

The agents read "Journal of Home Economics", "What's New in Home Economics", "Forecast", "Practical Home Economics", "Changing Times", "Consumers' Research", "Better Homes and Gardens", "McCall's", "Red Book", "Good Housekeeping", "Ladies Home Journal", "House and Garden" and several gardening magazines. Local, daily and weekly newspapers are read regularly.

The agent has read parts of Vance Packard's "The Status Seekers".

#### VII. THE LOOK AHEAD

##### Appraisal of 1960 Program

The 4-H Club program has expanded in several areas this year, but more 4-H project leaders are needed in all areas of the county. Except for certain special interest activities, interest generally lags in the Home Demonstration Club program. More work needs to be done with young homemakers to solicit their interest in Extension activities, and to inform them of the variety of assistance that is available through the Extension service. More emphasis too needs to be placed on Special Interest Programs which will offer the busy homemaker assistance in specific problem areas in a series of lessons covered and completed in a limited short-term program. H. D. leaders need to feel their responsibility in attending demonstration training meetings more keenly, and need to be more aware of their educational responsibility to their clubs. Unorganized areas of the county lack the contact with the Extension office that organized areas have, and therefore do not fully avail themselves of Extension's services. More work needs too be done in these presently unorganized areas.

## 2. General Public

An effort is made to keep the general public informed of coming events and the outcome of activities is reported through the local newspaper. Greater emphasis has been placed on publicity this year. An effort has been made to answer every individual request, to attend meetings of organized groups frequently, and to be courteous at all times. Interested non-members of Extension-organized groups have been encouraged to participate in activities of Extension-sponsored groups.

## 3. Elected Representatives

The agent has made an effort to keep the elected representatives informed of Extension activities and to cooperate with them in every way. The Board of Supervisors were asked to have a representative on the H. D. Achievement Day program.

## 4. Commercial Interests

Local commercial concerns were solicited for assistance with both 4-H and Home Demonstration Club activities such as the Botetourt County Youth Fair, 4-H project training meetings and schools, H. D. leader training and special interest meetings and tours. About 100 local commercial concerns contributed to the success of this year's program.

## C. Professional Improvement

The Home Demonstration Agents are members of the National Home Economics Association, the V.H.E.A. and the National Home Demonstration Agents' Association and V.H.D.A.A. The assistant agent attended the V.H.E.A meeting in Richmond and the agent attended the District IV home economics meeting in Roanoke.

abandoned church which had been used for a meeting place since the club was organized was purchased three years ago, and serves as the hub of activities for all organizations in the community.

A make-shift kitchen was set up in one end of the one-room building. Serving suppers is one of the major means used to raise money to pay for the building and the numerous improvements made on the building and its surroundings. One Home Demonstration Club uses the Community Center for its regular meeting place, and has conducted numerous projects for the improvement of the center. Other organizations use the center often also, and better kitchen facilities have been needed for a long time. The addition of a kitchen was started this year. Winning a third-place award in the area Community Improvement contest enabled the club to get the new kitchen under <sup>D</sup>room debt-free before winter weather started. The kitchen interior is not finished, but work can be continued as funds become available. The construction of the kitchen is the largest single project undertaken by the small club since the purchase of the building; however, it is a much needed addition. Having gone this far, the kitchen will soon be ready for use.

#### B. Public Relations

##### 1. County Workers

Regular office conferences are held twice each month to keep the county staff abreast of current affairs and coming events. All agents share in pre-planning of most county-wide activities, particularly <sup>1/1-30</sup> pertaining to 4-H Club work. Office conference is the mill where the solution to many problems is ground out. The home agent and 4-H agent work together constantly on the 4-H Club program, and the assistant home agent and assistant county agent collaborate on the Farm and Home Development Program.

B. Mrs. Vincent Belcher is a young homemaker in the Cloverdale community. She has two children, the oldest of which is just reaching 4-H Club age. Mrs. Belcher's mother has been active in the local Home Demonstration Club program for several years and now serves as president. Mrs. Belcher is an active and interested club member, recently accepting more leadership in Home Demonstration Club work. She was over-all chairman of the arrangements committee for the District IV Home Demonstration Federation Meeting, and with her committee directly shouldered the responsibility for the arrangements for this meeting. Since the Botetourt Home Demonstration Clubs had never entertained this group in the county before, and there was no experienced leadership to turn to, this was quite an undertaking for a young leader. She has also served as chairman of the county Home Demonstration yearbook committee, and serves as project leader and Federation Program chairman of her club. As a 4-H Club clothing leader she conducted the 4-H project training meeting for the "Make or Remake" group. Mrs. Belcher is a native of Botetourt county, but it is not known whether she was a 4-H Club member or not. The major part of her leadership training for which Extension can be credited comes from her experience in Home Demonstration Club work.

VI. A. For Special Consideration

1. Significant Achievement

The Stovers' Gate Community is located in a remote, rural area between Fincastle and Eagle Rock. A Community Improvement Club was organized under the supervision of the county <sup>Extension</sup> ~~and home~~ agents <sup>two</sup> 3 years ago, and has truly been responsible for many improvements in the community. An

V. LEADERSHIP

A. Growth of Leadership

1. Over-all program leaders

	1958	1959	1960
a. County Agricultural Extension Service Board	<u>42</u>	<u>46</u>	<u>    </u>
b. Youth Council	<u>4</u>	<u>4</u>	<u>    </u>
c. Home Economics Council	<u>23</u>	<u>24</u>	<u>    </u>

2. Home Demonstration Club Leadership

	1956	1957	1958	1959	1960
No. organizational leaders	-	-	18	13	41
No. project leaders (subject matter)	74	79	73	74	59
No. Federation program of work chairman	16	15	15	13	11
No. program development leaders	15	15	15	13	29
No. result demonstrators	2	1	2	2	4
No. training meetings by specialists	12	5	4	5	4
No. training meetings by dist. agents	-	-	4	-	-
No. training meetings by agents	-	2	2	2	5
No. training meetings by others	-	9	1	1	1
Attendance at all training meetings	275	189	184	195	100
No. meetings held without an agent	112	102	114	125	63
No. meetings leaders assisted	19	17	31	28	23
Demonstrations by leaders	112	106	115	127	87
Talks and discussions by leaders	458	463	447	439	297

3. 4-H Club Leadership

	1956	1957	1958	1959	1960
No. Club Officers	96	192	192	188	192
No. adult project leaders	5	8	7	9	33
No. junior project leaders	-	-	-	5	16
No result demonstrators	-	-	-	-	2
No. training meetings by specialists	1	1	1	-	-
No. training meetings by dist. agents	-	-	-	-	-
No. training meetings by agent	1	1	1	1	3
No. training meetings by members club dept.	1	1	1	-	-
No. training meetings by others	-	-	1	1	13
Total attendance at ldr. tr. meetings	7	13	17	10	76
No. 4-H leaders trained individually	-	6	8	9	21
No. club mtgs. held by ldr. without agent	6	13	12	14	10
No. additional meetings at which leaders assisted	41	72	63	68	67
No. demonstrations given by adult ldrs.	49	79	79	81	7
No. demonstrations given by junior leaders	11	15	11	18	33

IV. SCOPE OF WORK

	1956	1957	1958	1959	1960
No. H. D. Clubs	14	14	14	13	12
Membership	271	257	252	205	172
No. H. D. Groups (unorganized)	1	1	1	1	2
Membership	16	19	24	25	23
No. 4-R Clubs	18	18	33	37	36
Membership	310	340	482	385	965
No. YW Clubs	1	1	1	1	1
Membership	12	11	9	8	15
No. Community Clubs	3	3	3	3	3
Membership	165	175	175	175	115
No. Home Ec. Committees	-	-	-	-	-
No. General Interest Committees	-	-	1	1	-
No. Youth Committees	-	-	-	-	-
No. Other Organizations	-	-	-	-	-
No. Farm & Home Dev. Families	20	60	77	77	76
No. Other Families Reached	1159	1197	2007	2001	1500
No. Different Families Reached	1869	1951	1979	1980	1345

Work was begun with an unorganized group of young homemakers in the Trinity Community in which about twenty homemakers are interested.

This is a potential home demonstration club group. Interest has been shown by young homemakers in two other sections of the county, however, only individual contacts have been made to date. Home demonstration club members in seven clubs estimated that they share information gained through club meetings with two hundred eighty-one non-members. Approximately fifty non-home demonstration club members have participated in special interest meetings or special interest groups sponsored by home demonstration clubs this year. 4-R club project training meetings were an attempt to strengthen the educational value of 4-R club projects conducted by club members and to train adult and junior leaders to assist other club members with project work. News articles announcing and reporting on home demonstration and 4-R club activities were sent regularly to the local newspaper. Weekly Extension Calendar was started in the local newspaper this year.

Trinity won first place, Lauderdale second and Fincastle third. The winning record was submitted for area competition.

6. Short Course

Thirteen girls and eleven boys represented Botetourt County at the State 4-H Short Course, at which time eight State winners from Botetourt County were recognized.

7. Fairs

(a) Botetourt County Youth Fair

The Botetourt County Youth Fair opened to all FFA, FHA and 4-H Club Members was held in August. Approximately three hundred 4-H club members exhibited 4-H project work in the Youth Fair and approximately one-third of these were prize winners. 4-H adult and junior leaders assisted with entering, placing and recording exhibits. Approximately twenty girls participated in the Style Show which was attended by about three hundred people.

(b) Lynchburg Farm Show

Fourteen 4-H club girls exhibited in the Lynchburg Fourteen County Farm Show. Several prizes were won.

8. Achievement Day

Approximately eighty 4-H club medals and other awards were presented to 4-H club members conducting outstanding project work during the year. Gerald Petty and Andriette Bosman were crowned 4-H King and Queen for 1960. An Honor Court made up of representatives from each 4-H club was also recognized. Report of County Achievements and the report on National 4-H Club Congress by the two delegates of the County attending were given.

competed in the State Share The Fun Contest during 4-H Short Course and won one of five first place awards giving Botetourt County five State winners.

(c) Demonstrations

County Demonstration Contests were held in the following areas: Meal Preparation, Laundry, Frozen Foods, Breads, Canning, Electric, Room Improvement, Dairy, Poultry Consumption and Home Grounds Beautification. Ten girls participated and represented the County in the respective contest in which eligible candidates competed. Seven girls participated in the District Contest. Of these, two were selected to compete in State Demonstration Contest (in Home Grounds Beautification and Home Improvement) during Short Course. One red and one blue State Award was won.

(d) Dress Review

Four girls participated at the County Dress Review Contest and the winner competed in the District Dress Review.

(e) Achievement

Seven 4-H club girls entered Achievement Records in the following State Contest: Room Improvement, Home Improvement, Garden, Home Grounds Beautification, Canning, Meal Preparation and Safety. Two of these were State winners. Sandra Compton received a \$50.00 Savings Bond in Room Improvement and Andriette Bowman was awarded an expense paid trip to National 4-H Congress in Chicago in Home Improvement.

(f) WSLs

Three senior 4-H clubs submitted records for county competition in the Club Achievement Contest sponsored by WSLs Radio and TV.

### 3. Rural Life *Sunday*

The Trinity 4-H Club was given complete charge of the Service at the Trinity Church of the Bretheran on Rural Life Sunday. All club members participated in the Service.

### 4. 4-H Camp

#### (a) Senior Camp

Nine 4-H club members and one agent attended the West Central District 4-H Camp at Camp Farrar, Virginia Beach. Classes taken included archery, highway courtesy, outdoor cookery, dancing and active sports. Campers participated in tours to points of interest in the Virginia Beach vicinity.

#### (b) Holiday Lake

Approximately seventy boys and girls from Botetourt County attended Junior Camp at Holiday Lake. Campers chose between classes in archery, Indian Folk, <sup>lore</sup> song and game leadership, and nature study. Most campers took handicraft and swimming. Five adult and two junior leaders attended from Botetourt County and assisted with class work and other camp activities.

### 5. Contests

#### (a) Public Speaking

The first County Wide Public Speaking Contest in several years was held in the spring. Five girls participated. The winner competed in the District Contest.

#### (b) Share The Fun

Fourteen 4-H club members entered in the County Share The Fun Contest. The winning act, presented by the Buchanan Rock & Roll Nuts,

#### 4. Electric

Electric was the county 4-H project two years ago. A number of club members became interested at that time and have continued to work with the 4-H Electric Project. A County 4-H Electric School was held for the benefit of those members interested in the Electric Project. The Electric School included discussions and demonstrations by power supply representatives on recently developed uses of electricity in rural living. Junior leaders gave a demonstration showing how to assemble a lamp (from an available lamp kit) and shade. Thirteen lamps were completed in the workshop session. Workshop instruction was also available for the seven members who made heavy and light duty extension cords. Both Appalachian Power Co. and Virginia Electric Power Co. assisted with the Electric School.

Cinda Percy and Lewis Brugh were county winners selected to attend the State 4-H Electric Congress in Richmond.

#### C. 4-H Activities

##### 1. National 4-H Club Week

An exhibit was made by the Lauderdale 4-H Club for the County Council and displayed in the window of Appalachian Power Co. in Roanoke. This exhibit was also used for a flower show in Fincastle, the Botetourt County Youth Fair and Lynchburg Farm Show.

##### 2. County Picnic

Approximately two hundred 4-H club members and parents attended the County 4-H Picnic held at Traxeltown in June. The purpose of the picnic is to provide a social or recreational activity for all 4-H Club members without becoming involved in individual club socials.

Meal Preparation included demonstrations by junior leaders on preparing a whole meal. Members present were allowed to prepare an exhibit on table setting, after which each member used a score card to judge her own table setting. Suggestions were given for club refreshments and one sample refreshment idea was demonstrated. All members attending participated actively in the treating session.

### 3. Clothing

Trained clothing leaders were not available in all sections of the County where interest was shown in clothing projects. In order to give some assistance to the one hundred fifty 4-H club members enrolled in Clothing Projects, county wide Clothing Project Training Meetings were held. For the "So You'd Like to Sew" group, portable sewing machines were borrowed. With one junior leader to assist at each machine, each club member attending was taught how to thread the machine and bobbin properly, make simple needed adjustments and were given an opportunity to go through certain exercises which gave them practice in turning corners and sewing around corners. At least one member who had never attempted to use the sewing machine before learned to at this meeting.

In the "Make or Remake" group, emphasis was placed on fabric and pattern selection, the importance of wardrobe planning and choosing accessories for a basic dress. This meeting was highlighted by a fashion show which was a part of a class at Short Course. A fashion consultant from Miller & Rhoads in Roanoke provided most of the garments modeled and narrated the show. This review emphasized basic clothing selection for teenage girls.

such phases of Home Grounds Beautification as painting tables and fireplaces, planting annuals, taking care of lawns, fertilizing lawn, spraying and digging weeds, pruning hedge, mulching trees and shrubs, building a compost pile, and planting shade trees. A wide variety of activities were carried on by club members in accordance with their own home landscaping needs.

## 2. Foods

Approximately two hundred fifty 4-H club members were enrolled in a 4-H foods projects. Meal Preparation was the project with the largest enrollment.

Since foods leaders have not been found and trained in all sections of the county in adequate numbers to work with girls in their respective communities, a county wide project training meeting was held during the summer. Trained adult leaders assisted by junior leaders discussed project requirements and gave demonstrations to those attending. It was felt lack of transportation and vacationing affected the attendance. Only twenty-eight members attended the Foods Project Training Meetings. Records show that club members who attended used much of the information presented at the training meetings.

The Breads Project Training Meeting included a demonstration on making cornbread, biscuits and rolls. Each club member present had the experience of shaping rolls and of working with roll dough.

The Canning and Freezing Meeting included a demonstration on the selection of freezing equipment and supplies, recommended wraps and how to freeze foods containing liquid. Junior leaders gave demonstrations on jelly making and canning green beans.

Petty were initiated into the Virginia All Star Chapter during the 4-H Short Course at V.P.I. The new All Stars and several All Stars from former years attended a West Central District Key Awards Picnic at the Peaks of Otto during the summer.

### B. 4-H Project Work

#### 1. Home Grounds Beautification

The County 4-H Council selected Home Grounds Beautification as the county-wide project for 1960. Since this project was taken by all clubs, it was necessary to select a project of general interest to both boys and girls. The overall objective in selecting Home Grounds Beautification was to make Botetourt County a more beautiful place to live by improving the surroundings of individual 4-H club members.

Emphasis was placed on learning to identify plant material commonly used in the yard by leaf. Demonstrations were given at club meetings on selecting the proper type of plant material for the lawn area to be landscaped (foundation planting, screens, etc.), and how and when different types of plant material should be pruned. Slides from the Horticulture Department at V.P.I. were used to show these features. Demonstrations were also given on the identification of common pests, their habits and characteristics and effective control; and improving driveway entrances to make them safe and attractive.

Approximately fifty 4-H club members made booklets of leaves collected and identified. Some evidence could be noted while driving around in the county that efforts were being made by 4-H club members to apply the suggestions given in the demonstrations. Club members worked on

a tendency to compare him with his older brother, who is, by nature, quicker, more agile and alert. The son is still doing poor school work, and apparently, still has few interests. It is an unhappy situation.

Mr. Cox comes to the men in the Extension Office for help in running his dairy farm. Mr. Cox is enrolled in the D.H.I.A.

### III. COUNTY EXTENSION PROGRAM - YOUTH

#### A. Organization

##### 1. County 4-H Council

The Officers of the local 4-H Club organizations, plus the Executive Committee of the Honor Club comprise the County 4-H Council. A meeting was held in the fall to train 1961 officers for their respective duties and to elect County Council Officers for the coming year. Activities to be included in the 1961 program were decided. An Executive Committee Meeting was held during the summer to make plans for the County Youth Fair and to select the county-wide project.

##### 2. Honor Club

The County Honor Club is composed of outstanding 4-H Club members between the ages of fourteen and twenty-one. Forty-three attended the Annual Honor Club Banquet in the spring. Fifteen new members were initiated into the Honor Club. In the fall a meeting was held to vote on 4-H club members reaching eligibility for Honor Club membership, and to make plans for the Honor Club Banquet and initiation of new members. Officers for the coming year were elected. A County 4-H King and queen was selected to reign over the 4-H Achievement Day.

##### 3. All Stars

Margaret Montgomery, Andriette Bowman, Billy Loope and Gerald

seem to remain from year to year. These problems are lack of finances, lack of technical skills, lack of time management, fear of tackling the unknown and not taking advantage of help available. The types of assistance given ranges from information on specific problems to a discussion of a problem so that every side may come to light.

The L. Raymond Cox family in the Haymakertown Community was one of the first families enrolled. We continue to work with this family. The family consist of Mr. and Mrs. Cox, in their eary forty's, and two sons, Linwood twenty, a high school graduate, and Phillip sixteen, tenth grade student. Mr. and Mrs. Cox are high school graduates. They attend church in their community and Mrs. Cox belongs to a Home Demonstration Club. Mr. Cox carries on a large farm operation. He has land to raise most of the feed needed for his Grade A. Dairy. Farm machinery and equipment are major financial items in their budget. Mrs. Cox has a garden and a freezer. She freezes a large quantity of food and serves well balanced and nutritious meals. In the past the Extension Office has worked with Mrs. Cox on furniture reupholstering, slipcovers, curtains and adequate storage space. Mrs. Cox continues to come to the Extension Office with her problems. During this past year there have been problems dealing with the home and family life adjustments. One major family life problem discussed is one concerning the sixteen year old son. When he was ten years old, his school work became poor, he lost interest in any hobbies, and became more or less withdrawn. He had had a basal metabolism test, and was given thyroid by his doctor. The parents love him and want to help him, but in their anxiety, they forget to be patient, and fuss and shout at him. Both parents have

(c) The King's Chapel Home Demonstration Club has served several suppers to raise funds for the addition of a kitchen to the Stovers Gate Community Center. The new construction is under roof.

5. National Home Demonstration Meeting

Two Home Demonstration members attended the National Home Demonstration Meeting in Madison, Wisconsin this fall. Partial scholarships were provided for the two delegates by the County Federation. Reports shared at the Fall Program Planning Meeting were of interest and benefit to all members.

6. All twelve of the Home Demonstration Clubs contributed an equal share to the upkeep of the County Home Demonstration Club House. Other funds for upkeep come from rent to outside groups.

D. The southern end of Botetourt County becomes more and more urban. There are several new housing developments being built in that area. This is a highly organized section of the county. Many of the homemakers work outside the home and some of them belong to the two Home Demonstration Clubs that serve that area.

E. Farm and Home Development

We feel that Farm and Home Management goes very slowly in our County since we have no County Committee to help in the selection of families. Yet, if when we do Extension work we do Farm and Home Management then we do a staggering amount of Farm and Home Management. Currently we are working with seventy-six families from all sections of the county and cover all economic levels. Many more families, approximately one hundred, are helped with specific problems. The problems most often encountered

Mrs. Vincent Balcher, of the Cloverdale Club, Chairman, took care of all arrangements for this meeting. The responsibility for the various phases of the arrangements were delegated to various clubs.

#### 2. National Home Demonstration Week

News articles telling of Home Demonstration Club activities and in promoting interest in the work appeared in local newspapers.

#### 3. Achievement Day

Forty-three people attended the County Home Demonstration Achievement Day to which the Kings Chapel Home Demonstration Club was hostess. The program featured a symposium by seven county officers and department representatives who discussed the duties and responsibilities of their respective positions or departments. The objective of this phase of the program was ~~that~~ <sup>for</sup> ~~members might~~ <sup>to</sup> become more familiar with the structure of the county government and the people who fill these offices. An uncompleted kitchen tour to five homes followed. One of the reasons for including the kitchen tour as a part of the Achievement Day Program was to stimulate interest in kitchen arrangement which is a topic in next year's program.

#### 4. Community Projects

(a) The Fincastle Home Demonstration Club has continued to maintain the triangular memorial plot at the eastern entrance <sup>of Fincastle</sup> as a spot of beauty.

(b) The Pleasant Dale Home Demonstration Club has planted six evergreen shrubs around the foundation of the Community Church. The Grounds Improvement Project was also completed this year. Pleasant Dale is also the only club which sells the N. D. Federation Cookbook, Recipes of Old Virginia.

even when made themselves. When comparing the expense of making draperies with ready made draperies of comperable material and acceptable workmanship available at local stores, many of these homemakers realized that making their own draperies would not be as great a savings as they had expected. Others felt that less expensive curtaining would be equally desirable window treatment. Many of those attending said that their questions concerning window problems had been answered in this meeting. However, there were nine people who still wanted drapery construction. When this workshop was held at a later date seven women attended. One strip of the drapery was used for demonstration of steps to follow and stitches to use. The other strip was used for practice and each member attending was able to practice each step. At the end of the day a practically completed pair of draperies <sup>was</sup> ready to be hung. The lady (not a home demonstration club member), who volunteered her material for demonstration was guided in fabric selection and measuring the amount of material needed in advance of the workshop. As a result of this clinic twenty-three pairs of draperies were made and twenty-seven were purchased by home demonstration members.

### C. Other Activities

#### 1. District IV Federation Meeting

The Botetourt Home Demonstration Clubs were hostess this year to the District IV Federation Meeting involving six surrounding counties. The all day meeting was held at one of the new consolidated high schools, Lord Botetourt. Fifty members from this county representing every club, and a total of three hundred eighteen, attended. A local committee with

(c) Art Group

An art group supported by the Home Demonstration Clubs composed primarily of non-Home Demonstration Club members meets weekly during the winter months. The emphasis of this group during 1960 has been on ceramics. Instruction this year has been given on painting and different kinds of glazes. Approximately seventy-five articles were made. A display was made at the Garden Club Flower Show.

Drapery Construction Clinic

One of the special interest topics requested in the 1960 program was a drapery construction clinic. The agent received method demonstration training from a Home Furnishings Specialist on the proper way to construct lined draw draperies with pinched plaats. The specialist suggested other types of window treatment which might be substituted for draw draperies that would be easier and cheaper to make. At the suggestion of the specialist a preclinic meeting was held. Twenty-nine people, ten of which were not home demonstration members, attended this meeting. Window problems were discussed at length. Charts and magazine pictures were used to illustrate common window problems and several treatments for each were suggested. An exhibit of drapery and lining fabric and some curtaining materials were displayed. Material was discussed in regard to price, fiber content, care, color and pattern. A display of curtaining and drapery hardware was also set up. A demonstration showing how to measure a window properly was given and the formula for <sup>determining</sup> ~~figuring~~ the amount of material needed for a pair of draw draperies was figured. Many of the women realized from this demonstration how expensive draw draperies are,

cation and observation of location, blooming season and color variety. Members were encouraged to bring wildflowers that can be transplanted satisfactorily into domestic beds and to study the wildflowers that should be left and those which are prevalent enough to risk moving.

A set of wildflower slides has been shown to most of the clubs. Many members learned to identify familiar wildflowers from these. Some of the Federation Program Chairmen brought wildflowers to their club meeting in season and told their members interesting facts about them.

Federation Program Chairmen were trained to give demonstration on "Seed Pod Pictures" by the Rural Arts Specialist. Several clubs held workshop meetings. In the demonstration emphasis was placed on design and balance in the dried arrangement. Over a hundred pictures were made as a result of these demonstrations. Many members are making them for Christmas gifts.

#### (b) Rug Group

About fifteen Home Demonstration Club members meet twice monthly during the winter months to work on rugs and other handiwork. Since this group was started in order that interested members might learn to make rugs both by braiding and hooking, it is generally referred to as the Rug Group. Rugs are still the major articles made, however, other types of handiwork such as needle point and huck weaving is done in this group also. Approximately three rugs and fifteen miscellaneous articles were made this year in this group. The purpose of the group is to give new members an opportunity to come and learn from their experience. By sharing ideas and experiences, these members learn from each other.

members reported having improved the arrangement of centers in their kitchen since this demonstration and fourteen have improved planning. Some of the shortcuts adopted by homemakers this year were: eliminate drying dishes, to carry a trash bag when cleaning to eliminate several trips, to use both hands to clean windows and dust, to iron sitting down, to make a bed on one side at a time, and to assemble cleaning supplies and equipment before starting to work.

One club held a "Space Savers" workshop. The Assistant Home Demonstration Agent instructed this workshop. Fourteen space savers were made and put into use.

(c) Legal Facts On Homemakers

Because of frequent legal changes on matters of concern to homemakers, up to date information was needed. Each club was responsible for securing a lawyer to discuss recent changes in the law concerning wills, liability and the legal responsibility of good citizens. Some of the clubs held this meeting when husband and other citizens in the community could attend. Though it is impossible to determine the number of members who used information gained through this discussion, it is believed that this topic was valuable to a great many non-Home Demonstration members as well as club members.

4. Recreation and Rural Arts

(a) Wildflowers

The Federation Program of Work selected by Home Demonstration Clubs for 1960 was Art and Daily Living with emphasis on wildflowers. The aim was to gain greater appreciation of wildflowers through identifi-

A demonstration on "Problems for Homemakers in 1960" was included in the program to stimulate homemakers to perceive their needs for 1961. A Home Management Specialist gave a leader training demonstration pointing out facts affecting today's homemaker to stimulate their awareness of some common present-day problems, and demonstrated a method for creating discussion among members. Each club submitted a list of program requests for consideration in the 1961 program. The topics requested by the various clubs were summarized and a complete list was made available to each club for reconsideration, thus each was exposed to the thinking of members of other clubs. The Program Development Chairman or Leader was then able to represent her club fairly in voting on the 1961 program which was adopted at the Spring Program Planning Meeting.

(b) Shortcuts in Housework

Housework need not be drudgery but because a number of homemakers seem to feel this way about it, a demonstration on "Shortcuts in Housework" was included in the 1960 program. Club leaders were trained by the Home Demonstration Agent who had, in turn, had been trained by the Home Management Specialist. Roll-play was used to show points to consider in choosing cleaning supplies and equipment. Illustration of the principles of work simplification were cited to show how regular and occasional household tasks could be simplified by applying one or more of these principles. Demonstrations were given in all clubs. Some leaders were able to cite shortcuts that they themselves had found between the time of the leader training meeting and their club demonstration. Other shortcuts were illustrated by means of demonstration by the club leaders. Twelve

foods are produced locally by specialized concerns however, and top quality products are available economically.

Demonstrations were given in all clubs by leaders trained by an extension specialist or county extension agents on "Cornmeal Cookery", "Cottage Cheese Dishes" and "The Fall Garden". A demonstration on quick meals from canned foods was also given for the benefit of employed homemakers and those who want to free some of the time they have been spending preparing meals for other activities.

The demonstration on cornmeal cookery included recipes using cornmeal in main dishes and deserts, as well as breads. Thirty-eight members reported serving their families cornmeal dishes prepared from previously unknown recipes. Fifty-eight members reported serving new recipes using cottage cheese in appetizers, salads, main dishes, breads and deserts.

The members learned ways of keeping the home garden producing through the summer and fall. They studied vegetable varieties most suited to this soil and climate, pest control, the advantages of mulching, and the application of satisfactory mulches. Fifty-seven club members had a fall garden this year and thirty-eight applied information received from the demonstration. Thirty-five used information from the demonstration on quick meals from canned foods. This demonstration was geared at serving dishes which could be prepared in thirty minutes or less using either home or commercially canned products.

### 3. Home Management

#### (a) Program Planning

to start a label file for reference in care. Thirty-nine women reported that they used the information from the demonstration in selecting articles of new fabrics; seventy-four learned more about the care of today's fabrics and finishes and twenty-five have started label files.

(b) Hat Making

With the increased cost of clothing and accessories interest has recently developed among Botetourt Home Demonstration women in learning to make their own hats. Those who sew can have <sup>Nicer looking</sup> ~~most~~ <sup>new</sup> ~~looking~~ outfits inexpensively by making hats to match their dresses and suits. They can also remodel old hats to increase their variety of these accessories in their wardrobe. Since this was not a planned part of the 1960 program and specialists assistance was not available for this topic an interested member volunteered to secure an instructor from a commercial concern. The local leaders assumed all responsibilities for arrangement and publicity. Forty-three women, nine of which are not Home Demonstration Club members, attended the meeting. Within about a one month period approximately fifty hats have been completed by those attending this workshop.

2. Foods

Home grown and locally produced foods can enable homemakers to feed their families varied and nourishing meals more economically. With the high percentage of homemakers working away from home help was also needed in preparing nourishing meals and serving them attractively in a short amount of time. With the increase in off-the-farm employment in recent years, the number of rural families producing the majority of food-stuffs consumed by the family on the farm has decreased. Many of these

special interest groups to be organized.

## 2. Club House Board

This is a subcommittee of the County Federation Board with representation from each club. The Club House Board meets twice a year to discuss matters concerning the use, rules and up-keep of the Club House and make decisions concerning the affairs of it.

### B. Subject Matter and Special Emphasis Areas

#### 1. Clothing

##### (a) Today's Fabrics

It is no longer possible to feel a piece of material and determine its fiber content. Consumers today need to keep up to date on the vast and varied development in synthetic fibers and the blending and combining of synthetics and natural fibers, in order to be able to make wise purchases, both in yard goods and ready to wear. A demonstration on "What's New In Today's Fabrics" was given by leaders in local clubs. The leaders, trained by Extension Clothing Specialists tried to inspire their members to be more inquisitive concerning fabric composition and to help them become more intelligent shoppers. The leaders tried to help their members become more familiar with fiber families, to recognize characteristics and know expected behavior of these. Finishes were also studied with respect to treatment, uses and expected behavior.

Leaders polled members to see what fabrics they were familiar with and discussed the care of fabrics already on the market with them. Some showed garments made from these materials to illustrate the difference in finishes and differences in care required. Members were also encouraged

runs through the county. The county has two consolidated high schools in their second year of use and seven elementary schools, two of which are less than ten years old. Recreational facilities are limited except for hunting, fishing and some boating and some camping in the mountainous areas. Botetourt's medical staff includes five physicians, two dentists and one veterinarian. There are two clinics but no hospitals in the county.

## II. COUNTY EXTENSION PROGRAM - ADULT

### A. Organization

1. The Botetourt Federation of Home Demonstration Clubs Board and Executive Committee

The Botetourt Federation of Home Demonstration Clubs Board is composed of the Presidents and Program Development Chairmen of each local club, the Chairmen of Standing County Committees and the Executive Committee of the County Federation. The Executive Committee is composed of the Federation Officers (President, Vice-President, Secretary, Treasurer) and three members at large.

The Executive Board meets bi-annually, in the spring and fall, to plan program topics and activities to be carried on in the county. The Executive Committee meets one month prior to the regular spring and fall meeting to plan the agenda for the coming board meeting. The Executive Committee can be called by the President to take care of other matters requiring action before the next board meeting.

The Executive Board selects monthly demonstrations and special interest topics to be included in the program, selects the Federation Program of work topic and chooses phases to be covered, and decides on

## I. COUNTY SITUATION

Botetourt County occupies an area of 549 square miles forming the southern gateway to the Shenandoah Valley, and separating the Blue Ridge and Allegheny Mountains. Approximately 60% of the county is rugged mountain land. Forty-six percent is rolling farmland, one-third of which is wooded; the remaining two-thirds is in crop and pastureland. The major part of the county income is derived from agriculture which ranks in order of importance of dairy, livestock, poultry and fruit.

While the greater part of the county is considered agricultural, the southern end is fast becoming urbanized. Sixty percent of the population is rural, nineteen percent rural-non-farm and twenty-one percent urban.

About half of approximately 1000 farm operators work more than one hundred days per year off the farm. The cement plant, brick yard, two limestone quarries, chicken dressing plant, diaper clip factory and dress and button making factories provide local off-the-farm employment. An estimated one-third of the women in the county are employed outside the home. Some of this however is seasonal employment. Out-of-county industrial and commercial employment is found by both men and women in nearby Roanoke and Covington. Botetourt County residents are rural enough not to be bothered by city traffic, noise and dust, but close enough for marketing, shopping, recreation and other conveniences as well as employment.

Utilities serving Botetourt County include three electrical power suppliers and four telephone systems. A natural gas pipeline also

All phases of the Extension Program make a contribution to family living either directly or indirectly. Through the Home Demonstration Clubs the club demonstration given by a trained leader perhaps has broader and more far-reaching influence than any other phase of the adult Extension program.

The demonstration on "Short Cuts in Housework" gave opportunity for one of the more direct contributions to family living. By adapting short cuts in present work habits a homemaker is able to get her work finished sooner and/or with greater ease. More time is freed for fellowship with her family and other pleasures. She will also be less tired and more enjoyment to her family at the completion of her tasks.

Housework is sometimes considered drudgery. If this demonstration has helped any homemakers to overcome this attitude, it could certainly be called a highlight.

The county-wide 4-H project, Home Grounds Beautification, had the deepest influence on family living through the youth program. This topic was covered more thoroughly for a large number of members than any other 4-H project or activity. A series of related demonstrations were given at monthly club meetings on this subject. Over 500 different families were reached with information to help them improve the appearance of their home surroundings.

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# ANNUAL NARRATIVE REPORT

## COUNTY EXTENSION WORK

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**1960**

Statecourt

**County**