

have been brought up to date.

XII. The Look Ahead

Next year's work can be strengthened by:

1. Encouraging leaders to continue working as they have and have others take part in leadership.
2. Reaching more people in the county by personal contact by agent, home demonstration members and 4-H members.
3. Begin sending "Hearthstone" to club members again.
4. Encourage starting the market again this year.
5. Try to have county Apple Cook Book published.

The main problems that existed in 1958 were transportation for women and 4-H members to meetings and securing leaders. These problems have not been solved this year.

1. Most active club in the county.
2. Have four members who are 4-H leaders.
3. Several members will receive reading certificates.
4. Served dinners for money making project.
5. Gave flower containers to Firehouse for community project.
6. Have interested new people in the group.

F. Significant Achievement of Extension Work

The Home Demonstration Club s have shown great improvement in leadership through the years. Many women have received confidence in themselves through being leaders in their local clubs. The members have improved in attendance at training meetings. Even though the attendance this year has not been outstanding at leader training meetings, the leaders have been very cooperative in giving demonstrations at club meetings.

VIII. Cooperative work with other agencies :

1. Health Department

Cooperated in promoting nutritional education in the county.

2. Cooperated in the county with such county wide drives and clinics as T. B. , Red Cross, Cancer, and Polio.

IX. Developing Good Public Relations

- A. Co-workers planned together for 4-H and other county wide events.
- B. General public .. worked with people and gave information to the people by newspaper, radio and personal contact.
- C. Elected Representatives

Cooperated with the elected representatives in coordination of all county programs for betterment of the county and its people.

X. I have read professional magazines and books this year.

XI. The office has been rearranged to make it more convenient. The files

	1954	1955	1956	1957	1958
No. Additional club meetings at which leaders assisted	-	-	28	36	24
No. demonstrations given by adult leaders	-	-	94	42	31
No. demonstrations given by junior leaders	-	-	17	47	12

Home Demonstration Club Leadership

No. organizational leaders	-	-	32	26	19
No. project leaders (subject matter)	33	34	45	47	43
No. Federation program of work Chairman	9	10	8	7	6
No. program development leaders	9	10	9	7	6
No. Result demonstrations	53	47	39	30	15
No. training meetings by specialists	3	3	2	2	2
No. training meetings by Dist. Agent	2	2	3	1	3
No. training meetings by agent				8	1
Attendances at all training meetings	22	30	50	37	11
No. meetings without agent	27	32	41	30	6
No. meetings leaders assisted	46	43	24	24	5
Demonstration by leaders	21	27	41	25	19
Talks and discussions by leaders	57	72	45	153	70

Story of Outstanding Leader.

Since the agent has been in the county only a short time she did not feel she knew the leaders well enough to write a story .

III. C. Accomplishments of outstanding leader:

Mrs. Barbara Gentry is a leader in the Flint Hill Community.

1. Mrs. Gentry is Chairman of District VIII this year.
 2. Mrs. Gentry was chairman of County Home Demonstration Committee ^{but} resigned after being elected district chairman.
 3. She has been a 4-H leader for eleven years.
 4. Has helped plan county events both 4-H and home demonstration.
 5. Very active in church and community activities.
 6. Assisted with county market.
- D. Due to recent changes in personnel the agent does not feel she knows a family well enough to report on.
- E. Activities and accomplishments of a club.

Flint Hill Club :

demonstrations and lead four discussions for 4-H clubs. They have served as project leaders on average of two projects each.

The leaders further assisted club members in preparation for the club and county contest and assisted the home agent in holding the club and county contest and aided in making club exhibits for Achievement.

During the summer months eight of the project leaders opened their home during the 4-H club meetings and planned recreation at the close of the meetings.

They conducted 3-4 meetings in eight community groups, with agent only attending one in each community.

Eighteen older girls have served by giving seven demonstrations to project groups in sewing, foods, and room improvement and electric; in assisting agent and adult leaders in preparation for club meetings and assisting with demonstrations.

Junior leaders further assisted by reporting club activities and collecting project record books and checking work sheets.

	<u>1957</u>		<u>1958</u>		
	23		13		
3. Overall Youth Leaders					
4. <u>4-H Club Leadership</u>	<u>1954</u>	<u>1955</u>	<u>1956</u>	<u>1957</u>	<u>1958</u>
No. Club Officers	45	40	45	45	45
No. adult project leaders	19	17	18	12	12
No. junior project leaders	16	14	14	19	1
No. result demonstrations	2	2	2	2	2
No. training meetings by spec. agent.	-	-	-	-	-
No. training meetings by dist. agent.	-	-	-	-	-
No. training meetings by agt.	4	4	2	2	-
No. training meetings by others.	-	-	-	-	-
Total no. leader training mtgs.-	-	-	8	6	-
No. 4-H leaders trained indiv.	-	-	5	12	12
No. club mtgs. held by ldr. without agent	-	-	94	67	12

session of the six group meetings regularly. These leaders showed a general growth through the year in the responsibilities they carried. Meetings were held while the county was without an agent.

2. Program Development Leaders:

There is a definite growth in the services rendered by the program development leaders of the six organized clubs in the county. These leaders of the six organized clubs held discussions at club meetings followed after the spring county committee meeting. Four brought good reports from their clubs to the planning meeting, and took back to their clubs the plans for 1958.

3. Subject Matter:

The subject matter leader in the adult work has shown growth from year to year in the county. In 1958 forty-three different women served as project leaders.

B. Growth of Leadership

1. Overall program Leaders

	<u>1957</u>	<u>1958</u>
	67	62

4. Federation Program of Work Chairmen

These leaders have functioned in the six groups, meeting regularly and have given a number of demonstrations. The federation goal chairmen have had discussion on " Family Life " in the club meetings and directed the recreation at local club meetings. The leaders were in charge of the demonstrations during the absence of the agent.

b. 4-H

There are in the county 12 adult leaders for 15 organized community clubs and summerproject groups. This is an increase of one adult leader. It is the result of progress made in 4-H work in the county.

Records show that the adult 4-H leaders have given a total of 42

at Woodland Park. The county council furnished wainers, rolls, lemonade and paid part of the transportation.

9. Conservation Camp

Have two boys and two girls and 4-H leader attend conservation camp.

Results

No one from the county attended this year.

IX Scope of Work

	1954	1955	1956	1957	1958
No. H. D. Clubs or groups	12	11	9	8	6
Membership	257	257	262	242	175
No. 4-H Clubs	9	8	9	9	9
Membership	131	129	110	113	129
No. of other families reached	598	599	590	591	400
No. of different families reached	800	800	800	800	700
Home Ec. committee				1	2
Farm and Home Dev. families				1	1

B. Publicity in home demonstration work this year included:

1. Radio programs were given twice a month.
2. Home visits were made to many families not in home demonstration clubs.
3. News stories appeared in the Rappahannock county paper.
4. Members were encouraged to talk to non-members.

VII. Leadership

A. Contribution of Volunteer Leadership:

1. Organizational leaders:

The officers of home demonstration clubs and the officers of county home demonstration committee composed of the organizational leaders in Rappahannock in 1958. There were 26 such leaders who assisted in carry responsibility of the county committee as reported under that heading and the organization and business

- c. Give banner to most outstanding club.
- d. Recognize 4-H leaders.

Results :

1. The Achievement Night Program has been planned for December 13th.
2. The honor club and County Council members planned and participated in the 4-H Achievement program.
3. Rod Hegan is to be master of ceremonies.
4. 4-H leaders, junior leaders, teachers and 4-H'ers will cooperate in preparing exhibits, cookies, etc.
5. Seven county medals on project work, achievement, and recreation were awarded the girls.

Mrs. Barbara Gentry received gold certificate for 10 years service. Other leaders were recognized.

Mrs. Maxine Cary, Mrs. Barbara Gentry and Mrs. Mabel Lillard were recognized with 4-H pins.

6. All of the program was given by 4-H'ers, giving talks on camp, Short Course, judging team, trips etc. An Ifye delegate was the main speaker.

Shirley Smoot sang several songs for entertainment.

7. 4-H leaders and parents helped with decorations and serving soft drinks and cookies.

8. County Picnic

Have a county wide picnic for all 4-H'ers with part of expenses paid for by county council..

Results

About 60 4-H'ers, parents and leaders attended county picnic

- a. Have two girls attend
- b. Have one girl recommended for All Stars

Results:

Two girls attended short course.
One girl was taken into the All Stars.

5. Rural Life Sunday

The purpose of Rural Life Sunday is to stress the importance of the Heart H in developing the 4-H projects. Plans are to have a special county wide observance with 4-H'ers from all parts of the county participating.

Results

The County Rural Life Service was held with 4-H members taking part on the program.

6. Share the Fun Contest:

Have a special meeting for about 30 4-H'ers to participate.
Have county winners over 14 enter state contest and county winner under 14 have scholarship to camp.

Results:

- 1. A large group attended this event. A boy and girl entered the public speaking contest.
- 2. Shirley Smoot entered the State Share the Fun Contest. A girl under 14 won the scholarship to camp.
- 3. Peachey Lyne and Rod Regan entered District Public Speaking Contest.

7. Achievement Program

- a. Have Honor Club plan and participate in the Achievement Program.
- b. Have each club make an educational exhibit.

2. National 4-H Club Week

Objectives of this activity will be to acquaint the parents and people in the county with work of 4-H clubs, throughout the county.

- a. Each club will make window exhibits, posters, etc. to celebrate. Give publicity through radio and news, of 4-H activities.
- b. Have 4-H'ers give radio program that week.
- c. Have 4-H supper planned, prepared and served by 4-H'ers, mothers and leaders as means of replenishing county council treasury.

Results :

Activities of publicizing 4-H during the month of March included:

1. Special articles appeared in Rappahannock News.
2. special radio program
3. Special Ham Dinner to make money to be used in 4-H activities.

Dinner was served by 4-H'ers, leaders and parents.

3. County Camp

Objectives

- a. Agent, two local leaders and 11 girls attended camp.
- b. To have all club members attending be club members of good standing with record books up to date.

Results :

Have ten girls attend 4-H camp. All girls had a project completed.

4. Short Course

Objectives:

2. Have each member keep record of work done.
3. Have all members give a demonstration.
4. Have club winners enter county contest.

Results :

1. Nine girls out of 20 enrolled completed this project.
2. Each girl gave one or more demonstrations during the project.
3. Satisfaction was gained in learning improved methods of ironing and to iron sitting down.

5. Farm and Home Electrification

Held planning meeting with electric suppliers on electric projects, time, place and program to be carried out.

Procedure:

1. Have five girls enter Unit I and Unit II.
2. Have 4-H'ers enrolled in Unit II for second year act as junior leaders, to younger group and aid in giving the demonstration.

Results :

Project was not taken during the year.

8. A-H Activities

1. County Contest

4. Have a girl enter the county contest from each club.
5. Have five older girls enter the State Achievement contests.

Results :

1. One girl entered the district contest. No county contest was held this year.

2. Thirty-three girls completed out of 58 enrolled in "Looking Your Best."

3. Eight clubs had exhibits of clothing in the Achievement Program club exhibit.

3. Room Improvement

Your Room

The purpose of this project is to interest the girls in promoting better family living by having a more attractive bedroom, by learning the techniques and doing the work themselves, to reach other families by work they have done, save some of the family income through labor saved and have pride in their home because of their personal accomplishments.

Procedure :

1. Have one group with ten girls with leader and junior leader.
2. Agent train leader to give demonstration.
3. Have each girl give a demonstration.
4. Have girls make exhibit at achievement program.
5. Give publicity to this project.

Results

1. Only one girl completed project. She entered the district demonstration contest.

4. Ironing

The purpose of this project is to teach the girls the easiest and fastest method of ironing with a creditable end product.

Procedure :

1. Have 14 in two clubs with six demonstrations given at each meeting.

Purpose:

The clothing project was to interest and teach 4-8 girls the first steps in sewing, how to construct simple garments. These projects are to promote in the girls a desire to assist in the family living by doing jobs made possible through what they have learned in the project.

Procedure

1. Have two clubs with 12 enrolled in So You'd Like to Sew and four clubs with 45 enrolled in Looking Your Best.
2. Have project conducted in club meetings in the school and during the summer month in small neighborhood groups.
3. Agent train leaders in groups or individually to conduct all demonstrations.
4. Leaders give or assist with the six demonstrations given to the groups during the school year.
5. Have an adult and junior leader for all summer groups.
6. Have all club members keep records and checked by leaders and junior leaders in each meeting.
7. Have club members enter club contest and county contest for their project and exhibit articles and garments.
8. Have all club members give or assist in giving one or more demonstrations.
9. Home Agent make home visits to club members and leaders.

Results :

1. Nineteen completed So You'd Like to Sew out of 23 enrolled. They made a total of 76 articles worth about \$15.00.

on interest of the club group.

C. 4-H Project Work

1. Food:

The purpose of this project was to guide and teach the girls the basic facts and methods in planning, preparing and serving foods and to prepare girls to carry some of the family responsibility in the daily work. Foods work for 1958 is also for the purpose of forming better food habits in eating for Health's Sake and to reach more families in the county through this method.

Procedure:

Meal planning and preparation and breads.

1. Reach 25 in 4-H Clubs in these projects.
2. Project conducted in summer months in neighborhood groups.
3. Have one adult and junior leader for each group.
4. Agent train all leaders in group or individually.
5. Have club members keep records.
6. Have club members enter contest offered in project and exhibit project achievement day.
7. Have club members give a demonstration in her club.

Results:

1. Seventeen girls completed meal preparation project. A total of 1233 dishes were served and 567 meals were prepared and served.
2. Two girls completed the bread project making a total of 183 breads.
3. All girls gave at least one demonstration during project work.
4. One junior leader and four adult leaders have worked with girls in these projects.

2. Clothing

selected and officer training work shop was conducted for 4-H club officers in the county by the honor club members. All clubs were represented at this meeting.

The spring meeting checked on progress made by 4-H clubs on the goals, plans, etc. for summer 4-H activities and recreation to be use in 4-H meetings.

3. Honor Club

The purpose of the honor club is to recognize outstanding 4-H members and develop enthusiasm and leadership among older 4-H members.

Honor Club Goals

1. Help with officer training at fall county council.
2. Plan and participate in achievement program.
3. Develop leadership.
 - a. Each honor club member work with two or more younger 4-H members with project work and records.
 - b. Work as junior leader.
4. Have three meetings a year.
 1. One meeting for initiation of new members.
 - One meeting for social
 - One meeting for business, election, plan of work, etc.

Results

The Honor Club was not active as a group but members of this group helped with the Achievement Night Program. No members were taken in this year.

4. Project Planning Committee

Due to change in personnel at this time projects were selected

- b. Have spring meeting to make final plans for all summer and fall activities, recreation, training and final camp and short course arrangements.
5. Select reporters in each club to send club news to county chairman

Results :

1. Jean Lillard was initiated into the All Star Organization.
2. 120 girls enrolled in 150 project work with 107 of these completed or 71% completion of projects. Members completion was 67%, 129 enrolled with 97 completing:
3. One girl assumed the duties of junior leader helping adult leaders with demonstrations and younger members with records. She worked with a community group on Meal Preparation.
4. Two girls and a leader attended State Short Course. One girl participated in the State Share of Fun Contest.
5. A 4-H supper was served by 4-H members, parents and leaders. About 70 people attended. This is the main money making project of the council.
6. Twenty subscriptions to the National 4-H News were sent to leaders and some junior leaders and schools throughout the county.
7. Publicity :
 - a. The two 4-H road signs were repainted and erected on 211 at Chester Gap and on the road to Madison.
 - b. The outstanding 4-H'er has not been carried out during this year.
8. Special 4-H Rural Life Sunday Service was very well attended.
9. Two county council meetings were held in the fall... goals were

- c. Have a special 4-H Rural Life Sunday Service.

County Council Goals :

1. Recommend one boy and one girl for All Star each year if eligible.
2. Have at least 85% completion of projects and turned in records.
Give banner to club winning highest number of points on score sheet.
3. Have one boy and one girl as junior leaders for each club.. give publicity so all 4-H'ers will know who the 4-H junior leaders are.
4. Send two boys and two girls to State Short Course.
5. Sponsor 4-H supper during National 4-H Club Week.
Give publicity during 4-H club week in newspapers and on radio.
6. Purchase 20 copies of National 4-H news: to be given to leaders and clubs.
7. Publicity:
 - A. Maintain 4-H Road sign.
 - B. Sponsor one boy and one girl as 4-H'er of the year.
 - c. Have reporter send in an article and picture each month to Head, Heart, Hand and Health.
8. Have one boy and one girl talk to Home Demonstration Clubs on progress of 4-H work and needs.
9. Have a special 4-H Rural Life Sunday Service.

Procedure:

1. Have special leader training meeting for both adult and junior leaders to acquaint them with 4-H program, goals, philosophy, awards, etc. that are available.
2. Agent contact leaders and 4-H members to attend camp and State Short Course. Get cooperation and help of 4-H'ers who attended past years in this project.
3. Continue use of county score sheet in selecting outstanding club and present 4-H banner at fall county council meeting.
4. Hold two council meetings in 1958.
 - a. Have fall meeting devoted to officers training workshop, selection of county goals for years.

Federation Activities:

Family Life was chosen as the Federation Program of Work for the year. This was given as two months demonstration to all clubs and has already been included in this report.

District Meeting:

The county had 15 members to attend the District Federation meeting in Fairfax. This was a good delegation considering the distance they had to travel.

The Chairman for District VIII is from Spanghanock County.

V. County Youth Extension Program.

A. Organization

1. County Youth Council

Organize a youth committee composed of boy and girl representative from the Honor Club, County Council, 4-H leaders and a representative from All Stars. The purpose of this meeting will be to present the county situation, select the county problems and then to select goals for the coming year.

Results :

Due to change in personnel this council was not active this year.

2. County Council :

The Agents will strive toward strengthening the 4-H council by:

- a. Maintain 4-H Road Signs
- b. Sponsor one boy and one girl as 4-H'er of the year.
- c. Have reporter send in an article and picture each month to Head, Heart, Hand and Health.
- d. Have one boy and one girl talk to Home Demonstration Clubs on progress of 4-H work and needs.

The purpose of this project is to promote better family living through:

1. To promote the ability to recognize and do good quality handwork.
2. By a study of line, design, color, proportion, in relation to home arts.
3. To add to family finances by establishing a market for the sale of these products.

Procedure:

1. Clubs to have a special interest or club choice meeting for all those interested.
2. Use leaders already trained to conduct the meeting.
3. Study county situation and all available information on ways of selling hand made products and establishing a successful market.

Results:

Most of the clubs held special interest meetings as club choice on the making of some crafts. Leaders that had been previously trained conducted the meetings.

5. Other Activities:

Market:

Practically nothing was done this year on establishing the home industry market. The committee will be re-activated early in 1959.

Cook Book:

Some further work was done on preparing the Apple Cook Book. At present the committee is working on ways of getting the book duplicated and a sure way of making it financially successful.

The purpose of this project was to promote better family living through:

1. Study of calories, value of food and number of calories needed for certain types of work.
2. How to maintain correct weight through proper calorie intake.
3. Study and demonstrate recipes in use of apples from Rappahannock Cook Book.

Procedure :

1. Hold leader training meeting.
2. Have two demonstrations given by leaders and agents to each of the home demonstration clubs.
3. Give mimeographed material to home demonstration members at the meeting.

Results:

This phase of the program consisted of two demonstrations.. one on Christmas cookies and candies and one on the use of apples, Rappahannock County's No. 1 Crop.

The demonstration on Christmas cookies and candies was given by a new agent in the county but was well received and used. The mimeographed material that was given was requested by a large number of non-members.

The demonstration on use of apples was included as a means of further promoting the Apple Cook Book which the members have prepared and hope to get duplicated for sale. This demonstration was poorly timed and therefore did not bring the results we had hoped for. However, the committee is still at work on how the Apple Cook Book can be produced and sold.

5. Rural Arts :

3. Housing :

1. Continue to work with result demonstration in kitchen, bath and remodeling the home.

(a) To prevent many mistakes by having a long time plan for convenience, comfort, and stressing adequate storage.

(b) Reach more families in the county through this common interest.

(c) To save money, hours of labor and enable the family to enjoy many more modern conveniences.

2. Have one special interest meeting for persons interested in doing chair caning and furniture refinishing.

Results :

One special interest meeting on Refinishing and Repairing furniture was held in the Fire Hall in Washington. Twelve persons participated by bringing a piece of furniture to the clinic. The furniture consisted of chairs and sofas to be caned, two chairs to refinish and one chest to be refinished and one chair to be reseated with fiber cord. The Adams family of Woodville, reseated the chair with fiber cord and they had a set of six dining room chairs to do.

The one day work meeting was very rewarding when summing up the accomplishments of the day... however everyone did not complete the job started. The agent followed up this work with special visits.

Very little was done as follow up or continuation of the result demonstration in housing. This was due largely to a new agent starting in the county and staying a very short period.

4. Food :

1. Have leader training meeting.
2. Have three demonstrations or talks given to each club.
3. Give publicity on radio and news.
4. Give mimeographed material and make home visits to homemakers requesting help.

This phase of the program was planned for three meetings, but most of the clubs combined the topics, Understanding the Behavior and Attitude of Children of All Ages and Knowledge of the Development of Children at Various Age Levels.

The agent trained the leaders for this meeting. Interesting pamphlets were secured on interest of children. These were written in a series of four .. giving the interest at different ^{age} levels . The meeting was handled as a discussion with question and answers. Certain case situations were presented and the members of the group said how they would deal with their children in a similar situation.

Pamphlets were distributed to about 90 persons.

This program was followed in November by a demonstration on Recreation for The Family. Mimeographed leaflets are being distributed , giving ideas on different types of Family Recreation and also an exhibit is being displayed at each meeting on games that families could make. Since this phase of the program is being presented at this time, no concrete evidence can be given as to the use of this information. However it is anticipated that much use will be made of this as a great deal of interest is being shown in the demonstration.

The homemade games which are being demonstrated will be used for various adult and 4-H programs where recreation is desired.

New cleaning materials and equipment were demonstrated. The major part of the demonstration dealt with the various kinds of waxes on the market and what they were especially adapted for. Samples of wax were obtained from different companies to use in the demonstrations. Small pieces of furniture, doors, painted surfaces etc. were used to apply the waxes. More than a 100 pieces of mimeographed or printed materials were distributed. The agent followed the meetings in the clubs with a radio program on short cuts in housekeeping. The agent has comments from members from time to time indicating they were using information gained through the demonstration.

The Washington and Flint Hill Home Demonstration Clubs had a joint meeting at which time the Home Economics with the Northern Virginia Power Company gave a demonstration on appliances. This was not in the program but was substituted from a meeting on family life.

The meeting was well attended and created some interest in the communities.

2. Family Life and Child Development :

The purposes of this project are to promote better family living through:

1. Better understanding the behavior and attitudes of children of all ages.
2. Knowledge of the development of children at various age levels.
3. The importance of family recreation to better family living.

Procedure :

that more money could be saved on preparing bread mixes at home.

Over 100 members reported using information gained at this demonstration.

The outstanding result of this phase of the program is the satisfaction that approximately 115 families derived from learning how to be better buyers and spenders.

Short Cuts in Housecleaning :

The purpose of this project is to promote better family living through:

1. Suggesting ways to reduce the amount of cleaning.
2. Proper use of cleaning materials and waxes.
3. Importance of using wax.
4. Importance of cleanliness.

Procedure:

1. Have one leader training meeting on this subject.
2. Have demonstrations given at each club by trained leaders and agent.
3. To give a club membership mimeographed material and pamphlets, related to the subject.

Results:

The leaders were trained for this demonstration by the specialist during the time when there were no agents in the county. As a result of the training meeting was poorly attended

Before the program was given in the clubs an agent was employed and this demonstration was given to all clubs by the agent, using the materials which the specialist had prepared.

- (1) Better use of the family dollar or analyzing fixed expenses.
- (2) Gaining further knowledge on the differences in grades of packaged, frozen and canned foods.
- (3) Comparing cost and show uses of ready prepared and homemade mixes.

Where your dollar goes was the topic given to six clubs by the agent. Club members were given a special sheet, which helped them to analyze their fixed expenses in order to see what income would be left for family living. This demonstration was followed by the ladies giving a demonstration to the six clubs on a study of the different grades of packaged, frozen and canned foods. The leaders were trained by the food specialist. Actual containers of foods were brought to the meeting for study. Labels as to the contents were studied and then the package on containers of food was opened to see the quality. Homemakers reported this meeting was very helpful as they had not given much thought to the difference in weight of amount of the content in buying foods.

Six Home Demonstration Clubs enjoyed a short film on buying without a shopping list. This illustrated how much money we spend for non-essentials unless we have a shopping guide.

Another demonstration was given by the leaders to all clubs on Sense versus Nonsense in Using Ready Prepared and Homemade Mixes. New uses of homemade mixes were demonstrated as well as a comparative cost study.

Through the demonstration members learned that some of the ready prepared mixes for cakes compared favorable in cost to those they might prepare at home. From individual member reports it seemed

Also during this meeting help was given in regards to duties and responsibilities of each club officer and Program Development leaders. Delegates to Institute of Rural Affairs were picked by the committee.

2. The fall committee meeting was held in September to plan objectives, federational goals and program from needs and interest of each club as presented by their program development leaders.

The county committee had 16 women attend the district federation meeting at Fairfax and sent one delegate to the State Federation of Home Demonstration Clubs and Institute of Rural Affairs.

The County Home Demonstration Committee published the year book.

The County Committee planned to have home demonstration Achievement Day in October, but due to a change in personnel it was decided to post pone this event.

Leaders aided in publicity of National Home Demonstration week by special news articles and radio forums.

Donations were made to the Pennie for Friendship.

B. Project Work :

1. Home Management :

This area of the program was decided with two major phases, namely:

- (1) Using the family dollar wisely .
- (2) Short cuts in Housecleaning.

Family Finances:

The purpose of this project was to promote better family living through:

communities as lunches, quick snacks, etc.

5. Results of survey conducted in 4-H clubs, H. B. Clubs, second and third grades and high school were as follows:

<u>349 people in Rappahannock:</u>	14 ate no breakfast
	262 had inadequate breakfast
	38 had no breakfast
	34% of children had enough milk
	22% of children had $\frac{1}{2}$ enough milk
	19% of children had some milk
	20% of children had no milk
	15% adults had enough milk
	31% adults had one half enough milk
	54% adults had some milk
	74% had no green or yellow vegetables
	43% had no tomatoes or citrus fruits
	19% had some fruits or vegetables but not enough

Some progress was detected since the 1952 survey. There was an improvement on the number of persons drinking milk but still a big nutritional need in the county.

The survey showed fewer families eating green and yellow vegetables and tomatoes and citrus fruits. This is a definite need and will be emphasized at future program planning meetings.

C. County Home Demonstration Committee

The purpose of this committee is to promote home demonstration work by recognizing the needs and interest of the families in the county and is composed of the presidents and program development leaders of each home demonstration club. The committee meets twice a year with an executive committee meeting before each meeting.

1. The spring meeting was held in April for the purpose of analyzing the program planned at fall planning meeting and progress made in reach of the goals. Changes were made to adopt the program to meet the changing situation.

selecting federation Program of Work... Health and Safety.

(3) Make another dietary survey through Home Demonstration Clubs, 4-H and schools.

Goals selected by this committee:

1. Increase the awareness of the families of the effect of poor nutrition on family health in Happaannock through:
 - (a) publicity ... news, radio, personal contact.
 - (b) demonstration on well balanced diets.
 - (c) garden campaign
 - (d) nutrition program in schools, 4-H and P. T. A.

Results:

1. Publicity .. Articles in newspaper, on the radio.

The home demonstration news letter has been published regularly discussing ways of improving diets.. using survey as basic data.

2. Two Home Demonstration Clubs devoted their meetings to Your Food and Your Weight and also the Use of Apples. Information from the survey was ⁵/₄ used in presenting the need in our county.

3. Food mobiles were given to each class participating in dietary survey and help in using these were given by the agent. Also these were used in 4-H groups in food projects and in related projects that were applicable like " Looking Your Best ". One topic included eating the right foods. The food mobiles were used in helping the girls to recognise a well balance diet and how it affected family living.

4. Help was given to one P. T. A. in planning and preparing talks on various phases of nutrition and ways of improving diets in their

to the Home Demonstration planning and decided on the general goals for the coming year.

Results :

This group met prior to the fall Home Demonstration Planning and selected three goals for the coming year.

1. Stress the importance of Better Nutrition and How It Affects our Family Living using our dietary survey as basic information.
2. Promoting better family and community relations between different sections of the county.
3. Publish how Home Demonstration and 4-H Clubs can contribute to family living.

At the Home Demonstration Planning Meeting the following activities were planned:

1. Visitation program by each Home Demonstration member.. two or more other families in her community.
2. Report on Dietary Survey in 1957 with 3 monthly demonstrations devoted to subject of food and nutrition.

B. County Home Economics Committee :

One committee on Health and Nutrition was organized in 1956-57 with a member from each district, county health nurse, minister and district agent and home agent serving.

The problem " Health and Nutrition " was selected as to the No. 1 problem because:

- (1) Need for improving diets of families as indicated by Sappahannock dietary survey in 1952.
- (2) Recognition of this problem by Home Demonstration Clubs in

- a. To stretch family dollar by analyzing fixed expenses.
 - b. Comparison of grades and brands of products as to cost and quality.
 - c. Comparison of cost of ready prepared and homemade mixes.
- (b). Maintaining a market where homemakers may sell articles made.
3. The federation program of work - Family Life.

(a) Financial

1. Report on family discussion of income.
2. Budget (develop ways of keeping records of family living cost.)
3. Child allowance

(b) Parent... child relationship

- (c) Neighbor relation ... visitation program to interest others in H. D. work and 4-H work. Visitation tree in each club.

(d) Health... improve standard of living

1. Through better nutrition
2. Encourage physical check up.
 1. Dental
 2. X-ray

III. County Adult Extension Program

A. Organization

1. No report.
2. Home Economics Council:

This group is composed of the county Home Demonstration Club Committee and representatives of special Home Economics Extension Committee.

In 1957 this group selected county problems prior to

II. County Situation

1. The County Situation Considered in Working out 1958 Program .

Rappahannock is primarily an agricultural county. Most of the families are dependent on the farm for a livelihood. Livestock, apples, and poultry are the chief sources of income. These are listed according to importance. The orchards furnish the income for both the low income bracket and the owners with a large income.

The majority of the families in Rappahannock are self supporting with average income. According to the 1950 census 72% of the families in Rappahannock have less than \$2000 income.

Crop conditions affect not only the owner of the farms and orchards but determine the income of a large percentage of the tenants of the county.

The family income has been greatly reduced because of the price cost squeeze affect the rural population all over the county.

Because of the above conditions and the cost of living advancing year by year in planning the 1958 program, considerations were given mainly to three outstanding needs:

1. To contribute to better family living by improving the living conditions of the home -
 - a. By giving the homemaker short cuts in cleaning and housekeeping to reduce fatigue and give her more time to enjoy the home and family.
 - b. Studying types of cleaning equipment and surfaces for the home.
 - c. The importance of a well balance diet and planning a low calorie diet.
2. To add to family finances and aid the homemaker in judging quality of products.

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1958

Anna Ruth Barnette
Home Demonstration Agt.
Stafford County

ANNUAL NARRATIVE REPORT

**COUNTY
EXTENSION
WORK**

Virginia Agricultural Extension Service

Anna Ruth Barnette

Name

Home Demonstration

Title

Agent

Assistant Agent

Assistant Agent

Assistant Agent



1958

Rappahannock

County