

# ANNUAL REPORT

## County Extension Work

1953



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**Agent**

Carroll

**COUNTY**

**Asst. Agent**

34  
72

*Carroll*

Table of Contents

- I. Cover and Title Page..... 1
- II. Table of Contents..... 2
- III. The County Situation As it Affected the 1953 Program..... 3
- IV. Contribution of the 1953 Program to Better Living..... 4
- V. Adult Work
  - A. Project Work
    - 1. House Furnishings..... 7
    - 2. Foods..... 8
    - 3. Clothing..... 11
    - 4. Home Management..... 12
  - B. Other Activities
    - 1. Community Improvement Work..... 13
    - 2. Federation Goal..... 15b
    - 3. County Objective..... 21
    - 4. Achievement Day..... 22
    - 5. National Home Demonstration Week..... 23
    - 6. Result Demonstrations..... 24
- VI. 4-H Club Work
  - A. Project Work
    - 1. Clothing..... 25
    - 2. Room Improvement..... 25
    - 3. Foods..... 26
    - 4. Farm and Home Electrification..... 26
    - 5. Small Fruits..... 27
  - B. Other Activities
    - 1. 4-H Camp..... 27
    - 2. Achievement Day..... 28
    - 3. 4-H Council..... 28
    - 4. Club Contact..... 28
    - 5. National 4-H Club Week..... 29
    - 6. Fair..... 29
- VII. Young Men and Women's Work..... 29
- VIII. Scope of Work..... 30
- IX. Functions of Organizations in 1953 Program.
  - A. County Home Demonstration Committee ..... 30
  - B. County 4-H Project Planning Committee..... 31
  - C. 4-H Council..... 31
- X. Leadership
  - A. Contribution of the Volunteer Leaders to the Program-
    - 1. Organisational..... 31
    - 2. Program Development..... 31-32
    - 3. Subject Matter..... 32

RM  
34  
72

Table of Contents Continued

B. Growth of N. D. Club Project Leadership..... 33

XI. Work in Cooperation with Other Agencies..... 34

XII. The Year's Work..... 34

• III. The County Situation As it Affected the 1953 Program

• Carroll is a mountainous county located about 200 miles southwest of the state capitol, Richmond. It was formed from Grayson County in 1842 and named after Charles Carroll, a signer of the Declaration of Independence. Since Carroll County is a great plateau that lies on the backbone of the Blue Ridge Mountains, 80 percent of the area of the county is comprised with elevations from 2,200 to 2,500 feet. The climate is cool and moist.

• Carroll is divided into three belts: on the south side of the Blue Ridge about one half of Fancy Gap district is in the Piedmont Belt; the greater portion of the county is in the Plateau; while about 2500 acres of land on the northwestern border, near Ivanhoe and Austinville, is in the limestone belt.

• The population is made up mostly of descendants of early white settlers, while less than 2 percent of the population <sup>is</sup> made up of negroes. The outstanding characteristic of the development of the county is the even distribution of the population with little regard to location, topography, and public services such as roads.

• Carroll is a county of small farms and part-time farms. Over 60 percent of all farms in the county are classified as part-time and 75 percent of the full time farms are in the 80-90 acres size group.

• The type of agriculture in the county is diversified due to the geographic structure of the land. Food and feed crops, vegetables apples, livestock, and livestock products are the principal products. Livestock and livestock products producer over 60 percent of the

agriculture income. Apples, peaches, and vegetables are important sources. Income per square mile is higher than in many other counties because of the relatively complete development of the land space into small farms which do not individually produce high incomes. Industrial sources of employment contribute importantly to the income of many residents.

As it is typical for every county to have diversification; Carroll too has diversified income levels, living conditions, and social activities. With a population of more than 27,000, Carroll is a good healthful place in which to live, work, eat,<sup>and</sup> rest, and the hospitality of her people is known by the fact that the latchstring of the door of every citizen's house hangs on the outside.

#### IV. Contribution of the 1953 Program to Better Family Living.

The big objective of the county program in 1953 was to promote a steady growth toward a higher standard of living throughout the county - a higher standard of living which would include a higher plane of profit, comfort, culture, influence and leadership. There has been a continual growth toward well-developed, all around home life for the families. The activities which were planned toward this big objective were planned for through the organized extension program in home demonstration clubs, 4-H clubs, community clubs, special interest groups, and county wide activities.

One of our largest projects for the year 1953 has been in Home Furnishings. Four phases were stressed - Window treatment, Draw Curtains Accessories in the Home, and Making Suitable Lamp Shades. As a result

of our study and demonstrations, appropriate accessories were placed in the appropriate place in a large number of the homes, and 230 accessories were made or remodeled. Two hundred and twelve pairs of curtains and draperies were made after the demonstration on window treatment and the special interest meeting on the making of draw curtains. Through a county-wide meeting and through small community group meetings 66 lamp shades were made from white polyplystex which is recommended for good lighting as well as simplicity of design.

The food project has also been a big project this year. This project with the different phases has been directed toward saving time, energy, and money, and at the same time directed toward having nutritious and appetizing dishes. The women were convinced, after the demonstration on salads containing Vitamin C, that the arrangement of food and the use of garnishes made a great deal of difference in ones wanting to eat. One hundred and seventy-eight club women reported that they made and used the home made pastry mix throughout the year after the demonstration on Pastry and Pies.

The families were encouraged to grow and preserve their own food supply. A large number have both spring and fall gardens. In a community of 95 families, 86 had fall gardens. There is a trend toward the freezing of more food by the purchasing of home freezers. Of the 287 home demonstration club members reporting; 16,760 pints of food were frozen. They also reported canning 58,901 quarts of food.

In the project on clothing, the care and use of what we have was stressed along with good grooming. Three hundred and fifty garments were dry cleaned after demonstration on Home Dry Cleaning.

As a result of a Tailoring School, 9 suits, 2 coats, and 10 dresses were tailored. Three hundred anti-fly dresses were remodeled or recycled.

The Federation Goal - Health - was selected again for the year 1953. Two more hospital beds and accessories were bought by the Cliff-Fair and Falcon Hill Home Demonstration Clubs. The Fairmont H. D. Club bought side rails for the bed they bought in 1952. Each of the thirteen clubs had health talks by their Federation Goal Chairman at their monthly meetings throughout the year.

Seven movies on CIVIL Defense were secured by the home demonstration agent from the Assistant State Coordinator for CIVIL Defense and through the cooperation of the county school superintendant, and principals of five consolidated schools, these were shown to the school children.

The development of more and better leaders is still a goal. This year the home demonstration club leaders gave 51 of the demonstrations as compared to 115 in 1952. Those club women who accepted the leadership of the 51 demonstrations did a nice job, but it is felt throughout the county that the home demonstration agent should attend all meetings and give almost all the demonstrations throughout the year. Ten trained club leaders held 36 h-h club meetings in comparison to 32 meetings in 1952.

Leadership, cooperations, and the attaining of high goals in the four county clubs, the Galax Fair and the Carroll County Fair gives evidence of the development of the 1953 program.

All thirteen clubs paid Federation and County dues.

34  
72

V. Adult Work

A. Project Work

1. House Furnishings

The House Furnishing Project for the year included "Window Treatment", "Draw Curtains", "Accessories in the Home," and "Making Lamp Shades." The home agent held four meetings on the projects. The main objective was to improve the appearance of the interior of the home through the making, selection, and use of the materials and accessories which would add beauty yet be simple and easy to clean. Fifteen result demonstrations were planned for this project but only ten were developed.

In the demonstration on Window Treatment, slides were used to demonstrate types of windows, how to curtain different types of windows, how to hang curtains, length of curtains, and the accessories best for different types of windows. Recommended materials were shown as well as different types of rods and new accessories. A special interest meeting was held at which time, cafe' curtains, lined and unlined curtains were made. As a result of these demonstrations, curtain rods were moved to the correct places on the casing, curtain lengths were altered, fringe was removed from shades, and 212 pairs of curtains and draw curtains were made. 350 Leaflets on "Window Treatment" were distributed.

With the making of the lamp shades, the importance of good lighting, the rules for good lighting, and the standards for good shades were discussed. The club women were very much impressed in the low cost, the good light secured, and the beauty of the shades they made. The one meeting held as a county wide meeting was a success in getting into the homes good shades. To date 66 shades have been made, but the women are

planning to continue making them in small groups throughout the coming year. 44 leaflets on Making Lamp shades were distributed.

The meeting for Accessories in the Home was planned to be a discussion on the correct accessories and the correct placing of them. A number of accessories were used in the demonstration - such as good pictures, baskets, good vases, etc. Pictures of good accessories were shown and pictures of the correct arrangements were shown. At all times the simplicity in design and use of accessories was stressed as the keynote to having beauty in the home. Two hundred and thirty accessories were made or remodeled. These included refinishing old coffee mills, dough trays, gilded bottles, making of picture frames, braided rugs, and converting lamps. Since our colors are very important in our selection of accessories, the wise use of colors was discussed with a result of 131 rooms being redecorated.

2. Foods

The Food Project included "Better Pies and Pastry," "New Ways with Foods," "Salads containing Vitamin C," "Least Breads," "Frozen Foods," and "Gardening."

The main objective in our demonstration on Pies and Pastry was to have good pastry and filling but at the same time save time, energy and money by making our own mix for the pastry and filling. A demonstration was given using a homemade mix for pastry and filling. Eight variations for fancy pastry edges were shown and four variations for the filling were made. A number of club women used the filling mix

34  
72

while 178 women reported they made and used the pastry mix throughout the year. 375 booklets containing the recipes for pastry and filling were given out at club meetings and to office callers.

The goal toward which the program was planned in "New Ways with Foods" was the making of nutritious low calorie desserts. The foods leaders in each club were trained by the specialist to give these demonstrations. Four desserts were prepared with the use of more milk, (fresh and dry milk) and served in an appetizing manner. 300 leaflets containing the recipes were given to club members.

The demonstration on Salads containing Ascorbic Acid was planned to stress the importance of including in our daily diets fresh vegetables or fruits containing Vitamin C, or some processed food high in Vitamin C. The value of Vitamin C, the deficiency disease, symptoms of the deficiency disease, and rich sources of Vitamin C were discussed. Seven variations of salads were made including foods high in Vitamin C. These salads were made from fruits and vegetables; some were molded; some were not. All club women who saw the demonstration remarked that they had not known how important Vitamin C was, that they did not know that so many things could be used to garnish salads, that salads could be as pretty and as easy made, and that home made French dressing and cooked dressing were so inexpensive.

Recipe leaflets containing all the salad recipes and dressing recipes used were given to 289 women. The leaflet on the Basic Seven was given to 300 people and the leaflet on the value of tomatoes was given to 250 people.

A county wide meeting was given by a specialist on "How to Prepare Foods for the Freezer." Sixty two people were present at this meeting. These included those people who had freezers and those who anticipated buying a freezer. A variety of foods were prepared including fruits, vegetables, meats and baked products. As a result the food which was put in the freezer this year was of higher quality and will be of the same high quality when taken from the the freezer by their following the directions which were given on selection, preparing, wrapping and freezing the food. There were 16,760 pints of food frozen. Four hundred booklets on freezing foods were given to people throughout the county.

A specialist talked to our garden leaders from each home demonstration club about planting well planned gardens, so as to have a variety of foods, also to plant in such a way as to utilize garden space. Each club member was encouraged to plant both spring and fall gardens, and to preserve her own food supply. Besides the food which has been reported as frozen, the 287 home demonstration club members reported having canned 58,901 quarts of food. The leader manuals were passed among the members of the clubs so that each would have an opportunity to read the material.

As a club choice the three clubs had Yeast Breads since they felt they could not make good bread. The economy of home made breads was stressed with the demonstration in which a variety of breads were made. Each of the 87 women reported that she made good yeast bread and that it was cheaper. Booklets containing the recipe were given to each of the 87. Samples of yeast were given to each one.

3. Clothing

The Clothing Project for 1953 included "Cleaning and Pressing Woals," "Correct Dress for All Occasions," "Restyling Clothing," and "Tailoring."

The main objective in the study of "Cleaning and Pressing Woals" was to teach the women that they could have well cleaned and pressed garments at a much lower cost by cleaning their own garments.

For the demonstration, fluids recommended for cleaning were discussed and the advantage of dry cleaning was compared to that of washing non-washable fabrics. Costs were compared to those charged by cleaners. Fifteen skirts and dresses were cleaned during the month using three gallons of Varrol which cost 35¢ per gallon. The cost of cleaning each garment was 7¢. Pressing equipment which had been made for the demonstration included two tailor's hams, one pressing mt, a clapper, pressing cloth, and a tailor's roll. The use of each of these was demonstrated. As a result of this demonstration a large number of pieces of pressing equipment were bought and made. Three hundred and fifty garments were dry cleaned after the demonstration.

The objective of having "Correct Accessories for All Occasions" in our program was expressed by the club women as a need for knowing how to combine colors, styles, and accessories, and to always be well dressed.

A flannel graph board was used for this demonstration. The styles, colors, and accessories that were shown were practical, serviceable, and flexible for wear on all occasions. This particular project had to be adapted for each club because of age, social and economic levels. Each club had a number of individual questions for discussion. Pictures that were used were in color. In good grooming we always have to start with the foundation garments and build on to those. The importance of having good foundation garments of the

34  
72

correct size was emphasized. Then, to always be well groomed, we need to work on it every day. To have pride in the way we appear to other people is most important. The results from this one are difficult to measure. A large number expressed that they have gotten new ideas, and that even though they have been doing some of the things, it was a satisfaction to know they had been doing them correctly.

The objective in having Restyling Clothes was to use what we have to the best advantage. Current styles and trends were discussed for the benefit of all. Becoming styles, for different shapes of faces, and sizes of people were demonstrated. If we restyle something which looks nice, and will be useful, we have spent our time well and have saved money, if not-time, energy, and money have been wasted. As a result of this demonstration 350 dresses were remodeled or restyled. Three hundred and twenty six dress accessories were made.

A tailoring clinic was held by the clothing specialist as a special interest group meeting. The objective was to teach these the skill necessary to make well tailored garments so that each could serve as a leader in her community or another community to teach others. As a result we had nine well tailored suits, two well tailored coats, and forty well tailored dresses.

As a result of having had clothing in previous years, 1,770 garments were made.

#### 4. Home Management

The program for home management this year included two phases "Kitchen Arrangement and Storage of Small Equipment, " and "Care of Electrical

Equipment." Two months were devoted to the above project. The problems that were considered in the development of the work were time and energy in poorly arranged kitchens and poorly arranged equipment. For this demonstration the proper arrangement of the major pieces of equipment were studied by use of visual aids and by each person scoring her own kitchen.

The three work areas were discussed and then the arrangement of the small equipment was discussed in relation to its storage in the area where it was used. Pieces of recommended small equipment were shown. Pictures of the three areas were shown with the storage of the equipment at each. Five result demonstrations were planned but only two conducted from the demonstration.

Score sheets were given to 293 people.

The need for information on the "Care of the Electrical Equipment" was realized by the club women. They felt that they were neglecting to care for their equipment properly; and thereby, were spending more for electricity. The home management specialist trained leaders in the newer methods of cleaning their major pieces of electrical equipment. Each leader demonstrated to her club the cleaning of the stove and refrigerator. Almost every member reported that she had tried cleaning her equipment by the method demonstrated. Several remarked that it was the first time their stove had been cleaned so thoroughly.

B. Other Activities

1. Community Improvement Work

Each of our four communities clubs- Gladesboro, Laurel Fork, Coal Creek, and Fancy Gap, have been very active this year; however, Laurel Fork did not choose to enter the Bristol Area Community Improvement

34  
72

Contest.

Of the three community clubs entering the contest, Gladesboro was county winner and competed in the area contest. Fancy Gap was placed second with Coal Creek third. The winners were announced at the climax meeting given by the Oak Chamber of Commerce in Galax.

Records and reports from the clubs disclosed improvements covering varied phases of farm life designed to develop a sound system of farming and other industries and resources and sound use of income; development of a sound system of home management, home improvement and family living; improvement of conveniences, comfort and attractiveness of farm homes.

The work of the improvement conscious citizens did not stop at their own boundary lines. Community projects completed by the Gladesboro Club included laying, sanding, and finishing floors in three classrooms in the Lutheran Church, having ground granite put around each monument and the cemetery mowed; held a community picnic; held two meetings with movies and five meetings with talks by outsiders; <sup>and</sup> had a soft ball game each week in the summer.

The Gladesboro 4-H club bought indoor games for the school; bought an American flag and a 4-H flag; held one community club program; served refreshments at several community club programs; had a member who won a trip to Richmond to attend the Farm and Home Electric Congress; eighteen out of twenty girls completed 4-H projects; participated in the County Fair. The P. T. A. bought seesaws for school use; the Home Demonstration Club bought a 68 cup coffee maker; the Community Club also gave four parties for the youth of the community and sponsored a Halloween Carnival.

34  
72

They have eight hundred dollars to use in remodeling the old school building for a community club house.

Fancy Gap, the second place winner, entered the farm sign contest, mail box improvement contest, erected community boundary signs, entered floats and exhibits at the County Fair; participated in the Lord's Acre project, gave gifts to the needy and secured road improvements. The club gave a watermelon feast, put up a community Christmas tree, had a meeting with a movie on dairy production; and had meetings with talks on safety, health, gardening, poultry, homes, and community organization.

The Coal Creek Club, the third place winner, had projects including a memorial park, participating in the bloodmobile, buying a hospital bed, assisting in the Cancer and March of Dimes drives, improvements to the Christian Church Sunday School rooms, building steps and walk for the church; improving the Methodist Church basement. The P. T. A. helped finance typewriters for the school; the community club held a Christmas Party, and provided recreation at vacation Bible School. Their programs presented a garden specialist, and agricultural economist, and Mr. Fred Bennington locating farms on an area map. Dr. Napking from Hiwassee College conducted a community survey.

In a contest sponsored by the Galax Chamber of Commerce between clubs in Grayson and Carroll counties. Gladesboro placed first; Fancy Gap tied with Summerfield in Grayson for second. A sweepstake prize went to Cox's Chapel in Grayson in competition with Coal Creek in Carroll. Both were county winners last year and were not judged in the inter-county competition sponsored by the Galax Chamber of Commerce.

The organization and activities of the community clubs are healthful to these communities in Carroll. They have progressed physically, mentally,

34  
72

emotionally, socially, and spiritually. Their progress is very evident of the development of the 1953 program.

## 2. Federation Goal

The topic "Health" was selected again last year since it was felt that there were goals that had not been reached.

Mrs. John P. Jackson was the county goal chairman in the year of 1953. Following are the objectives as outlined by Mrs. Jackson and the county committee at the county planning meeting:

1. Prevention and care of common cold
2. Be informed of latest first aid and Civil Defense information.
3. Publicise all county health clinics and assist women and children to these clinics.
4. Stress safety in our homes at all times
5. Know first signs of cancer. An early treatment often prevents disaster.
6. Encourage fluoride treatments for children's teeth twice a year.
7. Be more conscious of sanitation in our homes
8. Conduct First Aid Classes in every community
9. Acquaint every child of precautions to take following an air raid.
10. Urge everyone to have a thorough physical check-up annually, rest daily, control emotions, and eat a well balanced diet.
11. Strive to have each family adopt some hospitalization plan.
12. Promote programs of the Virginia Council on Health and Medical Care.

The Federation Goal Chairman from each club were trained in January and were given material to use during the year.

34  
72

Mr. A. E. Cooley, County Coordinator for Civil Defense gave a talk on the latest information on Civil Defense at the Leader Training Meeting. Mrs. C. P. Johnston gave a most informative talk on "Dozen and Half Rules for Better Living." Mrs. John P. Jackson gave a most helpful summary to be used at club meetings.

During the year the club women have helped with various clinics. One hundred and eight have had complete physical examinations, 140 rest daily, 76 have had X-rays for detecting T. B. All women have stressed having sanitation in their homes. Two hundred and fifty four stressed eating a well balanced diet. One hundred eighty have regular appointments with the dentist.

Each Federation Goal Chairman held a discussion on the goal "Health" at the February meeting. For this discussion they used the talk "Dozen and Half Rules for Better Living" by Mrs. C. P. Johnston, Health Goal Chairman 1952. Following is the talk:

" Each of us has times when our emotions are out of control. There are many reasons for these disturbances. It is because we try to do too much in too limited time, or something has presented a problem too big for us to cope with, or our health or some one's health has presented a problem. Sometimes these serious or psychological disturbances could be overcome by the counsel of a psychiatrist but these are not available to us in this county, so we have to overcome them the best way we can.

There are so many times when every one feels inadequate to meet problems which confront us almost daily. These problems come to us as problems which concern our nervous habits -- constant disagreements among children, marital mal-adjustments, unexplained periods of depression, inferiority feelings, and family quarrels are a few which are fairly worry provoking problems.

34  
72

Things which are mountains today are only molehills tomorrow, but we have to cope with the problem when it arises. Healthy minds and healthy emotions are as important as healthy bodies.

We shall list here some more minor disturbances which confront us daily.

1. If our meals three times a day were balanced, eaten slowly at regular times, without interruptions, if possible, in happy atmosphere with all the family present, we would overcome some of our disturbances. Plan to have conversation in lighter vein, rather than discussion of weighty problems or misfortunes of our friends. Keep meal time a happy time.

2. We should not try to participate in too many activities. We spread ourselves too thin and do not give our best to any activity. Concentrate on one thing, do that well, and let others share in the organization.

3. We should realize that one's family well fed, (I mean balanced diet), comfortably clothed, happy, sharing in responsibilities of home, and proper rest does much to make our lives well tempered.

4. Encourage and plan recreation as a family group -- rather than seeking entertainment elsewhere. Unity in the home speeds unity in nation.

5. Each member of the family should have knowledge of safety and first aid according to age. Often when the heads of family find it necessary to be away there is often needless worry of fear something might happen. Sound, intelligent, and sensible information should be discussed as a family group.

34  
72

6. Train one's family to think calmly. One cannot do anything in emergency if we can't be calm enough to think. This is a slow process, but well worth time, effort and patience.

7. Strive to make each member of family realize life is a game of "give and take." We cannot be happy, if we take all and give nothing.

8. Be satisfied with our own life rather than make ourselves unhappy and uncomfortable by trying to "keep up with the Joneses." I believe we should achieve for better things, but never to the point we are never satisfied. This "keeping up with the Joneses" in material things often incurs indebtedness and nothing is worse for nerves and well being, than the accumulation of debts which we can not pay. Material things can be taken from us so quickly!

9. In seeking good health, we need love for ourselves and others. We need to let our worried and troubled thoughts go, open our mind and heart to free flowing, all infolding healing love of God. This is the way to renew ourselves in mind and body, to realize God loves each of us the same, and approves of us, and to rest secure in assurance of His love.

10. Let us not be afraid of those things of which we know nothing. Often we are disturbed needlessly. Wait and let things work out, often that solves our problem. How often have we spent a sleepless night worrying over something which has never happened.

11. Rest is most important in controlling our emotions and health. When one is rested one meets his problems more wisely. May I urge you to relax, if only a few minutes each afternoon.

12. The annual physical examination is something each one should have done. The knowledge we do not have the disease about which we have read, though we have all the symptoms, is most satisfying. Let our physician assume the

responsibility of the diagnosis. Let him prescribe for our individual case rather than perverting our friends to prescribe. He knows the techniques of bodies, symptoms, remedies, and new medicines.

13. Reading better literature does much relaxing and comforting our disturbed emotions.

14. Plan your work so you may know when you have free time, so when we sit for relaxation during the day, we shall not have "guilty feeling" that we should be doing something else.

15. Never push to complete a job when we are too tired to do a good job. This rushed feeling makes us become cross needlessly.

16. Try to think when one's working of how we may save time and steps as we do a job. Never cross the room unless we can do more than one job.

17. Pursue some interesting, wholesome, hobby. This is wonderful relaxation if we take it slowly, gaining knowledge as we go.

18. "Give us serenity to accept that which we cannot change,  
Courage to change that needs to be changed,  
and wisdom to know the difference."

May I close with this poem of an unknown author?

To The Future

Let the past remain in the background  
Let the present determine your rim  
Let the morrow's joy of another day  
Lie in the lap of time.  
Don't start you hear to bleeding,  
Don't rant and rail against fate,  
Don't live on the premise of might-have-beens  
You know it is much too late,  
Don't try to recapture and old love  
Don't tear your heart strings with grief  
Don't turn back the clock of your memory.  
Don't do it, I time is a thief."

Two clubs have adopted the Blue Cross Hospitalization Plan while others have individual policies with different companies.

In March the goal - "Acquaint every child with precautions to take following an air raid" was accomplished to some degree.

Through Mr. A. E. Cooley, County Coordinator of Civil Defense, the home agent was able to secure from Mr. Paul Donald, Assistant State Coordinator seven movies. "Duck and Cover," "Survival Under Atomic Attack," "Firefighter for Householders," "U. S. Civil Defense Action," "Self Prevention Under Atomic Attack," "School for Survival," and "First Aid Under in the Prevention of Shock."

Since our facilities were limited, Mr. Roy E. Kyle, Superintendent of Schools, Carroll County, and the principals of five consolidated schools, cooperated with us in getting the movies and showing them to the student body. Movies were received and returned to the superintendent's office. Two clubs, Cliffview H. D. and Dalton Hill H. D. bought hospital beds and the accessories. The Fairmont H. D. Club bought rails for the hospital bed they bought in 1953. This makes a total of four hospital beds. It is reported that all four are in constant use. The interest, enthusiasm, and participation of all club members in this goal has been most encouraging. Even through our goal for the next year is Recreation, the interest and work will still continue in "Health"; the women realize the benefit they have received, and also realize the benefits they can work to gain. This was clearly shown in a report by our county goal chairman, Mrs. John P. Jackson in her yearly summary at our fall planning meeting. She not only gave the accomplishments for the county, but gave those facts from the Virginia Council on Health and Medical Care which are important to all.

3. County Objectives

Each of the thirteen clubs participated and cooperated in working toward our county goals as recommended by the county home demonstration committee. They are as follows:

1. To have two delegates from the county attend the Rural Affairs Institute.
2. To have a minimum of three reading certificates in each club.
3. Encourage 4-H club work and assist in the leadership of clubs where possible.
4. To have leaders give two demonstrations.
5. To strengthen the Home Demonstration Committee by having a representative present at the committee meeting.
6. To pay Federation dues and \$2.00 to County Committee by January 1.
7. To increase Club Membership by taking information to more club members.
8. To encourage Club members have a better knowledge of our finer art, music, literature, craft, painting, etc.
9. Every member an active participating citizen.
10. Each club sponsor some activity and the purpose which is to promote a better understanding among nations.
11. To encourage club members to have daily devotions in the home
12. To encourage members to make one or more entries in County Fair.

As a result of these goals nine club women attended the Rural Affairs Institute held at V.P. I., July 27- August 1. Good reading is encouraged in each club. As a result seventy one reading certificates were awarded to the women in the clubs. Club project leaders gave two of the demon-

34  
72

strations, one in May - "New Ways with Foods" and one in November "Care of Electrical Equipment." The club women reported that 1,516 people had received information from them this year. One of the clubs used goal No. 8 as the theme for their exhibit at the Achievement Day Program. To portray each, music was played; literature, craft, and paintings were exhibited.

Since the women's department of the county fair is supervised by the home demonstration department, club women from all clubs helped organize and supervise the two days of the fair as well as bringing entries.

All of the clubs paid the Federation and county dues. There were ten h-H club leaders who were interested and who were active throughout the year. These leaders held 36 h-H club meetings. Eleven of the thirteen clubs were represented at the fall planning meeting.

#### h. Achievement Day

The club women held their Achievement Day in observance of National Home Demonstration Club Week this year. It was held at Hillsville with over eighty people present representing all of the home demonstration clubs. Miss Maude E. Wallace, Assistant Director of Extension, was the main speaker, who spoke on - "Fifty Years of Demonstration Work" - "Where Are We, Where Do We Want to Go?" Miss Wallace recalled fifty years ago when Dr. Seaman A. Knapp first started demonstration work with men in Texas. It was seven years later that Virginia took the first step in the U. S. to have demonstration work with girls. Much credit is due to Miss Ella G. Agnew, the first State Agent in Charge of Girls' Tomato Clubs. From the work with the girls the women became interested and

34  
72

in 1916 Home Demonstration Clubs organized. Miss Wallace pointed out that a lot of progress had been made. Our development of local leaders has been a most forward step in spreading home demonstration work. She stated that we had made progress, but we still had goals to accomplish and goals toward which to work. Miss Wallace's talk was both inspiring and informative.

Five of the suits tailored in the clinic were modeled by their creators - Mrs. Fred Currin, Mrs. Leslie Dalton, Mrs. Huston Bowman, Mrs. Charlie Bowman, and Mrs. Dewey Quisenberry.

To give a summary of the previous year's work exhibits were made on different phases of the work by different clubs to show some of the accomplishments throughout the county.

Following are the exhibits and the clubs that made each -  
Work Dress, Coal Creek; Better Dress, Turman Club; Dressy Dress, Home Agent; Gardening, Silver Leaf; Frozen Foods, Cliffview, Quick Meals, Gladesboro, and Salads, Star; Pastry and Pies, Fairmont; Better Lighting, Corinth; Window Treatment, Dalton Hill; Health, Fancy Gap; Finer Art, Music, Literature, Craft, Paintings, Laurel Fork.

Seventy one reading certificates were awarded. After the program the Laurel Fork and Corinth H. D. Clubs served refreshments.

The 4-H Club girls from the Gladesboro 4-H club served as ushers.

#### 5. National Home Demonstration Week

The Achievement Day was held in May in observance of National Home Demonstration Week, at which time each club participated as already mentioned under Achievement Day.

Thirty six club women attended the District meeting in Fulaski as an observance of National Home Demonstration Week. News articles and two radio broadcasts were also used to further the observance.

6. Result demonstration

Seventeen result demonstrations were conducted this year. Thirteen of these are result of the home demonstration program this year. Ten of these are a result of the program on "Window Treatment and Drap Curtains." Two are a result of the program on "Kitchen Arrangement and Storage of Small Equipment." The three on landscaping received special help from an extension specialist from the need that had arisen and from their interest created in the 1950 program. As a result of having had this help the club women took the information to their next club meeting and explained those facts which would be helpful to others. Two of the result demonstrations, who are doing quite an extensive and long range job, are Mrs. John Clowers and Mrs. Everett Sisemore. Mrs. Clowers and her husband are doing almost all of their work in landscaping. Mrs. Clowers is making all of her drap curtains for all of her rooms, and part of the furniture. She has a long range plan for furnishing all of the rooms of her new home which she with the help of a specialist worked out. Mrs. Sisemore is also doing landscaping, making drap curtains, and furnishing her home. She has, this year, bought new pine sectional furniture for her living room, made a buffet, and is refinishing a buffet for the dining room.

34  
72

VI. 4-H Club Work

A. Project Work

1. Clothing

The main objective was to get the girls to recognize the importance of learning and using good techniques from the beginning steps and to thereafter practice them. Demonstrations were given at each of the meetings during the year. One hundred and sixty-eight girls were enrolled with 127 completing. Eleven girls were enrolled in "Looking Your Best," 18 in "Make or Remake"; and 139 in "So You'd Like to Sew." Thirty two garments were made and 483 articles. All of the girls made progress but not at the same rate. The leaders worked with them throughout the year. Two leaders often held all-day meetings in the one room schools. One leader in a high school gave individual help before and after school each day. Exhibits of the articles were held in each school in May with blue, red and white ribbons awarded to first, second and third places. A dress revue was held using the garments made with the same awards made.

As a result of the work in clothing three clubs, Laurel Fork Sr, Laurel Fork Jr., and Lambenburg Sr. held meetings each week during the summer with their leaders and made skirts and blouses.

As a result of "Looking Your Best" the practice of good grooming was evident.

2. Room Improvement

The aim of this project was to teach the girls the importance of keeping their room attractive, clean and well arranged.

A demonstration was given each month on some phase which would help in the making a room more pleasing. Some of the demonstrations were - room arrangement, color schemes, how to make a bed, flower arrangements, window treatment, and cleaning a room. As a result the girls made scrap books which contained information on the demonstrations given and made 101 articles for the improvement of their room. One hundred and nineteen rooms were improved.

3. Foods

The object of this project was to teach good food habits and a better knowledge of well planned menus.

Since this was held at Gladesboro, a two room school, one of the girls who lived close to the school invited the club each month. A demonstration was given each month on preparation of one of the following foods- egg dish, salads, vegetables, and cookies. There was one demonstration on table service. Club girls served meals and refreshments to groups. Twenty girls were enrolled and 18 completed. Four hundred and seventeen dishes were prepared and 234 meals served.

Their club leader Mr. L. D. Lergen worked with the girls throughout the year, not only in their project but in community and other worthwhile activities. Through her guidance the girls have gained an inspiration to work for higher goals.

4. Farm and Home Electrification Project

The study of electricity, the use of it, and the care of appliances were considered of importance to both girls and boys.

A 4-H Electrical workshop was sponsored by the A.E.P. Company to help all the members in the Electrical Project. Using the project/<sup>book, the project</sup> was explained

and demonstrated. Each one attending assembled a lamp. As a result the information was taken by eighteen boys and girls, and three leaders to the club where each of the seventeen girls completing the project carried through with all the work.

Nancy Alderman from the Oldesboro Club won the free trip to Richmond. She with the boy who won, and the agent attended the Electric Congress with all expenses paid.

5. Fruits

Six girls located in two sections of the county took advantage of the Strawberry Project this year. These girls were Ruth Carpenter, Shirley News, and Georgia Hawks in the Lonsburg h-h Club and Justine Wright, Carol Mitchell, and Barbara Taylor in Sylvatus Gr. h-h Club. The girls are quite interested and are looking forward to the crop of strawberries, next year by following directions in caring for the plants.

B. Other Activities

1. h-h Camp

Fifteen girls and boys attended camp in June and July. The group 13 years old and older went to Camp Caesar at Webster Springs, W. Va. Those who attended were - Thelma Banks, Othella Gardner, Verlea Gates, Barbara Gray, Emma Lou Horton, Jane Kemp, Jurlene Cox, Lola Fay White, Brian News, and H. D. Kemp, Jr.

The group with ages 10 and 13 attended Camp Summers near Hinton, West Virginia, the week of July 20-25. They were Linda Barnett, Patricia Quisenberry, Fanelle Willis, Donald Spencer and Lincoln Quisenberry, Jr.

## 2. Achievement Day

The first county wide Achievement Day was held on November 14 in the Hillsville High School Auditorium, with eighty h-H club girls, boys, leaders, and parents present.

Miss Lucille Graves, Associate State h-H Club Agent and the guest speaker spoke on "Onward We Go." In her talk she gave goals toward which clubs can work in the future. She also commended them on the work they were doing. Twenty one medals were awarded to the girls and boys who had done the best work in their particular project in the county. Mrs. Dwight Talbert, All Star of 1939, presented the awards. There were also reports from each club on the accomplishments of last year, h-H Camp, State Short Course and Electric Congress. Mr. Sebert Sisson, Area Representative of A. E. P. Company, presented the medals for the Electric Project awards. After the program everyone was served refreshments by Mr. Sisson with compliments of A. E. P. Co.

## 3. h-H Council

The first County h-H Council was organized this year. Two meetings have been held with 61 council members present. Mr. Jack Tyree, Associate State h-H Club Agent met with the group at the first meeting. He explained the purpose and function of the council. At their second meeting they made plans for the Achievement Day and made plans to get more h-H club leaders.

## 4. Club Contest

Each club held a club contest in May at which time the articles, garments, etc. made were exhibited. Ribbons were awarded to first, second and third place in each club. Exhibits were arranged for others to see.

34  
72

5. National 4-H Club Week

Exhibits were made by the clubs in observance of National 4-H Club Week. Posters were on display and two radio broadcast were made to further the observance.

6. Fair

A 4-H club exhibit was made at the county fair in which five clubs participated. Several ribbons were won on the clothing, canned foods, baked products, fruits, vegetables, flower arrangements, crafts, handiwork, and converted lamps.

7. Rural Life Sunday

Two clubs observed Rural Life Sunday by having the church program.

VII. Young Men and Young Women's Work

There are no groups organized under the extension program. The work or cooperation this year has been with the young women's groups that are organized outside the extension and with individual young women. The home agent has worked with four groups and with 164 individuals. Subjects have been varied but would be classified under home improvement, clothing, community recreation, home management and health.

VIII. Scope of Work

	1949	1950	1951	1952	1953
No. H. S. Clubs or Groups	16	17	20	20	13
Membership	340	320	510	504	287
No. 4-H Clubs	10	10	15	15	15
Membership	265	260	324	301	310
No. YMC Groups	0	0	0	0	0
Membership	0	0	0	0	0
No. other families reached	2000	1750	2200	2200	2153
No. of different families reached	2187	2230	3050	3300	4750
No. community clubs	1	1	1	1	4
Membership	1	1	1	1	777

\* Figures for previous years to 1953 in Line 1 and 2 contain H. S. and Community Club organization and membership

IX. Functions of Organizations in 1953 Program

A. County Home Demonstration Committee

The Carroll County Home Demonstration Committee consists of two delegates from each of the thirteen clubs, the County Federation Goal Chairman, and twelve key women who have been influential in the progress of the home demonstration program for several years.

The committee organizes and arranges for the subject matter content of the program and other club activities. The group also assists in the organization of leaders, training of leaders, and other leader activities that expand the program. They assist in developing interest and attendance at special meetings, assist in providing special information on Federation activities and encourage club participation in all home demonstration activities that help to improve rural life.

There have been two meetings of the committee this year. The fall meeting was held with the District Agent present. The organization and

arranging of subject matter for the coming year is done at this meeting with the planning always based on the needs of the communities as a whole. Our program for the year is challenging and interesting.

The spring planning meeting was held to make plans for the Achievement Day, District Meeting, and for the training of program development leaders. Our district agent was also present at this meeting.

#### B. County 4-H Project Planning Committee

The committee consists of the president of each 4-H club, a 4-H club member, and the 4-H club leaders. Our first planning meeting was held this year. It was felt that the program planned was their program, and that the program was planned more around their needs.

#### C. 4-H Council

The Council is made up of all 4-H club officers in girls and boys 4-H clubs. There were two meetings held. The first meeting for the organization of a council in the county; the second for Achievement Day plans, and plans for getting more leaders.

#### I. Leadership

##### A. Contribution of the Volunteer Leaders to the Program

###### 1. Organizational

The organizational leaders have been most helpful this year. Through their understanding of the importance of better planned meetings and the importance of assuming and carrying out leadership responsibilities club meetings and training meetings have added to the development of the program.

###### 2. Program Development Leaders

A training meeting was held for these leaders at which time they were given information that would influence the next' year's program. Material for use in the clubs was given to each.

Two discussions were held in each club and suggestions were given based on the needs of the community. These suggestions were presented by the leader at the fall planning meeting.

3. Subject Matter

The leaders were trained and given as much information as possible at a training meeting and then the information was taken to each respective club. The leaders held demonstrations with an without the agent present.

B. Growth of H. D. Club Project Leadership

HD Club Project Leadership	1949	1950	1951	1952	1953
No. project leaders (subject matter)	32	49	63	120	52
No. goal chairmen					14
No training meetings held by Specialist	9	3	5	5	5
by Agent	2	2	4	4	5
Attendance at all training meetings	145	116	163	162	183
No. club meetings held by leaders without agent present	26	57	74	69	51
No additional club meetings at which leaders assisted	104	114	136	41	39
Growth of h-H club Project Leadership					

\* Number project and goal leaders are reported together from 49-52.

No. adult project leaders	7	8	8	10	10
No. junior project leaders	10	12	6	2	0
No. training meetings held by specialist			1		0
by agent		1	1	1	0
Attendance at leader training meeting		5	18	11	0
No. h-H leaders trained individually	3	8	8	9	10
No. club meetings held by leader without agent present	20	32	39	32	36
No. additional club meetings at which leaders assisted	27	45	71	40	49
No. demonstrations given by leader		15	36	39	67
by adult	27	6	29		
by juniors		9	7		

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34  
72

II. Work in Cooperation with Other Agencies

The AEP Company, Home Economists and Home Economic Teachers were invited to club meetings and leader training meetings. The AEP Co. Home Economist attended several club meetings and training meetings, gave demonstrations to 4-11 members on lighting, helped with H. B. Clubs, and the H. B. Achievement Day. The A. E. P. Company area representative helped with community clubs and 4-11 Achievement Day.

Home Economic Teachers and home agent worked together at the county Fair and the Galax Fair.

The home agent has worked with the Farm-Home Administration, the Health Department, and the Welfare Department.

A written summary of the annual report was sent to all members of the board of supervisors, county officials, presidents of civic organizations and other key people. An oral summary was given at the regular meeting of the Hillsville Rotary Club.

XII. The Year's Work

The extension program for 1953 has been of immeasurable value to the people of Carroll County. Tangible and intangible progress has been made in the home, on the farms, and in the communities. I feel that the program of last year was planned to help the needs of the people because of the results obtained. The women are becoming more aware of the need to know about the advancements - the knowledge of the newer scientific developments; they are conscious that these add the means to their better standards of living and through the extension program they may gain this knowledge. Not only are the club women eager to get this information, but women throughout the county.

34  
72

The community improvement clubs have greatly benefited from the year's work. They have enjoyed the fruits of their cooperation by completing projects which could not have been attained individually in their community.