

# Annual Report

## COUNTY EXTENSION WORK

Virginia Agricultural Extension Service



Susan Cole

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agent

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assistant agent

1956

Caroline

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county

ANNUAL REPORT

Home Demonstration Work

1956

Susan Cole  
Agent

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County

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#### IV. County Situation

One fifth of Caroline County located at the edge of the Tidewater and Piedmont area of Virginia, is occupied by A. P. Mill Reservation. 80% of the roads in the county are surfaced. Four main highways cross the county. Caroline County is quite accessible to Richmond, Washington, Fredericksburg and Baltimore. Since there are no local industries except lumber mills many residents, both men and women, work in Fredericksburg and Richmond. A survey made by a local civic organization this year showed enough local labor to support an industry. Local capital has been the greatest handicap in attracting industry to the county.

There are 722 white farm operators in Caroline County. 51% of the population is white. A number of farms of varying sizes are owned by retired families.

#### V. Adult Work

##### A. Project Work

The objective of the home demonstration program has been to improve family living in the various subject matter fields as follows:

##### 1. Food and Nutrition

The methods used in carrying on the food and nutrition program in Caroline County have been demonstrations, radio talks and special interest groups.

We had two food demonstrations in the program, salads and simple refreshments. Two leader training meetings were held and the leaders enjoyed giving very informative demonstrations in each of the clubs. On the whole leaders enjoy giving food demonstrations since it provides a field for leadership in which

they are at ease. In both demonstrations using foods that the homemaker would have from her own pantry shelf was emphasized. In the salad demonstration making salads suitable for winter and summer was shown.

Simple refreshments emphasized the use of fruit juices to provide better variety and nutrition in refreshments for family entertaining. Club members have reported using and liking the suggestions given in both the demonstrations.

The program of work objective this year, has been health and safety with emphasis on health. The food program has fitted in with that part of the program by having a "Tops" club with 18 different people attending the meetings. Part of the time attendance was very small, but interest has extended to other homemakers who were not able to attend the meetings. Information was extended to benefit many more people than the eighteen different ones who attended. 136 pounds was reported lost by those who followed the suggested practices.

## 2. Clothing

The objectives of the clothing program were to improve the family clothing by knowing what makes for a good fit in ready-made garments and the care of various fabrics.

Leaders were trained by the clothing specialist. Demonstrations were given in the clubs by the leaders. Club members reported great interest in the points suggested by the leaders. During the year club members reported making 641 garments and remodeling 550 others.

## 3. Home Management

The objective of the home management program this year was to

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improve family living by helping homemakers to make the best use of their time.

To do this two demonstrations were given by the agent in time saving in the housekeeping program and short cuts in cleaning. Two homemakers kept a record for a week as to the use of their time. This was done to compare local homemakers' time with similar studies that had been made in Iowa and other states. Time spent by Caroline homemakers compared favorably with National figures. The studies revealed a surprising amount of time given to Civic and Community affairs. One homemaker spent more time for the community than was spent on any single household task during the week. One gave ten hours to civic work and the other 27 hours.

As a result of these home management demonstrations one homemaker rearranged her kitchen storage space for greater convenience. Since she has a chronic heart condition this change contributed to improved health and greater efficiency in meeting the needs of her family.

Club members reported 92 labor saving methods adopted and 211 home improvements made.

#### h. House Furnishings

The objectives in the Caroline Home Demonstration program for house furnishings were to help make homes more attractive and improve family living.

This was done by demonstrations in selecting draperies and curtains, making dried flower arrangement and improving table setting. A special interest meeting in making braided rugs was held. Interest

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in rug making was quite general in the clubs. There was considerable follow up work after the demonstration. One homemaker placed second at the Fredericksburg Fair with a room size braided rug. 73 rugs were reported made this year. This demonstration was given by a former State Federation President who lives in an adjoining county.

Homemakers reported 330 window dressings improved, 154 repairs on homes made, 141 furnishings for houses made during the year.

For Achievement Day program this year, fall flower and dried arrangements were exhibited and judged. All clubs participated in the exhibits. Interest was quite general. It has been decided by the club members to have a similar Achievement Day program another year since this seemed to appeal to more people, both club members and non-members, than any program of the last two years. It was felt that no other organization provides this type of program in Caroline County. For most club members it was an interesting learning experience. Because of work with dried arrangements, club members took another look at native materials for decorative purposes.

In table setting varied in texture and design was discussed. The possibilities for the use of color was demonstrated. A kitchen table was set for the educational exhibit at Fredericksburg Fair. It placed third. The incongruity of the materials used in the exhibit was discussed and used for emphasis in color and texture harmony.

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## 5. Housing

The housing specialist visited five homes in Caroline County of families that were building new homes, remodeling or planning to remodel their dwellings.

One homemaker was most concerned about improving kitchen storage. The family followed the drawings and suggestions of the specialist. The husband did the carpentry work. The results have been most satisfactory to the family and other improvements are being planned.

A family that is adding a basement, kitchen, dining room and two bed rooms to their house has benefited greatly from the improvements in storage and arrangement suggested by the specialist. Since this family is second generation from European extraction these improvements will contribute considerably to their achieving more of the many advantages of the American way of life. The family is doing the work themselves. There is indeed a glow of pride as their plans materialize.

One family had built two nice homes previous to the one the housing specialist reviewed plans for. Her suggestions were carefully considered by the family and some changes made in the original plan. The family feels that their house is much more livable and cost of building less because of the specialists' recommendations.

A program that contributed so much to better living for a family is indeed gratifying.

One of the other families is only in the planning stage for her home. The fifth family gave little consideration to suggestions made by the specialist.

6. Rural Arts

Rural arts has not held a place in the program planned for Caroline County Home Demonstration Clubs in 1956. Several activities have touched on this as well as some other subject matter fields. The fall flower and dried arrangements show might be one as well as the annual Spring Flower Show of the Fort Royal Club.

One club member has decorated a number of towels with Swedish weaving as a result demonstration.

One club had a demonstration on basket weaving, but very little follow up work was done by the members.

7. Garden, Poultry and Landscape

Home gardens are prevalent throughout the county. A mailing list for the garden news letter from the Extension Service is available to homemakers desiring it. More than 100 bulletins are mailed regularly.

A number of families add to the family's income with a flock of laying hens. There are few producers of eggs or friers on a large scale.

8. Community Project

The Chilesburg Home Demonstration Club made a trip to the Washington Zoo for the benefit of the children in the community. It was quite a worthwhile project since there was a large number of children that took advantage of the opportunity.

The Chilesburg group has worked toward a Community Organization. The adult attendance has been small. One of the goals set was to organize a boys civic group. This has been meeting a number of times with adequate adult sponsorship. This is a long way from the desired standard of community activity but it is a creditable step in the right direction.

The Home Demonstration Clubs had an educational exhibit at the Fredericksburg Fair in cooperation with clubs from adjoining counties.

Some Home Demonstration Clubs sent representatives to a citizens committee for the promotion of better schools for Caroline County.

Educational drives for heart Association, Mental Health Association, Red Cross, and Polio Clinics have been helped by the cooperation of Home Demonstration members.

#### V. Farm and Home Development

Three families were selected by the county and home agents by discussing families with a farm home set-up that seemed suitable to both agents for the Farm and Home Development program. The families represent different parts of the county and are: Mr. & Mrs. Welford Orrock, Thoraburg; Mr. & Mrs. David Swisher, Ladysmith and Mr. & Mrs. J. M. Broadus, Bagby.

No formal efforts have been made to acquaint local leaders with the farm and home development program. The agent has discussed plans with the state advisor as to the best way to present this program to county leaders. The program has been discussed with some local leaders individually.

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C. Outstanding progress has been made by the Orrock family in the following ways:

1. New addition, to make a family of nine children.
2. Purchase of second hand living room furniture for an economical sum. The looks and usefulness of the furniture has been improved by reupholstering which the homemaker did. She exhibited one of the upholstered pieces at the fair and won second prize.
3. Old finish has been removed from two pieces of dining room furniture and the pieces refinished. The oldest daughter in the family cleaned and refinished a chair which received a second prize at the Fredericksburg Fair.
4. Improved storage. Storage is one of the biggest problems of a family this size. The homemaker added a closet in den for work clothes for the family. Hanging spaces were provided at suitable heights for each member of the family to use. The mother and daughter together are working on increasing closet storage space for the daughters bedroom.
5. Kitchen improvements. Tile wainscoting is being added to the kitchen for easier care. An electric stove has improved the preparation of meals, which is no small job for a family of this size. Long time planning includes other improvement, namely a sink and better working space. Progress is being made thus far.
6. Community leadership. The father is president of the Local PTA. The oldest daughter is president of the L-4 Council.

The family are active leaders in the church program. The Fair prizes won by the various exhibits by the different members of the family amounted to more than \$100.00. The exhibits were made in a spirit of community cooperation rather than competition for reward winning. It is indeed an inspiration to work with a wholesome family such as this one is.

## VII. Club Work

### A. Project Work

Projects carried by h-H girls in Caroline County in 1956 have been in Clothing, namely "So You'd Like To Sew" and "Looking Your Best", in Foods Meal Preparation and Housekeeping. The greater number of h-H girls are in the lower age groups. These were the most suitable projects for them in interest and ability. In adequate demonstration were given in a great variety of school situations. Some local leaders worked with small groups of girls in six communities in various parts of the county.

#### 1. Food and Nutrition

Forty-three members were enrolled in meal preparation projects. Demonstrations were given by agent, and club members in one school. Leaders worked with two local groups of girls during the summer months.

Four girls with the assistance of their parents did work on frozen foods.

Two girls gave food demonstrations in county contests. Interest in food preparation and good eating habits were developed by the work on foods.

2. Clothing

Fifty seven girls carried "So You'd Like To Sew", as a clothing project. Eighteen carried "Looking Your Best" and eleven "Make and Remake".

Eight leaders worked with girls on the use of the sewing machine in small community groups. Self confidence in understanding and using the machine was developed.

3. Housekeeping

Twenty-six members carried housekeeping projects with activities suitable for younger members. This project has given children more interest in doing household tasks. Through this project some members had good practice in record keeping.

Room Improvement

Three elder girls are carrying room improvement as individual projects. A variety of ways for improvement have been used. One girl painted her room with excellent results. Four girls attended a special meeting at Thalheimers last spring on house furnishings which was a source of inspiration to each of them.

Health

Safety

No special work was done in the clubs on these two projects.

7. Electricity

Demonstrations were given by the local power company

representatives on electricity. Great interest was shown. Enough girls carried the project but not enough completed to have a delegate at the State Electric Congress in Richmond.

8. Other

8.2 Other Activities

Fourteen h-h girls attended h-h Club Camp at Jamestown.

More girls participated in the Fredericksburg Fair than had the previous year. There was a greater variety of entries and the usual amount of prizes. This has been great encouragement to the girls.

9.1 Young Men and Young Women's Work

There is no organized Extension Program exclusively for young men and women in Caroline County. A number of young homemakers are members of home demonstration clubs. Individual assistance have been given in the various homemaking problems including the planning of homes.

IX. Scope of Work

|                                | 1952 | 1953 | 1954 | 1955 | 1956 |
|--------------------------------|------|------|------|------|------|
| No. H-H Clubs or Groups        | 12   | 11   | 10   | 10   | 10   |
| Membership                     | 250  | 255  | 207  | 210  | 210  |
| No. h-h clubs                  | 5    | 5    | 5    | 8    | 7    |
| Membership                     | 111  | 111  | 79   | 125  | 111  |
| No. YW Clubs                   | 0    | 0    | 0    | 0    | 0    |
| No. other families reached     | 75   | 85   | 50   | 75   | 30   |
| No. different families reached | 375  | 375  | 0    | 175  | 225  |
| No. of community clubs         | 0    | 0    | 0    | 0    | 1    |
| Membership                     |      |      |      |      | 25   |

The scope of work has been increased to include some work with one community group. Progress has been slow.

The program of work has been publicised through

1. News articles

11.

2. Home Demonstration program
3. Fair exhibits
4. Radio talks
5. Slides
6. Recreation meetings
7. Special interest meetings

#### I. Organizations

##### 1. County Home Demonstration Committee

This committee is composed of county officers, club presidents, Program of Work chairman and Program Development Leaders. At the spring and fall planning meeting they have acted in an advisory capacity to the agent in planning for and carrying out the program for the year.

##### 2. County Agricultural Extension Service Board

In Caroline County we do not have a County Extension Service Board. An Advisory Committee met in February to appoint chairmen for various subject matter committees and discuss some of the needs of the county. Along with suitable agricultural committee chairmen were appointed ones for 4-H club and food and nutrition. Neither of these committees have met. A new chairman for one of them must be found. Some work for preparation for the committees to meet has been done.

##### 3. County Board Council

One board council meeting has been held in 1956.

##### 4. County Honor Club

Caroline County does not have an organized Honor Club.

##### 5. County All Stars

Club members who are all stars are away at school the greater

part of the year. There are only three members in the county.

County Young Men and Women's Board

Young men and women are organized in Junior Woman's Club and other civic organizations but not an Extension Organization.

County H-H Project Planning Committee

There is great need for a H-H Project Planning committee in Caroline County.

Others

Leadership

Contributions of the Volunteer Leaders -

Organizational

Organizational leaders have contributed to the Extension program by helping with:

a. planning

1. years program of work
2. special events such as educational exhibit at the fair.
3. achievement day program of work.
4. special activities within the club such as: recreation meetings, picnics, educational trips and special demonstrations.

Carrying out Program

- a. Delegating duties to various members.
- b. Carrying information to the organization and to individuals.

Program Development Leaders

Program development have helped club presidents to:

- a. Carry out club programs.

- b. Find out interests of club members for future programs.
- c. Represented the club at program planning meetings.
- d. Helped to complete club report of work done during the year.

As a result of the work of the organizational leaders better planning meetings were held. The wishes of the club were better represented and a better program carried out.

### J. Subject Matter Leaders

Subject matter leaders attended training meetings and gave demonstrations in their own club.

### K. Growth of Leadership

| HD Club Project Leadership           | 1952 | 1953 | 1954 | 1955 | 1956 |
|--------------------------------------|------|------|------|------|------|
| No. Project leaders (Sub. matter)    | 3    | 3    | 77   | 75   | 73   |
| No. program chairman                 | 1    | 1    | 11   | 11   | 11   |
| No. program development leaders      |      |      | 10   | 11   | 11   |
| No. result demonstrators             |      |      |      |      |      |
| No. training meetings by specialists | 5    | 2    | 7    | 9    | 9    |
| by district agents                   |      |      | 2    | 2    | 2    |
| by agent                             | 1    | 1    | 0    | 3    | 0    |
| Attendance at all training meetings  | 36   | 41   | 115  | 41   | 152  |
| No. meetings without an agent        | 36   | 20   | 41   | 75   | 60   |
| No. meetings leaders assisted        |      |      | 20   | 8    | 72   |
| Demonstrations by leaders            |      |      | 45   | 70   | 48   |
| Talks and discussions by leaders     |      |      | 35   | 73   | 98   |

### L. Growth of B-4 Club Project Leadership

|                                                        |    |    |    |    |    |
|--------------------------------------------------------|----|----|----|----|----|
| No. club officers                                      |    |    | 24 | 32 | 32 |
| No. adult project leaders                              | 8  | 8  | 11 | 23 | 12 |
| No. junior project leaders                             | 0  | 0  | 0  | 0  | 0  |
| No. result demonstrators                               |    |    |    | 0  | 0  |
| No. training meetings held by specialists              | 1  | 1  | 0  | 1  | 1  |
| by agent                                               | 2  | 0  | 0  | 1  | 0  |
| by district agent                                      | 0  | 0  | 0  | 1  | 0  |
| by club member dept                                    | 0  | 0  | 0  | 1  | 0  |
| by others                                              | 0  | 0  | 0  | 1  | 1  |
| Total attendance at leader training meeting            | 9  | 0  | 0  | 20 | 18 |
| No. B-4 leaders trained individually                   | 8  | 8  | 4  | 6  | 4  |
| No. club meetings held by leader without agent         | 11 | 0  | 0  | 13 | 25 |
| No. additional club meetings at which leaders assisted |    | 11 | 6  | 1  | 5  |
| No. demonstrations given by adult leaders              | 11 | 10 | 4  | 50 | 30 |
| by junior leaders                                      | 6  | 8  | 0  | 10 | 15 |

| Young Men and Women's Club | 1952 | 1953 | 1954 | 1955 | 1956 |
|----------------------------|------|------|------|------|------|
| No. club officers          |      |      |      | 0    | 0    |
| No. leaders                |      |      |      | 0    | 0    |

Outstanding Leader

Mrs. Verla Worthington, County Chairman, has been an outstanding leader in 1956. She has attended district and county planning meetings. Her suggestions have helped to improve the county program. In spite of a major operation she has continued with the responsibility of the club office. She has served as program development leader in her own club and has been helpful in getting a community club organized in the part of the county where she lives. Assuming the responsibilities of leadership has given her poise and self confidence.

Outstanding Family

The Cecil Allen family of the Ladysmith community has been outstanding in their personal accomplishments. They built a new home which shows good planning and possibilities for improvement in family living. The home they had been living in was sold to a family near by and moved to an attractive site. The living conditions for another family were greatly improved. Mr. Allen, because of a heart condition, sold his farm, but continues in a lumber business.

Since the family could furnish part of the building material and watched the construction of the building carefully, they estimated a cost saving of 50% of market value for the house.

They have contributed time and leadership to organizations for community improvement and youth citizenship training.

Outstanding Accomplishment of a Club

A number of things might be mentioned as noteworthy accomplishments

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from different clubs, but the Fort Royal Annual Flower Show seems significant to me. This was the eighth year that such a show has been held. The community is small. The number of people who can exhibit is not large and the room in the community building in which the exhibit is held is small for that purpose. However, this year the exhibits were of a better quality, the back ground and arrangements for exhibiting were greatly improved over previous years. This has been an incentive for members to learn more about flower arrangements. Garden club members have given demonstrations and judged their exhibits. Line and color appreciation has carried over to other means of decorating.

The experience of the Fort Royal club members was a great help in planning the Achievement Day exhibit for the county.

#### An Achievement of Extension Work

In 1956 the Achievement Day program was outstanding in attendance, general interest and educational value. The speaker talked on driver education in schools and for adults. Since some are genuinely interested in learning to drive, this was an opportunity to have more people know more about the program. It was a good opportunity for a fair amount of information on the subject to reach some people from all the clubs.

There was a flower show of fall flower arrangements.

horticultural specimens and dried arrangements. All clubs participated in having arrangements and attending the program. A number of members have expressed an interest in having a similar program another year since no other organization does this in Caroline County.

### III. Public Relations

The agent has cooperated with co-workers in planning joint meetings, and developing the Extension program.

Through letters, news articles, public meetings and personal contacts the agent has cooperated with the general public in bringing the benefits of the Extension program to Caroline County.

Other professional workers have been contacted for special programs. Professional information has been passed along as the occasion arose.

Elected representatives - Emphasis has been given to exerting the right to vote, not on the choice of person to be elected.

Commercial interests - Educational slides have been shown to adult and youth groups by representatives of the local power companies. A home economist from the power company gave a training meeting on refreshments for club leaders. Excellent club demonstrations have resulted.

A representative from a Sewing machine company gave four demonstrations on the use of attachments and one leader training meeting on using the sewing machine for h-h leaders.

The agent has visited patrons of the VEC concerning the use of electrical equipment.

XIII. Professional Improvement

The agent was fortunate enough to attend Southern Regional Extension Conference at the University of Arkansas for three weeks. Membership is held in National Home Economics Association, Virginia Home Economics Association and National Adult Education Association.

Professional books from the State Library, Richmond and the VPI Library at Blacksburg have been read.

Some of the magazines that are regularly read are:

- Extension Service Review
- Journal of Home Economics
- Forecast
- What's New In Home Economics
- Adult Leadership
- American Home
- Better Homes & Gardens
- House Beautiful
- Progressive Farmer
- Southern Planter
- Farm & Ranch

XIV. Year's Work

In some ways the Extension program has been about the same as other years. Some progress has been made toward an active Community Improvement group. This is the first to be organized in the county. Progress has been slow.

One of the most worthwhile features of the Extension program has been assistance received by homemakers from the housing specialist in planning new houses or remodeling old ones. The mistakes in building are so expensive and are lived with so long, that professional advice at the right time may make a whole new way of life for a family building their own home.

As the year's program has developed through various annual events,

plans have been made to avoid mistakes another time and thus improve the program. Better planning will go into making up and carrying out the program.

Some planning has been done for subject matter committees. More work must be done on getting them into operation and functioning. More families must be selected and added to the farm and home development program. If possible, enough publicity for a good lighting program, in cooperation with the state wide program should be promoted. Whatever the program is, to be successful, the people of the county must be involved. Only as their needs and interests are met will this be successfully done.

The Home Demonstration Club purchased a camera. Slides are being made of Home Demonstration Club and h-h work. These should be an effective way of gauging progress in the future.