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VIRGINIA

AGRICULTURAL EXTENSION SERVICE HOME DEMONSTRATION WORK

ANNUAL NARRATIVE REPORT

Stafford _____ COUNTY
1950

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III. Contributions of the 1950 Program to Better Family Living

The 1950 Program of Home Demonstration Work in Stafford County has made contributions to "Better Family Living" for both farm and non-farm families in the county. Outstanding improvements have been made through the housefurnishing and craft program toward making the living rooms more attractive and satisfying. It has been a program that has been participated in by the entire family. Skills have been learned, not only by the homemaker, but by the father, daughter and son. Families made improvements from the economic standpoint and club members have estimated that the program has saved families participating approximately \$1,500 and this was done by learning how to make use of materials already on hand and making repairs on furniture and other furnishings.

Additional subject matter fields on which demonstrations were given were food and home management program which were participated in by eleven adult groups. The twelve food demonstrations given in addition to Food for Pep (carried by thirty-one girls in 4-H clubs) promoted better family living from a nutrition and a preparation standpoint.

The Home Management and Citizenship meetings were attended by 176 adults. These meetings contributed in promoting sound planning for family security and the making of better citizens.

The "Community Improvement" groups carried a program that furthered better living. The program was closely related to the house-furnishing program as its projects were the improvement of home grounds and community improvements. A total of eighty-nine homes were reached through this program.

Health, which was the Federation Goal for 1950, contributed to better family living through improved health habits, improved sanitary conditions and better nutrition for families and homes involved. A total of 350 families were reached in this program. The number of homemakers that reported they practiced better health habits was sixty-five.

This was the second year that Health was the Federation Goal for the county but no work was done on the program in 1949 as the county was without an agent for eight months. Health has been selected as a long time Federation Goal and the program will be continued through 1951.

The outstanding 4-H project for 1950 was Clothing. The 4-H club members first learned the essential steps in sewing

which was followed by the making of a complete garment. Results were that 143 girls completed the project. The highlight of this work was that twelve local leaders met the girls in groups and gave demonstrations and guidance in making their garments. There were only two 4-H leaders in 1948 and no participation of leaders in 1949.

IV. Adults

A. Project

1. House Furnishing

The selection, care and techniques of working with new fabrics for the home was the first demonstration the agent gave toward better housefurnishings. There are many new fabrics now on the market and each of these have different characteristics that must be considered in wise and economical buying. The agent stressed the care, use and qualities of these fabrics and special techniques to use in working with each fabric. The attractiveness and suitability of the fabric for the room was discussed giving consideration to the color scheme, exposure and size of room. To get the most for our money each homemaker must know what to expect from the fabric she selects for her home.

Samples of many new fabrics were displayed and the name was attached to each. The agent demonstrated how to sew on plastic and the desirable qualities and non-desirable qualities of plastics. Also, the different kinds as to supported and non-supported plastics. Methods and techniques for upholstering with plastic were demonstrated and the special breather needed.

One hundred and twenty families received guidance in better buymanship, care, selection and techniques for using new fabrics on the market. Twenty-four of these families have also reported that they upholstered furniture.

Reseating Chairs and Making Footstools - Many families in Stafford County requested the demonstration on reseating chairs and making stools. Several homes had, on hand, a chair that could be made attractive and useable by reseating it. Those that wished to purchased a stool, refinished it and put a seat in it. The skills for reseating chairs using fiber and cane were taught and several chairs were refinished, also.

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The results of this program was that members from one hundred and thirty-seven families learned the skill of reseating chairs and making attractive footstools for the home. Seventy-five chairs and stools were re-seated in Stafford County.

Six home demonstration club members, after learning the skill for reseating chairs, were asked to teach special interest groups.

Etching metal trays was a craft on which demonstrations were given in order to make useful and attractive accessories for the home. This craft is one that all of the eleven adult groups actually participated in and after learning the skill five special interest groups were held. The trays are a useful article as well as being an attractive accessory. The trays can be useful and save the homemaker steps and time. Ninety-five trays were etched as a result of these demonstrations and several coasters were etched. Eight special interest groups were held by leaders on etching metal trays.

Rug making was a demonstration that was given in the latter part of 1949 and as a result, twenty-five rugs were made during 1950. This demonstration was one in which cotton and woolen material in the home could be used to make an attractive floor covering.

Better Lighting in the Home was emphasized. How to make a lamp and what to look for in buying a lamp was brought out and the agent stressed why we should have good lighting as well as what makes for good lighting. Each family reached was encouraged to have a good reading light to avoid eye strain and fatigue. Lamps were made from bottles, jugs, candelsticks and oil lamps and several lamps were rewired. Lamp kits were ordered from the Foden Manufacturing Company and these were assembled and finished by the members attending the meeting.

The month of November was devoted to Christmas Decorations using Native Material and Winter Flower Arrangements. The adult groups were encouraged to use their own native shrubs to make attractive Christmas decorations for the home. Arrangements for mantel, hall, living room and the dining room table were demonstrated from a collection of material that grows in Stafford County. Each member was encouraged to make the decoration in the family group and thus aid in better family relationship by letting each member have

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a part in the decoration of the home. The materials used for the demonstrations were: various kinds of green pine, berries, leaves, holly and pine cones.

Winter Flower Arrangements was another demonstration given to encourage homemakers to use materials on hand. The demonstration was given to aid in decorating and to make an attractive winter flower arrangement to add to the home at a time when we are more home conscious. Materials used in the demonstration were grown in the county and were available to all people represented in the groups. One hundred and five winter flower arrangements have been made. Homemakers were shown ways of arranging the flowers and were given guidance in the selection and use of the container. Groups were encouraged not to make an arrangement unless it would definitely add to the attractiveness of their homes.

2. Foods Demonstrations

As requested by many of the homemakers in Stafford County a demonstration was given on broiler meals. In sections where broilers were not available a demonstration on oven meals was given. This demonstration was given to encourage and show how to use the equipment many families have on hand. Preparation and Nutrition were stressed in this demonstration. Products found in farm homes were used in giving the demonstration.

In addition to the demonstration given on broiler meals another demonstration was given on preparation of simple refreshments and the proper setting for a tea table to entertain a large group of people.

The agent made several different types of inexpensive cookies and demonstrated how to make these in large numbers for entertaining or for a family unit.

The proper setting for a tea table was also shown and ways of setting a table simply, yet attractively, and with the least amount of effort on the part of the hostess. At each of the eleven groups the agent made and served the cookies. The value of making your own cookies and cutting down on expenses was also stressed.

A special interest group was held for twenty-three families demonstrating the preparation of pie, cakes and quick meals to place in the freezer.

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2. Health

One month was devoted to making plans for carrying out the Federation Goal - Health.

Miss Elsie Kean, Stafford County Health Nurse, spoke to eleven of the adult groups telling them of the services offered by the Health Department and she, also, led a discussion on what members of the groups could do to aid the health situation in Stafford County. Each member was encouraged to learn the basic seven and check the meals served to her family to see that these foods which are essential to health are included in the daily meals.

Mrs. Grafton Greenlaw, County Health Chairman, called a meeting in January of the Club Health Chairmen to make plans for carrying out the Federation Goal. Each month Mrs. Greenlaw and the agent worked together to make available to each goal chairman, at the beginning of the month, information for the informative report of each health chairman.

Each month one goal was emphasized. In February personal health check sheets were given to each group to be checked. These were returned to the groups in June to check improvements, to evaluate what was being accomplished, and to determine the greatest needs for the remaining part of the year. Representatives from 138 families have reported definite changes in personal health habits.

Each of the eleven clubs have established a loan closet of supplies to be loaned to people in their community when needed. Each secretary has a list of the equipment in her community. There is also a list of the equipment on file in the county health department.

A list of essential articles for a home medicine cabinet and a first aid kit was given to representatives of two hundred families. Forty families reported that they had established a well equipped First Aid kit for their home.

At various times during the year each health chairman was mailed information, from the Virginia Council On Health and Medical Care, on what legislation was passed and what was needed as well as how this legislation affected them.

Representatives from each group have been urged to attend the meetings of the Stafford County Public

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and Welfare Association. The association cooperates with the Public Health Department and devotes its energy to providing funds and transportation for indigent patients. The Health Department feels that Home Demonstration Club members have made a definite contribution to this association since health was selected as the Federation Goal. Representatives from the eleven groups report that they have attended fifty-one meetings of the association which were held at various times during the year.

Six representatives from the eleven groups assisted the Health Department in the pre-school clinic.

Members from each group have given out information concerning the immunization clinic, dental clinic, and pre-school clinic sponsored by the Health Department. They have also furnished transportation for patients to attend these clinics.

Each of the eleven groups have as a goal to have 100 percent Chest X-rays. Since the clinic was just held, a report has not been turned in on the number X-rayed from each group.

Three of the groups have given showers to three different school cafeterias in the county to encourage and aid the school hot lunch program. Twenty-one different families have reported that they assisted the school hot lunch program.

Three groups have worked with the P. T. A. in seeing that better lighting facilities were available in the schools. Each group has been encouraged to have better lighting equipment in the home. Seventy-five families have reported they have improved the lighting facilities in their homes, either by making a better light or by buying a better reading lamp.

Each of the eleven health chairmen have given a report in their group to encourage families to check their water supply and have cows tested for Bang's Disease.

4. Home Management

The month of March was devoted to informative meetings on Insurance, County Government, and Wills and Deeds.

Six home demonstration clubs - Enon, Leeland, Beres, Falmouth, New Hope, and Richland had county

government for their informative meetings. All of these clubs met together on March 7th at Falmouth High School at which time Mr. James Ashby, Jr., Trial Justice of Stafford County, spoke to the club members and their families. Following Mr. Ashby's talk there was a question and discussion period. A social committee (consisting of representatives from the six clubs) served punch and cookies, using St. Patrick's Day color scheme and decorations. After the meeting each person received a mimeographed sheet entitled "The County Governing Body" listing the county officers and their duties. On the back of the sheet was "Know Your County." This contained the list of county officers and the Stafford people filling these positions.

Dr. R. L. Hilldrup, history professor at Mary Washington College, spoke to the Roseville and Antioch Clubs on "insurance." Mr. Dan Chichester, a Fredericksburg lawyer, spoke to Widewater and Garrisonville club members on "insurance." Both of these speakers emphasized the importance of knowing about insurance and what to look for in buying a policy.

The Rappahannock Club had Mrs. Catherine Cueman, a former history teacher, to speak on the purpose, plan, and accomplishments of the United Nations.

B. Other Activities

1. District Federation Meeting

Stafford County served as hostess to the District Federation Meeting held at the Fredericksburg Community Center on May 4th. The food for the dinner was donated by the eleven Home Demonstration Clubs in Stafford County. The amount of money returned from the dinner was \$375.00. The Home Demonstration County Committee voted to give part of this money to the Stafford County Aqua-Po Camp fund.

Each of the clubs shared in planning and organizing for the District Federation Meeting. A committee of eleven planned and served the dinner. Another committee of six took care of selling tickets. Six of the home demonstration club members acted as hostesses for the day.

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2. State Federation Meeting

Seven home demonstration club members and two other women from Stafford County attended the State Federation Meeting held in Blacksburg. After returning from the meeting these people met with the Stafford County Public Health Association and planned to have a joint annual meeting and have as the main event a speaker on Mental Health.

Each person attending the State Federation Meeting was impressed with the size of the organization and the work that is done in the state. Another result of their attendance at this meeting was shown in the Stafford County Fall Planning meeting when community recreation was discussed. One of the goals was to have a community fun and fellowship party for the family and plan it in such a way that each member, regardless of age, might take part in some activity.

3. National Home Demonstration Week

Stafford County worked with Spotsylvania in planning and observing National Home Demonstration Week. The two counties displayed articles made in each of the counties in the J. C. Penny's store window in Fredericksburg. The two counties had two fifteen minute radio programs featuring outstanding homemakers from the counties and explained the various phases of extension work in the county.

4. County Picnic

The Stafford County Committee planned at their Spring Planning meeting to have a county-wide picnic at Stafford's Aqua-Po Camp on the Potomac River. This enabled the people to see the Stafford camp and plan for more improvements. Due to rain on the day of the picnic only sixty people were present but most sections of the county were represented. As a result of this many people saw and learned of the advantages of this camp and realized what it could contribute to real family life.

5. Stafford County Agricultural and Homemaking Fair

Plans were made in February for the Agricultural Fair. The agent was asked to serve as head of the 4-H Department.

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Four hundred and two entries were made in the Homemaking Department and forty-nine entries in the 4-H Department.

The Home Agent worked with the Home Economics teachers and home agents in the surrounding counties in setting up the entry classes in the women's and girls' departments.

6. Money Making Projects

A plan was devised for raising funds to take care of the expenses of the clubs and the Home Demonstration Committee as well as making various contributions to aid in better family living for all people.

The committee sold vanilla and lemon extract. Various representatives for the clubs worked together to serve two dinners for the cattle sales held in Frederickburg.

Enon and Widewater Clubs have carried on money raising activities to aid in building Stafford's Aquatico Camp. A total of \$340.83 has been raised by clubs for this project.

7. New Clubs

A new club was organized in the Ramoth community. The agent started meeting with this group in July and officers were elected in November. This community had not been previously organized.

8. Yearbook

Chairman of the Handbook Committee was Mrs. H. J. Silver. Mrs. Sylvester Silver and Mrs. B. J. Musants took care of the advertisements and Mrs. Catherine Cueman and Mrs. Katheryne Newman planned the devotions.

The book is made available to each club member free of cost. The cost of the book is covered by the advertisements. The book gives the program of the year's work and suggested activities for each month.

9. United Nations

New Hope, Rappahannock, and Garrisonville home demonstration clubs have made plans to make, or have already made, a United Nations flag. The Falmouth High School and White Oak 4-H clubs have made United Nations flags.

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The New Hope Home Demonstration Club worked with the P. T. A. to plan a program for United Nations week. Dr. Charles K. Martin, professor from Mary Washington College, was guest speaker for the meeting.

10. Community Improvement

Mr. B. L. Hummel, Extension Sociologist, spent four days in Stafford to stimulate interest and tell three of the communities about the improvement program. The program began by making home visits and then by having a community meeting in three sections of the county, namely: Cropp, Garrisonville and Hartwood. The program is sponsored by the professional workers in Stafford.

Since the first meeting the groups in Garrisonville and Hartwood have been meeting once a month. Each group decided upon goals that would improve their community. The professional workers met with the chairman and secretary of each group to outline their goals and improvements to be made.

These improvements are listed under three headings:

1. Community Organization
2. Developing and Improving Sound System of Farming
3. Improving Convenience, Comfort and Attractiveness of the Farm and Home

Officers in the communities that were elected were a chairman and secretary.

The Garrisonville group signed a petition to improve the entrance of their community to Highway No. 1, a four lane road. Several persons volunteered to visit the families in the community and give each of them a score sheet to check improvements made.

Approximately one hundred families have been reached by this means.

The goals of each group were:

1. Promote better health through the use of clinics.
2. Encourage people to make entries in the fair.
3. Provide a place for community recreation.
4. Increase membership in H. D. and 4-H clubs.

5. Get farmers to use more lime and phosphate.
6. Get farmers to seed new pastures and improve old pastures.
7. Better Lighting.
8. Improve the farm entrance.
9. Kitchen Improvement.
10. Paint name on mailbox.

These goals were stated in various ways according to the community's needs.

The accomplishments have not been checked in these groups but will be checked later and reported at that time. The goal was to include fifty families in each community group the first year and to increase this number the following year.

A place for community meetings and recreation has been provided in the Hartwood community.

11. Federation Goal

The month of January was devoted to Federation Goal Health. Before the January Home Demonstration meeting the County Federation Goal Chairman, Mrs. Grafton Greenlaw, called a meeting of the eleven health chairmen. At the meeting the health situation of Stafford County was discussed and plans were made for carrying out the federation goal. It was decided that the Home Demonstration Clubs would emphasize on a county basis: personal health, chest X-ray clinic, basic 7, loan closet, sanitary disposal of sewage and good screens for each home.

During the month personal health check sheets were given to club members to check their own health. These sheets were passed out in June to be re-scored.

The secretary of each club will keep a list of articles that are available in the community for sickness or accidents. These articles consist of thermometers, wheel chairs, crutches, hot water bottles, etc. These will make up the loan closet.

The agent and the Federation Chairman had a conference with the county health officer, Dr. Crow, and cooperative plans were made for carrying out the Federation Goal.

Dr. Crow has asked the Home Demonstration members to stress the immunization clinic for diphtheria, whooping

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cough, smallpox and chest X-ray clinic. He gave schedules of the immunization clinics to be given out to families in each of the home demonstration clubs.

Goals and phases of health that were emphasized were:

1. Chest X-ray
2. Personal Health check sheets
3. Loan Closet
4. First Aid kits
5. Better lighting
6. Basic seven
7. Helping the Health Department with various clinics
8. Cooperating with the Stafford Public Health Association

One of the goals was to cooperate with the P. T. A. to get better lighting in the schools and as a result new lights were installed in three schools.

Representatives from 138 families have reported definite changes in personal health habits.

Each of the eleven clubs have established a loan closet of supplies to be loaned to people in the community. Each secretary has a list of this equipment and a copy is also at the Health Department.

Seventy-five families have reported better lighting facilities for the home. Thirty-six families have reported that they have learned the basic seven and checked their meals to see that they were included.

Forty-five families have equipped first aid kits for their home for the first time.

Fifty-one homemakers have reported a change in personal health habits.

Twenty-one families have aided the school lunch program through showers and donations of food.

Fifty-one families have reported that they understood more about the health situation and Health Department after the County Health Nurse visited their club.

Thirty-six families reported they have taken an active part for the first time in the Public Health Association.

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V. 4-H Club

A. Project Work

1. Clothing

In October when the agent came 105 girls enrolled in the 4-H Clothing Project. Prior to this time the county had been without an agent for nine months.

This project was to teach each girl the essential steps in learning to sew. Each member was to have a well equipped sewing box and know the methods of using this equipment. After equipping the sewing box each member was expected to make one article each month using the techniques she had learned.

The purpose of this project was to teach the member how to sew and to put into practice the techniques she learned. Also, to help each girl learn to sew in an easy manner so she would enjoy and appreciate knowing how to sew now and later on when she is an adult home-maker.

At the first meeting for project work the agent exhibited a well equipped sewing box and gave a demonstration on the proper use of this equipment. Each member was to get a box and place in it the necessary equipment.

For the next meeting each girl was asked to bring material for making a head scarf. This was done to show each girl how to straighten material and at the same time she could make an attractive and useful head scarf.

The members also made tea towels, handkerchiefs, and aprons. In making each of these articles the member learned a different sewing step and thus additional knowledge and practice were gained.

At the close of the project (after each girl had equipped a sewing box and made four articles) each school had exhibit day. A committee of members were to work with the agent in securing judges for each club. These judges gave blue, red and white ribbons for the articles constructed by the members.

The number of members enrolled in this project was 105 and each one of these girls equipped a sewing box,

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and the following articles were made:

Head Scarfs	-	105
Tea towels	-	99
Handkerchiefs	-	35
Aprons	-	69

One hundred and sixteen girls enrolled in a Clothing project for the summer. Many of these girls carried on their project with the help of a 4-H leader and the agent. There were six active project groups that completed and carried their project with the help of the leader. This project was to continue teaching the sewing techniques and to teach some members, for the first time, sewing methods. This project was to aid each member in planning the clothes she needed to buy and to plan for the clothes she should make.

Each girl was to make a list of clothes she had on hand and the activities she would take part in. In this way she could arrive at her needs. Each girl that carried this project was to learn the use of a pattern and how to use it to the best advantage. Each girl was expected to construct one article by using a pattern. This was an article of clothing that was based on the girl's needs.

At the end of the project a county contest was held to select the best constructed garments and the ones that were entered in the style dress revue were worn by the members. These garments were judged on fit, material suitability to the pattern, and construction.

Judges for the contest were two of the Stafford Home Economics teachers.

Each of the girls that carried the project under the direction of a leader and the agent made an attractive and well constructed article of clothing. Each girl purchased a pattern and learned how to use it and how to follow the guide sheet.

At the Fredericksburg Agricultural Fair six of the 4-H members wore the articles they had made in the clothing project. Each of the girls entering this revue won a prize. The girls enrolled in summer project work took blue ribbons on the best constructed blouse and dress. Eight counties had entries in this fair.

One of the outstanding results of this project was the well constructed articles of clothing the members

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added to their wardrobe and the pride they took in these articles. It also meant a considerable saving to each family. The girls enrolled in this project learned to plan their wardrobe in order to make or buy the articles of clothing needed. Previously, many of the members had purchased articles, thinking in terms of what they like and disliked rather than what was needed according to their activities.

Many of the girls taking this project have been awokened to the possibilities of home sewing and have decided to continue in a clothing project.

2. Foods

Twenty-one girls and ten boys were enrolled in a food project. This food project was carried in the schools and it was to teach each member the first essential steps in food preparation. Each member learned the correct ways of measuring and put them into practice in their home.

The members enrolled in this project also learned the proper setting of the table and were required to keep a record of the number of times they assisted their family in setting the table. They also learned and put into practice the essentials in making an attractive centerpiece for the table.

Other activities included in the project was to keep a record of meals eaten for a period of two weeks and these records were later checked to see that the basic seven, necessary for good health, were included in the meals. From the records each member could see on which days he or she had eaten the basic seven and on which days the basic seven was not included in the diet. Each member then was asked to learn the basic seven and see that these were included in the daily diet.

The agent also gave a demonstration on making milk drinks of various kinds and stressed the importance of milk being included in the diet. Then the members used these recipes given by the agent and made milk drinks at home.

In several of the schools, although hot lunches are served, many of the club members bring their lunch. The agent gave a demonstration on school lunches. This demonstration gave new ideas on what to include in the lunch box. It, also, showed how you could include the

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basic seven in your school lunch and to include those not eaten in the lunch in the two meals eaten at home.

In the spring the agent gave a demonstration on the preparation of salad and salad dressing. This was in an effort to get more leafy green vegetables eaten and included in the family diets.

As a special demonstration the agent gave three demonstrations to three clubs on making biscuits. This led to some club members taking a bread making project. One of the members gave a demonstration on bread making at the 4-H county contest in July. Several of the members won prizes on their bread at the Fredericksburg Agricultural Fair.

B. Other Activities

1. State Short Course

Three of the 4-H girls attended the 4-H Short Course at Blacksburg. These girls have returned to their clubs with a better idea of 4-H club work. One of the girls that was trained in song leadership and recreation led songs and recreation for the home demonstration club. She has also taken an active part in community leadership and in her own rural church as a song and recreation leader.

2. County Contest

The first Stafford County 4-H Contest was held in July. Twenty of the 4-H girls entered the articles they had constructed in their summer projects. The articles were divided into two classes - those judged for construction and those that were modeled in the style dress revue. Six of the 4-H leaders accompanied the 4-H girls to the contest and were given an opportunity of seeing their 4-H members participate in the activities of the day.

Prizes for the winners in the contest were given by several of the local stores.

The judges for the contest were two of the Stafford Home Economics teachers.

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3. Fredericksburg Agricultural Fair

Many of the 4-H members had entries in the Fredericksburg Fair. Seven other counties took part in this fair, also. Prizes were won in both the style dress revue and in the construction class. Blue ribbons were won for the best constructed blouse and skirt. A 4-H member also won second prize in the style dress revue at the fair.

4. County Council

In January the farm and home agent called a meeting of the 4-H club officers to organize a County 4-H Council.

The farm agent lead a discussion of the duties of 4-H officers and the home agent gave a demonstration, using the 4-H members, on parliamentary procedures. The latter part of the meeting was devoted to the election of 4-H officers and setting goals for the council.

The group set up five goals for the 4-H County Council:

1. To hold a County Council meeting at least twice a year.
2. To send representatives from each club to camp.
3. To have annual picnic.
4. To visit the camp site.
5. To raise money for the county camp.

The Council has had two meetings. The 4-H clubs in Stafford raised money to send two representatives from each club to Jamestown Camp. Each club also raised money to help build their own camp in Stafford. A total of \$150.00 has been raised by 4-H club members for the county camp.

The Council also planned a tour of the camp before construction work was begun and before the land had been cleared. Approximately fifty 4-H club members and their families visited the camp site.

One goal set by the council was to have a 4-H picnic. This was to be held in the latter part of the summer and at that time many of the group activities were postponed due to the polio epidemic.

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5. All Stars

Stafford has approximately six All Stars. Two of them have kept up their dues and one All Star attended the 4-H Short Course at V. P. I. at Blacksburg.

6. Recreation

Members from the 4-H clubs have attended two leader training meetings in recreation held in Richmond. These members, after returning, planned a party and led the recreation for their club.

VI. Older Youth

During the month of March an effort was made to organize an Older Youth group in Stafford County. Home visits were made and letters were mailed to twenty-four Older Youth in the Berea, Hartwood and Falmouth area. On March 14 the Extension Specialist, Mr. W. W. Eure, met with the group at Berea School. A temporary chairman was elected and a date set for the next meeting.

The group continued to meet until July. At one meeting slips of paper were passed to each member to make suggestions for future programs. Plans were made to carry out these program suggestions. The last meeting in July was a combined meeting of the Older Youth and Community Improvement group at Hartwood. This proved to be a mistake as these groups had an entirely different purpose for meeting. The result was a decrease in attendance. Another reason for a decrease could have been that several of the members were getting ready to go into service. Later a Halloween party was planned to help stimulate more interest. This party was suggested by the Extension Specialist. At this party it was decided by the group that enough activities were planned in this section of the county for Older Youth. The group suggested that maybe an organization in another section of the county, farther from Fredericksburg, might be more effective.

VII. Scope of Work

	1948	1949	1950
Number Home Demonstration Clubs	11	11	12
Membership	204	198	245
No. 4-H Clubs	7	7	8
Membership	161	152	165
Number Older Youth Groups	0	0	1
Membership	0	0	20 (Lorraine)

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Number of other families reached: 1948 - 700, 1949 - 300, 1950 - 734.
Total number families reached: 1948 - 1,044, 1949 - 630, 1950 - 1164.

VIII. Organizations

A. County Home Demonstration Committee

The County Home Demonstration Committee met the day the agent arrived in Stafford to plan the year's program.

A handbook committee was appointed to collect materials and see that a book was published containing a calendar of the year's program and to see that each club member received a copy.

A committee was also appointed to work with the agent in planning the dinner for the District Home Demonstration Meeting.

This committee planned and collected food from each of the eleven clubs. The funds raised from the dinner were to be placed in the County Committee's treasury and half of this was to be given to the Aqua Po Camp fund. The committee appropriated \$150.00 of this money to be used for the Stafford Camp.

The Home Demonstration clubs and the committee have raised approximately \$300.00 for the Stafford Camp. A budget committee appointed by the Stafford Chairman, has appropriated funds for various activities of the committee.

The committee met in the spring to evaluate the work accomplished and to make plans for the remainder of the year. The committee planned a county-wide picnic to be held at the Stafford Camp. Due to rain the attendance from the county was not as large as had been anticipated but approximately 100 people visited the camp site and saw the possibilities of a camp. For most of the people visiting the camp it was their first opportunity to see the work that had been done toward completing the camp.

The committee also appropriated money to pay the expenses of a leader to accompany the 4-H members to Blacksburg for the Short Course for the coming year. They set aside funds to sponsor a tea for outstanding 4-H members and their leaders. This would be mostly a tea to recognize the leaders and the contributions they had made to 4-H work.

The committee has sold extract to buy supplies for county demonstration and leader training meetings. The sale

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of extract has taken care of the expenses of these meetings.

The Executive Committee met before the Fall Planning meeting to set county goals for the Home Demonstration Clubs.

B. Professional Workers Group

The professional workers group in Stafford County was organized three years ago. This organization was organized to coordinate the work of the professional workers in Stafford. All of the professional workers take an active part in the organization.

The group sponsored a farm entrance improvement contest. The contest opened in February and closed in September.

Those entering the contest were to take pictures of the entrance before and after improvement has been made. A Stafford resident, an owner of a nursery, gave evergreen shrubs for the prize.

The Professional Workers have also taken an active part in the Community Improvement Contest. This project was first started by the Professional Workers with the aid of the extension specialist. The Professional workers met and discussed the advantages of the Community Improvement Contest. After discussing and laying the plans for community improvement the Professional Workers went in small groups to visit residents in the community and tell them of the program and how it was carried on in other counties. After visiting the residents in various communities a group meeting was planned to make plans and elect officers if the communities desired the program. Each of the professional workers gave their ideas of the program to the group. Later the Professional Workers met with the officers in the communities and decided the goals and improvements for their community based on the need and interest in each one.

The Fredericksburg Junior Chamber of Commerce is acting as sponsor for the group by giving prizes to the community that makes the most improvements. The contest will close in December.

The program began between three communities and two have taken an active part in the project. Approximately fifty families were included in each community. It is hoped that additional communities will participate in the contest next year and that more families will be reached and more interest will be displayed.

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Each community elected a secretary to keep accurate records of the work done in their community. Along with these records pictures are to be taken of the project both before and after the improvements were made. These will be given to the judges in December as they visit the communities to decide the winner.

IX. The following tables show the record of growth of leadership over a three year period in adult and junior work.

Growth of Home Demonstration Club Project Leadership 1948 1949 1950

No. Project leaders and goal chairmen	1948	1949	1950
No. Training meetings held By Specialist	4	1	11
By Agent	3	0	0
Attendance at all training meetings	64	21	111
No. Club meetings held by leaders without agent present	26	24	30
No. Club meetings at which leaders assisted	66	0	73

Growth of 4-H Club Project Leadership

	1948	1949	1950
No. adult project leaders	2	0	17
No. junior project leaders	0	0	3
No. training meetings held By Specialist	1	0	0
By Agent	2	0	10
Attendance at leader training meetings	7	0	19
No. 4-H leaders trained individually	2	0	4
No. club meetings held by leaders without agent present	5	0	17
No. club meetings at which leaders assisted	5	0	6
No. demonstrations given by leaders			
adult	5	0	17
junior	0	0	0

X. Work in Cooperation With Other AgenciesA. Home Economics Teacher

The agent has worked with the home economics teachers in the Professional Workers group and also in 4-H club work. Both of the home economics teachers are sponsors of the 4-H club in their school.

The agent and the home economics teacher have worked together in setting up various classes for the fair. The agent has given the home economics teacher material on rug making, etching metal trays and reseating chairs. This was given in answer to a request for a group of girls taking a "Room Improvement" unit.

B. Health Department

The agent has worked with the county health nurse and health officer in distributing information and material concerning the various clinics in the county. The County Federation Coal Chairman has also cooperated in aiding with the clinics. The agent has had conferences with the Health Officer to discuss the health needs and to make plans, at his suggestion, as to the best way health might be carried as the Federation Coal. From time to time the agent has also had a conference with the Health Officer to evaluate the work and make additional suggestions.

The Health Officer aided the agent in selecting the most important points to stress in the demonstration on First Aid in the Home.

The County Health Nurse visited each of the eleven home demonstration clubs during the month of January to tell of the services of the Health Department and how they could assist in improving the health situation.

C. Red Cross

The agent cooperated with the Red Cross in answer to a request to tell each family and group she contacted of the blood bank and the need for each person to assist or help another by giving transportation or telling them of the blood bank.

D. Cancer

The agent worked with the County Chairman of the Cancer drive by giving the names of people in different communities

that might aid in the campaign.

The agent, also, gave information to twelve groups on making dressings for cancer patients. Plans have been made for these dressings to be made by several groups for patients in their county and if a surplus quantity is made they will be forwarded to the Richmond Center.

E. Virginia Electric Power Company

The agent worked with a representative from the Power Company in trying to locate a resident that would cooperate in the meter study. It was rather difficult to find a resident to meet the requirements for the study. The agent made five electric range studies to assist with the electric range study sponsored by the Extension Service and the electric power companies.

XI. Significance of the Year's Work

The active participation that has been taken in the extension program is evidence of the importance and the contributions this program has made to the homemaker.

The most significant part of the agent's work has been organizing and carrying the program to seven communities that had not had extension work for nine months. The agent, also, worked toward aiding and enlarging the program that had been carried in four communities for nine months without the aid of an agent.

The agent also enlarged the program by organizing a group of homemakers in a community that had not been organized for a period of fifteen years.

The growth of the extension program is evident by the increased number participating. The number in 1949 taking an active part was 198, as compared with 284 during the year 1950. The number participating in the program for the first time is forty-four.

The activities of the leaders in aiding the growth of the program has been outstanding. Leaders have made it possible for the agent to reach more communities and give more time to the 4-H program.

Project leaders have held 438 meetings and have carried the program to approximately 702 families. Program Development leaders have conducted thirty-six discussions and have reached 156 families. Federation Goal leaders have conducted 132

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discussions and have carried their information on health to 250 families in the county. An example of outstanding work of this group has been Mrs. Agnes Skinner. Mrs. Skinner, Health Chairman of the New Hope Club, has carried this information to many families in her community. She has, also, given information concerning pre-school, dental and immunization clinics. She not only gave information but found means of transportation to these clinics for many families. Mrs. Skinner is a busy homemaker with one child attending school and two children of pre-school age, but she finds time to take a personal interest in others. She has been instrumental in seeing that a crippled child attended the orthopedic clinic and this was done just in time to save the child from being permanently crippled. She not only saw that he attended the clinic but has taken a personal interest by visiting the child in the hospital and making it possible for him to have the necessary operation.

Organization leaders have done an outstanding and progressive work in their organization. Each organization leader has taken a special interest in her share of the organizational work. These leaders have received training in Parliamentary Procedure from a Mary Washington College Professor and have made a special effort to put this knowledge into practice.

Another important highlight of the year's work has been the activities of the program that all the members of the family have been able to participate in and contribute to. The majority of the year's program has been one that each homemaker could use in her home and has contributed to better family relationship.

Homemakers have learned skills that have contributed to their creative urge and also one that has been a large saving to the family in dollars. These families have estimated a saving of \$1,500. This was accomplished by learning skills and gaining knowledge of activities that could be carried on in their homes.

The representatives that have taken part in the program have learned more about family nutrition, the ways the family may be well nourished at a minimum cost, and ways they may contribute to this through home freezing and canning.

The 1950 program of Home Demonstration work in Stafford County has made contributions to Better Family Living for both farm and non-farm families in the county. The program has been one that both groups could participate in and use in a practical way.

A large variety of programs were carried in the county this year. The program reached almost every phase of homemaking.

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A new program was stressed this year - Citizenship. The home management and citizenship meetings were attended by 176 adults. These meetings contributed in promoting sound planning for family security and the making of better citizens. The programs that each of the clubs had on the United Nations contributed its share toward an effort for world peace. The flags that were made by the home demonstration clubs and the 4-H girls was a way of bringing the United Nations closer to each family. Families appreciated an opportunity of expressing, in a tangible way, their desires for world peace.

Homemakers have learned steps that would make their work easier. They have learned how to make their homes more attractive at less cost and at the same time have the satisfaction of work well done. They have learned skills to do work at home with the entire family. They have learned to use what was on hand in making the home more attractive. Besides learning how to use the material on hand the homemakers have learned qualities to look for in buying, which is just as important. Many homemakers do not desire to make the articles at home and every homemaker must buy some things. It is just as important to know the qualities to look for in buying a plastic chair as it is in knowing how to upholster one. Each homemaker has been told the importance of reading labels and that prices sometime are not an indication of desirable and durable qualities.

Homemakers know how to make and select a good reading lamp, rugs, trays, plastic articles from small equipment to upholstered chairs, and how to reseat chairs using both cane and fiber.

Health was selected as Federation Goal for 1950. An effort was made for better health habits to be practiced in every home. An effort was made to give more attention to personal health habits. Each homemaker learned more about the fundamentals of good nutrition for the family. Each homemaker was to check on sanitary conditions of her home. Physical conditions, also, play a large part in health. Better lighting was stressed and the importance of heating and ventilation. This was the second year that health has been selected as the Federation Goal for the county but very little work was done on the program previously because the county was without an agent for eight months. Health has been selected as a long time Federation Goal and the program will be continued through 1951.

4-H work has contributed to better family living by helping girls to learn to make useful and needed articles of clothing. A great deal of interest was shown in a county contest and, also, in the fair. The 4-H girls carried both clothing and food projects. Thirty-one girls carried a food project which

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aided in promoting better family living from a nutrition and preparation standpoint. One hundred and thirty-four girls carried a sewing project to learn the first steps in good construction. Sixty girls continued their work in the summer with the help of leaders. A total of fifty girls made a garment using a pattern. This will aid many families from an economic standpoint.

The Community Improvement group carried a program that furthered better family living. This program was closely related to the house furnishing program as its projects were the improvement of home grounds and community improvement. This program will be carried in 1951 and indications are that each community will expand to take in more families. As this was the first year for the program it was limited to include fifty families in each community.