

1956 PLAN OF WORK

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Home Demonstration Agent

Campbell
County

I. County Situation

Campbell County is located in the Upper Piedmont and covers an area of 537 square miles. The population was 28,837 in 1950. There were 2,084 farms in the county with 1,686 white operators in 1954. 76.3% of the population is white.

The 1954 census of agriculture showed that the average size of farms was 114 acres with 70% of the land in farms. The average value of the land and buildings per farm was \$3,989. 1,075 farm operators engaged in work off their farms. 671 of the farms were classified as residential (with less than \$250. value of products sold).

The agricultural income is approximately evenly divided between livestock and crops, including tobacco. Manufacturing is the area's chief industry with the largest percent of employed people working in Lynchburg. Large establishments are also found in Brookneal and Altavista. There has been an increase in the number of women gainfully employed. Additional areas in the county are becoming non-rural because of industrial expansion and new housing developments.

The county study of Home Demonstration Club members in 1954 showed that 50% of the active members lived on the farm, and 9% lived in urban homes. 43% were wives of non-farmers, 34% were wives of owner operators, 4% were wives of tenants, and 20% were wives of owner operators or part-time farmers who did off - farm work.

There was the same percentage, 20% of women in three age groups, 30-39, 40-49 and 60-to 69; 4% were in the age group under 25, 4% from 25 to 29, 23% from 60-69 years, and 7% were 70 years or over.

52% of the members completed four years of high school, 12% completed four or more years of college, 23% completed elementary school and 3% did not finish elementary school. Only 26% of the members studied home economics in high school. 4% had a college course in home economics. 23% had taken some type of professional training.

There were 29% of members who had belonged to a club less than 2 years, 40% from 3 to 8 years, 6% from 9 to 14 years, 11% from 15 to 20, 11% 21-25, and 3% over 25 years. Forty-five percent of the members had several as project leaders.

The majority of the women have high standards of living, modern conveniences, do their own laundry and housework, 11% do some work away from home, 65% are registered to vote and 60% can drive a car.

In 1955, there were 754 farm and 1234 non-farm boys and girls from ten to fourteen years of age; and 745 farm and 945 non-farm youth from fifteen to nineteen years of age. Approximately 850 were members of 4-H Clubs, 13% of Home Demonstration Club members were 4-H Club members.

The adult and 4-H programs were planned to help meet the needs of rural and non-rural families with varied interests.

II. The County Home Economics Program - Adult

A. County Home Economics Committees

- (1) Assemble basic information about the county.
- (2) Discuss information with district agent.
- (3) Meeting of five leaders to select phases to be recommended for county programs.
- (4) Meeting of designated county leaders to explain proposed organization of a County Agricultural Extension Service Board.
- (5) Assist in selecting members of special interest committees, furnish information at meetings, and give guidance in planning projects.
- (6) Establish Extension Home Economics Council representing special interest committees and the Home Demonstration committee.
- (7) Establish a County Youth Council after conferences with leaders and committees.
- (8) Meet with committees as often as necessary to develop and carry out successful programs.

B. Home Demonstration Clubs

1. House Furnishings

Objectives:

- a. To help make homes more attractive through wise planning and selection of curtains, draperies and pictures.
- b. To show how to make curtains and draw draperies.
- c. To teach how to make or renovate picture frames, how to frame pictures, and how to hang pictures correctly.
- e. To teach how to plan color schemes and make braided rugs.

Procedure:

- a. Specialist conduct leader training meeting for two groups of house furnishings leaders - Window Treatments and Picture Framing and Hanging.
- b. Leaders give demonstrations at club meetings.
- c. Furnish leaflets and mimeographed materials for leaders and others upon request.
- d. Two leaders give television demonstration on each subject.
- e. Special interest group on making rugs.

2. Clothing

Objectives

- a. To show the relationship of good grooming and mental health.
- b. To encourage good grooming and correct dress for homemaking jobs.
- c. To teach methods in clothing construction which will give the professional look to home sewing.
- d. To teach methods of tailoring coats and suits, also selection of patterns and materials.

Methods

- a. Specialist conduct training meeting for clothing leaders who will give demonstrations on "How Do You Look at Home", and "Getting the Professional Look in Home Sewing".
- b. Mimeograph suggestions for leaders to give members.
- c. Radio and television announcements.
- d. Television demonstrations.
- e. Agent conduct tailoring school for special interest group.

3. Foods and Nutrition

Objectives

- a. To teach how to buy food wisely to meet the nutritional needs of the family.
- b. To show how to prepare nutritious meals at low cost.
- c. To show ways to include milk in the diet.
- d. To teach how to plan and prepare meals for outdoor cookery.
- e. To show ways to cook out-of-doors inexpensively.

Methods

- a. Agent or specialist conduct leader training meetings on "Nutritious Meals at Low Cost" and "Outdoor Cookery". Leaders give demonstration at club meetings in June and July.
- b. Provide the leaders with mimeographed recipes to give club members.
- c. Radio and television announcements.
- d. Television demonstrations
- e. Exhibits.
- f. News articles.

4. Home Management

Objectives:

- a. To inform club members and others on Social Security regulations.
- b. To teach latest recommendations on control of household pests.

Methods:

- a. Clubs sponsor meetings open to the public in December. Invite representatives from District Social Security office to explain regulations and answer questions.
- b. Training meeting for leaders to be conducted by specialists. Leaders give demonstrations on control of household pests.
- c. Illustrative materials, pamphlets and bulletins.

5. Miscellaneous

a. Leadership Development

Objectives

- (1) To teach procedures in conducting meetings, and the use of parliamentary law.
- (2) To explain the duties and responsibilities of club officers and members.
- (3) To give suggestions for points to consider when speaking in public.

Methods:

- (1) Agent conduct program of meetings in January on "Leadership Development and Parliamentary Law".
- (2) Distribute leaflets to officers for reference.

b. Flower Arrangement for Church

Objectives:

- (1) To teach principals of making arrangements suitable for church.
- (2) To show how to use effectively different types of containers.

Methods:

- (1) Arrange county-wide special interest meeting in cooperation with representatives of Lynchburg Garden Clubs.
- (2) Members arrange exhibits

c. Garden

Objectives:

- (1) To encourage home gardens.
- (2) To give latest recommendations and suggestions.

Methods:

- (1) Each club have garden chairman.
- (2) Training meeting for garden chairman.

- (3) Garden chairmen give suggestions at meetings each month.
- (4) Secure manual for leaders.
- (5) Furnish bulletins upon request.
- (6) Send monthly garden suggestions to chairmen.

d. Poultry

Objectives:

- (1) To encourage proper management of home poultry flock for maximum egg production.
- (2) To teach recommended practices.

Methods:

- (1) Clubs in rural areas have poultry chairman who will give timely suggestions each month.
- (2) Training meeting for poultry leaders.
- (3) Bulletins and mimeographed information.
- (4) Tours, result demonstrations.

C. Farm and Home Development

Objectives:

- a. To work with six families. Intensive work has been carried on with two of the four families which were selected in 1955.
- b. To work with all members of the family unit in achieving more satisfactory living.
- c. To recognize family problems and point out alternatives to guide in the solution of problems.

Methods:

- a. To have committee of key people to recommend families.
- b. To make home visits as often as possible in assisting families.
- c. To record background information and assist families in setting long-time and short-time goals.
- d. To work out alternatives with the families, furnish information and guidance whenever possible, but let the family make decisions.
- e. To encourage boys and girls of club age to carry 4-H projects which would help achieve more satisfying living.
- f. Invite families to community and county meetings which would furnish educational information related to existing problems.
- g. Secure specialist help whenever necessary, if assistance is available.

D. Federation Program of Work

1. Family Life

The Home Demonstration Committee members selected "Family Life" as the Goal which would meet the needs outlined by the majority of the clubs at the fall planning meeting.

Objectives:

- a. To encourage wholesome family living.
- b. To provide activities which will strengthen the home and family unit.
- c. To become informed on mental health needs and promote activities for good mental health.
- d. To provide information on services available for those who are mentally disturbed.
- e. To become better informed on the 4-H Club and other youth programs.

Methods:

- a. Chairman of County Home Demonstration Committee appoint County Family Life Chairman.
- b. Each club select a Family Life chairman.
- c. Have two county-wide meetings of committee members.
- d. County chairman and home agent send suggested materials to club chairmen at regular intervals.
- e. Club chairmen be in charge of short program each month. Encourage chairman to plan programs adapted to needs of members.
- f. Have club programs on mental health at meetings in April.
- g. Clubs sponsor community activities for family groups.
- h. Club chairman encourage each member to select an activity for the family to work on as a group. Report results in October.
- i. Provide chairman with information on services and assistance available to families
- j. Inform clubs on 4-H activities, projects and assistance needed from adult leadership.

2. Health and Safety

This has been a long-range Goal for several years. Campbell County has been selected to conduct an adult driver education program on an experimental basis under the direction of Mrs. W. Goede Robinson, State Health and Safety Chairman.

Health Objectives:

- a. Members and their families have annual physical check-ups, especially for cancer.
- b. Study mental health needs in the county and state and work for better conditions.

Safety Objectives:

- a. Every member participate in the Adult Driver Education program.
- b. To study the needs for Driver Education for high school students.
- c. To win the 1956 Traffic Safety Contest of the National Home Demonstration Council.
- d. To reduce accidents and highway fatalities through safe driving educational programs and activities.

Methods:

- a. Have County Health and Safety chairman in each club in charge of activities.
- b. County-wide training meeting for chairmen.
- c. Each club have one member receive training in driver education program. Attend three meetings to receive instruction from State Troopers.
- d. All members who drive or wish to drive study textbook, "Let's Learn to Drive", loaned from E. C. Glass High School.
- e. Members in charge of driver education take written examination and behind-the-wheel training under supervision of State Troopers.
- f. Teach club members who wish to learn how to drive and give "refresher course" to those who wish to become safer drivers.
- g. Conduct forums or special interest meetings on safe driving.
- h. Give educational information on how the full course of Driver Education can be made available to High School students.
- i. Television programs, radio programs, and news articles.
- j. Each club furnish summary of activities for county Goal chairman to prepare scrapbook.
- k. Evaluate program and publicize results.
- l. Provide educational information in health and safety campaigns.

E. Other Activities

1. County Objectives

- a. Educate for the need of driver education in the schools. The activities will be a part of the Federation Program of Work. It is hoped that the complete course on Driver Education will be offered in four High Schools. Altavista is the only school in the county offering the full course.
- b. Every club member an informed and participating citizen. Women will be encouraged to vote after becoming informed. Have vice-president in charge of citizenship activities.
- c. Support the 4-H Club program. Give Home Demonstration Club members information on 4-H club activities, have 4-H club members attend meetings and give talks or demonstrations. Coordinate activities, increase interest in 4-H club work and encourage home demonstration members become 4-H club leaders.
- d. Every club work towards representation at District and State Federation Meeting to receive information and inspiration.

2. Result Demonstrations

Set up demonstrations on house furnishings, yard improvement, and poultry to show recommendations and results.

3. County Projects

Library:

- a. Continue to sponsor the Reading Room in Rustburg.

- b. Clubs contribute to funds to buy new books.
- c. Sponsor a money making activity for book fund.
- d. Each club have library chairman in charge of circulation of books.
- e. Have county meeting for club chairmen to receive training in selecting books, keeping records and promoting good reading.
- f. Provide chairmen with copies of reading lists and encourage members to read required number to receive reading certificates.

4. Community Projects

- a. Assist clubs with plans for building community centers, providing recreational facilities, and other projects according to local needs.

5. National Home Demonstration Week

- a. Make definite plans at spring meeting of Home Demonstration committee.
- b. Clubs make exhibits in Lynchburg and local communities.
- c. Have special television program.
- d. News articles giving highlights of special accomplishments.
- e. Invite visitors to attend meetings.
- f. Have at least sixty members attend District Federation meeting in Farmville.

6. Achievement Program

- a. Home Demonstration Committee chairman appoint committee at spring meeting.
- b. Meet with committee and assist in making plans for program.
- c. Invite guest and non-club members.
- d. Give publicity to achievements made through Home Demonstration club work.

7. Tours

- a. Arrange tour of old homes and historic places in the county as a phase of the Family Life Goal program.

8. Drives

- a. Provide educational information for worthwhile programs.
- b. Announce dates for mass x-ray clinics, bloodmobile and other clinics.

9. Work in Unorganized Communities

- a. Make home visits to study needs and to become informed.
- b. Invite people to meetings of general interest.
- c. Conduct special interest meetings in unorganized communities.

10. Plan to Publicize Home Demonstration Work

- a. Regular television program over WLVA on second Friday in each month.

- b. Write articles for local news papers.
- c. Send copy of weekly schedule to be announced over television and radio stations.
- d. Furnish local reporters with information on programs and activities.
- e. Take pictures to be used for publicity.
- f. Attend meetings of Board of Supervisors and give reports at intervals.

III. 4-H Club Work

A. Project Work

1. Clothing

Objectives:

- a. To teach boys and girls to form good habits in caring for themselves and their clothing.
- b. To learn ways to make themselves more attractive.
- c. To learn how to give proper care to their clothing.
- d. To learn how to select material and pattern suited to the individual.
- e. To learn how to use a pattern and steps in making a garment.

Methods:

- a. Boys and girls in the fourth and fifth grades in school clubs enrolled in "Looking Your Best" project. Older members enrolled in Clothing II project.
- b. Discuss requirements of project with members.
- c. Give demonstration each month on phase of project.
- d. Members keep 4-H material and records in notebook.
- e. Have members make exhibits when project is completed.
- f. Leaders meet with groups for summer project work.

2. Your Room, Pep it Up

Objectives:

- a. To teach the members how to make their rooms more attractive.
- b. To show how to make the best use of furnishings.
- c. To teach how to plan for needed improvements.
- d. To develop skills in making furnishings.
- e. To teach how to care for room.

Methods:

- a. Members in sixth and seventh grades enrolled in their project which will be correlated with the Electric project.
- b. Provide members with requirements of project and printed materials.
- c. Give demonstrations at monthly meetings.
- d. Have members draw arrangement of room before and after completing project.

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- e. Make scrapbooks showing samples of materials used in making improvements.
 - f. Exhibit articles made for room.
 - g. Groups continue project during summer under supervision of leaders.

3. Electricity

Objectives:

- a. To teach the use of electricity in the home.
- b. To teach members to assume responsibility in caring for electrical equipment.
- c. To teach how to replace fuses, repair service cords and make lamps.
- d. To teach how to have good lighting in the home.
- e. To teach safety in the use of electricity.

Methods:

- a. Have members inventory electrical equipment in their homes.
- b. Give demonstrations on replacing fuses, making service cords, good lighting, and care of equipment.
- c. Provide members with equipment and have them make drop cords under supervision.
- d. Keep records in manual.
- e. Outstanding members participate in television programs.
- f. Have county contest to select winners to attend Electric Congress.

4. Garden and Food Preservation

Objectives:

- a. To teach the value of good home gardens.
- b. To teach the best methods of growing gardens and preservation of food.
- c. To show how to plan and plant garden to provide for food needs of the family.

Methods:

- a. Have at least fifteen girls enroll in projects.
- b. Provide girls with garden planting guides and discuss project.
- c. Send monthly Garden news letter and other mimeographed materials.
- d. Give canning and freezing demonstrations.
- e. Make home visits.
- f. Select ten best projects for contest to be scored by specialist.
- g. Use best gardens as demonstrations and give publicity to project.

5. Food Preparation

Objectives:

- a. To teach how to plan, prepare and serve foods attractively.

Methods:

- a. Conduct training meeting for leaders.
b. Provide leaders and members with manuals for project to be conducted during summer months.

B. Other Activities

1. Camps

- a. Holiday Lake 4-H Camp
Have quota of fifty-five girls and four leaders attend camp. Schedule meeting of parents and club members who wish to attend camp two months in advance of camp to explain camp program and answers questions. Letters to be sent to parents of club members.
b. 4-H Short Course
Have quota attend short course with an adult leader or the agent. Home Demonstration Committee provide scholarship or part-expenses for two delegates.
c. Conservation Camp
Have county represented by an out-standing club member.

2. Community Activities

- a. Have community clubs plan at least one activity which would make their community more attractive.
b. One recreational meeting during the summer.

3. Achievement Day

- a. Schedule Achievement Day in full.
b. Assist committee with plans.
c. Award medals and announce honors achieved by members.
d. News stories, radio and television programs.

4. Club Contest

- a. Home exhibits and demonstrations to select outstanding members in each project field.
b. Have county contest for members over fourteen to determine participants in district contests.
c. Clubs have elimination contests in "Share the Fun" program. Designated quota based on membership in each school participate in county contest. Winners over fourteen to receive scholarship to Short Course and winners under fourteen expenses paid to attend District 4-H Camp at Holiday Lake.

5. Rural Life Sunday

- a. Contact ministers regarding date and possibilities of special programs.

- b. Have club members attend church and sit in reserved section.
- c. Have members participate in service whenever possible.
- d. Make announcements at meetings, radio, television and newspapers.

IV. Young Men and Women's Work

No program has been planned for organizing groups in addition to the county All Star Chapter. The Home Demonstration program has been adapted to the interest of the young homemakers group. Young members are encouraged to join clubs and are taking an active part in the programs.

V. Scope of Work:

A. Organization	<u>No. in 1955</u>	<u>Goal 1956</u>
Number of Home Demonstration Clubs	15	15
Membership	385	400
Number of 4-H Clubs	25	27
Membership	444	480

VI. Organizations

A. County Home Demonstration Committee

1. Have two meetings during the year. Plan county program and execute duties.
2. Keep committee informed by sending letters at intervals.
3. Agent send copies of Home Demonstration study and program aides which will assist with better programs.
4. Agent send committee copy of letters which are sent to other officers of the clubs.
5. Committee send two delegates to Institution of Rural Affairs.
6. Pay expenses for materials used at leader training meetings.
7. Give scholarship to an outstanding girl who will attend 4-H Short Course.
8. Committee plan Achievement Day program.
9. Committee outline plans for observation of Home Demonstration Week.
10. Have Year Book committee appointed by chairman responsible for having books printed for all members and county officials.
11. Agent give committee suggestions for ways they can assist with the 4-H Club program.

B. County Agricultural Extension Service Board

1. Organize Board in cooperation with all Extension agents.
2. Board plan and approve county Extension programs.
3. Give assistance in developing and carrying out programs which meet the needs of families in the county.

C. County 4-H Council

1. Have meeting of all club officers in March to organize a 4-H county council.
2. Elect officers who will preside at county meetings and Achievement Day programs.
3. Have council set goals for the county and plan activities.
4. All Stars assist in organizing county council. Invite All Stars to organizational meeting.

D. County All Stars

1. Campbell and Appomattox counties have a joint organizations. Two meetings are to be scheduled during the year.
2. County All Star Chapter hold two additional meetings.
3. Have All Stars recommend new members after reviewing records of eligible members.
4. All Stars sponsor "Share the Fun" program, hold elimination contests at schools, and be in charge of county contest.
5. Agent inform All Stars on 4-H club programs and activities.
6. All Stars assist with organization of 4-H county council and securing leaders for clubs.
7. Have 5 members attend State All Star conference and one give initiated into organization.

E. County 4-H Planning Committee

1. Have at least two meetings of committee.
2. Committee assist in planning project work and special club activities.
3. Help organize neighborhood groups for project instruction and secure leaders.
4. Serve as advisors to County Extension agents.

F. Professional Workers Council

1. Have meetings in order for all workers to be informed on county-wide programs.
2. Cooperate in promoting and publicizing programs.

VII. Plan for Leadership

A. Home Demonstration

	<u>Number in 1955</u>	<u>Goals in 56</u>
Number of project leaders (subject matter)	165	180
Number federation program of work chairmen	30	30
Number program development leaders	15	15
Number result demonstrators	14	16
Number meetings at which leaders were trained by specialist	5	8

	<u>Number in 1955</u>	<u>Goals in 1956</u>
Number meetings at which leaders were trained by district agents	2	2
Number meetings at which leaders were trained by agent	4	15
Attendance at training meetings	241	300
Number club meetings held by leaders without agent present	117	120
Number club meetings at which leaders assisted	13	15
Total number demonstrations given by leaders	130	145
Total number of talks or discussions by leaders	142	515

Plan for Training and Using Leaders:

1. Organizational Leaders

- a. Give training for club officers at January club meetings.
- b. Provide officers with copies of suggested procedures.
- c. Agent conduct training meetings for Federation Program of work chairmen.
- d. Send chairmen circular letters and copies of materials on suggested programs, agent also make home visits.
- e. District agent give training to program development leaders at spring committee meeting.
- f. Club officers and organizational leaders carry out duties at monthly club meetings.

2. Project Leaders

- a. Specialist train project leaders in fields of House Furnishings, Clothing, and Household Pest Control.
- b. Garden and poultry specialist conduct training meetings for club chairmen.
- c. Agent conduct training meetings for Food leaders.
- d. Agent schedule training by State Troopers for Driver Education work in Safety program.
- e. Leaders conduct demonstrations or talks at club meetings after receiving training.
- f. Agent furnish leader with necessary literature and materials for members, whenever possible.
- g. Give recognition to local leaders.
- h. Have leaders give demonstrations on television programs.

3. Result Demonstrations

- a. Have four types of demonstrations farm and home development, house furnishings, yard improvement and poultry.

- b. Select families with whom Extension has developed plans or is developing plans which show approved practices.
- c. Give individual assistance through home visits, bulletins, circulars, specialists' visits and other available methods.
- d. Publicize results, arrange tours.
- e. Take pictures which tell story of demonstration.

4. Special Interest Group Leaders

- a. Agent conduct tailoring school. Those enrolled give assistance to others who were unable to attend.
- b. County-wide work shop on arranging flowers for church to be conducted by members of the Lynchburg Garden Clubs.
- c. Braided rug workshop to be conducted by specialist.

B. 4-H Club

	<u>Number in 1955</u>	<u>Goal 1956</u>
Number 4-H Club officers	138	152
Number adult project leaders	24	35
Number junior project leaders	6	12
Number result demonstrators	6	8
Number meetings at which leaders were trained by specialist	-	1
Number meetings at which leaders were trained by district agent	-	1
Number meetings at which leaders were trained by agent	11	15
Attendance at leader training meetings	17	50
Number 4-H leaders trained individually	10	15
Number club meetings held by leaders without agent present	67	82
Number meetings at which leaders assisted	5	5
Number demonstrations given by adult leaders	59	90
Number demonstrations given by junior leaders	8	12

Plans for Training and Using 4-H Leaders

1. Organization

- a. Agent give club officers training at 4-H club meetings
Give officers outline of duties.

- b. Training to be given at 4-H County council meetings.
c. Club officers preside at all club meetings.

2. Project Leaders

- a. Secure 4-H leaders to work with neighborhood groups.
b. Have county-wide training meetings with instruction given by a specialist, the district agent and home agent.
c. Provide leaders with manuals, and material essential for project instruction.
d. Give junior leaders definite responsibilities for giving demonstrations and working with younger club members.
e. Publicize activities and accomplishments of leaders and groups with whom they work.
f. Arrange participation on television programs.

3. Result Demonstrations

- a. Use outstanding 4-H gardens as result demonstrations.
b. Visit projects and have specialist give recommendations.
c. Give publicity to projects through use of announcements, news stories, and pictures.

c VIII. Plan for Work with Other Agencies

A. Vocational Home Economics

1.
1. Visit with teachers at school.
2. Cooperate with programs.
3. Send copies of bulletins.
4. Invite attendance at meetings of special interest.

B. Red Cross and Welfare Department

1. Give publicity to programs such as bloodmobile.
2. Cooperate with educational activities.

C. Health Department

1. Become informed on programs.
2. Announce dates for clinics.
3. Club members assist with education for cancer control.
4. Send Health and Safety chairman appointment cards for annual physical check-ups.

D. Farmers Home Administration

1. Conferences with county personell.
2. Invite clients to attend home demonstration clubs.
3. Home visits upon request of county workers.
4. Furnish educational information.

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IX. Plans for Developing Good Public Relations

A. Elected Representatives

1. Know representatives personally and be cooperative.
2. Attend Board of Supervisors meeting at intervals. Give brief reports on accomplishments, programs in process, and future plans.
3. Discuss programs with representatives and seek their views and advice when needed.
4. Invite them to attend educational programs, Achievement Day programs, and other functions.
5. Give copies of Home Demonstration year books.

B. General Public

1. Invite public to attend open meetings of general interest, examples, Social Security, and illustrated talk on "Inheritance - What Will Become of Your Property". Meetings planned by Home Demonstration committee.
2. Make newspaper, radio, television announcements of programs to which public is invited.
3. News stories, radio and television programs to inform public on Extension program in general.
4. Give copies of Home Demonstration year books to key people in county.
5. Discuss program with persons interested in information.
6. Home Demonstration and 4-H club members give information through personal contacts.

C. Co-workers

1. Weekly staff conference.
2. Plan county programs which meet the needs of families.
3. Inform workers on phases of homemaking programs.
4. Discuss problems and seek solutions cooperatively.
5. Arrange general meetings open to the public.
6. Work as an Extension unit in farm and home development work and in organizing agricultural Extension Service Board.

D. Commercial Interests

1. Visit stores, introducing self whenever seeking information on available materials and equipment.
2. Keep informed on latest developments in items bought by homemakers.
3. Tell managers in advance when there may be demands for certain articles or equipment.
4. Discuss educational features regarding available items.
5. Accept information received with gratitude.

E. Other Professional Workers

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1. Know workers and make visits.
 2. Become informed on their programs.
 3. Cooperated with programs planned.
 4. Discuss mutual problems and offer cooperation.
 5. Invite workers to programs.
 6. Give copies of Home Demonstration year book.
 7. Send copies of new Extension bulletins.

X. Plan for Recording Progress and Evaluating Programs

- A. Keep daily and monthly records.
- B. Have club secretaries send uniform report when agent does not attend meetings.
- C. Summarize projects when completed.
Club members report summary of accomplishments during year.
- D. Club presidents and secretaries report summary of special activities.
- E. Check accomplishments with plan of work.
- F. Evaluate accomplishments, goals attained, goals not reached, and give recommendations for future programs.

XI. Plans for Professional Improvement

- A. Organized Study
 1. Attend short courses or schools as required by District Agent.
 2. Attend two District meetings of agents and State meeting at VPI.
 3. Attend Institute of Rural Affairs.
 4. Attend one-day photography workshop for agents.
- B. Professional Books and Publications
 1. Read at least two professional books.
 2. Read publications for information and inspiration - Journal of Home Economics, Forecast, What's New in Home Economics, Better Homes and Gardens, Good Housekeeping, Life, Reader's Digest, Farm Magazines and other publication received by agent.
Buy other magazines with timely information related to Home Demonstration or 4-H programs.
- C. Membership in Professional Organizations
 1. Virginia and National Home Economics Association.
 2. Virginia and National Home Demonstration Agents Associations.
- D. Educational Trips
 1. Attend State Home Economics Association meeting in Richmond.
 2. Tentative plans for one week in New York.

XII. Plans for Cooperating with Other Extension Agents toward Unified County Extension Program

1. Agents will discuss plans with District Agents.
2. Organization to be set up as suggested by State Extension personnel.

XIII. Problems in carrying out Extension Program

1. Demands an agent's time. Take inventory of use of time and evaluate in terms of needs, accomplishments, and recognize limitations.
2. 4-H Club program
Nineteen of the 4-H clubs met in the schools during activity period. for 30 minutes. One school with five clubs has scheduled 45 minutes of class period for each club this year. Due to crowded conditions, schedules and other reasons, there does not seem to be an immediate solution. Plans for meeting the problems includes having an interesting demonstration or program to hold interest of increased membership in 4-H clubs.
There are no organized 4-H clubs in High Schools. Two community clubs met at night. Therefore, there are few boys and girls over 14 years of age enrolled in 4-H clubs.
The county has not had a 4-H Council or Honor Club for several years since it seemed difficult for the younger members to attend county-wide meetings.
Plans are being made to organize a county council. Additional leaders are needed to conduct project instruction on neighborhood groups. The agent will make home visits, telephone calls, and seek assistance from Home Demonstration and All Star members.

Annual Report

COUNTY EXTENSION WORK

Virginia Agricultural Extension Service



1956

(MRS.) ANNA B. ELGAN

agent

assistant agent

CAMPBELL

county

ANNUAL NARRATIVE REPORT
HOME DEMONSTRATION WORK

(MRS.) ANNA B. ELCAN, HOME DEMONSTRATION AGENT

DECEMBER 1, 1955 to NOVEMBER 30, 1956

(MRS.) ALYNE W. MERRYMAN, SECRETARY

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1v. COUNTY SITUATION

Campbell County is situated on the southern Piedmont Plateau. The county covers an area of 537 square miles. According to the 1950 census, the population was 28,877. 76.3% of the population was white. There was a total of 6,705 families with 35.4% of the population classified as rural farm, 53.1% rural non-farm and 11.5% urban.

The 1954 Census of Agriculture listed 2,084 farms which averaged 114 acres in size and \$8,989 in value of land and buildings. Farm numbers have decreased more than one-third since 1935. The number of white farm operators in 1955 was 1,686 with a median income of \$2,201. The principal sources of farm income are field crops including flue and fire-cured tobacco, dairy products and livestock. Poultry and eggs supply 24% of the total cash farm income.

Textile and apparel manufacturing is the leading industry employing women. 25% of the women in the county over fourteen years of age are employed. The largest percent of those employed work in the city of Lynchburg with many employed in the towns of Altavista and Brookneal. Four home demonstration clubs have meetings at night in order for members to attend.

In 1950 there were 7,700 dwelling units in the county. 1,930 houses had been built since 1940. However the number of new homes has increased throughout the county. Many sub-divisions have been and are being developed in the area near Lynchburg.

In 1955, there were 3981 rural and non-farm boys and girls between the ages of 10 and 21. There were 772 boys and girls enrolled in 4-H Clubs. The home demonstration and 4-H clubs planned programs for better living for themselves and their families. Programs were varied to help meet the needs of rural, non-rural - suburban and urban families. The agent worked with 484 4-H club girls enrolled in 27 clubs, 438 home demonstration club members enrolled in 15 clubs, community and county groups, and individual families. A new home demonstration club was organized in the Falling River community.

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V. ADULT WORK

A. Project Work

1. House Furnishings

Objectives:

- a. To help make homes more attractive by teaching wise planning and factors to consider in the selection of fabrics for curtains and draperies.
- b. To teach wise selection of equipment for different types of window treatments.
- c. To show how to make curtains and draperies.
- d. To teach how to renovate picture frames, how to frame pictures, and how to hang pictures correctly.
- e. To teach how to plan color schemes, select materials, and make braided rugs.

Methods:

- a. Miss Ruth Jamison, House Furnishing Specialist, conducted two training meetings for two different groups of leaders.
- b. Leaders gave fifty-one method demonstrations, the agent assisted with four and gave six demonstrations.
- c. The agent and Mrs. Claude R. Scott, Mt. Ather Club leader, gave a television demonstration on making draperies.
- d. Mimeographed material was given to leaders, members, and others who requested information.
- e. Miss Edna Earl Akers, Assistant House Furnishings Specialist, conducted a special interest meeting on making braided rugs.
- f. A circular letter was sent to members and non-members who expressed interest in learning how to make braided rugs.

Results:

Club members have made their home more attractive and assisted other families following the method demonstrations on "Window Decorations", "Draperies Construction", "Renovating Picture Frames", and "Framing and Hanging Pictures". They have made 237 pairs of curtains and 243 pairs of draperies. They have renovated 135 picture frames and framed 114 pictures.

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Sixteen women attended the special interest meeting on making braided rugs which was held in September.

As a result of demonstrations in recent years, members have refinished over two hundred pieces of furniture . The agent had individual requests for information on all phases of house furnishings.

2. Clothing

Objectives:

- a. To show the relationship of good grooming and mental health.
- b. To encourage good grooming and correct dress for home-making jobs.
- c. To teach methods in clothing construction which will give the professional look to home sewing.
- d. To teach methods of tailoring coats and suits, also the selection of patterns and materials.

Methods:

- a. Clothing specialist conducted a training meeting for leaders on subjects "How to Look at Home" and "Getting the Professional Look in Home Sewing". Leaders and the agent gave 30 method demonstrations.
- b. Mimeographed suggestions were given to club members.
- c. Radio and television announcements were made.
- d. The agent gave television demonstrations on how to cut a garment, and how to sew in a zipper.
- e. The agent conducted two tailoring schools for special interest groups.
- f. Individuals requesting information were given assistance.

Results:

The leaders gave the demonstration "How to Look at Home" at meetings during the month of October. The leaders were assisted by the agent at ten meetings in November when the demonstration was "How to Get the Professional Look in Home Sewing". Leaders asked the agent to show simple method of putting in a zipper and how to bound buttonholes at a majority of the club meetings.

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The agent conducted two tailoring schools with special interest meetings held at Sherwill Community Center and White's Methodist Church. Thirty enrolled with seventeen attending regularly. They made coats and suits and expressed much interest in learning tailoring methods. Eight have served as home demonstration leaders and gave outstanding demonstrations.

Even though statistics show a greater percent of families buy ready-made garments, members have made over one thousand garments. The agent received fifty requests for instructions following television demonstrations on clothing construction and sewing in zippers.

3. Foods and Nutrition

Objectives:

- a. To teach how to buy food wisely to meet the nutritional needs of the family.
- b. To show how to prepare nutritious meals at low cost.
- c. To show ways to include milk in the diet.
- d. To teach how to plan and prepare meals for outdoor cookery.
- e. To show ways to cook out-of-doors inexpensively.

Methods:

- a. Miss Janet Cameron, Foods and Nutrition Specialist, conducted a leader training meeting on "Nutritious Meals at Low Cost" and "Outdoor Cookery".
- b. Club members and others requesting information were given mimeographed recipes and bulletins.
- c. The agent gave television demonstrations and a radio talk on nutrition.
- d. The agent gave information on nutrition at club meetings and individual assistance when requested.
- e. Publicity was given in news articles, radio and television announcements.

Results:

- a. Home demonstration club leaders representing the fifteen clubs gave method demonstrations at June and July club meetings. All clubs were represented at the training meeting. Home Economists from Virginia Electric Power Company and Appalachian Electric Power Company gave special interest demonstrations at three other club meetings.

Members said that the demonstration on outdoor cookery was most helpful. They have served 696 outdoor meals. Sixty have outdoor living area and fireplaces. Members were interested in learning how to improvise facilities to serve outdoor meals without the expense of fireplaces. Ten of the clubs used the demonstration in providing a recreational meeting for family groups.

Sixty-five members have used the recipes for nutritious meals at low cost. Leaders gave information on buying wisely and preparing recipes for nutritious meals.

The agent gave a television demonstration in December on making cookies for Christmas. Mimeographed recipes were sent upon request. The agent had individual requests for other information including canning and freezing food.

Food preservation reported included; 15,365 quarts of fruit canned, 3618 quarts fruit frozen, 11,275 quarts of vegetables canned, 20,112 pounds of meat frozen, and 2214 pints of jelly and preserves and 700 quarts of pickles canned.

4. Home Management

Objectives:

- a. To inform club members and others on Social Security regulations.
- b. To teach latest recommendations on control of household pests.
- c. To inform public on inheritance laws, wills, and deeds.

Methods:

- a. Clubs sponsored meetings held during the month of December, to have Social Security regulations explained by a representative of the Lynchburg District office.
- b. Leader training meeting on pest control was conducted by Dr. J. O. Rewell and J. A. Ames, Extension Entomologists.
- c. Three community meetings were held on the subject, "Inheritance - What Will Become of Your Property". W. J. Nuckolls Jr., Associated Extension Agricultural Economist, gave illustrated lectures.
- d. Bulletins were distributed.
- e. Publicity was given through news articles, radio and television announcements.

Results

Representatives from the Lynchburg Social Security Office gave talks at ten home demonstration club meetings when husbands were invited to attend. Naruna, Gladys, Sherwill, and Gravel Ridge Clubs sponsored community meetings. Leaflets were distributed. The people felt that it was most helpful to have regulations and laws explained before filing income tax reports.

Thirteen clubs were represented at the leader training meeting on household pest control. Leaders used manuals prepared by specialists and served as resource people in the clubs following the method demonstrations given at club meetings. Bulletins and leaflets were distributed according to interest. The agent showed the film, "Insects can be Interesting", at six club meetings.

Community special interest meetings on inheritance were held at Sherwill, Naruna and Brockville. Home Demonstration club presidents presided at the meetings attended by 175 men and women. Meetings were held after the State legislature made changes in laws. Those who attended received bulletins and mimeographed information. The agent had numerous requests for information following the meetings. Lawyers and the Clerk of the County Court also asked for a supply of the revised bulletins.

The agent gave family outlook information at club planning meetings and answered requests for information on buying equipment, housekeeping methods, and household records.

5. Family Life

The Home Demonstration Committee members selected Family Life as the Goal for the Federation Program of Work.

Objectives:

- a. To encourage wholesome family living.
- b. To provide activities which would strengthen the home and family unit.
- c. To become informed as mental health needs and promote activities for good mental health.
- d. To provide information on services available for those who are mentally disturbed.
- e. To become better informed on the 4-H Club and other Youth programs.

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Methods:

- a. A County Family Life Chairman was appointed by the Home Demonstration Committee Chairman. Each club had a chairman in charge of club activities.
- b. Two county-wide training meetings were held for club chairmen.
- c. Kit of available materials, publications and suggested programs was prepared for each club chairman.
- d. Club programs on mental health were held in April.
- e. Clubs sponsored community activities for family groups.

Results:

The agent and family life chairman felt the need for an Extension Family Life Specialist to assist in organizing the program.

Publications, leaflets and program suggestions were secured from the Virginia Mental Health Association, Lynchburg Mental Health Association Affairs, and several commercial companies.

A survey of services available was made and conferences were held with persons and representatives of agencies which could offer assistance.

Goal chairmen met in January to plan the year's program. Miss Mary Moorman, retired Home Demonstration Agent-at-Large, presented suggestions for activities which could be shared for happy family living through appreciation of beauty around us. Guest speaker was Mrs. Anne S. Hardesty, Clinical Psychologist, at the Lynchburg Guidance Center, who explained services available for emotionally disturbed children.

The assistance of Dr. Don R. Fessler, Extension Rural Sociologist, was available in April when another training meeting was held. Suggestions were used at club meetings.

Family Life Chairmen were in charge of programs in April when the subject for emphasis was mental health. Among the guest speakers at club meetings were: Mrs. Hardesty and Dr. Marjorie Sloan, Director of the Lynchburg Guidance Center, and Morris Tillotson, Director of Vocational Training at the Lynchburg Training School and Hospital. He showed a film and displayed articles made at the school. Emphasis was placed on promoting good mental health.

Chairmen presented short programs at regular club meetings using material from a folder of program suggestions which was

given to each club. Topics in Program Aides prepared by Miss Amelia Fuller, Home Management Specialist, were also used. Community meetings were held for family groups.

A representative from the county attended the Family Life workshop at the State Federation meeting. The agent and several club members belong to the Lynchburg Chapter of the Mental Health Association which furnished program suggestions and speakers.

The highlight of the family life program was having Dr. M 'Ledge Meffett, Dean of Radford College, as guest speaker at the Home Demonstration Achievement Day program.

A majority of club members feel that their family life has been enriched and that most of our entire program relates to family life.

6. Garden and Poultry

Objectives:

- a. To encourage home gardens since only half of the club members report gardens.
- b. To encourage proper management of the home poultry flocks for maximum egg production.
- c. To teach recommended practices.

Methods:

- a. Training meetings were held for garden and poultry chairmen.
- b. Monthly suggestions were sent to club chairmen.
- c. Tours and result demonstrations were conducted.
- d. Bulletins and circulars were sent upon request.
- e. Publicity was given through newspaper articles, radio, television announcements and circular letters.

Results:

F. H. Scott, Assistant Extension Horticulturist, and Harry L. Moore, Poultry Husbandman, conducted training meetings for leaders who were given manuals to use in presenting timely information at monthly meetings. Monthly newsletters were also used.

Mr. Moore conducted two special interest meetings on poultry, including tours of two poultry farms, B. O. Stone and Carlton Wingfield.

Thirteen clubs had garden chairmen. Only ten clubs had poultry chairmen, as five clubs did not have members having home poultry flocks.

7. Miscellaneous

"Flower Arrangements for Church" was requested as a special interest meeting. Mrs. Phil Payne, Mt. Aches club member who is also a Lynchburg Garden Club member, conducted a workshop. She showed how to arrange flowers effectively in different types of containers. Seven club members and five non-club members attended.

B. Home Demonstration Club Community Projects

1. Safety

Health and safety has been a long-range goal program in the county for several years. A program on highway safety was carried on by the clubs in 1955. Interest was great; an adult driver education program was started on an experimental basis in November, 1955, under the directions of Mrs. W. Geode Robinson, State Safety Chairman for Virginia Federation of Home Demonstration Clubs.

The program was organized with the approval and cooperation of the State Board of Education, Virginia State Police, and the Extension Service.

Objectives Set up by County Chairmen:

- a. For every member to participate in the Adult Driver Education program.
- b. To study the needs for Driver Education for high school students.
- c. To win the 1956 Traffic Safety contest of the National Home Demonstration Council.
- d. To reduce accidents and highway fatalities through safe driving educational programs and activities.

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One member of each club was appointed Driver Education Chairman to take the course and become a "project leader" who would teach non-drivers how to be good drivers and become safer drivers.

State Police Officers, Sergeant E. C. Riner and Trooper R. C. Klepper, conducted three classroom training meetings, gave leaders a written examination and six hours of behind-the-wheel training before they taught others how to drive. Twelve leaders successfully completed the course. They have conducted discussion meeting and have taught members and non-members how to drive. 100 textbooks used in High School Education training, "Let's Learn to Drive", were borrowed from E. C. Glass High School in Lynchburg. Over 300 club members and their families studied the books.

Posters, leaflets, and other safe driving publications for distribution were secured from the Governor's Highway Safety Committee, National Home Demonstration Council, National Safety Council, Automotive safety Foundation, Division of Motor Vehicles, and several Insurance Companies.

Safety exhibits were made during National Home Demonstration Week. Free traffic safety material supplied by the Governor's Highway Safety Committee was available in stores giving space for window displays. The supply of around 5,000 pieces of literature was used during the week.

Safety leaders participated in many other activities. Eighteen attended the Safety Forum held in Appomattox. Six club officers and the home agent attended the Virginia Rural Safety Council meeting in Roanoke. Mrs. Geode Robinson, Vice-President of the Council, took an active part on the program. Mrs. Robinson also conducted the safety workshop at the State meeting on the Virginia Federation of home demonstration clubs. Her activities on highway safety have been numerous on local, state, and national basis.

Members participated in television programs, Safe Driving Day activities, Slow Down and Live campaign, appeared on programs for civic organizations, and sponsored programs in cooperation with Parent Teacher Association, Ruritans, Lions, 4-H Clubs, and Boys Scouts.

News articles and pictures were published in The Lynchburg News, Daily Advance, Brookneal Union Star, and Extension Service News. The Lynchburg News published an editorial on the county adult driver education program.

Parents of high school students are interested in having the complete driver education course offered in the schools. Others also realize the value of such a course.

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Ten members have learned how to drive during the year. All who drive and participated in the activities felt that all programs had been a great help to them and their families. Combined efforts for safe driving education are essential in the prevention of accidents.

2. Library

Objectives:

- a. Continue to sponsor the Reading Room in Rustburg.
- b. For clubs to contribute to funds to purchase new books.
- c. To make books available to club members.
- d. To contribute to better family living through reading good books.

Methods:

- a. Each club has a library chairman in charge of circulating books.
- b. Training for chairmen was conducted by librarian.
- c. Approved reading lists were furnished club chairmen.

Results:

The Campbell County Reading Room, which is open to the public, has approximately 3,142 volumes; 289 books were donated by interested persons during the year. Home Demonstration Clubs contributed purchase toward the fifty new books. The Board of Supervisors increased the salary of the librarian, Mrs. O. L. Watkins. During the year 2,284 books were loaned.

Mrs. Watkins conducted a training meeting for club librarians who take a collection of books to club meetings each month.

Forty club members read at least six books from the approved list, "Good Reading for Home Demonstration Club Members". This was the largest number to receive reading certificates at an Achievement Day program.

3. Community Centers

The Sherwill Home Demonstration Club has assisted in making many improvements at the Community Center. The basement has been completed, rest rooms added, water system improved, and

interior walls finished. Community suppers have been served, and other activities have been promoted. Family groups did much of the work at the center.

The Gladys Home Demonstration Club bought new shades for the Community Building used by clubs for meetings.

The Bob White Club members have raised over \$600 toward the building of a club house. They have had bake sales, community suppers, and other money making activities. They have received three offers of land to be donated for a building site.

4. Miscellaneous

Clubs have participated in educational campaigns, including Cancer Drive, Red Cross, Tuberculosis, Heart, and Infantile Paralysis. Club members gave publicity to polio vaccine and mass X-ray clinics conducted by the Health Department. They served as volunteer workers at X-ray clinics and Red Cross Bloodmobile drives. Eighteen members were blood donors. Tyreanna Club again sponsored a community clinic for inoculation against Rocky Mountain spotted fever.

VI. FARM AND HOME DEVELOPMENT

A. Methods used in Selecting Families

The agent^s contacted key people in the county and selected families which would be representative of situations in the county. Certain families had also asked for specific assistance similar to farm and home development.

The county staff has worked with four families Mr. and Mrs. Earl Calohan, Mr. and Mrs. J. E. Martin, Jones Brothers, and W. M. Carson.

Additional personnel was not employed for farm and home development work. Because of numerous demands on time, the agent has not been able to give desired assistance to many families.

B. Acquainting Leaders with Farm and Home Development Work

Announcements regarding the program have been made at meetings. Progress reports have been given on work done by the families.

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C. Outstanding Progress of One Family

Mr. and Mrs. Earl Calohan and their seventeen year old daughter live on a farm near Rustburg. When their son planned to return to the farm with his family after being discharged from the Army in July, additional living facilities were necessary.

The county agent and the home agent discussed the problems and alternatives with the family. There was an old house on the farm which had been unoccupied for several years and was being used for storage of crops. The Extension agents arranged a visit with C. D. Wheary, Associate Extension Agricultural Engineer, who gave information pro and con remodeling and building a new home. There seemed to be approximately the same amount of money involved. The Calohans decided to remodel and retain the original lines of the house except for an additional bedroom, bath, and perch. Mr. Wheary drew blueprints incorporating suggestions which would make the house more convenient, comfortable and attractive. The home agent made visits to assist with problems in remodeling, such as kitchen arrangement, storage, finishes for cabinets and floors, selection of equipment, furnishings, and arrangement of furniture.

The once dilapidated-looking house, which is over 100 years old, is now a spacious farm home. They have a hall, living-room, den with dining area adjoining kitchen, utility room, three bedrooms, two baths, storage room, and basement. They installed central heat, replastered the entire house, refinished floors and woodwork, added new windows, and replaced structure which was unsound.

The daughter, Nina, assisted with the plans and is carrying a 4-H Club room improvement project. She has bought new bedroom furniture.

The family moved into the remodeled home in November and is happy with their decisions. Mrs. Calohan says that the home is most comfortable.

VII. 4-H CLUB WORK

The agent worked with twenty-seven 4-H clubs having a total membership of 484 girls. Twenty-four of the clubs were organized in nine Elementary Schools and three were community clubs. The Quaker club was organized in May and held meetings after school. Rustburg senior and Eastside Clubs held meetings at night.

Boys and girls belonged to the same club with the exception of three which were organized for girls. There was a total of 890 boys and girls in the 27 clubs. The Extension personnel received assistance from the Adult Advisory Committee, leaders, 4-H All Star Chapter, and 4-H County Council which was organized in March.

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A committee selected electricity as the project for emphasis in the sixth and seventh grade groups and the clothing project, "Looking Your Best", for the fourth and fifth grade groups. Girls selected other homemaking projects which would be helpful to them.

A. Project Work

1. Clothing

There were 326 girls enrolled in the clothing projects. The objectives were to teach members to form good habits in caring for themselves and their clothing in order to look their best at all times, to teach how to plan for clothing needs, and the steps in clothing construction.

Boys and girls in fourth and fifth grades had monthly demonstrations on phases of good grooming, check sheets were used, and workshops conducted. Two hundred twenty-seven of the 238 enrolled completed the project. A majority made improvements in care of feet, skin, teeth, hands, posture, hair and voice. They made quick repairs, stored clothing seasonally, cared for clothing, and improved rating score on personal habits. One hundred sixty-six were provided shoe shine kits.

Older girls enrolled in clothing, Make or Remake, had demonstrations given by adult leaders and junior leaders. Assistance was also given by parents and neighborhood group leaders. Eighty-eight enrolled with 69 completing. They made 77 garments and remodeled 60 garments. A majority equipped a sewing box, made a clothing plan, and had their own pattern for garments made.

2. Food and Nutrition

Meal Preparation:

There were 268 girls enrolled in the project. The objectives were to teach how to plan, prepare, and serve foods attractively; to teach how to meet daily food requirements, and how to set the table correctly.

Methods used were neighborhood group meetings, discussions, demonstrations, and exhibits. All leaders and members used food preparation manual.

There were 234 girls completed the project; they prepared and served 8,560 dishes; and planned, prepared and served 2130 meals.

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Garden and Food Preservations:

Twenty girls enrolled in the garden project and 18 in the food preservation project. The five who completed entered the garden and canning contest sponsored by the Sears Roebuck Store in Lynchburg.

The objectives were to encourage home gardens and food preservation for family needs and to teach recommended practices.

Methods used were home visits, result demonstrations, manuals and bulletins, monthly newsletters, news articles, exhibits, and two visits from F. H. Scott, Associate Horticulturist, who scored gardens and made recommendations.

The value of the five gardens was \$531.35, cost of gardens \$109.06. Profits, including vegetables sold by one member, amounted to \$551.54. They canned 1197 quarts, and two girls froze 663 pounds of fruit and vegetables and dried and stored 41 bushels. They canned 267 jars of pickles, jellies, jams, and preserves and made food preservation plans for their families.

Winners in the canning contest were Sue Riley, first; Jean Rosser, second; Marion Lichford, third and Carolyn Hutcherson, fourth. Sue Riley won first place area sweepstake prize of \$25.00 in addition to county prizes.

Garden winners were: Jean Rosser, first; Sue Riley, second; Marion Lichford, third; Carolyn Hutcherson and Ellen Walthall, fourth. Jean Rosser placed fourth in the area sweepstake prizes.

3. Electricity

Seventy girls enrolled in the project with 66 completing. The objectives were to teach members the importance of electricity, how to care for electric appliances, how to replace fuses, repair service cords, requirements for good lighting, and safety in the use of electricity.

Methods were demonstrations, workshops, inventories, home visits, bulletins, manuals, television programs, and news articles.

The Campbell County Board of Supervisors paid for electric cords, sockets, and equipment needed for all members in the sixth and seventh grade clubs to practice wiring a cord in workshops following demonstrations. C. E. Carson, Assistant County Agent, made a panel board to give members practice in replacing fuses and show danger of overloading circuits.

Sixty-seven girls made survey of electrical equipment in the home and on the farm, improved lighting in at least one room, made service cords, replaced fuses, cared for one or more pieces of electrical equipment and visited electrified farms and homes.

Mary Louise Elliott of Rustburg was county winner in the Electric Contest and received a trip to the State Electric Congress held in Richmond. The exhibit entered by Campbell County Clubs received a red ribbon award. The electric exhibit placed first in the club exhibits entered at the Lynchburg Farm Show. The exhibit was placed in the window at the Campbell County Bank in Rustburg for two weeks and received favorable comments from the public.

4. Room Improvement

Forty-six girls enrolled with 39 completing. The objectives were to teach how to make rooms more attractive and convenient, how to plan improvements, and care for their rooms.

Methods used were demonstrations, inventories, circulars, bulletins, home visits, and exhibits.

Results showed improvements in arrangement and care of rooms, rooms had been papered or painted, new curtains and other furnishings were bought or made, four girls refinished furniture, floors had been sanded and refinished, and storage spaces added.

5. Housekeeping

The objectives were to learn the best ways to do housekeeping jobs and to teach members to assume responsibilities. Four enrolled and completed the project. They were given manuals and mimeographed materials. Mothers served as leaders. They washed dishes, made beds, cared for their rooms, and helped with care of other rooms for more than four months.

B. Other Activities

1. 4-H Camp

Fifty-one girls, 6 leaders and the home agent attended district camp at Holiday Lake the week of June 11-16 with members from Pittsylvania County. Club members participated in various activities and felt that the camp was a valuable experience. Carolyn Ewers and Nan Puckett were elected lesser chiefs.

Members selected classes which they would attend, such as handiwork, swimming, nature study, song and game leadership, miniature motors, firearm safety, and fishing.

Assistance was received from specialists, Appalachian Electric Power Company representatives, Highway patrolmen, local leaders, and regular camp staff.

Sandra Jamison of Rustburg and Jenneane Neighbors of East-side club attended Conservation Camp at Camp Farrar, Virginia Beach, the week of June 23-28.

2. 4-H Short Course

Attending the 4-H Short Course at VPI the week of June 18-23 were; Joyce Gann and Arelene Nesh, All Stars; Marion Lichford who was initiated into the State All Star Chapter; and Jenneane Neighbors, County "Share the Fun" talent winner. Jenneane was selected as one of those to appear on the final program held in Buruss Hall.

Miss Mary Moorman, retired Home Demonstration Agent-at-Large and former sponsor for the All Stars, was honored at an evening program during the Short Course. Mrs. Embra Tilletson and the agent attended this program.

3. Share the Fun Contest

The talent contest was sponsored by the County 4-H All Star Chapter and Burnett Tire and Rubber Company, distributor for U. S. Rubber Company. There were 21 different numbers on the program held April 27 following elimination contests conducted at the nine schools under the supervision of All Stars.

Jenneane Neighbors of Eastside Club was first place winner over fourteen. She received expenses paid to attend the State Short Course where she placed in the finals. She was later invited to appear on the program at the State Federation of Home Demonstration Clubs meeting, directed group singing at the 4-H Electric Congress and other events.

Gloria Steele of Concord placed first in the class under fourteen and was awarded a trip to District 4-H Camp.

4. Lynchburg Farm Show

Club members from each of the clubs entered exhibits at the Farm Show, which is an educational project sponsored by the Lynchburg Chamber of Commerce for 4-H, FHA and FFA members from 14 counties. The exhibits and programs are seen by thousands of people, both rural and urban.

Campbell Council 4-H Council won first place on the electric project exhibit. Outstanding individual exhibits were entered by Sue Riley, Jean Rosser, Marion Lichford, and Betty Wood.

5. Achievement Day

A county-wide program was held on March 26 attended by 250 parents and 4-H club members. A film on 4-H camp was shown and the camp program was explained. 4-H medals and awards were presented by the Extension Agents.

The 4-H Council was organized at this meeting with officers elected and installed.

6. District Contests

Five 4-H club girls entered district contests which were held in Roanoke on May 12. Nina Calohan received red award on poultry consumption demonstration; Joyce Gann, red ribbon on meal preparation; Marion Lichford, white ribbon on canning; Jean Rosser white ribbon on freezing demonstration; and Sue Riley, red ribbon on public speaking.

VIII. YOUNG MEN AND WOMEN'S WORK

The only organization for this group is the County All Star Chapter. The agent has worked with other groups in home demonstration clubs and has given assistance to individuals. There has been an increase in the number of young homemakers attending home demonstration club meetings. A majority of the number in the Falling River Club are in this age group, also the Colonial and Brookville clubs.

IX. SCOPE OF WORK

	1952	1953	1954	1955	1956
<u>No. H.D. Clubs or Groups</u>	16	14	15	15	15
<u>Membership</u>	432	430	460	385	438
<u>No. 4-H Clubs</u>	14	16	17	25	27
<u>Membership</u>	370	365	365	444	484
<u>No. YW Clubs</u>					1
<u>Membership</u>					18
<u>No. other families reached</u>	5383	4000	4000	3000	2900
<u>No. different families reached</u>	6100	4000	4000	3750	3800

B. Scope of Work and Publicity

Scope of work was increased by the organization of two new 4-H clubs and one home demonstration club. Two tailoring schools were held in different sections of the county. Three community meetings were held for special interest groups and two county-wide special interest meetings were held.

There were more home demonstration club women serving as leaders and assuming more responsibilities. There were more activities for participation of members, both in home demonstration and 4-H club work. Many non-club women were reached directly and indirectly with the various programs.

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More publicity was given this year through radio and television programs and announcements, news articles and pictures, exhibits, circular letters, and enthusiasm aroused when Campbell County Home Demonstration Clubs won first place in the National Traffic Safety contest. This gave the county clubs local, state and national publicity.

News articles were published in The Lynchburg News, Daily Advance, Brookneal Union Star and Altavista Journal. A news reporter, Mrs. Irvin Ballentine, attended three home demonstration club meetings regularly and wrote news items. The agent wrote fifty-five news articles and made pictures for publicity.

The agent presented a monthly television program over WLVA-TV Lynchburg until April when the station discontinued all programs presented before 3:00 P.M. Glenn Howell, Farm Director for WSIS-TV Roanoke, filmed programs for presentation, featuring the Sherwill club and the Achievement Day program. Other home demonstration and 4-H club groups were on programs or had publicity given club work. The agent made a tape recording for radio broadcast over WMRA Gretna station.

Exhibits prepared by clubs during National Home Demonstration Club Week publicized work and increased interest.

I. ORGANIZATIONS

A. County Home Demonstration Committee

The Home Demonstration Committee held two meetings during the year to make plans for the county programs, to execute county and Federation activities, and to conduct other business. Serving on the committee were presidents, program of work chairmen, and program development chairmen of fifteen clubs.

The committee officers were in charge of meetings held in the spring and fall. The county committee planned the year's program to meet a majority of the requests made by different clubs. Mrs. Margaret Svebeda, District Agent, attended the two meetings and led discussions on program planning.

The Committee Chairman, Mrs. Frank W. Butterworth, gave the county report at the District Federation meeting, which was held in Farmville. Sixty-three county women attended and were the largest county delegation present. Mrs. S. S. Gilbert, Tyreanna club leader, was retiring president of District 111 and presided at the meeting.

Mrs. Butterworth was a very capable leader and did much to promote home demonstration work. She and a committee made arrangements with the Lynchburg Chamber of Commerce for clubs to display posters and other exhibits in downtown stores and banks.

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The officers of the county committee, Mrs. Butterworth, Mrs. A. W. Jones, Mrs. H. F. Bryant, and Mrs. Goods Robinson, organized and prepared the safety scrapbook from reports showing work done by each club. The committee received local, state, and national recognition after receiving first place national honors in the contest sponsored by the National Home Demonstration Council.

The committee paid part of the expenses for delegates to attend the State Federation meeting and Institute of Rural Affairs. The state report was narrated by Mrs. S. S. Gilbert, Mrs. Goods Robinson conducted the Safety workshop. Others attending were Mrs. F. W. Butterworth, Mrs. Earl Calahan, Mrs. J. J. Mays, Mrs. Bessie Anderson, Mrs. Harry Flashman, Jenneane Neighbors and the home agent.

A scholarship to the 4-H Short Course at VPI was awarded to Marion Lichford who was initiated into the All Star Chapter. The committee also paid expenses for leader training meetings, sent fifteen dollars to Pennies for Friendship, sponsored the County Reading Room in Rustburg, and purchased new books which amounted to \$50.00.

The Achievement Day program was a great success, judging by the favorable comments. The program was held at the Quaker Memorial Presbyterian Church in Lynchburg. Family Life, the Federation Program of Work, was the theme. Dr. M. Ledge Moffett, Dean of Radford College, was guest speaker. Forty reading certificates were awarded to club members.

B. County Agricultural Extension Board

The County Extension Staff has made tentative plans for a meeting of key people in the county preliminary to the formation of a board. Plans have been made to have this meeting in January.

Information on the Virginia plan has been given at Home Demonstration Committee meetings and regular club meetings to inform the public regarding future plans for reaching more people in the county with educational programs to meet the needs of the people.

C. 4-H County Council

The County Council was organized when 4-H club officers and members attended an Achievement program in March. Officers of the council who were elected at this meeting are: President, Betty Wood; vice-president, Carolyn Ewers; secretary - treasurer, Patricia Tweedy; reporter, Jean Clay; and song leader, Martha Bell Wingfield, Bonnie Mayberry, Larry Smith, and Irvin Roakes.

Club officers presided at the talent program which was held in April and held another meeting in July to plan project work, Farm Show exhibits and the Achievement Day program, and to set goals for club work.

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D. County All Stars

The County All Stars were active and gave valuable assistance to the 4-H club program. Campbell and Appomattox counties have a joint organization. Two meetings were held during the year a social get-together during the Christmas holidays and a picnic and business meeting at Holiday Lake in July.

The Campbell County All Stars held another meeting to recommend outstanding boys and girls for all star membership and to plan the "Share the Fun" talent program. All Star members conducted elimination contests at each of the schools and were in charge of arrangements for the county event.

Six All Stars and four others attended the District Key Award luncheon held in Roanoke on November third. A new award and certificate was presented to Marion Lichford, 1956 All Star. The award program was sponsored by the Cities Service Oil Company.

XI. LEADERSHIP

A. Contributions of Volunteer Leaders

1. Organizational

There were 15 home demonstration clubs in the county with 134 different women serving as organizational leaders. Included in this number were club officers, program development chairmen, and librarians. They assisted in planning programs, conducted meetings, organized club activities, and gave 987 talks during the year.

The agent was in charge of the program for meetings in January when the subject was "Leadership Development and Parliamentary Procedure". The agent conducted training for club officers and members.

There were 27 4-H Clubs with 148 different boys and girls serving as club officers. They conducted meetings and received training in parliamentary procedure and leadership development. The officers were members of the 4-H County Council.

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2. Program Development

Each of the different clubs had a program development leader who had the responsibility of helping plan the year's program. The district agent gave chairmen plans for suggested procedure at the spring meeting of the Home Demonstration Committee. They were given copies of outlook information which they presented at club meetings. Following club planning meetings, program development chairmen sent the agent a copy of suggestions which were summarized and returned to all club chairmen.

Club discussions were again conducted by program development chairmen who brought suggestions to the county planning meeting. Each chairman gave a report and a county summary was made. A discussion was led by the district agent before the county month-by-month program was determined. Chairmen reported on the planning meeting at club meetings and led a total of sixty discussions during the year.

3. Subject Matter

There were 177 women who served as subject matter leaders during the year. Included were house furnishings, garden, poultry, feeds, home management (household pest control), clothing, and safety (driver education chairmen).

Special interest group meetings were held on inheritance, flower arrangements, tailoring, braiding rugs, and poultry.

Specialist conducted thirteen training meetings, the agent held twelve and seven were conducted by others.

Leaders accepted responsibility and a majority were present for all training meetings. Two different leaders were selected for each of the subject matter demonstrations to provide an opportunity for more women to participate. They gave 120 demonstrations at meetings without the agent present and assisted with 21 other demonstrations.

Thirty-seven adult and 11 junior 4-H club leaders gave 123 demonstrations.

B. Growth of Leadership

<u>HD Club Project Leadership</u>	<u>1952</u>	<u>1953</u>	<u>1954</u>	<u>1955</u>	<u>1956</u>
No. project leaders (subject matter)	125	110	160	165	177
No. Federation program chairmen	50	43	30	30	30
No. program development leaders	16	18	16	15	16
No. result demonstrators	13	20	30	14	6
No. training meetings by specialist	5	7	4	5	12
by district agent	2	2	2	2	2
by agent	6	8	6	4	13
Attendance at all training meetings	311	237	204	241	484
No. of meeting without an agent	108	91	110	117	120
No. of meetings leaders assisted	110	125	32	13	21
Demonstrations by leaders	108	128	120	130	157
Talks and discussions by leaders	312	325	408	142	1177

<u>Growth of 4-H Project Leadership</u>	<u>1952</u>	<u>1953</u>	<u>1954</u>	<u>1955</u>	<u>1956</u>
No. of club officers	64	60	68	138	148
No. adult project leaders	36	36	34	24	37
No. junior project leaders					11
No. result demonstrations	8	10	-	6	6
No. training meetings held by specialist					
by agent	24	45	21	11	1
by district agent	-	-	-	-	-
by members club dept.	-	-	-	-	-
by others	-	-	-	1	1
Total attendance at leader training meetings	77	189	60	17	20
No 4-H leaders trained individually	35	40	60	10	28
No. club meetings held by leader without agent	83	120	77	67	95
No. additional club meetings at which leaders assisted	-	-	-	5	21
No. demonstrations given by adult leaders	98	60	35	59	95
by junior leaders	50	40	15	8	28

<u>Young Men and Women's Clubs</u>	<u>1952</u>	<u>1953</u>	<u>1954</u>	<u>1955</u>	<u>1956</u>
No. club officers					2
No. leaders					2

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G. Activities and Accomplishments of a Leader

Mrs. J. J. Mays, president of the Forest Hill Home Demonstration Club, has been an outstanding leader. She joined the home demonstration club after moving to the community a few years ago. The club helped her to feel apart of the community and gave her an opportunity to become one of the leaders. Mrs. Mays was eager to learn more about the work and how it could help her become a better homemaker.

In 1954 she was elected president of her club and a delegate to the State Federation meeting at VPI. She was most enthusiastic about the state meeting and what it meant to her to be able to attend. She has also attended the Institute of Rural Affairs for the past two summers. The reports which she has given at club and county meetings have been most interesting. She emphasized the value which other members could receive from attending. While attending the Federation meeting last summer, she was able to present a skit which she did without advance preparation.

The Forest Hill Club has been very active and has grown under her leadership. After serving two years as president, she has been appointed County Home and Community Beautification Chairman for the Federation Program of Work.

Mrs. Mays has led group singing at Achievement Day programs and directed recreation. She is a good homemaker, a good citizen, and a leader in her community.

D. Activities and Accomplishments of an Outstanding Family

The Fred Hutcherson family has been one of the outstanding families this year. They live on a farm near Gladys. Mrs. Hutcherson was Family Life chairman and clothing project leader for her club and a 4-H club leader. She attended part of the tailoring school classes and the training school conducted by Singer Sewing Company for 4-H leaders.

She has made improvements in her home, provided good home training for their three children, helped with activities for school and community improvement, and helped with providing income for the family by raising poultry and fresh vegetables for sale.

Mrs. Hutcherson presented interesting programs on family life and gave clothing demonstrations. She found the training meetings very helpful in home sewing for herself and two daughters.

Her daughter Carolyn, has been a 4-H member for two years. She enrolled in the garden and food preservation project and made progress during the year

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E. Activities and Accomplishments of a Club

The Mt. Athes Club has made several outstanding accomplishments under the leadership of Mrs. Merris Tilletson, president. This is a good example of an outstanding 4-H club member and All Star, the former Embra Moorman, continuing to give active support and leadership to Extension work.

There were twenty-six members on roll and one hundred per cent of the members gave the president a summary of their accomplishments. Twenty-three of the members voted in State and National elections, fourteen had a physical examination, nineteen had drivers permits and participated in highway safety activities, and seventeen attended the Achievement Day program. The Mt. Athes Club was one of the hostess clubs in 1956. Twelve members received reading certificates which was the largest number from any of the clubs. The 26 members read a total of 201 books and report giving information received at club meetings to 129 people.

Members have found the year's program helpful. Leaders attended all training meetings, gave demonstrations at their club meetings and at the Colonial Home Demonstration Club meetings when their leaders were unable to attend training meetings.

The Colonial Club meets at night, as a majority of their members have small children or are employed.

The president moved into her new home this summer. House Furnishing leaders, Mrs. Claude Scott and Mrs. H. O. Bradley, made draperies for her dining-room for club demonstrations. Additional members made a total of 33 pairs of curtains and 42 pairs of draperies, renovated 25 picture frames and framed 24 pictures, refinished 59 pieces of furniture, refinished 10 floors, and painted 13 rooms.

Even though several members lived in the suburbs of Lynchburg, they canned 1,216 quarts of fruits, froze 465 quarts of fruits, canned 803 quarts of vegetables, canned only 12 quarts of meat but froze 3,982 pounds of meat, and canned 523 pints of jellies, jams and pickles.

Members made 135 garments, remodeled 29, and tailored 10 coats and suits.

The club had excellent attendance at regular meetings and took part in community and county-wide activities.

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F. An Achievement of Extension Work

One of the outstanding achievements was the work done in promoting traffic safety and conducting an adult driver education program. Details of the program and results have been given previously under V. B. Home Demonstration Club Community Projects - Safety see pages 12-15.

An achievement in 4-H work was the organization of a 4-H County Council. There had been no organized meetings for several years. Some of the problems were; a majority of the clubs were organized in elementary schools, which meant officers were young and could not attend county meetings unless accompanied by parents. Clubs had to meet during activity periods with thirty minutes devoted to monthly meetings, and clubs for high school groups were limited, as they had to have night meetings. The county seat, Rustburg, has limited facilities for county meetings and is not the "center of interest" for the entire county.

The agents, older club members, and leaders planned a county-wide Achievement Day program to award medals and to recognize outstanding members. A film on 4-H camp was shown. Members and parents were invited to learn more about the 4-H club programs. The response was enthusiastic with around 250 attending. In advance of the meeting, the agent explained the proposed meeting to club members and to school principals. A letter was also written to members and parents.

The Council was organized and held another meeting during the summer. Two new clubs for older members have been requested recently and were organized during activity periods at the high schools with the cooperation of school principals.

XII. PUBLIC RELATIONS

A. Co-Workers

Good relations exist with co-workers. Staff conferences were held to make plans and discuss problems. The home agent asked for advice and background information regarding local situations since co-workers had been in the county longer and were more familiar with conditions. Co-workers were invited to all special meetings and were given information regarding schedule of meetings. General meetings were planned cooperatively and visits were made to assist farm families, schedule meetings and so forth.

B. General Public

Publicity was given to county-wide meetings which were always stated as being open to the public; for example, community meetings on inheritance, Social Security and Poultry.

Announcements and information were given through news articles, radio and television programs, exhibits and displays.

The Extension program has been explained briefly to persons desiring information and to some who "thought that it was canning, cooking and sewing".

The agent attended the dairy tour sponsored by the Lynchburg Chamber of Commerce to promote good public relations. The agent also attended meetings of other organizations and was an invited guest at one of the county teachers' association banquets.

C. Other Professional Workers

Professional workers have been invited to attend all training and county-wide meetings which would be of interest. Home Economics teachers attended the House Furnishings training meeting which was held in July.

The Supervisors of Instruction for the schools attended the Achievement Day program. Mrs. Sarah Morey, Home Economics teacher at Breckville brought all senior home economics students to the program to hear an address by Dr. M. Ledge Moffett.

The agent has had conferences with workers to receive information and to discuss programs. Bulletins have been furnished the agent by the Health Department. Other workers were given copies of yearbooks and new bulletins received from the State Extension Service.

The home economics teachers and the agent worked cooperatively in activities relating to the Lynchburg Farm Show.

D. Elected Representatives

The agent attended a meeting of the Board of Supervisors and gave a report on past accomplishments and plans for future programs. Board members and others elected representatives were given copies of yearbooks, and letters were sent inviting them to all meetings in which they might be interested. Mr. Henry Bennett, Clerk of the County Court, and his wife attended the Achievement Day program.

Representatives were given copies of recent publications. The Clerk, Commonwealth Attorney, and others asked for additional copies of the bulletin "What Will Become of Your Property".

E. Commercial Interest

The agent tried to keep information on new materials and equipment available. Commercial publications were studied and used when practical. Products were never endorsed by the agent. Stores were visited to check available supplies. Efforts were made to secure materials locally for demonstration purposes.

XIII. Professional Improvement

The agent is a member of the Virginia and National Home Demonstration Agents' Associations and the Virginia and National Home Economics Associations. Publications which were read by the agent were; Extension Service Review, National 4-H News, Journal of Home Economics, Forecast, Good Housekeeping, Better Homes and Gardens, and other magazines received by the agent.

The agent attended district and state Extension meetings, Institute of Rural Affairs, and a one-day photography workshop. The agent felt that attending the National Home Demonstration Council meeting in San Antonio, Texas, was a most valuable experience which contributed much to professional improvement.

XIV. BRIEF APPRAISAL OF YEAR'S WORK

The Extension program has contributed to better family living through participation of the people in the various programs and activities. Families have learned new methods, developed skills, received knowledge and inspiration, and an opportunity for self expression and leadership.

The 4-H Club program needs further strengthening with more time devoted to securing and training leaders for effective project instruction.

The agent does not have sufficient time to devote to all the programs and activities which come with the scope of Extension work.

The most important thing which needs to be done is the development of a long-range extension educational program, and the formation of special interest committees and the County Agricultural Extension Service Board.