

The extension program in Northumberland County this year has been encouraging, considering the condition that has prevailed. The club project work has moved along smoothly due to the leaders interest and training they received in training meetings. The development of leadership has improved greatly. The leader no longer depend on the agent, but are interested in improving themselves and being of assistance to others and improving their community. All of the things planned were not accomplished, however, I feel that the leaders and the club members are to be praised for their interest and togetherness during the entrie year.

I feel that the accomplishments in health has helped the program as well as the people. Through this media, we were able to give direct assistance to county residents and the people seem to have a different view when they can readily point out some contribution they have made to others.

The home management project was quite successful and the women as well as the other families reached have benefited greatly from this project. I feel that the program in the past and this year has helped the people greatly to stretch their food dollar, ship wisely, plan more adequately, produce more of the food supply and eat better diets.

The 4-H Club program is not as effective or good as we had planned, but realizing it takes time, we are looking forward to a more effective 4-H program in the future.

serve in other capacities whenever possible.

### 3. Elective Representatives

I put forth every effort to respect the rights and position of all elective officers. Supply information when asked and send annual reports to the county board.

### 4. Commercial Interest

Whenever materials are needed and not available in local stores, I ask the merchant if possible to stock it as there will be a demand for it.

When demonstrations are given and supplies are needed the local merchants are very cooperative in the consignment plan.

### 5. Other Professional Workers

I attend other professional meetings and activities, serve whenever asked. The vocational teachers and I often exchange ideas and work with each other.

## C. Things I have done for Professional Improvement

1. Spend more time reading, articles, books, and magazines related to my field.
2. Toured a furniture factory in Michigan while on vacation. Toured a part of Canada, Ford Motor Company, Bell Island and other interesting places.
3. Attended other professional meetings in this area and the Dieticians Association while on vacation.

## VII. A Look Ahead

- A. An Appraisal of 1958-59 Year's Work

## Recreation

Family Recreation Night	2
Community Recreation Activities:	
Cook-Outs	4
Tours	2
Trips	2
Teen Chatter	1
Teenage Hops	5
Picnics	3
Hikes	1
Mother-Daughter Clubs	1
Family Recreation	8 (Activities in two communities)

## B. Progress in Developing Good Public Relation in the County

## 1. County Workers

I keep other county workers informed of the program we are carrying on, often inviting them to county planning meeting and other activities, also seek their advice and service when the occasion arises.

This year I was asked and served as county chairman of the Tuberculosis Seal Drive, I secured club members to serve as co-chairman, contact and made announcements in their communities

## 2. General Public

I strive to keep the public informed of the services that are available and what the extension program is doing. I also

HEALTH	
	32
Screening Doors and Windows	32
Water Under Pressure	17
Improve Present Water Supply	29
Improve Privies	39
Community Health Loan Chest	6
Hospital bed, Back rest, Wheel chair	1 (each)
Adjustable Crutches	3 (pairs)
Food and Nutrition	152
Health Facilities	137
Physical and Dental Check-ups	208

music and refreshments. This idea was to have supervised recreation for teenagers to help alleviate some of the juvenile delinquency problems. Several communities have sponsored cook-outs which created a great deal of interest and fun.

Educational trips and tours have been made to provide recreation and information for county residents. Places such as Stafford Hall, Washington's Birth Place, Christ Church and Jamestown Festival and Williamsburg.

Teen Chatters and Teenage Hops have been held so the youth may receive information on their problems and have recreations that is properly supervised and with their own age groups. Picnics and hiking are a favorite of the youth and a great deal is done in our area.

Our latest efforts have been toward the organization of Mother-Daughter Clubs in the various communities. This, we feel will bring about a better understanding between parent and children, increasing ones respect for the other, provide recreations that is suited for adults and children. We are encouraging families to spend more of their leisure time together. Families attend movies together, have T. V. programs to view together, have games the family may participate in. This seems to be creating new interest and the families have become aware more of the need.

two or three years we worked on community projects. One of the outstanding accomplishments was six clubs taking in a radius of eleven communities have secured or made health loan chest. These chests have been equipped with all the necessary items for a sick or convalescence person in the home. A hospital bed has been donated to two clubs and they have made it available for any person in the county.

Hundreds of cancer dressings have been made by club members for cancer patients in the county and state.

Well equipped first-aid kits have been secured by most of the club members and some non-club members through our efforts. We also have available a back-rest, wheel chair, and crutches of adjustable heights.

The health of families in the county has been improved through a better foods and nutrition program. The slogan: "Stronger and Healthier Bodies are Built through Well-Balanced Diets," has stimulated the thinking and action of many families. Through this program, we have encouraged the use of all available health facilities including X-rays, clinics and vaccines.

Recreation is a wide open area in our county. We have been sponsoring some activities to make the people aware of the necessity of a workable and active recreation program in the county. We have sponsored Family Recreation Nights at which time the entire family comes out and participate in games,

7. Its members are presidents of the County Advisory Board and County H. D. Club Committee.
8. Shows initiative in building a better and a more attractive community.

There are other minor accomplishments too numerous to mention. These ladies are still eager to learn and readily put into use the information they received. They have been congratulated for their accomplishments and work by others and continue to strive to make their families, homes, school, church and community more adequate and attractive.

V. A Significant Achievement of Extension Work in H. D. Clubs Work

A. Reaching More People Through Health and Recreation

I shall outline briefly some of the outstanding accomplishments of Northumberland County on the district goals. We have used the first to accomplish the latter; reaching more people through a health and recreational program.

We started on this program by encouraging more families to screen doors and windows to their dwellings. Emphasized the advantage of water under pressure in the home, making the present water supplies more sanitary by adding covers and the recommended solution suggested by the sanitation officer to purify the water. Making outdoor privies attractive and as sanitary as possible. When the interest was stimulated in about

B. Outstanding Accomplishment of Leadership Activities of Lottsburg Clubs and Past Extension had in its Development

Lottsburg H. D. Club is located in Lottsburg District of Northumberland County. It has twenty-one members, the largest membership of any club in the county. There are two organized clubs in this district. Its members belonged to other organizations in the community and county, but very few were officers are very active. The members have stated "That the training they have received by being affiliated with the program has made them more capable of doing a more effective job in all of their organizations and activities." As to date the club has had three presidents, five secretaries, three vice-presidents, four assistant secretaries, two treasurers and five club leaders. Seventy-five per cent of its members have served as project leaders (for adult and 4-H Clubs) in various areas. There have been eleven result demonstrations in one or more phases of home and family improvement.

Some of their outstanding community contributions are:

1. Help to equip the school lunch room.
2. Landscape the community church grounds and raised money to pay for shrubbery.
3. Provided a health loan chest for the community and other needed items such as crutches, back rest and portable commode.
4. Sponsored a Mother-Daughter Club.
5. Sponsored recreational activities for the youth, families, and community
6. Participated in all county wide activities and were well represented.

## 3. 4-H Club Leadership (Given in table below)

	1955	1956	1957	1958	1959
No. Club Officers	36	45	47	48	60
No. adult project leaders	12	12	12	14	18
No. Junior Project Leaders		17	27	40	40
No. result demonstrators				8	10
No. training Meetings by Specialists				0	0
No. training Meetings by District Agents	10	5	7	0	0
No. training meetings by agent				6	7
No. training meetings by others				2	1
No Total Attendance by leaders					
Train meetings	62	43	40	46	36
No. 4-H Lender Trained Individually	23	62	41	43	34
No. Club meetings held by leader without Agent	30	34	23	24	33
No. Additional Club Meetings with leaders assisted	50	52	36	38	52
No. Demonstrations given by Adult leaders	26	27	29	21	30
No. Demonstrations given by Jr. leaders	54	36	23	26	38

## V. Leadership

## A. Growth of leadership

## 1. Overall program leaders

- a. County Agricultural Extension Service Board  
 b. Youth Council  
 c. Home Economics Council

	1957	1958	1959
	11	111	39
	8	14	32
			26

## 2. Home Demonstration Club Leadership (Given in Table below)

	1955	1956	1957	1958	1959
No. Organizational leaders	36	36	45	48	50
No. project leaders subject matter	32	28	60	56	54
No. Federation program of work ch.	12	8	12	16	12
No. Program Development Leaders	18	10	16	16	17
No. Result Demonstrators	8	15	8	12	16
No. Training Meetings by Specialist	1	4	0	3	3
No. Training Meetings by Dist. Agent	1	1	1	0	0
No. Training Meetings by Agent	10	7	10	12	14
No. Training Meetings by Others				4	2
No. Meetings held without an Agent	34	27	32	21	18
Attendance at all training meetings	46	46	103	93	100
No. Meetings Leaders Assisted	51	54	47	42	40
Demonstrations by leaders	23	52	63	53	48
Talks and discussions by leaders	81	99	102	74	52

they work.

For the workers at the oyster and crab houses go to work at one, two and three o'clock in the morning, returning home with their work to do, meals to prepare, laundry and other obligations and activities, it would be a hard task to attend.

With the many changes taking place in our economy, daily activities and people with whom we work, we need a more extensive program with greater useage of mass medias, larger meetings, more clinics, etc, to meet teh needs of these changing times.

B. The scope of work has increased in some areas and decreased in some. To show how and increase was obtained, was by seeking group participation and asking for volunteers. In instances previously, if the agent was out of the county or ill or for some other reason could not attend a club meeting. The leaders would insist on postponing it until a more convenient time. Today, the leaders asked what is to be done, who is to do it and show how to do it. With the confidence they have gained in themselves, they are able to do a more effective job.

## 2. Work With Unorganized Groups

In many instances a key person in the unorganized community will inquire and seek information for herself and others. When the need or interest is found, articles are sometimes published in the paper, announcements are in the paper about meetings, demonstrations and activities, circular letters are sent to these families, the agent sometimes attends meetings of other nature to meet and talk with this. Home visits are often made to acquaint these families with the extension program and supply them with information. Their interest is stimulated by visits to club members homes, and they are often assisted by other club members and leaders. The majority of the areas are convenient to the unorganized communities. Due to the fact that many of these homemakers who are not affelisted work at factories and do domestic work, they find it almost impossible to attend meetings because of the hours

## IV. Scope of Work

	1955	1956	1957	1958	1959
No. HD Clubs or Groups	9	9	9	8	8
Membership	131	151	153	119	131
No. 4-H Clubs	9	9	9	9	10
Membership	232	221	243	203	241
No. YMW Clubs	1	1	1	1	1
Membership	23	27	18	18	18
No. Community Clubs	1	1	1	1	1
Membership	27	28	32	34	35
No. Home Ec. Committies	0	0	0	1	1
No. Gen. Int. Committees	0	0	1	1	1
No. Youth Committees	1	1	1	1	1
No. Other Organizations	0	2	3	3	2
No. Farm & Home Dev. Families	1	1	1	1	1
No. Different Families Reached	112	91	138	83	87
No. Other Families Reached	315	287	329	320	293

## NOTE

The reason for the decline in the number of clubs was four small clubs were combined to make two.

presented in skit form. Other 4-H echoes were given. The program was climaxed with recreation for all in attendance. Approximately one hundred forty-five persons attended this activity.

### 3. 4-H Help Sponsor Clean Up Campaign

The 4-H club joined the adults in helping sponsor a Clean Up-Fix Up Campaign. It accomplished just what it was planned to do. That was to stimulate the interest and get the families who are not working directly with the extension program to help make their communities look better. The club members and their families worked and cleaned their yards, fixed steps, painted fences, painted flower boxes, mail boxes, and burned and hauled away undesired trash, etc. They contacted their neighbors and explained what they wanted to do. In many instances they cooperated and it was said by one leader to be like a contagious disease.

### IV. Scope of Work follow on next page:

#### 5. Beautification of home grounds

This was the main project carried by the boys. Ninety-six were enrolled and fifty-two completed this project. Instructions were given and they did the following things: cut the lawn, kept leaves raked from the lawn in the fall, prune hedges and shrubs when necessary, painted mail boxes when necessary, painted outdoor furniture if they had some and built barbeque pits or picnic tables.

This project aided much to familys having out-door cook outs.

#### C. Other Activities

##### 1. 4-H Short-Course

Four girls were designated to attend the 4-H Short Course by their clubs. Only two attended due to the fact the swimming classes were being conducted at the time of the camp. These who attended reported that the trip was of utmost value to them and hope they will be able to help improve their clubs by the experience.

##### 2. National 4-H Club Week Observed

The 4-H Clubs of the county observed National 4-H Week at one of the community schools. The county theme was, "We Work Today for a Better Tomorrow." The program included; What 4-H Work Means to Me, written by an older club member. This was

meal and refreshments. Their interest was stimulated and they asked for additional food projects. Due to the lack of time in the club hour, we are seeking community project leaders to serve these needs and interest.

### 3. Frozen Foods

Five of the eight girls enrolled in this project completed it with the minimum requirements. They were taught how to select foods for freezing, containers for various useage, preparation of food for freezing and packaging of food for freezing. As a result of this project, two hundred and eight quarts and packages of food was frozen by these girls.

This work was done under the supervision of H. D. members and leaders who had training in the adult program previously.

### 4. Electricity

Twenty-one of the thirty boys enrolled in this project completed it. This was done under the supervision of teacher-sponsor and leaders. Some of the things done were: to study some of the reasons electricity is important to the modern way of life, listing all the uses of electrical equipment in use in their homes, converted, made or repaired a lamp, repaired or made service cords. They were taught about fuses and how to replace them, made a heavy duty extension cord and cared for two or more electrical appliances in the home. As a result sixty-seven articles were made and others repaired.

There were two hundred and forty-four members enrolled in the ten clubs.

#### 1. Your Room Pep It Up

There were one hundred and forty-eight girls enrolled in this project. They did such things as collect attractive, but simple, pictures of a room they would like to make their rooms look like; improved a place for keeping their possessions, such as petitioning drawers and improving storage space; arrange or rearranging furniture in their bedrooms; made a floor plan of their room before and after bring to club meeting; care for a growing plant and arrange a simple arrangement of fresh flowers for their rooms; or to make or improve as many things as possible to make their room more attractive.

As a result of this project, several varied and unique ideas were added to make and keep rooms attractive. Of the one hundred and forty-eight enrolled, one hundred and fourteen did a minimum to completion.

#### 2. Meal Planning and Preparation

Of the forty-nine girls enrolled in meal planning and preparation, thirty seven completed this project. One hundred sixty-two dishes were prepared and one hundred-eighty-five meals were served.

In addition to these accomplishments, the members learned to set the table correctly, how to plan and serve a well balanced

The county 4-H Council is composed of secretaries, president, junior and adult leader of the individual clubs for various communities. In this organization the youth and leaders are trained in parliamentary procedures, recreation and social courtesy.

They also planned and selected projects that will meet the needs and interest of all the 4-H members in the county. The objectives of this body are: (1) to train 4-H leaders (2) to encourage participation in all phases of club work, (3) to plan a program that will provide needed information and assistance, (4) to provide recreational activities, (5) to study the needs and interest of the 4-H boys and girls of the county, and (6) to plan a program that will satisfactorily meet these needs.

#### B. 4-H Project work

The 4-H Project work set up by the council was not accepted by the majority of the numbers for the past year, however, they were allowed a choice of food Preparation and Your Room Pep Up, and a few older girls took frozen foods, instead of health. The boys selected Home-ground beautification and Electrical. New objectives were set up and the club work went along fairly smoothly.

All of the ten clubs have been meeting in the schools. The time allotted for meetings is one hour. Project instructions and simple demonstrations were given on the subject selected. There were two hundred and forty-four members enrolled in the

They own a car and truck, which enables them to get to the various affairs in which they are active. The truck, he uses for his work on the farm, at the co-op and wood business.

They raise a larger portion of their food and have only staples, beef and extras to buy.

They have been visited approximately once a month and have worked out a long time plan. They have stated their objectives. Mrs. Kelley finished high school, but Mr. Kelley stopped high school in early years.

As I see it, their biggest problem seems to be management. I have worked with her on money management, clothing budget, time and energy, and suggested that she purchase a few labor saving devices. Her food budget is fairly sound, but she bought several things that were not necessary. It was suggested that she minimize these items.

She has also worked on arranging her kitchen in order to save time and energy; control of household pest; improving her laundry facilities and setting up a regular laundry area in her kitchen. This concludes what has been accomplished with the Kellys for the eleven months they have been working.

She has made herself contented, knowing that the farm and equipment must be paid for first before any major repairs or additions can be made to the home.

### III. County Extension Program--Youth

#### A. County 4-H Council

D. There is not a situation of urban families in Northumberland County.

E. Farm and Home Management

There is only one family being worked with at present. It is the John Kelly family of Avalon. This family consist of a husband, age 42, wife 39, one girl, age 11, and the wife's mother age 68.

This family lives on a farm they are purchasing through the F. H. A. Mr. Kelly is a part-time farmer because his farm is not large enough for full time employment, even though he rents additional land. He is also part owner in a sawmill, wood business and a tomato co-op. (Grading, packing and hauling tomatoes) At present, they are trying to buy farm equipment and pay on the loan and other liabilities. The house is in livable condition and has only a few conveniences, which are electricity, telephone, television and refrigerator. Mrs. Kelly raises layers as a project to supplement the family's income. The daughter is in the sixth grade and is a 4-H member.

The Kelly's are quite active in school and church affairs. They also attend the vocational agriculture and home economics classes. She attend the special interest clinic and workshop. At present, they are not in a position to make and repair an additions as he is paying for the farm and farm machinery.

which consisted of leaders from each organized community, in observance of National H. D. Week.

1. An exhibit on Good Citizenship was displayed in the window of a local merchant.
2. Fourteen persons attended the District H. D. meeting in Fluvanna County.
3. A Musical Punch Sip was sponsored the last Sunday in May. Refreshments were made and attractively served by club members. It included punch of various flavors, decorated cup cakes, cookies, sheet cakes, nuts and mints.

Some classical music was played on a recorder for two hours. Approximately two hundred and twenty-five persons came.

#### 4. Community Club Sponsors Lawn Party

The Wicomico H. D. Club held a lawn party at the home of Mrs. Rubby Morris, club leader in Brdton, Virginia. This was sponsored as a recreational activity for club members and their families. The members also invited neighbors and friends to promote better community relationship, broaden views and inform other community residents of the extension program. There were fifty-two homemakers, boys and girls present. Refreshments of home made ice cream, cake, and punch was served by club members. Games were conducted by the recreational leader that all could participate.

This being the first year in the new high school in the county, the H. D. Club knew that many things were needed for the health, education and comfort of their children. They decided to work a cooperative project through all the H. D. Clubs in the county. It was to purchase trays to make the standards of the lunchroom higher, to be more comfortable, sanitary and safe for the children. At the February meeting of the Parents Teachers Association the representative, Mrs. T. C. Keyser, presented seventy-two recommended cafeteria trays to the school. This project cost the clubs one hundred and thirty-eight dollars

This seemed, from the response, to have been a most needed and appreciated gift.

## 2. Annual Christmas Party

On December 19th, approximately one hundred club members and their guest gathered at the Annual Christmas Party. The tables were beautifully decorated and the refreshments were made and attractively arranged by club members. Games were played and carols were sung by all who attended. Gifts were exchanged by members, something each had made for the other, and twelve baskets were donated to the sick and underprivilege families or persons in various communities.

## 3. National H. D. Observance

Three phases weresponsored by the planning committee,

television and working. They were requested to check a block if they were interested in learning about some or all of the phases they did not know. As a result (42) forty-two homemakers attended this workshop.

The home Economist from Northern Neck Electric Co-op was the consultant and worked with the agent and vocational home economics teacher in conducting this workshop.

Every person present made an extension cord, assembled a polar lamp and those who brought small appliances with defrayed cords and minor repairs, repaired them. They were taught to read meters and figure electrical cost by number of millimeters used to make and recover lamp shades, the correct wattage of light for various purposes and to change fuses correctly. They were also cautioned about shortages and correct wiring for their homes and informed to have the wiring checked annually, to secure additional circuits if needed to their homes from the power company that service them and to secure a licensed electrician for additional out-lets and inspections. The consultant cautioned the homemakers about the use and repair of toasters for safety.

Approximately 90% of those in attendance have reported how beneficial this workshop has been to them.

#### C. Other Activities

1. H. D. Club Makes Presentation to County High School

the variation of articles done, we felt that the homemakers could continue at home with this project in their leisure time. Each person worked diligently and stated that they were well pleased with results obtained and information received. Each person in attendance was given leaflets and pamphlets from the extension Service published at V. P. I. This was accomplished in eight meetings with twenty three persons in attendance. These leaders returned to their communities and continued this work with other families.

## 2. Workshop on Simple Electrical Repairs Conducted

An all day meeting was held in the home Economics Department at the high school. This workshop grew out of the need of many homemakers taking their small appliances to be repaired and being alarmed at the high cost of simple repairs. They were informed that the labor was the greatest expense as the repairs and materials were simple and cost little or sometimes nothing.

A survey was sent out by the extension agent and home economics teacher to find out how many families knew how to make simple repairs; how much was spent annually on repairs of small appliances; how many families could read their meters; how many persons could make an extension cord or repair it; how many could convert or make a lamp, lamp shade or restyle a lamp; how many knew the correct lighting for reading, viewing

of berries. The members who tried this reported that it was quite effective. Their preserves was a better looking and tasting product.

#### Special Interest Groups

##### (1) Refenishing and Reupholstering of Furniture

The Vocational home Economics teacher and ladies from the adult class, and leaders, and club members and agent sponsored a joint clinic on refinishing, upholstering of furniture. This was a special interest group and also grew out of a need due to a fluxation in the family's income. This was caused by the drought and mechanization of the fishing industry. After an a letter and a circular article was sent to encourage families to give their old furniture a new look, a program was worked out between the two agencies to conduct a clinic in the vocational agriculatue building. Due to a lack of time and a number of pieces of furniture to be done, a plan was worked to give information on all the types. Two sets of kitchen chairs were reupholstered in breathable plastic. An easy-chair and Ottoman was covered in dapple and padded with foam rubber. Three dining chairs (a hostess and two side) from three families were refinished with two different finishes (oil and clear varnish and shellac). They were also recovered with tapestry. Two antique chairs were refinished and reseated with cane. Two end tables and a dresser were done in different finishes. With the

the county. A survey made in 1958 showed that only one fourth of the homemakers worked with did any sewing other than simple repairs and project sewing. This survey showed that more assistance and information was needed on the family's clothing budget. This was conducted under home management. Ninety-three homemakers were instructed to allot about 12% of the annual income for all family members and divide it according to needs. If this budget is planned at the end or beginning of each year, they should include the various areas of clothing and items to be purchased. They were encouraged to rotate the plan where by all members would not need major items at the same time.

#### D. Food Preservation and Conservation

Mrs. Eleanor Holden, leader of Lottsburg Community, introduced the idea of quick preservation and canning tips to the planning meeting. This stemmed from the fact that Mrs. Holden attended the Judging School, held at Virginia State College and found that a lot of the methods used by homemakers in food preservation were obsolete. The club members were encouraged to save time, money and energy. They were taught a quick method of making strawberry preserves. This they found saved, time, energy, fuel, and money, by the use of less of less sugar, they were accustomed to adding one cup sugar to one cup

As a result, demonstrations were set up in each club to show the asset of a family food plan and budget.

#### B. More Meals from Meats

As the result of the training meeting held a Virginia State College for agents, I considered it more than fitting to vary the program calander and present this information to the homemakers at their June meetings as they were on foods and nutrition.

One hundred and eleven homemakers were taught to get more meals from their meat. It was discovered that very few knew the various cuts of meat. However they were shown from the beef veal, and pork and lamb charts the various cuts.

The demonstration on four meals from the six and seventh rib roast was given. From this they were able to get a roll boneless roast, four minor steaks, boneless stew beef and soup beef. Families with more than four were encouraged to buy additional ribs to their roast for adequate servings for each member. This weefeel will enable the mhomemaker to buy better quality of meats at lower cost for her family. They were instructed to buy this when there are beef specials. Several families have reported how they are able to shop for meats more effectively since they received this information

#### C. Managing Your Clothing Dollar

Many families have been seeking information on clothing construction care and selection, since i have been working in

additional color is needed. They were encouraged to make or purchase pillows, use accessories, and plants to add interest. stress was placed on conversational areas and putting pieces together that are related. They were encouraged to remove obsele pieces that overcovered the room and were not used or comfortable.

#### Home Management

##### A. Family Food Plan.

According to a survey made it was discovered that the average family was spending over the per cent of the family's income for foods. This was due to the fact that the families were eating better balanced meals, but were producing very little or none of this food. ninety-nine club members were advised what percentage of the budget should be spent for food and how to make a family's food budget. They were encouraged to produce more of what they ate, to shop for food specials of the week and month and to preserve and conserve more foods to cut on cost. They were also instructed to avoid buying foods out of season as this would upset the budget.

They were given leaflets, memographed from Family Fare Food Management, bulletins on Food for families with school Children and Home Gardens.

Each homemaker seemed anxious to give her family an adequate diet at minimum cost.

was given with the correct hardware for various types was exhibited. This was made possible through the consignment plan with local merchants. How to make windows appear larger, smaller, longer, shorter, and how to treat an entire wall was demonstrated.

Of the one hundred-twelve homemakers and six leader, approximately sixty per cent (60) have made some changes and others state that they plan to improve their windows. Some made cafe curtains, draperies using the pleater tape and pins, and brass on plastic rings for hanging short streight material that had been hemmed. Those who did not care to sew used terry towels, and hemmed terry cloth kitchen towels for kitchens and bathroom, hung with brass and plastic rings and round rods.

2. Room Arrangement

The correct arrangement of furniture in the bedrooms was demonstrated and some homemakers choose dining rooms, living rooms and dens in preference to bedrooms.

This was another phase chosen by leaders that all members could work on without additional expenses. (1) The homemakers were taught to sketch a floor plan as their first step and to show all of the assets and libilities in the sketch. (2) They were instructed to consider the traffic pattern, (3) To decide where interest and area to stress or play up. (4) Place furniture on sketch until you have accomplished the best arrangement. (5) Plan color balance by adding or redecorating where

1. Home Furnishings

- A. Home Demonstration Club Program

- (1) Window Treatment

This phase of work has been one of the most stimulating and has received greater results on the part of club member, leaders, and unorganized groups.

This need grew out of observation on the part of the agent, and the home furnishing leaders. These leaders stated they would like to work on a phase of home improvement that would get nearly one hundred per cent cooperation on the part of the club members and interested persons. The economic status of all was considered. It was decided that they could use what they had more effectively and purchase material economically. They were encouraged to shop for fabric specials and remnants.

Samples were exhibited and prices stated. Patterns and designs were discussed and they were encouraged to select carefully patterns that carried the design and carried the eye from one to another, rather than spotted designs. When purchasing solid colors, they were encouraged to use textured fabrics rather than blended or neutrals that contrasted. They were instructed to consider the size on the room and to decide what they wish to accomplish. The three correct lengths were discussed: problem windows, doors treated as windows, and the purposes windows serve.

A demonstration on the hanging of draperies and curtains

This committee composed of professional and lay-people of the county. Its purpose is to acquaint the people with the purpose of the program and what it is designed to do. This committee deals mainly with the problems of the families and the community. (1) It helps to develop each individual worked with, (2) It teaches each family that their home help make up the community and their contributions are wanted and needed. (3) It teaches each family to consider each individual as they are different and must be dealt with accordingly. (4) It teaches to consider each member of the family in making decisions and (5) to work with withdrawn individuals so that they will feel wanted, needed, and show that their contributions are worthwhile.

#### 4. County Home Economics Committee

There is only one such committee in the county. This committee deals with the nutrition and food habits of the people. It discusses the needs and all sources dealing with foods. Ways and means of improving these food and nutrition standards are planned. The phases worked with are the home, school lunchroom program, and community food service. Its main objectives are: (1) to change attitude, (2) improve the health of the family through better nutrition and (3) to improve food habits and diets.

#### B. Subject Matter and Special Interest Areas

Due to the occupation of the men in this county, with the majority being away except during the winter months, mostly women composes this committee with a few available men. This committee sponsors the community improving work, special extension activities, evaluate and analyzes the overall Extension Program.

it makes plans to strengthen the Extension Program and reaching more people. There are 45 members of this board who have held three meetings with 107 attending.

2. County Home Demonstration Club Committee

This committee is composed of the president, secretaries and leaders from Home Demonstration Clubs. Its purpose is to bring to the body the desires, needs, and interest of the people. It also plans the calander of work for the Home Demonstration Clubs of the county. It informs people of the Extension Program in what its aims and objectives are. it studies and evaluates the program so it is planned to meet the needs and interest of the people. The programs are presented to the public to inform them of some of its accomplishments. its main objective is to reach the masses of people with needed information. There are 24 members in the committee. They have held two meetings and 42 persons attended.

3. General Interest Committee

*Copy*

The families as a whole have taken a greater interest in their health and secure medical advice more readily and take advantage of the health facilities that are available. Many families have persons attending clinics and securing specialist care in Richmond, Fredricksburg, Washington, and Baltimore.

Recreation has improved slightly, as the consolidation of schools has affected a variety of activities. The families have also been encouraged to have more recreation at home and in the various communities. The schools that have been vacated by consolidation are being used as community recreation buildings in two communities: Howland and Holly, in Lottsburg and Heathsville communities.

Marketing for the families food has taken on a new outlook as the families were encouraged to buy the specials offered by their food centers to help economize on the food budget.

The club members reported that they shop at neighborhood grocers to purchase items they ran short of or needed daily, like milk and bread.

## II. County Extension Program--Adult

### A. Adult organization

#### 1. The County Agriculture Extension Board

This overall organization is called the County Advisory Board. This organization is composed of three key leaders from each community. Usually it is designated according to sex.

There has been a slight change in the number of families worked with, as some families were forced to go away to seek employment. Many homemakers were forced to seek employment in factories and domestic work that has not previously worked away from home. There was a definite need to supplement the family's income in order that they may maintain the standards that they were accustomed to. The population of the county is 10,012 of which 4,088 are negroes.

Other types of Agriculture are farming and forestry. The main crops are corn, soybeans, small grains, and tomatoes. There is a small amount of truck crops (green peas, black-eyed peas, sweet corn, strawberries, and greens.) The percentage of families who receive their total income from farming is quite low. Some families sell timbers from their wood land for lumber and pulp mills.

Other industries in the county are, crabbing, oystering, perch net fishing, saw mills, and work for skilled and unskilled laborers.

Another area that has affected the program is the consolidation of schools, which makes the 4-H Clubs and area interest similar and a larger percentage.

More families have telephones, televisions and transportation, which enables them to secure information and travel greater distances.

I. The County situation as it Affected the  
Program for 1958-59

Northumberland County is known chiefly for its contribution in agriculture. Its location is in the northeastern part of Virginia. It is considered part of a peninsula, that is called the Northern Neck of Virginia.

According to statistics, the county consists of 210 sq. miles, which composes 128,000 acres of which 49% (62,377 acres) is in farm land. There are 751 farms which is approximately of 67% (500) white and 33% (251) Negro. The total income annually is approximately 1.5 million dollars.

Due to the mechanization in the Mehaden fishing industry, according to Economic Outlook, there was a decrease of 117,000 men. This was a 46% to 13% decrease. This affected this county seriously. The program was affected greatly as there was a 50% or more decrease in the family's income. Those who were employed by the industry had to secure employment out of the county and of distances that took them from home by the week and with lower salaries than they were accustomed to. This change in the economic status called for a change in the program to adjust to the economic status of the families worked with.

did previous. Therefore, the families were forced to adjust to lower incomes. This phase of work has been suggested as a continued phase of the program calander.

## 2. Home Furnishings

This phase of work has contributed much to the appearance of many homes. This was accomplished through arrangement, accessorizing and window treatment. Most homemakers had adequate furnishings, but their knowledge of getting the best appearance was some what limited. Through this project, many were able to make the admosphere more inviting and interesting. As a result, as family members were able to contribute and were made to feel proud of what they had.

These projects we feel had made families understand and appreciate their homes, and each member is developing a responsibility in helping to make the best of what they have in their homes.

Highlights of the Two most Outstanding  
Contributions Made to Family Living as a Result  
of This Year's Program

I. Home Management

In view of the high cost and continue rising in the cost of living, and changes that are rapidly taking place, the home management was one of the most beneficial to the families with whom I worked. This phase of work has been carried in previous years, but not as extensively as this year. The homemakers showed great interest in the best for their families in as many areas as they could afford. They were taught and readily accepted that to accomplish any goal, they must first have a plan. First, they had to consider their family's income and where it goes. Secondly, they were given information and shown by percentage where it should go. They were advised to secure the necessary things for each family members to avoid sacrific- ind important needs for things they want. The areas covered were: Money Management, Your Food Dollar, Your Clothing Dollar. and Time and Energy.

This need arose out of the fact that the fishing industry has been mechanized and many of the families income earners had to seek employment with lower wages. Another was that those who continued to fish did not make as higher wages that they

2.	Meal Planning and Preparation.....	19
3.	Frozen Foods.....	20
4.	Electricity.....	20
5.	Beautification of Home Grounds.....	21
C.	Other Activities.....	21
1.	4-H Short Course.....	21
2.	National 4-H Club Week Observed.....	21
3.	4-H Help Sponsored Chair up Campaign.....	22
IV.	Scope of Work.....	22-23
A.	Chart.....	23
B.	How Scope of Work Inc.....	24
C.	Work with unorganized Group.....	24
V.	Leader.....	26
A.	Growth of Leadership.....	26
1.	Overall Program Leader.....	26
2.	Home Demo. Club Leadership.....	26
3.	4-H Club Leadership.....	27
B.	Outstanding Accomplishment.....	28
VI.	Significant Achievement of Extension Work ...	29
A.	Reaching More People Through Health and Recreation.....	29
1.	Chart--Health.....	32
2.	Chart--Recreation .....	33
B.	Developing Good Public Relation .....	33
1.	County Workers .....	33
2.	General Public .....	33
C.	Professional Improvement .....	34
VII.	A Look Ahead.....	34
A.	Appraisal of 1958-59 Year's Work.....	34

TABLE OF CONTENTS

	Page
I. The County Situation.....	1
II. County Extension Program-Adult.....	3
A. Adult Organization.....	3
1. The County Agriculture Executive Board...	3
2. County H. D. Committee.....	4
3. General Interest Committee.....	4
4. County Home Economic Committee.....	5
B. Subject Matter and Special Interest Area....	5
1. Home Furnishings.....	6
(1) Window Treatment.....	6
(2) Room Arrangement.....	7
2. Home Management.....	8
A. Family Food Plan.....	8
B. More Meals from Meat.....	9
C. Managing your Clothing Dollar.....	19
D. Food Preservation and Conservation..	10
3. Special Interest Group.....	11
1. Refinishing and Reupholstering of	11
furniture.....	11
2. Workshop on Single Elective Rep.	12
conducted.....	12
C. Other Activities.....	13
1. H. D. Club Makers Preservation and co.	13
E. S.....	13
2. Annual Christmas Party.....	14
3. National H. D. Observation.....	14
4. Community Club sponsors Lawn Party.....	15
D. Urban Families in County.....	16
E. Farm and Home Management.....	16
III. County Extension Program-Youth.....	17
A. County 4-H Council.....	17
B. ....	17
B. 4-H Project Work.....	18
1. Your Room Rep it up.....	19

# ANNUAL NARRATIVE REPORT

## COUNTY EXTENSION WORK

### *Virginia Agricultural Extension Service*

Ernestyne G. Jeffries

**Name**

Local Home Agent

**Title**

**Agent**

Assistant Agent

Assistant Agent

Assistant Agent



1959

Northumberland

**County**