

Commercial firms have been cooperative. Local merchants loaned merchandise for demonstrations; donated 4-H Club calendars, and sponsored the home demonstration yearbooks. The local radio station and newspaper have given free publicity to the program. The power company cooperated in the lighting program and 4-H electric project.

Friendly relations have existed with the school principals in conducting 4-H clubs in schools. Extension bulletins, mailed to home economics teachers, have added resource material to their libraries.

C. Professional Improvement

The agent attended agent-training meetings given by the specialists to keep informed of new methods and techniques in helping people with their problems. Such meetings included help on management, kitchen planning, tailoring and clothing construction and drapery making.

The agent found time to keep up with the new trends of home economics through current magazines and bulletins. She attended the state home economics meeting in Richmond and the national home demonstration agents' association meeting in Chicago at which time she was recognized for outstanding service in extension work.

VII. The Look Ahead

This year's program has contributed to better family living and improved people in spite of the reluctance of some people to change their attitudes and accept newer methods.

Leadership has been strengthened through personal contacts and training meetings. Acceptance of responsibilities has depended largely on how thoroughly the leaders understand what is expected of them.

The 1961 program is planned so that the agent will attend every other monthly club meeting. This will give the agent more time to conduct county-wide special interest workshops to reach more people. The time has come when we need to develop more of our educational programs with groups of people having special interests and special problems. Such meetings are more likely to identify their real problems, develop plans, and carry out action than is a group meeting representing many interests which gives time only to deal in generalities and recommendations for several unrelated activities. More time should be spent on training leaders and mass media to reach more people.

She learned to share the home responsibilities since her father was not well. She helped with the milking and feeding of the livestock as well as preparing the evening meal after school hours.

Her foods projects became outstanding. She was declared state winner in the breads project in 1956. She was determined that others in her local club should try for the same honor. As a result of Nancy's assistance, two of her fellow club members won the same honor.

Her livestock project brought her county, state, and national recognition. At the present time she has a herd of 17 black Angus heifers. Net profits and prize money has made it possible for her to purchase most of her clothing and help defray college expenses. She is a junior in college and doing outstanding work.

She was selected in 1960 as one of two girls in Virginia to attend the National 4-H Conference in Washington, D. C. This award was based on her 4-H achievement records over the years.

She has held many county offices which include the honor club, 4-H Council, and local club offices. She is a member of the Virginia All Star Chapter.

Nancy attributes her success to the training she received in the 4-H Club. Her high ideals, enthusiasm and determination truly makes her a four square young lady.

B. Progress in Developing Good Public Relations

Closer relationship has developed among the county workers as a result of the cooperation in raising the county quota for building the Southwest Virginia 4-H Center. Special fund raising events has required the whole-hearted cooperation of the entire extension staff to arouse the interest and support of the general public. The response has been most gratifying. Business firms, home demonstration clubs, 4-H Clubs, and individuals have raised approximately \$8,000.00 of the \$12,000.00 goal.

The county board of supervisors has been kept informed of the extension program and their assistance asked for in meeting needs in their respective districts.

B. Leadership and Accomplishments of an Outstanding Club

The Marion girls' 4-H club with a membership of 18 girls and three adult leaders has made outstanding progress since it was organized ten years ago.

The club meets out of school with a girl as hostess in her home each month. This method affords time for project demonstrations and a social period with games and refreshments. The club was selected champion club of the county this year, having held the championship plaque for three consecutive years (1956, '57, '58).

Some of their accomplishments showing leadership during the year are: 23 members and parents attended rural life Sunday service. Members conducted the devotionals and furnished flowers for the church. Four members attended the State Short Course with one winning in the breads contest. Two received the 4-H All Star award. Two members had entries in the county baby beef show with one showing the champion calf. Fourteen members and parents attended the dedication service at the Southwest Virginia 4-H Center.

Members and leaders served at the annual Southern States Cooperative supper and received \$15.00 for their services. This was applied to complete their quota of \$30.00 toward the 4-H Center fund. The club furnished entertainment for this meeting.

A number of the members helped serve at the county pancake supper to raise \$175.00 for the 4-H Center. Members and one leader helped clean cabins at the 4-H Center, preparatory to camping. Eight members attended camp and participated in the week's program. The club entertained another club at a summer meeting. 100% of members completed their projects. The club has been quite active and well deserved the championship award at the annual achievement day.

VI. A. For Special Consideration

Nancy Horne joined the Marion girls' 4-H Club at the age of ten years. The club was organized out of school in 1950. She is the only child of a farm family. Her enthusiasm and interest in 4-H Club work increased from year to year and nothing was too difficult for Nancy to undertake.

Her first project was learning to sew. The next year she started her baby beef project and also became interested in meal planning and food preparation.

2. Home Demonstration Club Leadership

	1956	1957	1958	1959	1960
No. organizational leaders	100	104	104	110	110
No. project leaders (subject matter)	80	80	85	90	91
No. Federation program of work chairman	16	16	17	17	16
No. program development leaders	15	16	16	17	16
No. result demonstrators	67	69	75	85	87
No. training meetings by specialists	4	2	4	2	5
No. training meetings by dist. agents	1	0	1	1	0
No. training meetings by agents	18	14	10	7	12
No. training meetings by others	1	2	3	3	3
Attendance at all training meetings	170	178	233	226	207
No. meetings held without an agent	60	76	78	82	80
No. meetings leaders assisted	60	52	59	61	85
Demonstrations by leaders	60	76	78	82	69
Talks and discussions by leaders	343	345	347	347	340

3. 4-H Club Leadership

	1956	1957	1958	1959	1960
No. club officers	54	60	68	70	70
No. adult project leaders	23	24	28	29	30
No. junior project leaders	10	12	14	16	16
No. result demonstrators	0	0	5	9	12
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	12	15	6	8	5
No. train. meet. by members club demt.	1	0	0	0	0
No. training meetings by others	8	8	8	10	12
Total attendance atldr. tr. meetings	119	121	133	190	185
No. 4-H leaders trained individually	23	25	27	25	25
No. club mtgs. held byldr. without agent	36	29	34	41	37
No. additional meetings at which leaders assisted	26	28	28	30	42
No. demonstrations given by adult ldrs.	8	15	20	28	37
No. demonstrations given by jr. leaders	36	29	31	28	20

B. How the Scope of Work was Increased to Inform the Public of H.D. Work

Radio broadcasts have given publicity to home demonstration work. Each home demonstration club was responsible for giving a least one broadcast stressing their program of work. The agent gave weekly broadcasts on nutrition, health, clothing, safety, etc. Thirty-five broadcasts were given which reached many urban and rural families.

Club members reached others through home visits to give educational information gained at club meetings. Reports showed that club members had passed on information to 470 non club members.

The agent made home visits in unorganized communities to help individuals with problems. Numerous office and telephone calls for information was received by the home agent.

Publicity through the weekly newspaper helped to inform the public of home demonstration work. Special summary reports of home demonstration work in special edition of county paper, county-wide special interest meetings on selecting fabrics and making draperies reached non-club members.

Home economic teachers were kept informed through new bulletins published by the extension service.

V. Leadership

A. Growth of leadership

1. Over-all program leaders

	<u>1958</u>	<u>1959</u>	<u>1960</u>
a. County Agricultural Extension Service Board	9	10	10
b. Youth Council	55	62	78
c. Home Economics Council	131	136	136

5. 4-H Achievement Day

The 4-H Council planned the achievement day program with the assistance of the adult leaders and extension agents. The program highlighted achievements of outstanding club work, recognition of outstanding club work, recognition of adult leaders, and talks by members of out-of-county events.

A talent show and dress revue furnished entertainment for the program. A social hour followed with refreshments furnished by club members and interested individuals. More than 200 parents, friends and club members attended. It was gratifying to have so many parents attend. The drawing of a live turkey for adults probably increased the attendance, thus providing transportation for a greater number of club members.

IV. Scope of Work

	1956	1957	1958	1959	1960
No. H. D. Clubs	15	15	15	15	14
Membership	385	395	410	395	385
No. H. D. Groups (unorganized)	0	0	0	2	2
Membership	0	0	0	26	30
No. 4-H Clubs	9	10	11	12	13
Membership	196	219	223	179	202
No. 4-H Clubs	0	0	0	0	0
Membership	0	0	0	0	0
No. Community Clubs	1	1	1	1	1
Membership	60	112	75	80	75
No. Home Ec. Committees	1	1	1	1	1
No. General Interest Committees	0	1	1	1	1
No. Youth Committees	1	1	1	1	1
No. Other Organizations	0	0	0	0	0
No. Farm & Home Day Families	36	56	70	85	68
No. Other Families Reached	3060	3000	3060	3065	3070
No. Different Families Reached	2250	2260	2275	2280	2285

One girl was selected to represent the state at the National 4-H Conference in Washington, D. C.

Reports of these out-of-county trips were given by the members at achievement day.

2. 4-H Electric Project

This was a special interest project, reaching 18 girls. An all day workshop was held with the assistance of the local power home economist. The girls learned how to care for electrical equipment and how to read meters. A demonstration was given on better lighting showing the different types of bulbs, diffusing bowls and lamps on the market.

A club member demonstrated her ironing unit and ironed the man's shirt. A tour was conducted to a new home to observe the many uses of electricity. Following the tour, the power company served refreshments to the group.

Two girls and one boy attended the State 4-H Electric Congress. One girl was selected district winner and received a gold watch at this meeting.

3. County-wide Picnic

The picnic was held at the Southwest Virginia 4-H Center with approximately 65 4-H'ers, parents and guests in attendance. This occasion afforded an opportunity for parents and club members to see the newly constructed camp and take pride in their accomplishments.

4. 4-H Pancake Supper

This project was sponsored by the 4-H Council again this year. Leadership and cooperation were factors contributing to the success of the supper. Adult leaders prepared the meal, and 4-H girls fixed the tables and served pancakes, sausage and coffee to over 200 individuals. A net total of \$175.00 was realized from the project and was donated to the Southwest Virginia 4-H Center. The same project last year netted \$225.00 for the 4-H Center.

The girls were trained by adult leaders or the agent to conduct at least two demonstrations at monthly meetings. This method gave good training to the girls who were entering food contests.

Only one club meeting in the school took the project since it was possible for the demonstrations to be held in the school cafeteria. Other clubs conducted food preparation and breads in homes meeting out of school.

Sixty-two girls were enrolled with forty-five completing. 6828 dishes were prepared with eighty-five meals served.

2. Clothing - Units I, II, and III

These projects were planned to teach sewing techniques; create interest in making garments; and personality improvements.

Demonstrations were given by the agent or adult leader on cutting, fitting, pattern selection; and construction of simple articles for the beginners, and grooming. 141 girls completed their clothing project. 316 articles, such as aprons, towels, and gathered skirts were constructed and 78 dresses completed.

A county contest was held to select the winner for the district dress revue. The girls participated in a fashion show at the county achievement program.

C. Other 4-H Activities

1. These camps helped to develop leadership and strengthen the total county 4-H program. Forty-six girls and boys and one adult leader attended camp. This was an increase of 17 members over last year's attendance.

One girl participated in the TVA Resource Conference held in North Carolina.

Seven girls represented the county at the State Short Course in Blacksburg, Virginia. One girl was state winner in the breads contest and one girl was a blue awards winner in the state laundry contest held during the Short Course.

III. County Extension Program - Youth

A. Organization

1. The county 4-H Council, composed of the officers of the local clubs and the adult leaders as advisors, plans and carries out the county-wide program for the 4-H clubs. Such activities as 4-H camps, achievement day, picnic and county goals are planned by the Council. Two meetings were held during the year.
2. There are 29 All Star members. Nine of these members are married and reside in the county. Six are married and reside outside the county. Eight are attending college. Six are single and employed in the county. Two members are serving as junior project leaders in their local clubs. Members have supported the building of the Southwest Virginia 4-H Center. One member was one of two girls chosen in the state to attend the National Conference in Washington, D. C. The congressman from her district presented her with a U. S. flag for the 4-H Center. One of the 1960 All-Stars was the state winner in the breads contest. Two girls were taken in to the All Star Chapter since no boy was recommended this year.

3. Honor Club

This club has a membership of 27. It serves to keep older members in 4-H work for a longer period of time. New members will be admitted at the spring meeting.

4. The Project Committee

This committee consists of the adult leaders and representative 4-H girls from the local clubs. Its main function is to select projects for the coming year. The committee met and selected food preparation, clothing, and room improvement as major projects for 1961.

B. 4-H Project Work

1. Food Preparation

The objective was to improve the health and eating habits of the club members and their families. Members were to learn how to prepare foods to save nutritive values; how to plan balanced meals; how to make bread; and how to give a demonstration.

Progress Story - S. D. Scott Family Continued From 1959
Background information may be secured from the 1959
Annual Report.

The Scotts are making such progress in spite of the fact Mrs. Scott has had two operations this year and was hospitalized for several weeks. The seventeen year old daughter is a senior in high school and plans to enter Emory and Henry College in 1961. Her clothing and foods records in 4-H have been outstanding. She constructed nine garments this year with an estimated savings of \$40.00. Her food preparation, food preservation, and breads projects have helped her assume more responsibility and stretch the family food dollar. The girls' 4-H poultry flock has netted a profit and helped to supplement the food supply.

Cooperation is the key to getting things accomplished in the Scott family. A recreation room, planned last year, was completed. The entire family had a hand in the painting of the walls and floor. The used rug and couch from the living room furnished the room. A new couch and rug were purchased last year for the living room. The girls and Mrs. Scott refinished and re-upholstered the dining room chairs and made covers for the kitchen chairs. A new floor covering of asphalt tile was laid in the kitchen and a new dining room rug purchased.

Mr. Scott does not hesitate to tell you how the Extension Service and T. V. A. program has increased the productivity of the farm.

When he started his farming operations twenty-two years ago, he grew only 25 bushels of corn per acre as compared to 100 bushels now.

A new calf barn was built this year and \$25.00 worth of harvesting equipment purchased to save time and labor.

The family thinks that evaluation and keeping records from year to year gives them a feeling of security and keeps them on the road to happy, successful family living.

projects created group action and interest within the clubs. It also gave members an opportunity to work cooperatively for a very worthwhile cause.

Another club made draperies for their new school cafeteria. The P.T.A. purchased the material. Club members made the selection and did the construction. The school principal feels very much indebted to the home demonstration club for their contribution. He now plans to use the women to work out a color plan for the walls which will be painted in the near future. He has offered the cafeteria to the club for their monthly meetings. Their first meeting will be a Christmas pot-luck dinner at which time the members will fix boxes of food for less fortunate families in the community.

The annual achievement day was attended by approximately 130 members and guests. Educational exhibits portrayed outstanding projects during the year. A buffet luncheon afforded an opportunity for fellowship and time to ask questions concerning the exhibits. Highlighting the afternoon program was a talk on the "Early Settlers of Smyth County" by a Smyth County woman. A special musical number furnished by one Home demonstration club added interest and entertainment with their kitchen band. A progress report by the agent summarized the highlights of the year's work. Representatives from the local newspaper and the radio station were invited guests and gave excellent publicity to the meeting.

D. Farm and Home Development

The farm and home development phase of the extension program started in 1955 when the county board of agriculture, board of supervisors, home demonstration club committee, key bankers, and others interested approved the plan. The selection of families for the program was left to the extension agents for approval. The total number of families worked with has grown from 24 to 68 in the four year period. Ten families have been added this year. The home agent has given assistance to approximately 25 of these families through home visits, educational bulletins and home demonstration club meetings. Problems most often encountered were gardening, clothing, food preservation and landscaping. Assistance was given on planning the family food supply, best methods of food preservation, remodeling clothing and care and pruning shrubbery.

3. House Furnishings

A need was felt for learning how to make draperies for the home in order to cut down on cost. Two special interest workshops were scheduled. The agent discussed these at monthly meetings and listed women interested in attending. The home furnishings specialist trained the agent for the workshop. Seventy-five women attended the first meeting which included selection of fabrics, color combinations, and window measurements. At this time approximately 50% signed up to attend an all-day workshop on making custom made draperies. Due to weather conditions, only eighteen women participated. Each person constructed one panel of drapery. Six homemakers have constructed draperies for their new homes. A committee from one club selected material and made draperies for the new school cafeteria in their community. One homemaker held open house to show the community her new draperies. An exhibit on drapery making was displayed at the annual achievement day. The interest and enthusiasm has led to scheduling another workshop in the 1961 plan of work. The agent made home visits to help others with color plans, furniture arrangement and picture hanging. Many of these visits were to urban families who were not club members.

C. Other Activities

Each home demonstration club conducted a community project to further the improvement of their community and promote interest among their members.

One club made a survey of mail boxes in their community. Name plates were purchased through the club. With the cooperation of the mail carrier, the majority of the homes erected signs. Net proceeds from the project was used to complete the clubs' pledge of \$100.00 toward the development of Southwest Virginia 4-H Center.

Other clubs carried out projects to raise their goal for the 4-H Center. A total of approximately \$900.00 has been donated to the 4-H Center to date by home demonstration clubs. These

Two foods leaders in each of 14 home demonstration clubs were trained by the specialist and the home agent well in advance of the local meetings to adapt their training to their club's needs. Sixty-nine foods demonstrations were given by these leaders reaching 1080 people. A survey was made by the agent to determine results in the program. From 147 reports received, 99 homemakers were making more bread at home and had saved on the cost; 113 were using more eggs in the diet; 120 were using more fruit and vegetable salads; and 70 agreed they were better managers in the home.

The weight control class started two years ago reported at least 50% of the members had lost weight and felt that their health had improved.

Weekly broadcasts by the agent and club members on nutrition helped to reach others in the county as evidenced by telephone and office calls for bulletins and other materials.

One hundred forty seven reports showed that there was an abundance of food produced and preserved from the home gardens. A total of 26,995 quarts of vegetables were canned; 5,399 quarts frozen; 17,210 pounds of meat were frozen and 2,040 pounds canned. The amount canned and frozen was double that reported in 1959.

2. Home Management

A need was felt for learning how to do household tasks to cut the cost of labor and to conserve time and energy for the homemaker. Demonstrations were planned for monthly meetings on the following topics: "New Trends Affecting Homemakers in 1960"; "Cleaning Upholstery and Rugs"; "Cleaning Floors"; and "Time Management." The goal was to improve management methods for a higher standard of living. The homemaker was to learn proper methods of cleaning rugs, upholstery and floors; become acquainted with new products on the market; and adjust her schedule of work to become an efficient homemaker.

The agent gave 42 demonstrations and weekly broadcasts stressing better home management.

Eighty-seven homemakers used methods given on cleaning rugs, upholstery, and floors; 70 women reported having more leisure time as a result of better management practices learned.

2. General Interest Committee

This committee on farmstead lighting is composed of equipment dealers, power company, extension personnel and other professional workers in the county.

The objective was to improve home lighting. This was done through special interest meetings, home visits, and distribution of educational materials.

The agent worked closely with the power economist in selecting fixtures for newly built homes. She also made home visits to help improve the lighting in other homes. Ten 4-H girls improved their home lighting as a result of a special interest meeting.

3. County Home Demonstration Committee

This committee with a membership of 33 composed of the presidents, program development leaders of the local clubs plus a few members at large.

The objective was to plan and carry out the program of work following suggestions from the local clubs, the nutrition committee and the lighting committee. These suggestions formed the basis for the county program to include better nutrition, better lighting, and better management to save time, energy and money.

B. Subject Matter and Special Emphasis Areas

1. Foods and Nutrition

A need was felt for improving the family diet and to manage food preparation so that there would be more time for leisure with the family. The high cost of food was a problem.

Demonstrations were planned for monthly meetings on the following topics: "Variations of Yeast Breads"; "Eggs in Every Meal"; "Salads", and Simple Desserts." The homemaker was to learn to be more economical shoppers, select more nutritious foods, and save time and energy in food preparation.

I. County Situation as it Affected the Program Planned

Smyth County, with an area of 435 square miles, is divided into three magisterial districts by the Holston River and two mountain ranges. The topography lends itself well to the raising of live-stock, the largest single source of income with crops and dairying ranking next in order. Burley tobacco is the main cash crop. Approximately 55% of the total area is woodland.

The 1959 census shows 1,272 farms with 121.9 acres the average size per farm. The average value (land and buildings) is \$14,548. 1,041 own their farms, 179 own part of the land and rent additional acreage, and 49 are tenant farmers. There are 375 commercial farms.

Manufacturing vies with agriculture in providing employment for approximately 30,000 people who are 98% native white. The urban population is about 11,500, non-rural 15,000, and 3,500 rural. 1,158 rural non-farm and rural farm women work outside the home to supplement the high cost of living.

There are five high schools and three area hospitals in the county. Electricity is available to approximately every family. About 35% of the rural farm dwellings do not have running water in the home. The county health department is located in Marion.

Recreational activities in rural communities are sponsored mostly by schools, churches and L-R clubs. Marion supports a community center building serving teen-agers. Hungry Mother State Park furnishes swimming, boating, fishing and picnic areas for the county.

II. County Extension Program - Adult

A. Organization

1. County Nutrition Committee

This committee has a membership of ten women consisting of home demonstration club members, members at large and the county home demonstration club committee chairman.

The objective was to stimulate interest in better nutrition for adults and teenagers. This was done through mass media such as radio talks, news articles, and contacts with local grocerymen.

Highlights of Outstanding Contributions Made to Family Living

A. Leadership

Trained local leaders deserve recognition for their outstanding services in helping to carry out the extension program for better family living.

Demonstrations given by these leaders has developed confidence, skills and improved methods for a happy and satisfying way of life for many families.

Their wholehearted interest in the extension program has inspired the interest of others, especially younger homemakers.

Their services to the 4-H program has been invaluable. They have inspired club members to accept leadership and at the same time have gained admiration and respect by families in their respective communities.

B. Better Health Through Better Nutrition and Management

Emphasis on buying more nutritious foods with wise planning and preparation has contributed to the health of the family.

Food preparation and meal planning projects in 4-H Clubs has helped young people to assume more responsibility in the home to improve the family's diet.

Reports showed that families are using more eggs, milk, fruits and vegetables. Approximately twice as many fruits and vegetables were canned and frozen as compared to last year's reports.

Better management to save time and energy has affected the health of the family. Homemakers see the importance of family cooperation in getting the job done so that they will have more leisure time to enjoy their families. They realize that there are more important things than just keeping house that bring about happiness and better health for the family. By learning better methods of doing household tasks, and in some cases eliminating unnecessary jobs, they have more time to relax and become a part of the community activities.

TABLE OF CONTENTS

	Page
Cover Page	
Table of Contents	
Highlights of Outstand Contributions Made to Family Living	
A. Leadership	
B. Better Health Through Better Nutrition and Management	
I. County Situation as it Affected the Program Planned	1
II. County Extension Program - Adult	1-6
A. Organization	1-2
B. Subject Matter and Special Emphasis Areas	2-4
C. Other Activities	4-5
D. Farm and Home Development	5-6
III. County Extension Program - Youth	7-10
A. Organization	7
B. 4-H Project Work	7-8
C. Other 4-H Activities	8-10
IV. Scope of Work	10-11
V. Leadership	11-13
A. Growth of Leadership	11-12
B. Leadership and Accomplishments of Outstanding Club	13
VI. A. For Special Consideration	13-14
B. Progress in Development Good Public Relations	14
C. Professional Improvement	15
VII. The Look Ahead	15