

which more people will be inspired to have the garden produce  
vegetables for a much longer season.

The home agent will attend a regional training school this year. Plans are underway for a course at Georgia Extension Training School at the University of Georgia.

Both home agents will continue to subscribe to and read farm and home magazines, local and area newspapers, read helpful material from commercial bulletins. Try to keep up-to-date on changes in homemaking, fabrics, etc. They will continue a member of VHEA, V.H.D.A. and N.H.D.A.

They will attend training meetings held by specialists and others, participate in district and state agents' conferences, attend any other meetings they feel will be of value to them.

The assistant home agent will attend induction training school for new agents in March.

#### C. Phase of program contributing most to family living

It is hoped that the garden project will contribute the most to family living. This is the in-school project of the 4-H members and each Home Demonstration Club has a garden leader.

Many homes will be reached through the 4-H program that aren't touched by extension otherwise, due to lack of interest on the part of the parents. Many of the parents will accept and use the material brought home by the boys and girls.

The monthly garden leaflet will be used as current information as well as the project material. The Home Demonstration garden leader will also distribute these to Home Demonstration members each month.

A good number of the rural families have spring gardens but only a limited number have fall gardens. This project may be the means by

The local businesses will be aided by keeping them informed if certain products will be in demand due to a special Home Demonstration project so they can stock the necessary supplies.

A tour will be made of a number of the super markets in the area by special interest groups. The managers of these markets and the home agents will cooperate in this project.

6. Mass media personnell

The local newspapers will receive timely articles each week from the home agents. They will be invited to attend special meetings to better acquaint them with extension methods.

The local radio station will be notified of special events and they in turn will spot announce this. The home agents will attend the annual radio school held by the station.

7. Other agencies

The home agents will continue to work with the Health Department, School Board, F. H. A., A. S. C., etc. in any way possible. One way will be through the County Council organization, consisting of representatives from all these organizations.

8. Individuals and Families

Those not reached through Home Demonstration and 4-H work will receive information from newspapers' articles and radio programs. Displays at the fair and for National Home Demonstration week will be of an educational nature in order to acquaint more people with the program.

B. Professional Improvement

2. Parent institute

The home agents will be constantly on the alert for girls interested in training for home economics. This will be done by talking with individuals in F. H. A. groups, giving special demonstrations in Home Economics classes, and by mass media.

3. Elected and appointed representatives

Since a number of the board members are new this year the agent will keep them informed of the progress in the work by giving them invitations to special meetings, reporting, when necessary, and at board meetings, giving a summary report of the year's work, both oral and written.

4. Organizations

Keep an up-to-date list of presidents of organizations, be aware of some of their accomplishments, give demonstrations to groups, if asked, work on joint projects with them if the opportunity arises.

5. Business

The home agent will work with Appalachian Power Company's home economists in any way possible. Each year she finds more and different ways to do this. This year the Appalachian Power Company auditorium in Galax will be used to conduct a tailoring class and a clothing construction class. Machines will be borrowed from the local distributors.

The Singer Sewing Machine Company will hold meetings to help Home Demonstration members clean machines.

These prospective leaders will be suggested by the members of the 4-H Clubs.

Another way the agents are using is urging each Home Demonstration Club to select 4-H leaders from their group.

Leaders will then be trained for their job.

#### VI. Special Consideration

##### A. Maintaining and strengthening good relations in the County with:

###### 1. State Extension Organization

The specialists are scheduled to give a number of leaders' training meetings in the county this year. This will not only train the leaders but will give them a chance to get acquainted with the specialists. This, also, gives the specialists an opportunity to get a little insight in what part of their phase of work is being used in the county.

The home agents will attend the scheduled meetings given by the specialists to better train the agents in their work.

The home agents will work with the district agents by giving them the necessary information of the county activities and progress. The District Home Demonstration Agent will be invited to take part in special scheduled meetings within the county.

The County Extension Agents will continue to cooperate as they have in the past, holding conferences as needed, and in every way possible strengthen the program by working together. They will keep in touch with the extension leaders in the county, aiding them in any way possible to strengthen their program.

2. Home Demonstration Leadership	No. in 1959	Goal for 1960
No. organizational leaders	68	80
No. project leaders (subject matter)	80	80
No. Federation program of work chairmen	17	17
No. program development leaders	16	16
No. result demonstrators	26	64
No. training meetings by specialists	6	8
No. training meetings by dist. agents	1	2
No. training meetings by agents	5	5
No. training meetings by others	0	1
Attendance at all training meetings	208	276
No. meetings held without an agent	62	96
No. meetings leaders assisted	105	192
Demonstrations by leaders	85	96
Talks and discussions by leaders	180	384

3. 4-H Club Leadership	No. in 1959	Goal for 1960
No. Club officers	390	300
No. adult project leaders	16	32
No. junior project leaders	3	10
No. result demonstrators	1	7
No. training meetings by specialists	0	2
No. training meetings by dist. agents	0	0
No. training meetings by agents	2	12
No. training meetings by members club dept.	0	1
No. training meetings by others	0	0
Total attendance at ldr. tr. meetings	83	225
No. 4-H leaders trained individually	7	14
No. club mtgs. held by ldr. w/out agent	49	79
No. additional club meetings at which leaders assisted	64	320
No. demonstrations given by adult leaders	72	150
No. demonstrations given by junior leaders	9	41

#### B. Strengthening Leadership

4-H leaders is the biggest problem in the Carroll County Extension Program. With the large number of clubs and the big enrollment, the progress of these boys and girls is a challenge to anyone.

The agents will try to accomplish this by visiting prospective leaders explaining the program to them and then trying to have them see by helping they are training the youth to be stronger citizens.

B. Informing Public About Extension Home Economics Program

The Home Demonstration Clubs will be informed through club announcements and letters of the Extension Home Economics Program. They, in turn, will be ask to pass information on to non-club members in their community.

Mass media will be used announcing the meetings. Both local papers and the radio station are very cooperative in announcing meetings for the agent.

Unorganized clubs will be met as a group to be given information on desired subjects. These will be met as the need arises to get the necessary subject matter to them.

Families, communities, and individuals not connected with 4-H club work or Home Demonstration Clubs will be reached through mass media and through Home Demonstration members taking the information to them.

Bulletins will be made available at the county fair on specific subjects. Other available bulletins will be on display informing the public; these are available at the Extension Agents' Office.

V. Leadership

A. Plan for Leadership.

1. County program Leaders.	<u>No. in 1959</u>	<u>Goal for 1960</u>
a. County Agricultural Extension Service Board	<u>0</u>	<u>0</u>
b. Youth Council	<u>0</u>	<u>0</u>
c. Home Economics Council	<u>0</u>	<u>10</u>

#### 5. Special Events

4-H Share-the-Fun contest will be held again this year with each school represented, if possible. Classes will be judged and prizes awarded.

The 4-H Harvest Sale held for the first time in October 1959 will be repeated. 4-H members will donate articles to be sold and these will be sold at auction. Every club will be urged to participate.

#### IV. Scope of Work

A.	No. in 1959	Goal for 1960
No. H. D. Clubs	16	16 (but stronger clubs)
Membership	241	275
No. H. D. Groups (unorganized)	1	4
Membership	10	50
No. 4-H Clubs	65	50
Membership	1816	1500 (720 boys - 779 girls)
No. YMW Clubs	0	0
Membership	0	0
No. Community Clubs	4	4
Membership	437	500
No. Home Ec. Committees	0	2
Membership	0	10
No. General Interest Committees	0	1
Membership	0	5
No. Youth Committees	1	2
Membership	325	275
No. Other Committees	1	1
No. Farm & Home Dev. Families	26	29
No. Other families reached	3769	4000
No. Different families reached	3795	4029

Home Economic committees need most emphasis probably. These will be set up as needed to plan special interest meetings. Special interest groups scheduled are "Clothing Construction" and "Tailoring."

The committee will be formed from county ladies who sew well. They will meet with the home agents and plan both classes round the needs of the ladies.

## C. Other Activities

### 1. Camps

Each group decide on special projects to raise money for the Southwest Virginia 4-H Center. One county-wide project will be collecting coat hangers. Another will be a 4-H Harvest Sale to be held in the fall.

Carroll youth will attend 4-H Camp. 4-H members will be encouraged to attend in every way possible by the agents. This will be done by talks, slides, etc. Mass media will also be used.

One-day tours are planned for some clubs to the Southwest Virginia 4-H Center. Clubs will raise money to pay expenses; thus, the agents hope to create more interest in 4-H Camp.

### 2. Rural Life Sunday

Programs will be sent to each club and suggestions on how to participate in Rural Life Sunday will be given through club meetings.

### 3. Fairs

A special booth will be set up for 4-H members. A drive is underway to make this a youth division of the fair for F.F.A. and 4-H rather than have two separate departments.

4-H members will participate in the annual parade at the fair carrying placards of each club.

### 4. Contests

4-H girls will be urged to participate in district contests. Each year this agent strives to have 4-H girls enter more contests.

Subject Matter Area - Gardening

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Project	Topics to be Included	Number of Clubs, Groups Involved
Garden (In School Project)	Soil testing Selection of proper seeds and plants Making Garden Plans Control of Garden Insects and Diseases.	Forty-nine (49) 4-H Clubs

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GOALS	WHAT THE MEMBERS ARE TO LEARN	PLANS FOR CARRYING OUT PROJECT	NOTES ON RESULTS, ADJUSTMENTS, ACCOMPLISHMENTS
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Have each member take a soil sample from their garden to have soil analyzed. Discuss the selection of seeds and plants. To learn how to make a garden plan. Discuss ways of controlling garden insects and diseases.

How to take a soil sample and why this should be done. To learn the proper kinds of seeds and plants to be planted. Learn the need of rotating garden plants and learn to plan the garden in advance. Learn the newer insecticides and chemicals recommended to control garden insects and diseases.

Hand out soil sheets and boxes at club meetings and give an explanation as to how to take a soil sample. Return the soil samples to the County Extension Agents. Through classroom discussions and planning.

Subject Matter Area - Foods

Project	Topics to be Included	Number of Clubs, Groups Involved
Meal Preparation	Well-balanced diet Cookie making Vegetable cookery Outdoor Cookery Different Ways of Preparation of eggs.	Fourteen (14) 4-H Clubs

GOALS	WHAT THE MEMBERS ARE TO LEARN	PLANS FOR CARRYING OUT PROJECT	NOTES ON RESULTS, ADJUSTMENTS, ACCOMPLISHMENTS
<p>To know what a well-balanced diet consists of.</p> <p>To teach the girls how to make cookies.</p> <p>To know the correct way of cooking vegetables.</p> <p>To learn more and different foods to be cooked out-of-doors.</p> <p>To learn different ways to prepare eggs.</p>	<p>The proper foods that are needed to have a well-balanced diet and also the correct amounts of these foods that are needed.</p> <p>How to make a politable cookie. Learn the proper amount of liquid to be used in vegetable cooking, length of cooking time for vegetables and how to prepare vegetables for cooking.</p> <p>Learn the foods that can be cooked outside and how to do this. Various ways of preparing eggs.</p>	<p>To have a discussion in each club using a chart "Foodways to Follow" which gives the foods needed daily and the amounts of each.</p> <p>To have a demonstration or making cookies and to hand out various cookie recipes. Give information through discussion and bulletins on vegetable cookery. To have a demonstration on outdoor cookery and to also use bulletins to give recipes for preparing foods out-of-doors. Give information through discussion and bulletins on preparing eggs.</p>	

B. 4-H Project Work

Subject Matter Area - Clothing

Project	Topics to be Included	Number of Clubs, groups Involved
So You'd Like to Sew	Equip a sewing box Inventory of Wardrobe Discussion and exhibit of article to be made Selection of patterns and material (also include body measurements) Correct procedure of placing pattern on material finishes for garments, "Know Your Sewing Machine" School.	Twenty (20) 4-H Clubs

GOALS	WHAT THE MEMBERS ARE TO LEARN	PLANS FOR CARRYING OUT PROJECT	NOTES ON RESULTS, ADJUSTMENTS, ACCOMPLISHMENTS
Know how to equip a sewing box. To discuss and exhibit articles to be made in this project. Know how to take body measurements, how to select patterns, the correct procedure of placing a pattern on material and how to use finishes on garments. To have a "Know Your Sewing Machine" School.	Know the various items needed to have a properly equipped sewing box. Learn how to properly exhibit articles that are made. Learn how to take body measurements, the selection of patterns, laying the pattern on material correctly, and finishing seams, hems, etc. Learn how to properly use the sewing machine, also the use of the attachments and care of the sewing machine.	Show a properly equipped sewing box to 4-H girls. To have an exhibit in their own classroom. Give a demonstration to show how to take body measurements, how to select a pattern, etc., also hand out materials to give information. Have one or two "Know your Sewing Machine" Schools in centrally located places.	

### III. County Extension Program - Youth

#### A. Organization

The 4-H County Council is made up of 4-H officers from every club. These will meet twice this year. In fall the officers will be trained in their respective offices and plans will be drawn up for the first six months of club work.

In the spring the council will meet and make final plans for the rest of the year and choose in-school-project for the following year.

It is hoped an honor club will be formed in the county this year.

#### B. 4-H Project Work

If it seems more feasible to secure work off the farm and become a part-time farmer, this will be recommended after careful study of the situation. With the average size of Carroll County farms being approximately sixty (60) acres, it is hard to make a living on it with today's high cost of living.

#### Objectives

- a. Help create better living conditions and higher standards (in some cases).of living on the farm and in the home.
- b. Drop families from group when it is deemed feasible.
- c. Establish additional farm and home units to present participating families as their need is noted.
- d. If possible, set up complete records for each additional family participating in the program.

#### Procedures

- a. Assist in analyzing their situation.
- b. Learn their long-range goals.
- c. Encourage accurate record keeping.
- d. Analyze operation methods and if needed encourage more efficient methods.
- e. Offer assistance when and where the opportunity presents itself.

Help given will be recorded in permanent files of Farm and Home Development. The achievement and progress will be determined by the problems solved by each individual family. A complete report will be written up each month on the progress of families worked with.

c. Encourage Home Demonstration and 4-H members to exhibit at the county fair.

D. Help to Urban Families

Two of the Home Demonstration Clubs the agents work with now are made up mostly of urban ladies. They will continue their work with these and plan their radio and newspaper articles to include topics that would be of interest to the urban families.

Give individual help to those requesting it and speak at clubs meeting whenever asked.

This agent will do some work with Galax and Hillsville F. H. A. groups this year. In this way she will be able to get some information to the parents.

E. Farm and Home Development

In 1959 the County Agent and the Home Demonstration Agent worked with twenty-six (26) families in Farm and Home Development. About half of these are part-time farmers.

In 1960 some of these will be taken from the program since they have received the necessary help to go ahead "on their own" contacting the extension agents as the need arises. More families will be added until there are approximately twenty-nine (29) families on this program.

The problems of these families will be studied. Finances is the big problem of most of them. An attempt will be made to thoroughly analyzing the situation and studying possibilities of supplementing the income. The agents help the owner investigate the possibilities of financial assistance where families desire to expand their operation.

3. National Home Demonstration Club Week
  - a. Have club displays in store windows.
  - b. Clubs write articles for two local papers on Home Demonstration accomplishments.
  - c. Club members conduct a drive for new Home Demonstration members.
  - d. Some Home Demonstration ladies from each club attend District Federation Meeting.
4. Achievement Program
  - a. Hold in September.
  - b. Reports on county accomplishments.
  - c. Detail planning be made by County Home Demonstration Committee in April.
5. Community Improvement Clubs
  - a. Work with the Community Improvement Clubs by:
    1. Helping plan year's program.
    2. Participate in program when needed.
    3. Help secure speakers.
  - b. Attend Community Improvement Club meetings when needed or periodically.
  - c. Work with group in summarizing year's work and plans for annual judging tour.
6. Fairs
  - a. Work with Fair Committee in planning and carrying out a good county fair. Announce same through mass media.
  - b. Urge 4-H members to participate in the annual parade at fair time.

C. Other Activities

1. Home Demonstration Club Community Projects
  - a. Encourage all Home Demonstration Clubs to participate in the fund-raising campaign for Southwest Virginia 4-H Center.
  - b. Urge each Home Demonstration Club to work on some specific community project.
  - c. Secure 4-H leaders from the Home Demonstration Clubs.
2. Home Demonstration Club Objectives for this year are:
  - a. Give undivided attention to person who has the floor at meetings.
  - b. Encourage each member of Home Demonstration Clubs to take polio shots.
  - c. Each club set a goal and a project to raise money for 4-H Camp.
  - d. Members that have belonged one or more years shall be given a responsibility in the club but no new member should be required to be hostess or hold a position for six months unless they so desire.
  - e. Pay State Federation dues of \$4.00 and County dues of \$2.00 by January 1.
  - f. Have two delegates from Carroll attend the Institute of Rural Affairs. (\$5.00 to be paid by County).
  - g. To have leaders give six (6) demonstrations.
  - h. Every club participate in county fair.
  - i. Have at least one volunteer 4-H leader from each club.
  - j. Take information to non-club members.
  - k. Try to arrange a one-day picnic --- Tour of the Southwest Virginia 4-H Center.

Rural Arts - Making Afgans (Club Choice)

<u>Problem</u>	<u>Topics to be Included</u>	<u>Number of Clubs, Groups or Committees Involved</u>
Since doilies, etc. are no longer fashionable, the ladies who like to crochet want to learn something constructive to satisfy their desires for this needle work.	Crocheting afgans	Limited number as this is one of three (3) topics in club choice.

<u>GOALS</u>	<u>WHAT PEOPLE ARE TO LEARN</u>	<u>PLANS FOR CARRYING OUT PROGRAM AND MEASURING RESULTS</u>	<u>NOTES ON RESULTS, ADJUSTMENTS, AND ACCOMPLISHMENTS</u>
Crochet an article that will be both attractive and useful.	How to plan color in afgan. How to read instructions for crocheting it.	Train leaders to give the demonstration. Each lady take part by actually crocheting on a design of her choice whether helping a neighbor or herself.	

Rural Arts - Basket Weaving (Club Choice)

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<u>Problem</u>	<u>Topics to be Included</u>	<u>Number of Clubs, Groups or Committees Involved</u>
Desire of ladies to weave baskets.	How to weave a basket-- coming up to certain standards.	Limited number of Home Demonstration Clubs since this is a club choice demonstration.

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<u>GOALS</u>	<u>WHAT PEOPLE ARE TO LEARN</u>	<u>PLANS FOR CARRYING OUT PRO- GRAM AND MEASURING RESULTS</u>	<u>NOTES ON RESULTS, ADJUST- MENTS, AND ACCOMPLISHMENTS</u>
Learn to weave an attractive servicable basket.	How to weave baskets and shape them.	Leaders be trained. Each Home Demonstration member in the clubs actually weave an article. On check sheet find out number ladies learned basket weaving and the number who plan on weaving in the future.	

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Rural Arts - Needlepoint (Club Choice)

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<u>Problem</u>	<u>Topics to be Included</u>	<u>Number of Clubs, Groups or Committees Involved</u>
Since the ladies like to do something constructive with their hands, they desire instruction on making needlepoint.	Different stitches of needlepoint.	Since this is a Home Demonstration Club choice, it is not known at present how many clubs will choose it.

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<u>GOALS</u>	<u>WHAT PEOPLE ARE TO LEARN</u>	<u>PLANS FOR CARRYING OUT PROGRAM AND MEASURING RESULTS</u>	<u>NOTES ON RESULTS, ADJUSTMENTS, AND ACCOMPLISHMENTS</u>
Learn to make needlepoint.	Necessary material and stitches to use.	Train leaders to demonstrate to club stitches. Have each club member participate in the demonstration.	

Rural Arts - Corsage Making

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<u>Problem</u>	<u>Topics to be Included</u>	<u>Number of Clubs, Groups or Committees Involved</u>
Ladies desire instruction on making corsages at home as they raise their own flowers.	Color and Arrangement of flowers. Materials needed, size to fit occasion and person.	Two (2) special interest groups.

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<u>GOALS</u>	<u>WHAT PEOPLE ARE TO LEARN</u>	<u>PLANS FOR CARRYING OUT PROGRAM AND MEASURING RESULTS</u>	<u>NOTES ON RESULTS, ADJUSTMENTS, AND ACCOMPLISHMENTS</u>
Nicer corsages made at home.	How to treat flowers for corsage making. Material needed and where to use it. Blend of colors.	Have representative from local florist give demonstration to group. Announce meeting in H. D. Clubs and through mass media. Notice number corsages worn by ladies at various county activities or club meetings.	

House Furnishings - Making Braided Rugs

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Problem	Topic to be Included	Number of Clubs, Groups or Committees Involved
How to make an attractive braided rug.	Color scheme braiding. Material to use. Lacing.	Two (2) special interest groups.

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GOALS	WHAT PEOPLE ARE TO LEARN	PLANS FOR CARRYING OUT PROGRAM AND MEASURING RESULTS	NOTES ON RESULTS, ADJUSTMENTS, AND ACCOMPLISHMENTS
Making a well-planned, attractive, and servicable braided rug.	How to blend colors for rug. How to braid strips. How to lace rug for strength and <b>service</b> . Details of rug making.	Have two special interest, all-day meetings. Invite group by news article, radio broadcast, and by letter to Home Demonstration members.	

House Furnishings - Care of Hardwood Floors

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Problem	Topic to be Included	Number of Clubs, Groups or Committees Involved
Country traffic makes hardwood floors hard to maintain. What is best finish and care to give these.	Best finish for newly sanded hardwood floors. Care after finishing.	Sixteen (16) Home Demonstration Clubs.

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GOALS	WHAT PEOPLE ARE TO LEARN	PLANS FOR CARRYING OUT PROGRAM AND MEASURING RESULTS	NOTES ON RESULTS, ADJUSTMENTS, AND ACCOMPLISHMENTS
Better kept floors.	How to clean hardwood floors. What preservation to use on them. Weekly care.	Develop leaders for giving the demonstration. Discuss hardwood floors in news article and on radio.	

House Furnishings - How to Know Good Furniture

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Problem	Topics to be Included	Number of Clubs, Groups or Committees Involved
Homemakers give far too little thought to construction and lines of furniture. Carroll ladies buy a good deal of furniture but it is generally in suites and bulky.	Construction and lines of furniture. Upholstery material re: Pattern and weave. Wise buying.	Sixteen (16) Home Demonstration Clubs.

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GOALS	WHAT PEOPLE ARE TO LEARN	PLANS FOR CARRYING OUT PROGRAM AND MEASURING RESULTS	NOTES ON RESULTS, ADJUSTMENTS, AND ACCOMPLISHMENTS
Aid ladies in better use of furniture money. Better lines and construction of same.	Materials furniture is made of, especially in drawers and backs of chests, etc. How furniture is constructed. What are considered good lines in choosing furniture.	Agents give demonstration in all Home Demonstration Clubs. If possible, conduct club on a tour of a furniture store to view furniture. Do radio broadcast and news article on furniture selection.	

House Furnishings - Wise Use of Accessories in the Home

<u>Problem</u>	<u>Topics to be Included</u>	<u>Number of Clubs, Groups or Committees Involved</u>
Too much clutter in using accessories in the home.	How, where, and when to use accessories in the home. What accessories to use.	Sixteen (16) Home Demonstration Clubs.

<u>GOALS</u>	<u>WHAT PEOPLE ARE TO LEARN</u>	<u>PLANS FOR CARRYING OUT PROGRAM AND MEASURING RESULTS</u>	<u>NOTES ON RESULTS, ADJUSTMENTS, AND ACCOMPLISHMENTS</u>
More attractive homes and ones easier to keep in order.	Size and color of accessories. Number of accessories. Where to use these. What accessories to store and when.	Agents give demonstration to Home Demonstration groups. Point out beauty in line, color harmony with room furnishings, size needed and number. Radio talk and newspaper articles re: accessories in home. In home visits notice change or lack of it in accessory used.	

House Furnishings - Hanging Pictures

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Problem	Topics to be Included	Number of Clubs, Groups or Committees Involved
Where and how to hang pictures and when to group these.	Kind of pictures suitable for each room. Height to hang, when to group pictures. Where to use family pictures.	Sixteen (16) Home Demonstration Clubs.

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GOALS	WHAT PEOPLE ARE TO LEARN	PLANS FOR CARRYING OUT PROGRAM AND MEASURING RESULTS	NOTES ON RESULTS, ADJUSTMENTS, AND ACCOMPLISHMENTS
Better use of pictures. Prevent that spotty appearance. Use family pictures correctly.	What kinds of pictures to use. Where good pictures can be found. Correct height and grouping of pictures.	Leaders be trained for giving club demonstration. Questionnaire at end of year, checking on number pictures hung correctly.	

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House Furnishings - Restoring Old Picture Frames

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<u>Problem</u>	<u>Topics to Be Included</u>	<u>Number of Clubs, Groups or Committees Involved</u>
How to refinish old picture frames for use. There are a number of lovely frames in the County but are the worst for age.	Refinishing or cleaning gilt frames for use. Refinishing wood frames.	Sixteen (16) Home Demonstration Clubs.

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<u>GOALS</u>	<u>WHAT PEOPLE ARE TO LEARN</u>	<u>PLANS FOR CARRYING OUT PROGRAM AND MEASURING RESULTS</u>	<u>NOTES ON RESULTS, ADJUSTMENTS, AND ACCOMPLISHMENTS</u>
Get old picture frames cleaned and refinished.	How to clean and repair gilt frames. How to refinish and repair wood frames.	Leaders' training meeting to develop leaders. Leaders assist club members in restoring old frames. Check on number restored and being used.	

Foods - Yeast Breads

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<u>Problem</u>	<u>Topics to Be Included</u>	<u>Number of Clubs, Groups or Committees Involved</u>
Ladies do not know how to make good yeast breads.	Making yeast breads by the butter bread method: (loaf breads).	Sixteen (16) Home Demonstration Clubs.

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<u>GOALS</u>	<u>WHAT PEOPLE ARE TO LEARN</u>	<u>PLANS FOR CARRYING OUT PROGRAM AND MEASURING RESULTS</u>	<u>NOTES ON RESULTS, ADJUSTMENTS, AND ACCOMPLISHMENTS</u>
Learning to make yeast breads for those who do not already make it, and learn better standards for those who do.	Steps in making good yeast breads. How to judge a good loaf of bread.	Train leaders to give demonstration in each club using step by step method. Check at fair in 1961 on yeast bread exhibits. Annual questionnaire checking on results.	

Foods - New Egg Dishes

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<u>Problem</u>	<u>Topics to be Included</u>	<u>Number of Clubs, Groups or Committees Involved</u>
Some members will not eat eggs prepared in traditional ways. High cost of meats.	Nutritional value of eggs. New ways to prepare eggs for breakfast. New ways to prepare eggs appetizing to replace some meat in the diet.	Sixteen (16) Home Demonstration Clubs.

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<u>GOALS</u>	<u>WHAT PEOPLE ARE TO LEARN</u>	<u>PLANS FOR CARRYING OUT PROGRAM AND MEASURING RESULTS</u>	<u>NOTES ON RESULTS, ADJUSTMENTS, AND ACCOMPLISHMENTS</u>
Use more eggs in the diet.	How to prepare eggs different ways. Nutritional value of eggs.	Develop leaders to give demonstration in clubs. Questionnaire regarding number dishes prepared and response of family mass media.	

Foods - Wise Buying of Foods

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Problem	Topics to be Included	Number of Clubs, Groups or Committees Involved
With so many changes being made in packaging of food and preparing food to sell to consumer, it is hard for Mrs. Homemaker to buy wisely.	Built in services, grades of canned foods, uses of foods bought, and balancing menu.	Sixteen (16) Home Demonstration Clubs.
	Tour of Super Market	Two (2) or more groups tour Super Markets

GOALS	WHAT PEOPLE ARE TO LEARN	PLANS FOR CARRYING OUT PROGRAM AND MEASURING RESULTS	NOTES ON RESULTS, ADJUSTMENTS, AND ACCOMPLISHMENTS
Better use of food dollar. Know how to compare food values including built-in services vs. time.	How to buy foods to fit use. Is time saved more important in "built-in service" foods or is money the item. Read labels of canned goods for necessary information.	Agents give demonstration to the sixteen (16) H.D. Clubs. Arrange with Super Markets for guided tours pointing out important information about different products. Use mass media to reach other people.	

Clothing - Tailoring

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Problem	Topics to be Included	Number of Clubs, Groups or Committees Involved
How to make a tailored garment look professional rather than homemade.	Correct steps in tailoring a garment.	(1) Two special interest groups. (2) County Clothing Committee.

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GOALS	WHAT PEOPLE ARE TO LEARN	PLANS FOR CARRYING OUT PROGRAM AND MEASURING RESULTS	NOTES ON RESULTS, ADJUSTMENTS, AND ACCOMPLISHMENTS
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Know necessary details needed to construct a tailored garment in order to have a professional look rather than a home-made look.

To treat seams to prevent stretching by stay stitching.  
To feather necessary seams.  
Pad where necessary;  
How and where to interface necessary finishes. Just enough detail finishing but not over do it.  
Use of correct pressing aids and when to press.

Have two special interest groups-one in Hillsville, and one in Galax. It is hoped the garment can be completed in three weeks with groups meeting twice a week. Since a good number of suits and coats are already being made in the county, it is the hope of this agent these ladies will enroll and learn how to give a professional look to the garments they make. Both home agents work with these two groups.

Clothing - Construction of a Dress

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<u>Problem</u>	<u>Topics to be Included</u>	<u>Number of Clubs, Groups or Committees Involved</u>
Correct selection of pattern and correct steps in cutting, construction, and finishings of a dress.	Selection of pattern and material. Cutting of dress, and construction.	Two (2) special interest groups - county clothing committee.

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<u>GOALS</u>	<u>WHAT PEOPLE ARE TO LEARN</u>	<u>PLANS FOR CARRYING OUT PROGRAM AND MEASURING RESULTS</u>	<u>NOTES ON RESULTS, ADJUSTMENTS, AND ACCOMPLISHMENTS</u>
Know how to construct a better dress regarding cutting, construction and finishing.	Select the proper pattern. Laying pattern on material properly. Proper construction. Proper finishing of seams, hem, neck, etc.	Have two special interest meetings - one in Galax, and one in Hillsville. It is hoped this will not require more than five all-day meetings each. These will be spaced with two meetings a week. Each home agent teach a group.	

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Clothing - Choosing Correct Pattern and Dress

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Problem	Topics to be Included	Number of Clubs, Groups or Committees Involved
Know how to check individual measurements for pattern and how to match these to pattern sizes. Know what makes a good ready-to-wear.	How to choose size of pattern for each individual. Discuss pattern measurements, individual problem in body builds, etc. Point out proper pattern materials to choose.	Sixteen (16) Home Demonstration Clubs

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GOALS	WHAT PEOPLE ARE TO LEARN	PLANS FOR CARRYING OUT PROGRAM AND MEASURING RESULTS	NOTES ON RESULTS, ADJUSTMENTS, AND ACCOMPLISHMENTS
Choose pattern more suited to individuals for dress construction. Know individuals for defects and good points to be able to conceal or emphasize these. Be a better judge of ready-to-wear clothing.	Hip, waist, and bust measurements for given sizes such as junior, teen, ladies, need of choosing proper print in materials to be sewed. What to look for when buying a ready-to-wear garment to better get her money's worth.	Have ladies work in pairs and measure each other for pattern size. Have these compare size to pattern size chart. Samples of printed materials and discuss same. Examine seams, stitches, finishes of ready-to-wear dresses. Home agents give demonstration in all clubs.	

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Clothing - Better Use of Sewing Machine

<u>Problem</u>	<u>Topics to be Included</u>	<u>Number of Clubs, Groups or Committees Involved</u>
Lack of training in using the sewing machine attachments, adjusting machine tension, pressure, and stitch and how to clean a sewing machine	Use of sewing machine attachments, Adjustment of sewing machine, cleaning the sewing machine.	Sixteen (16) Home Demonstration Clubs, and two (2) special interest groups.

<u>GOALS</u>	<u>WHAT PEOPLE ARE TO LEARN</u>	<u>PLANS FOR CARRYING OUT PROGRAM AND MEASURING RESULTS</u>	<u>NOTES ON RESULTS, ADJUSTMENTS, AND ACCOMPLISHMENTS</u>
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Club members be able to use all attachments on the sewing machine. Know how to adjust machine when necessary. Know how to properly care for the machine.

- (1) Learn what each attachment is used for and how to use it.
- (2) One adjustment of machine is not sufficient. Learn how to adjust tension stitches, and pressure on machine to properly sew the different materials.
- (3) Proper needle size to use.
- (4) How to clean the machine and how often this is needed.

- (1) One monthly meeting will be devoted to explaining and demonstrating use of attachment. Have each lady who sews bring a sample of her work back to next meeting, where she has used the attachment. Show ladies how to adjust tension and pressure. Home agents give club demonstration.
- (2) Have two special interest meetings, one in Galax and one in Hillsville on cleaning the machine with each lady bringing the head of her machine and cleaning it.

B. Subject Matter and Special Emphasis Area

Subject Matter: Art in Daily Living

Problem	Topics to be Included	Number of Clubs, Groups or Committees Involved
Need of training in recognition of beauty in nature, good TV programs, judging books, etc.	Name and description of wild flowers. Learn which plants to protect. How to Judge a Book. Books Children should enjoy. Aids to reading, appreciation of pictures	Sixteen (16) Home Demonstration Clubs

GOALS	WHAT PEOPLE ARE TO LEARN	PLANS FOR CARRYING OUT PROGRAM AND MEASURING RESULTS	NOTES ON RESULTS, ADJUSTMENTS, AND ACCOMPLISHMENTS
Appreciate beauty of wild flowers, protect rare plants, use reading time for good literature, recognize need of children being taught to read good literature, judge TV programs.	Recognize and name more wild flowers, know wild flowers to protect, how wild flowers can be used in arrangements, importance of guiding children toward reading proper literature, where to borrow good books to read.	One monthly program devoted to the Federation program and a portion of the other eleven. Good reading was discussed in December as the Federation topic and this will be continued. Wild flowers will be used some months, slides on good literature, another month. Results will be measured by having ladies answer roll call from time to time using information on Art in Daily Living.	

in Carroll County. The different groups that make up this board meet regularly but not as a group.

## 2. General Interest Committee

One General Interest Committee is planned. This will be the Fair Committee. It is hoped that members of various clubs will have a representative working with the Home Demonstration members to make the necessary plans with the home agents acting as advisors only. Since extension has been doing a good deal of the supervising of this project too few people, other than Home Demonstration ladies, exhibit in it.

## 3. Home Economics Committees

One Home Economics committee for this year's work is a Clothing Committee. Tailoring and dress construction as special interest groups is very much in demand. This committee will consist of ladies from different parts of the county, who sew well. These will meet and plan the classes that are scheduled in clothing construction and tailoring this year.

## 4. Home Demonstration Club Committee

The Home Demonstration Committee will hold two annual meetings this year: One in the spring, probably in April, and one in the fall, probably August.

On the agenda for the spring planning meeting will be plans for the achievement program, ways to participate in county fair, attendance to institute of rural officers, and district federation program.

At the fall meeting the plans for the 1961 Home Demonstration program will be completed. Yearbook Committee will be appointed and report from Fair Committee on final fair plans will be given.

Galax

Allied Chemical & Dye Corporation	Pyrrhotite	150
General Chem. Div., Gossan Mines		
American Mirror Company, Inc.	Mirrors	60
Burlington Industries, Inc.	Upholstery & Drapery fabrics	325
Carnation Company	Dairy Products	85
Combs & McKnight	Finished lumber	15
Dixon Lumber Company	Lumber	190
W. K. Early & Sons, Inc.	Finished Lumber	20
Galax Chair Company, Inc.	Upholstered chairs	25
Galax Furniture Co., Inc.	Living room furniture	125
Galax Mirror Co., Inc.	Mirrors	165
Gazette Printing & Publishing Co., Inc.	Job printing & newspapers	20
Harris-Marshall Hosiery Mills, Inc.	Seamless hosiery	145
Lindeman Wood Finish Co., Inc.	Varnish	20
P. H. Hanes Knitting Co., Inc.	Men's and boys' knitwear	300
Penry Manufacturing Company, Inc.	Children's dresses	125
R. & H. Hosiery Mill, Inc.	Hosiery	90
Sawyer Furniture Co., Inc.	Living room furniture	100
United Church Furniture Company	Church furniture	25
Vaughan-Bassett Furniture Co., Inc.	Bedroom furniture	300
Vaughan Furniture Co., Inc., The	Bedroom furniture	300
Webb Furniture Corporation	Bedroom furniture	460
Wonderknit Corporation	Boy's shirts	225

The employees in Galax industries include both Grayson and Carroll Counties and the City of Galax. Beside these, there are 192 teachers in the county, 155 of these are women. A good number of the people work in Mt. Airy, N. C. and Radford Arsenel, as well as surrounding towns.

Appalachian Power Company serves Carroll County and the surrounding area. It is one of the largest electric utilities in the south, both in area and number of customers served. Approximately 98% of the homes in Carroll County have electricity.

II. County Extension Program - Adult

A. Organization

1. County Agricultural Extension Service Board

To date there is no active County Agricultural Extension Board

Radio Station WBOB in Galax serves the area for broadcasting. One fifteen minute program each day is given to the extension staff from the three bordering counties with Carroll Staff having the Wednesday and Saturday program.

Shopping centers for the area are Galax and Mt. Airy, North Carolina, which are on the county boundary lines and Roanoke is seventy miles away.

There is no public recreation facilities for the young people excepting those provided by the schools and churches.

The 1955 Census showed 252 telephones in rural homes and 991 televisions. Some improvements have been made and additional telephones installed since then. Telephones are still very limited in the county making it necessary for the home agents to visit people if quick communication is needed.

A large number of homes have no piped running water in the homes and no bath facilities. This situation is being improved though in many new homes being constructed and improvements being made on old ones.

The median school year completed for persons 25 years and up is 7. Women report slightly more education than men.

Manufacturing in Carroll County and the City of Galax is as follows:

<u>Industry</u>	<u>Product</u>	<u>Employees</u>
<u>Carroll County</u>		
National Carbide Company	Calcium Carbide, Acetylene	179
<u>Hillsville</u>		
Carroll Hosiery Corporation	Ladies' full-fashioned hosiery	113
J. L. Harmon Lumber Dealer	Finished lumber	25
Virginia Lee Hosiery Mills, Inc.	Ladies' full-fashioned hosiery	200
Wayne Gardner	Finished lumber	9

The 1950 Census showed 1,467 women over 14 years of age working on public jobs or 16 per cent. Surveys show women are securing employment outside the home at the rate of approximately 40 per year in Carroll County. There is no record to show the number of ladies now employed but the percentage is high.

There are more than 50 Protestant churches located in Carroll County representing most of the demoninations. Most of the churches maintain Sunday Schools, youth programs, and other activities which enhance the spiritual life of the community.

There are 26 public schools in Carroll County of these 13 are small schools having less than 5 teachers. In addition to regular academic classes the three senior high schools offer courses in business training, home economics shop work and vocational agriculture.

Two modern hospitals, both equipped with operation rooms serve the county from Galax. One is an 88-bed facility and the other has sixty beds. At Hillsville in Cox's Clinic with a nine-bed capacity that can treat maternity and minor surgery cases. Serving the Galax area are seventeen physicians and 4 dentists. Serving the Hillsville area are six physicians and three dentists.

Two hotels and six motels serve the area for tourist and over-night guests. The motels are all fairly new. A number of new restaurants have been built within the past two years.

The Carroll News, published weekly and the Galax Gazette, published twice weekly serve the county. The Roanoke Times and Roanoke World News are delivered daily throughout the county. A daily newspaper from Winston-Salem and two weekly papers from Mt. Airy serve the Southern part.

1960 Plan of Work

Carroll County  
Hillsville, Virginia

Glenna A. Runion  
Home Demonstration Agent

Rosalind Harman  
Ass't Home Demonstration Agent

I. The County Situation

Carroll County covers an area of 496 square miles with a population of more than 27,000 people and 3,757 farms. Three thousand, seven hundred and forty-four of these are white and 13 negro.

Carroll is a mountainous county situated on the southern part of the Blue Ridge area and borders North Carolina. It is a part of a great plateau that lies on the back bone of the mountain. Eighty per cent of the county has an elevation varying from 2,000 to 3,500 feet above sea level. The climate is cool and moist. It is one of the most scenic counties in the state.

In 1954 the farm land totaled 232,709 acres, 73% of the county's area of 317,440 acres. At that time the average farm was 61.9 acres. There are twice as many part-time or residential farms as commercial ones. The average age of the farm operator is about 58 years.

The type of agriculture in the county is diversified due to the geographic structure of the land. Food and feed crops, vegetables, apples, livestock, and livestock products are the principal products. Livestock and livestock products make up over 60% of the Agriculture income. Milk production is increasing rapidly. Apples and peaches are also important crops with some of the most productive apple orchards in the state located on the slope of the Blue Ridge mountains in the county.

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PLAN OF WORK

1960

Mrs. Glenna A. Runion, Home Demonstration Agent

Miss Rosalind Harman, Assistant Home Demonstration Agent

Carroll County

Hillsville, Virginia