

1958

PLAN OF WORK

By

Smyth County

KARLE BUNDY

COUNTY HOME DEMONSTRATION AGENT

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1958 PLAN OF WORK

Home Demonstration Agent

Smyth
County

I. County Situation Affecting the 1958 Program

Smyth County has an area of 435 square miles. Approximately fifty five per cent of the total area is in forests. There are three magisterial districts.

The county has a population of about 30,000 people which is ninety eight per cent native white. The population is about 11,500 urban, 15,000 non rural and 3,500 rural.

There are 1,626 farms. 1,367 of the white operators are full owners of their farms. There are only twenty two farms with 1,000 acres or more, 577 farms with seventy acres and up, and about 400 commercial farms, according to the 1955 census.

Manufacturing vies with agriculture in providing employment in the county. Products manufactured include hosiery, wearing apparel, furniture, billiard and bowling items, sodium compounds, stone products, lumber, and hickory handles. Four hundred eighty seven rural farm and six hundred seventy one rural non farm women work out side the home, according to the 1950 census.

Livestock is the largest single source of income with crops second, and dairying third. Burley tobacco is the main cash crop. The median income is about \$2,000. This shows that the families need help on spending their income wisely for food, clothing and shelter.

The 1950 census shows that fifty five per cent of the rural farm and forty nine per cent non rural farm dwellings are without running water.

II. County Extension Program - Adult

A. Organization

1. County Agricultural Extension Service Board

This board will serve to strengthen the 1958 Extension program by

- (a) Correlating work of special interest committees
- (b) Developing more leadership and interest of rural people
- (c) Planning and evaluating a unified county program or work.

2. Home Economics Council

This board will help to strengthen the program by correlating the thinking of the nutrition committee and the home demonstration clubs committee to reach a greater number of people. The board consists of four members.

3. General Interest Committee

Preliminary work was done to organize a farmstead lighting committee in 1957. The 1958 Extension program will be strengthened with the organization of this committee to help carry out home lighting program.

4. County Home Economics Committee

- (a) Continue work of nutrition committee to improve the eating habits of adults and youth.
- (b) Increase present membership of three to seven members.
- (c) Place greater emphasis on home gardens, wise buying of foods and better breakfasts.
- (d) Distribute nutrition information through circular letters, newspaper, radio, and home visits.

5. County Home Demonstration Club Committee

This committee has a membership of thirty six women including the presidents, program development leaders and a few members at large.

The function of the committee is

- (a) To plan program from local clubs' needs and suggestions
- (b) To check on progress of program and make necessary changes to complete year's work
- (c) To sponsor a county-wide achievement day program
- (d) To observe National Home Demonstration Week with window displays and attendance at District Federation meeting.
- (e) To plan and secure sponsor for yearbook
- (f) To work with nutrition committee to reach a greater number of people.
- (g) To give publicity to program.

B. Project "ork

- a. Foods and nutrition- yeast breads, time savers for refreshments, tasty apple dishes, and ten ways of serving potatoes

1. Objectives

- (a) To promote better health through better nutrition
- (b) To add variety to the family diet.

2. Procedure

- (a) Agent will train leaders to give the demonstrations on breads in fifteen clubs
- (b) Agent will give the demonstration on time savers for refreshments in fifteen clubs

- (c) The specialist will train leaders to give the demonstration on apples and potatoes in 15 clubs.
 - (d) Agent will prepare subject matter, materials for distribution to members on nutrition.
 - (e) Club members and agent will see that information is passed on to non club members through the press, home visits, radio, and special meetings.
 - (f) Project leaders will check on results of demonstrations and see that agent receives it.
 - (g) Make a survey on cost of home-made bread versus commercial bread.
- b. Clothing - wardrobe planning and construction
- 1. Objectives
 - (a) To help the homemaker with wise selection and buying of family clothing.
 - (b) To improve construction techniques.
 - 2. Procedure
 - (a) Agent will receive training from specialist and give demonstration on wardrobe planning in 15 clubs.
 - (b) Agent will conduct a series of county-wide special interest meetings on clothing construction to reach club members and others interested in sewing at home.
 - (c) Give publicity to program through the press, radio, and window displays.
- c. House Furnishings- interior decorating, flower arrangements and handicraft
- 1. Objective
 - (a) To create more attractive homes

2. Procedure

- (a) Secure help from local paint store in training leaders to give demonstration on interior decorating in fifteen clubs.
- (b) Secure help from local garden club members in training leaders for flower arrangement demonstrations to include home, church and exhibition arrangements.
- (c) Agent will hold all day workshops on handicraft to include either basket making, rug making, or reseating chairs in fifteen clubs.
- (d) Give publicity to projects through press, radio, community fairs, and exhibits.

C. Federation Program of Work- Home and Community Beautification

1. Objectives

- (a) To make Smyth County homes more attractive and useful.
- (b) To promote pride in the communities.

2. Procedure

- (a) Have County Program of Work chairmen compile kit of reference material for each club chairman.
- (b) Have club chairmen give five minute talks at monthly club meetings.
- (c) Each club will give at least one radio talk during the year.
- (d) Agent will give one demonstration on pruning shrubbery and roses in fifteen clubs.
- (e) Conduct a "clean up" campaign in each club in April and May.
- (f) Urge all members to improve their mail boxes and do some landscaping of home grounds.
- (g) Each club will conduct a community project in cooperation with 4-H club and other organizations in their community.
- (h) Inform public of program through press, radio and home visits.

D. Other Activities

1. Organize at least one home demonstration club and increase membership of organized clubs.
2. Leaders will hold five meetings without the agent to allow agent time to expand program, and to develop more leadership.
3. Home demonstration clubs will sponsor 4-H work by having members serve as 4-H leaders, and by holding a joint meeting with 4-H clubs.
4. Each club will help defray expenses of one delegate to the State Federation meeting.
5. Each club will donate \$1.00 toward paying the adult leader's camp expenses.
6. Each club will sponsor a community project.
7. Observe National Home Demonstration Week by making public displays of accomplishments, and urging more members to attend the district federation meeting.
8. Encourage club members to take advantage of selling home produce and baked goods on the farmers' market.
9. Hold a county-wide achievement day program to climax year's program and acquaint the public with home demonstration work.
10. Local leaders will serve as committee chairmen and judges at two community fairs.
11. Local club will help sponsor activities in their community improvement club.

III. Farm and Home Development

There are fifty two farm and home development families enrolled as of November 30, 1957. The selection of families is left to the judgement of the extension agents and are selected on a county-wide basis rather than on an area basis.

The home agent made home visits to twenty five of these families in 1957 and plans to work with at least ten additional families in 1958.

1. Objectives for promoting the work
 - (a) To increase the family income
 - (b) To develop better opportunities for a more satisfying living.
2. Procedures
 - (a) Make as many home visits as possible
 - (b) Help families plan for adequate food supply
 - (c) Encourage families to keep home records
 - (d) Plan for home improvements when income is sufficient
 - (e) Encourage homemakers to attend home demonstration club meetings when ever possible
 - (f) Give subject matter material to families relating to their individual needs
 - (g) Hold conferences with the farm agents to recognize progress and achievements.

IV. County Extension Program - Youth

A. Organization

1. County 4-H Council

The Council consists of all the officers of the 4-H Clubs with adult leaders as ex-officio members. At least two meetings will be held to plan and carry out county-wide events, such as camp, picnic, and achievement day.

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The Council president is a representative of the County Agricultural Extension Service Board.

2. All Stars

A local chapter will be organized if possible.

All Stars will serve as junior leaders of 4-H Clubs and help sponsor county-wide 4-H events.

3. Honor Club

The Honor Club was organized in 1957 with 22 members. The club will be used to strengthen the 4-H program and serve to hold older club members in 4-H clubs for a long period of time.

4. Project Planning Committee

This committee consists of older 4-H girls and adult leaders. The purpose of the committee is to plan the girls' project work. Suggestions from local clubs will be taken into consideration in selecting 1959 projects.

B. 4-H Project Work

1. Food Preparation

a. Objectives

- (1) To improve the health habits of rural families
- (2) To encourage club members to accept more responsibilities in meal planning.

b. Procedures

- (1) Agent will train adult leaders
- (2) Have members participate in giving demonstrations with the help of leaders
- (3) Use school cafeterias and homes for meetings.
- (4) Agent and leaders will train members to participate in county and district contests.

- (5) Use junior leaders to assist with demonstrations and record keeping.
- (6) Write a letter to parents of members to encourage their support in projects.
- (7) Select county winners for district contest.
- (8) Give publicity to outstanding achievements through the press, radio, and at county-wide meetings.

2. Clothing (Units I, II, & III)

a. Objectives

- (1) To develop an interest in learning to sew and to teach good clothing techniques.
- (2) To encourage better grooming and care of clothing.

b. Procedures

- (1) Use home demonstration members as project leaders to give demonstrations when possible.
- (2) Hold special interest meetings with older girls meeting out of school.
- (3) Hold a dress revue to select county winner.
- (4) Work with winner preparatory to entering district contest.
- (5) Hold a fashion show for achievement day program.

3. Breads

a. Objective

- (1) To interest girls in making bread at home.

b. Procedures

- (1) Have girls give demonstration in 4-H and H.D. clubs for practice.

(2) Agent and adult leaders will work individually with bread members to improve their techniques.

(3) Select a county winner to enter district contest.

4. Room Improvement

a. Objective

(1) To learn principles of attaining beauty in the home.

b. Procedures

(1) Agent and adult leaders will make home visits to assist girls planning improvements.

(2) Have member give a demonstration in her local club.

(3) Select the winner for district contest.

(4) Give publicity to accomplishments through press and radio.

5. Electricity

a. Objective

(1) To improve home lighting

b. Procedures

(1) Hold two all-day workshops

(2) Have representative number from each local club attend workshop.

(3) Secure help from local power company in holding meetings.

(4) Conduct a tour to an electrical appliance store to climax project.

(5) Select county winner to give demonstration at State Short Course.

(6) Recognize achievements through press, radio and at achievement day.

C. 4-H Activities

1. Camps and Short Course

a. Objectives

- (1) To develop leadership
- (2) To strengthen 4-H program

b. Procedures

- (1) Send full quota of members to 4-H camp and State Short Course.
- (2) Send at least one member to state conservation and leadership camps and secure a local sponsor to help with their expenses.
- (3) Home demonstration clubs will pay one adult leader's expenses to 4-H camp.
- (4) Have members attending camp give a radio broadcast and talks at achievement day to encourage others to attend camps.

2. Achievement Day

a. Objectives

- (1) To recognize outstanding accomplishments of members.
- (2) To acquaint the public with 4-H program.

b. Procedures

- (1) Appoint a committee of County Council members and leaders to plan program.
- (2) Have members on program.
- (3) Invite parents and public to attend.
- (4) Let members furnish some entertainment.
- (5) Give publicity to program through press and radio.

3. Rural Life Sunday
 - a. Objective
 - (1) To stimulate interest in rural church activities.
 - b. Procedures
 - (1) Encourage each club to participate in a church service.
 - (2) Adult leaders will train members for church program.
 - (3) Provide flowers for church and have members attend services in a group.
4. 4-H Contests
 - a. Objectives
 - (1) To stimulate better project work
 - (2) To develop poise and leadership.
 - b. Procedures
 - (1) Explain contest rules to all members
 - (2) Hold contests to select county winners
 - (3) Train county winners for district contests
 - (4) Give publicity to winners through press, radio and achievement day.
5. County-wide picnic
 - a. Objective
 - (1) To furnish wholesome recreation for parents and club members.
 - b. Procedure
 - (1) Have a special committee of leaders, All Stars, and council officers to plan program.
 - (2) Ask parents to help furnish transportation and food.
 - (3) Have club members take charge of recreational program.

D. Young Men and Young Women's Work

a. Objective

- (1) To encourage participation in organized clubs to improve family living.

b. Procedures

- (1) Have young people participate in community improvement club activities.
- (2) Encourage young homemakers to attend home demonstration clubs.
- (3) Have young people serve on committees with adults in planning community meetings, fairs and exhibits.
- (4) Encourage high school graduates to study home economics.

V. Scope of Work

A. Organization

	<u>No. in 1957</u>	<u>Goal 1958</u>
Number of home demonstration clubs	15	16
Membership	395	415
Number of 4-H Clubs	10	11
Membership	219	230
Number of young men and women's clubs	0	0
Membership	0	0
Number community improvement clubs	1	1
Membership	50	50
Number home economics committees	1	1
Number general interest committees	0	1
Number youth committees	0	0
Number other organizations	1	1
Number farm and home development families.	52	58

VI. Plan for Leadership	<u>No. in 1957</u>	<u>Goal 1958</u>
A. Over-all Program Leaders (Organization leaders for county extension service board)	9	12
B. Home Demonstration Club Leadership	<u>No. in 1957</u>	<u>Goal 1958</u>
Number organizational leaders	120	124
Number project leaders (subject matter)	16	18
No. Federation program of work chairmen	16	16
Number program development leaders	16	17
Number result demonstrators	69	69
Number meetings at which leaders were trained by specialists	2	2
Number meetings at which leaders were trained by district agents	0	1
Number meetings at which leaders were trained by agent	14	16
Attendance at training meetings	178	185
No. club meetings held by leaders without agent present	76	78
No. club meetings in which leaders assisted	52	55
Total no. demonstrations given by leaders	76	80
No. talks or discussions by leaders	345	350
Plans for training and using all types of leaders in carrying out 1958 program:		
1. Subject matter leaders will receive training and give five demonstrations in each club in the absence of agent and assist agent with others.		
2. Local club garden and poultry leaders will receive monthly subject material from specialists for club discussions.		

3. County Federation Program of Work chairman will make kit of subject matter material available to local chairmen for club discussions at a county training meeting.
4. Each local goal chairman will be responsible for at least one radio broadcast.
5. Program development leaders will attend county-wide training meeting to collect data for 1959 program.
6. Organizational leaders will be responsible for carrying out program as planned and summarize achievements for county reports.

C. Over-all Youth Leaders No. in 1957 Goal 1958
 (Organization leaders for county youth council) 50 50

D. 4-H Club	<u>Goal in 1957</u>	<u>Goal 1958</u>
Number 4-H Club officers	60	65
Number adult project leaders	24	25
Number Junior project leaders	12	15
Number result demonstrators	0	5
No. meetings at which leaders were trained by specialist	0	0
No. meetings at which leaders were trained by district agent	0	0
No. meetings at which leaders were trained by agent	15	16
No. meetings at which leaders were trained by personnel in 4-H Dept.	0	1
No. meetings at which leaders were trained by others	8	10
Attendance at leader training meetings	121	125
No. 4-H leaders trained individually	24	25
No. club meetings held by leaders without agent present	29	35

Plans for training and using all types of 4-H leaders in carrying out 1958 program

1. Agent will train adult leaders and junior leaders to give demonstrations. This will be done on a neighborhood basis.
2. Use home demonstration club members and mothers to help with projects out of school.
3. Organizational leaders will arrange for meetings, help with club and county-wide programs.

VII. Plans for work with other agencies

1. Work with local power company's home economist in conducting 4-H electric project and home lighting program.
2. Use local garden club members to promote Federation program of work on home and community beautification.
3. Work with P.T.A.'s and other organizations in conducting community projects.
4. Cooperate with health and welfare departments when ever possible.

VIII. Plan for developing good public relations

A. Co-workers

Try to understand each others problems and work together harmoniously for unified program.

B. General Public

Be courteous and show interest in other people's problems.

C. Elected representatives

1. Show friendly relations with all county officials. Keep the board of supervisors informed of the extension program and ask their help in meeting problems. Invite them to attend achievement programs.

D. Commercial interests

1. Show appreciation to local merchants in lending materials for demonstrations, sponsoring window exhibits, H.D. yearbooks and 4-H calendars.
2. Let the press and broadcasting station know that their services are appreciated.

E. Other Professional Workers

1. Work with home economic teachers to prevent overlapping of subject matter materials in 4-H projects.
2. Invite teachers to attend leader training and special interest meetings.
3. Supply them with subject matter bulletins.

IX. Plans for recording progress and evaluating programs

1. Record and evaluate projects as they are completed.
2. Keep a record of demonstrations given by leaders with results obtained.
3. Use check sheets for individual club members' achievements.
4. Keep a daily diary of work done.

X. Plans for professional improvement

- A. Read professional books and bulletins.
- B. Continue membership in professional associations and civic clubs.
- C. Participate in programs planned by other county organizations.
- D. Attend the State Home Economics Convention and National HDA Association if possible.

XI. Plans for a Unified Extension Program by all Extension Agents

- A. All agricultural and home economics programs will be cleared through the County Agricultural Extension Service Board with both men, women, and youth represented.
- B. Agents will work together on a unified 4-H program.
- C. Farm and home agents will discuss farm and home management problems to inform each other on progress being made with individual families.
- D. Work together in carrying out community improvement club program.
- E. Hold office conferences frequently to discuss the county program.

XII. Problems in Carrying out Extension Program

- A. Changing attitudes of people and lack of responsibility.
- B. Lack of time to get work done.
- C. Transportation to meetings.

Plans for meeting these problems

- A. Better office management to save time.
- B. Make more personal contacts through home visits to understand the homemakers' problems.
- C. Urge club members to arrange transportation for their neighbors to meetings.

ANNUAL NARRATIVE REPORT

**COUNTY
EXTENSION
WORK**

Virginia Agricultural Extension Service

KARLE BUNDY

Name

COUNTY HOME DEMONSTRATION

Title

Agent

Assistant Agent

Assistant Agent

Assistant Agent



1958

SMYTH

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ANNUAL NARRATIVE REPORT

FOR

SMYTH COUNTY

MARION VIRGINIA

BY

KARLE BONDY
COUNTY HOME DEMONSTRATION AGENT

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I. Highlights of 1958 Program

The 1958 extension program shows progress in improved family living through accomplishments in fifteen home demonstration clubs, eleven 4-H clubs, one community improvement club, and other special activities.

One new girls' 4-H club was organized and two new communities are prospective areas for organizing additional clubs in the near future.

Approximately six hundred fifty three families have been reached directly through the organized clubs. Club members reported an additional eight hundred thirty six other people helped indirectly by passing on educational materials gained at club meetings. Numerous other families were reached through the press, radio, home visits and office calls.

There are sixty three farm and home development families worked with on an individual basis by the extension agents. This shows an increase of sixteen families over last year.

Trained voluntary local leaders deserve recognition for their time and services in helping to carry out the program of work. These 4-H and home demonstration leaders held 113 meetings with an attendance of 2119. The agent participated in 113 other meetings.

Much time was spent by the agent in conducting training meetings for leaders, program planning, 4-H contests, and other special activities besides monthly club meetings.

The program stressed foods and nutrition, home furnishings, home management, clothing, home grounds beautification, safety, health, poultry, gardening, housing and rural arts.

The food supply preserved for winter use, reported by 145 home demonstration club members, was 46,521 quarts. This food contributed to the health of the family and helped them to cut down the cost of their food supply and thus furnish more dollars for other living expenses.

Clubs showed an increase in the number of garments made at home. Approximately one half of the members reported having made most of their family clothing which was a great saving in dollars and cents to the family. Nine hundred and fifty four garments were made.

The reports showed that outstanding repairs were made in the homes to include painting, remodeling, installing central heat, water, bath rooms, and improved lighting.

Special interest work shops in rural arts created renewed interest among club members. Chairs and foot stools were reupholstered, baskets woven, and copper flower planters constructed to add beauty in the homes.

Community projects conducted in each club proved beneficial to their respective communities. One outstanding project was the renovation of the voting house in one precinct by club members to use for monthly club meetings. One club finds that their sick room equipment project has met a great need in their community for the past six years.

Weekly broadcasts on WMEV by agent and club members have stressed better management, health, safety and improved lighting in the home. These programs were a means of reaching others in the county.

Participation was greater in camps, achievement days and contests. Four girls and three boys attended state 4-H Short Course; two girls attended state leadership camp; one girl the state conservation camp; two girls the state Electric Congress; 35 boys and girls attended 4-H camp; and one girl and one boy attended the TVA youth camp. One girl won in the district foods contest.

A series of meetings were held in cooperation with the local power company in promoting the 4-H electric project and the farm and home lighting program.

Support was given the Marion farmers' market which gave farm families an opportunity to sell their products for a profit, thereby increasing their income as well as helping to supply fresh produce to urban families.

The Croseclose community improvement club made outstanding improvements and received first place award in the home division of the Bristol area contest. Other community improvements included cemetery and school improvements.

Leadership development has been the one outstanding contribution to the success of the extension program for better living and improved people in the county.

II. County Situation Affecting the 1958 Program

Smyth County has an area of 435 square miles. Approximately fifty five per cent of the total area is in forests; there are three magisterial districts.

The county has a population of about 30,000 people which is ninety eight per cent native white. The population is about 11,500 urban, 15,000 non rural and 3,500 rural.

There are 1,626 farms. 1,367 of the white operators are full owners of their farms. There are only twenty two farms with 1,000 acres or more, 577 farms with seventy acres and up, and about 400 commercial farms, according to the 1955 census.

Manufacturing vies with agriculture in providing employment in the county. Products manufactured include hosiery, wearing apparel, furniture, billiard and bowling items, sodium compounds, stone products, lumber, and hickory handles. Four hundred eighty seven rural farm and six hundred seventy one rural non farm women work outside the home, according to the 1955 census.

Livestock is the largest single source of income with crops second, and dairying third. Burley tobacco is the main cash crop. The median income is about \$2,000. This shows that the families need help on spending their income wisely for food, clothing and shelter.

The 1950 census shows that fifty five per cent of the rural farm and forty nine per cent non rural farm dwellings are without running water. The long time goal is to get running water in every Smyth County home.

III. County Extension Program - Adult

A. Organization

1. County Agricultural Extension Service Board

This board is composed of the chairmen of the following committees: home demonstration clubs, nutrition, livestock, agronomy, dairy, forestry, 4-H clubs, honor club, and farm and home development. The board has not met this year.

2. General Interest Committee

This committee is composed of the local power home economist and rural engineer, the extension agents, and two members of the Sugar Grove Community Council. The committee has worked mainly in the Sugar Grove community and through the home demonstration clubs on lighting.

The home agent and power company's home economist presented a lighting program to the community council and made plans to promote the lighting program in the community.

Home visits were made to encourage families to improve their lighting. As a result, four study centers were provided; ninety five lamps were purchased. Three demonstrations were given on lighting reaching sixty five people. Fifty five families reported having improved the lighting in the home.

3. Home Economics Committee (nutrition)

This committee is composed of six members selected from the home demonstration clubs and members at large in the county. Work has been continued on better breakfasts and eating habits and as a result, a weight control group was organized with twelve members.

The committee made a cross section survey in the county to check the amount of milk families were using. The thirty four reports returned showed twenty five women thought they included enough milk or milk products in their diet. Twenty two reported that they drank from one to two cups of milk daily. Only six said they drank three cups or more daily. Eleven reported that they used dry milk in food preparation because it contained less calories and was cheaper. Seventeen used canned milk in food preparation because they could not afford to buy fresh milk and because it was convenient. Ice cream and custards were the favorite milk desserts used.

4. County Home Demonstration Club Committee

This committee is composed of thirty five members and is made up of the presidents, program development leaders and members at large from the fifteen home demonstration clubs. This committee planned the county-wide home demonstration program from suggestions and needs submitted by the local clubs. Two meetings were held to plan and check progress of program. The committee sponsored a county-wide achievement day program; paid expenses of one delegate to state federation meeting and Institute of Rural Affairs, and secured a local sponsor for the home demonstration yearbook. Publicity was given the home demonstration program through the press and radio.

B. Project Work

1. Foods and nutrition- yeast breads, time savers for refreshments, tasty apple dishes, ways of preparing potatoes, gardens and poultry.

a. Objectives

The objectives of the foods and nutrition program were to promote better health through better nutrition and to add variety to the diet.

b. Methods

Methods used were method demonstrations, leader training meetings, surveys, radio and newspaper articles, demonstration materials passed on to non club members, and special interest meetings.

c. Results

The agent trained thirty one project leaders at a county-wide meeting on yeast breads. These leaders gave thirteen demonstrations and the agent two with an attendance of 217. The state specialist trained thirty two leaders on apple and potato dishes. Leaders gave 28 demonstrations on these subjects, reaching 435 people. Reports received from 145 members showed that about fifty per cent of families make most of their bread at home, and a majority reported that it was cheaper to make bread at home providing the family was large. They all agreed that homemade bread increased the waistline but was more nutritious. Yeast breads and apple dishes were exhibited at the annual achievement day. More than six hundred apple and potato bulletins were distributed to club members and others. Project leaders gave 24 demonstrations on potato and apple dishes reaching 446 club members and many others through bulletins distributed, radio talks, and home visits. The agent gave 15 demonstrations on time savers in preparing sandwiches, reaching 256 at meetings and many others through the radio, press and home visits.

A special interest group of twelve women organized a weight control class in June. The state food specialist held the first meeting with the group. At this time the women were weighed and instructions

given along with materials on proper eating habits. The group has checked their weights fairly consistently and to date some have gained weight, others have lost, while a few have kept the same weight. The group plans to continue the class for one year.

Garden and poultry leaders stressed timely information on gardening and poultry care at each monthly meeting. Gardens were visited by agent and members to pass on helpful suggestions. Radio talks stressed the value of a good home garden. Forty eight members out of the 145 reporting, stated they grew a fall garden. This low percentage was probably due to the late planting of spring gardens and a rainy season. Numerous bulletins on food preservation were distributed through meetings, office calls and home visits.

As a result, 145 families reported having canned 30,767 quarts of fruits and vegetables and 9,879 quarts frozen. 11,953 pints of jellies, jams and preserves were reported. These reports showed an increase in food preserved over last year.

2. Clothing- Wardrobe planning and the use of accessories
 - a. The objective was to improve the homemakers' appearance through wise choice of clothing and accessories.
 - b. Methods used were (1) method demonstrations, (2) leader training, and (3) distribution of helpful materials.
 - c. Results

The state clothing specialist trained 34 project leaders who in turn gave 13 demonstrations with an attendance of 187. The agent heard many comments from the demonstrations, such as, "Miss Johnson said if you wear glasses, ear rings, and necklaces at the same time, you are over dressed." Seventy two people reported that they had been benefited by the demonstration.

3. House Furnishings- color plans, flower arrangements for the home and church

- a. The objective was to create more attractive homes.
- b. Methods used were, method demonstrations, home visits, and office calls.
- c. Results

A representative from a local paint store assisted the agent with fifteen demonstrations on color plans for the home. Paints were mixed to show pleasing color harmonies. The importance of using the three basic colors in every color plan was stressed. Two hundred thirty seven rooms were redecorated as a result of this demonstration. Visits by the agent to individual homes to help with color plans were most helpful to families.

One hundred five members reported they had gained such knowledge of flower arrangement principles from the fifteen demonstrations given by local garden club members and the agent.

4. Housing

- a. The objective was to improve living conditions.
- b. Methods used were home visits, broadcasts and tours.
- c. Results

The agent made individual home visits to help with remodeling problems and one tour was conducted. as a result, 18 bathrooms were built; eight families put running water in; 25 resanded floors; 16 put in central heating systems and 24 added storm windows and doors; 14 painted their homes and made outside repairs and 85 improved storage space. Eighteen new homes were built.

5. Federation Program of Work- pruning and landscaping

- a. The objectives were to make Smyth County homes more attractive and to promote pride in the community.
- b. Methods used were talks at local club meetings, radio talks by club members, method demonstrations on pruning shrubbery, home visits, general clean up of home grounds, and special leader training.
- c. Results

The state associate horticulturist held a leader training meeting on pruning shrubbery and roses, in January with an attendance of 26. Members from two local garden clubs also participated in this meeting.

Leaders held eleven demonstrations at club meetings with an attendance of 217.

Eighty six club members reported pruning shrubs, 75 set some new plantings, 66 improved lawns, 29 improved fences and 18 screened undesirable views with new plantings; 21 established outdoor living areas.

The agent and specialist visited the new high school in Saltville where plans were made to landscape the school grounds. Several home visits were made to give suggestions on landscaping. Seven broadcasts were given by clubs to promote the federation program of work on home ground beautification.

6. Rural Arts- basketry, rugs, reseating chairs, and planters

- a. The objective was to satisfy a desire to create useful and attractive articles for the home.
- b. The methods used to carry out the projects were work shops and special neighborhood meeting by leaders.

c. Results

The agent held 15 all day workshops to include one of the above projects. Each club made a choice of selection. Following the all day meetings, other special groups met to continue the projects without the agent. As a result, 76 reed baskets were made, 42 foot stools and chairs reupholstered, 21 rugs made, and 164 copper flower planters were made, according to 145 reports received by the agent.

C. Outstanding H.D.C. community projects and community club improvement work.

The home demonstration clubs were encouraged to carry one community project to improve their community and promote interest in their local club.

One club did an outstanding job of renovating the little voting house in their precinct for a club house. A committee approached the county board of supervisors for permission to use the building. With permission, the club members spent several days doing a face lifting job on the inside. After a thorough cleaning and painting, discarded furnishings were donated by members to make the two rooms usable. The grounds were cleaned off and some shrubbery planted. The board of supervisors had the building painted on the outside and replaced broken window panes. The club will continue to improve the building during the coming year. Monthly club meetings have been held in the "club house" during the summer months and plans are being made to hold a special Christmas party there. On general election day, a club committee served hot coffee and sandwiches to the election judges to show their appreciation. This project not only created renewed interest in the club but increased their membership.

Another club purchased a picnic table for the public recreation area in their community. Club members and their families have enjoyed using the area for picnics during the summer months.

One club which uses the church community center for their monthly meetings, purchased and made draperies at an all day workshop for the center. Other improvements planned for the coming year to include landscaping of the grounds.

The Groseclose community improvement club has been organized for seven years. It is made up of seventy six small farm families and factory workers. Every family is a church member. The club was awarded first place in the home improvement division in the Bristol area contest. Home improvements included the following: ten houses were painted, 22 rooms were redecorated, four basements were dug, three furnaces installed, five walls dug, six bathrooms built, water was put in seven homes, nine home freezers, six refrigerators, and seven electric ranges were purchased, four families built kitchen cabinets. Seeds purchased cooperatively through the club accounted for the largest yields ever from the home gardens. 11,878 quarts of food were reported canned with 26,621 packages frozen.

The outstanding community projects included a drive to get all young people and children to take the polio shots. All but one family cooperated.

The flood control project relieved several families from having their homes damaged during rainy seasons.

The club, in cooperation with the local home demonstration club, were instrumental in getting inside toilets installed at the school. The cemetery project was continued. \$1000.00 was left by a deceased member to be added to the perpetual upkeep fund already started.

D. Other Activities

The annual achievement day program was held with approximately one hundred twenty five present. Highlighting the program was a summary report of year's work given in tableau form by club members. A luncheon and fellowship hour preceded the program. Exhibits of achievements were displayed by each club. The district farm agent gave a brief report on the progress made in the development of the Southwest Virginia 4-H Center and asked the home demonstration clubs to support this worthwhile project.

IV. Farm and Home Development

A. Problems encountered most often	No. Families
<u>Establishing a bench mark</u>	<u>15</u>
<u>Insufficient finances</u>	<u>10</u>
<u>Food and nutrition</u>	<u>16</u>

B. Subject Matter Areas and Assistance Given

	Short Time Goals	Long Time Goals	Outlook	Information	Participation Information	Improved Methods and Practices	Demonstrations	Special Assistance
<u>Food and Nutrition</u>	X	X	X	X	X	X	X	X
<u>Vegetable Gardening</u>	X	X	X	X	X	X	X	X
<u>Clothing</u>	X	X	X	X	X	X	X	X
<u>Housing</u>	X	X	X	X	X	X	X	X
<u>Home Management</u>	X	X	X	X	X	X	X	X
<u>House Furnishings</u>	X	X	X	X	X	X	X	X
<u>Yard Improvement</u>	X	X	X	X	X	X	X	X
<u>4-H Club</u>	X	X	X	X	X	X	X	X
<u>Other (specify)</u>	X	X	X	X	X	X	X	X

C. Progress Story

Mr. and Mrs. Preston Heath are a young couple who live on a 109 acre farm in the Claghorn Valley section of Smyth County. About fifty two acres are crop and pasture land with fifty seven acres in woodland. They operate a grade C dairy, sell eggs, raise sheep and tobacco and do some part-time jobs off the farm. These off the farm jobs include substitute mail carrying, dipping and shearing sheep on a custom basis and custom work with farm machinery.

The home is a five room house with bath, heated by an oil heater.

Mrs. Heath worked outside the home until 1956. Now the Heaths are the proud parents of a son born last year. This is their only child. Mrs. Heath is now a full time homemaker and is an excellent housekeeper. She makes most of her clothing and preserves an adequate supply of food for winter use. A home freezer has been purchased this year, a new porch added and the roof painted.

They have increased their laying flock from 500 to 1200 and hope to have a flock of 2000 by 1960. Plans were to build a pole type laying house but this has proved too expensive and they will continue to expand the old house now housing the flock. A better feeding program has been started with the dairy cows by weighing the milk and feeding according to production.

This couple is very ambitious and should show marked improvement in the next five years by participating in the Farm and Home Developing Program.

V. County Extension Program - Youth

A. Organization

1. County 4-H Council

This council is composed of the officers of all local 4-H clubs plus adult leaders as ex-officio members.

Three meetings were held to plan and carry out county-wide events such as camp, achievement day and picnic. A donation was given to the Southwest Virginia 4-H Center to purchase a camp sign.

2. All Stars

Smyth county has a total of twenty five All Stars. Fifteen members are living in the county at the present time. Some of these members have served as junior leaders of 4-H clubs and helped sponsor county-wide events.

3. Honor Club

The honor club has been organized one year and has a membership of twenty two. A donation was given toward the purchase of the Southwest Virginia 4-H Center sign.

A picnic was held at Hungry Mother State Park. Three members attended state leadership camps. The club helped sponsor the county 4-H achievement program. The club will meet after all 4-H records are completed to select incoming members for 1959.

4. Project Planning Committee

This committee is composed of adult leaders and a representative number of 4-H girls from the local clubs. The committee met and selected the 1959 club projects from suggestions submitted. The projects chosen were food preparation, clothing, and room improvement.

B. 4-H Project Work

1. Food and Nutrition

The main objectives were to improve the eating habits of young people, and to encourage greater responsibility in preparing nutritious meals at home.

Methods for carrying out project included leader training meetings; demonstrations by members, leaders and agent, and publicity through the press, radio, and at county-wide achievement day.

Results: Sixty five projects were completed by fifty five different members. Seventy girls were enrolled in this project. 6580 dishes were prepared and 998 quarts food canned by these girls.

2. 4-H Contests

The objectives were to stimulate interest and develop leadership.

The agent worked with three members individually preparatory to entering district contest. One girl has won first place award in the district and will participate in the state frozen foods contest. The other two girls are ready to participate in the district contest on food preparation and clothing to be held later. They have given their demonstrations at two home demonstration club meetings and at their local 4-H club, reaching approximately sixty five families.

Competition is stimulating more interest each year among the members and has certainly developed outstanding leadership for the 4-H program.

3. Clothing - Units I, II, & III

The objectives were to teach the girls to make their own clothes, to learn correct sewing techniques, and to improve their appearance. Adult leaders, with previous training in home demonstration clubs served as project leaders.

One hundred seventy seven girls were enrolled in these projects with 133 completing. 281 articles and 127 garments were made, according to reports received.

A fashion show was held at the county achievement day program with twenty six girls participating.

4. Electricity

The objective was to improve home lighting. This project was a special interest group of boys and girls who met for a series of meetings out of school. The demonstrations were conducted by local power company's home economist and extension agents.

An all day workshop was held with an attendance of sixty 4-H members. The group wired and assembled lamps to learn how to make repairs on electrical equipment at home. They also learned the need for adequate lighting, where to place outlets, and how to replace fuses. A demonstration was given at this meeting by a boy and girl to show proper lamps, shades, diffusing bowls and bulbs. Also a model of out door lighting, made by one of the boys, was explained. This model was later exhibited at other lighting meetings in the county. The workshop was concluded with a tour to a store to observe electrical equipment and appliances on the market. Another meeting was held to check progress made and help was given on completing records. A tour to observe electricity in a home was conducted for the girls to climax the project. Eighteen girls completed the project.

Two girls and one boy attended the State 4-H Electric Congress with a three day all expense trip as a reward for outstanding work in their project.

C. Other Activities

1. Camp and 4-H Short Course

The objective was to develop leadership and strengthen the county 4-H program.

Twenty four members attended the senior camp and eleven attended the junior camp, making a total of thirty five attending from the county. This was an increase of fourteen members over last year.

The programs provided educational and recreational activities for one week.

Two girls attended the state leadership camp at Virginia Beach. These girls were selected on the basis of their leadership activities in the county. The Marion Kiwanis Club sponsored these girls and paid all expenses to camp. Reports were given by the girls in appreciation of the trip.

One girl attended the state conservation camp at Virginia Beach; a boy and a girl attended the state TVA youth camp in North Carolina. Their expenses were paid from a local TVA fund.

Six girls attended the 4-H Short Course at VPI.

Interesting reports of the camp activities were given by these members at county events, club meetings and through the newspaper.

2. Achievement Day

The objectives of the annual achievement day were to acquaint the public and parents with 4-H club work and to recognize leadership among members and adult leaders.

The county council met with the agents and leaders to plan the program. Club members were given various duties in preparation of the program. Publicity was given through club meetings, the press and radio.

Reports and awards were given to recognize outstanding accomplishments during the year.

The outstanding boy and girl were crowned and awarded leadership plaques for outstanding work in their club, community and school. A plaque was also awarded to the best club.

Highlighting the program was a dress revue of the girls who took a clothing project, interspersed with music and special talent numbers. Certificates of merit were presented to two adult leaders for their five year's service.

The drawing card for parents' attendance was a live turkey presented at the close of the program. A social hour, with refreshments, climaxed the program. Some two hundred club members and parents attended.

3. Rural Life Sunday

The objective was to develop interest in rural church activities and leadership. Adult leaders in four clubs trained their members to participate in local church services. The members had a part in the regular services, attended in a body and furnished flowers for the church.

4. Other Special Events

The annual county-wide picnic was enjoyed by parents, club members, and friends with approximately 125 in attendance. Following a bountiful picnic supper, games and folk dancing were participated in by both the adults and youth. Club members look forward to this event since it gives the parents and friends an opportunity to observe 4-H'ers in action, and get better acquainted with the neighbors and fellow club members.

Eleven people, including parents, leaders, All Stars and agents attended the Key Awards meeting in Abingdon which was sponsored by the Cities Service Oil Company. A tour of the Southwest Virginia 4-H Center site was made preceding a picnic supper and the program at Martha Washington Inn. Key awards were presented to the 1958 All Stars. Smyth County had one boy and one girl to receive the award.

D. Young Men and Women's Work

There are no organized clubs, however, a number of young people are reached through the community improvement club, the home demonstration clubs, and the 4-H honor club by participation in meetings.

VI. Scope of Work

A.

	1954	1955	1956	1957	1958
No. H.D. Clubs or Groups	: 14	: 14	: 15	: 15	: 15
Membership	: 372	: 38	: 385	: 395	: 410
No. 4-H Clubs	: 11	: 11	: 9	: 10	: 11
Membership	: 208	: 203	: 196	: 219	: 223
No. YW Clubs	: 0	: 0	: 0	: 0	: 0
Membership	: 0	: 0	: 0	: 0	: 0
No. Community Clubs	: 2	: 1	: 1	: 1	: 1
Membership	: 150	: 102	: 60	: 112	: 76
No. Home Ec. Committees	: 0	: 0	: 1	: 1	: 1
No. General Interest Committees	: 0	: 0	: 0	: 1	: 1
No. Youth Committees	: 1	: 1	: 1	: 1	: 1
No. Other Organizations	: 0	: 0	: 0	: 0	: 0
No. Farm & Home Dev. Families	: 28	: 42	: 55	: 56	: 63
No. Other Families Reached	: 3000	: 3050	: 3080	: 3000	: 3060
No. Different Families Reached	: 2175	: 2225	: 2250	: 2260	: 2275

B. How the scope of work was increased to inform the public of H.D. Work

Home lighting has given added publicity to the program. The cooperation of the local power company's home economist in giving lighting demonstrations to both 4-H and home demonstration clubs and individual home visits has increased public interest.

Weekly broadcasts have reached many urban families as indicated by bulletins and help requested through office and telephone calls.

The Farm and Home Development Program has been a means of reaching other families.

Home economic teachers have been placed on the mailing list to receive new bulletins from the extension service.

Home demonstration clubs published summary reports of year's work in a special Christmas edition of the county newspaper along with other county civic and professional groups.

VII. Leadership

A. Contributions to the Program by Volunteer Leaders

1. Organizational

These leaders carried out the program of work planned by the county home demonstration committee and their local club, conducted the monthly business meetings and gave publicity to the meetings through the newspaper.

2. Subject Matter

The home demonstration project leaders gave seventy nine demonstrations without the agent, attended three county-wide leader training meetings, and held special interest meetings in their community to reach others.

The 4-H project leaders held twenty demonstrations without the agent and assisted with twenty eight other meetings. They helped with record completions and served as advisors in selecting projects. They also helped with county-wide activities, such as picnics, rural life Sunday, achievement day, and money making projects for camp expenses.

3. Program Development

These leaders led discussions at monthly club meetings to find out the interests and needs of members and the community, preparatory to attending the county-wide program planning meeting. The planned county program of work was then discussed in the local clubs and approved by them.

4. Federation Program of Work Chairmen

The county co-chairman assembled a kit of reference material for each local chairman. Five minute talks were given on home grounds beautification at monthly meetings by these chairmen. Some of the chairmen gave excellent radio broadcasts during the year, reaching many other families.

B. Growth of Leadership

No. 1957 No. 1958

1. Overall Program Leaders (organizational
leaders for Co. Ext. Service Board)9 9

2. Home Demonstration Club Leadership

	1954	1955	1956	1957	1958
No. organizational leaders	104	104	100	104	104
No. project leaders (subject matter)	74	76	80	80	85
No. Federation program of work chairmen	15	15	16	16	17
No. program development leaders	14	14	15	16	16
No. result demonstrators	39	79	67	69	75
No. training meetings by specialists	3	1	4	2	4
No. training meetings by dist. agents	1	1	1	0	1
No. training meetings by agents	10	18	18	14	10
No. training meetings by others	1	1	1	2	3
Attendances at all training meetings	183	162	170	178	233
No. meetings held without an agent	58	59	60	76	78
No. meetings leaders assisted	37	19	60	52	59
Demonstration by leaders	95	78	60	76	78
Talks and discussions by leaders	195	267	343	345	347

3. Overall Youth Leaders
(Org. leaders for Co. Youth Council)No. 1957 No. 1958
50 52

4. 4-H Club Leadership

	1954	1955	1956	1957	1958
No. Club Officers	40	50	54	60	64
No. adult project leaders	17	16	23	24	28
No. junior project leaders	5	6	10	12	14
No. result demonstrators	0	0	0	0	5
No. training meetings by specialists	0	0	0	0	0
No. training meetings by Dist. agents	0	0	0	0	0
No. training meetings by agent	10	14	12	15	6
No. training meetings by members club dept.	0	0	1	0	0
No. training meetings by others	2	5	8	8	8
Total attendances at ldr. train. meetings	75	80	119	121	133
No. 4-H leaders trained individually	12	16	23	25	27
No. club mtgs held by ldr. 2/out agent	19	35	36	29	34
No. additional club meetings at which leaders assisted	15	31	26	28	28
No. demonstrations given by adult ldrs	5	7	8	15	20
No. demonstrations given by jr. ldrs	45	55	36	29	31

C. Activities and Accomplishments of Outstanding Leader

Mrs. S. D. Scott, the mother of two 4-H girls and an active home demonstration club project leader for several years, served as adult leader in the Marion girls' Junior 4-H Club which was organized this year .

This club meets out of school and it was necessary for the mothers to furnish transportation to the monthly meetings. Mrs. Scott not only furnished transportation for her daughters but saw that other members had a way to the meetings and other county-wide activities.

Her past experience as a project leader in her local home demonstration club made her an excellent leader for the 4-H clothing project. Her daughters have also continued their poultry and room improvement projects and, with her help, have carried these projects to completion. Six of her 4-H members attended the junior 4-H camp. Mrs. Scott helped with money making projects to defray a part of the camp expenses for the girls.

D. Activities and Accomplishments of an Outstanding Family

The Kennard Box family has participated wholeheartedly in the extension program for the past five years.

Mrs. Box was instrumental in organizing a home demonstration club in her community and served as president for the first two years. She has also served as project and program development leader in the home demonstration club. She received her five year certificate as adult leader of the Marion girls' senior 4-H club this year. Her two daughters are outstanding 4-H members.

Mr. and Mrs. Box helped the 4-H members make cider at their home, furnishing apples and the mill. The sale of the cider helped pay a part of the members' fees to 4-H camp. Since Mrs. Box's 4-H club girls meet out of school, she has attended most of the monthly meetings to assist with demonstrations and furnish transportation. The family has supported all county-wide 4-H activities.

Mrs. Box is also county co-chairman of the Smyth County 4-H Center drive.

E. Activities and Outstanding Accomplishments of a Club

The Greenwood-Mt. Zion home demonstration Club has nearly doubled their enrollment this year. Since their community is near town, they have added new members from the town. Most of their monthly meetings are held in the Greenwood Church Community Center.

The club held a workshop to make draperies for the Center, cleaned off the grounds and planned some landscaping. This community project did a great deal to increase interest and membership. The vice chairman of the county committee is a member of the club. Two members served as adult 4-H project leaders and another member is county co-chairman of the Southwest Virginia 4-H Center finance drive. The club had charge of the home demonstration achievement day luncheon arrangements. One member was responsible for securing a local sponsor for the home demonstration yearbooks. The Federation Program of Work chairman gave an interesting broadcast, the president gave a demonstration to a near by club on flower arrangement. Leaders have held six meetings without the agent.

F. Significant Achievement of Extension Work in Home Economics

The StClairs Creek home demonstration club, with a membership of fifteen, has a right to boast of their health project started in 1950. The project developed from a need to render service to the ill and convalescent in the community who were not financial able to afford sick room equipment.

With only a few dollars in the club treasury, the members' first objective was to raise funds to buy small sick room equipment. After several community fund raising events, the club was able to start their health project.

A local druggist, interested in the project, gave the club a discount on the following equipment purchased: a bed pan, fountain syringe, ice cap, hot water bottle, and thermometer. A hospital bed with mattress, protector, and rubber sheet and wheel chair have been added. Each year some replacements have to be made. The equipment is kept at a club member's home and checked out whenever the need arises. This project has brought families in the community closer together and is filling a great need for the families in the community.

VIII. Cooperative work done by agent with other agencies and groups

The agent has attended the Smyth County Cancer Society meetings to help promote their educational program. Cancer prevention films were shown at two home demonstration meetings, reaching approximately one hundred fifty people. Literature was distributed to club members.

The agent has cooperated with the Red Cross to encourage club members to give blood and take advantage of the chest xray clinics.

The agent has also cooperated with the health department, civic clubs, parent-teachers associations, local broadcasting station, the local power company and the Smyth County News to promote a friendly situation with these agencies when ever possible.

IX. Progress in Developing Good Public Relations

A. Co-workers

Cooperation in 4-H work and the Farm and Home Development Program has helped the agents to work closely together.

B. General Public

Friendly and courteous relations with the general public has paid dividends in carrying out the Extension program.

C. Elected Representatives

The county board of supervisors were kept informed of work being done in their districts and a report given at the end of the year.

D. Commercial Interests

Commercial firms were very cooperative. Local stores loaned materials to assist with demonstrations and donated 4-H calendars to members. A commercial dairy and feed store paid for the printing of the home demonstration yearbooks.

The local radio station and press has given free time for broadcasting and publicity. The local power company helped sponsor the 4-H electric project and the farm and home lighting program in the county. They also made their auditorium and kitchen available for meetings and demonstrations.

E. Other Professional Workers

Friendly relations have been shown teachers for their cooperation in promoting 4-H club work.

X. Professional Improvement of Agent

The agent has continued membership in her professional associations and the Pilot Club of Marion.

The agent did not attend the educational tour to Oak Ridge with the Southwest agents due to illness. The agent has found time each day to read the daily newspaper and keep up with new trends in home economics by reading current magazines, bulletins, etc.

XI. Improvement in Office and Working Conditions

The state office purchased a large table and a desk lamp for the agent's office. The table is very useful for committee meetings where working space is needed. Better lighting has added to the efficiency of office work.

Filing and keeping records as projects were completed has helped to evaluate progress through the year.

XII. The Look Ahead

In spite of the unchanged attitudes of some families and their lack of responsibility, the year's program has contributed to better family living and improved people. People are gradually becoming aware of their leadership abilities and certainly much progress is being made toward developing more leadership. More time spent on training for leadership will strengthen next year's work.