

Suggestions for Improving the Home Economics Extension
Program in 1960

1. Have people well trained to present the demonstrations.
2. Give wide publicity to special interest meetings, tours, etc.
3. Make the program flexible—adjust demonstrations to the needs of various groups in different sections of the county
4. Give more effective assistance to women who work—
distribute timely labor saving information through plants.
5. Give individual help where needed and encourage members and leaders to assist young mothers and others who cannot attend meetings.
6. Encourage many people to take advantage of special interest, monthly meetings and educational tours, etc.

5. Safety Meetings Attended and Participated In

The State Safety meeting in Roanoke was an excellent one. Many valuable ideas were received while attending. The District Safety meeting in Harrisonburg was timely and the speakers and panel members gave excellent information.

6. Membership In Professional Organizations

Professional organizations which furnish professional improvement are:

- (a) District and State Home Economics Association
- (b) District, State and National Home Demonstration Agents Assoc.
- (c) Kappa Delta Pi National Fraternity
- (d) Local Cancer, TB and Red Cross Associations
- (e) Page County Womens Club
- (f) Alpha Gamma Chapter, Ext. Agents Association

VII. THE LOOK AHEAD

Appraisal of the 1959 Program

The well rounded series of special interest meetings included:

- Vegetable Gardens and Insect Control
- Farm and Home Safety
- Seafood Cookery
- Light for Living (3 meetings)
- Making Slipcovers
- Making Draw Draperies

The above special interest meetings gave strength and support to the monthly demonstrations, and attracted numerous non-members. The special interest meetings gave opportunity for people to receive help on various topics. These meetings were used more effectively, and attracted more interest in the Extension work than in any previous year.

2. Travel

Two educational tours to Washington, D.C. were made during 1959. One was to attend the National Flower Show in the Spring; the other to visit the Curtis Lee Mansion, the Tomb of the Unknown Soldier; the Smithsonian Institute and other points of interest.

Two trips to the State Capitol were made to visit interesting historical points.

The highlight of travel events during last year was a vacation trip to Florida. Interesting housing types were noted. Wonderful scenic stops were made and gorgeous home grounds were observed. The Eastern and Western Coastal scenery will long be remembered.

3. Communications School

In January, 1959 a Communications School was conducted for Extension workers in the Northern Virginia District. Emphasis was placed on "speaking" before the public. The training was practical, and it has enabled the workers to do a more effective teaching job.

4. Reading

Reading has included "Journal of Home Economics"; "Mental Health"; "Readers Digest"; "Progressive Farmer"; "Southern Planter"; "Better Homes and Gardens"; "Forecast"; "What's New In Home Economics"; "When Were Green We Grow."

State troopers gave excellent assistance in conducting bicycle safety program.

The agent talked on the Page County Bicycle Safety program at the Roanoke State Safety meeting. A 4-H member served on a safety panel in a district meeting in Rockingham County. The agent and county safety chairman assisted in training the 4-H member.

The educational association--superintendent, principals, and teachers have worked with us in supplying meeting places in crowded schools for 4-H meetings, bicycle safety training and achievement programs. Agents try to attend meetings on time in schools in order not to upset routine of the school program.

When assistance is requested of the Extension workers, this assistance, in the form of talks, bulletins or other forms, is gladly given.

The excellent cooperation and good working relationships with various groups and agencies makes work pleasant and satisfying in Page County.

C. Professional Improvement--Home Demonstration Agent

1. Annual Agents Conference

The training in subject matter fields was very rewarding during Annual Agents Conference. Much careful planning had gone into the preparation; therefore, the excellent sessions caused the agents to feel that they were beneficial from the standpoint of professional improvement. "Information Cafeteria" was well worthwhile also.

in the foods work with adults and with youth. They generously share the well equipped kitchen for leader training and other foods meetings. Special demonstrations on laundry and other topics are given to the various club groups. In the recent series of "Light for Living" meetings, the planning and program presentations were strengthened by the able assistance from the power supplier personnel. Extension workers, in turn, assist the power folks in planning, in giving certain information, etc. as the requests come for the assistance.

The stores cooperate well in loaning garments, samples, lamps, booklets and other things needed for talks and demonstrations.

Various companies send samples of new and improved products in order that the agent may keep up with new developments.

The good working relationships with commercial interests adds strength and pleasure to the work of Extension workers.

5. Other Professional Workers

Other professional workers who have cooperated with Extension are the Health Department personnel, county and workers with U.S. Public Health on accident prevention work. They assist in planning and carrying out safety programs. Extension workers give support to TB and cancer associations. Contributions of money and time are given in drives and in other kinds of work. The agent assisted in getting a class of Red Cross hospital assistants started on a training course.

meetings, etc. Agents try to cooperate with the secretary in order not to overload her with big tasks at one time. An excellent working relationship exists among the county Extension and other county workers.

2. General Public

Newspaper editors give excellent cooperation in publishing meeting notices, news articles, news stories and pictures of important events. They publish notices of special interest meetings, tours, etc., and this helps to inform the people of events in which they may participate.

Making home visits, appearing on programs and panels as requested, taking part in radio broadcasts, publishing news articles, all of these means help develop good public relation.

County events such as county picnics, county tours, achievement programs, all help make friendly working relations with other folks.

3. Elected Representatives

Each year, accomplishments of the Extension year are reported at the December meeting of the Board of Supervisors. A condensed form of the report is usually prepared by the county clerk and published in county newspaper.

Supervisors are invited to attend and participate in county events, such as achievement program, lighting meetings and county picnics.

4. Commercial Interests

Power suppliers share the services of their home economist in developing various phases of the Extension program. She assists in training leaders

She and her family graciously welcomed an IFYE this past Summer.

A highlight of her years of service will come in several weeks when her oldest son will travel to Chicago to National Club Congress. He has learned much from the examples set by his parents; thus making the trip a reality for him.

VI. A. One Significant Achievement of Extension Work

For several years, the clubs have been discussing the problem of trash disposal in rural areas. They are giving financial support, and the site for the disposal grounds is being investigated by other cooperating organizations. This convenience for rural areas will soon be a reality. This goes along with our health goal. It surely will strengthen community beautification. County people are happy to have this accomplishment so close to a reality.

B. Progress in Developing Good Public Relations

1. County Workers

There is a friendly cooperative attitude among the county workers, agricultural and otherwise. They help each other in many ways, assist in planning and carrying out meetings, help to arrange for meeting places and assist in any other ways as they occur. The other county Extension workers give excellent cooperation to each other. They assist in planning joint meetings, and activities, such as camp, achievement, programs, county

with the planning of the health and safety activities, and she has been instrumental in carrying out the planned activities.

The bicycle safety meetings owe much of their success to her assistance in making the plans and in developing them.

Special interest farm and home safety meeting was planned through her leadership.

A safety scrapbook was prepared for national competition under her able guidance.

Some results of a survey of 92 families follow:

- 51 homemakers had physical examinations
- 44 other family members had physical examinations
- 67 homemakers rested a while each day
- 73 family members had chest x-rays in 1959
- 44 families removed fire hazards
- 41 families removed other accident hazards.

Mrs. Mims attended Leaders Conference, Natural Bridge in 1957, and she plans to attend on November 20-21 and 22 of this year.

She opens her home to 4-H girls in the Summer for clothing and foods meetings.

She is very active in church work, in the womens work of the church and in youth work. As a 4-H leader, she is unexcelled. She attended and participated in the 4-H adult leader meeting in Natural Bridge in 1957. She plans to attend again this year.

She has served as 4-H project, organizational leader and youth department superintendent at the agricultural fair.

2. Home Demonstration Club Leadership

	1955	1956	1957	1958	1959
No. organizational leaders	70	70	70	65	68
No. Project Leaders (subject Mat.)	120	135	98	84	86
No. Fed. Program of Work Chairmen	14	14	25	24	24
No. Program Development Leaders	14	14	28	28	24
No. Result demonstrators	16	17	16	16	16
No. Training Meetings by Specialists	6	6	2	4	3
No. Training meetings by Dist. Agents	1	3	2	1	1
No. Training Meetings by Agents	6	5	4	4	5
No. Training Meetings by Others				2	3
Attendance at All Training Meetings	295	174	102	216	178
No. Meetings held Without an Agent	59	68	21	56	29
No. Meetings Leaders Assisted	35	56	80	90	95
Demonstrations by Leaders	59	68	75	65	60
Talks and Discussions by Leaders	150	184	195	210	220

3. L-H Club Leadership

	1955	1956	1957	1958	1959
No. Club Officers	55	55	55	60	60
No. Adult Project Leaders	8	8	11	11	11
No. Junior Project Leaders	4	10	12	13	14
No. Result Demonstrators	2	2	2	2	2
No. Training Meetings by Specialists		1	1		1
No. Training Meetings by Dist. Agents					
No. Training Meetings by Agent	8	4	6	4	6
No. Training Meetings by Members Club Dept.					
No. Training Meetings by Others					
Total Attendance at Ldr. Tr. Mtgs.	74	45	55	50	50
No. L-H leaders trained individually	8	8	10	8	7
No. Club Mtgs. Held by Ldr. w/out Agt.	14	4	6	9	8
No. Additional Club Meetings at which Leaders Assisted	33	23	38	40	35
No. Demonstrations Given by Adult Ldrs.	16	19	25	27	25
No. Demonstrations Given by Jr. Ldrs.	30	32	35	49	30

B. Accomplishments of An Outstanding Individual.

Mrs. Brooks Mims is "Health and Safety" Program of Work Chairman.

She has shown excellent leadership in this capacity. She has assisted

6. Leaders and agent gave training and assistance to a group of wives of Shenandoah National Park personnel.

7. In the county goals, members plan to give information and bulletins to young neighbors and non-members who do not attend meetings.

8. Educational tours, in county, and to nearby cities, have attracted many people to the Extension program. Members of groups have learned of Extension work by means of tour participation. It has been difficult to organize groups in certain communities. In communities not organized and having marginal land, (soil types and farm size) many of the women have employment away from home, and are unable to go to meetings. They are already overworked with housekeeping and the job away from home. Visits have been made, and efforts will be made to hold meetings in slack seasons.

V. LEADERSHIP

A. Growth of Leadership

1. Overall Program Leaders

	<u>1957</u>	<u>1958</u>	<u>1959</u>
(a) County Agri. Ext. Service Board	<u>10</u>	<u>10</u>	<u>10</u>
(b) Youth Council	<u>12</u>	<u>12</u>	<u>12</u>
(c) Home Economics Council	<u>15</u>	<u>15</u>	<u>15</u>

CONTINUATION OF IV.--SCOPE OF WORK -- A.

	1955	1956	1957	1958	1959
<u>No. Home Ec. Committees</u>			3	3	3
<u>No. General Interest Committees</u>					
<u>No. Youth Committees</u>				2	2
<u>No. Other Organizations</u>					
<u>No. Farm & Home Dev. Families</u>		2	4	4	4
<u>No. Other Families Reached</u>	930	940	950	960	965
<u>No. Different Families Reached</u>	980	995	990	995	990

B. Increasing The Scope of Work and Informing The Public

1. The newspapers and radio station cooperated well in giving publicity to the program. They printed articles, meeting notices and anything which was sent in regarding the operation of the Extension program. They make photographs for publication when requested to do this.

2. Special interest meetings attracted many people, members and non-members during 1959. The meetings were on the following topics:

- (a) Safety--Farm and Home
- (b) Seafood Cookery
- (c) Light for Living
- (d) Vegetable Gardens and Insect Control
- (e) Making Slipcovers
- (f) Making Draw Draperies

3. Home visits were made to give assistance and to interest people in Extension work.

4. Visitors days were held at regular club meetings. These days attracted people; some became more interested and joined the groups.

5. Timely bulletins are distributed through a plant payroll to ladies who work and are unable to attend meetings .

7. Special Project Meetings

Extra meetings to do more intensive project work are conducted during the year. These meetings are beneficial from the standpoint of improvement in skills in the various projects. Without these special project meetings, the training in project meeting would not be as effective.

8. The active A-H council has established goals for the year.

The goals include provision for the following:

- (a) Presenting banner to outstanding county club
- (b) Presenting small loving cup for excellence in conducting meetings
- (c) Holding a county A-H picnic
- (d) Holding an achievement program
- (e) Encouraging members to participate in more contests and work harder to have state winners
- (f) Encouraging more members to attend A-H camp at Powell's Fort Valley
- (g) Sending leaders to camp and Short Course when necessary
- (h) Giving trophy cup to an outstanding member in the county.
- (i) Increasing A-H membership to 500 members
- (j) Working toward better planned and more interesting meetings
- (k) Working toward 100% completion of record books
- (l) Cooperating with the agricultural fair in any way possible.

IV. SCOPE OF MGRX -- A.

	1955	1956	1957	1958	1959
No. H.D. Clubs	14	14	14	14	14
Membership	285	287	290	290	295
No. H.D. Groups (Unorganized)	2	2	2	2	
Membership	10	10	10	10	
No. A-H Clubs	11	11	11	12	12
Membership	264	240	255	239	247
No. YMW Clubs	1	1	1	1	
Membership	15	15	20	15	
No. Community Clubs					
Membership					

4. Contests

Members and leaders cooperate in conducting county and district contests. Recognition for outstanding work will be made at the annual achievement program on December 16, 1959. Medals will be presented for excellent work.

5. Talent Contest

The talent contest is conducted in connection with the county achievement program. The contest furnishes excellent entertainment and the winners are given recognition. The winner in the senior group is eligible to represent the county in the State Share the Fun contest. A trip to the State Short Course is the award for the winner.

6. County A-H Picnic

The county picnic gives an opportunity for members and leaders from all sections of the county to get together and to become better acquainted. The picnic is planned by the county council, is conducted at a recreational area where swimming and other games are available before the picnic supper.

The members enjoyed having Jesus Ferojo, IFIE from Spain, with them. He appeared to be very interested, and to enjoy the events of the afternoon and the picnic a great deal. The picnic was well attended and the day was practically perfect weatherwise.

1. L-H Club Camp

About 150 campers from three counties, Page, Warren and Frederick attended Powell's Fort Valley Camp in late July and early August.

Vesper programs were conducted each day. Classes included craft (copper tooling and leather work), swimming and nature study. It is always pleasant and worthwhile to work with and become better acquainted with leaders and members from neighboring counties. Camp is considered one of the outstanding events in a L-H member's year.

2. L-H Achievement Program

L-H members will appear on the major part of the achievement program early in December. Medals will be presented, and an outstanding member will receive a loving cup.

Parents and L-H members consider the L-H achievement an important program and they enjoy hearing about the events of the club year.

3. Fairs

L-H members make exhibits, assist with the youth departments and set up educational booths. Leaders, adult and junior, assist in numerous ways. They helped with the construction of new fair buildings, and assisted in any way possible—in planning the fair activities, in actually helping with the manual labor involved, and in giving support in any phase of the fair activities.

Electric Congress in Richmond learned a great deal about electricity-- making displays, giving demonstrations and in addition, they considered it a fine opportunity to meet boys and girls from other sections of the State, and to discuss project work with them.

3. Foods and Nutrition

The members selected foods projects because they are interested in learning to cook and to know what kinds of food to eat to keep them healthy and attractive.

Things planned include:

- (a) To teach how to plan, prepare and serve attractive nutritious meals.
- (b) To teach the relationship of well balanced meals to health, vigor and longer life
- (c) To instruct in methods of preserving foods by canning and freezing.
- (d) To teach how to judge food products.

Demonstrations were given by members, leaders and agent and undergraduate trainee. Members practiced planning, preparing and serving meals at home following the demonstrations. Ten girls who carried the project reported that 68 meals were served and 276 dishes were prepared.

C. Other Activities

1. 4-H Club Camp
2. 4-H Achievement Program
3. Agricultural Fair
4. Contests
5. Talent Contest
6. County 4-H Picnic
7. Special Project Meetings

discussions were held, and demonstrations on operating sewing machines were presented in conducting the project.

In the personal appearance work many times girls of the group would serve as models to illustrate certain points. The group usually selected these models.

The clothing work progress has been outstanding this year. The construction work has made the members very happy, and they are enjoying wearing numerous new garments. There were 197 girls enrolled. Their reports show 691 articles and garments made.

2. Farm and Home Electric

Two club groups selected the farm and home electric project, Unit I. The work planned included a study of the importance of electricity in homes and on farms, care, and use of electrical equipment, improving home lighting, learning about fuses and how to replace them, giving demonstrations on the use of electricity and observing the uses of electricity in homes and on farms.

Methods used were giving talks, demonstrations and practicing care of home equipment, Discussing ways to improve home lighting, demonstrating ways to prevent glare in lighting. Many girls improved home lighting, learned how to replace fuses and used and cared for home electrical equipment over a period of several months. The girls who made electric lamps were pleased with the results. The member who attended the

The project planning committee selected several projects which could be conducted in or out of school meetings. The individual clubs chose their own projects for major emphasis. Many girls selected the clothing phase.

In clothing construction, training was given in selection of patterns, materials, suitable and becoming colors and styles for the individual. The care of the newer man-made fibers was considered. Demonstrations were given on pattern fitting, pattern placement, cutting garments, and all steps in construction and finishing. The girls were happy with the results of their clothing construction work. Garments were modeled, and girls participated in contests.

There was great interest in the personal appearance or good grooming unit. The importance of adequate diet, cleanliness, daily care, proper exercise and general physical fitness were stressed as factors in having excellent personal appearance. The girls made scrap-books to illustrate the various phases such as care of hands, hair, shoes, clothes, good posture, etc. Girls who "chewed" fingernails tried to overcome this. Some of them broke the nail chewing habit. They were very proud of their well groomed hands.

Agent and leaders received training for conducting the clothing projects. Demonstrations were given at the meeting. Individual help was given on interpretation and placement of patterns; group

They make plans to secure and train adult 4-H leaders where they are needed. The members give assistance in the youth division in the Agricultural Fair. This is an important council, and it gives valuable assistance to the operation of the youth program.

3. Project Planning Committee

Adult and junior 4-H leaders and older 4-H members compose this committee.

They meet about twice each year. The overall projects are selected, and planned in detail. The school project work is worked out, pending the selection of the club members. In the Spring, details of summer projects are arranged. Meeting places, demonstrations, agent or leader, length of meetings, and other details. The kind of planning done by the leaders influences the results of the summer project work.

4. All Stars

The All Stars are not organized in the county, but they give assistance in any phase of youth work, county council, county clubs, achievement programs, youth exchange programs. They give excellent cooperation as the occasion arises.

B. 4-H Project Work

The main projects of 1959 included:

1. Clothing--personal appearance, beginners sewing and advanced construction.
2. Farm and Home Electric
3. Foods and Nutrition

III. COUNTY EXTENSION PROGRAM--YOUTH

A. Organization

1. County 4-H Council

The 4-H council is composed of council officers, officers of each 4-H club in the county, and adult 4-H leaders. The county council meets to make plans for all county events such as:

- (a) Set up goals
- (b) County 4-H Achievement Program
- (c) County 4-H Picnic
- (d) To elect Council Officers
- (e) To Plan Awards Program
- (f) To Plan for Fair Participation
- (g) To train Officers of County 4-H Club

Usually, there are two council meetings each year, and more if there is need for an extra one.

Members from all sections of the county become better acquainted at the council meetings. There is better understanding among the members of the group and the entire program is strengthened by the work of the council. The autumn, 1959 meeting was attended by more members than at any previous meeting in ten years.

2. County Youth Council

This council is composed of 4-H club leaders and home demonstration county committee members. They make goals concerning the assistance to be given to the older youth and 4-H members and clubs. They plan for financial help to assist 4-H leaders to attend the State Leaders Conference at Natural Bridge, Virginia.

E. Farm and Home Development

There are four families in the Farm and Home Development program. The types of assistance rendered have been on numerous phases of farm and home management. In the home, kitchen planning, house furnishings, and foods and nutrition are the topics of the most frequent requests.

Progress Story

One family on the program has been very interested in home and grounds improvement. The kitchen has been partly remodeled, a new floor covering, new paint, an electric stove and more convenient arrangement have saved steps. The telephone was on the second floor in the living room. The basement kitchen now has a plug-in for the telephone, and it can be carried to either floor according to where the homemaker is working.

The living room has been improved by a rearrangement of furniture, one large piece has been removed. The old wallpaper has been removed and a coat of light grey paint has given the spacious room an entirely new look. A new floor covering harmonizes well with walls and furnishings. The lawn has been improved with a complete retaining wall at the lower edge. Shrubs and chrysanthemums have been planted, and the house, barn and outbuildings have been painted. The family has spent time, money, and a great deal of effort and they are justly proud of the results. Their son, a senior in college, assisted a great deal with the work of renovation this Summer.

help to improve the operation of the local county fair. The judging experience is helpful, and strengthens their ability to be good judges. Many have attended the district judging schools conducted in former years.

7. Training Craft Group

Leaders in home demonstration rural arts are called to the Craft group of Shenandoah National Park wives to assist in judging their exhibits and to give them training in new crafts. This year, they have given training in basketry. The group is ever-shifting, and to date they have not organized a home demonstration club. There is interest present, and assisting them in their training program will be continued.

D. Programs With Urban Families

There is no large city in Page County. The interests of the women in the towns of Shenandoah, Stanley and Luray are similar to that of the folks in rural areas. Many have gardens, home freezers and do their own housework and sewing. Home demonstration clubs are organized in or near to each town. Interested people have access to meetings in each of the three localities.

The non-members request information, bulletins and other assistance on all topics of interest to homemakers. Numerous requests are met on lawn improvement, care and arrangement of shrubbery, flower gardens, lawn care and insect control. The town women have been quite interested in special interest meetings, in county housing tours and out of county tours. Interest is stimulated in the Extension program by means of these activities.

One radio program was engaged in. About 54 county women attended the District IX H.D. meeting in New Market, Virginia. Six clubs featured visitors days at their regular meetings to interest more people in the Extension program.

District VIII meeting was held in Front Royal, nearby. Several Page County ladies visited this district meeting. At least four ladies modeled dresses made by themselves in the annual Homemakers Festival in Harrisonburg in May. The activities engaged in during National H.D. Week always stimulate interest in the program of the Extension Service.

5. Special Tours

Two special bus tours have been made to Washington, D.C. Both of the tours were planned by the county H.D. committee. The Spring tour was to attend the National Flower Show at the Armory in Washington, D.C. Two bus loads of interested women enjoyed the wonderful display during the day. The autumn tour was also to Washington, D.C. The Curtis-Lee Mansion in Arlington Cemetery; the tomb of the Unknown Soldier; Smithsonian Institute; Institute of Natural History and other nearby buildings were visited. According to the comments of the folks on the tour, it was an enjoyable and profitable day.

6. Fair Judging

Each year county women are requested to judge at neighboring fairs. This is an interesting experience, and there are many points observed which

4. Share materials with young married neighbors by visiting them.

Also visit non-club members.

5. (a) Each member make one or more accomplishments on one of the programs of work (Health and Safety) or (Home and Community Beautification).

(b) Locate, if possible, a county rubbish disposal.

(c) Continue working to secure public rest rooms.

(d) Give some time at several club meetings to discussion of Federation Program of Work.

6. Encourage more H.D. members to become L-H club leaders, and all H.D. members help wherever needed to interest more young people in L-H club work.

7. Each club set a goal to reach in the sale of cookbooks.

8. Each club have two or more members to read five books from approved list.

The overall home demonstration program has been strengthened because clubs and members have tried to carry out the plans set up in the county objectives.

4. National Home Demonstration Week

National Home Demonstration Week was observed by publishing two news stories on what home demonstration work means. Various H.D. members wrote one of the articles. One exhibit on house furnishings was set up.

1. Hospital Participation

The county people are proud of the modern new hospital. They work in the food booth at the fairs to help support the hospital.

Various members have taken courses which enable them to give volunteer and other nursing services at the hospital. These services assist greatly, since there is a shortage of trained nurses.

Club groups assist in mending linens when this service is needed.

2. Agricultural Fair Activities

The home demonstration members are active in the home economics division of the fair for juniors and for adults. They serve as fair secretary, as superintendents of departments, assistants, and in assisting in food booths for the fair and the hospital. Since the fair is a fairly young one, it has been fascinating to watch its growth. The women are pleased that they have assisted in getting the fair well started.

3. County Objectives—1952—Page County

(An objective committee at the annual county planning meeting planned these objectives.)

1. All leaders should attend training and other county meetings. There they get information and inspiration.
 2. Be responsible for four meetings without the home demonstration agent.
 3. Encourage all members to be regular in attendance and to take part in the discussion and demonstrations.
- Call all meetings on time.

The safety committee set up plans to cooperate with schools, traffic officers and pupils to give a series of educational meetings and demonstrations to help inform the boys and girls of ways to protect themselves and others.

Plans were made to hold the training meetings in five schools, during school time. Superintendent of schools, principals and teachers cooperated.

Talks were made by state troopers and bicycle safety films were presented to 1313 boys and girls. Safe riding practices were demonstrated on the playgrounds in five additional meetings.

Check sheets were explained by the troopers, and the pupils made safety checks of their bikes at home.

People travelling in the county indicate that some of the boys and girls riding bikes give signals and know the rules of the road. It is hoped that this series of meetings will result in fewer accidents involving bicycles. In former years, serious accidents have occurred, and at least one death of a bicycle rider is on the county records. A careful bicycle rider usually grows into a safe car driver a few years later.

C. Other Activities

1. Hospital Participation
2. Agricultural Fair Activities
3. County Objectives
4. National Home Demonstration Week
5. Special Tours—National Flower Show; Curtis Lee Mansion; Smithsonian and other points of interest in Washington
6. Fair Judging
7. Training group of National Park wives for their craft activities.

4. Clothing

The November, 1959 home demonstrations had the topic of Selection and Fitting of Patterns. This topic was extended to apply to finding ones individual measurements and size to be used in selecting either patterns or ready to wear garments.

Leaders were trained by a specialist, and they, in turn, presented the demonstrations in their November club meetings.

Special interest clothing construction meetings will be conducted early in 1960.

A definite result of knowing ones size and type in selection of garments or patterns is in appearing better groomed. A garment which does not fit never adds to the appearance of the wearer.

When family members present a neat well groomed appearance, they feel better and are better citizens of the community. When garments which fit well are made or purchased, they are used more; thus resulting in a saving of money. Fewer attractive and well made garments are better in the wardrobe, than numerous ones which are seldomly used or enjoyed.

A Significant Story

Bicycle Safety Program

There are probably 1500 to 1800 potential bike riders in Page County. Many of these children own bicycles or ride their neighbor's bike. With numerous cars on the highways, these bicycle riders pose a great safety hazard.

A special meeting was held to train leaders on selection of seeds and care of gardens, including insect control. The topic used for the February H.D. meetings was one dish meals from skillet and oven. This labor and time saving series of meetings was well received. The busy homemakers welcome time savers in using home produced foods which the family enjoys, and which are of high nutritive nature.

The special interest meeting on seafood cookery was conducted with the assistance of Beverly Barton, Home Economist and Bob Finley, Fishery Marketing Specialist with the Bureau of Commercial Fisheries, U.S. Dept. of Interior, Fish and Wildlife Service.

About 85 people attended this special interest meeting, and many of them are using recipes which were demonstrated. Since certain seafoods are fairly inexpensive, these recipes are practical budget-wise, and the seafoods supply important additions to inland diets which promote better health. Many seafood recipes do not cause excessive weight gain; therefore, they are of assistance to folks who need to lose weight.

The vegetable garden and insect control meetings result in families using better varieties of seeds and producing a well rounded variety of vegetables for better balanced diets. When adequate foods are grown at home, they are usually used in family meals; thus promoting more vigorous family members.

Compliments have been given to the boys and girls who ride bikes in the county because they know and make signals while riding in traffic. If one serious injury or death can be avoided because of the training program, it will certainly have been time well spent.

3. Foods and Nutrition

The task of feeding the family is one which is present each day. Serving the right kinds of foods helps to promote family health. Many women are working in industry. The time available for preparing meals is limited. They need time savers in preparing nutritious meals for their families. Many women and men are over weight. They would like to serve meals to meet the needs of the body, yet meals which would cause them to arrive at normal weight.

Since Page is an inland county, the serving of seafoods is limited. The special interest Seafood Cookery meeting was presented to introduce various simple tasty seafood dishes.

Much food is produced at home. The use of home produced foods in the training meetings is important, if the preparations are to be used extensively.

The production of food involves selection of suitable seeds and insect control measures. A special interest meeting on these subjects released timely information on these two subjects.

The work in foods and nutrition was carried out by holding leader training meetings; the leaders in turn gave demonstrations in their respective clubs.

The work was carried on by having leaders trained for presentations in club meetings, by planning and conducting the bike safety meetings in schools, by attending special interest safety meetings and by every citizen setting good examples in driving, in operating a bike, in home activities in order to cut down the accident rate. (It is an appalling thought that accidents have killed 10 times more people than have been killed by all wars.)

The cooperation has been wonderful! The safety committee, composed of interested people, scout master, etc.; the superintendent of schools, teachers, parents, state troopers; Mr. Polk and Mr. Gallager, U.S. Dept. of Health, have all worked together to make safety a reality in Page County.

The bicycle safety program of Page County was discussed by the home agent at the Home, School and College section of the Virginia Safety Association Conference in Roanoke, Virginia on May 19, 1959. Favorable comments were made in regard to this phase of safety work in Page County.

A copy of the talk is included in a manual of Safety Education in Schools set up by Va. Congress of Parents and Teachers, Student Cooperative Assoc., State Dept. of Education--Health and Physical Education Service. The main purpose of the booklet is to promote safety education in schools.

Two main objectives in the bicycle program were to create a better understanding of the interest which state troopers have for the safety of boys and girls, and to get a crop of future drivers of automobiles trained to be safer drivers for their own safety and the safety of others.

Rockingham, Shenandoah, Warren, and Rappahannock). Mr. Lewis Polk made a survey during one year of accidents being brought to doctors, dentists, and hospitals. The annual figure is 8361 accidents from July 1, 1958—June 30, 1959. Falls headed the list with 2000. The place leading was the home with 3158 and about 70% of the accidents happened to males. The average cost of each fall is \$65.00.

Mr. Richard Callager gave the second talk, November 9, 1959, analyzing various accidents and as part of the educational phase.

Another important event of the safety work was the Bicycle Safety Program conducted in five schools in Page County. The educational phase, including talks, by State Troopers, and movies obtained from the Governor's Highway Safety Council, involved 1313 boys and girls of bike riding age. Good riding demonstrations were conducted with over 800 boys and girls attending the 5 demonstrations on school grounds.

Check lists for a safe bicycle were explained by the troopers, and the boys and girls took them, checked their bikes with the assistance of their parents, and attempted to put them in safe operating condition.

This line of work was chosen because of the high incidence of accidents in Page and the enormous loss of time, energy and money caused by accidents.

An outstanding goal is to make people aware of accidents hazards, and to "stir" them to take action to correct the hazard, thus preventing the accidents from happening.

They have learned to actually do things to improve home and grounds themselves; thus resulting in saving money. In this time of high prices, this saving helps to balance family budgets and to allow families to plan for other things such as higher education of children, educational trips, additional home improvements, etc.

A survey of 92 families indicates that the following items have contributed to improving homes:

- 43 families improved yard and grounds
- 9 families remodeled houses
- 3 families built new houses
- 3 families put water in houses
- 5 families installed bathrooms
- 12 families rearranged and improved kitchens
- 7 families sanded floors in 23 rooms
- 15 families refinished 34 pieces of furniture
- 12 families improved home storage
- 21 families improved home lighting
- 10 families tied springs
- 6 families upholstered furniture
- 22 families made major repairs (roofing, insulating or building major storage)
- 4 families installed kitchen sinks
- 6 families installed water heater
- 7 families installed furnaces

2. Safety

Safety phases included club meetings on Holiday Safety—December, 1958; Safety with Firearms in July, 1959. Safety was stressed in connection with the series of three light for living meetings. Two home safety special interest meetings were conducted in cooperation with two men working with the U.S. Department of Public Health in the 5 county area (Counties of Page,

The bird, wildflower, antique glass and china topics fall into this group. The ladies were very interested in these topics, and apparently the interest is growing and spreading to others.

Teaching methods used were in training leaders, giving demonstrations, making displays, holding special interest meetings, conducting tours, showing slides and by actual construction.

Able assistance was given by specialists in directing training meetings and in special interest meetings. Folks willingly served as leaders, attended training meetings, gave demonstrations to others and special help also. Others opened their homes (8 homes) to about 85 folks on the county housing and grounds tour. Power suppliers gave wonderful assistance in planning and conducting the light for living meetings. Their home service supervisors, farm representative actually took part on the programs of the series of three meetings.

An owner of an antique shop graciously trained leaders for the recognition of old glass and china. The Shenandoah National Park personnel supplied slides, books, etc. on the nature study phases.

The newspapers and radio station gave good publicity to the demonstrations, special interest meetings, lighting meetings, tours and all phases of the program in progress.

The above activities are resulting in happier, more contented families, because their interests have been broadened and stimulated.

may be more comfortable and that the happier families may get more joy and contentment from improved homes and grounds.

Work along this line and accomplished this year included:

January H.D. Meeting—Care of Shrubs—Pruning and Insect Control.

Fabrics for home furnishings were considered in March.

In May, special interest meetings were conducted on Making Slipcovers and Draw Draperies.

Paints for All Jobs and Methods of Applying Them were studied in the April H.D. meeting.

In May, meetings were held on Recognizing Wild Flowers and Birds From Our County, and Means of Attracting Birds were considered.

In June, the meeting topics were Recognizing Antique Glass and China.

In October, in addition to the three light for living special interest meetings, the club meeting topic was Good Light for Reading and Study.

Since many people are arriving in the older age group, it is essential that they be prepared to fill happily the additional leisure hours which they will have to enjoy. By including several topics of particular aesthetic nature, training is received which will increase the number of interests and hobbies to be enjoyed in leisure hours.

5. County Home Demonstration Club Committee

This committee is composed of county officers, club presidents, program development leaders and program of work chairmen. Their meetings are held to plan various phases of the county home demonstration activities such as program of work plans, county goals, achievement programs, special interest activities, tours, in and out of county tours. Their most essential task is to plan the annual program calendar of monthly meeting topics, special interest meeting plans, county goals, program of work activities and ways to accomplish the plans. The wishes of a great number of women are collected, brought to the planning meeting, and worked into the annual program for the year.

The careful planning of this committee results in a worthwhile and interesting program for the year. This is the most important planning committee in relation to a successful home demonstration program for the year.

B. Subject Matter and Special Emphasis Areas

1. Home Improvement
2. Safety
3. Foods and Nutrition
4. Clothing

1. Home Improvement

Home Improvement work was planned because families are constantly trying to improve their homes and grounds in order that family living

a member of the United States Department of Public Health. He is working in connection with the five county survey on accidents occurring, and the prevention of the accidents.

2. Home Economics Council

The home economics council is composed of home demonstration club committees and the special interest home economics committees. Farm and home accident causes and prevention have been stressed. 4-H clubs have stressed bicycle safety for younger members and highway (driver of cars) safety for youth of driver age.

3. General Interest Committees

Special interest meetings and tours were planned by the general interest committees in the fields of foods and nutrition, health and safety during 1960.

4. Home Economics Committees

People who are particularly interested in the problem at hand are members of the home economics committees. A special group met and worked out plans for the bicycle program with youth in the schools. 1313 boys and girls were included in the initial educational programs in five schools.

Another committee with the same safety chairman worked out details for the farm and home safety program conducted in the Autumn.

Another committee on "Light for Living" made plans for the series of lighting meetings in October, 1959.

The above facts in the county situation are related definitely to the Extension program planned for 1959. This included home and grounds improvement; foods for health, one dish meals, enjoying wild flowers and birds; and attracting birds; safety with firearms; improving home lighting and selection and fitting of patterns. A general live-at-home program has been stressed. Money and time management are important in the period when prices are high and many people have jobs out of the home and at home also. Safety in all phases, youth, at home, with firearms, with food, has been stressed during the year.

II. COUNTY EXTENSION PROGRAM--ADULT

A. Organization

1. County Agricultural Extension Service Board

Leaders from various organizations and various localities of the county make up the county agricultural Extension service board. Some of the organizations are the Health Department, home economists in business, leaders of home demonstration organizations, etc. They selected areas needing attention in the county. Several of the outstanding areas are Health and Safety; Foods and Nutrition; and Management of Time, Money and Energy.

Safety has been given emphasis during 1959. Safety in homes and on farms, and youth safety stressed in the Bicycle Safety program. A farm and home safety movie was shown, and a talk was made by Mr. Gallogher,

and places of employment include Textile Mill; Blue Bell Work Clothes Mfg.; Tannery; Hosiery Mill; tomato, peach, bean and cress canneries; American Viscose (Warren Co.) and Werk Mfg. Co. in Elkton (Rockingham County); restaurants; stores; Luray Caverns and the Shenandoah National Park Headquarters. Tourist trade increases the county income during vacation months.

Last year a modern new hospital was built. This building has been used nearly to capacity during 1959. Three young doctors have built a medical center in Luray. Their modern facilities make a contribution to the health of the people.

The schools have been crowded. A building program is in progress at present which will relieve congestion. Very likely departments of home economics will be established in the new schools since this subject has not been included in the school program.

Electric power is widely used in all areas of the county. Telephone service is available to numerous homes, although more than one-half of the families do not enjoy this service.

Recreational facilities include the national park activities, fishing and boating on the Shenandoah River, fishing in farm ponds, swimming in three public pools. Many riding horses are being purchased by county residents, and riding is a pleasant sport. The men and boys enjoy the sport of hunting large game and other in season. Archery has been revived during recent years.

I. 1959--THE PAGE COUNTY SITUATION

The Page Valley is bordered on the East by the Blue Ridge Mountains and on the West by the Massanutten range. The total area of the county is 202,240 acres, of this acreage, about 50.5% is in farm land.

The total population has not changed much for many years. There are about 15,152 people in the county at present.

About two-thirds of the folks live in the three incorporated towns of Stanley, Shenandoah and Luray, and about one-third reside on farms.

General farming is practiced. Dairy farms are increasing in number. The tendency is toward increased production of livestock and forage crops and a decrease in small grains. Broiler production has decreased a great deal. Very few turkeys are grown now, but egg production continues at a high level.

The rate of tenancy is low in the county. Farms are frequently passed on from generation to generation. The farms are well cared for, and efforts are made to keep the farms in a good productive state. The buildings are generally well repaired and painted on the farms and in the non-farm and urban areas.

Many men and women are employed in industry. About 20% of the women of the county have employment away from home. The industries

TWO OUTSTANDING CONTRIBUTIONS TO

FAMILY LIVING

1. Safety Education

- (a) Bicycle Safety with Youth
- (b) Farm and Home Safety (Special Interest) (also in Home Demonstration Meetings)
- (c) Firearm Safety
- (d) Holiday Safety
- (e) Attending and Participating State, District and local Safety Meetings

Results Hoped For: A reduction of accidents and happier families.

2. Foods Work

(a) The production of food, preparation and serving of time saving meals to meet the nutritional needs of all family members have been presented in special interest meetings, in home demonstration meetings and in training meetings.

(b) The stressing of the foods work has contributed to making healthier, more vigorous, happier and better adjusted family members.

TABLE OF CONTENTS

Cover

Title Page

Table of Contents

Two Outstanding Contributions to Family Living

	<u>PAGES</u>
I. 1959--THE PAGE COUNTY SITUATION-----	1 - 3
II. COUNTY EXTENSION PROGRAM--ADULT-----	3 - 19
A. Organization-----	3 - 5
B. Subject Matter and Special Emphasis Areas-----	5 - 14
C. Other Activities-----	14 - 19
III. COUNTY EXTENSION PROGRAM--YOUTH-----	20 - 27
A. Organization-----	20 - 21
B. 4-H Project Work-----	21 - 24
C. Other Activities-----	24 - 27
IV. SCOPE OF WORK-----	27 - 29
A. Chart-----	27 - 28
B. Increasing The Scope of Work and Informing Public-----	28 - 29
V. LEADERSHIP-----	29 - 32
A. Growth of Leadership-----	29 - 30
B. Accomplishments of An Outstanding Individual-----	30 - 32
VI. FOR SPECIAL CONSIDERATION-----	32 - 37
A. One Significant Achievement of Ext. Work-----	32
B. Progress in Developing Good Public Relations-----	32 - 35
C. Professional Improvement--Home Demonstration Agent-----	35 - 37
VII. THE LOOK AHEAD-----	37 - 38

ANNUAL NARRATIVE REPORT

COUNTY EXTENSION WORK

Virginia Agricultural Extension Service

Ina E. Glick

Name

Home Demonstration

Title

Agent

Assistant Agent

Assistant Agent

Assistant Agent



1959

Page

County