ANNUAL NARRATIVE REPORT

COUNTY EXTENSION WORK

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1962

ESSEX
County

ISSUED IN FURTHERANCE OF COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS, ACTS OF MAY 8 AND JUNE 30, 1914, IN COOPERATION WITH THE U. S. DEPARTMENT OF AGRICULTURE. W. H. DAUGHTREY, DIRECTOR, AGRICULTURAL EXTENSION SERVICE, VIRGINIA POLYTECHNIC INSTITUTE, BLACKSBURG, VIRGINIA.

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ESSEX COUNTY EXTENSION PROGRAMS

I. Involvement of Local Leadership in Planning Carrying Out The Extension Program

The Essex County Agricultural Governing Board, Board of Supervisors, Superintendent of Schools, School Board, and the Rural Areas Development Committee were asked to be participants in the overall County Extension Programs for 1962. These groups were involved with the evaluation of Extension programs prior to 1962. On the basis of these evaluations and the expressed needs of the people in the county the 1962 Extension program was developed. Wherever the need existed these organizations along with other leaders in the county participated in the home economics, agriculture and youth programs.

I. Involvement of Local Leadership in Planning And Carrying Out The Extension Program: Essex County

Over-all County Program

A. Work with planning committees:

1. R.A.D.

57 organizations were contacted regarding R.A.D.

17 county leaders participated in initial meetings regarding R.A.D.

5 county leaders served on the nominating committee for the R.A.D. Committee.

8 county leaders served on the R.A.D. Committee with one other serving as publicity chairman.

19 leaders served on five R.A.D. sub-committees.

2. Essex County Agricultural Extension Service Board

Thirteen county leaders served on this board.

B. Contributions made by local leaders

1. R.A.D. - Leaders considered the advantages of the R.A.D. program, set up a R.A.D. Committee, selected five problems on which to work, and worked on them. The long-time objective has been reached in one project, and the short-time goal in another.

2. Essex County Agricultural Extension Service Board - Leaders reviewed plans made by the councils and

committees, agreed upon areas for particular emphasis and approved the county program.

C. Work in leader training

1. R.A.D. - In selecting leaders to contact regarding R.A.D. an effort was made to contact leaders representing all segments of the county population. These were familiarized with R.A.D. through organization meetings, and individually. This group selected the nominating committee for the R.A.D. Committee, who in turn, selected the R.A.D. Committee, as a representative group. They were oriented individually and in meetings. The R.A.D. Committee selected R.A.D. sub-committee members who were oriented by the R.A.D. Committee Chairman.

2. Essex County Agricultural Extension Service Board - These members were selected because of their interest, ability and experience. They were oriented individually and in the board meeting.

A. Work with planning committees

Essex County has three Magisterial Districts. Leading people in each of these districts were contacted and asked to serve on one or more commodity committees. During the month of January committee meetings were held to evaluate past programs, discuss needs expressed by county people and plan for future program expansion. Goals and objectives were discussed and set up for either short time or long time programs.

The major agricultural committees for Essex County are:

1. Crops
2. Livestock
3. Forestry
4. Marketing

Membership on these committees is usually limited to six members, with two from each of the magisterial districts.

B. Contributions made by local leaders

Local leaders in Essex County have contributed their ideas, suggestions, criticisms, time, labor and encouragement toward an Extension Agricultural program. In addition to their contributions as leaders on Extension Commodity Committees, these leaders serve on the County Board of Supervisors, County School Board, P.T.A. Committees, Church

Committees, Social Committees, County A.S.C.S. Committee, R.A.D. Committee, Civil Defense and many other community and county-wide committees.

C. Leader Training

Essex County is a relatively small county in terms of population. There are 6690 people according to the last official census. There has been very little leader training work because of the slight turnover on commodity committees. Older committee members help select and train new committee members. Rotation among committee members distributes the responsibility of the necessary duties such as chairman, secretary, etc.

HOME ECONOMICS Essex County

A. Work with planning committees

1. Home Economics Council - 17 members
2. Food and Nutrition Committee - 9 members
3. Home Management Committee - 10 members
4. Lighting Committee - 8 members
5. Safety Committee - 8 members
6. County Home Demonstration Club Committee - 21 members
7. Home Demonstration Clubs
   a. Organizational - 36 women
   b. Project - 29 women
8. Junior Home Demonstration Club
   a. Organizational - 4 women
   b. Project - 3 women

B. Contributions made by local leaders:

1. Home Economics Council - Leaders reviewed plans made by the committees, and recommended to the Board that the Safety Committee become a joint committee and that a joint Ornamental Horticulture committee be set up.
2. The Food and Nutrition Committee, Home Management, and Lighting Committees reviewed long-time objectives and goals and revised them as needed, reviewed and evaluated their 1961-62 activities, studied changes in the situation, and selected work for the year and planned how to carry it out.

3. The Safety Committee reviewed past activities, studied changes in the situation, and planned the program for the year.

4. The County Home Demonstration Club Committee set up the Home Demonstration Club program, based on suggestions received by the club program development leaders from the clubs.

   The program was later adopted by the clubs. The county committee also carried on county-wide Home Demonstration Club business.

5. Home Demonstration Clubs and Junior Home Demonstration Club

   a. Organizational leaders

      (1) Served as the usual club officers in conducting business meetings.

      (2) Served as club program development chairmen, in helping carry out and evaluate the present program and develop future programs.

      (3) Kept the standard club records and encouraged the club to reach the standard.

      (4) Served as club publicity chairmen

   b. Project leaders

      (1) Served as the Federation Program of Work Chairmen and gave one demonstration on Landscaping and short reports other months on the various phases of Home and Community Beautification.

      (2) Served as club Consumer Information Chairmen,

and brought a short report on some phase of interest to consumers to each club meeting.

(3) Gave 30 demonstrations.

C. Work in leader training

1. Home Economics Council - Some members serve because of positions held; others represent areas of the county and are selected by the membership, according to rules adopted by the council for expiration of terms and replacement of members. They are oriented individually and in meetings.

2. Food and Nutrition and Home Management Committees - Members represent areas of the county and are selected by the membership, according to rules adopted by the committees for expiration of terms and replacement of members. They are oriented individually and in meetings.

3. Lighting Committee - Members represent areas of the county and are selected by the membership. They are oriented individually and in meetings.

4. Safety Committee - Original members were selected by the Home Economics Council to represent areas of the county; replacements are selected by the Safety Committee. They are oriented individually and in meetings.

5. County Home Demonstration Club Committee - Club presidents and club program development chairmen were members and there

were a few members at large who originally became members because of their positions in the clubs, but were kept as members by the committee because of their interest and help. They were oriented in club meetings and county committee meetings.

6. Home Demonstration Clubs and Junior Home Demonstration Club

   a. Organizational - Club officers were elected by the club and Program Development, Standard Club, and Communications Chairmen were elected by the clubs or appointed by the club president. Club presidents were trained by correspondence and in person, at club meetings, and through County Home Demonstration Club Committee meetings. Program Development Chairmen were trained by the agent in leader training meetings. Standard Club chairmen, and Communications chairmen were trained individually at club meetings.

   b. Project - Project leaders volunteered or were selected by the club, under guidanceof the Program Development leader. They were trained by specialists and the agent in leader training meetings. In a few cases, the project leader was a person especially trained in thefield.

YOUTH Essex County

A. Work with planning committees

1. Honor Club - 17 members
2. County 4-H Council - 53 members
3. 4-H Clubs
   a. Officers - 53 officers
   b. Leaders - 13 leaders

B. Contributions made by local leaders

1. Honor Club - Members helped as a club and individually to further 4-H Club work.
   Gave radio talk for National 4-H Club Week. Planned 4-H Yearbook.
2. County 4-H Council - Set county-wide 4-H goals and carried on county-wide 4-H business.
3. 4-H Clubs
   a. Officers - Served as the usual club officers in conducting business meetings.
   b. Leaders - Served as club organization and project leaders in in-school and neighborhood clubs.

C. Work in leader training

1. Honor Club - Members were selected based on outstanding 4-H Club work, years of work, and age as set up for Honor Club membership. They were trained in Club, Council, and Honor Club meetings.

2. County 4-H Council - Since the Council was composed of officers of the various clubs, members were elected by the clubs.

   Council members were trained in club and council meetings.

3. 4-H Clubs

   a. Officers were elected by the clubs and trained at club and council meetings.

   b. Leaders - Were selected because of ability and interest. They were trained individually and in groups.

D. Appraisal of leadership in the county

The leaders in Essex County are well qualified, trained and have ability. These leaders are called on to serve in all organizations in the county. A need for more leaders is a pressing problem if Essex County is to continue to develop as a progressive county.

Project Area: AGRICULTURAL PRODUCTION, MANAGEMENT AND NATURAL RESOURCE DEVELOPMENT: Essex County

A. Phase: CASH CROPS - WEED CONTROL

B. Weed control in cash crops is a major problem of Essex County farmers.

Increased use of field combining equipment has intensified the need for weed control. Double cropping practices have affected cultural weed control methods.

Economic losses from weeds, due to lower crop yields, machinery damage, increased labor cost and reduced value of crops, have increased over the past five years.

C. Program Objectives:

To reduce the weed problem in cash grains.

Increase the net income of cash grain farmers through a weed control program.

D. A weed control school was conducted for farmers, agricultural businessmen and professional agricultural workers by Mr. A.H. Kates, Weed Control Specialist, V.P.I.

The latest methods and chemicals for weed control were demonstrated during this school.

Weeds common to this area were pointed out to farmers on tours and field days. Ways of identifying these weeds were explained and demonstrated.

Weed control demonstrations were established on farms

throughout the county. These weed control plots were put on fields of alfalfa, small grains, corn and soybeans.

A weed control demonstration on soybeans was established by Mr. A.H. Kates. Five different weed control chemicals were used on this demonstration plot. They were Alanap plus CIPI, two pounds of each per acre. Amiben, three pounds per acre; PCP, twenty pounds per acre; Lorox, one pound per acre.

Atrazine was applied to four "All Practice" corn demonstration plots, for weed control. The rate of application was two (2) pounds of Atrazine per acre. This chemical was applied in a solution of liquid nitrogen on the demonstration plots.

Farmers, agricultural businessmen and professional agricultural workers inspected the weed control plots throughout the growing season.

A tour of the Warsaw Experiment Station was cancelled due to dry weather and other reasons.

Weekly broadcasts, newspaper articles and personal contacts were used to publicize the weed demonstration plots. Pictures were taken of the demonstration plots. These will be processed into slides for educational meetings.

Changes made on the part of cash crop producers has been mainly in the weed control program for corn crops. Prior to the "All Practice" corn demonstrations weeds in corn were controlled by cultivation and applications of 2-4D.

The results of applying two (2) pounds of Atrazine per acre for weed control in corn on the "All Practice" demonstration plots convinced corn producers of the effectiveness of this chemical to control weeds.

In 1961, approximately forty acres of corn were treated with Atrazine for weed control. In 1962 this acreage increased to approximately 2000 acres of corn. Indications for the 1963 crops are that approximately 3000 acres of corn will be treated with atrazine for weed control.

Two alfalfa growers used CIPI for weed control in 1961. Five alfalfa growers used CIPI for weed control in 1962.

Twenty- five percent more weed control chemicals were applied on soybeans this year in comparison to the amount applied in 1961.

There was a fifty percent increase in the use of weed control chemicals on small grain crops in 1962 compared to the average amounts used in the past five years.

PROJECT AREA: AGRICULTURAL PRODUCTION: Essex County

MANAGEMENT AND NATURAL RESOURCE DEVELOPMENT

A. Phase: FIELD CROPS

B. Essex County is a cash grain producing county. Crops grown for cash grain are: corn, soybeans, wheat, oats, barley and rye.

Double cropping of small grains followed by soybeans is a general practice in this county.

Yields of grain crops established by U.S.D.A. agencies are below the average for this area.

Net returns per acre of field crops have steadily decreased for the past five years.

C. Program Objectives

Change present field crop cultural practices.

Adopt progressive cultural practices proven by research and experiments.

Increase net income to field crop producers.

D. An Area Forage and Grain meeting was held in Tappahannock, Virginia. Agricultural Engineering, Dairy, Beef Cattle, Sheep, Economics and Agronomy Department specialists presented a program of forage and grain handling to forty-five farmers, agricultural businessmen and professional agricultural workers in this area.

Local plant food distributors introduced a new method of

applying plant food elements to crops. This method would be competitive in price per unit of plant food and would save labor in application. A major disadvantage was the limited analysis available in this form. Fifty farmers, plant food distributors and professional agricultural workers attended this meeting.

A cooperative program between the Virginia-North Carolina Plant Food Institute, local plant food distributors, farmers and agricultural workers was planned for 1962. "All Practice" demonstrations in the production of corn for grain was carried out by four farmers in different areas of Essex County.

The Virginia-North Carolina Plant Food Institute was the coordinating agency for these "All Practice" demonstrations.

Local plant food distributors provided the fertilizer for each plot as recommended by Agricultural Extension workers.

Selected farmers provided the land, seed, labor, and other necessary items for the "All Practice" demonstration plots.

Agricultural Extension workers helped select demonstration plot areas which were measured and marked for identification. Soil samples were collected and mailed to the V.P.I. Soil Analysis laboratory. Recommendations for the application of plant food was made for the demonstration plots on the basis of soil test results, past cropping history and soil types. Weed control chemicals were applied according to recommendations of the Weed specialist, V.P.I.

Individual farmers and local agricultural workers visited the "All Practice" demonstration plots throughout the year.

A tour of the "All Practice" demonstrations was conducted by county Extension agents for fifty professional agricultural workers, farmers and area businessmen. Following the tour a meeting of the people on the tour was held to evaluate the effectiveness of the plots and to get any criticisms and suggestions for future demonstrations.

Crop enterprise records were kept on the "All Practice" demonstration plots. A summary of these records will be sent to each participant in this program.

Mr. C.B. Lanford, County Agent-at-Large, collected and analyzed these enterprise records.

Local agricultural businessmen and Extension agents harvested random samples in the "All Practice" demonstration plots. These samples were weighed, tested for moisture and protein content. Average yield per acre was calculated using a form prepared by the V.P.I. Agronomy Department.

A final report on the "All Practice" demonstration plots was mailed to all participants in this program.

The evaluation of changes made has not been completed, but the biggest change has been in the attitude of crop producers

about the plant population per acre. Population of 16 to 18 thousand were rare before the "All Practice" demonstration program began. After observing the demonstration plots and the yields per acre from these plots, farmers are planning to increase their plant population per acre to an average of 18 thousand plants in 1963. Another change which has been brought about through the "All Practice" demonstrations is the change in thinking about weed control chemicals. After observing the effect of applying pre-emergence weed control chemicals, corn producers are planning to use weed control chemicals in some instances on all their corn crop in 1963.

Project Area: MARKETING AND UTILIZATION OF AGRICULTURAL PRODUCTS: Essex County

A. Phase: MARKETING LIVESTOCK

B. Livestock farmers in Essex County are not utilizing existing livestock marketing facilities. Full value of livestock is not received when sold on the farm or through private sales.

On the farm and private sales of livestock in Essex County is determental to Extension organized marketing organizations.

C. Program Objectives

To increase participation of livestock producers in Extension organized marketing organizations.

To increase net income of livestock farmers by marketing their livestock through Extension organized livestock sales.

D. Livestock was graded by Virginia Department of Agriculture graders, before the Fredericksburg Feeder Calf Sale and the Tappahannock Feeder Pig Sales. Livestock farmers and others interested in the grades of livestock were given explanations concerning conformation characteristics that animals must have to receive a specified grade. Feeder calves are graded as: Fancy (AA), Choice (A), Good (G), and Medium (a mark over the shoulder or other designated area). Feeder pigs are graded as Number 1 (blue color), Number 2 (Red color), Number 3 (Green

color), and Medium (Yellow color).

Different classes of beef cattle, hogs, and sheep were selected by V.P.I. Animal Husbandry Department Specialists and County Extension Agents. After being placed in numerical order these livestock classes were discussed with livestock producers, Extension Specialists and County Extension Agents. The classes of livestock chosen were used for District 4-H Livestock judging classes. 4-H Leaders, parents, and interested livestock producers observed these classes and recorded unofficial placings. 4-H Club livestock judging teams placed the livestock classes as part of their 4-H contest competition. Oral reasons for the placings on the livestock judging teams were required of 4-H members.

Reports on the prices received for livestock marketed through Extension sponsored sales are separated according to weight, sex and grade for beef cattle. These reports are compiled by the V.P.I. Animal Husbandry Department and the Virginia Department of Agriculture Market Division. Livestock producers receive copies of these reports after each sale.

Copies of the prices received for livestock through private livestock markets are also mailed to livestock producers. Comparisons between these sales are made by the livestock producers.

Summaries of the prices received for livestock on a quality graded basis during a specific period were compiled by the V.P.I. Animal Husbandry Department and the Virginia Department of Agriculture, Division of Markets. The summaries were made available to livestock producers.

Changes made by livestock producers in Essex County have been indicated by increased participation in the Extension organized livestock marketing sales. Numbers of feeder calves and feeder pigs have increased over the number marketed through these sales in 1961.

Livestock producers are benefiting from these organized sales even though they do not participate. Prices received in these sales are used as a basis for trading in private and on-the-farm sales. Livestock producers have a basis for setting a price on their livestock by using the reports of organized sales.

E. PROGRESS IN OTHER EXTENSION WORK: Essex County

1. Planning and Management of the Farm Business

The I.B.M. Farm Records program conducted by the V.P.I. Agricultural Economics Department was presented to farm families by Mr.C.B.Lanford in January 1962.

Two farm families enrolled in the V.P.I. Farm Records program and have received their third quarter summary.

Sixteen days were allotted to a Farm Management School at V.P.I. Training received in farm management has been used in carrying out an Extension program in Essex County.

Field Crops (Production and Farm Marketing)

Arranged for an Area Forage Feeding and Handling meeting.

Distributed Varietal Recommendations for 1962.

Established "All Practice" Corn Demonstrations.

Established soybean fertilization plots.

Arranged for a Weed Control School.

Established Weed Control plots.

Soil Management

Attended and participated in Tidewater Soil Conservation District meetings.

Arranged for a meeting of State Soil Conservation District Supervisors.

Cooperated with Soil Conservation Service technicians in recommending practices for farm plans.

Forestry (Production and Farm Marketing)

Cooperated with Virginia Division of Forestry personnel in recommendations of forestry practices.

Assisted Virginia Division of Forestry personnel with publicity and information programs.

Entomology

Conducted educational programs in identification and control of insects.

Assisted farmers in getting equipment and materials to control crop insects.

Sent insect specimens to V.P.I. Department of Entomology for identification and recommended control programs.

Poultry

Made arrangements and participated in Area Poultry Environmental Program meeting.

Cooperated with local farm supply dealers in poultry security management.

Assisted poultry flock owners and poultry industry fieldmen in obtaining diagnostic service for poultry diseases.

Livestock

Made arrangements for and participated in purebred livestock sales.

Cooperated with livestock markets in publicizing and conducting livestock sales.

Attended and participated in meetings conducted for members of livestock organizations.

Assisted livestock producers in selection and purchasing of breeding replacements.

Marketing and Utilization

Cooperated with buyers and processors of crops, livestock and forestry products, in publicizing methods of grading, discount methods and consumer requirements.

Assisted buyers and processors in obtaining the quality and quantity of farm products they needed.

Agricultural Engineering

Worked with individual farmers in planning for buildings and equipment to be used in their operations.

Plans and specifications for buildings, equipment and special structures have been drawn and distributed to farmers requesting them. The V.P.I. Agricultural Engineering Department has provided the plans, specifications and other services to farmers who needed individual help.

Dwellings and Equipment

Assisted with the planning for one kitchen and one bathroom.

Recreation

Presented programs to Tappahannock Chamber of Commerce, Lions Club, Ruritan Club and Rotary Club on the needs for recreation facilities in this area.

Cooperated with the Mayor of Tappahannock in planning a recreational program.

Served on a committee of the Chamber of Commerce to construct and maintain boat unloading ramps in Essex County.

Outlook

Distributed outlook information to farmers, businessmen and leaders in Essex County.

Discussed outlook information with farm groups, service clubs, and individuals.

Used outlook information in discussing farm programs with individuals.

Attended and participated in Bankers and Agricultural Workers Conference at Natural Bridge, Virginia.

Community Development and Resource Adjustment

Participated in a meeting between Chamber of Commerce members and Management personnel of a local industry.

Assisted with planning for an educational and information program to improve labor relations between county people and a local industry.

Organized a tour of local industry by county and town government officials.

Extension Agents in cooperation with local businessmen conducted a Town and Country Business Program. This program was intended to show the interelationship between agriculture and local business. Twelve older youth members participated in this program.

Public Affairs

Organized, and served as Chairman of U.S.D.A. County Defense Board.

Presented educational and information programs to civic clubs, Farm Bureau, Chamber of Commerce, and individuals concerning the National farm programs, the world market and other programs of this nature.

Other Educational Work

Conducted a class in a Tourist Information course for employees of local businessmen.

Presented a program to the county Ruritan Club and graduating seniors of Tappahannock High School on "Opportunities For Youth."

Attended and participated in "All Breeds Dairy Cattle Judging Conference."

Conducted Leader Training meetings for Home Demonstration Club members on "Appreciation of Birds."

Presented program to two Home Demonstration Clubs on "Appreciation of Birds."

REPORT ON PROJECT AREA: EXTENSION HOME ECONOMICS Essex County

A. Phase: NUTRITION

B. Why this phase received major emphasis:

1. Many homemakers and youth do inadequate meal planning and do not plan meals consistent with the best information on nutrition.
2. Many homemakers do not know points to look for in selecting some foods.
3. Many homemakers and youth do not prepare foods for best flavor, nutrition, and variety.

C. Objectives

1. To provide homemakers and youth knowledge on meal planning for better nutrition.
2. To provide homemakers knowledge on wiser buying for better foods.
3. To provide homemakers and youth knowledge and skills in basic food preparation for better flavor, variety and nutrition.

D. Progress made in reaching objectives

1. Activities conducted

a. By Food and Nutrition Committee

(1) 500 handouts on "You Can Lose Weight" distributed through the two drug stores in the county.

(2) 500 handouts on "Food for the Convalescent"

distributed through the drug stores.

(3) Window display on Daily Food Needs in a prominent window at one drug store at the time the weight losing bulletins were being distributed.

(4) A menu-planning contest is currently being conducted for homemakers and youth. They are now submitting menus used by their families for three successive days during the fall. They will later submit them for the other three seasons. To receive recognition, menus must conform to good standards of nutrition. A list of honorable mentions will be published in the local news paper after each season's menus are judged. Good nutrition certificates will be awarded those submitting good menus for all four seasons.

(5) Compiled a list of Programs Aid available on Food Faddism and distributed it to program chairmen of various organizations in the county.

b. By Home Demonstration Clubs

(1) Demonstrations on "Wiser Buying for Better Foods."

(2) Demonstrations on "Frozen Foods", emphasizing menus and frozen dishes which may be prepared ahead for company, Sunday, or other dinners when time is short at the last minute.

(3) Demonstrations on "Fish and Seafood Main Dishes", using things available locally. These were given by leaders following a leader training meeting given by the specialist.

(4) Demonstrations on "Planning Low Calorie Menus."

(5) Consumer Information Chairmen's report to Home Demonstration Clubs on "Shopping for Food", "How to Buy Meat", "Buying Commercially Frozen Foods", "Buying Fresh Seafood", and "Buying Fats and Oils."

c. By Junior Home Demonstration Club (a group of young homemakers who meet monthly for an Extension Home Economics educational program. They are not really a part of the Home Demonstration Club program, although they selected the name - Junior Home Demonstration Club.)

(1) Demonstration on "Canning and Freezing" (basic canning of fruits and vegetables and freezing of fruits, vegetables and meats.)

(2) Demonstration on "Salads".

(3) Demonstration on "Oven Meals".

d. By 4-H Clubs

(1) 39 members were enrolled in Meal Preparation projects.

(2) 7 members were enrolled in Bread projects.

(3) 1 member was enrolled in the Health project.

e. Other

(1) Radio talks

(2) News articles

2. Methods Used

a. Handouts

b. Window display

c. Contest

d. Correspondence

e. Method demonstrations

f. Leader training meetings

g. Practice by adults and youth

h. talks

i. Radio talks

j. News articles

3. Results Achieved

a. 54% of the homemakers answering a questionnaire reported improving food buying following the demonstration on "Wiser Buying for Better Foods."

b. 46% of the homemakers answering a questionnaire reported preparing and freezing more dishes ahead following the demonstration on "Frozen Foods."

c. 13 4-H Club members completed foods projects; others did some foods work. Members prepared 957 dishes and 179 meals. They gave 37 food

demonstrations. Three members entered county and two district foods demonstration contests. One member entered the county Meal Preparation Achievement contest. Many of the members who completed foods projects are now enrolled in the new Food and Nutrition project.

d. 8 young homemakers in the Junior Home Demonstration Club improved canning and freezing methods due to that demonstration.

e. 12 young homemakers in the Junior Home Demonstration Club served more salads to their families following that demonstration.

f. 11 young homemakers in the Junior Home Demonstration Club served more oven meals following that demonstration.

g. Nutrition handouts through the drug stores, especially those on loosing weight, were so popular that people asked for more.

h. 90% of homemakers answering a questionnaire reported reading news articles and hearing radio talks by the agent.

REPORT ON PROJECT AREA: EXTENSION HOME ECONOMICS Essex County

A. Phase: FURNISHINGS

B. Why this phase received major emphasis:

1. Many homemakers buy home furnishings without adequate planning or adequate knowledge of points in selection.
2. Many homes would be more attractive and comfortable, if furnishings were re-arranged and some furnishings were renovated.
3. Many 4-H members do not know how to care for and improve their rooms.

C. Objectives

1. To provide homemakers knowledge in planning home furnishings, to use good principles in home decorating, and to make the best use of the furnishings they have.
2. To provide homemakers knowledge and skills in selecting home furnishings.
3. To provide homemakers and youth knowledge and skills in arranging home furnishings.
4. To provide homemakers knowledge and skills in renovating home furnishings.
5. To provide 4-H members knowledge and skills in improving their rooms and furnishings, to make them as attractive and useful as they can.

D. Progress made in reaching objectives

1. Activities conducted

a. By Lighting Committee

(1) Lamp Improvement Workshop

b. By Home Demonstration Clubs

(1) Demonstrations on "Beauty in Home Furnishings."

(2) Special interest meeting on "Flower Arrangement," given by a member who is outstanding in this field.

(3) Consumer Information Chairmen's report to Home Demonstration Clubs on "Buying Bed Linens."

c. By Junior Home Demonstration Club

(1) Demonstration on "Using Color in House Furnishings."

(2) Demonstration on "Making the Most of What You Have in House Furnishings."

(3) Demonstration on "Refinishing Furniture."

d. By 4-H Clubs

(1) 4-H Members were enrolled in the Your Room project.

e. Other

(1) Taught one home economics class to flag chairs and stools.

(2) Radio talks

(3) News articles

2. Methods Used

a. Workshop

b. Method demonstrations

c. Special interest meeting

d. Talks

e. Practice by adults and youth

f. Radio talks

g. News articles

3. Results achieved:

a. 16 people improved 23 lamps at the lamp improvement workshop, and learned how to improve others. This has created considerable interest in holding another similar workshop in the future.

b. 39% of the homemakers answering a questionnaire reported having a better understanding of the principles which go into making beauty in home furnishings following that demonstration.

c. 32% of the homemakers answering a questionnaire reported improving their flower arrangements for family enjoyment following that special interest meeting.

d. 36 4-H members completed "Your Room" projects.

e. 10 young homemakers in the Junior Home Demonstration Club improved their use of color in home furnishings following that demonstration.

f. 8 young homemakers in the Junior Home Demonstration Club gained a better understanding of how to make the

most of the house furnishings they have from that demonstration.

g. 6 young homemakers in the Junior Home Demonstration Club learned to refinish furniture, and had experience in doing it.

h. 9 members of one home economics class learned to flag chairs and stools and had experience doing it.

i. 90% of homemakers answering a questionnaire reported reading news articles and hearing radio talks by the agent.

REPORT ON PROJECT AREA: EXTENSION HOME ECONOMICS Essex County

A. Phase: CLOTHING

B. Why this phase received major emphasis:

1. Many homemakers do not do enough clothing planning, and do not have the best information available on buying clothing.
2. Many homemakers and 4-H members do not know and practice principles of good grooming, and care of clothing.
3. Many 4-H members do not have knowledge or skills in sewing techniques.

C. Objectives

1. To provide homemakers knowledge in planning and buying clothing.
2. To provide homemakers and 4-H members knowledge and skills in grooming and care of clothing.
3. To provide 4-H members knowledge and skills in sewing techniques.

D. Progress made in reaching objectives

1. Activities conducted

a. By Home Demonstration Clubs

(1) Demonstrations on "Self Improvement and Personal Care", given by leaders, following leader training meeting by specialist.

(2) Special interest meeting on "Planning the Wardrobe

to Have Clothes for Different Occasions", given by leaders, following a leader training meeting by the specialist.

(3) Consumer Information Chairmen's reports on "Buying Knitwear."

b. By Junior Home Demonstration Club

(1) Some members of this group taught other members of the group to knit.

c. By 4-H Clubs

(1) 27 4-H Club members were enrolled in the Looking Your Best project.

(2) 43 4-H Club members were enrolled in the So You'd Like to Sew project.

(3) 9 4-H Club members were enrolled in the Clothing - Make or Remake project.

d. Other

(1) Radio talks

(2) News articles

2. Methods Used

a. Method demonstrations

b. Leader training meetings

c. Special interest meetings

d. Talks

e. Practice by adults and youth

f. Radio talks

g. News articles

3. Results Achieved

a. 64% of the homemakers answering a questionnaire reported improving posture and attractiveness in walking, sitting, getting in and out of an automobile, and putting on and removing coats and gloves.

b. 60 women received help in planning the wardrobe to have clothes for different occasions from that demonstration.

c. 8 members of the Junior Home Demonstration Club learned to knit. Several of these haveknitted several items for themselves and their families.

d. 24 4-H Club members completed the Looking Your Best project.

e. 19 4-H Club members completed the So You'd Like to Sew project. Other members did some work. They made 170 articles.

f. 9 4-H Club members completed the Clothing - Make or Remake project. They made 13 articles. One member entered the county and district Dress Revue contest.

g. Most of the girls enrolled in the Clothing - Make or Remake project were among those who completed the So You'd Like to Sew project early in the year.

h. 90% of homemakers answering a questionnaire reported reading news articles and hearing radio talks by the agent.

REPORT ON PROJECT AREA: EXTENSION HOME ECONOMICS: Essex County

A. Phase: HOME MANAGEMENT, FAMILY ECONOMICS, HOUSEHOLD EQUIPMENT, MANAGEMENT OF THE FAMILY'S MONEY

B. Progress Made

1. Activities Conducted

a. By Home Management Committee

(1) Two special interest meetings on "Family Financial Planning."

(2) Information mailed to homemakers on "Buying Laundry Supplies."

(3) Series of news articles and radio talks being used on "Sources and True Costs of Credit."

(4) Arranged for a prominent businessman to write two editorials, which were published in the local paper just prior to school opening, regarding the importance of young people remaining in school.

b. By Home Demonstration Clubs

(1) Demonstrations on "Care and Laundry of New Fabrics and Finishes or 'wash and wear' and Other Fabrics."

(2) Consumer Information Chairmen's reports on "Buying Cosmetics."

(3) Use of electromation leaflets, tied in with demonstration topics.

c. By 4-H Clubs

(1) Four 4-H Club Members were enrolled in the Housekeeping project.

(2) Seven 4-H Club members were enrolled in the Money Management project.

(3) Two 4-H Club members were enrolled in the Washing project.

(4) Two 4-H members were enrolled in the Ironing project.

2. Methods Used

a. Special interest meetings

b. Correspondence

c. News articles and editorials

d. Radio talks

e. Method demonstrations

f. Talks

g. Practice by adults and youth

3. Results Achieved

a. Three families improved family financial planning as a result of those special interest meetings.

b. 54% of homemakers answering a questionnaire reported improving clothing care and laundry following that demonstration.

c. Five 4-H Club members completed the Money Management project. Others did some work on it.

d. One 4-H girl entered the county and district laundry demonstration contest, and one entered the county laundry achievement contest.

e. 90% of homemakers answering a questionnaire reported reading news articles and hearing radio talks by the agent.

REPORT ON PROJECT AREA: EXTENSION HOME ECONOMICS Essex County

A. Phase: HOUSING

B. Progress Made

1. Activities Conducted

a. Demonstrations at Home Demonstration Clubs on "Selecting Interior Paints".

2. Methods Used

a. Method demonstration

3. Results Achieved

a. 36% of homemakers answering a questionnaire reported a better understanding of interior paints and factors in making choices as a result of this demonstration.

REPORT ON PROJECT AREA: EXTENSION HOME ECONOMICS: Essex County

A. Phase: **RURAL ARTS**

B. Progress Made

1. Activities Conducted

a. By Home Demonstration Clubs

(1) Demonstrations on "Wildflower Identification", given by leaders who were trained by the specialist.

(2) Demonstrations on "Appreciation of Birds" given by leaders who were trained by the county agent.

(3) Consumer Information Chairmen's reports on "Selecting Wildflower Books."

(4) Consumer Information Chairmen's reports on "Buying Bird Houses, Feeders, and Food for Wild Birds."

b. By Junior Home Demonstration Club

(1) Demonstration on "Quilting", given by two Home Demonstration members who do outstanding work in this field.

(2) Demonstration on "Christmas Ideas."

2. Methods

(1) Method demonstrations

(2) Leader training meetings

(3) Talks

3. Results Achieved

(1) 71% of homemakers answering a questionnaire reported greater appreciation of local wildflowers as a result

of that demonstration.

(2) Nine young homemakers learned to make quilts.

REPORT ON PROJECT AREA: EXTENSION HOME ECONOMICS: Essex County

A. Phase: ORNAMENTAL HORTICULTURE

B. Progress Made

1. Activities conducted

a. By Home Demonstration Clubs

(1) Federation Program of Work - Home and Community Beautification, emphasizing: pruning, annual and perennial seed project, entrances, mailboxes, landscaping, azaleas, garden tour, evergreens, screening, bulbs, borders, and houseplants.

(2) Demonstrations on "Landscaping."

(3) Consumer Information Chairmen's reports on "Buying Nursery Stock."

b. Other

(1) News articles

2. Methods Used

a. Talks

b. Members bringing plant material

c. Slides

d. Tours

e. Method demonstrations

f. News articles

3. Results Achieved

a. 46% of the homemakers answering a questionnaire reported beautifying their home grounds as a result of this Federation Program of Work.

REPORT ON PROJECT AREA: EXTENSION HOME ECONOMICS: Essex County

A. Phase: INTERNATIONAL

B. Progress Made

1. Activities Conducted

a. By Home Demonstration Clubs and Junior Home Demonstration Club

(1) Demonstrations on "Christmas in Other Lands."

(2) Consumer Information Chairmen's reports on "Selection of Christmas Literature."

b. Other

(1) Radio talks

2. Methods Used

a. Method demonstrations

b. Talks

c. Radio talks

3. Results Achieved

a. 90% of homemakers answering a questionnaire reported reading news articles and hearing radio talks by the agent.

REPORT ON PROJECT AREA: EXTENSION HOME ECONOMICS Essex County

A. Safety

B. Progress Made

1. Activities Conducted

a. By Safety Committee

(1) News articles on boat safety

(2) Letter and check list on home safety sent to homemakers

b. 4-H Clubs

(1) One member was enrolled in the Safety project

2. Methods Used

a. News articles

b. Correspondence

c. Practice by 4-H members

3. Results Achieved

a. 90% of homemakers answering a questionnaire reported reading news articles by the agent.

PROJECT AREA: 4-H AND OTHER EXTENSION YOUTH PROGRAMS: Essex County

A. Phase: AGRONOMY: 4-H Project - SOILS

B. Major emphasis was given this project to teach farm youth a basic knowledge of soils and soil appreciation to improve the management of this valuable natural resource.

C. The objective was to help 4-H members recognize the importance of soils and to teach the nature and properties of certain local soils.

D. The soils program experienced a successful year climaxing at the District Contest. Both the Junior and Senior Land Appreciation teams competed on the District level - the senior team was invited to participate in the State Contest, and the Junior team received blue awards. The team was accompanied at the District Contest by an adult man leader.

Of the sixteen members taking the soils project, ten tried out for the Land Appreciation team.

The soils project was conducted at the regular 4-H meeting with after school tours and practice judging for the judging team. The team attended a judging school set up for three counties with the cooperation of the Soil Conservation Service. The judging school and tours proved especially successful.

The soils program will be continued through project groups.

PROJECT AREA: 4-H AND OTHER EXTENSION YOUTH PROGRAMS: Essex County

A. Phase: ENGINEERING: 4-H Project: ELECTRIC

B. Major emphasis was given this project because of the interest in electricity by the 4-H members, because it is so well adapted to the county 4-H Club program, and leaders were available.

C. The objective was to help 4-H members learn more about electricity and its practical uses in the home and on the farm.

D. The electric project, with an enrollment of ninety boys, experienced a successful year. The youth learned about electrical safety, fuses, lighting, and how to put on a demonstration. Members cared for appliances, spliced wires, fixed plugs and sockets, built lamps and demonstrated.

A lamp workshop was conducted one afternoon for members who wanted to build lamps. Twenty-one lamps were built.

A trip to the Electric Congress, sponsored by the power suppliers in the State, was awarded the county winner.

PROJECT AREA: 4-H AND OTHER EXTENSION YOUTH PROGRAMS: Essex County

A. Phase: 4-H LIVESTOCK

Livestock judging interest was greater this year. A total of eleven 4-H members participated in judging tours, three of which were girls. Due to a school activity that conflicted, only half of the senior team participated in the District Contest. The Junior Team won first place in the District Junior Contest.

Increased interest and quality of youth livestock projects was experienced during the year. A pen of three market steers was entered in the First Commercial Livestock Show and Sale. Two 4-H Club members have steers on feed for the Fredericksburg Junior Livestock Show and Sale to be held in April, 1963.

PROJECT AREA: 4-H AND OTHER EXTENSION YOUTH PROGRAMS: Essex County

A. Phase: LIVESTOCK: 4-H Project: SEARS' PIG CHAIN

The Sears' Pig Chain gilts farrowed unusually large litters this past year, averaging twelve (12) pigs per litter. The largest litter raised to weaning age was fourteen (14) uniform and healthy pigs. The pig project was this particular 4-H member's first livestock project and the first on his parents' farm.

The Grand Champion pen of five market hogs at the First Annual Commercial Livestock Show and Sale was farrowed out of a 4-H sow from the previous year's Sears' Pig Chain. This and other successful projects indicate that 4-H livestock projects have become increasingly higher in quality. Three 4-H members entered fifteen (15) market hogs in the First Annual Commercial Show and Sale.

REPORT ON PROJECT AREA: 4-H AND OTHER EXTENSION YOUTH PROGRAMS: Essex County

A. Phase: Neighborhood 4-H Project Groups

B. Why this phase recevied major emphasis

1. 4-H Clubs were organized on an in-school basis, which did not provide as much opportunity for individual help as neighborhood groups, or sufficient time or facilities to do the most effective job of instruction in some projects.
2. There had been a limited number of neighborhood groups in the county in the past, but none were functioning at the beginning of the year.
3. Some leaders had expressed an interest in organizing neighborhood groups.
4. Many 4-H members had been dropping out just as they were old enough and had experience enough to do the best work.

C. Objectives

1. To stimulate interest on the part of 4-H leaders and members in organizing neighborhood 4-H project groups.
2. To provide leaders and members prior to organization, with information about the purpose and function of neighborhood 4-H project groups.

3. To pre-plan for the first meeting of each group to assure attendance, well-organized instruction and follow-up.

4. To continue to work with neighborhood 4-H groups.

D. Progress made in reaching objectives

1. Activities conducted

a. Discussions at club meetings.

b. Talking to individual leaders, members and parents.

c. Leader training individually and in groups.

d. Neighborhood 4-H project group meetings.

2. Methods Used

a. Discussions

b. Leader training meetings

c. Project group meetings

3. Results Achieved

a. One group of thirteen girls and three leaders is organized on a year-round basis and is meeting monthly. This group has drawn back into the club some former 4-H members who had dropped out of the in-school clubs.

b. Two groups of five girls each and one leader met during the summer and completed a project.

One of these had met the previous summer and completed a simpler project. It is hoped that they become reactivated each summer and advance in project work as the group advances in ability.

4. Sixteen 4-H members (fifteen boys and one girl) participated in the small engine project held after school in the afternoon. The project leader, a mechanic employed by a local marina, presented the material in a challenging manner. It is anticipated that other projects will be conducted with the same group.

PROJECT AREA: 4-H AND OTHER YOUTH PROGRAMS: Essex County

A. Phase: GENERAL 4-H PROGRAM

The County Honor Club is composed of seventeen members. Organized three years ago to give county recognition to outstanding 4-H members and leaders and to render service to the club program, the Honor Club held five meetings and became more active this year. The club assisted with the county events and individual members selected projects and younger members to assist. A picnic on a private beach helped to make the members feel closer together. More and broader activities have been planned for the coming year because of the success of the past year's work. Four new members were taken in by the Honor Club this year.

The County Council, composed of the officers of the ten 4-H Clubs in the county, strives to knit together the total program of the county. County goals, plaque points, activities, etc. were selected for the year by the County Council. An officer training meeting was conducted with Honor Club members assisting with the training of the officers.

There were ten 4-H Clubs organized in the county to meet the needs of the various areas and interests. Five additional project groups were organized to conduct Meal Preparation, Clothing, Small Engines and Pig Chain projects. Thirteen adult leaders assisted with the youth program in addition to sponsors that helped with certain projects or activities.

Twenty-six 4-H members, three adult leaders and two agents attended Jamestown 4-H Club Camp. Two senior club boys attended State 4-H Short Course to compete in state contests.

Competition in contests was keener this year. Three junior and two senior boys entered achievement records in the district and state achievement contests. Two junior girls entered achievement records in the county contests. Eighteen agricultural and six home economics project members participated in the District judging and demonstration contests.

Eighteen agricultural and twelve home economics county medals were awarded at Achievement Day.

The Outstanding Club Plaque was awarded to the outstanding club, judged on points approved by the County Council.

Twenty-one 4-H members from the various clubs participated in the Share-the-Fun Program held in conjunction with Achievement Day. Three additional prizes totaling $22.50 in gift certificates were donated by Anderton's, a local department store. Senior winners received the scholarship to State 4-H Short Course and the subscription to The National 4-H Club News.

REPORT ON PROJECT AREA: COMMUNITY AND PUBLIC AFFAIRS: Essex County

A. Phase: RURAL AREAS DEVELOPMENT

B. Why this phase received major emphasis:

1. The farm income for Essex County was $408 below the state average.
2. The number of farms had decreased by one-third since 1955.
3. Many farm and rural people were in need of off-farm employment opportunities.
4. There appeared to be a need for taking a closer look at the total resources within the county to determine the possibilities for over-all economic development.

C. Objectives

To take the leadership in:

the organization

the orientation

the function

the maintenance

of a R.A.D. Committee and appropriate sub-committees.

D. Progress made in reaching objectives

1. Activities conducted
   a. 57 organizations in the county were contacted regarding the R.A. D. program.
   b. Two meetings of county leaders were held to consider establishing a R.A. D. Committee.

Nearer the end of the second meeting, the leaders voted to establish a R.A.D. Committee and named a nominating committee.

c. The nominating committee named the members of the R.A.D. Committee. They were individually contacted and given further information regarding the R.A. D. program. All agreed to serve on the R.A. D. committee.

d. The R.A.D. Committee held a short meeting and elected officers.

e. The R.A.D. Committee met and discussed county problems in detail and selected five on which to concentrate. They appointed sub-committees on each of these five problems.

f. These sub-committees are on the following problems:

(1) Boat Safety - This committee worked with the Army Corps of Engineers in marking and removing underwater hazards in the section of the Rappahannock River bordering Essex County.

(2) Garbage Disposal (for people in the county, particularly those using summer cottages) -

This committee established one dump near a road travelled by summer and permanent residents, as a pilot site. This proved successful, so the committee will probably establish other dumps serving other sections later.

(3) Zoning- This committee is doing a long-range study of the favorable and unfavorable aspects of county zoning.

(4) County Tax Structure - This committee is doing an over-all study of the county tax situation.

(5) River Sanitation - This committee is particularly concerned with learning more about sewerage systems near the river and whether or not the river is being contaminated by them.

2. Methods Used

a. Talks to groups

b. Individual conferences

c. Meetings

d. Surveys

e. Appropriate action by committee members following committee decisions.

3. Results Achieved

a. R.A.D. Committee organized and continuing to function.

b. Sub-committees organized and functioning.

c. Underwater safety hazards marked and removed.

d. One pilot dump successfully established.

REPORT ON PROJECT AREA: COMMUNITY AND PUBLIC AFFAIRS: Essex County

A. Phase: CIVIL DEFENSE

B. Progress Made:

1. Activities Conducted

a. Family Protection

(1) Used "You Can Survive" series at Home Demonstration Club meetings, on radio, and in news articles.

(2) Radio talks on radiation and fallout shelters.

(3) Three Civil Defense talks given to Senior 4-H Club.

(4) Civil Defense bulletins distributed at the Extension office, and through Home Demonstration Clubs.

b. Family Food Supply and Protection

(1) Used "You Can Survive" series at Home Demonstration Club meetings.

(2) Demonstration for American Legion Auxiliary on "Food Needed for Civil Defense."

(3) Distributed bulletins through meetings and office bulletin racks.

(4) Radio talks

c. Livestock Supply and Protection

(1) Used "You Can Survive" series at club meetings.

(2) Radio talks

(3) Bulletins to interested persons.

d. Livestock Food Supply and Protection

(1) Used "You Can Survive" series at Home Demonstration Club meetings.

(2) Bulletins to interested persons.

e. Crop Protection

(1) Used "You Can Survive" series at Home Demonstration Clubs.

(2) Radio talks

f. U.S.D.A. Defense Board Participation and Activities

(1) County Agent served as Chairman of County Defense Board

(2) County Agent serving as Chief of Information and Education

2. Methods Used

a. Talks at meetings

b. Radio talks

c. News articles

d. Demonstrations

e. Bulletins

f. Meetings

3. Results Achieved

   a. Civil Defense information widely distributed in county.

   b. Greater interest among county people in Civil Defense.

III. SUCCESS STORY: FEEDER PIG MARKETING ASSOCIATION: Essex County

A need for an organized method of selling feeder pigs was one of the primary reasons for organizing the second feeder pig sale association in Virginia.

Considerable time, travel and planning was devoted to the organization of this program by Extension Agents, Virginia Department of Agriculture Marketing Division personnel, Livestock Market operators, and livestock producers. The decisions of what type of organization (profit or non-profit), regulations as to procedures, health, grading, fees and other revelant matters were worked out by committees. Organizational meetings were held in each of the nine participating counties to explain the program, elect directors and plan for the first sale.

In 1959 the Tappahannock Feeder Pig Sale Association was incorporated as a non-profit marketing organization.

From 1959 until November 1962 the volume of feeder pigs has increased from a low of 200 pigs to a high of 900 pigs. Prices received for these pigs have increased the net income from $1.50-$3.00 per head over the price paid on the farm or through private markets. Benefits from this marketing association have been received by feeder pig buyers and non-participants in the organization. Feeder pig buyers in Virginia and neighboring states have been able to buy pigs which have been graded, weighed and sorted according to quality and weight.

These pigs are sold on the basis of being free from disease, parasites and properly castrated. Identification on an ear tag designates the consignor of each pig in the sale. Through this sale a feeder pig buyer can obtain the number, quality and weight of the pigs which he needs for his operation. Feeder pig producers who do not participate in this sale are benefited by the price of these pigs, using this price as a basis for selling their feeder pigs to private buyers.

In 1961, the Tappahannock Feeder Pig Sale Association Incorporated, conducted six sales through which were sold 2,899 head of feeder pigs, with an average weight of 61 pounds. The pigs sold for an average of $26.84 per hundred weight or an average of $16.46 per head. The gross amount of the six sales was $47,092.42. Total figures for the 1962 sales have not been released.

This method of marketing feeder pigs has developed rapidly since 1959. There were eight Feeder Pig Sale Associations throughout Virginia in 1961 and the possibility of others being organized in 1962. Through the efforts of the Department of Agriculture, Division of Markets, Livestock Market operators, livestock producers, feeder pig buyers and the V.P.I. Extension Service, feeder pig producers in Virginia have an expanding market for their pigs.

SUCCESS STORY: EXTENSION HOME ECONOMICS Essex County

Nutrition and Foods Program

Many Essex County families did not serve and/or eat well-balanced diets. During the past five years, the Extension home economics program has shown recognition of this problem and action to help solve it.

During that time, there have been the following activities on the basic nutrition problem:

In 1957, the Extension Food and Nutrition Committee sponsored a nutrition week, aimed especially at teen-agers. This featured a program for all girls and boys in high school and the three upper grades stressing teen-age food habits, good nutrition, and the importance of milk in the diet. Take-home material was given on good nutrition, and the importance of milk. Posters each day showed the food values of lunches served in the school cafeteria that week. Other nutrition posters were used in school cafeterias and down-town stores. 88 4-H members were enrolled in the Meal Preparation 4-H project, in which emphasis was put on good nutrition and eating well-balanced diets.

In 1958, the committee gave "Food for Fitness" handouts at schools for children to take home to parents; nutrition posters were used in school cafeterias, and hand-outs on "Food for Fitness" and Overweight and Underweight were given to members of women's church groups through the chairmen of these groups. The Home Demonstration Clubs had a demonstration on "Health Building Through Meal Planning." 34 4-H members enrolled in the Meal

Preparation project.

In 1959, the Home Demonstration Club Achievement Day program featured a demonstration on basic nutrition, and the importance of milk called "Are You Cheating Yourself?". Clubs also had a demonstration on "Better Breakfasts." 65 4-H members were enrolled in the Meal Preparation project.

In 1960, the nutrition committee observed a special emphasis nutrition month, featuring the Basic Four food groups and milk. Activities included: Basic 4 grocery bag stuffers; Milk emphasis handouts at frozen milk product store; Basic 4 folders distributed at numerous mens', womens' and youth organizations; 24-hour food check at extension meetings where time permitted; supply of nutrition posters given each school cafeteria; and a short nutrition movie at F.H.A. 28 4-H Club members enrolled in the Meal Preparation project.

In 1961, the nutrition committee made a survey of homemakers' eating habits, in cooperation with the Farm Bureau, and distributed bulletins on "Food Guides for Older Folks" through the two drug stores in the county. 28 girls enrolled in the Meal Preparation project.

In 1962, the nutrition committee distributed handouts on "You Can Lose Weight" and "Food for the Convalescent" through the drug stores; made a window display on Daily Food Needs in one drug store; are currently conducting a menu-planning contest; and compiled a list of program aids on food faddism and distributed it to program chairmen of the various organizations in the county. The Home

Demonstration Clubs had a demonstration on "Planning Low Calorie Menus." 39 4-H Club members were enrolled in the Meal Preparation project.

Throughout this period, nutrition information has been used in regular newspaper columns and radio programs.

In 1957, 500 children and an estimated 500 adults were reached with nutrition information by the program of the Nutrition Committee. 32 4-H Club members completed the Meal Preparation project, and others did some work. They prepared a total of 2867 dishes and 561 meals.

In 1958, approximately 700 children and 800 adults were reached with nutrition information by the program of the Nutrition Committee. 55% of the homemakers answering a questionnaire received help from the Home Demonstration Club demonstration on "Health Building Through Meal Planning"; they gave information to 3.9 persons each. 17 4-H Club members completed the Meal Preparation project. They prepared 3407 dishes and 896 meals.

In 1959, 32% of the homemakers answering a questionnaire received help from the Home Demonstration Club Achievement Day demonstration "Are You Cheating Yourself?", and 50% from the Home Demonstration Club demonstration on "Better Breakfasts". 52 4-H Club members completed the Meal Preparation project. They prepared 7526 dishes and 2146 meals.

In 1960, 2500 Basic 4 folders and 500 milk emphasis cards were distributed to families living or shopping in the county and nutrition posters were used in the school cafeterias, as a result

of the nutrition program. Three 4-H Club members completed the Meal Preparation project. They prepared 727 dishes and 539 meals.

In 1961, the survey of eating habits showed:

a. Diets were short on milk, and fruits and vegetables that are good sources of Vitamin A.

b. Three fourths of homemakers had snacks. Some were good additions to the diet, but many added extra calories with little or no additional food value.

c. All homemakers ate breakfast; one reported that the children did not always eat breakfast.

d. One half answering survey had gardens.

e. Food Preservation

(1) Those freezing fruits averaged 25 1/3 pints per year.

(2) Those freezing vegetables averaged 71 1/3 pints per year.

(3) Those freezing meats averaged 45 packages each per year.

(4) Those canning food averaged 164½ quarts per year.

f. Milk

(1) About one-third had their own milk.

(2) Nearly all used fresh milk, one-third used canned, and one-third used dried milk.

g. One-half of those replying lived on farms.

h. Family sizes ranged from one to six; the average was a little over three.

i. Results of this survey were to be used in setting up future programs.

500 bulletins on "Food Guides for Older Folks" were distributed. Two girls completed the Meal Preparation project. Others did some work. They prepared 4353 dishes and four meals.

In 1962, 500 handouts on "You Can Lose Weight" and 500 on "Food for the Convalescent" were distributed. The window display on Daily Food Needs was in a prominent window and was seen by many people. At least one organization plans to have a speaker on food faddism in early 1963. Thirteen 4-H members completed foods projects and others did some foods work. They prepared 957 dishes and 179 meals.

SUCCESS STORY: EXTENSION HOME ECONOMICS: Essex County Junior Home Demonstration Club

The formation of the Junior Home Demonstration Club, a group of twenty-five young homemakers, aged 18-33, who meet monthly for an Extension Home Economics educational program has served as an important method of reaching these young married women and is expected to continue to do so.

In late 1961, three members of the County Home Demonstration Club Committee individually contacted leaders among these young homemakers to see if they were interested in participating in the Extension Home Economics program and if they thought their friends would be interested, too. Following this, a group of the young leaders met with the three members of the County Home Demonstration Club Committee and the agent and discussed programs they would like, and selected a topic, date and place for the first meeting, to which they planned to invite other young homemakers.

So far, the young homemakers have selected their program topics one, two, or three months in advance. They have had programs on three home furnishings topics, three clothing topics, three nutrition and foods topics, four rural arts topics, and one international relations topic. Sometimes they have gotten so interested in a topic that they have held extra meetings between regular meeting dates, and helped each other individually between meetings.

Members of the group have given demonstrations when the topic was one in which that member had special ability.

Members have done an outstanding job of interesting other young homemakers in the programs, and there has been constant growth in the

membership. The membership comes from both the small town and the rural areas of the county.

Following the formal part of the September meeting, one member suggested that the group organize, so they elected officers, and after much discussion selected the name "Junior Home Demonstration Club."

SUCCESS STORY: EXTENSION HOME ECONOMICS: Essex County

Long Time Home Demonstration Club Program

Although there has been an Essex County Long Time Extension Program for a number of years and each home economics special interest committee has a long-time program, and many home demonstration club programs showed work toward some basic long-time objectives, the home demonstration clubs had never formally written down and adopted a long-time program until this year.

The adoption of a long-time program by the county home demonstration club committee and the individual clubs should lead to better program planning. The Essex County Long-Time Home Demonstration Club Program is as follows:

FOOD AND NUTRITION:

To improve nutrition of Essex County families through:

Wiser Food Buying

Basic Food Preparation

Food Preservation

HOUSE FURNISHINGS:

To improve house furnishings of Essex County homes through:

Good Planning

Better Selection

Arrangement

Renovation and Construction

CLOTHING:

To improve clothing of Essex County families through:

Wardrobe Planning

Better Selection

Better Buying

(Clothing Continued)

Care

Construction

HOME MANAGEMENT:

To improve home management of Essex County families through:

Better money management

Work simplification

Consumer education

HEALTH:

To improve Essex County's health and health facilities.

CITIZENSHIP:

To make people of Essex County more aware of the privileges and responsibilities of our citizenship.

III. SUCCESS STORY Essex County

A. Phase: 4-H MARKET HOG PROJECT

Lloyd Mundie, 13-year old son of Mr. and Mrs. W.B. Mundie, was one of five boys taking the Sears' 4-H Pig Chain project. However, Lloyd had been less successful than the other four boys in that he had not been able to get his pig bred at the proper time and had been obligated to replace his pig by buying another pig for the chain.

Lloyd's luck changed when his purebred gilt finally farrowed fourteen crossbred pigs, eleven of which lived to bring him profit. The decision to enter a pen of five market hogs in the First Annual Commercial Livestock Show and Sale was made when the pigs were two months old and weaned. After selling four gilts, a pen of uniform pigs were selected for the feedlot - a small vacant chicken house with cement floor and running water.

The project aroused interest among some of the neighbors. One neighbor, a commercial feeder pig producer, who was interested in the rate of gain records, consented to help Lloyd by providing closer supervision than the agent was able to give. A large self feeder was installed and the thirty-five pound pigs were started on a sixteen percent protein feed mixed at a nearby mill. Accurate records were kept.

The pigs grew fast the next two months, but Lloyd was concerned about whether they would weigh 180 pounds by sale

time when they would only be four and one-half months old. They were unusually long pigs with well-proportioned hams.

Early one Saturday morning, four days before the show and sale, the Assistant County Agent received a phone call to the effect that the pigs would be weighed and to come by if possible. The five market hogs averaged 205 pounds, explainable only by the solid meaty growth in length and hams.

Lloyd was one of four 4-H boys entering livestock in the First Annual Livestock Show and Sale in Richmond. All were surprised when his five market hogs weighed 1100 pounds, an average of 220 pounds each.

Accurate records also paid dividends - it showed how the hogs had reached the weight by proper feeding and management to achieve a phenomenal rate of growth and feed conversion. The feed conversion from 35 to 220 pounds was 2.57 pounds of feed per pound of gain with an 8.7¢ feed cost per pound of gain. Needless to say, these records won first place in swine records.

In addition to receiving first place and Grand Champion ribbons, Lloyd received a beautiful silver trophy, thirty-two dollars in prize money and a good commercial price for his pen of hogs.

The biggest achievement in this particular project was not the achievement of the pen of hogs but the change brought about

in this seventh grade boy by taking a seemingly unsuccessful project to the ultimate victory and glory. The learning experience - of keeping records, caring for, feeding, managing and watching the pigs grow - brought changes in the development of the boy.

IV. GENERAL APPRASIAL OF THE PAST YEAR: Essex County

The 1962 Extension program contributed to better rural and rural non-farm living, and advancement of the people of Essex County.

OVERALL: The formation and functioning of the R.A.D. Committee and sub-committees was an important step toward helping determine the basic problems of the county people. Goals and objectives have been adopted and progress made by the R.A.D. Committee in solving specific problems in this area.

AGRICULTURE: The trend of agriculture toward fewer, large farms or production units, has increased the need for advanced technology to meet the competition from other areas of the United States. This has been a year of changing needs and an opportunity to evaluate the effectiveness of individual programs. The Essex County Agricultural program for 1962 was based on the needs expressed by the people.

Definite progress has been made in specific commodity fields of crops, livestock and forestry.

CROPS

1. Introduction of new varieties and adapted varieties for this geographical area.
2. Increased yields of cash crops through "All Practice" demonstration programs.
3. Better crop cost and income records through the use of V.P.I. mail-in records.
4. Improved crop storage and handling methods through use of area meetings, demonstrations, and equipment dealer field days.
5. Better utilization of crops through Extension forage programs, feed grinding, mixing and handling programs.

LIVESTOCK

1. Improvement of the quality of livestock through Extension organized purebred livestock sales.
2. Records on the performance of individual animals improved by using methods and forms set up by the Virginia Beef Cattle Improvement Association.
3. Net returns to livestock enterprises increased through programs of preparing and distributing livestock feed ingredients.

FORESTRY

1. Better utilization of forest products through participation in forest management programs.
2. Income from forest products increased by

using methods of measuring yields and value of products prior to sale or harvesting.

The field of marketing includes all products produced on the farm. Progress in this broad field has been slow but is steadily advancing.

Crops - Income from crop products has increased due to improvement in quality, volume and reduced expense of handling. Crop storage and processing has increased and is adding to net income.

Livestock - Greater participation by livestock producers in Extension sponsored and organized sales has increased net income. Selling quantity, quality, graded and inspected livestock has developed a better market for livestock and livestock products.

Home Economics: The Extension home economics program contributed to better homemaking, better rural living and improved people, both adult and youth, through:

1. Better planning of: meals, home furnishings, clothing, and use of money.
2. Wiser buying of: food, furnishings, clothing, and equipment and supplies.
3. Better methods of: feeding the family for good nutrition, food preparation, food preservation, renovation and use of present furniture and furnishings, care of clothing and home furnishings, clothing construction, money management, home grounds improvement, and safety.
4. Greater understanding and appreciation of: the importance of continuing education, the customs of other lands, and the beauty around us.

The formation of the Junior Home Demonstration Club gives an important method of reaching these young homemakers with a home economics educational program.

The adoption of a long-time Home Demonstration Club program should lead to better Home Demonstration program planning.

Youth: The formation of neighborhood groups under the direction of leaders, gives a method of doing a more thorough job of 4-H project instruction.

Participation in other 4-H events helped develop the individual girls and boys.

Quality of 4-H Club work improved during the year as evaluated by increased interest in project work, contests, county council and Honor Club.