubs and Home Demonstration Clubs. The committee met to study the results of this survey and to set up long time objectives and goals based on the findings.

c. Foods and Nutrition

Preliminary preparation for the organization of a Food and Nutrition Committee has been made. Six homemakers interested in nutrition and health of family members and representing the five magisterial districts in the county and the city of Portsmouth have expressed a desire to serve on this committee. Research findings showing nutritional inadequacies and some food consumer problems have been compiled. The committee has not met to study the situation and determine problems, but this will be done soon.

d. County Agricultural Extension Service Board and Home Economics Council are not organized. The County Extension Agents and people are moving in that direction as fast as the situation warrants.

e. County Home Demonstration Club Committee

The County Home Demonstration Committee is the planning and

There are eight hospitals in the Norfolk and Portsmouth area including the U.S. Naval Hospital and U.S. Public Health Service Hospital. Many doctors, dentists, and specialists are located within the urban areas.

There are many social resources available to the people for health, education, welfare, and recreation in the urban areas.

## II County Extension Program - Adult

### A. Organization

#### 1. General Interest Committee

##### a. Home Grounds and Community Beautification (Organized 1957).

The committee is composed of thirteen members, a man and woman from each of the five magisterial districts within the county and a woman from the city of Norfolk. These members also represent civic and women's organizations in the county such as: Ruritan Clubs, P.T.A.'s, Garden Clubs, Women's Clubs, and Home Demonstration Clubs. In addition to the County Extension Agents, there are two advisors - the District Landscape Superintendent with the Department of Highways and a nurseryman. Membership on the committee rotates. Three members retire each year and three new ones are added. The committee met once during the year to evaluate progress made the previous year and to decide on the objectives to work on this year.

#### 2. Home Economics Committees

##### a. Money Management (organized 1957)

The committee is composed of six homemakers which represent each of the five magisterial districts within the county and the city of Norfolk. Two are Home Demonstration members, one a Home Economist but now a full time homemaker and three are homemakers with whom the agent has not worked with in the Extension program.

The U.S. Public Health Service says 95% of our people do not know how to cut down on a diet, if they need to curtail total calorie intake.

Homemakers of Home Demonstration Clubs recognize other food problems: With rising food costs homemakers need to plan and buy food wisely and save time in preparing meals without buying maid services.

The Municipal Gardens of the city of Norfolk are becoming more and more famous, attracting thousands of visitors to the Norfolk area annually. The gardens have helped to interest people in this area in ornamental horticulture. The agents are receiving more and more requests each year for ornamental horticultural information. Many homes and communities are attractive and many others are not. Thousands of new homes have been built in recent years. Whole new communities have developed. Many of these new homes as well as old ones have been poorly landscaped.

The State Highway Department spends thousands of dollars annually to clean highways of Virginia of litter. Billboards and car graveyards also help to mar the beauty of our roadways.

The two large cities offer many health, educational, welfare, cultural and recreational advantages to citizens of the area. The Norfolk College of William and Mary has courses in the arts, sciences, and engineering. The Norfolk Museum of Arts and Sciences contains several outstanding collections and has a running program of feature exhibits. Norfolk has its own symphony orchestra and Little Theatre. Many Broadway plays come to Norfolk. The cities have public libraries.

In many communities, the Norfolk County School Board conducts summer recreation programs for young people. Six communities have community houses and 12 have public playgrounds other than public schools.

and potatoes. Only one out of ten drinks the proper amount of milk per day. A recent check of 200 homemakers in Norfolk County showed:

14.5% drank plenty of milk (3 cups or more).

21% drank about 2 cups of milk (adequate for adults).

13.5% drank about 1 cup of milk.

51% drank less than 1 cup of milk.

Sixty-four and five-tenths percent of the adult homemakers in this survey did not drink enough milk per day. Milk products consumed per person per day:

1  $1/3$  ounces of cheese

2  $2/5$  ounces of cottage cheese

less than one serving of ice cream.

Even with milk products over half are not getting enough milk based on recognized nutritional standards.

A check made by the agent in November, 1958 of twelve of the nineteen homemakers who attended the weight control class in 1954 showed:

2 reached and have maintained her ideal weight.

2 are from three to five pounds overweight.

1 is eight pounds overweight.

4 are from 12 to 15 pounds overweight.

2 are from 25 to 30 pounds overweight.

1 is 8 pounds underweight.

National surveys show:

1. About one-fourth of the adults in this country are overweight.

2. Two out of three Americans eat too little breakfast.

3. Twenty-five percent of the women have even a fair understanding of nutrition.

4. Food essentials most often lacking in the diet are Vitamin A and C food and calcium.

In 1949, the median income of families in Norfolk County was \$3,223. Twenty-one percent of the families have incomes less than 2,500. No doubt the median income for 1958 is higher. With inflation in today's economy, and personal desires for higher standards of living, families need to find ways to make their incomes go further, and make sound financial decisions on the use of money.

According to the 1950 census, there are 28,075 dwellings in Norfolk County with an average of 3.75 persons per household. The median number of rooms per house is 4.4. Twenty-six and eight-tenths percent of the homes have a central heating system. Fifty-two and seven-tenths percent of the homes are occupied by owners. The housing problems affecting family living, based on observation by the Extension Agents and requests agents receive from people are:

1. Homes too small for family - additional rooms needed such as bedrooms, utility, larger kitchens, additional bathroom.
2. Poorly planned kitchens.
3. Inadequate storage.

Nearly all homes are wired for electric lights. Yet, it is estimated that today about nine out of ten homes have "just lights" instead of adequate home lighting. The average family does not understand how adequate lighting protects eyes, increases efficiency, beautifies the home, and contributes to safety. The lack of adequate home and yard lighting is a problem which affects family living.

Healthy family members are a vital asset to good family living. Everybody eats, but according to recognized studies, people eat without plan or purpose, thus acquiring small nutritive value. A recent survey by the Virginia Health Department indicates that only three out of every ten children surveyed in the state eat the proper amount of vegetables, citrus fruits,

The 1950 census break-down of the county population of 99,937 in farm,

rural non-farm, and urban is as follows:

	People	White	Colored	Percent White	Percent Colored
Rural Non-Farm	18,089	15,142	12,470	18.1	79.0
Rural Farm	5,297	4,434	863	5.3	5.4
Urban	<u>76,551</u>	<u>64,081</u>	<u>2,470</u>	<u>76.6</u>	<u>15.6</u>
Totals	99,937	83,657	15,803	100.0%	100.0%

Our age groups according to the 1950 census are as follows:

Under 5 years of age	15,346
5 to 9	11,450
10 to 19	14,374
20 to 39	26,714
40 to 64	18,932
65 and over	<u>3,121</u>
Total	99,937

The median age group is 25.5. The median school years completed by men is 9 and by women 10.

Large enterprises of the area are the U.S. Naval Base in Norfolk and the U.S. Naval Shipyard in Portsmouth. These tremendous Government installations along with trade, industry, and job opportunities in the cities furnish excellent employment for about 75% of the county population. Twenty-three percent of the females 14 years of age and over are employed. Women not working outside the home or participating more actively in community services and organizations have less time and energy for homemaking. Lack of wise management of time, energy and money is a problem affecting family living today. Homemakers have not been trained in the management of a home. They have been expected to know by instinct. They learned from mother whose methods were wasteful and old fashioned for today's jet age.

Although more people, even in the county, are employed in Government, manufacturing, trade, and other occupations, agriculture is still of considerable importance in the county's economy. The value of farm products sold in 1954 according to this census, was \$4,442,691, which means the total sales would be close to five million dollars per year.

Norfolk County is the leading county in the state in the sale of nursery and greenhouse products, exceeding \$1,300,000 and ranks fourth among all counties in the value of vegetables sold. It is also one of the leading corn and soybean producing counties with 18,200 acres of corn and 16,750 acres of soybeans in 1954. Farm income is very well-balanced. The main sources of income are nursery and greenhouse products, corn, milk, soybeans, vegetables, poultry, hogs, cattle, wheat, and potatoes.

The land area is divided as follows: Cropland and cropland pasture, 67%; woodland, 25%; other land, 8%.

The 1950 census showed Norfolk County population as 99,937. In January, 1953, Norfolk City annexed one of six districts of the county and that district had a population of 55,800 by city county. In this district there are five Home Demonstration Clubs and one 4-H Club. It was estimated that this district had about 40% of the county population at that time. So the population figures given in the census do not represent a true picture of Norfolk County. The county had an estimated population of 76,500 as of January 1st, 1956. Portsmouth is in court proceedings to annex ten square miles of the county at present and if they annex this ten square miles they will annex a population of about 31,500, including eleven schools.

NARRATIVE REPORT

1959

I County Situation as it affected the 1959 program

Norfolk County lies in the southeastern part of the coastal plains area of Virginia. The county is bordered on the south by North Carolina, on the east by Princess Anne County, north by the cities of Norfolk, South Norfolk, and Portsmouth, and on the west by Hansemond County and the Dismal Swamp which is a part of Norfolk County.

The cities of Norfolk and Portsmouth together with Warwick City, across the harbor, constitute the port of Hampton Roads, one of the world's finest natural harbors. Shipping facilities, plus the network of converging railroads, highways, and airways make the area an important commercial, industrial and distributing center.

According to the 1954 census, Norfolk County has a land area of 230,400 acres with 78,293 acres of land in 791 farms. The average size of farms is 99 acres. Land in farms has been shrinking steadily since 1954. More and more land is being used for housing and industrial purposes.

The land is level and much is swampy or poorly drained with better than 40,000 acres in the Dismal Swamp and Lake Drummond. The frost free growing season is 240 days, extending from March 22nd to November 17th. Annual precipitation averages 45 inches.

1. County Workers .....	Page 85
2. General Public .....	Page 85
3. Elected Representatives .....	Page 86
4. Commercial Interests .....	Page 86
5. Other Professional Workers .....	Page 86
C. Professional Improvement .....	Page 87
VII The Look Ahead .....	Page 87
A. Appraisal of this year's Home Economics Extension Program.	Page 87
B. Suggestions for improving the Home Economics Extension....	Page 88
Program in the County in the Year Ahead	
C. Highlights of the 1959 Program .....	Page 88

4.	All Stars .....	Page 57
5.	h-H Honor Club .....	Page 58
6.	Project Planning Committee .....	Page 58
7.	Program Planning Committee .....	Page 59
B.	h-H Project Work .....	Page 59
1.	Your Room .....	Page 59
2.	Looking Your Best .....	Page 61
3.	So You'd Like To Sew .....	Page 62
4.	Make or Remake .....	Page 64
5.	Meal Preparation .....	Page 65
C.	Other Activities .....	Page 66
1.	Community Projects .....	Page 66
2.	National h-H Club Week .....	Page 67
3.	Share the Fun Program .....	Page 68
4.	National h-H Sunday .....	Page 69
5.	Camps .....	Page 69
6.	Contests .....	Page 71
7.	Norfolk County Fair .....	Page 73
8.	Annual h-H Achievement Program .....	Page 73
IV.	Scope of Work .....	Page 76
V.	Leadership .....	Page 78
A.	Growth of Leadership .....	Page 78
1.	Overall Program Leaders .....	Page 78
2.	Home Demonstration Club Leadership .....	Page 78
3.	h-H Club Leadership .....	Page 78
B.	Development of Leadership Activities and Accomplishments .....	Page 78
VI. A.	Significant Achievement of Extension Work in Home Economics .....	Page 81
B.	Progress in developing good Public Relations .....	Page 85

TABLE OF CONTENTS

I. County Situation .....	Page 1
XI. County Extension Program - Adult .....	Page 7
A. Organization .....	Page 7
1. General Interest Committee .....	Page 7
2. Home Economics Committees .....	Page 7
B. Subject Matter and Special Emphasis Areas .....	Page 11
1. Food and Nutrition .....	Page 11
1A. Rural Arts .....	Page 23A
2. Clothing .....	Page 24
3. Home Management .....	Page 28
4. Home Grounds Beautification .....	Page 32
5. Home Furnishings .....	Page 36
C. Other Activities .....	Page 39
1. Home Demonstration Club Community Project .....	Page 39
2. County Home Demonstration Club Objectives .....	Page 41
3. National Home Demonstration Club Week .....	Page 44
4. Achievement Program .....	Page 49
5. Norfolk County Fair .....	Page 50
6. Judging by leaders at Special Events .....	Page 51
D. Procedure for Developing and Carrying Out Programs .....	Page 52
with Urban Families in County	
E. Farm and Home Development .....	Page 52
III. County Extension Program - Youth .....	Page 55
A. Organization .....	Page 55
1. County Youth Council .....	Page 56
2. 4-H County Youth Committee .....	Page 56
3. County 4-H Council .....	Page 57

# ANNUAL NARRATIVE REPORT

## COUNTY EXTENSION WORK

### *Virginia Agricultural Extension Service*

Mildred A. Brady

**Name**

Home Demonstration

**Title**

**Agent**

Carolyn Brown

**Assistant Agent**

Assistant Agent

Assistant Agent



1959

Norfolk

**County**