

TABLE OF CONTENTS

TOPIC	PAGE
I. County Situation	1
II. County Extension Program - Adult	2
A. Organization	
B. Subject Matter and Special Emphasis Areas	3
1. County Programs	3
A. Food & Nutrition	3
B. House Furnishings	6
C. Horticulture	7
2. Federation Program of Work	8
Home and Community Beautification Goals	8
D. Kitchen Storage	9
E. Homemaking Problems of 1960	10
C. Other Activities	10
1. County Objectives	10
2. Club Objectives	11
3. National Home Demonstration Week	11
4. Achievement Program	11
5. Montgomery County Chorus	12
6. Montgomery County Fair	12
7. Judging - Local Leaders	12
D. Program with Urban Families in the County	12
E. Farm and Home Development	12
III. County Extension Program - Youth	15
A. Organization	
1. County Council - Youth	15
2. County 4-H Council	15
3. Volunteer Leaders' Association	15
4. County 4-H Project Planning Committee	15
5. County All Stars	15
B. 4-H Project Work	16
1. Health	
2. Clothing	16
3. Food & Nutrition	17
4. Other Projects	17
C. Other Activities	17
1. Camps	17
2. Rural Life Sunday	18
3. Montgomery County and Community Fairs	18
4. County Contests	18
5. Achievement Day Program	19
6. Share-The-Fun Program	19
7. County Fellowship Dinner and Picnic	19
IV. Scope of Work	19
V. Leadership	20
A. Growth of Leadership	20
1. Over All Program Leaders	20
2. Home Demonstration Club Leadership	20
3. 4-H Club Leadership	20
B. Development of Leadership Activities	21

TABLE OF CONTENTS

TOPIC	PAGE
VI. For Special Consideration	21
A. Significant Achievement of Extension Work in Home Economics	21
B. Developing Good Public Relations	22
1. Co-workers	22
2. General Public	22
3. Elected Representatives	22
4. Commercial Interests	23
5. Other Professional Workers	23
C. Professional Improvement	23
1. School	23
2. Reading Professional Books and Publications	23
3. Membership in Professional Organizations	23
VII. The Look Ahead	23

I. The County Situation Considered in Working Out The 1960 Program

In developing the 1960 program, the club members discussed their needs, the community and its needs and the county needs.

In 1950 the population of the county was 29,780. During the 10 year period 1930-1940, the population increased 8.2%. From 1940-1950, the population increased 40.4%. The number of farms are on the decrease. In 1945 there were 1,660 farms with an average size of 96.2 acres. In 1950 there were 1,596 farms with an average size of 94 acres. In 1954 the total number of farms was 1,458 with the average size being 98.7. The average value of land and buildings is \$9,006,000.

The percentage of residence in the county shows that 21.5% are urban, with 57.2% rural non-farm and 21.6% rural farm families. The median age is 24.4 years. The median income being \$136.00 with 63% having an income of less than \$2,000.

Agriculture in recent years has become of less importance in the county's economy. In 1950 the value of farm products sold amounted to about two million five hundred thousand dollars, livestock being about 93% of these products. Dairy has been the most rapidly develop-farm enterprise and its total farm sales increased from 31% in 1944 to 42% in 1949. Meat animal production mostly cattle, was the principal source of cash farm income in 1949, a little more than 45% of the total,

About 32% of 48,000 acres of all land in farms is woodland. Thirteen and nine-tenths percent of this is pasture. Seventeen thousand eight hundred and five acres is in the Jefferson National Forest. There are also a number of commercial forests making the total woodland about 150,000 acres. This is about 60% of the entire area of the county.

A livestock market is located at Christiansburg. Livestock is brought to this market from ten surrounding counties. The average weekly sale being about \$50,000 and approximately 1,400 head of livestock being sold. Many of these people spend a part of this money in Montgomery County.

The regional office of one of the large milk companies in the county is located at Christiansburg. They handle 60 million pounds of milk annually, paying its patrons 2 million annually, about one-half of which is paid to Montgomery county farmers. Much of this money is spent in the county.

The City of Radford and the incorporated towns of Blacksburg, Cambria and Christiansburg, with a total population of more than 16,000 people provide markets for farm products.

In planning the county 4-H program, it has been necessary to organize Senior 4-H clubs out of school. This has been due to the many in-school activities of the 4 county high schools.

Over half the farms in the county have telephones and there is almost one hundred percent with electricity,

The county is above the average in health and medical care facilities with two local hospitals, two clinics and a County Health Center. There are 38 doctors available to serve the people.

The kind of program as well as the time of meeting has been effected by the fact that a number of homemakers are working outside of the home. They are employed at the Radford Arsenal Plant, Blue Ridge Overall Factory and a small number at Green Hill Meat Packing Plant, Kenroec Manufacturing Company, and Ross's 5 and 10c Store. More and more the club members are changing their meetings from afternoon to evening. This gives the young homemaker who does not have and cannot afford a "baby sitter" an opportunity to attend the meetings.

## II. County Extension Program - Adult

### A. Organization

#### 1. County Agricultural Service Board

The county farm and home agents used the County Agricultural Extension Service Board as a coordinator for the following committees: Home Demonstration Committee, County Home Economics Council, County Youth Council, 4-H Club Council, 4-H All Star Chapter, Founta Grange, County Farm Bureau, Agency Committee, Forestry Committee, Producers Marketing Association, Wool Committee, Feeder Calf Sale Committee, Purebred Beef Cattle Association, D.N.I.A., Artificial Breeding Association, Pulaski-Montgomery Grade A Milk Producers Association, Grade C Milk Producers Association, Farm and Home Development Committee, Soil Conservation Service, Farmers Home Administration, Health Department, Water System Committee, Farm and Home Lighting Committee, Agricultural Stabilization Conservation and the Chamber of Commerce (agricultural chairman).

The chairman of these committees are members of the Montgomery County Agricultural Extension Service Board. This board reviews progress reports and plans for the coming year.

#### 2. Home Economics Council

The Home Economics Council is composed of the chairman of the 2 Home Economics Committees (money management and food and nutrition) and the County Home Demonstration Club Committee. This Council worked together in correlating the work of 3 groups which proved helpful in carrying out the 1960 goals.

#### 3. General Interest Committee

This committee functioned through the community clubs, home demonstration and 4-H clubs stressing health, safety, and better farm and home lighting.

4. Home Economics Committees

These committees are made up of certain key persons of the county, non-club members as well as, some home demonstration club members.

5. County Home Demonstration Club Committee

This group is composed of the president of each of the home demonstration clubs and county officers. They meet twice during the year, once in the summer to plan the program and train officers and again to make plans for carrying out the 1961 program.

B. Subject Matter and Special Emphasis Areas

1. County Programs

A. Food & Nutrition

1. Holiday refreshments from the freezer
2. Fish cookery
3. Outdoor cookery
4. Weight reduction ( special interest)
  - a. Holiday refreshments from the freezer- the problems considered were:
    1. Lack of time to prepare party foods at the last minute.
    2. Lack of knowledge on party foods that can be kept frozen.
  3. A need for something different in party refreshments.

Objective :

1. Have each club prepare and serve party refreshments from the freezer at their Christmas party.

In carrying out the above demonstration the club members were taught (1) what foods can be frozen successfully for party refreshments, (2) how long certain party foods can be frozen successfully.

In carrying out the program, a Leader Training meeting was held at which time leaders were given a demonstration on party refreshments from the freezer. Printed material on the demonstration, along with other party suggestions were given the leaders for distribution to each club member.

As a result of the leaders training meeting, each club prepared and served holiday refreshments from the freezer at their Christmas party. Seventy-three percent of the members reported they had used recipes and put into practice information gained from this demonstration.

b. Fish Cookery

The needs of the people to be met in carrying through on the demonstration were:

1. Low sea food consumption by many families of the county.

2. Lack of knowledge on how to prepare sea foods found on the local market.

**Objectives:**

1. Have 25% of the club members increase the amount of sea foods used in the family diet.
2. Have 75% of the club members use recommended methods of fish cookery.

In carrying out the program, the leaders were trained by the State Food and Nutrition Specialist. Each leader was given sufficient printed material on Fish Cookery for each club member.

As a result of the demonstrations on Fish Cookery by the leaders, 50% of the club members reporting, reported ~~recommended~~ <sup>used</sup> methods of fish cookery with 49% having increased the amount of sea food consumption.

**c. Outdoor Cookery**

Today with the trend toward more outdoor meals, the women felt ~~needed~~ <sup>needed</sup> help on how to prepare simple outdoor meals and what foods are best suited to outdoor cookery.

**Objectives:**

1. To have each club plan, prepare and serve a well balanced outdoor meal.
2. To have 75% of the club members put into practice information gained from these demonstrations.

In carrying through on these demonstrations, the people were taught suitable foods for outdoor cookery, methods of preparing the foods and what constitutes a balanced meal.

A Leader Training meeting was held with the agents giving the demonstration on "Outdoor Cookery". The demonstration included a simple breakfast as well as, other outdoor meals. The leaders were furnished sufficient printed material with suggestions on packaging as well as, preparing foods for outdoor meals. Simple cook-out equipment was also demonstrated.

As a result of the demonstrations by the leaders on Outdoor Cookery, 71% of the club members reporting reported having used recipes and put into practice information received from these demonstrations.

Information to non-club members- 65% of the club members reported they had passed on information gained from the above foods demonstration to non-club members.

d. Weight Reduction

For several years home demonstration club members as well as, non-club members have been much interested in weight reduction programs, but have been unable to do very little about it without some outside encouragement. Therefore, the Nutrition Committee felt there was a definite need for a special interest group for those who really wanted to take off pounds safely.

Publicity was given through local newspaper and over radio that such a group was to be organized in January. Much interest and enthusiasm was shown by the women in the county..

As a result of this, two groups were organized, one meeting in the morning, the other an evening meeting for those who worked. The following program was set up:

1. Why Loose Weight- organizational meeting
2. Preparing Meals for fewer calories - Mrs. Martha Horne
3. Weight Reduction through Diet - Film
4. Exercise to keep Fit - Mrs. Graybeal and Mrs. Shalton
5. Low calorie Snacks - Miss Patsy Stechler
6. Dressing to look more Slender - Mrs. Martha Akers and Mrs. Hoge
7. Cheers for Chubbies - Film
8. Low calorie Coffee - Awarding Certificates  
Low calorie Banquet - Awarding Certificates

The organizational meeting was attended by a local doctor, a health nurse and the State Food and Nutrition Specialist. The doctor talked on "The Danger of Overweight". All members were measured and weighed in.

In carrying through on the above program, demonstrations were given by two physical education teachers, one home economics teacher, the home economist with the local power company, a home economist with the State Dairy Council and the home demonstration agent.

A total of 80 persons joined the two groups, attending 2 or more meetings, with 70% of those completing the entire course. The weight loss ranged from 0 - 28 pounds per person.

The women who lost the most weight were most pleased with not only how much better they looked in their clothes, but with how much better they felt. One

woman said it was wonderful to be able to sleep and bend again, and that she had really forgotten how it felt not to be tired and to be able to do her house work without being completely exhausted.

**B. House Furnishings**

1. Planning a coordinated color scheme for the home
2. Flower arrangements
3. Picture selection
4. Picture framing and hanging

- a. Planning a coordinated color scheme for the home. When decorating the home, every homemaker is striving to create beautiful harmonious surroundings for her family and herself. In working with colors she is often disappointed in her creation. She therefore feels a need for information and help on color harmony and its use in decorating the home.

**Objectives:**

1. To have 15% of the club members develop and use a coordinated color scheme.
2. To have 50% of the club members make some improvement in the color scheme of their home.

A Leader Training meeting was held at which time the club project leaders were trained by the State House Furnishings Specialist on Planning A Coordinated Color Scheme for the Home.

The leaders gave demonstrations in their respective clubs. Thirty-six percent of the club members reporting, reported they had put into practice some of the information received, with 30% having worked out a color scheme for their home.

**b. Flower Arrangements**

The club members were especially interested in knowing how to arrange flowers artistically and use them in adding beauty to their home.

The people were taught how to make an artistic flower arrangement and how to use it to add beauty and attractiveness to the home.

**Objectives:**

1. To have 75% of the club members improve flower arrangements used in the home.

Two Christiansburg Garden Club members, Mrs. Graybeal and Mrs. Jarrison, trained the leaders on Flower Arrangements for the home. The leaders were given the

principles of Flower Arrangements, the different types of arrangements and suitable places for their use in the home. Each leader was provided with sufficient literature on flower arrangement for each club member.

As a result of these demonstrations by the club leaders, 70% of the club members reported having used the principles of flower arrangements taught at the club meetings, with 30% of the club members having shared their knowledge with non-club members.

c. Picture Selection  
Picture Framing and Hanging

In selecting these two demonstrations, the women felt they needed help on knowing how to select a suitable picture for their particular home; how to frame the picture properly and how to hang it to create real beauty and harmony.

Objectives:

1. To have 10% of the club members select suitable pictures for their homes.
2. To have 15% of the club members frame pictures according to recommended methods.
3. To have 10% of the club members hang pictures properly. The leaders were trained by the assistant Home Furnishings Specialist on How to Select Pictures that have real meaning and fit into the surroundings of those who live in the home.

After the picture was selected, the leaders were then taught how to select the proper framing and to hang the picture. The leaders were furnished with printed material on picture selection, framing and hanging for each club member.

As a result of these demonstrations, 33% of those reporting have used the information on picture selection, forty-four percent have hung pictures according to the principles of picture hanging and 33% have framed one or more picture, using information gained.

C. Horticulture

1. Do you know your shrubbery  
In selecting this demonstration the club members felt there was a need for more information on the various kinds of shrubbery, its characteristics and where it is best suited to be used.

**Objectives:**

1. To have at least 85% of the club members know where about the different types of shrubbery and where it is best suited to be used.
2. To have 20% of the club members put this knowledge in use in improving the home grounds.

The club members were to learn the different varieties of shrubbery being used in landscaping and when they were most suitable to be used.

The leaders were trained by the Extension Horticulturist on "Know Your Shrubbery", who made use of clippings in discussing the various types of shrubs and how they could best be used to gain a pleasing effect in landscaping the home grounds. Printed material on the subject was also distributed each leader in sufficient quantity for each club member.

As a result of these demonstrations by the leaders in their respective clubs, of those reporting, 77% reported they knew more about how to recognize shrubbery and recommended uses in landscaping. Forty-eight percent had improved the home grounds by the addition of new shrubbery, while 61% improved the home grounds by pruning.

**2. Federation Program of Work**

**Home and Community Beautification Goals**

1. Improve and beautify the home grounds
2. Improve mail boxes
3. Place house numbers on homes not numbered in towns of Montgomery County
4. To continue to cooperate with Virginia Antilitterbug Council to keep Montgomery County clean.

The Federation Program of Work chairmen were trained by the County Federation Program of Work Chairmen on the following monthly topics. Each leader was also given a packet of material and information covering each topic.

December - County and club objectives

January - House Plants

February - Poisonous Plants

March - Bees

April - Annual Flowers

May - Gladiolus and Lillies

June - Lawn Insects

July - Bees

August - Open

September - Ornamental Fruits for the Home grounds

October - Safe at Home

November - Summary

As a result of these club discussions, 90% of the club members did one or more things to improve or beautify the home grounds. All rural clubs worked on mail box improvement. A number of mail boxes were improved by painting, adding names, new posts, etc. House numbers were placed on the home demonstration members' homes in Christiansburg needing numbers. Some changes in numbering homes is underway in Blacksburg, therefore very little was done there on this phase of the program.

Each club cooperated with the Virginia Antilitterbug Council to keep Montgomery County clean. They also worked with the towns of Montgomery County in the Spring Clean Up Campaign. One club worked with the Town Council and Boy Scouts in cleaning up vacant lots, streets, etc. They also worked with the Town Council on putting up street names and lights.

#### D. Kitchen Storage

The homemakers felt that there was a need to know what, when and how to store kitchen utensils, small kitchen equipment and supplies in order to save time and energy in meal preparation.

In carrying through on this demonstration, the people were to learn:

1. What is stored in the kitchen
2. Where is it best to store
3. How it should be stored
4. How to score a kitchen for proper arrangement and storage.

#### Objectives:

To have 75% of the club members make one or more changes in their kitchen storage.

The leaders were trained by the home agents on Kitchen Storage. Actual kitchen floor plans of before and after rearranging kitchen storage were used as well as, a floor plan that scored very high from the standpoint of arrangement of equipment and storage. Each leader was furnished copies of these floor plans, along with sufficient score sheets for each club member on which she could score the three floor plans. Each club member was asked to score her own kitchen and if needed, make as many changes as she felt she could and was needed in her kitchen to make it more convenient. Sometimes, it resulted in only changing the storage place of equipment and/or supplies.

As a result of these demonstrations by the leaders, 40% of the club members reporting, reported they had improved their kitchen storage.

## E. Homemaking Problems of 1960

The homemaker needed to be able to recognize her own problems, the community, county and state problems. She also needed help in planning a program that would meet the needs of the ~~club~~ <sup>state</sup> homemaking program.

In carrying through on this demonstration, the people were to learn, (1) To analyze their own problems and how they are affected by community, county, state and National problems, and vice versa; (2) To select the most pressing problems and formulate a program that will help in solving these problems.

### Objectives:

1. To have all club members participate in discussions on program planning.
2. To have each club work out 2 or 3 most needed suggested topics to be included in the 1961 program.

The demonstration on homemaking problems for 1960 was given in each club by the home demonstration agent. As a result of this demonstration the following program was planned for 1961:

December - Christmas Ideas for family entertainment  
January - Being prepared for meet emergencies  
February - Simple house repair  
March - Program planning  
April - Social Security  
May - What do I need to know about family business  
June - Intelligent use of information on textile labels  
July - Furniture Selection  
August - Open  
September - Quick and easy Sunday dinner  
October - Better nutrition for your money  
November - Floor care (compaction and wood)

### Special Interest:

Phylatory - Meat Selection - Furniture Selection -  
Social Security

## C. Other Activities

### 1. County Objectives

- a. Each club sponsor a roadside clean-up campaign and stress "Help Keep Our Community Clean."
- b. Have all members under 40 years of age get polio shots.
- c. Have club members request that the bookmobile carry more of the books from the home demonstration club recommended reading list.

**Results:**

a. The clubs worked on keeping the roadsides clean. The members put special stress on keeping their own property clean along the highway, as well as working with all families of the community. In addition to this, some of the clubs worked with the school children, soliciting their cooperation in keeping the school grounds, as well as the highway clean. Fence rows were cleaned and sprayed for poisonous plants, etc.

b. Sixty-eight percent of the members forty years of age or under reporting, reported they had gotten police shots.

c. The club members received excellent cooperation from the bookmobile in securing books from the recommended reading list.

**2. Club Objectives**

Most of the clubs in the county tied in their club objectives with the county and program of work objectives, which are discussed under these headings.

The clubs donated homemade cookies to the Veterans at the Kosmosh Veterans Hospital. They also made and donated sandwiches to the bookmobile on its visits to the county, also the Radford Arsenal. They sent baskets and/or cards to the sick and needy of the community. One club makes an award each year to its outstanding member. The member is judged on participation and achievement in club and community activities. Club members have organized to work with the American Cancer Society, meeting/ball groups to make cancer dressings. A total of 39,000 dressings have been made under the leadership of one club member.

**3. National Home Demonstration Week**

All clubs celebrated National Home Demonstration Week. The home demonstration clubs held open meetings during the month of May at which club non-club members were invited. The home demonstration program was explained with some of the members telling what the club had meant to them. One club put on a skit telling the story of home demonstration work. Some of the clubs sat at noon and had a "cook-out" in connection with this program since the demonstration for the month of May was an "Outdoor Cookery".

Publicity on National Home Demonstration Week was given through the local newspaper.

Approximately 85 club members attended District V Federation meeting held at V.P.I.

**4. Achievement Program**

My Achievement program was held in October with an attendance of approximately 130 people. A short report on the Program of

of Work (Home and Community Beautification) was given by the County Chairman. Reading Certificates were presented by the County Chairman. Mrs. D. K. Corry, member of the Drapers Meadow Home Demonstration club, who had attended the 1959 Association County Women of the World meeting in Scotland and visited other European countries, was the guest speaker. She spoke on "Homemakers at Home and Abroad".

5. **Montgomery County Chorus**

The Montgomery County Chorus functions under the leadership of Miss Kathleen Lester. They render musical programs at various county functions. They rendered several selections at the Montgomery County Home Demonstration Achievement program. Each year the club takes an educational trip. Plans are now underway to visit New Orleans in 1961.

6. **Montgomery County Fair**

The home demonstration club members took an active part in the county fair. They helped plan for the homemaking exhibits, acted as superintendents of the various homemaking departments, and entered a large number of exhibits.

The judges felt that the quality of exhibits showed much improvement over the past years.

7. **Judging - Local Leaders**

Four local leaders have been trained in judging at a District Judging School. These leaders judged one of the local community fairs, a local Grange Contest and helped the judges at the county fair.

D. **Program with Urban Families in the County**

Four home demonstration clubs are organized in the towns of Montgomery County.

Two special interest groups have also been organized on Weight Reduction. This has been discussed under Food and Nutrition.

The farm and home agents have worked with the Garden Clubs by furnishing needed materials and obtained Specialist help on various garden problems.

E. **Farm and Home Development**

Individual assistance in farm and home development was given by the farm and home agents. In some cases the farm agents made the first visit as a result of requests for help on the farm. It has been the policy of the agents to steer families or those changing enterprises, or with specific problems into the major farming enterprises of the county, rather than emphasize cash or specialty crops. In some cases special problems have led to improved farm and home management practices.

As in the past, new families coming to the county, requests for specific assistance have been the source of some of the new families added.

At the present time there are 62 families on the farm and home development program. The farm agents have worked more closely with many of these than the home agents, since men have more of a tendency to ask for help on farming operations than women for help in the home. However, the farm agents have gotten requests for visits from the home agents by telling the homemakers of the services available from the Extension Service.

The things most often worked on with these families has been housing, house furnishings, food preservation, nutrition, food preparation, kitchen and clothing. The families have been given help on both freezing and canning and amounts of food needed by these families.

Several families have been given assistance on remodeling, some doing quite an extensive remodeling job from one room to the whole house.

Other families have been helped with house furnishings, such as, color schemes for the home, kinds of paints and finishes for various backgrounds, furniture arrangements, refinishing furniture, and furniture selection.

An example of the value of individual assistance to families and the value of this method of Extension work can be found at the farm home of Mr. and Mrs. C. W. Sheler in the Childress community. The Shelers have no children. They were both reared on a farm, attended high school in their local community, and are both in good health and take part only in church activities. They own the farm that belonged to Mr. Sheler's father, which has a good frame house with modern conveniences. The out-buildings are in fair to good condition. They own a pick-up truck and car.

The Shelers are both very conservative and not willing to go much in debt. They like to pay as they go. They operate a Grace C dairy. Starting with 5 or 6 cows several years ago, they now have built it to 12 milk cows and are working toward a herd of 25. The best heifer calves are kept each year to grow into milk cows, while the other calves are sold as veal.

The Shelers also sell slaughter hogs, about 70 per year from 5 breed sows. He plans to increase to 10 over a period of several years.

Mr. Sheler has gone from dry ruffage to silage feeding, putting in a temporary sile this past year, with plans for a permanent sile. Through adjusting fertilizer applications, silage per acre has been increased from 8 to 15 tons.

They have a laying flock of 25 hens, with plans to increase to one hundred hen flock.

The income from the farm would be about \$2,500 per year.

Mrs. Shalor does a great deal of outside work, helping her husband with milking, feeding the pigs, calves and chickens. She is not able to spend a great deal of time in the home, but like every woman would love to have what to her is a pretty home.

The first contact with Mrs. Shalor was made 3 years ago at which time she was given information on food preservation. Later she called the home demonstration agent in to make recommendations on the purchase of a cheap living room sofa of furniture. When the sofa was placed in the living room it was impossible to open the front door. Not only was the sofa out of proportion to the room, but the massive overstuffed chairs and the overly decorated lamps, and tables and coffee table gave the feeling of utter confusion.

Since the sofa had been damaged in delivery, it had to be returned, so the home agent suggested that it all be returned for something smaller in scale. Mrs. Shalor asked the home agent to help her make a replacement selection. The home agent visited the furniture store with Mrs. Shalor, showing her what to look for in furniture selection, taking into account color, lines and design. The store did not have in stock any suitable furniture but was getting new stock soon. After the arrival of the new stock, Mrs. Shalor made a much wiser choice of living room furniture, but did not get as many pieces for the same amount of money. She felt she needed some additional pieces of furniture for her living room and was planning to spend from \$100 to \$150 for it.

The home agent asked if she might see what she had in furniture in the other rooms of the home. Enough furniture was found in the attic to make a very attractive room which added atmosphere and gave it a homely lived with look. The quality of furniture was much better than could have been purchased for the same available for new furniture. Mrs. Shalor was very happy with her living room after she and the home agent had moved out an old organ that sat in the corner and brought in the furniture from the attic.

Plans were made to do some repair work on the house and paint the outside this year. Mrs. Shalor also has plans underway for doing some inside painting next year, and repairing some of her old furniture.

The Shalors do not require a great deal in dress-up clothing, since they do not take part in many society activities. Much of their food supply is produced at home, with Mrs. Shalor canning and freezing meats, fruits and vegetables from the farm.

It is hoped that Mrs. Shalor will join some demonstration club

in the county. Up to this time she has had to do so much of the farm work she has not felt that she had the time.

### III. County Extension Program - Youth

#### A. Organization

Six hundred seventy-eight boys and girls <sup>are</sup> organized into 20, 4-H clubs with 59 volunteer adult leaders, teaching, guiding and assisting them.

The following councils, committees and groups function to develop and carry out the county youth program:

##### 1. County Council - Youth

Five adults from different sections of the county, acting in advisory capacity, discuss with county extension personnel, county situations affecting youth, needs and problems of youth, projects and programs suitable for county situation.

##### 2. County 4-H Council

The 4-H Council is made up of the officers of the various clubs. This group met for a fall and winter meeting. At the fall meeting, new officers were elected, officers training given, goals for the year were discussed and plans made for the achievement program to be held in December.

A second County Council meeting was held to check on work accomplished thus far, make plans for various contest and county events. Projects suitable for county project for coming year and recommendations were passed on to project planning committee.

##### 3. Volunteer Leaders' Association

This ~~is~~ <sup>group</sup> composed of all volunteer adult leaders in the county, who met twice to receive training from county and state Extension personnel and to discuss needs, wants and problems, and accomplishments of the 4-H clubs in the county.

##### 4. County 4-H Project Planning Committee

This committee is composed of adult 4-H project leaders and presidents of all clubs. This group selected the project to be carried as the county project and planned ways of conducting the project.

##### 5. County All Stars

The All Stars have been most helpful in helping to carry out the 4-H program. They have backed the program in the various communities, have served as junior and adult leaders and cooperated with the 4-H program being carried on in the various schools.

B. 4-H Project Work

1. Health (Home and Family), selected as county wide project by 4-H County Council members, volunteer leaders association and 4-H project planning committee.

Planned:

- a. To have members investigate, determine and list health needs around their home.
- b. To have members improve conditions for garbage and trash disposal at home.
- c. To have members get rid of rats and mice where need existed.
- d. To acquaint members with literature describing safe methods of controlling household pest and to practice controls where needed.
- e. To have members work with families in securing first aid supplies.
- f. To have members learn which foods they should eat daily.  
To have members realize the importance of good nutrition.  
To have members select nutritious snack foods.
- g. To teach importance of good care of teeth and have members practice proper habits in caring for their teeth.
- h. Improve dish washing methods.

Methods used and Results Obtained:

Agents, leaders and members gave demonstrations and illustrated talks, printed matter was given out and ways of using it discussed. In each case, members were asked to go home, show and discuss the printed matter with their parents.

Movies, slides, etc., were used. A Dental Health Educator from the State Department of Health, Richmond, visited 4-H clubs in the county one month, showed movies, gave demonstrations and talks.

Three hundred twenty girls enrolled in health project, with 293 completing. Two hundred eighty-one boys enrolled with 215 completing. Nearly every completed record reported improved garbage and trash disposal and selection of more nutritious between meal foods.

2. Clothing

- a. So You'd Like to Sew
- b. Make or Remake

Selected: Individual Interest club project for some groups.

Planned:

- a. To teach the girls the use of simple sewing equipment through the construction of a few simple articles.
- b. To teach some of the simple stitches in hand sewing.
- c. To teach garment construction, selection of suitable materials, patterns, alterations, cutting, etc.
- d. Encourage the girls to make use of garments on hand by altering, if necessary.

- e. To teach proper care of clothing, taking into consideration storage, repair, cleaning, etc.
- f. To teach the girls to plan a suitable wardrobe.
- g. To have 95% project completion.

**Methods Used and Results Obtained:**

The leaders were given training by the agents. Leaders, junior leaders and agents gave demonstrations at club meetings. Leaders worked with project groups during the summer. Bulletins and other printed matter given to club members to supplement the demonstrations.

Twelve girls entered the County Dress Reveal, one District Contest. Thirty-nine garments and articles were exhibited at County Fair. Two hundred twenty-four girls enrolled with 199 completing.

3. Food and Nutrition
  - a. Meal Preparation
  - b. Bread Making
  - c. Food Preservation

Selected: Individual Interest - in one case as club project.

**Planned:**

- a. To develop some skills in food preparation and preservation.
- b. To teach better nutrition for the food dollar through meal planning and preparation.
- c. To teach the latest approved methods of food preservation.
- d. To have 95% project completion.

**Methods Used and Results Obtained:**

Agents trained leaders. Leaders, agents and members gave demonstrations. Printed material given members. Food products were exhibited at club meetings and judged as to appearance, flavor and texture. Members exhibited 36 products at County Fair. One girl entered District Demonstration Contest. One hundred eighty girls enrolled with 159 completing. These girls prepared and served 3,097 meals and 29,876 other dishes.

4. Other Projects Selected on Individual Basis in Small Numbers were: Farm and Home Electric (group of 13), Auto Care and Safety, Your Room, Safety and Junior Leadership.

**C. Other Activities**

**1. Camps**

The Montgomery County Camp was held in connection with 2 other counties, at Camp Summers in Hinton, W. Va.

Plans for camp were worked out in detail by county and home agents from the 3 counties, well in advance of camp week. Leaders and agents knew what was expected of them before

leaving for camp.

Classes taught at camp were: swimming, radio, song leadership, handicraft and "Knowing Our Neighbors Around the World". Campers received training in working, playing, worshipping and living together. Such experiences help develop boys and girls into desirable citizens of tomorrow.

The District Senior Camp was held at Camp Farrer, Virginia Beach, Va., with 2 boys, 6 girls, 1 agent and 1 leader attending. This camp gave our boys and girls an opportunity to see new places and meet people from other sections of the state. They met strangers and learned to get along with them.

Leadership Training Camp for young men and women was held at Camp Farrer, with 3 young men and 5 young women, and 1 agent attending from Montgomery County.

Conservation Camp was held at Camp Farrer, with 1 boy and 1 girl attending.

Montgomery County had 6 girls to attend 4-H Short Course. While attending short course, boys and girls learned to accept defeat and congratulate opponents with a smile, to receive awards or honors with humility. Boys and girls attended and participated in classes, lectures, demonstrations, vespers and assembly.

## 2. Rural Life Sunday

The 4-H clubs in the county observed Rural Life Sunday in individual communities and churches by having special services or participating in regular Sunday morning services. One club cooperated with other rural organizations in community, to have a special program. One of the assistant county agents was asked to take part on the program, along with several 4-H members.

## 3. Montgomery County and Community Fairs

Several 4-H club members were members of the county fair committee, the group responsible for planning the fair.

A special section was set aside for 4-H exhibits, with 75 exhibits being made in the 4-H Home Economics Division. Agents and judges felt the quality of work exhibited was quite good.

A Community Fair was held in Prices Fork community with special divisions for 4-H boys and girls. The 4-H'ers in the community had good exhibits and won a number of prizes.

## 4. County Contests were held in public speaking, dress revue and forestry demonstrations. County winners competed in District Demonstration Contest.

Contest provides opportunity for members to learn from each other and they challenge members to do their best.

5. Achievement Day Program

An Achievement Day program was held at which time each club gave a summary of achievements for the year. Posters were used by club officers to illustrate club accomplishments. County medals were awarded, 25 clover pins awarded volunteer leaders, and 27 sponsors were awarded pins. This event brought one hundred fifty boys, girls, leaders and parents from all parts of the county together and they learned what each other was doing. This event was attended by press, TV and radio.

6. Share-The-Fun Program

In connection with the Achievement Day program, a "Share-The-Fun" program was held. Twenty-five club members competed in the Junior division and 10 in the Senior division.

7. County Fellowship Dinner and Picnic

A county-wide Fellowship Dinner was attended by 135 4-H'ers and parents. All arrangements for dinner were made by the 4-H members and club members presided at the meeting and furnished the entertainment. A member of the State 4-H Extension Staff was guest speaker. The meeting closed with folk dancing with everyone taking part from five to sixty-five years of age.

A County-wide 4-H Picnic was held in August by 4-H'ers and their families.

These two events gave 4-H members a chance to work together on planning and playing together at the events. This also gave them experience in planning and organizing large events.

IV. Scope of Work

	1956	1957	1958	1959	1960
<u>No. H.D. Clubs</u>	19	19	19	18	18
<u>Membership</u>	470	474	474	425	430
<u>No. H.D. Groups (unorganized)</u>				1	2
<u>Membership</u>				12	80
<u>No. 4-H Clubs</u>	21	21	21	19	20
<u>Membership</u>	322	332	386	395	365 (girls)
<u>No. YMW Clubs</u>				1	
<u>Membership</u>				35	
<u>No. Community Clubs</u>	7	7	6	2	2
<u>Membership</u>	297	261	300	75	76
<u>No. Home Ec. Committees</u>	2	2	2	2	2
<u>No. General Interest Committees</u>		1	1	1	1
<u>No. Youth Committees</u>	1	1	1	1	1
<u>No. Other Organizations</u>	7	6			
<u>No. Farm &amp; Home Dev. Families</u>	50	47	72	90	62
<u>No. Other Families Reached</u>	1650	1650	1650	1650	1655
<u>No. Different Families Reached</u>	2430	2440	2440	2440	2440

Publicity in home demonstration work has been given through the local newspaper which included timely articles on various phases of homemaking. The agents also worked with a number of families who have requested special help which all phases of homemaking- house planning, remodeling and landscaping the home grounds. Copies of all new V.P.I. Extension bulletins are mailed to all professional home economist in the county as they are published.

The home demonstration club members themselves do an excellent job of carrying information to non-club members.

The home agents have made visits to families in unorganized communities telling them of the Extension program and what it has to offer. Some requests for help have come as a result of these visits. The two reducing groups previously discussed are examples of work done in unorganized groups.

## V. Leadership

### A. Growth of Leadership

#### 1. Over-all Program Leaders

	Service	1958	1959	1960
a. County Agricultural Extension/Board		47	47	47
b. Youth Council		3	3	3
c. Home Economics Council		3	3	3

#### 2. Home Demonstration Club Leadership

	1956	1957	1958	1959	1960
No. organizational leaders	118	123	76	76	61
No. project leaders(subject matter)	76	78	76	74	58
No. Federation program of work chairman	21	20	20	20	19
No. program development leaders	20	19	19	18	19
No. result demonstrators	16	5		1	
No. training meetings by specialists	3	3	3	5	5
No. training meetings by Dist. agents	1	1	1	1	1
No. training meetings by agents	2	4	4	1	3
No. training meetings by others		4	1	2	1
Attendance at all training meetings	220	227	240	244	236
No. meetings held without an agent	170	182	176	175	181
No. meetings leaders assisted					
Demonstrations by leaders	160	182	157	154	181
Talks and discussions by leaders	651	741	740	742	687

#### 3. 4-H Club Leadership

	1956	1957	1958	1959	1960
No. club officers	110	126	127	114	100
No. adult project leaders	31	40	48	32	43
No. Junior project leaders	7	7	5	13	6
No. result demonstrators	3	4	1	1	
No. training meetings by specialists	1	1	1		
No. training meetings by Dist. agents					
No. training meetings by agent	7	2	1	1	10
No. training meetings by members club Dept.	1	1	2	2	2

## 4-H Club Leadership (cont'd)

	1956	1957	1958	1959	1960
No. training meetings by others	1	1	1	2	1
Total attendance at Ldr. Tr. meetings	151	119	115	140	115
No. 4-H leaders trained individually	7	10	6	15	16
No. club mtgs. held by Ldr. without agent	48	56	71	40	39
No. additional mtgs. at which Ldrs. assisted	41	62	54	62	57
No. demonstrations given by Adult Ldrs.	170	172	170	171	177
No. demonstrations given by Junior Ldrs.	11	14	16	27	28

B. Development of Leadership Activities and Accomplishments of and Outstanding Person

The Paul Hall family is a very closely knit family. Pat being the eldest of 6 children, has had a great deal of responsibility for the care of the younger members of the family, but she did not let this keep her from taking part in 4-H activities. She has even brought the youngest member of the family with her when she participated in county-wide events, because her mother was working with Mr. Hall in their local furniture store.

Pat has held every office in her local club. In addition to this, she has served as President and song leader of the County 4-H Council. She has been instrumental in encouraging a number of younger 4-H club members to complete their project work. She was Junior leader for the local 4-H club for several years, being responsible for getting other boys and girls to join the 4-H club.

Pat has acted as chairman of committees for a number of county-wide events. Each time she has done an ~~exceptional~~ outstanding job in following through on her duties and responsibilities. She has also represented the county in the Share-The-Fun Contest. For two years Pat has represented the county in the District Clothing Contest, receiving a red and blue award.

Pat is a member of the local Methodist Church and has taken an active part in the young peoples work of the church. Each Sunday Pat would bring her younger brothers and sisters to Sunday School, and now the entire family is active in the church.

The agents believe that the training received in 4-H club work has played a big part in this leadership development and even Pat's going to College.

VI. For Special Consideration

A. Significant Achievement of Extension Work in Home Economics

A number of homemakers in Montgomery have been making some of the families' clothing, which included, house dresses, the better dress, childrens' play clothes, school clothes, etc. A lesser number have done tailoring, but most of these garments lacked a professional appearance. The homemakers realized they needed help on how to select and adjust commercial patterns to their body measurements and how to get a more professional appearance

to these homemade garments.

As a result of demonstrations, special interest groups and schools in clothing construction, the home agents have seen much progress made in the appearance of the homemaker and her family. The following demonstrations and/or exhibits have been held in the county over the past few years: Tailoring School, Making the better dress, Garment Finishes, What to look for in buying the house dress, What to look for in buying the better dress, line design and color best suited to various types, and How to care for mammalin fibers, blends and combinations.

Not only has clothing been studied by the adults, but by 4-H'ers as well. A number of the girls have completed clothing projects and are now making a pair, if not all, of their own clothes, as well as, for other members of the family and some outside of the family.

The women and girls who like and enjoy sewing are doing a much more professional job as a result of knowing how to select the line, design and color most becoming and how to do a better job on garment finishes.

Those who do not enjoy sewing have also learned to do a better job of clothing selection and how better to care for the new fibers, blends, combinations and finishes found in ready-made garments today. They realize the importance of reading labels, checking the garment for construction and finishes used in these ready-made garments. These homemakers have learned that they can spend their time to a better advantage by doing the things they can do and do them well.

## B. Developing Good Public Relations

1. Co-Workers  
Staff conferences are held at which time the County Extension personnel work together on cooperative programs being carried on in the county. This personnel work up overall programs together and share jointly on seeing that these are carried out as planned. Work is often done by one agent for another, when this can be done just as efficiently to save time and travel.  
General Public
2. The home agents have tried to meet requests coming from the general public and have served on various committees that have been set-up for the interest of the public. The home agents have served on the Montgomery County Fair Committee, the Red Cross Montgomery County Executive Board, and worked with the local Granges and Farm Bureau.
3. Elected Representatives  
The home agents have made an effort to know personally all elected representatives and have encouraged the chairman of the County Committee and other lay members to know their county officials and to keep them informed on the work that is being done by the Extension Service in the County.

4. Commercial Interests

The county home agents have made use of some commercial material in carrying out the program when this material has fallen in line with the approved practices of the Extension Service. The home demonstration members have cooperated with the Appalachian Electric Power home economist in acting as guides through an all electric home in the county. The local stores have also been most cooperative in taking home-makers on guided tours on such things as furniture selection, what to look for, etc.

5. Other Professional Workers

a. Farmers Home Administration

The county agents have worked with the local representatives in furnishing material requested, such as gardening, feed preservation, house furnishings, clothing, etc.

b. County School Superintendent

The county home agents have worked with the county school personnel in carrying out 4-H club programs in the schools

c. Agricultural and Home Economics Teachers

The home agents have worked with the Agricultural and Home Economics Teachers in working up the local fair, exhibits, etc. They have kept the home economics teachers up to date on new State bulletins pertaining to home economics by furnishing them with a copy of this material as it comes out.

C. Professional Improvement

1. School

The home agents attended an evening class in Household Finance (graduate work) at V.P.I. during the spring quarter.

2. Reading Professional Books and Publications

Articles of special interest and those directly related to the home agents' work that appeared in "The Journal of Home Economics", "What's New in Home Economics", "Forecast for Home Economist", and the "Extension Service Review", were read each month by the county home demonstration agents.

3. Membership in Professional Organizations

The county home demonstration agents are members of the Virginia and American Home Economics Association and members of the Virginia and National Home Demonstration Agents' Associations.

VII.

The Look Ahead

After the agents have summarized the year's work, they have an opportunity to see where the program needs to be strengthened. The home agents believe there is a need to continue work on developing more and stronger leadership in both the adult and 4-H groups. A number of project leaders need to take their duties and responsibilities

to the other club members more seriously.

There also needs to be more work done in home management.