

ANNUAL NARRATIVE REPORT

COUNTY
EXTENSION
WORK

FILED

Virginia Agricultural Extension Service

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1961

Isle of Wight

County

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HIGHLIGHTS OF THE 1961 PROGRAM

IN

ISLE OF WIGHT COUNTY

Mary W. Wells
Local Home Agent

Each program, activity, or demonstration held this year has contributed to some extent to family living of the county residents. However, the annual Achievement Day and the Farm and Home tour are considered the two most outstanding contributions made to family living.

The annual Achievement Day is considered an outstanding contribution because participation on the part of all family members was better this year than in previous years. The annual affair is usually held in October to culminate the year's work and to place on display work that has been done by the participants in the various extension organizations.

Heretofore, the exhibits displayed have been mainly the group work of the 4-H members and the H. D. Club members. This year more individual work was exhibited by the H. D. members, 4-H members, and farmers. In many instances, both parents and the children had individual work on display in addition to their club work.

The men of the county, mostly farmers, also took an added interest in the program this year. It is believed that this kind of interest on the part of all family members will contribute even more to family living in the future. Also, if all members of the family continue to

keep the same interest in the other extension activities and programs, the entire extension program will continue to strengthen and become even more closely related.

The farm and home tour contributed to family living in that the improvements viewed at the various homes visited inspired many of the participants to request assistance with their problems.

Kitchen and bathroom improvements were the main ones observed on the tour. Many of the improvements that were made in the kitchens were not ones that were very expensive, but mainly ones which called for pre-planning and reorganization of the kitchen. As a result, several homemakers have already indicated that they plan to start their kitchen improvements in 1962. With these homemakers and those who started last year, but were unable to make many improvements, there should be a large number of improvements made in kitchens by the end of 1962. Whether the number of improvements be large or small at the end of 1962, the farm and home tour of 1961 did serve as a catalyst to speed the homemakers on with their desires to improve their kitchens.

I. COUNTY SITUATION AS IT AFFECTED THE 1961 PROGRAM IN ISLE OF WIGHT COUNTY

The time has come again to record some of the accomplishments and shortcomings of the extension program which took place in Isle of Wight County in 1961. In looking back over the year's work, one can notice that several accomplishments took place, and just as in previous years, failures or shortcomings also were prevalent.

In planning the home demonstration program for 1961, the needs, desires, and interests of the people were discussed and analyzed. These desires, interests, etc. were made known by those people for whom the program was planned. With that in mind, the program was planned with a representative number of people from each of the magisterial districts and communities in the county.

In trying to meet the needs of the farm and rural non-farm people of the county, a program was planned which included the following phases of home economics: (1) rural arts, (2) house furnishings, (3) food and nutrition, (4) clothing, (5) home management, (6) health and (7) recreation.

In order to better understand the objectives, aims, and goals of the program planned for 1961, and the methods and procedures used in executing the program, it is necessary to include some county data and other factual information concerning the county.

Isle of Wight, a flat tidewater county with a total area of 314 square miles, is located in the southeastern part of Virginia. It has a total population of 17,136, and since 1954, there has been an increase of 2,230 people. The rural population is constantly becoming more and more rural

non-farm. The shift has been and still is from farming to employment in the various industrial plants in the county and in adjoining areas. However, there are still a number of part time farmers. These industrial plants include the two meat packing houses in Smithfield, the Newport News Shipbuilding and Dry Dock Company, Norfolk Naval Yard, and Union Bag Camp Corporation. According to the 1960 census figure, there are only 197 Negro farm families in the county.

Diversified or general farming is the main type of agriculture in the county, and farming is still an important source of income. The main crops are corn, cotton, peanuts, hogs, sweet potatoes, soybeans, oats, hay crops, and truck crops for the home use. Corn, peanuts, cotton, and hogs are the principal crops sold for cash.

The main industry in Isle of Wight County includes the meat packing plants that produce the Smithfield hams and products known throughout the states; the oyster houses, and the paper company. Other places of employment include the dry cleaners, poultry houses, and peanut houses.

With the opening of the consolidated Hardy Elementary School in Hardy District, in September 1961, the number of Negro schools in the county now is four, as compared to seven in previous years. This now makes a total of two consolidated elementary schools and two consolidated elementary and high schools in the county. With the opening of Hardy Elementary School, Trinity, Bridger, Carrollton and Lawnes, all two and three room schools, were closed. Organized 4-H Club work was formerly held in each of these schools. Presently, organized 4-H Club work is held in Georgie Tyler and Camptown and plans are being made to organize

in Hardy School. All of the schools lend themselves very favorably to the 4-H program and the overall extension program, however the time allocated for 4-H Club work is very limited. Efforts were made to organize several community 4-H Clubs. One such club was organized in the Holly Grove Community.

The home demonstration clubs are situated with at least three clubs in each of the three magisterial districts. A large number of the homemakers are employed in the various industries in and near the county. This situation has made it necessary to hold some of the club meetings at night in order for a larger number of homemakers to benefit from the home demonstration program.

There are a number of facilities in the county which affect the program planned. Some of these include the health department, which employs a full time nurse and sanitation officer and a part time doctor; a telephone company; and available electricity to the rural areas. The telephone company has made it possible for a large number of county residents to have telephones. The county also has a livestock market, peanut buyers, and several smaller markets to purchase the chief products grown in the county.

The home demonstration and 4-H planning committees, with the guidance of the home agent and other trained persons, planned the program for 1961 with the main objectives being:

- (1) to help solve some of the families' problems of both groups through project work, training meetings, greater leader participation, more and better result demonstrations, tours, home visits, mass media, and various workshops.

- (2) to reach more people by increasing the club membership and sponsoring more county-wide and community programs and activities.
- (3) to improve the leadership system.
- (4) to support all extension organizations to make the extension program a unified one.

II. COUNTY EXTENSION PROGRAM - ADULT

A. Organization

1. County Agricultural Extension Service Board has a membership of 57 men and women representing the various communities, districts and extension organizations in the county. The County Advisory Board met four times during the year. It served as over-all supervisor for the county extension program, and helped to formulate plans for the Farmers' Conference, Achievement Day, Farm and Home Tour, and other county activities. The board also was represented at the State Advisory Board Meeting held in Surry County, September 6 - 7 with two delegates.
2. County Home Demonstration Club Committee is composed of the five officers from each of the H. D. Clubs and has an enrollment of 65. The committee met twice during the year to plan the H. D. activities for the year and to plan the 1962 program. The organization met on April 1 to plan for the county's observance of National H. D. Week; to select delegates to attend the District H. D. Meeting in Sussex County on May 2; to select delegates for the Family and Community Improvement Institute; to plan for the annual educational trip and the county tour.

On July 8, the committee met again to plan the 1962 H. D. program and to select the yearbook committee. The committee selected foods and nutrition, home grounds beautification, clothing, rural arts, house furnishings, and parliamentary procedure as phases to work on in 1962. As special interest topics, (1) freezing food demonstrations, (2) weight-reduction classes, (3) beginner's sewing workshop, and (4) good grooming workshop were selected. Health and family recreation was selected as the Federation Program of Work. Result demonstrations selected to be started in 1962 were (1) planned flower gardens and (2) planned home libraries and business centers.

3. The Home Economics Committee met three times during the year to work on the established goals and objectives that were set up. Four health conditions and practices in the county were outlined as the major problems that confronted the Health Committee. (1) Improper disposal of trash, (2) lack of sufficient screens for windows and doors, (3) improper disposal of kitchen waste, and (4) poor conditions and lack of pit privies were listed as the major health problems in the county.

The Health Committee decided that poor conditions of pit privies was the most urgent problem and decided to work on that first. The committee met several times during the year, and it was decided that bulletins on sanitary pit privies would be distributed and circulated throughout the county. The problem was discussed in the various P.T.A. Meetings, H. D. Clubs, and church groups. Each committee member agreed to promote the idea in his neighborhood through the school and church groups.

No figures as to the number of improvements made can be reported, however many of those who needed to make improvements are aware of the problem, and have indicated that they would improve their pit privies.

B. Subject Matter and Special Emphasis Areas:

1. Rural Arts was the first phase of home economics discussed in the program. "Glass Etching" was the topic discussed and it was selected mainly because the homemakers enjoy learning to do things with their hands.

The major problem of the people was to improve their general knowledge concerning rural arts and to develop an appreciation for handicrafts. In attempting to solve these problems, the following goal was set up:

1. to teach homemakers how to do glass etching correctly and attractively.

As a result of this topic, the homemakers are expected to:

1. learn how to etch glasses, mirrors, coasters, and other glass articles correctly.
2. to beautify simple glass articles by etching designs, initials or monograms on them.

As a result of the work on glass etching, the following changes in the homemakers were expected:

1. the homemakers would learn to etch glass articles and be able to do a good job of etching.
2. the homemakers would occasionally etch glass articles for their home to improve their skill and to keep in practice.

Methods Used:

1. A leader-training meeting was conducted by the home agent on November 12, 1960. Twelve leaders attended.
2. Demonstrations on glass etching were given by the leaders with the assistance of the agent in the various club meetings.
3. Each club member etched at least one glass article in the meeting, and others purchased the material and etched glass articles at home.

Results Obtained:

1. Glass etching was enjoyed by the club members, and several have made glass etching a past time hobby.
 2. An exhibit on steps in glass etching was displayed by Livey Neck H. D. Club at the Achievement Day program and Tidewater Fair.
 3. Articles etched by the various club member indicated that they were familiar with, and understood the steps in glass etching.
2. Food and Nutrition was another phase of the 1961 H. D. program. Topics discussed included: "Nutritious Snacks and Simple Refreshments" and "Packed Lunch For Work Or School". This phase of home economics was selected because the homemakers indicated that they needed assistance in preparing simple refreshments and packed lunches. The following objectives were set up in order to help solve their problems:
1. To teach homemakers how to prepare snacks that were nutritious, low in calories, and yet simple to prepare.

- 2. To teach homemakers how to prepare an attractive and palatable packed lunch that a school child or working adult would enjoy eating.

As a result of these objectives, the homemakers were expected to learn:

- 1. How to prepare simple, yet nutritious snacks.
- 2. The importance of serving snacks that are very nutritious rather than those that are mainly high in calories and contain few food nutrients.
- 3. To prepare attractive, but still palatable packed lunches.
- 4. To become familiar with more of the many tasty sandwich fillings that are suitable for packed lunches.

Changes expected as a result of these topics include:

- 1. Homemakers would give more thought to the planning of their refreshments when they are served.
- 2. Improvements would be made in the snacks served by the homemakers and the lunches they pack for their family members.
- 3. Greater variety of sandwich fillings would be included in the packed lunches, and greater effort made to see that the packed lunch is a balanced one.

Methods Used:

- 1. An agent-training meeting on the topics was conducted by Mrs. Mary Thompson, Food Specialist, V.P.I. on January 12. A leader-training meeting was conducted on March 22. Fourteen leaders attended.
- 2. Demonstrations on simple refreshments were given in the regular club meetings by the food leaders. Demonstrations on packed lunches were given by the home agent.
- 3. Slide films and other educational material on packed lunches received from the Virginia Bakery Council was used by the home agent in preparing the demonstration.

4. Ideas from homemakers on foods that they used in lunches that they packed were exchanged.
5. Printed material relating to the topics was distributed to the club members.

Results Obtained:

1. The dishes prepared and the recipes used in the demonstrations on simple refreshments were gladly accepted by a large number of the club members. The refreshments used in the demonstration were served by many of the club members who later served as hostesses for their club meetings.
2. The exchanging of ideas among the club members on foods that they included in their packed lunches was very effective. Indications were made that improvements in packed lunches would be made.
3. Question and answer periods were held at the end of each demonstration.
3. House Furnishings, another phase of the 1961 program included the following topics: (1) "Window Treatment and Selecting Drapery Hardware," (2) "Selecting Floor Coverings for the Home," (3) "Selecting Furniture" and (4) "Upholstering Furniture." These topics were included because the general knowledge of the homemakers concerning the selection and care of house furnishings was limited. It was discussed in the planning meeting that homemakers fail to understand the importance of planning and studying floor coverings, furniture, etc. that they purchase, and understanding how to care for these furnishings also created a problem. To solve these problems, the following goals were established:
 1. To teach homemakers how to economically and correctly solve their window problems.
 2. To teach homemakers how to recognize, select and correctly use the various drapery hardware.
 3. To increase the homemakers' shopping skill in selecting and purchasing floor coverings.
 4. To broaden the homemakers' knowledge in selecting, recognizing, mixing, and repairing furniture for the home.

With these objectives, the homemakers were expected to learn:

1. How to solve different window problems.
2. To select drapery hardware according to its use.
3. How to select floor coverings to suit the room and its traffic.
4. How to recognize the various types of floor coverings, their care and rooms that they may be successfully used.
5. How to re-upholster furniture correctly.
6. How to select furniture with emphasis placed on quality rather than quantity.
7. How to recognize and mix the different kinds or types of furniture.

Changes expected in the homemakers as a result of these topics in house furnishings include:

1. They would be able to do a better job of dressing their windows, solving their simple window problems, and they would have more courage to tackle such problems.
2. Better selections in floor coverings would be made, and homemakers should have a better understanding of the suitability and care of a particular floor covering before actually purchasing it.
3. Each homemaker who participated in the upholstery workshop should be able to re-upholster another chair of the same styling without assistance, and be able to upholster a chair of another style with assistance.
4. Homemakers should be able to better understand how to select furniture considering construction, style, use, fabric etc.
5. Homemakers should have a fair knowledge of the different styles or periods of furniture, and know "what goes with what" when furnishing a room with the different furniture styles.

Methods Used:

1. An agent-training meeting on selecting furniture and floor coverings was conducted by Miss Ruth Jamison, House Furnishings Specialist, V.F.I. on December 9. A leader-training meeting on selecting floor coverings was conducted by the agent on January 30. Eight leaders attended.
2. Leaders with the assistance of the agent gave the demonstrations on floor coverings. A floor coverings kit including samples of various coverings was used in giving the demonstration.
3. The demonstrations on selecting furniture and window treatment were given by the home agent.
4. A "window treatment" exhibit was used in giving the demonstration on window treatment. The exhibit included samples of drapery material, venetian blinds, etc.
5. A filmstrip, "Better Dressed Windows" was also used in giving the window treatment demonstration.
6. Pamphlets and other related printed material were also distributed to the club members.
7. Question and answer periods were held at the end of the demonstration.
8. An Upholstery Workshop for agents was conducted by Miss Katherine Habel, House Furnishings Specialist, V.F.I., April 11-14.
9. An Upholstery Workshop was conducted July 19-21 by the home agent in the county. Six leaders participated.

Results Obtained:

1. Indications show that corrections have been made in the hanging of curtains and draperies. Many homemakers previously did not know the three correct lengths to hang curtains and draperies.
2. Several homemakers have requested further assistance in selecting their floor coverings. Many homemakers indicated that they were not presently interested in purchasing floor coverings, but indicated that what they learned would be beneficial to them when they purchase their future floor coverings.

3. Homemakers indicated that the information on selecting furniture was beneficial and much needed.
 4. Those who participated in the upholstery workshop indicated that the workshop was beneficial and what they really needed, because they could not afford to purchase new furniture at the time. Six chairs were completed at the workshop.
4. Home Management was a fourth phase of home economics included in the 1961 program. Topics worked on included: (1) "Selection, Use, Care of Small Electrical Appliances", (2) "Selection, Use, Care of Kitchen Utensils", (3) "Planning Kitchen Work Centers" and (4) "Kitchen Storage". These topics were included because of the lack of knowledge in knowing what to look for when selecting appliances and tools. There also was a desire on the part of the homemakers to be efficient and effective home managers and at the same time work away from home and participate in other activities.

In attempting to help solve these problems, the following goals were set up:

1. To teach homemakers how to select, use and care for small electrical appliances.
2. To teach homemakers how to select, use, and care for kitchen utensils.
3. To teach homemakers how to have organized work centers in the kitchen.
4. To encourage homemakers to improve their kitchen storage space and to buy and use small kitchen storage space savers.

If these goals were carried out, the homemakers were expected to learn:

1. How to select, use and care for small electrical appliances and kitchen utensils.
2. To be able to recognize a useful kitchen utensil from one which would prove to be mainly kitchen clutter with few practical uses.
3. How to arrange and organize their kitchen regardless of the size so that they would have organized work centers.
4. To have orderly storage space for the various kitchen utensils, tools and appliances.

5. To make or buy and use simple kitchen storage space savers.

If the objectives and goals set up were properly reached, the following changes in the homemakers should be evident.

1. Homemakers should be able to select their electrical appliances and kitchen utensils with the usefulness of the appliance or tool in mind. They should be able to determine whether a gadget will prove to be useful and serve a purpose or just be clutter and useless.
2. Homemakers should be able to select wisely and purchase tools, utensils and appliances according to their needs and amount they have to spend.
3. They should have organized kitchen work centers and also know how to organize the various work centers.
4. Homemakers should be able to build simple storage space savers.
5. They should have adequate organized storage space in their kitchens.

Methods Used:

1. An agent-training meeting on Kitchen Storage was conducted by Miss Mary B. Settle, Home Management Specialist, V.F.I. on April 10.
2. A filmstrip on "Selecting and Caring for Electrical Appliances" was shown to the club members.
3. In giving the demonstration on kitchen utensils, samples of good and poor buys in utensils were shown, and reasons were given as to what made the utensil a good or poor buy.
4. Floor plans of improved kitchen plans were shown to the club members.
5. Discussions on organizing kitchen work centers were given.
6. Kitchen space savers were shown to the club members. These included ones constructed at home and also ones that were purchased ready-made.

- 7. Charts showing pictures of organized work centers were shown to the club members.
- 8. Individual assistance was given to those who requested it.

Results Obtained:

- 1. Club members indicated that the demonstration on selecting electrical appliances was much needed, because the task of selecting a given appliance is becoming harder because of the number of different kinds of appliances on the market.
- 2. The members indicated that they had a better understanding of what to look for when selecting a tool or utensil.
- 3. A considerable number of kitchen utensils were purchased as a result of the demonstrations.
- 4. Comments made indicated that the club members would reorganize their kitchens so that they would have relocated and organized kitchen work centers.
- 5. Several storage space savers were purchased by club members who rearranged their kitchens.
- 6. Several homemakers relocated their kitchen appliances so that their "kitchen triangle" would be as near to 22 feet as possible.
- 7. Two homemakers who had served as kitchen improvement result demonstrators were able to reach several of their established goals this year. Their homes were included in the Farm and Home Tour in October.
- 5. Clothing was selected as a phase of the 1961 program. Topics discussed included: (1) "Selecting Becoming Clothes For Various Figure Types", and (2) Dressing Correctly For Various Occasions". These topics were selected because the major problems of the homemakers were selecting becoming clothes for their figure types and how to plan a wardrobe so that it would include clothing to wear to all occasions. Many felt that their wardrobes included sufficient clothes to wear to various occasions but they did not know how to dress correctly for all occasions. To solve these problems, the following goals and objectives were set up:

1. To teach club members how to select clothes according to their figure type, complexion, etc.
2. To impress upon club members the importance of dressing correctly for all occasions.
3. To enlighten club members on the proper attire to wear to various occasions.

As a result of these objectives, the members were expected to learn:

1. The various figure types, to be able to recognize their figure types and the good and bad points about their figures and how to select becoming clothes that would enhance the good features of their figures and detract the bad features.
2. How to dress correctly for various occasions.
3. How to plan their wardrobes so that there would be sufficient clothing to wear to the various occasions.

Changes expected as a result of these objectives are:

1. The homemakers should be more figure conscious and know the types and styles of clothing that will enhance their figures.
2. The homemaker should appear neat and attractive when seen as a result of her wardrobe planning.
3. The homemaker should be correctly dressed for the various occasions she attends.
4. Wardrobe planning should be easier for her.

Methods Used:

1. Miss Bettie McClaskey, Clothing Specialist, V.P.I. conducted an agent-training meeting on the subject.
2. A leader-training meeting was conducted by the home agent on the topic. 12 leaders attended.
3. Clothing leaders gave the demonstrations in their club meetings.

4. Measurements to determine whether or not the figure was in proportion were made in the meetings and the members had a chance to participate.
5. A fashion show, "Dressing For The Occasion" was presented in May as a portion of the county's celebration of National H. D. Week.
6. Related printed material was distributed to the club members.
7. Question and answer periods were held after the demonstrations.

Results Obtained:

1. Comments made by the club members indicated that the demonstration had been very informative, helpful, and exactly what they really needed.
2. The homemakers have taken added interest in trying to select clothing that are most becoming to their figure types.
3. Those homemakers who had trouble in dressing correctly for various occasions now seem to have more confidence in their ability to dress correctly.
6. Housing, as a sixth phase of the 1961 program, was included. Emphasis was placed on the topic, "Planning The Bathroom". This topic was included because of the number of families in the county without bathrooms in their homes. Many of these families have expressed a desire to have bathrooms, but indicated that they didn't have space for ones in their homes which were built with no provisions made for bathrooms. To help solve this problem, the following goals were established:
 1. To assist homemakers in formulating plans for their bathrooms.
 2. To assist homemakers in locating bathrooms in homes where no provisions for bathrooms were made when the house was built.
 3. To assist homemakers with the selection of floor coverings and light fixtures; the arrangement of bathroom fixtures and color scheme planning.

4. To teach homemakers how to make long time plans for bathrooms in their homes.

With these established objectives, the homemakers were expected to learn:

1. How to formulate plans for bathrooms.
2. How to plan the location of the bathroom in their homes.
3. How to make wise selections in floor coverings, light fixtures, color schemes and the arrangement of bathroom fixtures.
4. How to make long time plans for the bathroom.

Changes expected in the homemakers as a result of these objectives include:

1. The homemakers should be able to have some well planned bathrooms in their homes when they are able to install them.
2. They should be able to select floor coverings, color schemes, light fixtures, etc. for their bathrooms with few problems.
3. The homemakers should be able to make long time plans for the installation of bathrooms in their homes. They should also be able to apply the steps used in bathroom planning to other goals they desire to reach.

Methods Used:

1. Miss Mary B. Settle, V.F.I., Housing Specialist conducted a special interest meeting on "Bathroom Planning," April 10. Eighteen interested persons attended.
2. Miss Settle gave assistance to individuals with their problems in locating their bathrooms.
3. A question and answer period was held so that homemakers could ask questions pertaining to their individual problems.
4. Related printed material was given to the persons who attended.

Results Obtained:

1. Comments made by those who attended indicated that the information received was what they desired.
2. Several homemakers have started installing bathrooms in their homes, using the recommendations that were suggested.
3. The information received was passed on to other interested persons who were unable to attend the special interest meeting.
7. The phase, Health was also discussed during the year. The emphasis was placed on "Weight Reduction". This topic was selected because of the number of overweight persons in the county. The major problem was to assist the overweight homemakers in improving their health conditions and those of their families by losing weight sanely. To help solve this problem, the following goals were established:

1. To encourage overweight homemakers to improve their general health through weight reduction.
2. To encourage those who lost weight to re-establish their eating habits so that they will not regain the excess weight.
3. To inform the "weighty" homemakers of the dangers involved in being overweight.

If the established goals were achieved, the homemakers were expected to learn:

1. The dangers of obesity and the importance of keeping the weight at an ideal level.
2. The effects of obesity on one's general health conditions and disposition.
3. How to plan their menus so that a balanced, but low calorie diet is achieved.
4. How to correct their poor eating habits so that the excess weight would not be regained.
5. The relation of good nutrition to weight reduction.

The following changes are expected as a result of the established goals and objectives:

1. The homemakers are expected to change their eating habits, be able to lose weight until they reach the goal established by their family doctors and then be able to keep the weight level where it should be.
2. They should be able to plan their menus so that they will be well balanced but not calorie laden.
3. They should be able to have a better understanding of the dangers of being overweight.

Methods Used:

1. Weight reduction classes were conducted twice a month for four months.
2. An agent-training meeting on the topic of weight reduction was conducted by Mrs. Mary Thompson, Food Specialist, V.P.I.
3. The assistance of the county nurse, dietitian and other trained persons was solicited in conducting the classes.
4. Talks, demonstrations, filmstrips, etc. were included as educational features at each meeting.
5. Each participant in the weight control class was "weighed in" at the beginning of each meeting. "Before" snapshots were taken of each participant and "after" snapshots were taken of those losing ten or more pounds.
6. Each participant enrolled presented a statement from the family doctor stating the amount of weight the participant should lose.
7. Ideas were exchanged among the group on how they most successfully lose weight.
8. Related printed matter was presented to each participant.
9. Participants were urged to lose weight by counting and cutting their calories rather than using various milk formulas found on the markets.

Results Obtained:

1. 27 participants enrolled. Three dropped out. The 24 who completed the four months of classes lost 288½ pounds, or an average of 12 pounds per person.
2. Three-fourths of the participants continued losing weight in hopes of reaching their ideal weight after the class was over or either maintained their weight. The remaining one-fourth slowly showed signs of increases in their weight.
3. The interest in the class was excellent. It stimulated many who did not participate to request such a class for 1962.
4. The "togetherness approach" to losing the excess weight was very good.
5. Comments made by many indicated that the participants did change their eating habits and would never again resort to overeating.

Significant Story In A Subject Matter Phase

When plans were made for the 1961 H. D. program, there was considerable discussion concerning the number of obese H. D. members and other persons in the county. It was then decided that a weight control clinic would be included in the 1961 program. The group felt that obesity among the homemakers was indeed a problem because it was noted that obesity is quite often associated with many of our fatal diseases such as diabetes, hypertension, heart ailments, etc.

27 participants enrolled in the class on February 14, 1961. The classes were held once a week for four months. At each meeting, the participant was weighed in. At the first meeting, the height and weight of each participant was recorded and snapshots were taken.

At each meeting, an educational feature was included. The county nurse spoke to the group on the "Dangers of Being Overweight", a film-

strip on "Why People Are Overweight" was shown and several other demonstrations and educational features were included.

The participants had a chance to discuss their individual problems and relate to others how they had been able to stick to their diets and lose weight. The participants also used the various meetings to encourage each other and especially those who were not losing weight at the rate they should have. They were urged to not lose more than two pounds a week.

In a group of this kind, each person had the same basic problem--- obesity. Consequently, there were few embarrassing moments and each person freely discussed her problems. The results of the weight control clinic was very favorable. The clinic was considered favorable because (1) each participant clearly recognized that she had a serious health problem, (2) she recognized the dangers of being overweight, (3) she had a strong desire to conquer the problem, (4) each person in the group had the same problem, thus participation was good, and (5) the root of the problem--- bad eating habits--- was conquered by the majority of the participants. Of the 27 participants who enrolled, 24 remained to conquer the "battle of the bulge". The amount of weight that was recommended by doctors to be lost ranged from 8 pounds to 150 pounds. An average of 12 pounds per person making a total of 288½ pounds were lost. The star "dieter" of the group lost 33½ pounds with the runner up losing 26 pounds. Most of the participants at the close of the clinic had not dropped to their ideal weight as determined by their doctors, but their indications proved that they had learned to conquer the overpowering

desire to overeat and would continue to diet.

At the closing meeting, a social hour was held, and each participant invited an overweight friend. Snapshots were taken and certificates awarded to 13 participants who had lost ten or more pounds. Interest in the "losing weight together" approach was very good, and as a result of requests made by various other overweight persons, another weight control clinic for 1962 was planned.

C. Other Activities

1. National Home Demonstration Club Week:

National H. D. Week was observed on May 7 at Georgie Tyler School in Windsor with a Fashion Show and Musical Tea. Several non-club members participated on the program. This helped to acquaint the public with the home demonstration clubs as many who witnessed the program were not H. D. Club members. To further acquaint the audience with the extension program, the general objectives of H. D. work, the purposes of celebrating National H. D. Week, and an explanation of what home demonstration club work is were printed on the program.

Features on the program included instrumental selections, solos, recitations, skits, etc. Fourteen H. D. leaders were awarded certificates of recognition for their leadership in the home demonstration program.

2. District Home Demonstration Meeting:

On May 2, sixty one homemakers attended the District H. D. Meeting in Sussex County. Delegates from the county cooperated with delegates from Southampton and Nansemond counties in presenting a skit in house furnishings entitled "Make Yours A Well Dressed Home". Delegates from other counties gave demonstrations in Housing, Food and Nutrition and Clothing. The district meeting was invited to convene in Isle of Wight County in May 1962.

3. Farmers' Conference

The annual Farmers' Conference was held on March 15 at Shiloh Baptist Church in the Zuni area. Speakers for the occasion included Mr. M. T. Carter, Superintendent, Experiment Station Virginia State College, Petersburg who spoke of "Farm Budgeting"; Mr. W. J. Nuckolls, Agricultural Economist, V.P.I.,

"Wills, Deeds and Legal Matters" and Mr. J. K. Butler, Livestock Fieldman, Gwaltney Incorporated, Smithfield who discussed "Successful Hog Production in Eastern Virginia". Approximately 75 interested persons attended the conference.

4. Family and Community Improvement Institute:

Mrs. Christina Robinson, Livey Neck H. D. Club and Mrs. Vera T. Davis, Smithfield H. D. Club attended the Family and Community Improvement Institute held at Virginia State College, Petersburg July 11-13. While attending the conference, the delegates had a chance to attend and participate in the various workshops and general sessions held. Reports were later made to the H. D. Committee by these delegates.

5. Educational Trip:

The educational trip was postponed for the year. The members decided to wait until the summer of 1962 to take a trip.

6. Farm and Home Tour:

The annual Farm and Home Tour was held on October 6. The six stops made on the tour were:

- Stop I - Home of Mr. & Mrs. Willie Johnson
Observation: Improved Kitchen: Remodeled kitchen, installation of running water, Kitchen arrangement, color scheme, wall cabinets.
Improved Exterior of House with the addition of asbestos siding.
- Stop II - Home of Mr. & Mrs. Maryland Liggins
Observation: Installation of Bathroom: color scheme, floor covering, arrangement, fixtures, and location.
- Stop III - Home of Mr. & Mrs. Thomas Porter
Observation: Installation of Bathroom: location, color scheme, arrangement and fixtures.
- Stop IV - Farm of Mr. & Mrs. Joseph Briggs
Observation: Commercial Fall Garden
- Stop V - Farm of Mr. William Briggs
Observation: Improved pasture of Ladino Clover

Stop VI - Home of Mr. & Mrs. Elisha Stokes
Observation: Improved Kitchen: color scheme, arrangement, location and arrangement of base and wall cabinets, floor covering.

7. Tidewater Fair:

Ten H. D. Clubs and Camptown 4-H Club participated in the Tidewater Fair this year. Windsor H. D. Club won first prize on its educational exhibit; Carreville, Godwin, Trinity, Zuni, Rising Star, Livey Neck and Pinewood Heights H. D. Clubs won second prizes and third prizes were won by Ebenezer and Rushmere H. D. Clubs. Camptown 4-H Club won second place on its exhibit.

8. Achievement Day:

The annual Achievement Day program was held at Georgie Tyler School on Saturday, October 28. Exhibits were displayed by the various H. D. Clubs, 4-H Clubs, and the Agricultural and Home Economics departments of Georgie Tyler School and Isle of Wight Training School. Individual work was also displayed by various H. D. Club members, farmers and 4-H'ers.

First prizes on educational exhibits were won by Zuni, Smithfield, Windsor, Rushmere and Rising Star H. D. Clubs and Camptown 4-H Club. Livey Neck, Ebenezer, and Carraville H. D. Clubs; the agricultural and home economics departments of Georgie Tyler and Isle of Wight Training School, Georgie Tyler 5th and 6th grade girls and Georgie Tyler 6th grade boys were awarded second prizes. Godwin and Trinity H. D. Clubs and Georgie Tyler 7th grade girls 4-H Club won third prizes on their educational exhibits.

Features on the program included a report by Miss Margaret Devereaux on the State 4-H Short Course, and William Artis gave a report of the 4-H Wildlife Conference. A review of the extension work in the county was given by the home agent and farm agent. Mr. Richard Robinson gave a review of the Farm Cooperatives Club activities for the year.

Eight H. D. members received H. D. achievement pins. They were Mrs. Hattie Warren, Mrs. Leslie Blount, Mrs. Vera T. Davis, Mrs. Mary Pleasant, Mrs. Joris Bradby, Mrs. Gladys Stokes, Mrs. Margaret Ashburn, and Mrs. Alberta Wise.

4-H subscriptions to the "National 4-H News" magazine were awarded to 26 4-H leaders. George Bradby of Lawnes

4-H Club and Rebie Cotton of Camptown 4-H Club won the 4-H Achievement awards, Alvin Stokes of Georgie Tyler 4-H Club won the electric award and Carolyn Wilson of Trinity 4-H Club and Glen Johnson of Georgie Tyler 4-H Club won certificates of merit for their leadership ability.

A movie, "Merry Go Round", which was loaned by the T. B. Association, was shown.

Union Bag-Camp Corporation in Franklin, Smithfield Packing Company, Gwaltney Incorporated and Bill Bailey Pontiac Inc. of Smithfield were the financial supporters for the program. The contributions were used to purchase supplies, 4-H National News subscriptions, and for awards for prize ribbon winners.

Persons who served as judges were Mrs. Jarnice Chapman, Home Agent, Peninsula Area, Miss A. E. Elliott, Home Agent, Norfolk and H. F. Lancaster, Farm Agent, Nanessmond County.

D. Developing and Carrying Out Program With Urban Families

Isle of Wight County does not have an urbanized settlement, therefore no urban work has been done. Smithfield is the largest town in the county, and with the recently annexed area, it now has a population of 2,818. In the newly acquired annexed area, three Negro settlements, namely Pinewood Heights, Jersey Park and Riverview were acquired. Organized H. D. Club work is conducted with the homemakers in these groups.

E. Farm and Home Development

The farm and home development approach in the county has not progressed as it should have. There are four families included in this phase of the extension program. The last two additions to the list of families were: The Calvin Allmonds', Route 2, Windsor and Mr. & Mrs. Sandy Warren of Route 1, Zuni. They have expressed a desire and shown interest in the farm and home development approach but poor crops and insufficient funds have prevented them from reaching most of their goals.

Assistance has been rendered to the family through home visits and consultation, and mainly through the Home Demonstration Clubs and other group contacts. The information given has been on long and short-time goals, and on improved methods and practices.

Since no significant improvements have been made during the year, no progress story can be reported.

III. County Extension Program - Youth

A. Organization

1. 4-H County Council:

The 4-H Junior Council has 105 members and it met twice during the year to train all 4-H officers and to make plans for the 4-H activities for the year. Plans made by the council for the celebration of National 4-H Week were: (1) to let each school club observe the week on an individual basis during the school assembly program on P. T. A. program. (2) to prepare bulletin board displays pertaining to 4-H and (3) to have an exhibit during the week, the work that had been done by the 4-H members.

At the officer training meeting, the officers were trained by the 4-H leaders and the 1961 County Council officers were also elected.

2. 4-H Project Planning Committee:

This committee is composed of 4-H leaders, 4-H representatives from each 4-H Club and parents. It plans and selects the 4-H group projects. This committee usually meets on a county wide basis, but this year, it was decided that each club would devote one meeting in May for the selection and planning of their 4-H projects. This method was considered more effective because then more 4-H members could attend the meeting and help with the project selection.

As a result of these individual club planning meetings, the projects, "So You'd Like To Sew", "Your Room", "Looking Your Best" and "Breads" were selected as group projects to work on in 1961-62. 4-H leaders assisted the members with their program planning.

3. 4-H Leaders' Association:

This organization is composed of volunteer 4-H leaders throughout the county who are interested and willing to devote their time for the promotion of the 4-H program in the county. The group met twice during the year to discuss and hear reports from sessions of the State 4-H Leaders' Association.

Mrs. Gracie Porter, president of the county association and recording secretary for the state association, attended the State 4-H Short Course with the delegates who attended from the county.

B. 4-H Project Work

1. Your Room, Pep It Up

This project was selected by the 4-H Project Planning Committee and was carried as a group project by 34 members. The goals established for the project were:

- a. To assist club members to make the best use of their furnishings.
- b. To assist members in choosing and using accessories to pep up their rooms.
- c. To teach members how to improve their rooms by keeping them cared for properly.
- d. To teach members how to make or restore simple accessories for their rooms.

Methods Used:

- a. Project instruction was given by the agent or leader.
- b. Related demonstrations were given by the agent, leaders, and some 4-H members. Demonstrations included how to make a bed, arrange furniture, choose and hang pictures, how to make a jewelry box and how to make a shoe bag.
- c. Related printed matter was given to each 4-H member.
- d. Exhibits displaying work done were made by the various 4-H Clubs.

Results Obtained:

- a. 19 of the 34 members enrolled completed their project work.
- b. Exhibits made showing articles made by the members indicated that they had learned to make the simple articles.
- c. Approximately 35 articles were made or restored for the rooms of these 4-H'ers.
- d. Interest in the project was good, which indicated that the project was selected with the needs and desires of the 4-H members in mind.

2. So You'd Like To Sew

This project was selected as a group project for the younger 4-H members who belong to the school 4-H Clubs. Because of the limited amount of time allocated for meetings, the requirements of this project, most adequately suit the needs and interests of the younger members. 112 members were enrolled in the project.

The goals established for the project were (1) to assist members in making simple articles without depending on a pattern so that they will be able to learn to sew by hand, and (2) to teach them some of the simple fundamentals in sewing, so that they will be able to do a better job when the more advanced clothing projects are taken.

Methods Used:

- a. Project instruction was provided by the agent and leaders.
- b. Demonstrations on how to make a (1) sewing box, (2) laundry bag, (3) baby's bib, (4) simple apron and (5) dress collar were given by the agent.
- c. Members were shown the completed article before they started each article so that they would know how the article should look when completed.
- d. Related printed matter was given to each 4-H member.
- e. Individual demonstrations were given by some of the 4-H members.
- f. Group exhibits were displayed showing the articles that were completed by the members.

Results Obtained:

- a. Of the 112 members enrolled in the project, 84 completed the project.
- b. 420 articles were made by these 4-H members. The articles included sewing boxes, laundry bags, baby's bibs, simple aprons, and dress collars.
- c. Interest in the project was very good. The younger 4-H members seem to enjoy learning to sew by hand.

34
72

C. Other Activities

1. 4-H Short Courses

6 delegates and one adult leader attended the State 4-H Short Course which was held at Virginia State College June 19-23. The delegates attended and participated in the various classes held and the leader attended the various sessions of the State Leaders' Association. One delegate competed in the state Breading Contest and won first place.

54 4-H'ers from the county attend one session of the short course.

2. Wildlife Conference

No delegates from the county attended the Wildlife Conference this year.

3. National 4-H Club Week

National 4-H Club Week was observed on a club basis by the various 4-H Clubs in the county. Using the theme, "Learn - Live - Serve Through 4-H," the 4-H'ers sponsored programs in the various P.T.A. meetings and school assembly programs. This offered an opportunity to acquaint more parents with the 4-H program, and made it possible for more 4-H members to witness their own program.

Features on the programs included a statement of the objectives of 4-H work, facts about 4-H work, purpose of celebrating National 4-H Week and two 4-H stunts, entitled, "Sue's Lunch" and "Mary and Her Conscience."

In two schools, the 4-H members painted the school's outdoor trash cans green and white and painted the 4-H emblem on them as a 4-H Week project. Bulletin board displays pertaining to 4-H work were made, and at one school, an exhibit of the articles made in 4-H this year were displayed.

4. County Winners

4-H members who had excelled during the year were recognized at the annual Achievement Day program, held on October 28. George Bradby of Lawnes 4-H Club and Rebie Cotton of Camptown 4-H Club won the county's highest award, the Achievement Award. Alvin Stokes of Georgie Tyler 4-H Club won the Electric Award and Carolyn Wilson of Trinity 4-H Club and Glen Johnson of Georgie Tyler 4-H Club won certificates of merit for their leadership ability.

5. District Home Economics Contests

The club and county elimination contests in Breadmaking were held and Lois Major and Shealler Blount, both of Waterworks 4-H Club were first place winners on the junior and senior level. The two girls competed on the district level in Greenville County. Lois Major and Shealler Blount gave individual bread demonstrations and again Lois was victorious in winning first place in the junior division and Shealler won first place in the senior division.

At the State 4-H Short Course in June, Shealler Blount competed on the state level and she again won first place in the individual senior group.

6. Achievement Day Program

The annual Achievement Day program was held jointly with the H. D. Clubs and other extension groups on October 28. Various 4-H Clubs exhibited work that they had done during the year. The county winners were also presented their awards and certificates at this meeting. For more information concerning the Achievement Day program please refer to "Other Activities" under adult work.

IV. Scope of Work

	1957	1958	1959	1960	1961
No. H. D. Clubs	9	10	10	13	13
Membership	180	220	225	275	275
No. H. D. Groups (Unorganized)	0	0	0	0	0
Membership	0	0	0	0	0
No. 4-H Clubs	7	10	11	12	19
Membership	185	196	249	415	405
No. YMW Clubs	0	0	0	0	0
Membership	0	0	0	0	0
No. Community Clubs	1	0	0	1	1
Membership	32	0	0	14	16
No. Home Ec. Committees	0	0	0	0	0
No. General Interest Committees	1	1	0	1	1
No. Youth Committees	0	0	0	0	1
No. Other Organizations	1	1	2	4	4
No. Farm & Home Dev. Families	3	3	3	5	5
No. Other Families Reached	147	405	310	495	510
No. Different Families Reached	204	350	525	610	621

What Was Done To Increase Scope Of Work

Publicizing the various county-wide meetings through circular letters and news articles has been an influencing factor in increasing the scope of work during the year. Persons not affiliated with the extension program were invited by club members to attend and take an active part in the National H. D. Week celebration. The observance of National 4-H Club Week was held on a club or community basis this year in the various P.T.A. meetings, which meant that more parents were able to attend to become acquainted with the 4-H work, and the extension program in general. More men than previously took an active part in the annual Achievement Day which also helped to "sell" the extension program, because these men not only participated, but it encouraged their family members to attend.

The weight-control clinic brought out several new people, as the clinic was opened to any overweight person, and not necessarily H. D. members. At the last meeting of the clinic, each participant invited an overweight friend, and again "new persons" attended.

The farm and home tour, and Farmers' Conference have also helped to bring out persons who formerly did not take much interest in the extension program. There has also been a slight increase in the enrollment of the H. D. Club this year.

Home visitation is still included as an excellent means of increasing the scope of work.

V. Leadership

A. Growth of Leadership

1. Over-all Program Leaders	1959	1960	1961
a. County Agricultural Extension Service Board	28	36	40
b. Youth Council	0	10	15
c. Home Economics Council	0	0	0
2. Home Demonstration Club Leadership			

	1957	1958	1959	1960	1961
No. organization leaders	0	9	10	10	13
No. project leaders (subject matter)	20	40	60	65	81
No. Federation program of work chairmen	1	10	10	8	13
No. program development leaders	9	10	10	10	13
No. result demonstrators	5	10	10	10	12
No. training meetings by specialists	2	1	4	3	7

	1957	1958	1959	1960	1961
No. training meetings by dist. agents	0	0	0	1	0
No. training meetings by agents	5	5	5	5	6
No. training meetings by others	0	1	1	0	1
Attendance at all training meetings	116	110	85	90	116
No. meetings held without an agent	43	20	30	38	23
No. meetings leaders assisted	32	35	30	36	42
Demonstrations by leaders	72	25	29	24	65
Talks and discussions by leaders	164	182	185	201	193

3. 4-H Club Leadership

	1957	1958	1959	1960	1961
No. club officers	48	70	77	96	133
No. adult project leaders	7	10	10	12	19
No. junior project leaders	4	2	2	0	0
No. result demonstrators	0	0	0	0	0
No. training meetings by specialists	2	0	0	0	0
No. training meetings by dist. agents	0	0	0	0	0
No. training meetings by agent	8	4	3	5	3
No. training meetings by members club dept.	0	0	0	0	0
No. training meetings by others	0	0	0	0	0
Total attendance at ldr. training meetings	96	42	50	55	21
No. 4-H leaders trained individually	14	10	12	6	14
No. club mtgs. held by ldr. w/out agent	10	6	10	15	8
No. additional meetings at which ldrs. assisted	32	45	40	60	124
No. demonstrations given by adult ldrs.	14	12	15	15	19
No. demonstrations given by junior ldrs.	17	2	2	0	0

B. Development of Leadership Activities And Accomplishments of An Individual

The individual selected for this section of the report is Mrs. Gracie G. Porter of Route 3 Windsor. She is selected because of her outstanding leadership ability with the extension program and many other organizations in the county.

Mrs. Porter, who works as secretary for Georgie Tyler School, is married to Thomas Porter. Presently, she is attending evening classes at Norfolk State College to further her business training. Mrs. Porter is a member, church clerk, and choir member of Shiloh Baptist Church. She is also affiliated with numerous community and county organizations.

Her affiliations with the extension program began as a 4-H member during her childhood days. When she ceased to be a 4-H member, she later became affiliated with the 4-H program as 4-H leader and still serves in that capacity. She has been a member, officer and project leader of the home demonstration club for twelve years. She is presently president of

the Ebenezer H. D. Club, secretary for the county Advisory Board, secretary of the county 4-H Leaders' Association, secretary for the State 4-H Leaders' Association, a member of the Home Economics Special Interest Committee and 4-H leader for the Georgie Tyler 4-H Clubs. Mrs. Porter could best be described as an over-all leader for the entire extension program because she actively participates and cooperates with all organizations of the extension program.

Mrs. Porter contributes a large portion of her leadership ability to her early and long affiliation with the extension program. She takes great pride in her affiliation and considers the many things she has learned since she began as a 4-H member very valuable.

At present, she and her husband are trying to improve and modernize their old seven bedroom home. They have been successful in making several improvements. Their first job was to furnish the home with furniture and other furnishings. They have no children, but an older aunt and grandmother lives with them. Being a product of a large family, Mrs. Porter says that, "in spite of the seven bedrooms, at certain times during the year, she does not have sufficient room to house her visiting relatives and friends."

In trying to help save money, Mrs. Porter preserves large quantities of food grown in their garden. Presently, she has two home freezers, and each year, she sees to it that they are filled to capacity, in addition to the other foods she cans.

Mr. Porter is employed at Gwaltney meat packing plant and he is also a part-time farmer. The three incomes combined have enabled them to make other improvements. They have been able to install a bathroom in their home, and this year, the farm and home tour viewers had a chance to tour the home of the Porters.

Some of the future improvements that Mrs. Porter plans to make include: (1) to complete the landscaping of their home, and (2) to make further improvements to the interior and exterior of their home.

Mrs. Porter contributes her achievements made to a willingness on the part of herself and husband to work together to solve their problems and partially on her contacts with the extension program.

VI. For Special Consideration

A. Significant Achievement of Extension Work in Home Economics

Several achievements in home economics that may be considered significant have taken place this year. One method of determining whether or not an achievement has been significant may be through the responses and reactions of the people who were involved in the particular activity.

When the 1961 H. D. program was planned, several requests were made for additional training on how to make kitchen improvements. During the year, four months were spent mainly on topics pertaining to kitchen improvements, which included "the selection, use and care of small electrical appliances for the kitchen," "planning kitchen work centers," "kitchen storage" and the "selection, use, and care of kitchen tools and utensils."

9 interested homemakers from various clubs volunteered to serve as kitchen improvement result demonstrators. Throughout the year assistance was given to these result demonstrators, and several had made significant improvements at the end of the year. Others are still working on their improvements and the inclusion of the topic in the program encouraged many other homemakers to work to make substantial improvements in their kitchens. The reactions of the homemakers may be considered chain ones because originally not many homemakers expressed much of a desire to improve their kitchen, because they thought that the amount of money it would cost would be prohibitive. After witnessing the demonstrations, especially the one on "Planning Work Centers" they quickly changed their minds.

Touring and witnessing the improvements that the demonstrators had made when the annual tour was held also helped to change the homemakers' minds. They had a chance to see that numerous improvements could be made without spending a large amount of money.

The achievements made by the demonstrators included rearranging their kitchens, planning and reorganizing their work centers, improving their storage problems by the addition of base and wall cabinets and the purchasing a space saver, planned color schemes, addition of new floor coverings, addition of running water, etc.

The progress of these kitchen improvement result demonstrators is considered a significant achievement because

- (1) it improved their level of living
- (2) their kitchens were "model" ones for the viewing homemakers to see areas in which improvements may be made.
- (3) they pioneered the way for the additional homemakers who will later make improvements
- (4) and most important, they were instrumental in starting the kitchen improvement "chain reaction."

During 1962, it is believed that even more kitchens than in 1961 will be improved because of the pioneering of the 1961 kitchen improvement demonstrators. To us in Isle of Wight, any improvement made is significant if that improvement, once seened, encourages others to do likewise.

B. Developing Good Public Relations In The County

1. County Workers: Information, experiences, and visits are shared. Problems and obstacles encountered are freely discussed and exchanged. Good relations are established in the extension office through mutual agreements on various matters and the exchanging of ideas. Extension programs are held jointly with the vocational agriculture and home economics departments of the two high schools each year. The H. D. Clubs work jointly with the County Welfare Department each year at Christmas time in remembering the sick and less fortunate. Personnel from the health department have worked with the extension program on several occasions.
2. General Public: The announcement of various extension programs and activities soliciting their interest, support, and cooperation is passed on to the general public through news articles, circular letters, mimeographed material, etc. Educational displays are exhibited occasionally by the various organizations to inform the general public of the extension program. When time permits, a special effort is made to take an active part in various programs, meetings, etc. sponsored by the churches, schools and organizations in the county.
3. Elected Representatives: These representatives are kept informed and abreast of the extension program through the monthly report, annual report, copy of the H. D. and 4-H year books, copies of various programs held and the various news articles written. Occasional informal conferences are held with some of these representatives, and the agent attends some of the board meetings.
4. Commercial Interests: Their support is solicited and usually received when the annual Achievement Day program is held. They occasionally receive copies of various programs that are held. Good relations are established and maintained with the various commercial interests. The extension policy which deals with advertising for a given company or firm is explained to them and is generally understood.
5. Other Professional Workers: Special efforts are made to establish and maintain good public relations with the staff members of the various schools in the county. Efforts are made to coordinate and show the relationship of the extension program to many of the programs of these workers. Information is shared and program invitations are exchanged.

C. Professional Improvement

The agent's professional improvement has been confined to attending various conferences, workshops, etc.; training from

V.P.I. specialists and others, and reading various magazines. Nine related magazines are received and read monthly, in addition to reading the daily newspaper, and listening to and viewing selected T.V. and radio programs.

VII. The Look Ahead

The past's years work in extension in the county has met several of the needs of the people in the county. The program, which was planned in July 1960, is believed to have been a well planned one. If the 4-H and H. D. program were compared as to which program was more effectively carried out, the agent would be inclined to believe that the 4-H program would have to take second place. As a result, the following suggestions are made for continued and increased improvement in 1962.

1. Encourage the organization of more out of school 4-H Clubs, especially for members fourteen and over.
2. Increase the enrollment and rejuvenate the 4-H Leaders' Association.
3. Devise means for interesting the parents of 4-H children to take an active part in the 4-H program.
4. Stimulate the interest of the parents in the 4-H program in general.
5. Hold more leader-training meetings for 4-H leaders.