

34
72

ANNUAL REPORT

County Extension Work

1953



Agent

Sara H. Winfield

Brunswick **COUNTY**

Asst. Agent

TABLE OF CONTENTS

	page
County Situation	1
Contribution of 1953 Program to Better Family Living	2
Adult Work:	
Project Work:	
Food and Nutrition (Meal Preparation)	3
Gardens and Food Preservation	3
Clothing	4
Home Improvement	5
Water Systems	6
Poultry	6
Other Activities:	
Community Improvements	7
Home Demonstration Week	7
Achievement Program	8
Farmers' Conference	8
Farm and Home District Tour	10
Live-at-Home Community	11
Farm and Home Unit Demonstration	11
4-H Club Work:	
Project Work:	
Food and Nutrition (Meal Preparation)	12
School Lunch Contest	12
Poultry	13
Garden	13
Food Preservation	14
Clothing	14
Other Activities:	
National 4-H Club Work	15
Special Awards and Trips	15
Rural Life Sunday	15
Outstanding Members	16
Recreation	16
Scope of Work	16
Functions of:	
County Advisory Board	17
County Home Demonstration Committee	17
County 4-H Project Planning Committee	17
County 4-H Council	17
Leadership:	
HD Club Project Leadership	18
Growth of 4-H Club Project Leadership	18
Work With Other Agencies	19
Evaluation of Work	19

COUNTY SITUATION .

Brunswick County, a rural area, is located in the South-
side of the State in the Southern Piedmont area. Many of the
families engage in general farming, growing tobacco, cotton,
peanuts, corn, cucumbers and raising some livestock. Tobacco
is the chief source of income. Few families receive an in-
come from marketing surplus fruits, vegetables, milk, poultry
and poultry products.

The gross income was much less in the county because of
the drought, but the cost of living is steadily increasing.
Some men have left the farms to seek other employment in
order to supplant the income. The women and children are
carrying on the farm work.

There are 1275 Negro farm families in the county. 532
families are full owners, 232 are part owners, 506 are
tenants and one is a farm manager.

Because of these things the homemakers are striving to
engage in activities whereby they can stretch the dollar.

34
72

2

CONTRIBUTION OF 1953 PROGRAM TO BETTER FAMILY LIVING

The 1953 Program was based on some of the longtime goals as set up by the planning bodies in the county. The goals set up are better housing and better health through better diets. It is the hope that improvements in these fields will help to bring about better standards of living for the family and a deeper appreciation for rural life.

The bodies responsible for these plans are the County Advisory Board, the Home Demonstration Committee, the 4-H Club Council and the 4-H Program Planning Committee. These groups are closely interwoven as some persons from each committee are on other committees and all are working toward the same objective.

The adult groups worked on foods, clothing and home improvement while the girls worked on meal preparation, garden, poultry and clothing.

In order to accomplish the goals set up, 21 training meetings were held for 445 leaders; leaders held 60 meetings with 1140 persons present; 166 other meetings were held with 4563 persons present.

It is felt that progress is being made toward the long-time goals. This could not have been made had it not been for the untiring assistance of the leaders in the county, the supervision of agents, specialists, the personnel of Virginia State College and St. Paul's Polytechnic Institute,

1

the State Experiment Stations, the county officials and the cooperation of the people in the county.

ADULT WORK

Food and Nutrition

Meal Preparation. Families quickly tire of eating the same foods cooked the same way and will often refuse the things that are needed by the body so that it can stay healthy. Therefore, the foods program was planned with this in mind. The group also wanted to improve the methods used and to develop new methods for cooking eggs, meats and vegetables; stretch the food dollar through the use of meat stretchers, and encourage the use of more salad into the menus.

Demonstrations were given by trained leaders, visual aids were used and the homemakers were given an opportunity to sample the dishes prepared.

As a result of this work, the homemakers learned the importance of cooking protein foods at low temperatures, to cook eggs many ways, that vegetables can be prepared many ways and seasonings added to change the flavor, salads add interest to the meal and ^{are} often the main course, a small amount of meat can be stretched in many ways to save the food dollar, substitutes may be used for meats, and to try new recipes without fear.

Gardens and Food Preservation

A greater effort was made to have better gardens in order to feed the family better and to stretch the food dollar. This phase of work failed. The yield was cut and most families

had a hard time getting the Fall garden started because of the drought.

Despite this, an effort was made to save some of the food by canning, freezing and preserving. The quantity of food frozen is small as there are approximately twenty-five home freezers, ten families rent lockers in the adjoining county and the others store small quantities in the freezing compartment of their refrigerators for short periods.

Seven demonstrations in canning and freezing were given to 220 persons. As a result of the information gained here and previously, the following was reported: 993 1/2 quarts of vegetables canned, 783 1/2 quarts of fruits canned, 2510 quarts of meats canned, 275 quarts of vegetables frozen, 432 quarts of fruits frozen, and 1,325 pounds of meat frozen.

Clothing

The adult club members want to look their best at all times and yet be comfortable and not over dressed. Hence, they decided to study the fitting, types and care of undergarments, points to consider when one is well dressed and making the better dress.

Leaders were trained on the above topics, after which they gave demonstrations and led discussions. A check sheet was given to the club members on buying, fitting, and the care of undergarments. From this check many were able to realize the mistakes commonly made when purchasing undergarments. Most members did not know the size they wore,

nor how to measure for a bra or girdle, and failed to try the garments on as they were ordered or purchased over the counter.

After the discussion of the well dressed club member and the making of better dresses, the members came to a meeting dressed as they do for church. They told why they thought they were well dressed and why they liked the outfit modeled. The other members criticized the person modeling constructively and destructively. Here they were able to put into practice some of the information learned.

As a result of this phase of work the members learned the purpose of buying, fitting and caring for undergarments, and how to dress for different occasions.

Home Improvement

The home is one of the most important parts of the farm, but in many cases little money can be spent improving this area. Realizing this, the club members chose to improve the appearance of their windows by simple treatment, rewire, wire and repair electric lamps, frame pictures, repair and renovate frames and use pictures as a definite part of the decorations.

As a result of demonstrations, members reported 189 windows treated according to recommendations, 83 lamps wired, rewired, or repaired; 23 pictures framed and 12 frames renovated.

Water Systems

A survey was made in the county to determine the number of families with water under pressure. It was found that only six per cent of the Negro families had water under pressure. As a result of this survey an effort was made to increase the number of systems. Ten complete systems have been installed bringing the county total to 78 systems. Twelve families installed water in the kitchen bringing the total twenty-five. Seven families have made plans for installing water systems and space for the bathroom has been provided or plans made for it.

Poultry

In 1947 Mr. A. L. Dean, Extension Poultry Specialist, came into the county and began work with the farm families in order to get them to increase their flock with certified poultry, provide better houses, follow better management practices so that these things could increase the income. After working directly with 18 different demonstrators the following results were observed: 32 houses built according to plans, 53 houses repaired; chickens for layers are being purchased in the late winter; better feeding habits are being used; watering tables and feed hoppers were installed in houses; 130 dark-nests built; 16 dropping boards and flat roosts added; and the number of birds on the yard increased. Six culling schools were held under the supervision of Mr. Dean with a total attendance of one hundred and eighty persons.

OTHER ACTIVITIES

Community Improvements

The mail boxes in the county did not meet government regulations in many cases, and as long as the postman left the mail many families were satisfied. The Home Demonstration Club members put forth an effort to improve this condition, which would also improve the community. Because of their efforts many cigar boxes, tin cans, and other unsightly objects that were used as mail boxes have disappeared. Posts have been straightened, replaced and in many instances painted white. Name plates have been attached to the boxes, or names printed on the boxes. All of the families in the Greentown Community purchased name plates through the Home Demonstration Club. Flowers and shrubs have been planted around the boxes to add to the beauty.

The mail carriers have mentioned to the families about the improvements.

Home Demonstration Week

Five clubs had special meetings in their communities celebrating Home Demonstration Week, at which time two hundred and sixty-nine persons joined in the observance. Oak Grove, Rawlings and Hickory Run had dinner meetings while Greentown and Ante had special meetings. At the latter events, exhibits of the work done by the members were displayed. The goals and accomplishments of the clubs and the purpose of the week were given at the meetings.

Achievement Program

The County Home Demonstration Committee sponsored an Achievement Night. "The Family and the Community" was the theme of the program. Mrs. A. M. Rivers, Brunswick County Supervisor of Public Schools, was the speaker. She emphasized the part that the home plays in developing individuals and promoting better community relations. Miss Augusta Green, delegate to the 4-H Regional Camp that was held in Kentucky, made a report of her trip and the activities engaged. The report was made to this group because the clubs had given financial assistance to Miss Green to help her make the trip.

Reports of club activities and projects were made by a representative of each club. "Fifty Years of Extension Work" was given by the agent.

This program served as a means to better acquaint the public with the work of the home demonstration clubs; to honor and recognize leaders and to stimulate interest.

Farmers' Conference

Two hundred farm men and women attended the Annual Farmers' Conference in February. "Working Together for World Understanding" was the theme of the meeting. The president of the County Advisory Board, Mr. James Mills, presided.

Mrs. Blanche Mays, vice president of the County Advisory Board, listed the following as purposes of the conference:

- (1) to assist farmers in planning programs;
- (2) to provide and to interpret educational information;
- (3) to provide an opportunity to pool experiences so that all may benefit;
- (4) to preserve the democratic attitude;
- (5) to afford an appre-

34
72

9

ciation of rural life; (6) to improve the standards of living
or people.

Mr. Frank Marshall, County Agent, gave the Outlook for
1953. He urged us to use our resources to the maximum; to
reduce debts; and to feed and fertilize well.

"The Role of the Home in Developing World Understanding"
was discussed by Mrs. Delores G. Morse, Home Agent of Mecklen-
burg County. She stated that the home serves three purposes:
social, biological and economical. Each plays an important
part in developing understanding. The responsibility of
making the home a success does not fall entirely on the woman,
but the man also has a major role in the home.

A panel discussion was led by Mr. Flourney Mays. The
members told their experiences in certain lines and how these
things made for better understanding. Mr. W. C. Maclin talk-
ed on "Tobacco Diseases" from a variety demonstration to com-
bat black shank. Mr. Raymond Claiborne discussed "Forestry
Management." Mr. C. A. Coleman talked on "The Agronomy Pro-
gram for 1953." Mr. C. R. Vaughan spoke on "Poultry" from
his experiences as a demonstrator. Miss Augusta Green talked
on the role of a "Junior 4-H Leader."

"Soil Conservation Education" was discussed by Mr. E. R.
Minnich, Soil Conservationist. He reminded us that soil
conservation is trying to get us to help ourselves. We
should use our time and efforts wisely. Our responsibilities
go farther than our homes, but into the community, county and
all over the universe.

RM
34

Music was furnished by the high school band and chorus.

Farm and Home District Tour

Nine well planned demonstrations attracted the attention of more than seventy-five persons who took part in a tour in the Red Oak District in June.

To encourage more people to install water systems, demonstrations were seen at the homes of Mr. and Mrs. E. R. Williams and Mr. and Mrs. W. J. Harwell. The Williams family has a pressure water system in the kitchen and had provided a bath area off from the kitchen at the end of the back porch. This will be used for the future bathroom.

Mr. and Mrs. Harwell were in the process of installing water in the kitchen. A place was shown where the future bathroom could be installed without making additions to the house.

On the farm of Mr. and Mrs. W. C. Maclin the group saw a well fertilized 100 bushel per acre plot, a home and commercial peach orchard. A demonstration was given in freezing vegetables.

The Maclins and Williams had established a total of thirty-six acres of permanent pasture. Each had started a beef herd using purebred registered bulls.

Demonstrations were conducted in digging fence post holes, spraying and pumping water or insecticides and cutting fire wood. A power saw was used with an auger and water pump attachments for this demonstration.

At the close of the tour lunch was eaten picnic style, after which Mr. S. E. Marshall, District Agent, talked on "Fifty Years of Extension Work" and gave a brief report of the work in Brunswick County.

Live-at-Home Community

Not too much has been done in this community. Two families installed complete water and sewage systems, the only systems in the area. A delegate from the community attended the State Advisory Board Meeting.

Farm and Home Unit Demonstration

The J. B. Harrisons are making some progress on their recently purchased farm. Since the house was old and the farm in run-down condition, there were many things to be done. They got a plan for the farm, made a few repairs on the home, built a new road to the farmstead, built a new laying house and improved the home orchard.

4-H CLUB WORK

Food and Nutrition

Meal Preparation. This project was chosen to encourage club members (1) to eat better balanced meals; (2) to improve methods used and to teach the members to cook some simple dishes; (3) to instill in members the value of a good lunch at school and to encourage them to bring more tasty and attractive lunches; (4) to teach members to plan, prepare and serve simple refreshments and (5) to teach members to set the table correctly and to use good table manners.

Leaders were trained to instruct the members in project work. Home demonstration clubs were asked to sponsor a school lunch contest, and club members were asked to plan an affair for which they could plan, prepare and serve simple refreshments.

As a result of work done in this project, 9641 dishes were prepared and 1051 meals were served by 194 girls.

School Lunch Contest

A study was made on the school lunch situation in the county which revealed the following: few members brought balanced lunches to school. Many pupils who failed to bring lunch had not eaten breakfast; few were not ashamed to spread their lunches out; many were bringing money with which to purchase candy, cakes and sodas. Those who failed to bring balanced lunches suffered with headaches, lacked interest in school work and made the lowest grades in their school subjects.

A series of demonstrations on packing the Five Point lunch, consisting of bread, meat or meat substitute, fruit or vegetable, milk and sweet, was given. As a follow up, members were selected to check each person's lunch to determine the points brought.

Two home demonstration clubs gave prizes to 4-H club members bringing the most Five Point Lunches.

Some of the results of this program are: more persons are bringing balanced lunches to school. better classroom work was recorded and the physical condition of the pupils is on the up-grade.

Six hundred and fifty persons attended a district school closing and witnessed the awarding of prizes to members who brought the most Five Point Lunches in the Hickory Run Club. This presentation served as a stimuli for improving the 4-H Club Work and the school lunch program.

Poultry

Twenty-four 4-H Club Members chose poultry as their projects in order to produce food for the family, to improve management practices, to improve family flock and to increase their income.

The members were given instructions on preparing for chicks, and the care of the chicks. 1235 chickens were raised by these members. Seventeen members completed this project.

Garden

Eighty-five members had eleven acres of home garden. This project was conducted to produce more food for the family,

cut the family food budget, to encourage year round gardens and to introduce new vegetables for family consumption.

Members were given instructions on planning, planting, cultivating and pest control.

Forty-eight members completed this project. The production was cut by the drought and many members failed to get the fall garden started for the same reason.

Two clubs had garden tours. These gardens were scored on location, arrangement, number of different vegetables in gardens and the general appearance of the gardens. Prizes were given to the members with the best gardens.

Food Preservation

Ten members carried this project in order to save food produced. As a result of demonstrations on canning vegetables and fruits, three hundred and twenty-five quarts of fruits and vegetables were canned. Six members completed the project.

Clothing

Nine members carried this project in order to cut the clothing budget, to learn to make their own clothing, and to sew better. Thirty-five garments were made. Six members completed the project.

OTHER ACTIVITIES

National 4-H Club Work

The month of March is set aside as 4-H Club Month, since all club meetings do not fall during club week and all members like to recognize 4-H Club Week. During this period the members check themselves and the program to see if they are putting everything into it and reaping all they wish to. They also rededicate themselves to do better club work. Parents and friends were informed of some of the 4-H activities and accomplishments at special programs sponsored by all clubs.

Special Awards and Trips

Augusta Irene Green of the Greentown, Senior 4-H Club won a trip to the 4-H Regional Camp in Kentucky, and a \$50 savings bond for outstanding achievement in 4-H club work.

Inell Farham of the Hickory Run Club received a \$25 savings bond for outstanding work in her garden project.

She received her award at the State Short Course.

Four girls attended the State Short Course and three attended the Wildlife Conference. These girls were selected by their clubs for outstanding work and approved by the Council. Expenses for the trips were paid by their clubs and the Council.

Rural Life Sunday

During the month of May a portion of the church service in the communities where there is a 4-H Club was dedicated to 4-H club members. When the service was held in a church, the members decorated the church and were seated in a reserved section.

Outstanding Members

During her first year of club work, Shirley Walker of the Oak Grove Club proved to be an outstanding member. She was winner in her club in the School Lunch Contest, bringing the Five Point lunch 75 times. She carried a project in poultry with 100 New Hampshire Reds and raised ninety-four. Of this number, thirty-four were used at home and three were sold. Fifty-four were turned out for pullets. Because of her work in this project she was chosen to work under the supervision of Mr. A. L. Dean, Extension Poultry Specialist.

Recreation

All clubs planned and carried out recreational activities during the year. These were in the form of educational tours, picnics, parties and weiner roasts.

Scope of Work

	1949	1950	1951	1952	1953
No. HD Clubs or Groups	9	9	9	10	10
Membership	135	135	135	155	155
No. 4-H Clubs	16	15	14	14	14
Membership	175	103	201	201	194
No. other families reached	169	463	537	320	463
No. of different families reached	775	700	862	560	735
No. community clubs			1	1	1
Membership			18	23	23

County Advisory Board

The Advisory Board is the overall planning organization for the county. It is composed of farm men and women who are community and neighborhood leaders in the twelve communities, representatives of the home demonstration committee and representatives of the 4-H Council. This body sponsored the Farmers' Conference and District Tour. It sent delegates to the State Advisory Board Meeting. It chose the live-at-home demonstration community and the farm and home unit demonstrator.

County Home Demonstration Committee

The committee is composed of two members from each of the ten clubs in the county. It planned the county program, sent delegates to the district committee meeting, sponsored Achievement Night and set up county goals.

County 4-H Project Planning Committee

This group is composed of representatives from the 4-H clubs who planned the program based on the desires and needs of the club members.

The County 4-H Council

This organization is the county 4-H planning body. It held two meetings during the year. They sponsored Rural Life Sunday, 4-H Club Week, County Contest and sent delegates to the State Short Course and Wildlife Conference.

Leadership

The progress in the county could not have been made had it not been for the leaders. These people planned the program after studying the needs of their respective communities, served as officers and gave instructions in subject matter to adults and 4-H'ers.

<u>HD Club Project Leadership</u>	<u>1949</u>	<u>1950</u>	<u>1951</u>	<u>1952</u>	<u>1953</u>
No. project leaders (subject matter)	27	27	36	35	64
No. goal chairmen	9	9	9	10	10
No. training meetings held by Specialist by Agent	5	2	7	9	17
Attendance at all training Meetings	250	234	213	125	289
No. club meetings held by leaders without agent present	31	29	23	19	22
No. additional club meetings at which leaders assisted				36	78
<u>Growth of 4-H Club Project Leadership</u>					
No. adult project leaders	54	47	53	15	15
No. junior project leaders	33	47	53	39	39
No. training meetings held by specialist by agent	4	14	13		11
Attendance at leader training meeting	65	121	124	127	156
No. 4-H leaders trained individually	75	27	29	83	
No. club meetings held by leader without agent present	46	63	44	39	38
No. of additional club meetings at which leaders assisted.				6	88
No. demonstrations given by leaders					

by adults	57	:	69	:	39	:	42	:	43
by juniors	41	:	57	:	18	:	33	:	27

Work With Other Agencies

The agent worked with the Vocational Home Economics, the Veterans Administration, the Red Cross, the local health Department, the Tuberculosis Association, and the public school system.

Evaluation of Work

The work carried out through the home demonstration program aided the homemakers in being well dressed for different occasions, in having attractive, tasty dishes yet saving the family food dollar and in having attractive windows.

The 4-H Club program aided the members in planning balanced meals, cooking simple dishes, growing and saving food-stuff and being well dressed in garments made by them.

In general it helped to improve the standards of living and to make the home and the county a more attractive place in which to live.