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were enrolled in the garden project. 23 were enrolled in the food preservation project.

In addition to work planned by the committees, the agents have aided the Rural Development program by individual contacts in all phases of home management, foods, and house furnishings.

One joint county meeting was held on "Farmers Income Tax & Social Security."

The agents presented "Outlook Information" to county through home demonstration club discussions and radio broadcasts.

practices in house furnishings.

5. Sponsor a county meeting with representatives from appliance retailer giving a demonstration on "What to look for when buying appliances and equipment.
6. Use all available news media such as clubs, radio, newspaper, etc.
7. Other topics that will be emphasized will be menswear, household linens, laundry supplies, fabrics, rugs, counter tops, patent medicine, and childrens clothing.

This committee has only made a start in carrying out plans.

The Home Demonstration program has aided the work and the committee by demonstrations on laundry supplies and club discussions on food buying.

The agents have assisted families with consumer education problems in the areas of clothing, food, house furnishings, and equipment. Most of this work has been on an individual basis and through radio talks and club discussions.

Clothing

Objectives of '61 Program

1. Learn techniques of good clothing construction to use the clothing dollar more wisely.
2. Learn to care for sewing machine and use of attachments to save time and energy.

17 women attended two tailoring workshops, with 7 meetings each. Members made woolen coats and suits. 18 garments were completed. 2 of these were coats for children. The women learned tailoring techniques in order to make tailored garments at home and help make the family clothing dollar go further.

Using sewing machine attachments was one month's demonstration for the home demonstration clubs.

Industrial Committee

The agents have given assistance to this committee by assisting with the publishing of brochures.

Food Production & Food Preservation

Timely garden topics were sent to mailing list each month. Twenty 4-H'ers

The Home & Community Beautification Committee of the Rural Development program did an excellent job of encouraging the county home owners to improve their property. In April this group sponsored a county-wide "Clean-Up, Fix-Up, Paint-Up Week."

Members contacted merchants to ask them to cooperate with this effort with displays of seeds, fertilizers, equipment, etc. during this week.

A Poster Contest was held in each grade of the elementary schools. Posters were judged and awards given by the Cumberland Woman's Club. The best two posters from each grade were used in every public place in the county to help promote this special week. The posters created a great deal of interest.

A special check sheet was sent to parents by the school children to urge citizens to cooperate by improving their own property.

The week's events were climaxed by a county tour. Approximately 75 adults attended this tour. Six places were visited, including an old home, a new home, and gardens - showing how to plant, prune, mulch, starting beds, and landscaping. The tour also included a visit to historic Cumberland Court House and an old grist mill. Citizens have requested the tour be made an annual county event.

The annual Flower Show has supported work of the Rural Development Committee.

Home Beautification club leaders have supported this program with discussions on mailbox improvement, flower arrangement, improving highway entrances, name your farm, planting and pruning shrubs.

4-H Clubs have supported the Rural Development program with the project on Home Grounds Beautification. This was the joint project of the Fifth, Sixth and Seventh Grades at John Randolph and Hamilton schools. Two hundred 4-H'ers were enrolled. 4-H members reported 123 had improved their mailboxes; 130 planted trees or shrubs; 130 identified wild flowers; 100 improved their home surroundings; 130 learned the conservation materials and how to preserve them; 21 made landscape plans for home.

Consumer Education Committee -- (New 1961)

This committee is composed of 5 members (home demonstration members and non-club members) set up on a rotating basis. The group held 2 meetings to set up objectives and make plans for an educational program. Officers of the group are a chairman and a secretary.

Plans & Objectives of the Committee

1. To learn to be a wise grocery shopper.
2. To send out a circular letter to entire mailing list on timely buying

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committee held three meetings this year.

The Home and Community Beautification Committee phases and objectives
as adopted by committee March 8, 1961.

1. To sponsor a clean-up, fix-up, paint-up week April 16 - 22.
 - a. Sponsor a clean-up, fix-up, paint-up poster contest in the John Randolph and Hamilton Elementary Schools in the 1st through 7th grades.
 - b. Work with local stores in making displays and advertising for week.
 - c. Send accomplishment sheets to parents through school children.
 - d. Ask all county organizations to assist with plans for week.
 - e. Use all mass media to advertise week -- newspaper, radio, etc.
 - f. Sponsor a county-wide tour on Friday, April 21, as a climax to the week.

Places to visit:

1. Mrs. J. A. Hazlegrove
 2. Mrs. Doyle Rich
 3. Mrs. Haynie Blanton
 4. Lunch & tour Courthouse
 5. Mrs. Garland Blanton
 6. Muddy Creek Mills - Tamworth, Virginia
2. Improve mailboxes and encourage farm home/^{signs} to be erected and landscape entrances.
 3. Clean up and landscape intersections.
 4. Improve church grounds, parking lots, and erect church marker.
 5. Assist other organizations with plans for a public dump in each of the three districts.
 6. Encourage the eradication of car graveyards along the highways.
 7. To assist with all types of home, farm, and church outdoor lighting.
 8. To sponsor a county shrub and flower exchange.
 9. To encourage the placing of native shrubs and trees in landscaping.

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and Nutrition in Richmond on March 15, 1961.

6. To study the need and obtain necessary equipment for getting more milk dispensed in schools where there is an inadequate lunch program.
7. It is recognized by the committee that many people are not being reached by any organized group with much needed information on sanitation and nutrition. The committee recommends personal contact in teaching sanitation and nutrition.

Home Demonstration Club programs, Health Department programs, Welfare programs and 4-H projects have contributed to the county Health program.

The Health Chairmen of the Home Demonstration Clubs included in their discussions -- Mental Health; Who, What, When & Why of Cancer; Diversions for the Sick; Family Nutrition, and current health problems.

The county Health and Nutrition Committee held 3 meetings to plan county health and educational programs.

Two home nursing classes were held. 38 received home nursing certificates.

Eleven homemakers attended the nutritional forum of the Virginia Council of Health and Medical Care. Six attended the Council's forum on alcoholism.

Two club exhibits were entered at the Five County Fair. Both exhibits were on "Improved Home Nursing Equipment."

The agent attended a panel discussion sponsored by the American Association of University Women on "Problems of the Aging."

Eight homemakers attended the "weight control" section of the Blackstone Town & Country Institute.

The Health Committee co-sponsored the swimming classes conducted at Bear Creek Lake. Classes in beginning, advanced, and life saving were offered.

120 club members reported they had a complete physical check-up this year.

4-H Club members took 142 Food projects.

The agent worked with families on an individual basis on all phases of Food & Nutrition.

Home & Community Beautification Committee -- (New 1961)

The committee is composed of 9 members representing areas of the county and is made up of club members and non-club members. The objective of this committee is to improve the county by greater emphasis on home and community care and improvement through educational programs and demonstrations. The

County Rural Development Committee (Overall)

This committee is made up of leaders in all fields of endeavor, having both men and women in its membership. This group and its committees, in part, serve as the planning board for the Extension program.

Subcommittees are added as other needs are recognized and goals of existing committees have been partially reached.

In 1961 the agents' major work has been with 4 committees -- Home and Community Improvement, Health and Nutrition, Consumer Education, Clothing -- and have contributed in small measure to the Industrial Committee. Committees on Home and Community Improvement and Consumer Education were added this year.

It was felt the agents and committee members could make a greater contribution to the county by confining work to a few areas.

Committees

Health & Nutrition

This committee consists of 8 members, having a chairman and secretary. Members represent the three magisterial districts and Cumberland village. The purpose of this committee is to promote health education, sanitation, and make plans for carrying out activities that will meet the health needs of the county people.

Objectives

1. To co-sponsor a Red Cross Home Nursing Course, beginning March 16, at the Home Economics Department, Cumberland High School.
2. In cooperation with Red Cross, to sponsor swimming classes at Bear Creek Lake and investigate possibilities of a class at Lake Side Village.
3. To have a Tetanus - Smallpox vaccination clinic open to all county people, to be held Wednesday, April 12, 2 - 3 p.m. at Cumberland Health Department. It is suggested that a nominal fee be charged. The county home demonstration clubs were asked to take charge of publicizing this clinic.
4. There is a recognized problem of illegitimacy in the State of Virginia and the committee went on record to write the Legislative Committee encouraging them to do further study on the problem - seeking a solution. The committee is asking all other organizations interested in this problem to make their interest known to the legislative committee.
5. The committee, with other interested people, will attend the forum on "Child & Teen-Age Nutrition" sponsored by the Virginia Council on Health

*attach to
report*

Rural Development Report -- Cumberland County

Georgia W. Wilkerson - Home Demonstration Agent

December 1, 1960 - December 1, 1961

Ann G. Sanderson - Assistant Home Agent

December 1, 1960 - October 1, 1961

Thelma S. Putney, Secretary