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VIRGINIA AGRICULTURAL EXTENSION SERVICE

1956 PLAN OF WORK

CAMPBELL COUNTY

JANUARY 15, 1956

Matilda M. Bailey - Local Home Agent

1956 Plan of Work

County Situation

Campbell County is beginning to develop very well in its line of Extension activities. During the past year three Home Demonstrations Clubs were organized with thirty-seven members. There are ten 4-H Clubs and two Community Clubs in the county.

The county is divided into five districts. Two of the five districts are predominantly urban. Aside from the urban areas, there is a large population of rural people. According to the 1955 census there are 398 Negro farm operators, covering an area of 535 square miles approximately. There has been a decrease in the numbers of farm operators but an increase in farming acreage per farmer.

Economic conditions are low, making living standards and conditions low. Studies through club meetings, county meetings, individual conference and statistical data reveal a great need for good food and nutrition, health and sanitation and clothing.

Most of the people in the rural areas engage in farming for their sources of income and as means of supporting their families. Others in the rural and suburban areas run grocery stores and sell merchandise in their respective communities. In the suburban areas many are employed outside their home areas in order to support their families. They are working with cooperations such as factories, mills, plants, and so forth, in the more densely populated urban areas.

Campbell County being a rather large county takes quite a bit of time to study. The help of other agencies in the county has been unmeasurable and quite extensive. We shall continue to cooperate for the betterment and in the interest of the people in the county.

The young farmers and homemakers in the county are being asked to join the county extension groups for they are the ones who need the most assistance to be good leaders, farmers and citizens of tomorrow.

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11 The County Home Economics Program - Adult

A. Objectives of Adult Work

1. To help improve the standards of living.
2. To enable the people of the county to recognize the need for improvements.
3. To relate many ways in which the Extension Service can be of greatest value to rural people.
4. To bring in specialist in different subject matter fields.

B. County Special Interest Group

1. Upholstery Clinic

There will be only one group made up of ladies from the county interested in saving their furniture. Approximately 15 members will attend this workshop.

Goals

- a. To teach the value of saving furnitures.
- b. To cut down on furnishing expenditures.
- c. To study furniture materials, what to upholster, and how to upholster

C. Subject Matter Fields

1. Clothing

Objectives:

- a. To teach ways of reducing expenses by making clothes at home.
- b. To teach the uses of patterns.
- c. To teach selection of patterns suitable for different types of wear such as, work clothes, all occasion, sport, and dress clothes.
- d. To teach the selection of fabrics.
- e. To teach the value of buying good materials and selecting conservative patterns.

Procedures:

1. To hold meetings with individuals interested in clothing.
2. To illustrate on flannel board.
3. To use charts, cutouts, patterns, samples for illustrative material.
4. To use ready-made garment showing the fine and weak points.
5. To hold workshops for clothing leaders.

2. Food and Nutrition

Rural families need training in fundamentals of good nutrition and balance diets. They need to understand menus, recipes, and to gain experience in preparing attractive nutritious foods and refreshments.

Objectives:

- a. To teach the value of a well-balanced diet.
- b. To teach the food value that can be gotten from certain foods - meats, vegetables and fruits.
- c. To teach the importance of growing a good home garden.

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- d. To teach the value of preserving as much food as possible.
  - e. To teach the selection of non-home grown foods.
  - f. To teach protective foods and their importance to the diet.

Procedures:

1. Prepare flannel-graph demonstrations.
2. Make leaflets available to those requesting them.
3. Write News articles.
4. Hold leader training meetings.
5. Cooperate with other concerns with food preparation.
6. Give demonstrations on food elements necessary to carry out over-all objective of Food and Nutrition.

3. Home Furnishings

"There's no place like home", says many homemakers. These rural women recognize the need for better home furnishings. They also recognize the fact that if the surrounding things or furnishings are gloomy, they make everything else about gloomy. The point is things about us must be cheerful and bright in order for the housewives to keep a smile on their faces.

Objectives:

- a. To teach the selection of furniture for all rooms.
- b. To teach color schemes that can be used in rooms.
- c. To teach the selection of fabrics that can be used for certain furnishings.

Procedures:

1. To use charts, cutouts, pictures, showing different kinds of furniture.
2. To use color charts in selecting color schemes.
3. To give demonstrations in club meetings.
4. To hold reupholstering workshops for persons interested in furniture.

4. Home Garden

With the average rural family in need of supplementing supplies of food for the table and for the added nutrition and health giving value of fresh home-grown vegetables, productive year-round home gardens will meet the universal need of rural families.

Objectives:

- a. To give pertinent information on growing year-round gardens.
- b. To encourage farm families to grow the necessary amounts of fruits and vegetables to supply the family needs.

- c. To teach the kinds of vegetables to grow in the home garden.

Procedures:

- 1. To hold discussions about gardening in monthly meetings.
- 2. To teach the control of garden pest.
- 3. To discuss the types of fertilizer to use for growing vegetables.
- 4. To teach using charts, movies, and flannel graph.
- 5. To make home visits.

5. Housing

Families in Campbell County recognize the need for better housing. Improvements in living conditions, sanitary water supplies and health facilities, adequate storage and work space.

Objectives:

- a. To aid families who desire better housing.
- b. To help increase interest in better housing and necessary facilities.

Procedures:

- 1. To help plan desirable storage spaces.
- 2. To help resituate existing housing facilities for maximum comfort and use.
- 3. To hold meetings discussing housing.
- 4. To use circulars, pamphlets, cutouts flannel board and other illustrative material.

D. Farm and Home Development

Farm and Home Development has already begun with two families. These two families are located in two of the magisterial districts of the county. Plans are to work with three other families in 1956. Families will be selected through the County Advisory Board with agents assisting. Efforts will be made to get young families who have members of 4-H club age.

Objectives:

- a. To get families to analyze their present farm and home situation.
- b. To get families to make objectives in accordance with economic level.
- c. To get families to plan their future endeavors and work towards that end.

Procedures:

- 1. To assist families in analyzing their present situation.
- 2. To offer suggestions that would be helpful to the

- family in planning their future endeavors.
3. To secure specialist help whenever needed.
  4. To assist families in making budgets and establishing long-time plans.

E. Federation Program of Work

Health

Objectives:

- a. To get families to recognize health needs.
- b. To get families to improve their health facilities.
- c. To get families to practice good sanitation.
- d. To get families to help wane off contagious diseases.

Procedures:

1. To make a check sheet of present health facilities.
2. To encourage periodical physical examinations.
3. To work in conjunction with A-H Members on personal improvement and good grooming.
4. To show movies pertaining to health.
5. To help families improve sanitation around home and other places.

F. Other Activities

1. Sanitary Water Systems

Objective:

- a. To encourage more families to improve their sanitary conditions by putting running water in their home.

Procedures:

1. To hold discussions on sanitary water supplies.
2. To hold a tour to the Appalachian Electric Company.
3. To give out bulletins and leaflets.

2. Result Demonstrations

Objectives:

- a. To set up at least two result demonstrations.
- b. To encourage families to improve their living conditions.
- c. To encourage families to set up goals of things they want to do and work towards its accomplishments.

Procedures:

1. To hold discussions in meetings with family members.
2. To distribute bulletins, leaflets and mimeograph material.
3. To give demonstrations where applicable.
4. To write news articles of accomplishments.
5. To take before and after pictures of improvements.
6. To make home visits periodically.

3. National Home Demonstration Week

Objectives:

- a. To acquaint the general public with Extension Work.
- b. To encourage more women to become interested in Home Demonstration Work.

Procedures:

- 1. Hold discussions in community groups.
- 2. Write news articles about extension activities.
- 3. Use visual aids, if possible, to relate some of the extension activities and accomplishments.
- 4. Hold a county-wide program.
- 5. Put up plaques and charts for advertisement.
- 6. Use radio, if possible.

4. Tours

Objectives:

- a. To hold a tour to the Appalachian Electric Company to let the farm family see the experimental kitchen and the different kinds of electrical appliances and how they operate.
- b. To inspire more farm women to use energy-saving and time-saving devices.

Procedures:

- 1. To contact company for reservations in order to have a guide to explain appliances.
- 2. To discuss among community groups.
- 3. To write newsletters concerning tour.

5. Home Demonstration Achievement Program

Objectives:

- a. To encourage better participation in the home demonstration program.
- b. To publicize home demonstration work.
- c. To show accomplishment of the home demonstration program.

Procedures:

- 1. To hold achievement program in conjunction with 4-H achievement.
- 2. To display articles made by club members.
- 3. To have judging in meetings by club members.
- 4. To use illustrative material showing top products.
- 5. To publicize through newspapers, circulars and radio programs.

6. Work in Unorganized Communities

Objectives:

- a. To make these individuals understand the importance of extension work.
- b. To impart with them pertinent information that may be of help to them in the home and on the farm.

Procedures:

1. Make home visits.
2. Set up result demonstration, if possible.
3. Write newsletters.
4. Distribute bulletins, leaflets and mimeograph material.
5. Hold meetings in the communities.

7. Judging Done By Local Leaders

To develop ability in judging products made by adults and 4-H for both adult and junior leaders.

Procedures:

1. Use adult leaders to help judge projects put on county youth fair.
2. Junior leaders will receive training through their club meetings and individually.
3. Judging of products for county fair will be judged first by junior leaders before put on exhibition.
4. Training in judging will be given by the agent.

8. Community Improvement

Objectives:

- a. To encourage each individual to improve and beautify his home and surroundings.
- b. To beautify the churches and school grounds.
- c. To increase the income of the people now living in the communities through encouraging the farmers to improve their land and crops, improve health and sanitation in the communities, and improve the recreational facilities for the youth.

Procedures:

1. To hold meetings in the communities.
2. Send out circulars telling of improvements that can be made.
3. Take score of community improvements.
4. Take pictures of improvements.
5. Secure specialist help if necessary for those desiring assistance.
6. Farm agent will assist farmers in improving their land and crops.

111. 4-H Club Work

Situation:

There are ten 4-H clubs organized in different communities of the county with a membership of 285 boys and girls. Because of the insufficient time for project instruction we feel a great need for more leadership from adults and junior leaders. Efforts are being directed towards getting more project completions.

County Projects

1. Health

Objectives:

- a. To get families to recognize their health needs.
- b. To improve **health facilities**.
- c. To cut down on major and minor illnesses in families and communities.

Procedures:

1. To make first aid kits and furnish them.
2. To discuss health matters in club meetings.
3. To show a movie on health.
4. To encourage 4-H members to take periodical physical examinations.

2. Safety

Objectives:

- a. To help guard against accidents.
- b. To help prevent fires and fire hazards.

Procedures:

1. To have members check all fire hazards around school and home.
2. Members will correct conditions they find to be dangerous.
3. Safety rules will be reviewed.
4. Members will turn in all reports and they will be checked by leaders and agents.
5. Home visits will be made to check fire hazards and corrections.

3. Home Improvement

Objectives:

- a. To help 4-H members determine their needs in home improvement.
- b. To help 4-H members see how their needs fit into the total pattern of family living.
- c. To help them meet these needs by gaining information and knowledge that will solve their problems.

Procedures:

1. To hold discussions on Your Room - Make It Livable.
2. To take inventory of their bedrooms.
3. To rearrange furnishings in their rooms.
4. To make simple furnishings that would make the room more comfortable.

All 4-H members will carry one of the projects listed above. Their individual projects will be continued. They will include, clothing, gardening, food preservation and preparation, swine, handicraft, poultry and thrift.

B. Other Activities

1. National 4-H Observance

Objectives:

- a. To acquaint the general public more about 4-H club work.
- b. To secure cooperation of merchants to help promote 4-H club work.
- c. To encourage more participation by parents in promoting 4-H club work.
- d. To encourage more young boys and girls to join the 4-H club.
- e. To encourage harder work and more project completion.

Procedures:

1. Discuss with parents in advisory board meeting.
2. Discuss with 4-H'ers in their club meetings.
3. Have window displays showing activities and accomplishments of each 4-H in their communities.
4. Publicize on radio and thru newspapers.
5. Write circular letters to parents in the interest of 4-H club work.

2. Rural Life Sunday

Objectives:

- a. To acquaint the public more of 4-H work and extension activities.
- b. To give the youth an opportunity to actually participate in the church services.
- c. To enable them to accept and share responsibility.

Procedures:

1. To discuss among 4-H'ers in meetings and county advisory board.
2. To hold special church service on Rural Life Sunday in community.
3. To write news articles about Rural Life Sunday.

3. Campbell County Youth Fair

Objectives:

- a. To give rural youth an opportunity to exhibit their projects.
- b. To let the public know of some of the projects that are being **carried**.
- c. To encourage rural youth to work on projects to the best results.
- e. To afford an opportunity for the children to compete with others in the county.

Procedures:

1. To encourage youth all during the year in preparation for youth fair participation.
2. Make plans in 4-H leaders association meeting.
3. Bring in outside sources that would be of interest to the public.
4. Have adults to exhibit products as a means of setting standards for the youth's products.
5. Hold judging contest in clubs to pick out the best products for exhibition.

4. 4-H Picnic

Objectives:

- a. To give parents an opportunity to meet with the other 4-H'ers and their parents from all over the county.
- b. To provide recreation for 4-H'ers and parents.
- c. To help develop within the child a sense of belongingness.

Procedures:

1. To send newsletters to parents.
2. To discuss in 4-H council meeting.
3. To discuss in county advisory board meeting.
4. To hold picnic in June or July

5. Short Course and Wildlife Conference

Objectives:

- a. To reward 4-H'ers who have done satisfactory project work.
- b. To encourage more boys and girls to work harder towards completions.
- c. To give boys and girls a chance to mingle with other 4-H'ers from all parts of the state.
- d. To help them develop an appreciation for wildlife.

Procedures:

1. To select individuals on the basis of their merit and interest in 4-H club work and wildlife.
2. To discuss in club meetings.
3. To discuss among parents.

6. Contests (County and State)

Objectives:

- a. To motivate members to greater achievements.
- b. To acquaint the public of some accomplishments of 4-H boys and girls.
- c. To reward members for outstanding achievements.
- d. To provide an opportunity for effective public relations in both county and state.

Procedures:

1. Enroll members in contest.
2. Encourage project participation and completion.
3. Solicit cooperation of merchants and dealers in the county to help promote the 4-H program.
4. Publicize all results obtained.
5. Encourage leaders and parents to work very close with members so that they can expect good work.

7. 4-H Christmas Party

Objectives:

- a. To teach members to work together in harmony.
- b. To teach members to establish confidence in themselves through accepting responsibilities.
- c. To get cooperation from parents and leaders.
- d. To provide recreation for 4-H members.

Procedures:

1. To discuss in leaders association meeting.
2. Send circular letter to parents and leaders.
3. Make arrangements for transporting children to and from the party.
4. Arrange for party in school auditorium.

IV. Scope of Work:

A. Organization

	<u>No. in 1955</u>	<u>Goal 1956</u>
Number of home demonstrations clubs.	3	6
Membership	37	80
Number of 4-H clubs	10	11
Membership	261	300
Number of young men and women's clubs.	0	2
Membership	0	35
Number of Community Improvement Clubs.	0	2
Membership	0	75
Number of other organizations.	4	4

V. Organizations to strengthen the Extension program in 1956:

A. County Home Demonstration Committee

This organization was organized in June 1955 to serve as an over-all committee for home demonstration work. It has twenty-six members. This organization will plan in evaluating the whole extension program. It will also serve to raise monies for the promotion of the groups concerned.

B. County Advisory Board

The county advisory board will hold meetings to make plans for activities to be carried out by the extension program. This board will cooperate with other organizations and serve in an advisory capacity for home demonstration clubs, 4-H council, and county youth fair committee. This board will send delegates to the State Farmers Conference and the State Advisory Board Meeting. It will also help to make plans for the farm and home development and community improvement work.

C. 4-H Leaders Association

This association is made up of all leaders of the 4-H clubs and they hold regular meetings each month to make plans for the next months activities. It also serves as an advisory committee for the county 4-H council. This association helps to make plans for 4-H Christmas party, 4-H Picnic, county youth fair, achievement day, Rural Life Sunday, and National 4-H Club Week.

D. 4-H Council

This council is composed of all the officers of the clubs in the county.

D. 4-H Council --continued

The council set up its goals as: To encourage project completion; to help select county and state contest participants. To help plan program of the year for 4-H activities, to train officers to become more efficient in conducting their 4-H meetings.

This council will assist in making plans for Rural Life Sunday and National 4-H Club Week activities. The 4-H Council serves as the planning committee with other representatives from the club. They hold two meetings a year, one in the spring and fall.

VI. Plan for Leadership:

A. Home Demonstration

	No. in <u>1955</u>	Goal in <u>1956</u>
Number project leaders (subject matter)	7	21
Number federation program of work chairmen	3	6
Number program development leaders	3	6
Number result demonstrators	0	4
Number meetings at which leaders were trained by specialist	0	4
Number meetings at which leaders were trained by district agents	0	0
Number of meetings at which leaders were trained by agent	4	6
Attendance at training meetings	104	130
Number of club meetings held by leaders without agent present	7	10
Number of club meetings in which leaders assisted	17	30
Total number demonstrations given by leaders	0	5
Total number of talks or discussions by leaders	23	40

Plans for training and using leaders.

Leaders will be trained by agent, district agent and specialist to carry out different phases of the home demonstration program. Method demonstrations will be given at club meetings and other meetings. Information will be given leaders through discussions, bulletins and leaflets to bring them up-to-date on the latest findings of research. These leaders will carry information back into the

Plans for training and using leaders. Continued

communities to encourage women to use recommended practices and help strengthen the extension program.

B. 4-H Club

	No. in <u>1955</u>	Goal in <u>1956</u>
Number of 4-H Club officers	70	77
Number of adult project leaders	42	50
Number junior project leaders	2	4
Number result demonstrators	0	2
Number meetings at which leaders were trained by specialist	0	2
Number meetings at which leaders were trained by district agent	0	0
Number meetings at which leaders were trained by agent	5	5
Number meetings at which leaders were trained by personnel in 4-H Department	0	1
Attendance at leader training meetings	146	180
Number 4-H leaders trained individually	7	18
Number club meetings held by leaders without agent present	32	30
Number club meetings at which leaders assisted	45	50
Number demonstrations given by adult leaders	8	10
Number demonstrations given by junior leaders	1	4

Plans for training and using 4-H leaders:

Leaders will be trained to give and assist with giving demonstration for 4-H members. They will be expected to give demonstrations and conduct meetings in the absence of the agent. They will be trained to give demonstrations to other leaders. They will help to plan activities set up by the clubs and assist in any capacity necessary. Leaders will be expected to encourage good project work make home visits and offer suggestions to club members about their projects. Leaders will be given training by the agent.

VII. Work in Cooperation With Other Agencies

A. American Red Cross

Plans are made to cooperate with the American Red Cross in helping to secure aid for those who are in need. To discuss with officials conditions of some people and to map out plans to meet the existing needs of the county people.

B. Vocational Home Economics

Plans are made to help or serve on any committee that I can render service for the betterment of the people of this county. Meetings will be held to discuss activities and exchange ideas to solve problems that may affect the people in Campbell County.

C. Parent-teachers Association

Efforts will be made to meet with as many of the P. T. A's. in the county as possible to bring about a closer relationship between the people and the county officials.

VIII. Plans For Developing Good Public Relations

Efforts will be made to meet with as many of the county officials as possible, discuss with them existing conditions and try to establish a relationship which will enable better participation and cooperation. Activities will be published and suggestions will be taken from any source in the interest of the county program. The general public will be invited to activities sponsored in the county.

IX. Plans for Recording and Evaluating the 1956 Program

At different intervals during the year, I plan to have adults and 4-H discuss the good points and weaknesses of the program. They will in turn suggest other ways of improving it. Score sheets will be made and given out in the fall at club meetings to evaluate the work that has been carried on during the year.

X. Plans for Professional Improvement

Plans are being made to attend short courses and workshops to promote professional improvement. Books, bulletins and leaflets will be read to keep up with the latest findings and research.

Plans for Professional Improvement. Continued

Membership will be held with the Virginia Farm and Home Agents Association, Negro Organization Society, and the county health council.

Plans are made to attend the District Home Demonstration meeting, State Farmers Conference, and the State Advisory Board meeting to gain more information that will be necessary in carrying out extension activities with the most effectiveness and efficiency.

XI. Cooperation With Other Extension Agents in the County

Efforts will be made to hold conferences with other extension workers in the county at least twice a month to discuss problems in order to bring about a more unified extension program.

XII. Most Difficult Problems In Carrying Out The Extension Program in Campbell County

- (1) How can more Specialist Assistance be secured to help with the educational phase of the Extension program?

I plan to request more Specialist Assistance for the leaders who have not had any training in the different phases of the Extension Program.

- (2) How can I secure more leaders to help carry out the program?

Leaders will be solicited through clubs and 4-H members. More publicity will be given to the Extension program and information will be given out on the importance of good leadership in community groups. Leaders will be asked to volunteer their services in the capacity they can best serve.

XIII. Plans for Vacation

I plan to take my vacation leave in August.

PLAN OF WORK 1956

CAMPBELL COUNTY

(MRS.) ANNA B. ELGAN

RUSTBURG, VIRGINIA



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1956

ANNUAL NARRATIVE REPORT

OF

EXTENSION ACTIVITIES

FOR

CAMPBELL COUNTY

VIRGINIA

DECEMBER 1, 1955 to NOVEMBER 30, 1956

K. M. Bailey  
Local Home Agent

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### County Situation

Campbell County's situation has improved extensively through its line of activities over the past years. Five home demonstration clubs are organized with sixty-nine members. There are ten 4-H clubs and two community clubs in the county.

The county is divided into five districts which cover an area of 535 square miles approximately. It is divided into five magisterial districts, namely: Otter River, Falling River, Brookville, Seneca, and Rustburg. There are 398 Negro farm families according to the 1955 census.

In a recent survey made in the five club communities through Home Demonstration club members it was found that the source of income for families was mostly public with some general farming. Many are employed in the several industries in and about Campbell County. These industries classed as mills, factories, plants, constitute a large part of the incomes of the rural families.

Economic conditions of the families are still low but are gradually improving. As families begin to realize their life situation. Reaching the young people and extensive efforts are being made to their interest in the extension program.

Few new homesteads were established in the county changing some of the living patterns of families. These families needed assistance thus affording an excellent opportunity for expansion in the extension program.

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ADULT WORK

Five Home Demonstration Clubs are organized in five different communities with a total of sixty-nine members. Objectives of the adult program were: to help improve the standards of living, to enable the people of the county to recognize the need for improvement, to relate many ways in which the Extension Program can be of greatest service to rural people, and to bring in specialist in different subject matter fields. To teach these objectives these teaching tools were used: visual aids, news articles, method and result demonstrations, home visits, personal contacts, office calls, telephone services, and mass meetings.

More than five hundred farm, non-farm and urban families were reached in some phase of the extension program this year.

A. Project Work

1. Food and Nutrition

Each year rural families realize that they need more training in the fundamentals of good nutrition and balanced diets. They needed to understand menus, recipes and gain experience in preparing attractive nutritious foods and refreshments.

Objectives in the food and nutrition program were:  
(1) to teach the food value in a well-balanced diet (2)  
to teach the food value of certain foods - meats, vegetables and fruits (3) to teach the importance of growing a good home garden (4) to teach the value of preserving

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as much food as possible (5) to teach the selection of non-home grown foods and (6) to teach protective foods and their importance to the diet. These objectives were set up in the 1955 program but were not fully accomplished.

Discussions were held during regular monthly meetings on the "Seven Basic Food Groups." Through this discussion families learned how to select foods from each of the groups and plan a balanced meal. Mrs. Mary L. Thompson, Extension Food and Nutrition Specialist trained twelve leaders in "Food for Pregnant Mothers" and "Getting milk into Children's Diet." Through these demonstrations they learned how to prepare dishes as Milk Drinks, Liver Loaf, Oven Fried Fish, Lime Sherbet, Spoon Bread, and Toss Salad with Cottage Cheese Dressing.

Leaflets and pamphlets were distributed with information on planning the home garden. Leader training meetings were held in methods of preserving foods. Short cuts in food preservation were particularly stressed.

Three hundred and sixty-nine families reported that they had adopted some recommended practice in Food and Nutrition. Three hundred and forty-five were assisted with planning and producing the home food supply. Two hundred and three families were assisted in selecting foods. In meal planning and food preparation, two

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hundred and eighty-five families were assisted. Two hundred and fifty-seven assisted with food preservation and storage of food and one hundred and seventy-one with improving diets.

Food and Nutrition among rural families can never be over-emphasized, but they feel that great accomplishments have been made.

## 2. Clothing

Objectives of the clothing program were: (1) to teach ways of reducing expenses by making clothes at home, (2) to teach the use of patterns, (3) to teach selection of patterns suitable for different types of wear such as work clothes for all occasion, sport and dress clothes, (4) to teach selection of fabrics and (5) to teach the value of buying good materials and selecting conservative patterns.

Two important phases were selected by the program planning committee as a result of discussion and survey of the types of clothing for program emphasis. Children's clothing, work dresses and aprons were selected as topics for monthly meetings. A study of the type of clothing for children of pre-school age and ages 6-14 was made. Construction of garments for children were demonstrated. Forty-seven children's garments were

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demonstrated including, dresses, slips, robes and play-togs.

Miss Iva Byrd Johnson, Extension Clothing Specialist, trained twenty-three leaders on selection of "Work Dresses and Aprons." These leaders were trained in the selection of patterns and materials, whether in buying or making at home. Points stressed were: Suitability, Durability, Washability, Design, and Fractability. These leaders helped in reaching three hundred and sixty-nine families in clothing. Forty-three aprons were made as a result of this training.

The interest for clothing construction increased considerably, so much so that six families purchased new electric sewing machines in order to be able to help economize with their family living.

Seven hundred and ninety-one contacts were made through meetings, news articles, circulars, and demonstration meetings.

### 3. Home Management

No special plans were made to assist families with their home management problems; however, through other programs related many management problems were met. Families were assisted with planning their time to do a job, improving their housekeeping methods to take the drudgery out of house work. Two hundred and thirty-one were assisted

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with management decisions, one hundred and seventeen with housekeeping methods and eighty-nine with family laundernig. These families were assisted through leaders, home visits, circulars and club meetings.

#### 4. House Furnishings

Rural women recognized the need for better house furnishing, realizing that attractive furniture make an attractive room. This years objectives were : (1) To teach the selection of furniture for all rooms. (2) to teach color schemes and (3) to teach the selection of fabrics suitable for the kind of furniture.

The methods used consisted of charts, cutouts, pictures, demonstrations and furniture samples. Activities such as : workshops, leader training meetings, home visits and discussions were held. Leaders were trained in making slipcovers by Miss Ruth Jamison, Extension House Furnishing Specialist. These leaders helped to conduct a slipcover workshop for a special interest group with the assistance of two other home agents. Five slipcovers were made and two couch covers.

Ninety-five women learned to select, use and care for household equipment. One hundred and three learned techniques in selecting and constructing simple home furnishings. Nine pieces of furniture were reconditioned and twenty-seven pieces repaired. One hundred and forty-seven families reported adopting some practice in home furnishing and equipment.

## 5. Housing

Housing conditions in the county were found to be somewhat over-crowded. There was great need for improving existing conditions, improved dwellings, storage spaces and water supplies.

Objectives of the housing program were: to aid families who desire better housing and to help increase interest in better housing and necessary facilities for family living.

With the increased interest in better housing conditions, C. D. Wheary, Extension Housing Specialist was invited to help families with plans for remodeling and resituating existing housing facilities for maximum comfort and use. Methods used were: circulars, pamphlets, flannel board, and illustrative material including Extension House Plans.

Results obtained were: nine new homes built, twenty-seven remodeled or repaired their present homes. Approximately twenty-five telephones were installed.

Three hundred and ninety-five contacts were made through meetings, circulars, office and telephone calls and home visits.

## 6. Rural Arts

No work was done in Rural Arts this year.

## 7. Garden

With the average family in need of supplementing supplies of food for the table and for the added nutrition and health giving value of fresh home grown vegetables, productive year round gardens

were stressed to meet the universal need of rural families. These objectives were set up: (1) To give pertinent information on growing year round gardens, (2) to encourage farm families to grow the necessary amounts of fruits and vegetables to supply the family needs and (3) to teach the kinds of vegetables to grow in the home garden.

Discussions were held in monthly meetings on good home gardening, including varieties of vegetables to be used, control of insects, types of fertilizer for maximum growth and time for planting certain vegetables.

Charts, visual aids, circulars were used to help carry information to the farm people. Contacts were made through letters, home visits, mass meetings and office calls.

Three hundred and forty-three families were assisted with producing their home food supplies, one hundred and twenty of these families have reported having something in their garden the year round.

#### B. Home Demonstration Club Projects

##### 1. National Home Demonstration Week

A program was held during National Home Demonstration to acquaint the general public with Extension Work and to encourage more women to become interested in the home demonstration program. The program was carried out by the presidents of the five clubs. Speaker was C. A. Elliott, Local Farm Agent his subject was the National Theme: "Today's Home Builds Tomorrow's World."

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This program also served as an achievement program. Products which the ladies had completed during the year were exhibited. More than seventy articles were exhibited. Leaders were recognized for outstanding services in helping to carry out the home demonstration program. They were Mrs. Geneva Cardwell, Mrs. Oliva Hughes, Miss Catherine Douglass, Mrs. Odell Peerman and Mrs. Jacheled Payne.

Approximately one hundred persons were in attendance to this program.

## 2. County Goal

Better Health was selected by the Home Demonstration Committee as its county goal. Through surveys and group discussions it was found that there were an increased number of contagious diseases and unsanitary conditions. Recognizing these problems these objectives were set up: To get families to recognize health needs, to get families to improve their health facilities, to get families to wane off contagious diseases.

This work was done in conjunction with the L-H members. Score sheets were used to check individual's health conditions. Discussions and demonstrations were given by L-H members on personal hygiene and personal grooming. Discussions were also held on the importance of x-rays and physical examinations. Adults were encouraged to take their families for the

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free x-rays given by the County Health Department. About thirty families reported taking physical examinations and over three hundred families received the free x-rays either at school or at the county health department.

Through observation and survey it was found that a number of families needed to improve their water systems. Some were found unclean and uncovered. It was concluded that a number of the diseases resulted from these conditions. Discussions were held and leaflets were given out to encourage correction of these conditions and conditions around the home and other places.

These discussions and recognitions of the existing problems resulted in nine new covers being placed on wells, twenty-seven families reported cleaning their water source, forty-three replaced or repaired screens and doors around the home. Many more improvements were made in efforts to improve "Better Health" and sanitary conditions.

### 3. Community Improvement Work

The community improvement work is designed to get the maximum participation of all the people in the county, women, men, and children. This year the committee set as its major objectives: to encourage each individual to improve and beautify his home and surroundings, to develop an informed and active community leadership and to strengthen the economic, educational and social level of the people in the community.

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This program was changed from the Live-atHome Community to the present Community Improvement program. This new program has attracted a larger number of families. Eight new families have enrolled giving a total of thirty-three families now in the Community Improvement Program.

This improvement work was carried on through the church, school, 4-H club, young married women's club and the community club. The following improvements were made this year: One new home was built, two complete water systems added, giving a total of six complete systems, seven rooms redecorated, one outside living area built including barbecue pit, patio and table, four pieces of furniture renovated and eight telephones installed.

Improvements made on the farm include: three tobacco barns improved by adding Oxford Ventilators to them, four barns insulated and oil burners installed. Twelve acres of improved pasture established, and three farmers have soil and water conservation plans drawn for their farms.

Sixty-five percent of the boys and girls of this community of club age were enrolled in the local 4-H club. Lloyd Peerman a member of the club was a delegate to the 4<sup>th</sup>-H Short Course, and Herman Peerman, a state winner in his field crop project was a delegate to the Regional 4-H Camp held in Washington, D.C. Four members of the local club were enrolled in the Tobacco Show and Sale Contest, three of them received U.S. Saving Bonds.

#### Farm and Home Development

Three families are enrolled in the Farm and Home Development program. They are Mr. and Mrs. Samuel Hunter Route 1, Brookneal, Virginia, Mr. and Mrs. Melvin Elliott Route 2 Lynchburg, Virginia and Mr. and Mrs. Preston Patrick, Route 2 Gladys, Virginia. These families were selected by the County Agricultural Advisory Board. Objectives set up by the advisory board were: To get families to analyze their present farm and home situation, to get families to make objectives in accordance with their economic level, and to get them to plan their future endeavors and work towards that end.

Meetings were held to acquaint local leaders with the farm and home development approach. These leaders have helped the families in analyzing their present situation and offered suggestions as how to best meet the problems which already existed.

Mr. and Mrs. Melvin Elliott have made many changes and improvements on the home and on the farm since they began their farm and home development work.

Here are some things they expected to accomplish: Remodeling of the home, adding complete bath, buy some additional furnishings for the living room and bedroom, paint interior of the home, and landscape yard. For the farm, adding fattening steer project of 40 head, building brooding house for baby chicks.

Both from the farm and the home side many of the wishes have already been accomplished. The home has been remodeled with the

following changes: front entrance changed from a double entrance to a single one, back porch enclosed to use as a play area for the children and space for the deep freeze which was originally in the kitchen. Space has been provided for the bathroom but has not been completed as yet. New curtains have been added in the bedrooms and living room. Kitchen repainted to assure more light in the working area. A new sewing machine has been purchased to help the housewife economize by making some of the family clothing.

A one story modern brooder house size 40' x 100' has been built. This brooder will house four sets of 4,000 baby chicks to broilers annually. The broiler and fattening steer projects are to supplement the present farming income.

The Elliotts have lived on this farm for five years. //

4-H Club Work

4-H club work was carried by ten groups this year with 362 members enrolled. Interest in 4-H club work has increased among the members and among parents and leaders. Completion of projects were increased this year to sixty-four per cent. Working with 4-H club work are forty-four adult leaders and eleven junior leaders.

Project Work

Three projects were selected by the 4-H planning committee as projects that needed more stress in the years program. Representatives from each club assisted with the planning of the county projects, they brought suggestions from their clubs to help in deriving at the county projects.

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1. Safety

Objectives set up were: To help guard against accidents and to help prevent fires and fire hazards. The safety program included study of safety rules, survey of danger spots around school, correcting danger spots around school rooms and grounds, exhibits on safety measures to be used at home, on farm and in the community. A demonstration was given on "What to do in case of cuts, burns and shock" and fire hazards.

Surveys were made through the 4-H'ers to the people in the community; they were returned and checked. A list was then sent out fixing the things that could be done to prevent accidents and fire hazards. A check was made by the agents and leaders. Improvements found were: old brush and leaves burned, removal of glass, and cans from yards, containers made for old cans and broken glass, loose wires fixed or removed, sharp utensils and equipment put in safe places. Two 4-H clubs put on Safety Exhibits and held programs in their local P.T.A. meeting in order to make more people aware of the safety measures. The communities benefited greatly from this safety project, but the project has not been completed because there are more phases that need to be accomplished before completion of the project. This project will continue in the 1957 program.

#### Home Improvement

Home Improvement was carried as a project by the large boys and girls who were interested in their family living. They chose "Your Room- Make it Livable" as their way of helping in the total family program of improving living conditions. Objectives set up were: To help members determine their needs in home improvement, to help members see how their needs fit into the total pattern of family living, and to help them meet these needs by gaining information and knowledge that will solve their problems.

Discussions were held on "Making the Room Livable" comfortable and attractive. Inventories were made of furniture and furnishings in the rooms. Simple articles were demonstrated to help in beautifying the room. twelve girls made curtains for their rooms. Three rooms were painted, seven dressing tables were made with stools. Fourteen scarves were made for dressers, four shoe boxes were built, three tie racks were made and four lamps were made. Four-H members plan to continue this project for another year in order to get more boys and girls interested in improving their rooms and bettering their family living.

#### Health

Health was also carried to some extent as a 4-H

project. Its objectives were: to get families to recognize their health needs, to improve health facilities and to cut down on major and minor illnesses in families in communities.

General health aids were discussed in regular club meetings. 4-H members were encouraged to take periodical physical examinations. Demonstrations were given by 4-H members on personal health needs and personal grooming. Plans were to make first aid kits and furnish them, but time was not sufficient for the members to do so. This will continue in conjunction with the safety project for 1957.

Leaflets, score sheets, charts and 4-H manuals were used as teaching aids.

Twenty-four Four -H members received health examinations because of participation in the Four-H health program.

Other Activities

Training for Four-H Clothing Leaders

A training meeting was held for junior and adult leaders sponsored by the Singer Sewing Machine Company.

Five junior leaders and four adult leaders received complete instructions on the mechanism of 4 different kinds of singer sewing machines.

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These kinds included slant needle number 301, portable number 221, number 66 and 15-91. Numbers 66 and 15-91 heads were the same but had different tensions.

Each leader tested the stitching on the different machines. They learned how to clean, adjust, and oil each of the machines. This all-day meeting helped the leaders to gain more confidence in themselves and they were better able to instruct four-H members with their clothing projects.

Two of the leaders purchased new sewing machines after this training to have the facilities to properly instruct others. Approximately thirty 4-H members were assisted directly by these leaders with clothing projects.

#### Rural Life Sunday

Rural Life Sunday was observed by seven of the four-H clubs on May 6, 1956 at the Ebesser Methodist Church in Lynch Station, Virginia.

Objectives of the program were: To acquaint the public with 4-H work and extension activities; to give the youth an opportunity to participate in the church services and to enable them to accept and share responsibility.

The Reverend W. J. Hodge delivered the address on "Improving Family and Community Living Through Christian Fellowship". Special music was given by

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the Merrimakers Four-H Club. Patricia Ferguson of the Jacksontown Four-H Club sang a solo "The Lords Prayer." The Pioneer Club served as host for this activity. Certificates were presented to eleven by leaders by the president of the Four-H Leaders' Association, Robert Christian, for five and ten years' of service. Approximately 250 Four-H members, leaders, parents and friends attended this activity.

#### National 4-H Week Observance

Seven of the ten four-h clubs observed National Four-H week with special activities. Activities included special program with guest speaker, party in which another 4-h club was invited, showing movies, county fair, assembly programs at schools, television program, community program and special church services. A display was set up by one club using a theater entrance as background. It depicted 4-H activities in action.

These programs were publicized through local news papers, radio and newsletters. Approximately 650 club members, leaders, and parents participated in the varied activities.

Climaxing the weeks activities was the Four-H Leaders' Banquet. Forty-six leaders and guest heard W.C. Cooper, 4-H Club Agent from North Carolina speak on "Respect for Right". Ten leaders were recognized for serving five or

more years as leaders and four leaders were recognized for service of ten years. This Banquet proves to be of great success each year in publicizing the 4-H program and the work of leaders.

Campbell County Youth Fair

Campbell County held its Fourth Annual Youth Fair in October at the Campbell County High School.

This fair is sponsored by a non-profitting organization, the Campbell County Youth Fair Association. It is composed of Vocational Agriculture and Home Economics teachers, principals of the high school, supervisors, 4-H members, New Farmers of America, New Homemakers of America, parents, leaders, and the local farm and home agent.

The theme of the fair this year was "Improving Family and Community Living" which was very well carried out by the planned program. The morning session consisted of Recognitions and Awards to Outstanding Youth, Address on "Opportunities for Youth in Agriculture and Home Economics" by A. H. Fuhr, Information Specialist of the Farm Credit Administration, Washington, D.C. and style show by 4-H, NEA and NHA members.

Demonstrations were set up in various sections of the building. They included Home Improvement- "Selecting Color Schemes in Furnishings and accessories" Soil and Water Conservation, Personal Hygiene for both boys and girls, post treating demonstration and Farm Credit. The rotating

system was used so that at least two of the demonstrations could be viewed that were of most interest to the individuals. Approximately 200 agricultural and home products were exhibited. Members exhibited products resulting from their projects for the year. The number of entries dropped lower than last years but the quality of products have improved about 70%. Adult products were also exhibited.

#### Annual Four- H Picnic

The Annual Four -H Picnic was held this year in June at the Jefferson Park in Lynchburg, Virginia .

This picnic provided an opportunity for parents to meet other Four-Hers and their parents from all over the county. Provided recreation for 4-Hers and parents and helped the children to develop a sense of belonngness. Swimming and game facilities were provided for both adult and children.

Each family had lunch on the grounds and fellowshipped with the group. Approximately 145 members, leaders and parents attended the picnic.

#### Annual Christmas Party

The Annual Four-H Christmas Party was held during the Christmas holidays to provide a day of fun and recreation for Four-H members, parents and leaders.

Approximately 200 4-H members , parents and leaders were present. The day included games and 4-H quiz. Prizes were awarded outstanding 4-h members for achievements at County Fair. Refreshments were served, closing with Christmas Carols.

#### 4-H Short Course and Wild Life Camp

Fourteen boys and girls attende the Short Course and Wild Life Camp this year. Objectives were: To award Four-Her' for satisfactory project work, to encourage more girls and boys to work harder towards project completion, to give boys and girls ta chance to mingle with other 4-H'ers from other parts of the state., to help them develop an appreciation for wildlife.

Those attending tthe Short Course were: Margie Dillard , Cilla Payne, Vivian Dalton of the Hodges Club, Margaret Crider and Clyed Brown of the Pioneer Club, Lloyd Peerman and James Nash of the High School Group, Elaine Woodson of the Willing Workers Club.

Those attending the Wild Life Camp were: Evelyn Walker and James Taylor of Jacksontown 4-H Club, Josephine Eubanks and Yvonne Madison of the Mairmakers Club and Clara Morgan of the Kingston Club.

These 4-H members were selected for their outstanding achievement in 4-H workand their interest and participation in club and county activities.

#### Contest and Awards

4-H members participated in County and State Contest. Herman Peerman was a state winner for his achievement in his field crop project. He also won a trip to the Regional 4-H Camp

Seven 4-H'ers participated in the Tobacco Show and Sale Contest and six of them won prizes. Awards were given to 4-H'ers for achievements in their projects at the Annual Christmas Party and Youth Fair. Forty-eight members received cash awards for achievements in their projects. James Nash and Lessie Davidson received the Dansforth "I Dare You Award"

#### Young Men and Women's Work

All young men and women's work was done in conjunction with other activities. Assistance was given to help in arranging activities for the community centers.

#### Scope of Work

	1952	1953	1954	1955	1956
No H.D. Clubs or groups	0	3	5		
Membership	0	37	69		
No. 4-H Clubs	10	10	10		
Membership	247	261	302		
No. YW Clubs	0	0	0		
Membership	0	0	0		
No. other families reached	33	369	501		
No. different families reached	21	105	327		
No. of community clubs	0	0	1		
Membership	0	0	31		

Things done to increase Scope of Work and Publicize Home Demonstration Work.

A leadership survey was made in the spring to find out the kind of assistance that leaders gave to promote 4-H and adult work. This survey showed that during the months of April and May eighty-one home visits were made,

six leaders gave demonstrations, twenty-two led discussions, gave talks and conducted meetings, three without agent present and seven with agent present.

This survey showed participation of leaders and their interest in 4-H and adult work. Leaders discussed the importance of the work with other leaders and parents. It helped in understanding and increased the assistance given to 4-H members and other adults.

Letters were sent, news articles were published concerning home demonstration work. County meetings were held in which the public was invited.

#### Organizations

##### County Home Demonstration Club Committee

The Home Demonstration Committee planned the program of the year to be carried out by adult members. It also made plans for National Home Demonstration Week activities and saw that they were carried out. At intervals during the year this committee evaluated the present program and made suggestions as to how it could be improved for the coming year.

It consist of the officers from each club, a program development leader, representatives from county organizations, vocational people and extension workers.

##### County Advisory Board

The county advisory board serves as an over-all committee

for all extension committees and organizations, including 4-H council, home demonstration committee, forestry, soil and water conservation, agronomy and poultry committees. It is also responsible for the demonstration community work.

This board sets as its long-time objectives (1) to increase the farm income so as to improve the standard of living (2) to encourage the farm population to conserve their natural and human resources and (3) to improve the health of the people.

The county advisory board held two meetings this year to evaluate and determine how far it had come towards accomplishing its over-all objectives. This board assisted in selecting farm and home development families and helped to set goal to reach in the farm and home development work.

#### Four-H Council and Project Planning Committee

This council is composed of all the officers of the local Four-H Clubs giving a total of seventy members. It held two meetings this year, one in the summer and one in the fall. The summer meeting consisted of plans for the coming year's activities and selection of county projects to be carried by the 4-H clubs. The fall meeting was held primarily to train officers so they could better conduct their regular monthly meetings. This council also helped to make plans for National Four-H Week activities and Rural Life Sunday.

#### Four-H Leaders' Association

The Four-H Leaders' Association is made up of forty-two leaders. They hold regular monthly meetings each month to discuss and plan the Four-H program. It serves as an advisory committee to the four-H council, helps to select county and state winners. It sponsors the Four-H Christmas Party and helps with plans for Four-H picnic, Rural Life Sunday, National Four-H Week observance and County Youth Fair.

#### Leadership

##### Organizational

These leaders lend invaluable assistance to the Extension program. They arrange for and conduct meetings, help in planning for club activities. They also help to plan program of work.

##### Program Development

Program development leaders have been most inspirational in getting interest from community people and publicizing the importance of home demonstration and Four-H club work. During regular meeting they take down suggestions from club members and present them to County Home Demonstration committee. They assist in conducting surveys in the several communities.

Subject Matter

These leaders conduct demonstrations attend leaders training meetings and relate their information to the other club members. They also bring helpful hints into the meeting and share with others sometimes presenting basis for discussions in the meetings.

H.D. Club Leadership	1952	1953	1954	1955	1956
No. project leaders(subject matter)			0	7	23
No. Federation program chairmen			0	3	5
No result demonstration leaders			0	3	5
No. result demonstrations			0	0	4
No. training meetings by specialist			0	0	3
No. district agent			0	0	0
No. agent			0	4	4
Attendance at all training meetings			0	104	105
No. meetings without agent			0	7	8
No. meetings leaders assisted				17	57
Demonstrations by leaders				0	71
Talks and discussions by leaders				23	134

Growth of 4-H Club Project Leadership	1953	1954	1955	1956	
No. club officers		70	70	70	
No. adult project leaders		39	42	29	
No. junior project leaders		0	18	15	
No. result demonstrations			0	0	3
No. training meeting held by specialist			0	5	6
agent			0	6	0
district agent			0	0	0
member club dept.			0	0	0
others			0	0	0
Total attendance at training meeting			0	146	169
No. 4-H leaders trained individually			0	7	23
No. club meeting held by leaders without agent			1	23	37
No. additional club meetings at which leaders assisted			4	45	64
No. demonstration given by adult leaders			0	8	55
junior leaders			0	1	15

**Accomplishments of Outstanding Leader**

Mrs Fannie Morgan, member of the Hills Creek Home Demonstra-

tion club Gladys, Virginia has been most influential in the development of home demonstration work. She is the president of the local club, member of the County Advisory Board and Home Demonstration Committee. It was through her efforts and interest that the club was organized in that community in 1955. Mrs Morgan has represented her club and county in many state activities, including District Home Demonstration Committee Meeting, Farmers Conference and Farm and Home Week.

She has served as a 4-H leader for nine years. Her interest in the improvement toward better living, and inspiration in working with youth was a carry-over to the interest and participation in Home Demonstration work. Through participation in many extension activities she has gained confidence in herself and is always willing to serve in any capacity for the betterment of the youth and adult program. She serves her community well, participates in church, school and community activities.

#### Accomplishments of an Outstanding Family

The family of Mr. and Mrs. D.F. Payne Route 2 Gladys, Va. has made unusual strides since working with the extension program. There are five children in the family, three of them are 4-H members.

This family has cooperated in many of the extension activities. Mr. Payne is now president of the county advisory board. Cilla, the oldest daughter is president of the 4-H council and Bettye, the youngest daughter is assistant secretary of the

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local club, and Mrs Payne is a 4-H club leader. Mrs Payne and her daughters are result demonstrations in Home improvement. Improvements made this year are: Three rooms painted, two iron beds made modern by cutting off the front poles. Dressing table in girls bedroom has been redecorated. Other plans are to make curtains for the room and improve storage space for clothes and shoes.

This family is an example which we wish others would follow. They have cooperated in carrying out recommended practices furnished by the farm and home agents.

The Payne family attends practically all extension activities and assist in any way they can to aid in the success of a program.

#### Outstanding Accomplishments of a Club

The Yellow Branch Home Demonstration Club was the first to be organized in this county. It recognized the need for home demonstration work and has worked hard to carry out the programs that have been planned.

This club never fails to have a representative at all county or state meetings when needed. It is very cooperative and efficient in any job which it undertakes.

When the club was about three months old, it took the initiative in the purchasing of the old school for a community center, the members have worked hard to make the center

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comfortable for activities of community interest. The members have made curtains for the windows, helped to purchase an electric range for the kitchen. They have also donated equipment for use in the kitchen.

This club holds regular meetings monthly and leaders carry on when agent is absent.

#### Significant Achievement in Home Demonstration Program

A Slipcover Workshop was conducted at the Yellow Branch Community Center to train those persons interesting in improving their house furnishing. Plans were made to hold an upholstery clinic but after studies the women found more need for slipcovers than upholstering.

Miss Ruth Jamison, Extension House Furnishings Specialist, trained two leaders in July on "How to make and fit a Slipcover". These two leaders, assisted by Mrs. Ora Lathan and the home agent trained twelve other persons in this project. As a result five slipcovers were made and two couch covers.

Many points were brought out during the demonstration and workshop. They were: type of chair, selection of fabric and design, choosing fabric according to type of home, whether modern, provincial or traditional, measuring, fitting, and seam finishes.

This project created a great interest among the women and communities. The women were very proud of their end products.

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Cooperation With Other Agencies and Establishment of Good  
Public Relationship.

Good public relations is established in the county with all Extension Personnel, County officials, professional workers representatives and commercial concerns.

Conferences are held often to discuss county situation. Assistance is given to other concerns whenever it is feasible and time is permitted to do so. Close contacts have been made between the county health department in helping to get children to take the Polio Salk Vaccine and x-rays given by the department.

Commercial Concerns have cooperated in putting up demonstrations use of store windows for exhibit purposes and even lending products for demonstration purposes.

Professional Improvement

I have attended conferences to improve my educational status, read books, magazines, leaflets and pamphlets. Held conferences with other extension workers. I attended the Annual Conference for farm and home agents, 4-H program planning meetings, workshop for writing news articles and radio programs.

These have helped me to perfect myself in different phases of the Extension Program

#### Appraisal of Year Work

Any statement by me appraising the extension program in the county as a part of its educational system would be inadequate. It has taught farm people to analyze their situations and problems out for themselves. It has developed leadership among rural people.

The extension program has helped families to help themselves. It has contributed to better relationship among people in the communities, county and state.

Changes in the county situation have shown growth toward better rural living among all people. The Extension worker have worked with farm, non-farm and urban families, youth and adults in giving them information on the latest research through extension sources.

Cooperation from agencies in the county has helped in reaching people of all levels, it has also made for good public relations. Programs in the county were developed according to the needs and interest of the people.

Activities can be strengthened greatly in future programs because people are giving their assistance as leaders

The Farm and Home Unit having created considerable interest in the county has proven to be successful so far. We hope that many people will lend their assistance to helping the Farm and Home Unit families.