

C. Professional Improvement

Any employee, interested in his job, is constantly seeking ways and means for improvement. The agent has allowed time in her schedule for studying professional publications; she has taken advantage of training programs offered whenever possible, and has added publications to her professional library which would keep her better informed of the responsibilities to her job and the work to be done.

VII. THE FUNDAMENTAL AIM OF 1961

The aim of the Extension Program was to assist as many families as possible in attaining and maintaining a higher standard of living. The extension service is continuously seeking new methods of getting information related to better family living into the hands of families in King George County and encouraging application of acquired knowledge wherever and whenever possible. The agent and leaders will organize additional home economics committees, supervise more workshops and conduct special interest meetings and schools during 1962.

Fourteen of these homemakers have never participated in other extension programs.

Each of the homemakers attending have made one hat and have done an excellent job. Many have made as many as three, four, and five.

The agent and Mrs. Feed were asked to assist with a similar meeting in Northumberland County, November 16. At this time 21 homemakers started the construction of a hat. This project will be completed on November 30th.

Homemakers have had an opportunity to develop skill in the construction of hats; to learn the economical value involved and glamorize their wardrobes. Many have expressed an appreciation for this program.

The agent was reluctant to begin this program because it had not been planned for earlier in the year and because of the time involved in the supervision of such a program. But she realizes now that it was one of the most outstanding programs of the year, because of the interest it created and the publicity the program received. For some homemakers it was a means of renewing interest and enthusiasm for participating in extension programs.

The agent feels that this program should be conducted yearly.

B. Good Public Relations

Mutual respect for ability and a desire to cooperate have been prevalent in the agent's relationship not only with her co-workers, but also with county officials and agencies located in King George.

When ever possible personal contacts have been made and the agent has sought from the officials and professional peoples participation on their part in extension programs and activities. Through participation in non-extension programs, the agent has tried to inform the general public of the work that is being done through the extension service.

Through this cooperative effort, a better understanding of program and services exist.

It is through her community leadership and action that has inspired the people with whom she has worked to recognize the contributions she makes.

Aside from a leader in the church program and activities; in community activities and concern for individuals less fortunate than she, she has for the past five years taken an active part in all extension programs. Here again assuming a leadership role. In 1956 she was influential in getting the Shiloh Home Demonstration Club organized. Since that time, she has missed only two monthly meetings. During the past five years, she has served as an organizational leader as well as a project leader for her club. Mrs. Clare assumed the responsibility of serving as County Home Demonstration Secretary and Treasurer for a period of two years beginning in 1960. This was no easy task because of the records and payments which had to be made in setting-up the Extension Demonstration Kitchen.

In 4-H Club work she is not only a project leader for her 2 children, but agreed to serve as clothing project leader for girls of her community. She is a member of the youth committee which promotes programs and activities designed to help develop young people into useful citizens.

The knowledge Mrs. Clare has gained by being interested and participating in extension programs is demonstrated in her home by the improved practices she has adopted.

She is constantly expressing gratitude to the extension staff for what help is given her.

VI. FOR SPECIAL CONSIDERATION

Home Economics Program---Hat Clinic 1961:

After an extensive hat-making training program held for three days in September at Richmond, the agent and a home demonstration project leader decided to hold two county-wide special interest meetings on making hats for the interested homemakers of King George County.

Since the first of October, twelve all day meetings have been held with an attendance of 204 people. Seventy-two homemakers were represented at these meetings.

After discussions with different Home Demonstration Club groups, it was decided that such a project should be held in six different communities in order to meet the demands of interested homemakers.

	1957	1958	1959	1960	1961
No. training meetings by agents	1	12	6	11	15
No. training meetings by others		2	1	1	2
Attendance at all training meetings	221	169	113	136	177
No. meetings held without an agent	21	20	22	21	34
No. meetings leaders assisted	28	36	76	59	52
Demonstrations by leaders	35	20	22	29	39
Talks and discussions by leaders	37	54	40	45	61
4-H Club Leadership:					
No. club officers	18	20	32	36	45
No. adult project leaders	15	14	23	25	31
No. junior project leaders	6	24	15	17	7
No. training meetings by agent	7	8	5	13	12
No. training meetings by others				2	
Total attendance at ldr. tr. meetings	43	90	56	99	81
No. 4-H leaders trained individually	6		24		3
No. club mtgs. held by ldr. without agent	10	23	20	18	21
No. additional meetings at which leaders assisted		7	5	41	35
No. demonstrations given by adult leaders	24	23	17	16	21
No. demonstrations given by junior leaders		29	54	68	49

B. Development of Leadership

Mrs. Wilson Clare, a homemaker of the Shiloh Community is definitely a leader in every field of endeavor. Her family unit consists of her husband, three children (2 boys and one girl), her aging father and herself. She is an excellent mother to her children, two of whom are 4-H Club members. Mrs. Clare realizes her first obligations are to her family in maintaining a happy family relationship and home. But she some how finds time to participate in many outside activities; always assuming a leadership role.

In an attempt to analyze the development of Mrs. Clare's leadership role, we must mention the qualifications she possesses. She has a mutual liking for people; she is thoughtful and most cooperative; she is self-reliant; she is interested in community betterment and is willing to put forth the effort to bring about changes which will result in improving herself, her community and her county in which she lives.

7. State 4-H Electric Congress

Elizabeth Nuckols, Ashby Strother, Jr., and the agent attended the congress held at Richmond August 31--September 1. These 4-H members won the all expense paid trip because of the excellent work they had done in the 4-H Electric Project.

IV. SCOPE OF WORK

A. Home Demonstration

	1957	1958	1959	1960	1961
No. H.D. Clubs	7	6	6	6	6
Membership	163	173	197	197	191
No. H.D. Groups (unorganized)				2	
Membership				17	
No. 4-H Clubs	5	5	8	8	9
Membership	217	249	226	259	236
No. Community Clubs	1	1	1	1	1
Membership	100	140	123	123	86
No. Home Ec. Committees					
No. General Interest Committees				2	2
No. Youth Committees		1	1	1	1
No. Other Organizations					1
No. Farm & Home Dev. Families	15	24	32	42	56
No. Other Families Reached	125	133	215	220	250
No. Different Families Reached	538	546	730	715	750

B. How Scope of Work Was Increased

The agent and leaders were able to increase the scope of work and inform the public about the extension program through greater participation of out-of county activities; a better newspaper publicity program, more special interest meetings, development of a demonstration kitchen; working more closely with home economic and general interest committees and participation in programs sponsored by other agencies. The agent continues to find time in her schedule and a need for giving individual assistance to families with problems related to better living. Many of these families do not, some can not participate in organized extension programs.

V. LEADERSHIP

A. Growth of Leadership

	Home Economics Council (1959-0)	(1960-0)	(1961-1)
Home Demonstration Club Leadership: 1957	1958	1959	1960 1961
No. organizational leaders	27	29	36 41 42
No. project leaders (subject matter)	73	72	48 64 56
No. Federation program of work chair.	7	7	7 7 7
No. program development leaders		7	7 7 7
No. result demonstrators	2		5 6
No. training meetings by specialists	11	5	4 3 4

Transportation scholarships were given to all attending. Also 14 scholarships were awarded deserving 4-H members by the Ruritan and one Home Demonstration Club to cover camp expenses.

The agent did not attend; however, she did assist in planning the camp program.

3. State 4-H Short Course

Beverly Clare, Ethel Purks, Walter Jones, and Ashby Strother attended the State 4-H Short Course held at V.P.I. Blacksburg, June 26--July 1. Each of these 4-H members received a \$5 scholarship given by the 4-H county council to help with expenses.

Beverly Clare competed for state honors in the Dress Revue Contest during the week and received a blue ribbon award for outstanding work.

4. Fredericksburg Agricultural Fair

Four 4-H junior leaders of the county set-up an educational exhibit on The Entomology Project at the fair and received second place honors for their work.

The per centage of 4-H Club members who exhibit individual articles at the fair is still at a minimum.

5. 4-H Contests

County Demonstration contests in Dress Revue, Meal Preparation, Breads, Dairy Foods, Home Grounds Beautification, Electric, and Public Speaking was held in April.

Greater participation on the part of 4-H members (36), parents and 4-H leaders was shown that ever before. Winners in these contest participated in the district contest held at Richmond in May.

6. Farm Bureau Meeting

Members of the 4-H organization presented a youth program to members of the Farm Bureau at their regular meeting June 12. Judith Newton, President of the 4-H County Council, presided. The agent assisted members in developing plans for the program.

County contests in clothing achievement, dress renew, dairy foods, meal preparation, and breads were held in March. Both junior and senior members participated in the contests. Winners were selected and had an opportunity to compete in the district 4-H contests held at Richmond in May. Judith Newton, a Dairy Foods Winner, and Beverly Clare, a dress renew winner, had opportunities for competing for state honors at V.P.I. Blacksburg in June.

The agent feels that progress is being made in developing leadership necessary for more adequate project instruction. For the first time, facilities at the courthouse are available for training programs. More mothers and Home Demonstration leaders are interested in 4-H Club work than before. Because of this, the agent, has a desire to develop a good training program for both adult leaders and 4-H Club members interested in the projects during 1962.

C. OTHER ACTIVITIES

1. National 4-H Club Week

Special emphasis was placed on National 4-H Club week. Junior leaders assisted by the agents developed plans for the following activities: present a special radio program, distribute 4-H posters to business establishments throughout the county, have greater number of 4-H members attend the extension dinner, conduct a money-making project for educational purposes.

Due to the illness of the agent, she could not supervise these activities; however, Mr. Hall, County Agent assisted junior leaders in accomplishing the goals set-up and did an excellent job.

The newspaper correspondent works cooperatively with the group by providing good publicity; 4-H members raised sufficient funds for camp and short course scholarships and achievement pins; and 32 4-H Club members were recognized for outstanding project work at the extension dinner which was held.

2. Jamestown 4-H Club Camp

The goals set-up for this activities were: encourage fifty 4-H members to attend camp; give transportation scholarships to all attending and secure as many leaders as possible to assist with the camp program.

Thirty-eight 4-H members, four leaders and the County Agent attended Jamestown Camp, August 7--12.

Monthly home projects were assigned 4-H Club members; junior leaders gave demonstration on some phase of their work. Demonstration Contests were held on the county level. Winners had an opportunity to compete on the district level. Ashby Strother, Jr. submitted his achievement record for state competition. Also two delegates attended the State Electric Congress held in Richmond in August. County medals will be awarded to the outstanding boy and girl enrolled in this project.

Each of the members taking this project completed the minimum requirements. Some did outstanding work, such as developing plans for improving wiring and lighting in the home; caring for electrical equipment, in the home and giving demonstrations for the first time.

The school teachers who observed the program being conducted, related that this was time well spent outside the classroom for members enrolled in this project.

4. Other Projects

Meal Planning and Clothing:
4-H Club girls, sometime during their 4-H career, express a desire for taking the foods or clothing projects. During 1961, the agent enrolled 39 girls in the food projects and 45 in the clothing projects.

Age and experience determined which unit the member was enrolled in.

The purpose of these programs was to teach girls to become skilled in food preparation and clothing construction.

The agent and 4-H leaders (adult and junior) and interested parents supervised the work done by girls enrolled in these projects. Instruction was given in the homes for community groups as well as for individuals.

Topics studied in foods were: "Making Biscuits"; "Making Salads"; "Use of Standard Measuring Equipments"; "Setting the Table Correctly"; and "Preparing Milk Dishes"

Topics studied in clothing were: "Selecting Pattern and Fabrics"; "How to Use Patterns"; "How to Put in Zippers and Hems"; and "Pressing Garments."

Even though there was limited time for instruction periods and lack of sufficient leadership, 50% of the members enrolled in these projects did outstanding work.

The agent organized an adult advisory project committee to assist her with this program. A State Trooper, Forester, representative of the Virginia Electric Power Company and member of the Rescue Squad served on this committee and participated in the program.

Demonstrations and movies on the following topics were given: "Hazards Around the Home," "Christmas Decorations," "Highway Safety"; "Safety With the Use of Electricity," "Fires and How They Can Be Eliminated" and "Swimming Can Be Fun."

Monthly home projects were assigned to every member enrolled in the project. Also illustrative material was distributed. In May record books were submitted and judged. Winners will receive county medals.

One outstanding accomplishment recognized from this program was the interest it created for committee members taking part in the demonstrations. They became aware to a greater extent what was involved in 4-H club work and the responsibilities the extension agents have to youth. Their cooperation made for a more successful program. 4-H Club members became aware of danger spots and tried to correct them and they learned safety rules which they will continue to practice throughout life.

3. Electric Project

Seventy-five 4-H members of the sixth and seventh grades expressed a desire to enroll in the Electric Project. They wanted to learn what was involved in the use of electricity.

After a discussion with Mr. Mac Wilson, representative of the Virginia Electric Power Company and members involved the following goals were set-up: 1) To better acquaint 4-H club members with safety rules involved in the use of electricity. 2) To create a desire for better lighting in the home. 3) To develop skill in repairing service cords and replacing fuses. 4) To develop skill in reading meters and calculating electric bills. 5) Have members accept responsibilities of caring for electrical equipment.

Demonstrations, talks and slides were methods used in presenting the following topics for study; use of electrical terms; advantages of electricity; fuses and wire sizes; extension cord repairs; setting-up a study unit; how to read meters; and proper care of electrical equipment.

help youth develop into good citizens. The goals for 1961 were: to create interest for 4-H club work; to cultivate a desire on the part of 4-H club members to improve themselves and their behavior and to create and appreciation for the communities and county in which they lived.

Method demonstrations and discussions related to this project were conducted by the agents and leaders at the regular club meetings. Also illustrative leaflets, prepared by the agent, were distributed monthly.

Topics studied were good grooming habits, Care of Teeth; Table Manners; Appropriate Dress; Good Eating Habits; Our Responsibilities to Fellow Classmates; and Letter Writing.

No record books were available for this project. The agent used the following methods of evaluating the program: written assignments on subject matter studied and 4-H members were required to keep monthly charts on their accomplishments. During May, records were checked and good citizens of the year were selected. They will receive the county good citizenship award.

As a result of this work, club members were better informed on the relationship of good grooming habits to good health. Many learned and demonstrated in the home (according to parents reports) good table manners and concern for appropriate dress. Some accepted responsibilities for the first time such as polishing shoes, caring for others clothes, setting the table, and eating certain foods for the first time.

The agent feels this project is an excellent one for 4-H beginners. It seems to stimulate more interest in 4-H work than any other project she has supervised with 10 year olds.

2. Safety Project

Sixty-five 4-H club members between the ages of 11 and 13 were enrolled in the Safety Project. This work was conducted by the agents and 4-H Club leaders at the regular 4-H meetings held in the school. The purpose of this program was to acquaint 4-H club members with the dangers involved if safety measures are not practiced; to create interest for removing community and home hazards, and to learn to practice safety measures.

long-time planning.

III COUNTY EXTENSION PROGRAM---YOUTH

A. ORGANIZATION

4-H County Council:

a 4-H County Council made up of the officers of the nine 4-H Club groups work under the supervision of the agents in planning, unifying, and promoting 4-H club programs and activities in the county. Officers of the council are elected from the membership of this group.

Agents helped plan for and supervised five training programs during the year. Accomplishments on goals set-up by this council will be stated under Part III Section C of this report.

County Youth Committee:

According to the 1950 census there are 1,048 young people in King George County between the ages of 10 and 19 years. In 1961 approximately 32% of the eligible white youth were enrolled in 4-H Club work.

The growth of 4-H Club work as to membership, projects conducted, average age, and tenure in years has shown a steady increase.

The objectives of the youth committee for 1961 were: agents and leaders give more adequate project instruction; to create interest for better club work by planning for and supervision 4-H activities and to help organize adult advisory committees to assist with group project work.

The methods used in reaching these objectives were: organized 4-H Club into smaller groups; conducted 3 training programs for 4-H adult leaders; give 14 scholarships to camp, organized and adult advisory committee for the safety project and planned for an 4-H achievement program which was held in March.

Because of the work of this committee, the scope of work was broadened; 4-H members received better training in their project work; more 4-H members had greater opportunities for participating in 4-H activities and 4-H club work received more publicity than ever before.

B. 4-H PROJECT WORK

1. Good Citizenship Project

Sixty-one boys and girls were enrolled and completed this project. The primary objective of the program was to

Mr. Morgan and Mr. Reynolds, Ministers, spoke at the afternoon session on "The Church's Role for the Aging and Youth".

Dr. George Blume, V.P.I. Extension Sociologist, assisted the agent in planning and carrying through this program.

The agent feels this was most successful attendance by county officials was good. Key leaders demonstrated more interest in this program than ever before and the program was most informative.

4. Federation Activities

Twenty-three leaders and the agent attended the District Federation Meeting of Home Demonstration Club held at Bowling Green in April.

Five leaders and the agent attended the State Federation Meeting and Institute of Rural Affairs held at V.R.I. Blacksburg in July.

5. Fredericksburg Agricultural Fair

Twenty-seven leaders from King George County assisted the fair officials in conducting this activity in August. Home Demonstration Leaders set-up an educational exhibit on Planning Color Schemes for the Home which took top honors.

6. Annual Extension Meeting

The annual extension dinner meeting was held at King George High School in March. One hundred nine Agricultural leaders, Home Demonstration leaders, 4-H Club members, and parents attended this meeting. Dr. George Blume spoke to the group on Virginia Trends. Thirty-two 4-H Club members were recognized for outstanding work.

D. FARM AND HOME DEVELOPMENT

The agent worked closely with 56 families, who were not identified as farm and home development families, but did request individual assistance throughout theyear on major home improvement and management problems. This work was started three years ago with 42 of these families.

Aside from keeping accurate records, she used the Farm and Home Development approach by helping families to analyze and solve many problems related to better family living.

Some of the accomplishments were of an intangible nature which the agent felt was of more value to the families involved than those of tangible ones. The greatest accomplishment she observed in working with these families was the fact that 18 of them became aware of the importance of

In order to reach these goals, many different approaches were used. Leaders cooperated with the Health and Welfare Departments by assisting with clinics, serving on committees and promoting better health conditions in the county. They planned activities for 4-H Club members and assisted with the 4-H programs. They have done an excellent job in providing facilities for the demonstration kitchen.

2. Demonstration Kitchen

When the board of supervisors made plans in 1958 for and addition to the courthouse at King George; they decided to include in the plans, space for a general assembly room. The Home Demonstration Committee and the agent met with the board members and discussed the possibility of enlarging the assembly room in order to provide space for a demonstration kitchen. The board agreed that eight additional feet would be added but that the people of the county would have to assume the responsibility of equipping the kitchen.

A kitchen committee was appointed to work with the board and people of the county on this project.

From September 1960 to November 1961, through contributions and money making projects, the people of the county have raised \$1,232.00. Maple base and wall cabinets and hot water heater have been purchased and installed. The floor covering has been laid. As soon as funds are available the other electrical equipment will be purchased.

The committee hopes to complete this project by May 1962.

The agent knows that with these facilities available to her she can conduct better training programs for adult and 4-H leaders. She feels that the people have done an excellent job with this project and the assembly room and Demonstration Kitchen is a real asset to the county.

3. Town and Country Institute

The Annual Town and Country Institute sponsored by the Extension Service in cooperation with the Ministerial Association was held December 7 in the B.O.Q. at Dahlgren.

The purpose of this activity is to better inform people of the work different agencies throughout the county are doing. This program was devoted to Civil defense. Walter Schmidt, Director, was guest speaker for the meeting. Mr. Hugh Burrell, Co-ordinator, explained King George's Survival Plan. Representatives of the Rescue Squad, Fire Department and Red Cross participated in the program.

The methods used in carrying out the program were: co-sponsoring a landscaping school; sponsored a clean-up, fix-up, paint-up campaign, also a Christmas Decoration Contest. Six workshops were conducted by federation leaders on identification of shrubs; six plant exchanges were held. Bulletins were distributed throughout the year on timely subjects. County federation officers worked closely with the board of supervisors in promoting good sanitation practices and eliminating unsightly car grave yards. Two radio talks were given by the agent and the leaders assisted the agent in writing news articles which would encourage families to participate in the program.

The outstanding accomplish in this field was the elimination of car grave yards in the county and the development of new community waste areas. Much credit is given the board of supervisors and State Trooper Parcell for the work done.

Families who sought and received information on landscaping are more familiar with insecticides and their proper use. Recommended practices on developing lawns, selection and care of plant materials, pruning shrubs adopted by families of King George County have done much for improving the general appearance of their homes.

C. OTHER ACTIVITIES

1. County Home Demonstration Work

The home demonstration club committee plays and important part in planning and development of all extension programs supervised by the agent. It's objective is: to foster the highest ideals in home life; to encourage all forces for community betterment and to provide the people of King George County with an opportunity to work in cooperation with the Agricultural Extension Service of Virginia Polytechnic Institute in a statewide program for the development and improvement of rural life.

The goals for 1961 were: cooperate with the Health and Welfare Departments to help meet the needs of the people, wholeheartedly endorse the 4-H Club program; to educate more people of King George to the extension work through a better publicity program; have each club send a delegate to the Institute of Rural Affairs at V.P.I., Blacksburg in July and to work cooperatively with other people in the county in providing a demonstration kitchen.

Home Management:

General:

In every phase of home economics work the agent supervised during 1961, she stressed the importance of good management practices. Through assistance given individual families on problems related to better living the agent had an opportunity to observe the relationship between good management and family happiness. Therefore, in working with families during the year, she has tried to stress this importance.

Crafts:

A program in crafts was planned to meet the homemakers desire of being creative and stimulate interest in other phase of the extension program.

Anyone in the county interested in making footstools, reseating chairs, and making Christmas decorations from native materials could attend these special interest meetings.

Fifty-two women and men received training in some phase of crafts. Mrs. Clark Bundick, Home Demonstration Craft Leader, has been teaching ceramics to anyone interested in this craft. The classes have been held once a week since June, using the basement of her home. Thirty-two Home Demonstration women have been participating in this Program. The agent feels that this program has been most successful and that Mrs. Bundick has done an excellent job of instructing the women.

Federation Program of Work:

Families in King George County continue to make improvements on the grounds surrounding their homes but need assistance in developing good landscaping plans.

Problems recognized were: a lack of knowledge in proper identification of plant material; lack of knowledge in soil and plant material characteristics; insect control measures inadequate; improper treatment of diseases which were a serious loss to plant material. Also dump piles and car graveyards were being developed throughout the county.

Considering these problems, the planning committee recognized a need for continuing the program in Home and Community Beautification and expanding it for 1961. They selected the following topics to be studied: Lawns and Soils; Diseases and Pest Control; Selection of Trees and Evergreens and Where to Plant Them; Sanitation of Home and Community Areas; and Controlling Weeds in the Lawn.

Throughout the year monthly garden letters were sent to families who continued to produce vegetable gardens.

The agent supplied recipes to school cafeterias for certain government commodities received.

The agent has observed that changes are taking place among families in King George County. Buying habits have changed, which could very easily lead to the change of eating habits; families are observing food ads and taking advantage of specials which would sometimes bring about more adequate diets for the families. New varieties of vegetables are being produced in the gardens. Last but not least, more overweight adults are concerned about their problems and have a desire to correct them.

The agent feels that the extension program related to foods is not totally responsible for these changes but has played a part in improving the standard of living among many families of King George County.

Housing:

The percentage of homes being built in King George County is increasing each year. The trend towards home ownership is becoming more prevalent throughout the county; also, homes being built are larger. Families are seeking information on how to get the best home for the money they have to spend; some need assistance in familiarizing themselves with floor plans and want to read blue prints; others wanted to receive advice on building materials; while many want some assistance with kitchen arrangements. Families living in established homes seek information on remodeling and repairing.

The agent and Housing Specialists from V.P.I. assisted 36 families who need help in the housing field during 1961. Most of this work was done through individual contacts. Home visits were made and conferences were held with families as the need arose. The agent assisted three contractors in carrying through plans, which were developed under the supervision of the extension service, for 15 families involved in building programs. The building supply companies and the floor shop worked cooperatively with the agent in supplying samples used for demonstration purposes.

As a result of this work, the agent feels that families participating in such a program are doing a better job in solving their housing problems and are full-filling their desires and needs for better and more comfortable housing.

remain low mostly because of the eating habits among families and the unwise use of the family food dollar. Also according to a report from the Superintendent of Schools office, 76% of the students enrolled in public schools had physical defects.

The planning committee determined the following problems; inadequate diets--especially among school youth; lack of knowledge on the part of homemakers as to what constitutes an adequate diet; inadequate planning of menus and shopping guides. Also more products are available to homemakers today than ever before which makes shopping for food more difficult. Homemakers who work away from home have a limited amount of time for the preparation of food. Leaders found that in talking with homemaker families have a difficult time in getting members together for meals. Overweight among adults was certainly a problem which should be considered.

Taking these findings into consideration the program planning committee included "Identification of Meat Cuts"; "Carving Meats", and "Economical Meat Dishes" as topics to be studied.

In presenting this program the agent and leaders would try to create among homemakers and interest for improving the family diet; to show the importance of food for good health and to help homemakers develop skill in preparing and serving certain foods for the family.

A training meeting on Meat Cuts, Carving Meats, and Methods of Preparation for all food leaders and the agent was conducted by Mrs. Mary Thompson, Nutrition Specialist of V.P.I. Blacksburg. As a result of this program, leaders gave 12 demonstrations to 181 homemakers. At each of these meetings, the leaders not only showed excellent slides furnished by VPI but demonstrated how to take roasts and by proper cutting have a variety of meals for the family.

Homemakers were given recipes and instructed to try at least three different ones at home to determine whether or not that could change their families eating habits.

Office conferences were held throughout the year for homemakers seeking additional information such as meals for special occasions. Low calorie diets and recipes and instructions for preparing different food dishes.

Two special-interest meetings on Planning Color Schemes for the Home were conducted by Mr. Parker, representative of the Glidden Paint Company. Fifty-two homemakers attended these meetings.

Through the extension house furnishings program over a period of six years approximately 33% of the families in King George have been exposed to training in this field. They have had an opportunity to learn what is involved in judging designs of furnishings, how to select and use more effectively furniture and furnishings for the home and the economical value of doing so; how to plan color schemes; how to improve their homes by rearranging or eliminating wall decorations, pictures and furniture. Also how to select fabrics, and make slip covers and draperies; reupholster furniture and the importance of good lighting in the home. Sixty-two per cent of the home visits made this year were from requests by homemakers for assistance with house furnishings problems.

To evaluate the results of such a program is not too difficult because the agent and leaders have seen changes taken place in the homes. Namely, better quality fabrics and workmanship in house furnishings, wiser selections of furniture; coordinated color schemes for the home; and awareness of what makes for an attractive and comfortable home. The agent is aware of the fact that more homemakers are submitting long-time plans of work for her advise and approval. Because of this the house furnishings dollar is being spent more wisely than ever before by the families of King George County who have received training.

With sufficient training in the house furnishings field, the homemaker's major problems related to this work will become minor ones.

Opportunities for reaching a larger per centage of the families in 1962 will be expanded through an organized House Furnishings Committee.

Foods:

In view of the interest shown by homemakers when the program development leaders presented some facts and trends to consider in planning the 1961 extension program, information on different phases of this subject was requested.

Homemakers became aware that production of vegetable gardens in King George County had decreased approximately 45% over a period of ten years; that nutritional standards

- 5 -

Because of the limited home economics training these homemakers have had, they are unaware of the principals involved in good design.

Other problems which were considered in determining the house furnishings program for 1961 were: a desire on the part of homemakers to use all fabrics, furniture, and accessories given them; high pressure salesmanship and visiting bargain counters; limited income for house furnishings; and lack of knowledge in combining different periods of furnishings successfully. Also homemakers have not been able to recognize the importance of good planning.

The goals set-up for 1961 were: to expose homemakers to good design in fabrics, furniture and accessories; to encourage families to be choosy in making selections of furnishings, also to create an awareness of the importance for developing long-time plans to make their home more attractive and comfortable.

The committee and house furnishings leaders devoted much time and effort to the preparation of the 1961 program. After considering the problems involved and holding discussions with homemakers to determine their interest the following topics were selected for study: "Selection--Use of Furniture", "Window Treatment", "Furniture Arrangement," "Making Slipcovers," "Making Draperies," and "Reseating Chairs".

Training meeting for leaders were conducted by the agent and Miss Ruth Jamison, House Furnishings Specialists of V.P.I. Blacksburg. Illustrative material was prepared and used for demonstration purposes as well as slides furnished by V.P.I.

Eighteen meetings were conducted by the agent and leaders for Home Demonstration Club members. Two special interest meetings on reseating chairs and making slip covers and draperies were held with 23 homemakers participating. Throughout the year the agent has given individual assistance, either through office conferences or home visits, to 92 families with problems related to house furnishings. Representatives of the Virginia Electric Power Company of Fredericksburg assisted the agent in sponsoring Open House at the Strother home in December. The purpose of this activity was to give families an opportunity to see recommended standards for good lighting demonstrated. Seventy-three families participated in this program.

The agent has given individual assistance to eighty-two families who had specific clothing problems, such as---what to look for in buying coats and suits, choosing foundation garments, appropriate dress for different occasions and clothing construction.

In spite of the facts that the agent has received excellent training on tailoring and that facilities are now available for such a program, she is reluctant to plan and supervise a Tailoring School which was requested by 18 homemakers in November 1959. Possible reasons for this are : an awareness that mistakes involved in tailoring can be costly, insufficient training on the part of the agent and homemakers involved to produce top quality construction, and lack of illustrative materials necessary for teaching effectively.

The agent plans to devote much time in study and becoming skilled in some of the techniques involved in tailoring in order to begin this program February 1962.

Because of the clothing program 72% of the homemakers have a better understanding of the principles involved in wardrobe planning and building. More homemakers become aware of their figure problems and reported changes made in not only selection of clothing but accessories as well. 20% of the homemakers reported that they were beginning to realize the economical value of a well-planned wardrobes. Eighteen homemakers have had an opportunity to develop skills in clothing construction.

Since this clothing project was conducted, the agent has observed among the families with whom she has worked that the selection and quality of clothing purchases has improved in proportion to money spent.

House Furnishings:

The agent feels that every homemaker who is interested in her home is constantly confronted with problems in the house furnishings field.

Fifty-seven per cent of the county people own their homes. From local figures available, sixty-seven new homes were built during 1961. Many of these homemakers are seeking information and knowledge on how to spend the house furnishings dollar wisely in order to have more attractive homes.

According to a study made in Virginia, 8% of the family income is spent on clothing the family. The agent feels that families of King George do not differ vastly from those of other counties in the state. Homemakers have a difficult time in selecting garments and clothing items for themselves and their families to make them comfortable, and look their best within the price range they want to pay.

From a local survey made, leaders found that homemakers were giving little or no thought to well, planned wardrobes; they had received limited information on how to use clothing accessories effectively, and they found it most difficult to identify and understand the trade names for finishes and textiles. Misinterpretations of fashion trends had been costly. The proper care of clothing was a problem of equal importance also.

More familiar in King George County are realizing that many times it is more economical to buy fabrics and construct garments for themselves and their children than to buy ready made ones. Therefore, requests for help and information necessary in learning the different techniques involved in good clothing construction were made.

The committee felt that if a program could be planned to meet the needs of the people, homemakers would be receiving information and trainings which would help them do a better job in keeping the family neatly, comfortably, and appropriately dressed.

Topics which were studied were: Wardrobe Building, Clothing Accessories, and Clothing Construction.

Leaders were trained by the agent to assist her with the clothing program.

Eight demonstrations were given of Wardrobe Building. Leaflets, prepared by the agent, entitled "Clothing Buying Guides" were distributed to all homemakers attending these meetings.

Six demonstrations on Selection of Accessories were given. Each homemaker was asked to wear what she considered her most becoming outfit. The agent and leaders had everyone accessorize her costume. Accessories used in these demonstrations were supplied by local department stores.

The median number of school years completed by the average county resident is 7.7 years, 1,394 students are presently enrolled in four public schools. Home Economics and Agriculture are offered in the high schools to students from the 8th grade through the 12th grade. Approximately one out of every three eligible white youth belong to the 4-H organization. School census shows a higher percentage of increase in youth attending institutions of higher learning.

The Health and Welfare Departments, each with an adequate staff, work towards promoting better health conditions and improving standards of living among families in the county.

Recreational facilities are available to all people of the county. Auditoriums which are used for lectures, musicals, and dramatic performances are provided by the school and churches. Swimming, boating, and fishing can be enjoyed at beaches along the Potomac and Rappahannock Rivers.

The following government agencies are available to the people: Federal Housing Agency, Soil Conservation Service, Federal Land Bank, and Agricultural Stabilization Corporation.

II. COUNTY EXTENSION PROGRAM--ADULT

A. ORGANIZATION

Under the present Extension set-up in King George County we have the County Agricultural Committees, the Home Demonstration Club Committee, the Landscaping Committee, the Housing Committee, the Adult Advisory Committee, the 4-H County Council, and two Adult Project Advisory Committees. Each of these advisory committees work separately with the agents and specialists in developing programs which would create interest and help meet the needs of the people in the county.

Each year these leaders plan for and carry through the annual extension meeting which is held for the purpose of recognizing accomplishments.

B. SUBJECT MATTER AND SPECIAL EMPHASIS AREAS

Clothing:

The 1961 extension program related to clothing proved to be most successful.

I. COUNTY SITUATION

King George County was formed from Richmond County in 1720 and was named for King George I. It is a relatively small county (176 square miles) located in the area known as the Northern Neck of Virginia, lying between the Potomac River on the North and the Rappahannock River on the south.

The elevations are generally from 100 to 200 feet above sealevel. Temperatures average 36 degrees in January and 77 degrees in July. The growing season consists of about 221 days; beginning about April 1 and continuing until November 8.

The United States Naval Weapons Laboratory is situated on the Potomac and occupies 2,000 acres in the eastern section of the county.

The county consists of different rural areas known as community groups rather than incorporated towns. The county seat is located at King George with a population of 160 people.

The average size of the 301 farms located in the county is 179.4 acres. There are many small farms; nearly twice as many are operated on a part-time or residential basis as are operated for business enterprises. Approximately 65% of the 113,920 acres of land in the county is woodland.

The 1960 census figures show a population of 7,243 people. This is an increase of 7.9% over the 1950 figures.

The median income for the 1640 families of the county is \$2,563.00. Government employment is the chief source of income for families living in this area. The Naval Weapons Laboratory at present employs approximately 630 workers located in the county. Other sources of income are agricultural commodities, food manufacturing plants, lumber industry, and fishing. The county is at no great disadvantage for agricultural markets. Good highways provide easy access to Washington, Baltimore, and Richmond.

Of the 2,043 homes located in the county, 30.6% of these were built in 1940 or later. The median number of persons per occupied dwelling unit is 3.3%. Rural electrification is available to all sections of the county, 41.7% of the dwellings have water under pressure. Telephone service is available to all sections of the county.

24
12

The agent, leaders, and people participating in the program worked hard to make this program a success, and surely it was.

It is still early to determine the results of such a program but families have expressed a desire for other schools and have made long-time plans for developing a better landscaping program. The families agreed that they had received some good practical information which was of help in solving their landscaping problems. From a questionnaire sent to the families, the agent learned that better spray programs had been adopted; lawns had been improved by reseeding, families had fertilized their lawns, and treated for insects. Families had done a better job of caring for their shrubs, such as proper pruning, mulching etc., and some reported developing specific areas of the lawns for the first time.

During the time for the school was held, Mr. Beecher visited eleven families in the county who had requested help on individual landscaping problems and developed plans for solving these.

The people who participated in this school demonstrated an eagerness to learn that is not always displayed in many programs. A large percentage of the people have made expressed appreciation to the extension service and V.P.I. for making this training possible.

34
72

CONTRIBUTIONS MADE TO FAMILY LIVING
LANDSCAPING SCHOOL

Because of the interest shown on the part of families in King George County for improving their home grounds and the number of requests during 1960 from these people for individual assistance with problems related to this subject matter, the Committee felt that a school was necessary.

The preliminary plans were started as early as July 1960. In September, Mrs. Betty Kyle, District Home Demonstration Agent, visited the county and discussed with the agent the proposed plans and offered additional suggestions for carrying through this program. After which the agent met with the Committee and final plans for this program were made.

Through the cooperation of Mr. Albert Beecher, Horticulturist of V.P.I. Blacksburg, outstanding people in this field were secured to conduct the program. Two local men, Mr. George Hall, County Agent and Mr. Carl Flemer, Nurseryman of Ingleside Farm, were asked to participate.

The following program was set-up: LAWNS--Dr. W. P. Judkins, Head, V.P.I. Horticultural Department; George Hall, County Agent. DISEASES AND INSECT PESTS OF ORNAMENTALS: Dr. R. H. Gruenhagen, and John Amos, V.P.I. Extension Service. DESIGN OF HOME GROUNDS: Mr. A. S. Beecher and Mr. Bruce Aroian, Horticulturists, V.P.I. SHRUBS FOR THE HOME GROUNDS: Mr. Carl Flemer, and Mr. A. S. Beecher.

The Home Agent and Committee members began in November to publicize the program. Six newspaper articles were written; applications for enrolling in this school were made and distributed by the agent and leaders.

A radio program was held giving people additional information about the school. Personal contacts were made by the agent and leaders.

The total attendance at this school was 267 with 76 families represented.

Thirty-seven families asked Dr. Gruenhagen to put them on the mailing list for Nurseryman's Notes which come from the research center at V.P.I. All families expressed a desire to receive from the agents office a copy of the monthly landscaping letter compiled by members of the horticultural department of V.P.I.

RM
34

Agricultural Extension Service
of the

Virginia Polytechnic Institute

King George, Virginia
November 9, 1961

TO MEMBERS OF THE LANDSCAPING SCHOOL

Dear Friends:

This is the time of year when we begin to evaluate the 1961 Extension Program and determine accomplishments. Therefore, I need your help.

Would you be kind enough to answer the following questions and return this information to me not later than November 24?

1. Did you feel that the training you received was helpful?

Yes
2. Would you like for another school to Landscaping to be held?

3. What subject matter do you suggest program?

4. What changes have been made in taping of your home grounds as a result of the

5. Do you have any pictures showing changes? Could I borrow them?

6. Would you like to continue to Landscaping and the Korseyman's Notes?

Yes
Thank you so much.

Sincerely

George Tucker

George Tucker
Home Agent

over

OM

An Educational Service of the Virginia Department of Agriculture in cooperation with the U. S.



TABLE OF CONTENTS

One Most Important Contribution to Family Living

- I. County Situation Page 1
- II. County Extension Program--Adult Page 2
 - A. Organization Page 2
 - B. Subject Matters and Special Emphasis Page 2
 - Areas Page 2
 - Clothing Page 3
 - House Furnishings Page 6
 - Foods Page 8
 - Housing Page 9
 - Crafts Page 9
 - Federation Program of Work Page 10
 - C. Other Activities Page 10
 - County Home Demonstration Work Page 11
 - Demonstration Kitchen Page 11
 - Town & Country Institute Page 12
 - Federation Activities Page 12
 - Fredericksburg Agricultural Fair Page 12
 - Annual Extension Meeting Page 12
 - D. Farm & Home Development Page 13
- III. County Extension Program--Youth Page 13
 - A. Organization Page 13
 - 4-H County Council Page 13
 - County Youth Committee Page 13
 - B. 4-H Club Project Work Page 13
 - Good Citizenship Page 14
 - Safety Project Page 15
 - Electric Project Page 16
 - Other Projects Page 17
 - C. Other Activities Page 17
 - National 4-H Club Week Page 17
 - Jamestown 4-H Club Camp Page 18
 - State 4-H Short Course Page 18
 - Fredericksburg Agricultural Fair Page 18
 - 4-H Contests Page 18
 - Farm Bureau Meeting Page 19
 - State 4-H Electric Congress Page 19
- IV. Scope of Work Page 19
 - A. Home Demonstration Page 19
 - B. How Scope of Work Was Increased Page 19
- V. Leadership Page 19
 - A. Growth of Leadership Page 19
 - B. Development of Leadership Page 20
- VI. For Special Consideration Page 21
 - A. Home Economics Program--Hat Clinic Page 21
 - B. Good Public Relations Page 23
 - C. Professional Improvement Page 23
- VII. The Fundamental Aim of 1961 Page 23

ANNUAL NARRATIVE REPORT

COUNTY EXTENSION WORK

FILED

Virginia Agricultural Extension Service

GEORGIE S. RUCKER

Name

HOME DEMONSTRATION

Title

Agent

Assistant Agent

Assistant Agent

Assistant Agent



1961

KING GEORGE

County