

IV. GENERAL APPRASAL OF PAST YEAR - MADISON COUNTY

The attendance of adult leaders at training meetings has been superior and they have been more willing to assume the responsibilities to take the meetings.

The home agent has had more contacts with non club members through the 6 demonstrations given at the garment factory, through holding the 2 clothing workshops and bread demonstrations.

More publicity was given to the Home Demonstration Program thru the observance of the 40th year of Home Demonstration work in the county.

Interest was created thru the outstanding federation program on "International Understanding".

Greater interest was shown in the Senior 4-H Program partially due to interesting camp programs, interstate exchange program, more recreation and interesting activities during National 4-H Week, and having a 4-H member attend National 4-H Congress. This interest has resulted in an increase in enrollment.

There is a need for more 4-H leaders and a need for a 4-H leaders' organization so that the leaders might be better trained. More work might be done with non club members.

Clothing -

first time: bound button holes and machine made ones, putting in zippers, putting on collars and putting in sleeves. These girls entered their dresses in the fair in the adjoining county and walked away with all the ribbons. These girls will model the dresses at the Achievement Program.

Three girls who had been enrolled in the clothing project in previous years, entered the county contest and one of these was selected for the district contest.

Clothing -

A survey was made to learn of the number of junior girls interested in sewing. Only 11 of the 30 girls interested attended the summer meetings. Machines were secured from a sewing machine company and leaders attended the meetings to assist the agent. None of these girls had ever sewn, therefore, much was to be learned by these girls. The girls made a pot holder in the process of learning to use the machine. They also made a simple blouse under supervision of agent and leaders. Some of these articles were entered in the fair in an adjoining county. The blouse will be modeled at the Achievement Program. These girls were most pleased with their results and with the fact that their mothers will now allow them to use her machine.

Another group which consisted of older girls had meetings and each of these made a dress. They were instructed in selecting patterns and materials. With the help of leaders, the girls completed their garments.

Improvements were noted in the girls' appearances as results of the "Looking Your Best" project. The mothers were pleased with the results also. Interest was created through this project in the girls learning to sew.

4. The progress in the girls doing construction work was very evident. Some of the girls tackled these for the

H. PROJECT AREA: 4-H Program - Fiscal Year: 1962-63

Phase: Clothing

1. The situation:

Girls are interested in improving their appearance and in learning to sew. They want to sew as they know this can be a lot of help to them now and later on.

Problems: 1) Poor posture, 2) Disorderly care of clothing, 3) Do not know how to use machine, 4) Need instructions on dress finishes.

2. Objectives:

To overcome the above problems.

3. Progress:

The junior girls made the decision prior to the club year to take "Looking Your Best" as their project and the topics for the monthly programs were outlined by them. Much interest was shown in this and they have become very conscious of their posture - standing, walking and sitting. The parents are delighted that emphasis has been placed on hanging up clothes and keeping clothes in the drawers orderly. More than half of the 160 junior girls have indicated improvements in care of clothing.

Each girl learned the correct method of sewing on buttons and made a needle case. These were entered in the club's contest and the county contest.

G. PROJECT AREA: 4-H Program - Fiscal Year 1962-63

Phase: Milk In The Diet

1. The situation:

From previous surveys, many girls do not have enough milk in their diet. They do not realize the great importance of this food to good health.

2. Objectives:

To have the girls understand why milk is important in the diet and to interest them in increasing the intake necessary for each day.

3. Procedure and progress:

At each of the fall food meetings, the four basic foods have been discussed. Charts showing the foods which are included in the basic foods have been presented to all junior clubs with special emphasis on milk. Checks have been made at intervals as to the amount of milk in the diet and the ways by which this amount might be increased. Work will continue on this through the fiscal year.

F. PROJECT AREA: 4-H Program - Fiscal Year 1962-63

Phase: Breads

1. The situation:

Many of the families buy breads or use mixes as they do not make good bread nor do they think they have the time. Because of this, the girls are anxious to learn the bread making procedure as they might assist the mother.

2. Objectives: Have girls learn to make varied breads, good breads and to know what good bread is.

3. Procedure and progress:

Special meetings were held with two groups of girls interested in bread making and these made breads and judged them. They also entered breads in the fair and won a number of ribbons. These girls learned the importance of correct measurements and how to make varied breads. A county contest was held and the girl winner competed in the county, district and state contest winning a blue ribbon in each. This same girl conducted a bread project with 3 younger girls in her community.

A MAJOR EMPHASIS - MADISON COUNTY
PROJECT AREA: 4-H

E. Phase: 4-H Leader's Organization

1. The situation:

The agents have been working with 15 organizational leaders and 17 subject matter leaders. The leaders attend County Council meetings and program planning meetings but no leader's group has been organized so that they might better understand their duties.

Objectives were to have a 4-H leader's organization in order to have a more effective 4-H program carried on in the county.

Progress - Contacts have been made with the 4-H Department to get assistance in holding a meeting to train leaders as to their responsibilities and to have an organization. A meeting will be called in the near future.

In the meantime, the leaders have been attending the monthly meetings, have assumed the responsibilities of working with the groups in raising the necessary money for the groups. They have attended the council meetings and assisted with officers training, have held meetings in the absence of the agents and given demonstrations and conducted special projects during the summer months.

Two leaders attended the 4-H Leaders' Conference at Natural Bridge and were inspired to do a better job as leader.

with their landscape problems. Landscape Notes received from V.P.I., Blacksburg, have been discussed at intervals at the organized club meetings and have been sent to other families interested in such.

One session of the Extension School was devoted to a discussion of landscaping led by a nursery personnel.

Interest is growing in planting more shrubbery to tie the homes down to the surroundings. Progress is evident in interesting folks in making Madison County more beautiful.

E. Phase: County Beautification - Fiscal Year: 1962-63

1. The Situation:

There is a need to do more in the county to beautify the grounds of home and of public places.

2. To work with other organizations in improving the grounds at the high school and other public places and to help families with their own problems.

3. Not much interest had been taken for several years in interesting the people in the county to decorate homes and public establishments at Christmas until last year. This year the Home Demonstration Clubs, Garden Club and Woman's Club have combined efforts to make the county seat and homes in the county more attractive at Christmas. Committee meetings were held to make plans for this. More interest has been shown by individuals in decorating as more entered the contest and more business establishments have decorated than in previous years.

A joint effort has been made to beautify the grounds of the county high school. Specialists from V.P.I., Blacksburg, assisted and the agents have been called on to help with arrangements. The Home Demonstration Clubs and 4-H Clubs have contributed to the general fund for the purchase of the shrubbery and trees for the grounds.

Specialists have been in the county to assist individuals

ized clubs and the county Woman's Club. With Christmas decorations, a comparison of homemade candles with bought ones was shown to 150 women also and the making of decorations rather than resorting to buying them. In hat making, a comparison of prices in homemade with bought was made.

As a result of emphasis being placed on Consumer Education, the women in the county are looking for better quality for the money. They were pleased to learn about homemade mixes and to know how to make good pastry, good biscuits and good rolls. They have become more confident in their ability to select ready-made garments as a result of the workshops.

More interest has been shown in reading labels.

D. Phase: Consumer Education - Fiscal Year: 1962-63

1. The Situations:

Some homemakers in the county are attracted to sales and advertisements and do not stop to think whether it is a good buy. There is a need for the consumer to compare prices and to decide whether to make or to buy ready-made.

2. The phase needs emphasizing so that women will get the most for their dollar.

3. No committee was set up to study the needs and determine the procedure but much stress was placed on this phase. Stress was placed on keeping homemade mixes on hand and to save time and money. A comparison of the prices of these with the ready-made mixes was publicized. The quality and price of homemade products as breads, frozen fruit and vegetables and pastries was compared with the bought product.

At each of the sessions of the Extension School, Consumer Buying was brought out. In gardening, the purchase of good quality seeds and from a reliable firm. In clothing, what to look for when buying ready-made garments, In consumer buying, reading of labels and comparison of quality with price. In the clothing construction workshops, wise selection of yardage material was stress. In the selection of accessories for the living room, emphasis was placed on buying good, substantial pieces and accessories with good lines with the organ-

C. Phase: Lighting - Fiscal Year: 1962-63

1. The Situation:

Good lighting is essential for tasks to be performed in the home and many women do not have the best quality and quantity light. There is a lack of knowledge as to what is good light.

2. The plan was to have a committee meeting of non club members to discuss lighting needs but this meeting has not as yet materialized.

Discussions have been held in the organized clubs and the Woman's Club on efficient lighting for the living room. Articles have been published in the paper regarding this and also over the radio. Information has been given to 12 individuals as to their lighting problems.

hem is put in and 6) Fit of the garment. These classes served two purposes - better construction and better buy-manship knowledge.

7 Women in the county have become more conscious of their appearance in relation to choosing accessories and posture as a result of work done in the county on Clothing.

at the annual get-together of Home Demonstration Clubs.

Leaders who were trained by specialists from V.F.I., Blacksburg, conducted a meeting in the organized clubs on "The Hat For You". Later a training meeting was conducted by the clothing specialist on "Hat Making". Interest in having workshops in various communities in 1963 is an outgrowth of the training meeting. Appropriate accessories, styles and colors for the figure were discussed.

One meeting was held with 150 women in the local garment plant on accessories for the costume.

Information has been passed on to the public on fashions and materials through the local newspaper and radio.

Through the Clothing Construction classes, an appreciation was developed as to the value of better quality and better constructed garments. Confidence was established in these ladies in their abilities to construct garments. They gained knowledge as to time savers in sewing and they learned how to select patterns and materials to suit their type. The construction classes gave the women a better insight in buying ready-made clothes - their standards for selection has been raised.

Ex.: 1) They will notice plaids matching, 2) How button holes are made, 3) Width of seams, 4) How lined, 5) Way

B. Phase: Clothing - Fiscal Year: 1962-63

1. The Situation:

A number of women in the county were interested in learning easier and better methods of Clothing Construction - some make their own clothes but were interested in better results.

2. The objectives were to improve skills in Clothing Construction and improve appearance thru learning of hats most becoming and styles of other apparel to flatter one's figure.

3. One of the club members who is also a member of the local Grange, interested a group of women in a Clothing Workshop. Ten of the 12 ladies who attended the 6 meetings were non club members. They particularly were interested in receiving instructions before their Grange Sewing Contest. Sewing machines were loaned to the group by a machine company and this company spent one afternoon showing how to use the machines. These ladies modeled their garments at their spring sewing contest and again at the annual meeting of the Home Demonstration Clubs.

The second Clothing Construction Workshop was held in the fall with 23 ladies - the majority of these were club members. A sewing machine company again loaned sewing machines. A number of these ladies modeled their dresses

Information through the distribution of bulletins, newspaper articles, radio and office visits was given on freezing and canning.

Three food's meetings were held with a group of women in a local plant, the attendance being 150 at each meeting. These meetings were related to nutritious foods in the menu and time savers in preparation. Bulletins on "Homemade Mixes" and information as to these nutritious foods were distributed to groups and were displayed in a public place.

A county meeting on "Use of Self Rising Flour" was held. Special emphasis was placed on nutrition when the demonstration was given by the Regional Home Economist with the Self-Rising Flour Institute.

Local leaders were trained by the State Food Specialist and the agent to give 3 food's demonstrations to the local organized clubs.

While no survey has as yet been made as to the difference in food intake, comments heard through discussions have indicated that the folks are more conscious of foods necessary for good health. In meeting with groups who are planning meals, greater knowledge is shown concerning planning well balanced meals.

The public is becoming more concerned about calorie intake and a number of women have asked for a weight reducing class.

II. PROJECT AREA REPORT -EXTENSION HOME ECONOMICS - Madison County

A. Food and Nutrition - Fiscal Year: 1962-63

1. The Situation:

From surveys made through the health units and with organizations, the intake of important nutrients was lacking in the diets of youth and adults. Many people are overweight.

2. This phase received major emphasis to attempt to improve diets of families and to conserve time in meal preparation.

3. Three meetings with organized clubs were devoted to phases of foods. Stress was placed on nutrients for good health, proper preparation to conserve the nutrients and the intake of calories as they affect the weight.

Short cuts in food preparation were given at each of these meetings. The basic food needs for good health and especially the importance of milk in the diet were frequently brought to the attention of the public through exhibits, meetings, radio broadcasts and weekly articles in the local newspaper.

Emphasis was placed on planting a variety of vegetables in the garden and an ample supply for family use. This was discussed at an Extension School held in the county and also at some club meetings. There was an abundance of vegetables and much canning and freezing was done.

C. Leaders were selected by the groups of women or were suggested by individuals. These were contacted before assigning them to duties and were trained by specialists and agents through group training meetings or individual conferences.

D. The leaders serve very willingly and they do a good job. Because of the training they receive, they accept responsibilities with less prodding. They value the training which they receive and feel more capable of assuming responsibilities in other organizations.

with the Bloodmobile when in the county.

5. Furnishing 60 pies for sale, the proceeds for benefit of Culpeper Hospital.
6. Cooperating with the Health Unit in making the needed cancer dressings.

Two meetings were held with the executive committee of each club at which time the program development leaders were included. These meetings were held to make suggestions concerning the coming years' demonstration, to plan the individual year's program and to name leaders, etc., necessary. Prior to this, all the program development leaders met to set up the monthly demonstrations and at another date, the federation chairmen set up the Federation Program. The presidents of the clubs met as a group to set up the club objectives.

B. Contributions made by Local Leaders

Local leaders who were previously trained, presented at least one-third of the demonstrations to the adult clubs and they assumed the responsibilities of carrying out the various activities planned. 4-H Club leaders made plans for and assisted with projects carried on by the clubs to raise finances for the clubs. The 4-H subject matter leaders presented demonstrations to the 4-H groups. The organizational leaders of the two groups, with some training, conducted business like meetings and very tactfully handled the rising situations. These leaders not only contributed greatly to the advancement of the program but they themselves derived much from serving as leaders.

I. INVOLVEMENT OF LOCAL LEADERSHIP IN PLANNING AND CARRYING OUT THE EXTENSION PROGRAM

A. Work With Planning Committees - Organizational Leadership

The County Home Demonstration Committee has served as the governing body for planning the activities of the clubs and activities carried out on a county wide basis. For the various activities planned, the necessary committees were named to carry these out.

Many different people were selected to serve on the committees in order to get a greater participation. The Home Agent worked with these committees when necessary.

Activities carried out by the committee with the assistance of sub committees were:

1. Observance of 40 years of Home Demonstration work in Madison County. Much pre-planning went into this one day observance and many leaders were called on to assist with this. Exhibits depicting activities of the four 10 year periods were displayed. Charter members and former agents were honored. Refreshments were served to approximately 500 guests.
2. Career Program for high school girls. Speaker was secured and refreshments served.
3. Sponsoring the county Christmas Outdoor Decorating Contest jointly with the Garden Club and Woman's Club but instigated by the County Committee.
4. Preparing and serving meals to the doctors and nurses

1962 NARRATIVE REPORT

MADISON COUNTY

VIRGINIA R. CRIGLER

COUNTY HOME DEMONSTRATION AGENT