

VII. (continued)

There is little opportunity to cope with these problems with only one Home Agent serving a county as large as Washington, with its many organized Extension groups and many special activities.

## VI. (continued)

### C. Professional Improvement

The Home Agent attended an Extension Training Course on Written Communications. She read professional magazines and attended four Forums on International Relations sponsored by AASH in cooperation with the University of Virginia.

## VII. The Look Ahead

People are more interested in the County Extension Program, in the Agent's opinion, than at anytime during her ten years of service in the county.

There are more active adult 4-H club leaders. Leadership in Home Demonstration Clubs has grown. There was more participation in the Tobacco Festival this fall than ever before.

More Home Demonstration clubs made reports on results of the years work than before.

Some phases of the Extension Program have been terribly neglected and there is much room for improvement. Reference here is made to:

Program planning meetings on the Long Time Plan

Work with special county committees

Work with farm and home development families and training of adult 4-H club leaders.

**VI. For Special Consideration**

**A. County Home Demonstration Choral Group Organized**

Art in Daily Living has been the County Home Demonstration Federation Program for the last three years.

Many phases of art were studied, among them music appreciation. There had been some discussion of a County Home Demonstration Choral group. This year a choral group of about 20 members was formed. Miss Elizabeth Bowman serves as Director and Mrs. John Kelly, Sr. as pianist. Mrs. Irby Arnatt is Chairman of the Choral Group.

**B. Public Relations**

Cooperative planning among County Extension workers was done throughout the year. The public was kept informed about Extension programs, services and materials available through the press and radio.

A special report on results of the 1959 program was made to the County Board of Supervisors. A copy of this report was mailed to county folk serving in the House of Delegates and to the District Congressmen.

Letters of appreciation were written to business concerns and sponsors of special Extension events.

4-H club members who received awards were urged to write letters of appreciation to donors.

V. B. (continued)

Mrs. Wilkison has been outstanding in Home Demonstration Club work. She has served as president of her local club, in almost every subject matter capacity and on county committees.

She took the judging course offered by VPI Extension Specialist in judging educational exhibits. She has served on the educational exhibit committee for her local club for five years. Her club has won three first places and two third places on educational exhibits at the Tobacco Festival. Mrs. Wilkison has served as judge at the Russell County Fair and Chilhowie Apple Festival for several years.

In 1958 she was given the County Home Demonstration leadership award - a trip to National Home Demonstration Council in Wichita, Kansas.

Carolyn Wilkison has an outstanding 4-H club record in both projects and activities. During the eight years enrolled she gave 170 talks and demonstrations.

She had her own radio program on Station WBBI for about a year.

She won a trip to Regional Resource Camp, Fontana, N. C. in 1958; was invited back in 1959 to help lead discussion and was one of the four club members selected to speak on Conservation at the TVA Conference later that year.

V. B. (continued)

plan. The Agent worked very closely with the Jones family in setting up a reuelc demonstration for major home improvement. As a result, Mrs. Jones became more interested in Home Demonstration work. She commenced to serve as president for her local Home Demonstration Club last fall, and as County Home Demonstration Treasurer for two years, 1961 - 1965.

At the County Home Demonstration Club Achievement Day Program, November 9, Mrs. Jones gave the County Achievement report. Her interpretation of results showed, in the agent's opinion, an excellent understanding of and appreciation for the Home Demonstration program.

Mrs. C. T. Wilkinson won the County 4-H Adult Leadership award this year and her daughter, Carolyn, placed first in the Girls' National 4-H Public Speaking Award Contest. Mrs. Wilkinson was awarded a plaque by Bristol Chamber of Commerce, Carolyn a trip to National 4-H Club Congress and a \$400 college scholarship.

Both Mrs. Wilkinson and Carolyn have taken advantage of opportunities offered in the Recreation Program. Mrs. Wilkinson was a 4-H club member; she has served as 4-H club leader since Carolyn joined the club in 1953. Even after Carolyn completed high school Mrs. Wilkinson continued to serve as a leader. Last year she helped coach the Clothing II project for Meadowview Junior 4-H Club.

V. A. 2. (continued)

|  | 1956 | 1957 | 1958 | 1959 | 1960 |
|--|------|------|------|------|------|
| No. result demonstrators                             | 4    | 12   | 16   | 12   | 6    |
| No. training meetings by specialists                 |      |      |      |      |      |
| No. training meetings by dist. agents                |      |      |      |      |      |
| No. training meetings by agent                       | 1    | 3    | 2    | 1    | 3    |
| No. training meetings by members club<br>dept.       |      |      |      |      |      |
| No. training meetings by others                      | 2    | 2    | 2    | 3    | 2    |
| Total attendance at leader training<br>meetings      | 72   | 103  | 70   | 40   | 41   |
| No. 4-H leaders trained individually                 | 16   | 14   | 18   | 20   | 10   |
| No. club meetings held by leader<br>without agent    | 6    | 7    | 10   | 8    | 5    |
| No. additional meetings at which<br>leaders assisted | 90   | 60   | 40   | 298  | 130  |
| No. demonstrations given by adult<br>leaders         | 12   | 7    | 12   | 8    | 5    |
| No. demonstrations given by junior<br>leaders        | 42   | 46   | 48   | 43   | 28   |

B. Story of Leadership Development

Four years ago Mrs. James Jones was a not-too-active member of Bethel Home Demonstration Club. She did attend club meetings fairly regular and carried out in her home some of the practices learned.

Last year the James Jones had to move to a new location due to the new super highway crossing their farm. The farm home on the new place was in a poor state of repair and not too convenient.

Mrs. Jones requested help from the Home Agent on plans for remodeling, kitchen arrangement and a complete interior decoration

IV. (continued)

|                                | 1956 | 1957 | 1958 | 1959 | 1960 |
|--------------------------------|------|------|------|------|------|
| No. Farm & Home Dev. Families  | 5    | 21   | 21   | 21   | 21   |
| No. Other Families Reached     | 1600 | 1700 | 200  | 850  | 900  |
| No. Different Families Reached | 2992 | 2400 | 1800 | 2050 | 2100 |

V. Leadership

A. Growth of Leadership

1. Home Demonstration Clubs

|  | 1956 | 1957 | 1958 | 1959 | 1960 |
|--|------|------|------|------|------|
| No. organizational leaders                 | 105  | 105  | 105  | 105  | 102  |
| No. project leaders (subject matter)       | 119  | 102  | 108  | 100  | 102  |
| No. Federation program of work<br>chairmen | 18   | 18   | 18   | 18   | 20   |
| No. program development leaders            | 18   | 18-  | 18   | 18   | 17   |
| No. result demonstrators                   | 9    | 8    | 13   | 15   | 14   |
| No. training meetings by specialists       |      | 1    |      | 2    |      |
| No. training meetings by dist. agents      |      | 1    | 1    | 1    | 1    |
| No. training meetings by agents            | 4    | 4    | 4    | 8    | 3    |
| No. training meetings by others            |      |      | 2    |      | 8    |
| Attendance at all training meetings        | 62   | 97   | 126  | 151  | 275  |
| No. meetings held without an agent         | 113  | 142  | 125  | 123  | 117  |
| No. meetings leaders assisted              | 200  | 243  | 216  | 216  | 200  |
| Demonstrations by leaders                  | 130  | 142  | 180  | 123  | 117  |
| Talks and discussions by leaders           | 296  | 432  | 436  | 440  | 400  |

2. 4-H Clubs

|                            |     |     |     |     |     |
|----------------------------|-----|-----|-----|-----|-----|
| No. 4-H Club Officers      | 135 | 136 | 136 | 138 | 130 |
| No. adult project leaders  | 16  | 16  | 20  | 20  | 20  |
| No. junior project leaders | 30  | 30  | 28  | 32  | 40  |

### III. C. (continued)

#### 9. 4-H Club Achievement Day

About 300 Washington County 4-H Club girls attended Washington County, Virginia - Sullivan County, Tennessee Achievement Day Program October 14, sponsored by Bristol Chamber of Commerce, who has sponsored this program for the past thirty years. Major awards were as follows:

Senior leadership, a \$300 College Scholarship -  
Joyce Ann Roberts.

Junior Leadership, a trip to Washington, D. C. -  
Bonnie Crabtree.

Clothing Achievement Award, a steam iron - Lola Graybeal.  
Twenty-five (25) \$4 and \$5 merchandise awards were given for outstanding work in 4-H projects and activities.

A plaque was given to Mrs. Jack Wilkinson as the outstanding adult leadership award.

#### IV. Scope of Work

|                      | 1956 | 1957 | 1958 | 1959 | 1960 |
|----------------------|------|------|------|------|------|
| No. H. B. Clubs      | 20   | 20   | 20   | 20   | 19   |
| Membership           | 440  | 480  | 480  | 483  | 400  |
| No. 4-H Clubs        | 27   | 26   | 26   | 26   | 20   |
| Membership           | 617  | 550  | 634  | 720  | 571  |
| No. Community Clubs  | 5    | 5    | 5    | 5    | 3    |
| Membership           | 300  | 300  | 300  | 300  | 280  |
| No. Youth Committees | 1    | 1    | 1    | 1    | 1    |

III. C. (continued)

6. State 4-H Short Course

Seven County 4-H Club girls attended State 4-H Club Short Course, June 27 - July 2. Participation and recognition by these girls at Short Course was as follows:

Meal Preparation Demonstration - Linda Arnett - red ribbon

Home Improvement Demonstration - Nickie Mitchell - red ribbon

Poultry Consumption Demonstration - Thelma Vannoy - white ribbon

Dairy Feeds Demonstration - Marilyn McConnell - white ribbon

Dress Revue - Anne Kendrick - white ribbon

Share the Fun - Bonnie Crabtree - blue ribbon - \$25 Saving Bond

7. Camp

19 Junior 4-H club girls and 9 Senior 4-H club girls attended District 4-H camp.

8. Spring Awards Day

About 100 folks attended the County 4-H Awards Day program sponsored by Washington County Chamber of Commerce, April 9. Anne Kendrick was crowned Queen and Jerry Orr, King, County 4-H clubs. County medals were awarded; prizes for winners of the tractor driving contest and baby beef show held during the morning presented. Small sewing equipment given to nine girls with best clothing records for the past year. Two camp scholarships and two State 4-H Short Course scholarships of \$10 given.

III. C. 4. (continued)

Senior Division: Joyce Roberts first; Anne Kendrick and Shirley Musser blue; Linda Arnett, Carolyn Wilkison, Bonnie Crabtree and Donna Mitchell, red ribbons; Edith Blaylock, Marilyn McConnell, Hazel Tuggle and Sandra Barr, white ribbons.

Junior Division: Rachael Rice first; Carol Kendrick and Theresa Combs, blue; Dulcinea Berry and Barbara Williamson, red.

5. Demonstration Contest

The 10 Washington County 4-H club girls who took part in the District Demonstration Contest, May 14 and ratings made were:

Marilyn McConnell - Dairy Feeds - First

Linda Arnett - Meal Preparation - First

Nickie Mitchell - Home Improvement - First

Virginia Arrington - Home Grounds Beautification -  
Blue (Second)

Anne Kendrick - Dress Review - Blue (Second)

Thelma Vannoy - Poultry Consumption - Blue (Second)

Mary Jane Lowry - Electric - Blue

Charlotte Scott - Bread - Red

Shirley Musser - Public Speaking - Red

Joyce Roberts - Laundry - Red

III. C. 1. (continued)

The revue was sponsored by Abingdon Kiwanis Club, which gave \$25 to pay for ribbons, first place awards in each group, and gifts for the judges.

The Danish system of judging was used.

2. 4-H Dress Revue at Tobacco Festival and Other 4-H Exhibits

There were 80 entries in the 4-H and F.H.A. Dress Revue at the Tobacco Festival. About half of these were county 4-H club girls. 18 of the 30 awards given in this dress revue were won by Washington County 4-H club girls.

89 individual exhibits and

2 4-H educational exhibits placed first and third.

3. Share the Fun

Twenty-eight girls took part in the County 4-H Share the Fun Program, April 14th. Bonnie Crabtree placed first, Marilyn McConnell second, and Donna Woodward, third. The Danish system of judging was used. All participants received a ribbon for the rating made.

Judges were Mrs. Kenneth Mathews, Mrs. E. W. Bell, and Frank Brown. Archa Vaughan was Master of Ceremonies.

4. Public Speaking

Sixteen girls entered the County 4-H Public Speaking contest held Saturday, March 26. The Danish system of judging was used. Ratings made were as follows:

III. B. 3. (continued)

and Garden.

Results:

Completions and accomplishments in these projects were:

Freezing - 20 completions

2,494 packages of food frozen

Canning - 20 completions

4,131 quarts of food canned

Bread - 62 completions, bread made 845 times

Clothing I Locking Your Best - 32 completions

Housekeeping - 61 completions

Washing - 9 completions

Ironing - 16 completions

Money Management - 2 completions

Home Improvement and

Room Improvement - 16 completions; 17 rooms improved

Home Grounds Beautification - 15 completions

Garden - 9 completions

C. 4-H Activities

1. County 4-H Dress Revues

There were 79 entries in the County 4-H Dress Revue, held August 4. Classes in the revue were: younger girls wash dress, younger girls shirt and blouse, best dress, school outfit made by girl 14 or over, simple tailored garment, play outfit, made-over garment, 4-H dress, formal party and informal party dress.

III. B. 2. (continued)

to fit, to make plain seams, to make and use a gauge card, put in a zipper, turn a level hem, the hemming stitch, etc.

Topics and Methods:

Selecting Becoming Colors - Agent demonstration

Selecting Becoming Dress Designs and Good Quality

Material - Agent demonstration

Making a Simple Shirt - Step by step demonstration, 3 lessons, Agent and Leader demonstration

Learning to Use a Sewing Machine - Leader demonstration

Making a Simple Blouse - Step by step demonstration;

2 lessons - Agent and Leader Demonstration - or

Making a Simple Dress - Step by step demonstration, 3 or 4 lessons - Agent and Leader demonstration

Judging the Finished Garment - Agent and Leader

Planning Your Wardrobe - Agent demonstration

Results:

236 girls completed the Clothing II, Make or Remake project. They made and mended 1,000 garments.

3. Other 4-H Projects Conducted

Other 4-H club projects conducted, taught by adult leaders, junior leaders, parents, or by the Agent on individual basis were: Food Preservation; Bread, Clothing I Looking Your Best, Housekeeping, Washing, Ironing, Money Management, Home Improvement, Room Improvement, Home Ground Beautification,

**III. B. 1. (continued)**

**Topics and Methods:**

**Table Setting and Table Service - Club members demonstration**

**Meal Planning - Agent Demonstration**

**Simple Desserts - Agent demonstration**

**Milk Drinks - Club member demonstration**

**Salads - Agent or club member demonstration**

**Vegetable Cookery - Agent demonstration**

**Results:**

182 4-H club girls completed the meal preparation project.  
They prepared 3,946 meals and 25,044 separate dishes.

**2. Clothing II - Make or Remake**

This project was taught at Bethel, Brunley, Cleveland, Glade Spring Jr., Greendale, Hayters Gap, Hamarock, Liberty Hall, Lowland, Mendonview Jr., and Valley Institute.

**Objectives:**

To develop leadership.

To develop poise, good posture and good grooming habits.

To acquire sewing skills to make simple garments.

**To learn:**

- a. To dress becomingly and appropriately in keeping with the family budget.
- b. To use a sewing machine.
- c. Certain sewing techniques - how to straighten material, to select correct size and type of pattern, simple pattern testing and alteration, to place a pattern correctly, to baste,

III. A. (continued)

2. All Stars

Donna Mitchell was initiated into the 4-H All Star Organization at State 4-H Short Course.

The County All Star Group met three times during the year.

3. Project Planning Committee

Selection of the project or projects to be taught in regular club meetings was left to the discretion of local clubs as teaching of one project to all clubs in the county had not proven successful in the past.

B. Project Work

1. Meal Preparation

(Clubs which had this project were: Battle, Glade Spring Senior, Meadowview, Mandota, Oak Grove, Wallace Jr. and Sr.)

Objectives:

To develop appreciation for attractive table setting and correct table service.

To acquire good food habits and to improve health.

To learn:

Correct table setting, service and table manners.

To plan adequate meals.

To make attractive salads and simple desserts.

Principles of vegetable cookery.

Principles of milk cookery.

## II. C. (continued)

### - Reading

All clubs have taken the reading of good books as one of their activities. The Club Reading Chairman has served as local librarian for the County Library. 133 reading certificates were earned by Home Demonstration members who read five or more good books.

### D. Work With Urban Families

Since about 20 per cent of women enrolled in Home Demonstration clubs live in Bristol, Abingdon and Glade Spring, no program was planned for urban women. Individual help to urban families was given by the agent on request just as farm families.

### E. Farm and Home Development

Sixteen families on the TVA Test Demonstration Program were considered as Farm and Home Development families. Individual help has been given these families on request. Homemakers in five of these families are enrolled in the Home Demonstration club program and have an opportunity for Home Economics training.

## III. County Extension Program - Youth

### A. Organization

#### 1. County 4-H Council

The County 4-H Council is made up of local 4-H club officers and elected officers of the Council. The Council had the responsibility of deciding on business matters of concern to 4-H clubs on the County level, such as deciding on a county project.

## II. C. (continued)

### - Crafts

Craft work in Home Demonstration Clubs was planned by each club and the craft leader was responsible for or helping members with the club selection, also, for getting supplies.

Some results in crafts were:

128 Home Demonstration members did some type of craft work during the year.

353 craft articles were made. Included in this were 44 rugs, (4 braided, 4 hooked and 36 other);

47 TV stools

56 wooden salad bowls finished

31 pieces of needle point

93 hats

### - Judging

Ten different Home Demonstration club members, who have had training in judging by VPI Extension Specialist, served as judges this year. Events where they judged were: The County 4-H Dress Review, Lebanon Fair, and The Apple Festival at Chilhowie.

### - District Federation Meeting

About 40 Home Demonstration club members from the county attended the District Federation meeting at Wise, Virginia.

### - Pennies for Friendship

A donation of \$19.00 was made to Pennies for Friendship by Washington County Home Demonstration members.

II. B. 4. (continued)

Result Demonstration:

Mrs. Otis Smith, of Mendonville, was assisted by the Home Agent with kitchen arrangement plans for her new home.

Home Media:

Exhibit: Home Dry Cleaning

An exhibit on Home Dry Cleaning was arranged at the Tobacco Festival by Greendale Home Demonstration Club. Charts and illustrative materials showed materials and equipment needed for home dry cleaning, steps in cleaning and safety precautions to take in dry cleaning.

Results:

One result demonstration in kitchen arrangement.

15 Home Demonstration numbers did some dry cleaning at home.

One member stated she would save at least \$30 a year by doing some dry cleaning at home.

C. Other Activities

- Educational Exhibits

Ten Home Demonstration Clubs arranged educational exhibits at the Tobacco Festival, which were seen by about 10,000 people.

- Leadership Project and Award

Mrs. Roy Dunson and Mrs. F. R. Furman, who were recognized as the two outstanding leaders in Home Demonstration work were given a trip to the National Home Demonstration Council in Madison, Wisconsin by the Home Demonstration Clubs of the County.

II. B. 3. (continued)

18 members of Emory and Henry College Community Club, March 24.

Results:

161 Home Demonstration members made a better selection of fabrics and were able to take better care of clothing and household fabrics due to Selection and Care of Fabrics Demonstration.

102 Home Demonstration members made a better selection of foundation garments.

4. Home Management

Problems:

Dry cleaning one of the big cost items in many family budgets, especially where family members work outside the home.

Help needed on arranging kitchen.

Objectives:

To learn satisfactory methods for home dry cleaning.

Learn and practice safety measures in home dry cleaning.

Learn principles of arranging kitchen to save steps.

Topics and Methods:

Home Dry Cleaning - Leader Training

Home Demonstration Home Management Leaders were trained for the demonstration on Home Dry Cleaning by the Home Agent.

Leader Demonstration - Seventeen Home Demonstration Home Management leaders gave a demonstration on Home Dry Cleaning for their local club in September.

## II. B. 3. (continued)

- a. Characteristics of new fibers, blends and finishes and best care for them.
- b. Measurements to take to get proper fit in foundation garments.
- c. Satisfactory and durable fabrics for foundation garments.
- d. Proper care of foundation garments.
- e. Plan a wardrobe with clothes for all occasions.

### Topics and Methods:

#### New Fabrics and Finishes, Selection and Care - Agent Demonstration

A demonstration on New Fabrics and Finishes, Selection and Care was given by the Home Agent for 17 home demonstration clubs in May and June.

#### Selecting Foundation Garments - Agent Demonstration

A demonstration on Selecting Foundation Garments was given by the Agent for 17 Home Demonstration Clubs in August. Thirty foundation garments were borrowed from Sears-Roebuck Company, Bristol, for the demonstration. Charts and leaflets on foundation garments were secured from Sears Roebuck Consumer Education Division.

Women were told why wear foundation garments - for style, support and to lessen fatigue; taught measurements to take to get the right size, how to recognize a good fit in foundation garments and what to look for in quality and construction.

#### Wardrobe Planning - Agent Demonstration

The Agent gave a demonstration on Wardrobe Planning for

## II. B. 2. (continued)

- 192 Home Demonstration members learned and made use of basic art principles in the home.
- 153 Home Demonstration members improved color in one or more rooms.
- 323 rooms were improved.
- 116 Home Demonstration members stated they made a better selection of interior paint as a result of the demonstration on paint selection.
- 115 Home Demonstration members bought new furniture.
- 223 pieces of new furniture were bought.
- 106 Home Demonstration members stated the Demonstration on Buying Furniture helped them to make a better selection.
- 62 Home Demonstration members bought new rugs.
- 86 rugs were bought.

### 3. Clothing

#### Problems:

Unsatisfactory results in wear and care of fabrics made of new fibers and blends, and with new finishes.

Often expensive foundation garments did not fit well, were uncomfortable and seldom worn.

Many clothes, yet not clothes for all occasions.

#### Objectives:

To develop pride in personal appearance.

To learn:

**II. B. 2. (continued)**

Several groups have visited the Clifton home, another of the result demonstrations.

**Home Visits, Office Calls, Phone Calls:**

22 homemakers were given help on home decoration and house furnishing problems through home visits, office calls and phone calls.

**Mass Media:**

The listening audience at noon for the farm and home hour when the Home Agent gives a weekly radio program is estimated at 40,000. Some of the house furnishing topics used for radio programs during the year were:

Buying Rugs

Planning Colors for the Home

What Goes with What in Furniture

How to Curtain Problem Windows

**Results:**

12 result demonstrations in House Furnishings. There is some duplication in this figure with other results given below; however, four of the result demonstrations were planned with non-club members.

22 families were given individual help with one or more house furnishing problems e. g. The William Ferguson family was helped in selection of pictures and accessories for the home; The H. C. Williamsons, selection of dining furniture and Carol Talley with selection of tableware, silver, china and crystal.

## II. B. 2. (continued)

### Workshop

A workshop on Making Draw Curtains was conducted in Bethel Community by the Home Agent May 26 and 30. The hand method of making curtains was taught in the workshop. Seven women attended the workshop.

### Good Design Promotion in Sweden, Denmark, Norway, England and Scotland

A lecture on Good Design Promotion in Sweden, Denmark, Norway, England and Scotland was given with the use of slide pictures for three groups - Glade Spring Book Club, Southwest Virginia Home Agents Association and at the Washington County Home Demonstration Club Achievement Day Program.

### Attractive Table Setting Demonstration

A demonstration on Attractive Table Setting was given by the Home Agent at District Home Demonstration Camp, August 12. Information given in the demonstration was on coordinating silver, glass, china, linen and accessories. About 40 women saw the demonstration. Materials for this demonstration were borrowed from two jewelry stores in Abingdon and County Home Demonstration Club members.

### Result Demonstration

Twelve homemakers were given help by the Home Agent on interior decoration plans for the home.

### Tours:

Barrock Home Demonstration Club had a tour of the Raymond Schuler home, one of the result demonstrations in May.

II. B. 2. (continued)

Topics and Methods:

Color for the Home - Agent Demonstration

The Agent gave a demonstration for 17 Home Demonstration Clubs and two groups on Color for the Home, with total attendance of about 400.

Selecting Interior Paint - Leader Training and Demonstration

Seventeen Home Demonstration House Furnishing Leaders were trained by the Home Agent for the demonstration on Selecting Interior Paint, which they gave for local Home Demonstration Clubs in January or February.

Buying Rugs - Agent Training

Miss Katherine Habel, Extension House Furnishing Specialist, held an agent training meeting on Buying Rugs. The Home Agent later trained seventeen Home Demonstration House Furnishing Leaders who gave a demonstration on Buying Rugs for local HD clubs. A kit of rug samples from American Carpet Institute, Inc., was used as illustrative material by leaders for this demonstration.

Selecting Furniture - Agent Demonstration

A demonstration on Selecting Furniture was given by the Home Agent for seventeen Home Demonstration Clubs. Combination of various periods of furniture was a point of emphasis in the demonstration.

Window Treatment - Agent Demonstration

A demonstration on Window Treatment was given for Damascus Book Club by the Home Agent in February, with 16 members present.

II. B. 2. (continued)

Dissatisfaction with color combinations and with color values in home.

New rug fiber and new type of construction had created need for consumer education on buying rugs.

Young homemakers, in particular, uncertain about types of furniture to use together.

A few homemakers wanted to learn to make draw curtains.

Objectives:

To develop leadership.

To recognize and appreciate good design in rugs and furniture.

To select furnishings in keeping with family needs.

To develop an appreciation for color value.

To learn:

- a. Basic color harmonies and how to plan colors for a home.
- b. Rug fibers, fiber combinations and construction that make for durability.
- c. Size rugs to buy.
- d. Paints suitable for certain surfaces, paint composition, per cent pigment composition recommended, etc.
- e. Types of furniture to use together.
- f. How to make draw curtains.

II. B. 1. (continued)

A Family Food Preservation Plan, which gave recommended amounts of each type food to freeze or can for each family member.

Teen Teen Diets - This exhibit gave feedstuffs most often lacking in teenage girls' diets and a common sense method of correcting diets, with food which would supply nutrients lacking.

Your Health Shield - The basic 4 food groups and how to use them in family meals was shown in the Health Shield exhibit.

**Radio:**

Eight to 10 broadcasts on foods and nutrition were given by the Home Agent and an older 4-H club girl on Station WBSI, in Abingdon, during the year.

**Results:**

140 Home Demonstration members used Quick Meals from the demonstration on "Quick Meals from Your Freezer" to reduce time spent in meal preparation.

62 Home Demonstration members have made use of The Caloric Value of Foods demonstration to keep from gaining, or to reduce or in a few cases, to gain weight.

**2. House Furnishings**

**Problems:**

Home Demonstration club members requested information on types of paint, paint suitable for certain surfaces, etc. at the County Home Demonstration Program Planning meeting.

## II. B. 1. (continued)

### Topics and Methods:

#### Christmas Cookery - Leader Training and Leader Demonstration

Seventeen Home Demonstration Food and Nutrition leaders trained by Miss Elizabeth Ayers, a commercial Home Economist, gave a demonstration on Christmas Cookery for 17 local clubs in December 1959. Total attendance was about 300 at local Home Demonstration meetings.

#### Caloric Value of Foods - Leader Training and Demonstration

Food and Nutrition leaders who were trained by the Home Agent gave a demonstration on Caloric Value of Foods for their local Home Demonstration Clubs in May and June.

#### Quick Meals - Leader Training and Demonstration

Seventeen Home Demonstration Food and Nutrition Leaders who were trained by Miss Martha Ross, TVA Home Economist, for a demonstration, Quick Meals from Your Freezer, gave it for local clubs in July with about 300 members in attendance.

#### Broiled Meals - Agent Demonstration

A demonstration on Broiled Meals, based on VPI Extension Memo MF 184, was given by the Home Agent for all Home Demonstration Clubs in the county in November.

### Mass Media:

#### Exhibits

The following three food and nutrition exhibits were on display at the Tobacco Festival in Abingdon, October 20-23, where they were seen by about 10,000 people.

II. (continued)

2. County Home Demonstration Club Committee

The County Home Demonstration Club Committee is composed of: County Home Demonstration Officers, County Home Demonstration Members-at-Large, and local Home Demonstration Club Presidents.

This Committee serves to help plan the program for Home Demonstration Clubs, county projects and make decisions on business matters of concern to the committee.

B. Subject Matter and Special Emphasis Areas

1. Foods and Nutrition

Problems:

New recipes for attractive foods and Christmas requested.

Overweight or difficulty in keeping weight normal.

Work outside the home and community activities warrant reduction of time in meal preparation.

Little known about broiling foods, a cooking method used by few homemakers.

Objectives:

To develop leadership.

To improve health and appearance.

To learn:

A. To prepare attractive holiday foods.

b. To plan adequate low calorie diets.

c. To reduce time spent in meal preparation.

d. Foods to broil and broiling methods.

## I. (continued)

There are about 1300 telephones in the county. This figure includes business as well as residential phones. Only a few neighborhoods do not have access to phone service.

About 98 percent of families have electricity. The western section is served by TVA and the other area by Appalachian Power Company. The Appalachian Power Company auditorium is available for many home demonstration meetings and leader training meetings.

The forks of the Holston River the South Holston Reservoir of TVA and tributaries of the Tennessee River provide excellent areas for fishing and water sports.

Barter Theater, located in Abingdon, offers eight to ten plays during the season of June to September.

## II. The County Extension Program - Adult

### A. Organization

#### 1. Home Economics Council

One of the chief functions of the County Home Economics Council was to study the county situation and suggest subject matter areas which needed emphasis and methods for reaching people in the county who are not in organized Extension groups. Also, to suggest the County Home Economics Committees most needed.

I. (continued)

The median annual family income, according to the 1950 census was \$1,623. Distribution of income percentage wise was: 60.5 percent of families had an income less than \$2,000; 36.7 percent had income \$2,000 to \$5,999 and only 2.8 percent had income \$6,000 and over.

Farm women help with some types of farm work such as dairying, poultry, tobacco cultivation and preparing it for the market.

Industries in Bristol and Washington County include several types of food manufacturers; hosiery, clothing, carpet and furniture mills, and a tobacco drying plant in Abingdon.

About 2000 Washington County women had jobs outside the home in 1950 - of this number 717 were rural non-farm and 716 rural farm. The trend has been toward more women working outside the home.

The majority of women enrolled in Home Demonstration Clubs are over 40 years of age.

There has been quite an improvement in school facilities during the past few years. There are now three large consolidated high schools in the county - Abingdon, Battle and Patrick Henry and three smaller high schools - Liberty Hall, Damascus and Greendale.

I.  
County Situation Considered in Planning the 1960 Home  
Economics Extension Program.

Washington County, Virginia has a land area of 579  
square miles or 370,560 acres. About one-third of it is  
woodland.

It is located in the valley and ridge section on the  
north state line of upper east Tennessee. Much of the  
county is mountainous. It is crossed by the Allegheny  
mountains with Abingdon valley between.

Elevation at Bristol is 1,690 feet. Abingdon 2,637  
feet; Damascus 1,928 feet and 5,530 feet on Whitetop  
Mountains in the extreme southwest corner of the county.

Population of the county was about 36,000 in 1950,  
and the annual net out migration is about 6,775 which, plus  
loss by deaths just about off sets births and in migration.  
So, there is little change in population.

Change in living location in the county, percentage  
wise from 1940 to 1950 was:

- A decrease of 8.2 percent rural farm
- An increase of 4.6 percent rural non-farm and
- An increase of 3.9 percent urban.

There was an increase of 503 farms in the county dur-  
ing the past five years. Many of these additional farms  
are small and are used mainly for production of the family  
food supply.

Source of farm income in order of rank are tobacco,  
dairying, beef, grain, poultry and truck crops.

Over 500 people have visited one or more of the result demonstrations in interior decoration.

#### 4-H CLUB

The 4-H Clothing II, Make or Remake project, was taught at Bethel, Brunley, Cleveland, Glade Spring, Greendale, Hayters Gap, Kennarock, Liberty Hall, Lowland, Meadowview and Valley Institute.

A special interest class on Clothing Construction was offered during the summer by the Agent.

238 girls completed the Clothing II project. They made and remade 1008 garments at an estimated saving of about \$4000.

This is by far the largest number of garments per club member ever reported made and remade by 4-H club girls in the county. The number of older girls who have been enrolled in this project from four to six years and who make most of their clothes, and sew for other members of the family, accounts for this outstanding report. For example, Linda Arnett made 17 garments and remade 2; Phyllis Black made 20 garments and remade 8; Brenda Taylor made 15 and remade 10; Anna Kendrick made 17 and remade 2, etc.

There were 79 entries in the County 4-H Dress Revue and 45 4-H entries in the 4-H and FFA Dress Revue at the Tobacco Festival.

#### OUTSTANDING CONTRIBUTIONS TO FAMILY LIVES

This year about 600 people in Washington County had an opportunity for training in House Furnishings and Interior Design.

Seventeen Home Demonstration Clubs with enrollment of about 400 had these demonstrations: Color for the Home, Selecting Interior Paint, Selecting Furniture and Buying Rugs.

A demonstration on Window Treatment was given for Damascus Book Club and a workshop on Making Draw Curtains was conducted in Bethel Community by the Home Agent.

Twelve result demonstrations in Interior Decoration were planned with families and individual help on a house furnishing problem given 22 families by the Agent.

Some results reported in Home Improvement and House Furnishings were:

153 Home Demonstration numbers improved color in one or more rooms. A total of 323 rooms were improved - 116 homemakers stated they made a better selection of paint because of what they learned from the demonstration on Selecting Interior Paint.

115 Home Demonstration numbers bought new furniture. They bought 223 pieces. 106 of these HD numbers thought the Furniture Selection demonstration enabled them to make a better selection of furniture.

62 Home Demonstration numbers bought new room-size rugs - 86 rugs were bought.

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**VIRGINIA AGRICULTURAL EXTENSION SERVICE**

**1940**

**WASHINGTON COUNTY, VIRGINIA**

**Mary Hunt**  
**County Home Demonstration Agent**