

XII. Some problems in carrying out Extension program

(1) Planning a 4-H program for older 4-H boys and girls and having time to work it out. The adult program is time and energy consuming.

(2) Securing well qualified 4-H Club leaders.

(3) Office work takes a great deal of time. Facilities for work at office are not good. There is no privacy for work or study. On all of these the agent will work harder.

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2. Short Courses

Agent will ask to attend State 4-H Short Course.

B. Reading professional books and other publications

Agent will continue to read Changing Times magazine.

Agent will secure a list of books to read for professional improvement. One will be Colleges for Our Land and Time by Dr. E. D. Eddy.

C. Membership in professional organizations

Maintain membership in State and National Home Economics Associations.

Maintain membership in National Home Demonstration Agent's Association.

D. Participation in programs and workshops by other organizations

Agent will participate in programs sponsored by Women's Club and Garden Club.

Maintain membership in Literary Club and subscribe to Saturday Review.

E. Planned educational trips

This agent would be interested in securing leave for an educational trip of six weeks. There is also interest in attending the National Home Demonstration Agents' Association meeting.

XI. Cooperative plans by Extension agents toward a unified county Extension program.

Members of County Agricultural Service Board, Home Economics committees, general interest committees, Home Demonstration Club committees and 4-H Club Council will meet together at least one time in 1959.

Send invitations of special events to them and their wives.
Make a report to the board from time to time on the extension
in home economics. Send each member a copy of the yearbook.

D. Commercial interests

Secure the services of commercial home economists
in giving special demonstrations, especially in foods and home
lighting.

E. Other professional workers

Make an effort to become acquainted with all professional
workers in the county.

IX. Plans for recording progress and evaluating programs in
1959.

(1) Monthly reports will be kept more accurately. Evaluations
will be made at the end of each month.

(2) Result demonstrations will be checked more systematically.

(3) Exhibits of accomplishments will be made.

(4) Attendance at leaders meetings will be carefully kept.

(5) 4-H records, annual report and plan of work will be used

to evaluate progress. The work copy of plan of work will be
referred to frequently.

X. Plans for professional improvement

A. Organized study

1. Schools

Agent will try to secure leave and a fellowship for
graduate study in the summer of 1959.

Leadership training camp.

VII. Plans for work with other agencies

A. County Home Economics teachers

- (1) Take every opportunity to know the three teachers.

Furnish literature whenever possible.

- (2) Inform teachers of projects carried by home economics students.
- (3) Work with teachers on all special problems in the county.
- (4) Inform teachers of meetings of interest to them.

B. Woman's Club

- (1) Continue membership and attend meetings as often as possible.
- (2) Continue to serve on the Executive Committee.

C. County health program

- (1) Visit county nurse in order to be familiar with health services and facilities.
- (2) Cooperate with Red Cross bloodmobile visits.
- (3) Cooperate and assist with county cancer society.

VIII. Plans for developing good public relations in county.

A. Co-workers

- (1) Make a great effort to maintain good relations with co-workers.
- (2) Cooperate on county extension program and all joint projects.

B. General public

- (1) Inform general public of all meetings through the press, radio, countywide meetings, letters and bulletins.

C. Elected Representatives

Plan to know each member of the Board of Supervisors.

C. Over-all Youth Leaders (Organization leaders for county youth council)	<u>No. in 1958</u>	<u>Goal 1959</u>
	-	6
D. 4-H Club	<u>No. in 1958</u>	<u>Goal 1959</u>
Number 4-H Club officers	65	70
Number adult project leaders	9	14
Number junior project leaders	6	10
Number result demonstrators	6	10
No. meetings at which leaders were trained by specialist	2	4
No. meetings at which leaders were trained by district agent	1	1
No. meetings at which leaders were trained by agent	16	20
No. meetings at which leaders were trained by personnel in 4-H Dept.	-	1
No. meetings at which leaders were trained by others	4	4
Attendance at leader training meetings	115	125
No. 4-H leaders trained individually	12	14
No. club meetings held by leaders without agent present	14	16
No. club meetings at which leaders assisted	25	25
No. demonstrations given by adult leaders	6	10
No. demonstrations given by junior leaders	20	30

Plans for training and using 4-H leaders in carrying out the 1959 program.

- (1) Secure more adult leaders and junior leaders.
- (2) Spend more time training these leaders.
- (3) Give junior leaders more responsibility.
- (5) Send more junior leaders to 4-H Short Course and

	<u>No. in 1958</u>	<u>Goal 1959</u>
No. Federation program of work chairmen	12	14
Number program development leaders	12	12
Number result demonstrators	6	50
Number meetings at which leaders were trained by specialists	8	10
Number meetings at which leaders were trained by district agents	2	3
Number meetings at which leaders were trained by agent	6	10
Attendance at training meetings	326	350
No. club meetings held by leaders without agent present	43	60
No. club meetings in which leaders assisted	78	100
Total number demonstrations given by leaders	66	80
No. talks or discussions by leaders	150	200

Plan for training and using all types of leaders in carrying out 1959 program.

- (1) All training meetings will be planned well in advance.
- (2) Publicity will be increased up to the date of the event.
- (3) Educational material will be selected with great care.

Difficult material will be summarized and mimeographed.

- (4) Leaders will be asked to take more responsibility.
- (5) Agent will ask for leaders to assist at beginning of

year.

(6) Leaders will attend weekend camp at Jamestown and take other planned trips. Six or eight will attend the Institute of Rural Affairs at V. P. I.

(2) Agent will send educational material and prepare radio talks to interest this group.

(3) Agent will work with four young homemakers in Farm and Home Development.

(4) Agent will attend Young Farmers annual meeting.

(5) Four young people will attend State Leadership

Training Camp at Camp Farrar.

V. Scope of Work

A. Organization	<u>No. in 1958</u>	<u>Goal 1959</u>
Number of home demonstration clubs	12	13
Membership	230	250
Number of 4-H Clubs	10	10
Membership	338	350
Number of young men and women's clubs	-	-
Membership	-	-
Number community improvement clubs	-	-
Membership	-	-
Number home economics committees	-	1
Number general interest committees	1	2
Number youth committees	-	1
Number other organizations	-	-
Number farm and home development families	6	8

VI. Plan for Leadership

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	<u>No. in 1958</u>	<u>Goal 1959</u>
A. Over-all Program Leaders (Organization leaders for county Extension Service Board)		
B. Home Demonstration Club Leadership		
Number organizational leaders	39	42
Number project leaders (subject matter)	82	90

2. Community Activities

Objectives

- (1) Ask all officers to attend county council meetings.
- (2) Plan a picnic in Westmoreland Park in the summer.
- (3) Have ten clubs participating in National 4-H Club Week.
- (4) Plan an exhibit at the Fair.

Procedure

- (1) Announce and plan meetings well in advance.
- (2) Set up committees for projects, socials and exhibits.
- (3) Present State awards at county meeting.
- (4) Work with committees on special activities.

3. Club Contests

Objectives

- (1) Hold county contests for homemaking projects.
- (2) County winners will enter district contests.

Procedure

- (1) Assist leaders and girls in demonstrations and records.
- (2) Make an opportunity for girls to give demonstrations at club meetings.

4. Rural Life Sunday

Objectives

- (1) Ask rural ministers to cooperate with the program.
- (2) County Extension staff will explain program to officers and leaders well in advance.

Procedure

- (1) This program will be discussed at club meetings.
- (2) Agents will talk with ministers.

D. Young Men and Young Women's Work

Objectives

- (1) Agent will give special attention through home visits to young homemakers who are not in clubs.
- (2) Inform young women of opportunities of Extension program.

Procedure

- (1) Agent will visit in all communities.

Procedure

- (1) Agent and leaders will explain the use of project literature.
- (2) Girls will learn basic principles of decorating and what and how to buy.
- (3) Agent will give group assistance by demonstrations on color harmony, types of furnishings and furniture arrangement.
- (4) Outstanding girl will enter district contest and receive county award.

3. Clothing

Objectives

- (1) Have fifteen girls in three clubs take project.
- (2) Help girls to select appropriate color, design and patterns for simple construction.
- (3) Teach girls how to select becoming ready-to-wear clothing.

Procedure

- (1) Help girls with individual problems in planning, buying and construction.
- (2) Leaders and agent will assist individuals with construction.
- (3) One girl will enter the dress review.

About twenty-five girls will be enrolled in the following projects: Garden, home grounds and health.

C. 4-H Activities

1. Jamestown 4-H Camp

Objectives

- (1) Have twenty-five girls attend camp.
- (2) Have one adult and one junior leader attend camp.

Procedure

- (1) Check girls records before camp.
- (2) Select leaders who can assist with camp organization, take responsibility and have good influence.

b. Meal Preparation

Objectives

- (1) Have thirty older girls from three senior clubs carry the project.
- (2) Use project literature to best advantage.
- (3) Teach girls to plan and prepare simple but nutritious meals for the family.
- (4) Teach girls to improve in work methods and skills by giving demonstrations.

Procedure

- (1) Explain project literature and requirements.
- (2) Leaders and agent will give demonstrations to groups and assist individuals.
- (3) Teach girls to keep accurate records.
- (4) Encourage girls to enter county and district contests.
- (5) Present outstanding member with county award.

2. Home Improvement

a. Your Room

Objectives

- (1) Have twenty-five girls in four clubs carry the project.
- (2) Interest girls in their rooms and in taking more home responsibility.
- (3) Have girls plan simple room improvement.

Procedure

- (1) Use and explain project literature and requirements.
- (2) Agent and leaders will assist individuals.
- (3) Girls will learn to give a demonstration.
- (4) Assist girls with plans and records.
- (5) Have outstanding girl enter district contest.

b. Your Furnishings

Objectives

- (1) Have fifteen older girls in three clubs carry project.
- (2) To develop interest in the home and its furnishings.
- (3) Get girls to cooperate with mothers in home improvement.

(2) Two meetings will be held during the year; one for the purpose of making a plan of work and the second for planning summer activities.

4. All-Stars

(1) Because so many All-Stars, of recent years, are not in the county they will not be organized. Those in the county will be called on to serve as leaders for both adult and youth programs.

(2) A delegation of All-Stars will attend the district banquet.

5. Project Planning Committee

The junior leaders and a committee of older club girls with adult leaders will meet in August to discuss project records, and to make plans for new projects.

B. 4-H Project Work

1. Foods

a. Breadmaking

Objectives

- (1) To have thirty-five beginners carry project.
- (2) To teach girls the art of making bread.
- (3) To help girls take more responsibility at home.

Procedure

- (1) Use project books to best advantage.
- (2) Use project and junior leaders in training beginners.
- (3) Leaders will give demonstrations to small groups in summer.
- (4) Girls will be trained in judging.
- (5) Outstanding girl will enter the district contest and receive a county award at the achievement program.
- (6) Assist girls in keeping records.

III. Farm and Home Development

The agent will continue to work with the six families now engaged in the program. Two or three additional families will be added in 1959.

Objectives

- (1) To assist the families in understanding their resources.
- (2) To assist in making short and long time goals.
- (3) To point out alternate choices in making decisions that affect the home and family.
- (4) To assist the families in keeping records in order that they may use the income more wisely.
- (5) To assist in over-all management of the home and in individual homemaking problems.

These objectives will be accomplished through home visits, through club meetings and leader training meetings.

IV. County Extension Program - Youth

A. Organization

1. County Youth Council

A Youth Council will be organized. This will be composed of adults and older young people. This council will be used to strengthen the Extension program through cooperation with other leaders and groups.

2. County Youth Committee

A special youth committee will be organized to carry out the youth phase of Extension work.

3. County 4-H Council

(1) The county council will be composed of all 4-H Club officers and two adult leaders.

3. Achievement Program

The joint farm and home program will be continued. County leaders in agriculture, home demonstration and 4-H Clubs will be asked to attend. The home economics council, the home economics committee and the 4-H Club council will be included. Recognition and awards will be given leaders and 4-H project winners. The four county banks will be asked to sponsor the dinner.

4. Northern Neck Fair

Objectives

- (1) Educational exhibits will be planned by six clubs. These will serve to inform the general public of club activities in adult and 4-H Clubs. Such exhibits will help to raise the standards of accomplishments. Leadership will be developed through committee work.
- (2) Some of the leaders assisting with the fair will help judge at the Fredericksburg Fair.

5. Work in Unorganized Communities

The agent will make home visits in the following communities: Kinsale, Erica and Tucker Hill. These visits will be to 4-H Club girls and to young homemakers. If there is interest a new club will be organized.

6. Plans to tell Public about Home Demonstration Work

A constant effort will be made to inform the public about the program. Advance notices will be sent to papers and to county publicity chairman on all planned activities. Club secretaries will help in reporting activities.

Plan a county tour in the spring to see improvements made by the outstanding members.

D. Other Activities

1. County and Community Projects

A county project of sending practical and useful Christmas gifts to Eastern State Hospital will be continued. All members will be asked to cooperate and contribute gifts. There will be an educational feature at the annual program early in December, when gifts are brought in. The 1960 yearbooks will be given to club presidents. The refreshment committee will plan for 100 people. All clubs will cooperate with this committee. Promoting the Christmas spirit of giving will be the objective.

2. National Home Demonstration Week

Objectives

- (1) More publicity about home demonstration clubs in local papers.
- (2) Club members from twelve clubs will attend the District XII meeting of the State Federation to be held in Fredericksburg.
- (3) Educational trip will be planned in connection with the Federation Program of Work.
- (4) The spring meeting of the Home Demonstration Committee will be held during the week.

Procedure

The agent, county chairman and publicity chairman will plan additional publicity well in advance. A special radio program will be given. Three individual groups will plan tours.

a dress.

5. Rural Arts

Objectives

To assist members from four clubs in making copper flower containers and planters.

Procedure

Specialist will assist agent in training about fifteen in January. An exhibit of flower containers will be made in the clubs and at the fair.

C. Federation Program of Work

Objectives

- (1) To have twelve clubs cooperate on a Federation Program on home and community beautification.
- (2) To carry out plans made by the County Committee.
- (3) To make homes and communities more attractive.

Procedure

Hold county training meeting for chairmen and other interested persons. Chairman will have ten minutes at every meeting to develop the following program:

JANUARY: Make plans for home grounds improvements

FEBRUARY: Starting early plants

MARCH: Pruning and transplanting

APRIL: Spray for shrubs and flowers

MAY: Planting annuals and seedlings

JUNE: Cutting and care of flowers

SEPTEMBER: Flowering shrubs for year-round beauty

OCTOBER: Selection, planting and care of bulbs for the perennial border.

NOVEMBER: Nature study

(5) Members will be given copies of U. S. Department bulletins: Green vegetables for good eating and Potatoes in popular ways.

(6) A total of four radio talks will be made on the subject.

(7) The weight control program will be given special publicity. Over weight members and their friends will be invited to join the group.

This program will last for three months with six meetings. The agent will be assisted by the specialist and a nutritionist from the State Health Department.

4. Clothing

Objectives

- (1) To assist homemakers in planning clothing needs for the family.
- (2) To assist homemakers in the selection and care of new fabrics.
- (3) To assist homemakers in selecting appropriate and becoming clothes.
- (4) To hold a special interest meeting on selection of and altering patterns.
- (5) To hold a series of five meetings on cutting and making a dress.

Procedure

To have leaders from twelve clubs participate in a training meeting on: Planning Clothing needs for the family, Selection and Care of new fabrics, Good taste in dress. Leaders will use information in giving demonstrations in clubs. Specialist will assist with special interest group on selection and altering patterns. Agent and leaders will continue working with the group on cutting and making

to a small room will include principles of art and color harmony. Colored slides will be used. Number two, the different types of curtains will be discussed, when to use each type, what determines the design, the color, the fabric, when to use draperies. V. P. I. Circular 744, 749, 49, 744, HHEH bulletin 111 and sheets prepared by specialists will be used. Window treatments and home decoration will be observed in homes where meetings are scheduled. Approximately four radio talks will be given on these subjects. Result demonstrations will be encouraged in good home lighting in a study or work centers. The booklet, See your home in a New Light, will be used.

3. Food and Nutrition

Objectives

- (1) Planning for more nutritious meals for the family through a study of: Vegetable selection and cookery, Main dishes prepared in advance.
- (2) Planning to inform homemakers on the nutritive value of vegetables and their importance in the diet.
- (3) To assist those who are over weight in a weight control program.

Procedures

- (1) To have leaders from twelve clubs trained by specialists in: Vegetable selection and cookery, Main dishes prepared in advance.
- (2) Demonstrations on both topics will be given by leaders.
- (3) The agent will assist with the nutritional phase of the subjects.
- (4) Leaders will use material prepared by specialists.

used as background information.

(2) To have specialist assist agent in leader training meetings on: Money Management, Soaps and detergents and Improved laundry methods.

(3) Leaders will use outlines from specialists. Agent will prepare additional information on mimeographed sheets. These will be mailed to leaders first week in January.

(4) Agent will assist with all demonstrations in January. Leaders will give most of the demonstrations in February and March.

(5) Agent and leaders will assemble supplies for all demonstrations.

(6) Agent will give a total of three radio talks on management topics. Extension service literature will be sent to other interested people.

2. Home Furnishings

Objectives

- (1) To assist homemakers in the decoration of small rooms.
- (2) To teach homemakers to select appropriate curtains and draperies, and to make them when practical.
- (3) To assist homemakers in improved lighting in the home and to cooperate with special committees on good home lighting.
- (4) To encourage result demonstrations in good lighting in one room of every home.

Procedure

(1) To have leaders from twelve clubs participate in training meetings on:

1. How to decorate a small room.
2. Selecting curtains and draperies.

Leaders and agent will give demonstrations in twelve clubs. In number one the information will be tied down to the living room, bedroom and dining room. The principles of decorating applicable

B. Home Demonstration Club Program, Home Demonstration Committee

This committee is composed of the presidents of the twelve home demonstration clubs, the county program of work chairmen, the program development chairmen and two charter members from each of the three districts. The committee assisted by agent, the district agent and specialists has planned a program that will reach all sections of the county in 1959.

Work will be carried out in the following subject matter fields:

1. Home Management
 2. Home Furnishings
 3. Foods and Nutrition
 4. Clothing
 5. Rural Arts
1. Home Management

Objectives

- (1) To assist homemakers in making a practical plan for spending the family income.
- (2) To bring up-to-date information on money management to homemakers.
- (3) To assist homemakers in a study of soaps and detergents, the characteristics of each, when to use them and what to buy for individual laundry problems.
- (4) To teach homemakers better laundry methods. This to include all improved methods.
- (5) To bring some information on larger equipment for home laundry.

Procedure

- (1) To have twelve clubs participate in topics scheduled for January, February and March. Last year's subject matter will be

3. General Interest Committees

Objectives

- (1) There will be a general interest committee in home furnishings.
- (2) Problems will be studied, objectives will be set up.

Procedure

- (1) Agent will inform general public through mass media, letters, club meetings and home visits.
- (2) A series of two meetings will be planned.
- (3) Specialists will assist agent in a countywide meeting on Making Draperies.

4. County Home Economics Committees

Objectives

- (1) To hold special meetings in clothing construction and weight control.
- (2) To teach simple clothing construction to a group of twelve or fifteen women.
- (3) To assist fifteen or twenty women in losing and controlling weight.
- (4) To teach the connection between good health, good nutrition and normal weight.

Procedure

- (1) With the assistance of specialists the agent will conduct a series of meetings in clothing construction and weight control.
- (2) Progress made in past year will be reviewed.
- (3) Intensive training will be given to those in the groups.
- (4) Evaluation of group meetings will be made at the end of series.
- (5) Follow up information will be given individually and through letters.

evaluating the plans and for consideration of long time Extension program. Leaders will be carefully briefed on the purpose of meeting in advance. County chairmen of Home Demonstration Committee will explain the program. Projects to receive major emphasis in 1959 will be listed and work committees will be appointed by chairman. Special committee meetings will be held. Agents will assist with all.

2. Home Economics Council

Objectives

- (1) The leadership from all adult organizations in the county will be called together in a committee meeting. Background information on county will be given by agent.
- (2) County problems will be discussed.
- (3) The council will correlate work of various committees.

Procedure

- (1) The special interest committees appointed in home lighting will continue to function.
- (2) A suitable farm home will be selected in the southern section of the county for a result demonstration in good farm and home lighting.
- (3) Last year's activities will be reviewed.
- (4) Assistance will be secured from power suppliers.
- (5) Public will be informed through mass media such as radio, local papers and club meetings.

total of 988 women 14 and up are working. This is 29 percent of the total.

The patterns of living are peculiar to those found in the Tidewater section of Virginia. Standards of living seem to be somewhat higher than those in adjoining counties. People with leadership qualities are found in all communities, however much training, with intensive follow up work is necessary for the completion of any objective or goal. Attitudes, for the most part, are good.

II. County Extension Program - Adult

A. Over-all Program

A brief description, objectives of work planned and procedures to use in carrying out program.

1. The County Agricultural Extension Service Board is composed of the following: representatives of commodity committees, home economics council, special interest committees, home demonstration clubs, 4-H Clubs and 4-H County Council.

Objectives

- (1) Use this organization to strengthen the program in 1959. Bring together plans made by all representatives.
- (2) Set up objectives and understand the direction of objectives.

Procedure

- (1) Hold two meetings during the year. First meeting will be for purpose of planning the direction, the second will be for

total; dairy products 6.5 percent; livestock 19.4 percent and forest products 3.3 percent; soybeans account for 18 percent of the total and occupies more acres than any other crop. The tomato crop, led in sales ten years ago, has dropped from 2,580 acres in 1944 to 962 acres in 1954. Sales of chickens and eggs have fallen rapidly in the past ten years, from 32 percent of all farm products sold to 13.8 percent in 1954. Milk sales more than doubled in the past six years. Corn and wheat are large contributors to cash farm income. More than one-half of the county's area is wooded and lumber is an important product. Because of the surrounding rivers many people depend upon fishing, oystering and crabbing for a livelihood.

There is a wide socio - economic gap among the people which is probably due to their historic background. This factor affects all programs but the Extension program provides a great opportunity to break through social and economic barriers. The progress that has been made might be interpreted as an over all rise in the standard of living.

The total county population is 10,148. The white population is 5,332 or 54.5 percent and the non-white population is 4,616 or 45.5 percent. The rural farm population is 3,925 or 38.7 percent, the rural non-farm population is 6,223 or 61.3 percent. There are 443 white farmers and 299 negro farmers. There are 885 rural farm homes and 2,944 rural non-farm homes. The median school years completed by persons 25 years and older is 7.3 years. A

1959 PLAN OF WORK

Martha Wade Allison

Westmoreland County

I. The county situation considered in working out the 1959 program.

Westmoreland is a rural county with two towns and several villages. Montross, a consolidated town with a population of 350 is the county seat. Colonial Beach, a summer resort town, with a population of 1,000 is the largest town.

Westmoreland County lies in the Tidewater section of the Coastal Plain known as the Northern Neck of Virginia. On the north it is bounded by the Potomac River and the Rappahannock River forms part of its southern boundary. This county has 253 square miles. In 1954, land in farms totaled 85,484 acres, over 50 percent of the county's area of 151,040 acres. In 1954 there were 742 farms averaging 115.2 acres in size and \$14,449 in value of land and buildings. Since 1935 both number of farms and land in farms have been declining.

The topography of the county is generally level and it is cut by wide creeks and bays. Elevation ranges from sea level to 100 feet. Temperatures average 36° in January and 77° in July. The frost free growing season is approximately 193 days, extending from April 15 to October 25.

Agriculture is the principal industry. Field crops provide most of the cash farm income with 49.5 percent of the total in 1954. Vegetables, largely tomatoes, supply 7.3 percent of the

1959 PLAN OF WORK

WESTMORELAND COUNTY

MARTHA WADE ALLISON

COUNTY HOME DEMONSTRATION AGENT