

The agents will attend schools or short courses as available. The agents will subscribe to and read the various home economics magazines and will also read 2 books as recommended by Home Agents' Association.

The agents will be active members of the Virginia Home Agents Association and the American Home Economics Association and attend these state and district meetings.

The agents will attend the meetings of other organizations when the program of the county permits.

The agents will attend training meetings as available in this area.

- XI. We feel we have a unified county Extension program. The long-time plan of work was written this year.

XII. PROBLEMS

The problems remain the same. For some of these problems, I see no immediate solution - others are working themselves out.

1. Lack of transportation to the club meetings

This problem is being partially met by pooling rides and holding club meetings at centrally located homes so that some of the women can walk, when necessary, to some of the meetings. Lack of transportation, on the other hand, may be only an excuse because the demonstration scheduled for a particular meeting is not especially interesting to that particular homemaker.

2. Inadequate facilities for holding leader training meetings

Adequate facilities are not available in Cumberland Court House for holding leader training meetings in "Foods", which means that our foods leader training meetings must be held in the Cartersville Community House. The Courtroom is available and can be used for other types of training meetings.

6. All agricultural agencies through the Rural Development Program and the Technical Workers Council.

VIII. PUBLIC RELATIONS

A. Co-Workers

Hold a weekly staff conference. Cooperate on various programs.

B. General Public

Keep general public informed of Extension program through home visits, radio talks and news articles.

C. Elected Representatives

Know elected representatives personally. Give report to county Board of Supervisors at least three times during year. Cooperate with county officials in various programs.

D. Commercial Interests

Various commercial representatives will be asked to visit the county when visits from these people can best further the Extension work in Cumberland County.

E. Other Professional Workers

Agents will cooperate with other professional workers in the county by publicizing programs and having satisfactory working relationship with each agency concerned.

IX. RECORDING PROGRESS

1. Record progress in monthly and annual reports.
2. Progress will be measured by increased attendance and interest in club meetings and increased enrollment in 4-H and home demonstration clubs.
3. Progress will be evaluated by greater participation of leaders, demonstrations at 4-H and home demonstration club meetings.
4. Progress will be recorded and evaluated by higher percentage of 4-H project completions.
5. Progress will be recorded through newspaper and radio work.

X. PROFESSIONAL IMPROVEMENT

	<u>No. in 1958</u>	<u>Goal 1959</u>
No. demonstrations given by adult leaders	83	98
No. demonstrations given by junior leaders	110	125

4-H Club officers will be trained by agents at club meetings and in conferences; also by letter and mimeographed material.

Junior leaders will be trained by agents and adult leaders in conference.

The adult leaders will be trained by the agent in leader training meetings, conferences, home visits and mimeographed material.

The result demonstrators will be trained by the agents and the specialists through letters, conferences and home visits.

VII. OTHER AGENCIES

1. County Health Department

Cooperate with nurse in helping with special programs - carrying information to club members, radio, etc. Inform club members of services by health department.

2. Welfare Department

Assist when needed with welfare programs. Keep members informed of welfare programs. Invite welfare worker to attend one club meeting each year and tell of her work. Collect toys and clothing for the needy.

3. Vocational Departments

Cooperate by furnishing teacher with mimeographed materials and bulletins as requested. Invite teacher to leader training meetings. Work with teacher in solving home economics problems in the county.

4. Forestry Service

Encourage conservation of forest area and planting of trees where needed.

5. F. H. A.

Invite F.H.A. borrowers to club meetings. Visit families when needed.

Organizational leaders will conduct the home demonstration meetings.

Program of Work Chairman will lead a discussion on Citizenship at each meeting.

The Health Chairman and Home Beautification Chairman will lead a discussion at each meeting.

The Program Development leaders will lead discussions for two months in planning the 1960 home demonstration program.

C. <u>Over-all Youth Leaders</u>	<u>No. in 1958</u>	<u>Goal 1959</u>
(Organization leaders for county youth council)		5
D. <u>4-H Club</u>	<u>No. in 1958</u>	<u>Goal 1959</u>
Number 4-H Club officers	61	61
Number adult project leaders	23	30
Number junior project leaders	45	53
Number result demonstrators	14	19
No. meetings at which leaders were trained by specialist		1
No. meetings at which leaders were trained by district agent	0	0
No. meetings at which leaders were trained by agent	41	46
No. meetings at which leaders were trained by personnel in 4-H Dept.		1
No. meetings at which leaders were trained by others		2
Attendance at leader training meetings	135	150
No. 4-H leaders trained individually	21	26
No. club meetings held by leaders without agent present	27	37
No. club meetings at which leaders assisted	45	60

B. <u>Home Demonstration Club Leadership</u>	<u>No. in 1958</u>	<u>Goal 1959</u>
Number organizational leaders	58	62
Number project leaders (subject matter)	112	122
No. Federation program of work chairman	12	13
Number program development leaders	11	12
Number result demonstrators	10	12
Number meetings at which leaders were trained by specialists	5	2
Number meetings at which leaders were trained by district agents	1	2
Number meetings at which leaders were trained by agent	30	40
Attendance at training meetings	388	398
No. club meetings held by leaders without agent present	104	109
No. club meetings in which leaders assisted	63	83
Total number demonstrations given by leaders	121	141
No. talks or discussions by leaders	693	708

Project leaders will be trained by specialists and by agents. Agents will also train leaders by conferences.

Organizational leaders will be trained by agent through letters, home visits and conferences. The district agent will train the leaders at the spring and fall meetings of the County Home Demonstration Committee.

The Program of Work Chairman, Health Chairman and Home Beautification Chairman will be trained by the agent through leader training meetings, home visits and mimeographed material.

The Program Development Chairman will receive training at the spring meeting of the County Home Demonstration Committee, by conferences and mimeographed material.

given over Radio Station WFLO.

An account of 4-H Club work will be published in the Farmville Herald.

Two window exhibits will be put up during National 4-H Club Week.

6. Fairs

Club members will exhibit at the Five County Fair. Club members will put up 3 educational booths at the Five County Fair; also 1 County Council educational booth. Club members will also make individual exhibits at the Fair.

V. SCOPE OF WORK

<u>A. Organization</u>	<u>No. in 1958</u>	<u>Goal 1959</u>
Number of home demonstration clubs	11	12
Membership	265	295
Number of 4-H Clubs	11	11
Membership	227	247
Number of young men and women's clubs		
Membership		
Number community improvement clubs		
Membership		
Number home economics committees	2	3
Number general interest committees	3	4
Number youth committees	1	1
Number other organizations		
Number farm and home development families	26	50

VI. PLAN FOR LEADERSHIP

<u>A. Over-all Program Leaders</u>	<u>No. in 1958</u>	<u>Goal 1959</u>
(Organization leaders for county Extension Service Board)	<u>9</u>	<u>9</u>

Home visits, radio broadcasts, television programs, bulletins, mimeographed materials and exhibits will be teaching methods used.

C. 4-H Activities

1. Camps

District Camp: 25 members, 2 adult leaders and 2 junior leaders will attend Holiday Lake 4-H Camp.

Conservation Camp: 2 girls will attend Conservation Camp.

State Short Course: 4 girls will attend the State Short Course.

All Star Conference: 2 girls will attend All Star Conference at V.P.I.

YMW Camp: Agents hope for 2 delegates to YMW Camp.

2. Rural Life Sunday

May 24, 1959 has been set as 4-H Club Sunday and will be observed in all neighborhoods in the county. These services will be sponsored by home demonstration clubs, but will be planned and conducted by 4-H Club members.

3. Achievement Program

4-H and home demonstration clubs will have a joint achievement program. The Honor Club will have charge of the program. County medals will be awarded and outstanding leader will be recognized by Honor Club. Entertainment will be "Share the Fun".

4. Contests

County winners in the various contests will be awarded county medals.

Winners of county contests will participate in district contests.

5. National 4-H Club Week

All 4-H Clubs in the county will observe National 4-H Club Week by special emphasis at the 4-H meetings.

One radio program, giving account of 4-H activities, will be

8. Safety

Club members will carry safety as individual projects.

Objectives

1. To teach safety on the farm and in the home.
2. To encourage members to eliminate safety hazards in the home and on the farm.

Methods

Teaching methods will include exhibits, contests, bulletins, mimeographed material, radio broadcasts and home visits.

9. Home Beautification

Objectives

1. To encourage club members to take an interest in their home grounds and to make needed improvements.
2. To encourage pride in home grounds.

Methods

Result Demonstrations: Club members carrying project will serve as result demonstrators in their community.

Bulletins, circular letters, mimeographed material, home visits, and radio broadcasts will be additional teaching devices used.

10. Home Management (Laundry - Housekeeping)

Objectives

1. To teach better methods of washing and ironing.
2. To encourage club members to take an interest in helping with the laundry.
3. To teach the easiest and best way to do house cleaning.
4. To encourage club members to care for their room at home.

Methods

Winners in the contest will receive a trip to Lynchburg to receive award.

Leaflets, bulletins, home visits, exhibits, contests, radio broadcasts and newspaper articles will be other teaching methods used.

The freezing and canning contest winner will participate in the district contest.

6. Home Improvement

Objectives

1. To encourage club members to improve and care for their rooms.
2. To teach furniture arrangement, color combinations, how to construct simple furniture and refinish furniture for rooms.

Methods

The method demonstration will be the principal teaching device used, supplemented by home visits, circular letters, mimeographed material, bulletins, radio talks, newspaper articles, contests and awards.

Result demonstrations will also be teaching methods used. The two demonstrations on room improvement will be continued.

7. Garden

Objectives

1. To encourage families to have year-round gardens.
2. To teach insect and pest control.

Methods

Garden letters will be sent each month to club members. Visit to garden by agent and specialist.

Other teaching devices used will be bulletins, exhibits, contests, radio broadcasts and newspaper articles.

Garden winners in the Sears contest will go to Lynchburg to receive their awards.

Methods

The method demonstration will be the principal teaching method used.

Other methods will include radio, exhibits, visual aids, talks and tours.

Club members will visit State Game Farm.

4. Foods

Objectives

1. To teach basic principles of meal planning and food preparation.
2. To have 3 neighborhood foods groups.
3. To teach club members basic principles in bread making and preparing foods.
4. To encourage club members to help with food preparation in their homes.

Methods

Leader training: The agents will train leaders for the project work.

Method Demonstration: Leaders will conduct at least 4 meetings. County winners will participate in the district contests.

Other methods to be used will include bulletins, mimeographed materials, exhibits, contests, home visits and radio broadcasts.

5. Food Preservation

Objectives

1. To encourage 4-H members to help preserve sufficient foods for families use.
2. To teach up-to-date methods of freezing and canning.

Methods

Girls enrolled in Sears Contest will serve as result demonstrators.

Methods

1. The method demonstration will be the principal teaching device used.
2. Leader training: Specialist and agents will train 4-H clothing leaders for 4-H clothing classes. Classes will be held in 6 communities and be of 5 classes each.
3. Other teaching methods will be dress revue, radio talks, newspaper articles, exhibits, bulletins, contests and medals.
4. 4-H girls will enter county dress revue, district dress revue, dress revue at the Five County Fair.

County medals will be awarded to county winners.

2. Farm & Home Electric

Objectives

1. To teach basic use of electricity on farm and in the home.
2. To teach better use and care of electrical appliances in the home.

Methods

Units I and II will be taught to 4-H members this year.

3. Nature & Wildlife

6 clubs will carry the nature and wildlife project as school project.

Objectives

1. To teach appreciation of Virginia's forests, birds and animals.
2. To teach club members the identification of animals, birds and trees of this area.
3. To teach conservation of natural resources.
4. To encourage members to provide cover and food for animals and birds.

4. Honor Club

The Honor Club, of which there are 20 members made up of outstanding 4-H Club members, will hold monthly meetings during the school year and meet twice each month during the summer months.

This Honor Club group will sponsor the activities of the High School Club, serve as 4-H junior leaders, plan and have charge of the Achievement Program, plan and put up fair exhibits, attend State Short Course, give radio talks and write newspaper articles.

The county's applicant for membership in the All Star Chapter will be chosen from the Honor Club.

The Honor Club will select the outstanding 4-H leader in the county for special recognition.

Honor Club members will prepare and edit the county's first 4-H year book.

5. 4-H Leaders Organization

4-H leaders are very loosely organized in the county at the present. Leaders will hold one county meeting to discuss problems and to elect officers.

B. 4-H Project Work

1. Clothing

4 clubs will carry "Learning to Sew" as school project.

Club members will carry "Make or Remake" and "Learning to Sew" and "Looking Your Best" as individual projects.

Objectives

1. To teach the basic principles of clothing construction.
2. To teach principles of color, line and design.
3. To encourage home sewing.
4. To encourage participation in exhibits, contacts, etc.
5. To encourage club members to be well groomed at all times.

At present 26 families are being worked with. 24 families will be added in 1959. The farm and home development work will really be a part of the Rural Development Program, since more effort will be expended to make this program a success.

Subject matter areas to be stressed will be home production of food, time management, kitchen planning for greater efficiency, house furnishings, especially color schemes and redecoration, remodeling of furniture and refinishing of furniture, clothing, clothing for children, buying, making and remodeling of garments to help cut family clothing costs, food preservation, proper methods of food preservation and storage of fruits and vegetables. In the home beautification fields, inexpensive ways of improving home surroundings will be emphasized.

IV. COUNTY EXTENSION PROGRAM - YOUTH

A. Organization

1. County Youth Council

This Council will be formed as a part of the Agricultural Extension Service Board and will coordinate activities of the youth groups. This group will be made up of the Chairman of the Honor Club, 4-H Committee and others.

2. County Youth Committee

A county Youth Committee will be formed, consisting of 7 people especially interested in youth. It will consist of 4-H leaders and outstanding 4-H Club members chosen from the 4-H Honor Club. Membership will be on a rotating basis. This group will discuss youth situation in the county, determine needs, and make plans for meeting these needs.

3. All Stars

An up-to-date mailing list of the county All Stars will be kept at the agents' office.

One girl will be recommended for the Virginia All Star Chapter. 4-H All Stars now living in the county will be used to assist with 4-H activities.

An attempt will be made to organize county All Stars.

As many All Stars as will be permitted will be invited to attend the All Star banquet and week end at Holiday Lake.

National Home Demonstration Week

National Home Demonstration Week will be observed by attending the district meeting in Fluvanna County, by special observance in each club, by a special radio program and accomplishments publicized in the Farmville Herald.

Achievement Program

The flower show and exhibits at the Five County Fair will serve to acquaint the public with achievements of club members. Home demonstration club members will also support 4-H Clubs in the Achievement Program.

Community Projects

Clubs will collect toys and food to be distributed by Welfare Department at Christmas.

Clubs will cooperate with Red Cross, T. B., Cancer, Heart Fund, X-Ray Clinics and other drives by distributing educational materials.

Clubs will also cooperate with community projects of the Rural Development Program.

Pennies For Friendship

Clubs will collect money for this purpose.

Institute of Rural Affairs

Club members will be encouraged to attend these meetings.

Judging by Local Leaders

Women trained for judging will judge at various events when asked.

Publicity

Home demonstration work will be publicized by articles and pictures in the Farmville Herald. Community correspondents will write accounts of club activities in their news columns. The agents will broadcast each Thursday over Radio Station WFLO in Farmville.

III. FARM AND HOME DEVELOPMENT

July - Mix and Match
October - Save our Forests
November - The Meaning of Christmas

The agents will secure information for the county chairman and the club chairmen from qualified persons.

Club chairmen will give reports at 10 meetings during the year after being trained by agents.

Other teaching methods will include exhibits, radio talks, newspaper articles.

D. Other Activities

County Objectives

1. Sponsor county-wide flower show, with a prior workshop on grooming and arranging.
2. Work with other committees to sponsor a county-wide demonstration on butchering and cutting meats for curing and freezing.
3. Increase active membership in each club by 10%.
4. Cooperate with county Rural Development Program.
5. Continue to support and furnish leaders for 4-H Clubs.
6. Work with county health committee.
7. Use charts and awards to recognize outstanding clubs.

Methods of reaching a part of the county objectives have been outlined under appropriate subject matter headings.

The county flower show will be held in May. Non-club members will be invited to exhibit.

Outstanding club will be recognized by score card.

Clubs will work to increase membership.

Club members will cooperate with Rural Development Program by serving on committees, etc.

Clubs will sponsor 4-H group in their community and contribute money for transportation, etc. to camps and short courses.

2. To help homemakers remodel for greater comfort and convenience.

Methods

The book of house plans will be available in the office of the agents. Agents will assist homemakers with remodeling plans when asked, secure specialist when necessary.

Other methods will include home visits, radio talks, bulletins and result demonstrations.

Garden & Food Production

1. To encourage homemakers to produce enough food at home for their families use.
2. To teach varieties recommended for planting in this area.
3. To teach insect and pest control.

Methods

Radio talks, home visits, bulletins and discussions will be used.

C. Federation Program of Work - Citizenship

Objectives

1. Encourage all members to register and be an informed voter.
2. Learn more about Civil Defense.
3. Know qualifications of and be a good citizen.
4. Continue First Aid.
5. Help promote International Good Will.
6. Practice the "Golden Rule."

The following topics have been planned:

January - Good Books are Good Friends
February - Do You Know your County?
March - How to become a Qualified Voter.
April - Citizenship begins at home
May - Historic Virginia
June - Family Recreation

6. To encourage people to have a more wholesome attitude toward mental health and its problems.

Methods

1. Discussion: Club chairmen will give discussions for 10 months, after being trained by agents.
2. Agents will contact qualified persons for information on various topics as planned by committee.
3. Leaders will give demonstrations after being trained by agents or county health nurse.
4. Other teaching methods will include radio talks, bulletins, and home visits.

Food Preservation

Objectives

1. To teach up-to-date methods of home canning and freezing of foods.
2. To teach citizens of the county how to cut pork and beef for freezing.
3. To encourage homemakers to have proper equipment for freezing and canning.

Methods

1. Special Interest meetings: One county meeting will be held by specialist on butchering and cutting pork and beef for curing and freezing.
2. Pressure gauge testing clinics will be held in 11 communities.
3. Other methods will include bulletins, newspaper articles, radio, and personal contact.
4. Agent training: Agents will attend freezing school in Farmville on January 23.

Housing

Objectives

1. To improve housing conditions of families.

Objectives

1. To help homemakers save time and energy in doing the family ironing.
2. To encourage homemakers to make better use of their time.
3. To help promote increased interest in the home management phase of homemaking.

Methods

1. Special Interest meeting: One county meeting will be held by home management specialist.
2. Leader training: One leader training meeting will be held, after which leaders will give demonstrations to their clubs.
3. The method demonstration will be the principal teaching method used.
4. Studies: Two or three young homemakers will take part in the time study proposed by home management specialist.
5. Other teaching methods will include radio talks, bulletins, mimeographed material, and personal contact.

Health

Topics for discussion by county health chairmen will include: "Every Engine needs a Tune-Up", "The Slim Jims and Mrs. Five by Five", "Mental Health", "Stop! Danger Ahead", "A Safe Summer", "Testing Pressure Cooker Gauges", "A Basket of Good Health", "A Look Inside", "To Tell the Truth", and the demonstrations "The Home Medicine Chest and First Aid at Home".

Objectives

1. To encourage every home demonstration member to have a physical examination.
2. To encourage homemakers to have a well equipped medicine cabinet.
3. To teach simple First Aid.
4. To teach good nutrition.
5. To teach signs of illness.

At each of the club meetings, the home beautification chairman will give reports on the following topics:

January - Caring for Home Plants
February - Planning the Home Garden
March - Lawns
April - Grooming Flowers for Flower Show
May - Shrub Identification
June - Drying Flowers for Winter Arrangements
July - Flower Arrangements for Dining Room Table
October - Selecting and Planting Bulbs for Spring Flowering
November - Selecting and Preparing Greens for the Holiday Season and special interest meetings.

Objectives

1. To teach proper methods of grooming flowers.
2. To encourage homemakers to improve appearance of home surroundings.
3. To help develop a greater interest in gardening and home beautification.
4. To teach principles of flower arrangement.

Methods

1. County flower show.
2. Forums: Agents, committee and others will attend district forum on flower arrangement at Charlottesville.
3. Special Interest: Two county area meetings will be held on preparing flowers for flower show and flower arrangements.
4. Chairman Reports: Home beautification chairman will give reports at 10 club meetings.
5. Chairmen will be trained by agents.
6. Other teaching methods will include bulletins, mimeographed materials, radio, displays and exhibits.

Home Management

Demonstrations will include "Saving Time in Doing Family Ironing" and a special interest meeting on "Time Management".

8. To teach homemakers meat cuts so they can be familiar with and use this knowledge in buying meat for their families.

Methods

1. Leader training meetings: The food and nutrition specialists will train leaders.
2. Agent training: The food and nutrition specialists will train agents, after which agents will train leaders.
3. The method demonstration will be principal teaching method used. Leaders will give 25 demonstrations.
4. Other teaching methods used will be bulletins, mimeographed material, personal contact, special interest meetings, radio, newspaper and discussions.

Clothing

Demonstrations will include "Beauty Culture", "Buying and Using Cosmetics", "Good Grooming" as related to hair styling, rolling, setting and caring for hair, and special interest meetings in "Beginning Sewing".

Objectives

1. To teach homemakers how to buy and use cosmetics.
2. To help homemakers improve their personal appearance by making better use of cosmetics, caring for hair, etc.

Methods

1. Leader training meetings: Leaders will attend leader training meetings on buying and using cosmetics and good grooming, after which they will give the demonstration to their club.
2. Leaders who will be assisting with the beginning sewing classes will be trained by clothing specialist.
3. Agents and leaders will conduct beginning sewing classes in 4 communities. Courses will consist of 5 meetings each.

Home Beautification

The home demonstration clubs' most outstanding activity will be the annual spring flower show.

All officers with the exception of the treasurer are elected for a 2 year term. The treasurer may serve for an indefinite period.

The chairman and program of work chairman attend planning meetings as called by the district chairman.

The County Committee plans the home demonstration program, sets up county objectives and plans the program of work with the assistance of the agent, district agent, and after discussions in the clubs of county needs and problems. The program planned by the committee is approved or disapproved by the individual clubs.

It is the objective of the County Home Demonstration Committee to plan programs that will meet the needs and interest the people and conduct county home demonstration committee business. In this manner home demonstration work will grow in membership and interest.

Subject Matter Fields

Foods

Demonstrations will include "Yeast Breads and Variations", "Getting the Best Results from your Home Freezer", "Dairy Products - making cottage cheese, whipped cream, etc.", "Salads", "Table Settings for Various Occasions", and "Meat Cuts".

Work of Health Committee will include the following topics: Weight Control and A Basket of Good Health.

Objectives

1. To encourage homemakers to make a good portion of their bread.
2. To teach the technique of making bread.
3. To help homemakers save time, food, energy and money by making the best use of their home freezers.
4. To encourage homemakers to utilize home milk supply to the best advantage.
5. To teach good nutrition by including more salads in the diet.
5. To teach the setting of attractive tables for all occasions.
7. To teach wise buying of china, silver and crystal.

Methods

Personal contact and meetings.

Recreation

Objectives

Try to help and unite the county by getting people to work together on a county-wide recreational program.

Methods

Personal contact, radio and meetings.

Industrial

Objectives

Try to locate suitable industries to reside in the county

Methods

Advertise county's potentials to attract industry.

Publicity

Inform people of Rural Development Program and its progress.

Methods

Newspaper, radio and correspondence.

B. Home Demonstration Club Program

County Home Demonstration Club Committee

This committee is composed of the officers (president, vice president, secretary, treasurer, program of work chairman, and program development chairman) of the 11 clubs in the county. The County Committee has a chairman, vice chairman, secretary, treasurer, program of work chairman, and such committees as the chairman appoints to carry out the work of the county committee. The vice chairman serves as county publicity chairman.

The committee meets twice each year - in the early summer to plan the following year's program and transact business - in the fall to review county work and take care of county club business. The executive committee meets as needed.

major portion of the agents time. Agents will assist and guide committee members in carrying out plans developed by the committee members and approved by the county group. Agents will assist and advise officers of the organization.

Lighting Committee

Objectives

1. Improve lighting at following schools: John Randolph, Hamilton and Cumberland, especially outside lighting.
2. Educate county people for better lighting for study, work and play.
3. Recommend entrance lighting at churches.

Methods

Better lighting methods and result demonstrations, meetings, newspaper, radio, bulletins, mimeographed material and home visits.

Housing - Home Beautification

Objectives

1. Have available house plans for prospective builders.
2. Encourage home and farm clean-up.
3. Attempt to have picnic facilities set up along secondary roads.

Methods

Bulletins, radio, newspaper, personal contact and meetings will be used.

Education

Objectives

1. Elimination of privately owned school buses.
2. Additional athletic activities and facilities for high school students.
3. A study of evaluation of entire high school curriculum as to both required and elective courses.

Methods

1. Committee members will be trained by agents through meetings, personal contact and illustrative materials.
2. Committee members will use all media to educate county people.
3. Agents will conduct pressure cooker gauge clinics in all communities.

Health discussions to be included in home demonstration program are as follows:

January - Every Engine Needs a Tune-Up.
February - The Slim Jims and Mr. Five by Five.
March - Mental Health.
April - Stop! Danger Ahead.
May - A Safe Summer.
June - Testing of Pressure Cooker Gauges.
July - A Basket of Good Health.
October - A Look Inside.
November - To Tell the Truth.

4. County Home Economics Committee

Clothing

Objectives

1. Review present county situation
2. Conduct community sewing classes
3. Teach short cuts in sewing in order that sewing will be more interesting to homemakers.
4. Through all media - teach care of clothing, especially new fabrics and finishes.

Methods

Community and county meetings, clinics, bulletins, personal contact, radio, newspapers and method demonstrations will be teaching methods used.

5. Rural Development

Activities of the Rural Development Program will take the

II. COUNTY EXTENSION PROGRAM - ADULT

A. Over-All Program

1. County Agricultural Extension Board

Cumberland County is one of the pilot counties in program development and the Board is in the process of being formed. The County Rural Development Committees act as the planning group for Extension work in the county.

2. Home Economics Council

The chairman of the County Home Demonstration Committee and the chairmen of the various home economics committees will make up this Council. The Council will be used to coordinate the work of the committees. The Council will be formed in 1959. The Council will make plans and coordinate plans for carrying out the work of the home economics phase of the county Extension program. The Home Economics Council will be formed in 1959.

3. General Interest Committees

In addition to the Health Committee already formed, the following committees will be formed: Housing, 4-H Youth. It will be the objective of these committees to survey the county situation, recognize the needs and make plans for meeting the needs. Methods used will be illustrative material, circular letters, radio, newspaper articles and personal contact.

4-H, home demonstration members, and non-club members especially interested in the particular phase of work will serve on the committee. Each committee will have 5 members, with chairman and secretary. Membership will be set up on a rotating basis.

Health (Food & Nutrition)

1. Emphasis placed on up-to-date methods of home canning and freezing of foods
2. Sponsor First Aid classes in each community.
3. Emphasize importance of balanced diet, weight consciousness and control through diet.
4. Cooperate with doctor in county for best interest of the people.

1959 PLAN OF WORK

Georgia W. Wilkerson
Home Demonstration Agent

Ann Gracey
Asst. Home Demonstration Agent

Cumberland
County

I. COUNTY SITUATION

Cumberland is strictly a rural county, located in the central Piedmont Plateau of Virginia, with an area of 268 sq. miles. According to the 1954 census, there are 977 farms in the county. 486 are white operators, 491 are non-white operators. 640 of these farmers own their lands, the remainder are tenants. The latest population census shows there are 7,252 people in the county. 3,211 are white and 4,041 are colored.

Agriculture is the leading industry. Commercial chicken broiler production has grown amazingly since 1950. Poultry is the chief source of cash from income and now supplies more than 36% of the value of all farm sales. Tobacco ranks second and provides about 28% of farm income. 18% of farm income comes from milk. Forest products are large sources of income on many farms and account for about 5% of the farm income.

The median income of the farm family is \$965.00.

Electricity is available to each section of the county and the telephone system is excellent.

Cumberland County is a poor county as far as taxable wealth is concerned, there being only the land to tax, but individually the standard of living, generally speaking, is fairly high. The people are proud of their homes and their community and are interested in improving their county. The people are interested in and are cooperating with the efforts of the Rural Development Program, feeling that this is one way of improving the county.

The interest of the young people, and the support these youngsters receive from the adults, is outstanding, and shows the splendid spirit of cooperation that exists among the county people.

People in the county want increased income, more comfortable homes, and improved standards of living.