

Toured the north, west, south, and central areas of the island. Spent one day with the Puerto Rican Extension Service. Prepared a travel talk, illustrated with slides, which was presented at all Home Demonstration Club meetings in the county. Wrote news article on Puerto Rico which was published in the press serving the county.

VII. The Look Ahead

1. Appraisal of Past Year's Program

The accomplishments of the Home Economics Extension work should be measured in more of the intangible terms. There is strength, interest, cooperation, and confident know-how expressed by individuals in the work. Many times people do not give the program equal consideration with other county activities.

The 4-H project work and activities showed increased interest and a willingness to meet requirements.

2. Suggestions for the County Home Economics Extension Program in the Year Ahead

Work as much as time will allow with the 4-H girls.
Personal contacts of all kinds.
Plan, seek cooperation and accept only established standards.
Agent improve professional approach.
Encourage out-of-county participation by county people, especially 4-H members.
Express appreciation for cooperation.
Promote the feeling that Home Demonstration work is a substantial, worthwhile program for King and Queen County.

3. Kept posted on educational facilities available at V.P.I.
4. Made better use of available contacts.
5. Encouraged county residents to go to V.P.I. on special occasions such as Conventions, Institute, and other educational events.
6. Relationship with elected and appointed officials and other agencies became closer as the agent was better known and put forth effort to understand and help county and other professional workers.
7. Expressed interest in business activities and incorporated their good will on various occasions.
8. Interest and cooperation with other organized groups strengthened.
9. Relationship with individuals and families strengthened and they showed greater confidence in the Home Agent and her work.
10. Rural Life Institute held in November brought the ministers, professional workers and some of the prominent citizens together for the purpose of better understanding how the needs of the people in King and Queen County might better be met.

C. Professional Improvement

1. Attended conference for Extension workers, state, district and county meetings.
2. Studied literature from USDA, V.P.I. research, professional sources, and magazines pertaining to family living.
3. Have membership in Virginia Home Economics Association, American Home Economics' Association, Virginia Home Demonstration Agents' Association and National Home Demonstration Agents' Association.
4. Attended demonstrations and meetings sponsored by other organizations.
5. Traveled short trips. Spent ten days in Puerto Rico, studying the people, their back-ground, development, and living patterns.

B. Development of Leadership

The women placed in leadership roles have assumed responsibilities with much more confidence, enthusiasm, dependability, and know-how.

The greatest leadership accomplishment realized was the day the 4-H leaders voluntarily said they wanted to lead the girls in their own groups. It was clearly understood that they were ready and well enough informed to go ahead. The agents position shifted from that of being active in all group meetings to working with the leaders.

The women in leadership positions asked for help on "Being a Good Leader". This was answered with a county-wide leadership training meeting conducted by Miss Shirley Patton, Assistant State 4-H Club Agent.

VI. A. For Special Consideration

It might be well to consider the over-all picture of the girls 4-H Club work in the county. There has been a market increase during the past year, of interest in Home Economics projects. The girls want to show results of their work. They express interest in accomplishments of their friends. The representation and success of 4-H girls in out-of-county activities such as Northern Neck Fair and Northeast District 4-H Contest, have helped stimulate other individuals. Another important contributing factor is the mothers encouragement for girls to do projects pertaining to the home.

The agent will help develop this interest by making desired projects available to the girls and incorporate the needed assistance from community homemakers.

Such interested growth in the county is important to the success of the Extension program in Home Economics.

B. Development of good public relations in county

1. Applying in the best possible way suggestions and recommendations as set on a national, state and county level.
2. Agent took time to analyze self, position in the county, the people worked with and some of those not active in the Extension program, and also the other members of the county Extension team.

3. 4-H Club Leadership

	1957	1958	1959	1960	1961
No. club officers	46	46	46	66	72
No. adult project leaders	5	5	4	5	7
No. junior project leaders	0	2	2	2	2
No. result demonstrators	0	0	0	7	21
No. training meetings by specialists	0	1	0	2	2
No. training meetings by district agents	0	0	0	1	0
No. training meetings by agent	1	2	2	0	0
No. training meetings by members club dept.	0	0	0	0	1
No. training meetings by others	0	1	2	0	0
Total attendance at leader training meetings	20	25	40	42	45
No. 4-H leaders trained individually	5	5	4	6	7
No. club meetings held by leader without agent	4	10	6	4	4
No. additional meetings at which leaders assisted	15	25	15	16	18
No. demonstrations given by adult leaders	0	7	5	4	6
No. demonstrations given by junior leaders	0	2	4	4	5

V. Leadership

A. Growth of leadership

1. Over-all program leaders

	1959	1960	1961
a. County Agri. Extension Service Board	<u>0</u>	<u>0</u>	<u>0</u>
b. Youth Council	<u>0</u>	<u>0</u>	<u>1</u>
c. Home Economics Council	<u>0</u>	<u>0</u>	<u>1</u>

2. Home Demonstration Club Leadership

	1957	1958	1959	1960	1961
No. organizational leaders	64	64	28	28	30
No. project leaders	40	6	39	35	36
No. Fed. Program of Work chair.	8	7	6	7	7
No. Program Dev. leaders	9	7	6	7	6
No. Result Demonstrators	7	8	8	12	14
No. training meetings by specialists	3	4	3	2	3
No. training meetings by district agents	0	0	0	0	0
No. training meetings by agent	0	1	1	0	1
No. training meetings by others	1	2	1	0	0
Attendance at all training meetings	32	38	57	76	60
No. meetings held without an agent	14	16	15	8	12
No. meetings leaders assisted	20	22	20	39	41
Demonstrations by leaders	40	40	25	24	28
Talks and discussions by leaders	260	345	68	102	216

Progress was made in increasing scope of work and to inform the public about home demonstration work. The agent concentrated on home visits and personal contacts. The contacts made in public places when Home Demonstration and 4-H Extension programs were discussed were extremely valuable to increasing the interest in the work. As the people have become better acquainted with the agent they seek her advice, sources of information, and show interest and confidence in what she is attempting to accomplish.

Much was gained through use of the press and its excellent co-operation. When there was anything that might be of interest to the public the agent brought it to the attention of the local papers.

News letters were sent to the Home Demonstration and 4-H mailing lists. Bulletins and printed material were not only distributed at all club meetings but were mailed to people who might be interested. A mailing list was started of those who never attend meetings but who need the information and might benefit from having it come into the home.

Standards were improved because of requesting completion of work begun.

The interest on the part of active extension people is having influence on those not active even though they might not be willing to recognize the value of an extension program in the county.

IV. Scope of Work

	1957	1958	1959	1960	1961
<u>No. H. D. Clubs</u>	7	6	6	7	6
<u>Membership</u>	96	98	95	106	106
<u>No. H. D. Groups (Unorganized)</u>					
<u>Membership</u>					
<u>No. 4-H Clubs</u>	11	11	11	11	12
<u>Membership</u>	72	87	95	91	97
<u>No. YMW Clubs</u>					
<u>Membership</u>					
<u>No. Community Clubs</u>					
<u>Membership</u>					
<u>No. Home Ec. Committees</u>				1	1
<u>No. General Interest Committees</u>					
<u>No. Youth Committees</u>					
<u>No. Other Organizations</u>					
<u>No. Farm & Home Dev. Families</u>	12	12	12	12	15
<u>No. Other Families Reached</u>	125	30	32	47	116
<u>No. Different Families Reached</u>	160	210	200	302	231

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72

9. State 4-H Short Course

Gale Schools, Newtown 4-H Club and Anne Taylor, Court House 4-H Club attended State 4-H Short Course, V.P.I. Blacksburg, Virginia.

10. State Electric Congress, Richmond, Virginia

Harwood Hall, King and Queen, Virginia and Ronnie Hogge, Shackelfords, Virginia, represented the county at the Congress. Harwood won for judging exhibits, the book, "The 4-H Story".

11. Adult Leaders' Conference

Mrs. Earl Walton, Leader of the Mattaponi 4-H Club attended the conference at Natural Bridge, Virginia. She returned inspired and with a wonderful attitude towards her place in the county Extension program.

Mrs. W. G. Turpin, Newtown, Virginia, will receive her pin and certificate for 15 years of 4-H Club Leadership at the 4-H Achievement program, December 1, King and Queen, Virginia.

5. Fairs

Anita Minter exhibited two towels, apron, painted picture and cup cakes at the Northern Neck Fair, Warsaw Virginia. Her exhibits all won first or second place.

Ellen Gwathmey exhibited her 4-H heifer and won placings in all the classes entered.

Rogers Wayne Carlton exhibited Guernsey animals in the Northern Neck Fair. The entries did well and he took them to the Atlantic Rural Exposition, Richmond, Va. His winnings there entitled him to go to the National Dairy Show, Waterloo, Iowa.

6. Contests

4-H members developed poise and talents by participating in contests. They learned to organize, assemble and present material. Those participating stimulated interest in other members, leaders, parents and county citizens.

A county 4-H contest was held and the winners of this event entered the Northeast District Contest, Richmond, Virginia.

Those participating in the district and their placings were:

Junior Public speaking - Joyce Garnett (red ribbon)
Junior Laundry Demonstration - Dorothy Jeffries
(red ribbon)
Junior Foods Demonstration - Ellen Gwathmey
(blue ribbon)

7. Tours

The Mattaponi 4-H Club, the leader, Mrs. Earl Walton and two mothers toured the Coco Cola Bottling Company, Urbanna, Virginia.

8. Picnics and Parties

The Mattaponi, Walkerton, Newtown, Court House, and Pleasant Hill High School 4-H Clubs each had a picnic. The community clubs planned a swimming event in connection with the picnic. These were all well attended by the mothers of the girls.

C. Other Activities

1. 4-H Camps

King and Queen County had 26 4-H girls and boys attending 4-H Camp at Jamestown, Virginia. This camp gave the youth an opportunity for individual development and helped satisfy the need for recreation, fellowship and inspiration.

Anne Taylor and Betty Brown attended State 4-H Conservation Camp, Camp Farrar, Virginia Beach, Virginia.

2. Rural Life Sunday

The Walkerton 4-H Club had a short 4-H Inspirational Service preceding the morning worship service at the Brington Baptist Church.

The members of all the community 4-H Clubs made a special effort to attend church services in a group.

3. 4-H Club Week

A news letter was sent to a large mailing list just prior to this week in March, stating the meaning of 4-H events and activities in the county.

The Newtown and Walkerton 4-H Club cleaned the church yards at Upper King and Queen and Brington Baptist Churches.

The Court House Club visited some shut-ins and people who were ill in the immediate community.

4. Achievement Night

The 1960 Achievement Night was well attended by both 4-H Club members and parents.

Awards and Achievements were presented to 4-H Club members and leaders.

The recreation committee, with Miss Peggy Langford in charge, had a good time planned for everyone.

The 4-H Leaders were in charge of refreshments.

7. Automotive Care and Safety Unit I

Topics

Importance of Automobile
Traffic rules and regulations
Highway safety
Highway hazards
Simple knowledge of automobile

Goals

Help youth enjoy opportunities of the automobile era with safety and intelligence.

Plans for carrying out

Method demonstrations by agent.
Method demonstrations by trained community personnel.
Field tour to determine community traffic hazards.
Members study manual of accessible car.
Keep daily records for one month on car costs.
Leaflets and circulars
News articles
Home visits
Record books

Number of groups

Pleasant Hill High School 4-H Club

Members are to learn

- a. Importance of automobile in our way of life.
- b. Highway safety
- c. Community safety hazards and possible remedies.
- d. Simple facts about what makes car run.
- e. General car keeping.
- f. Cost of car maintenance and operation.

Notes and Results

The members were interested in the safety phase of the project. They learned that each individual was responsible for automobile safety not only on the highway but also around their homes and communities.

6. Electric Unit I

Topics

Importance of electricity in the home.
Care of electric equipment in home, on farm.
Convert, build or plan simple electric appliance or unit.

Goals

Youth learn about and to respect electricity and its uses.

Plans for carrying out

Method demonstration by agent and personnel of local electric companies.

Exhibits

Leaflets and circulars

News articles

Home visits

Records

Number of groups

Marriott 7th grade 4-H Club

Pleasant Hill 6th and 7th grade 4-H Clubs

Members are to learn

- a. Reasons electricity is important to rural living.
- b. Home improvements in use of electricity.
- c. Use of service cords, fuses, outlets, simple equipment, its care and simple repairs.
- d. Make lamps approved for good lighting.

Notes and Results

The members learned the importance of electricity in the home and safe practices in its use. They learned to care for pieces of electrical equipment in the home and on the farm. They became conscious of what good lighting involves and the value of having it.

All girls taking this project improved the arrangement of furniture in their rooms and were much interested in the study of color, fabrics, and accessories.

One girl selected the family living room to improve. Her mother was cooperative and the girls' achievements were commendable.

5. Entomology Unit I - Insects

Topics

Collecting and mounting insects
Insect killing chemicals
Names and control of beneficial and harmful insects
Appreciation for rural living

Goals

Acquaint 4-H Club members with common insects, their relation to people, and their control.
Develop appreciation for rural living.

Plans for carrying out

Method demonstration by agent
Exhibits by members
Leaflets and circulars
News articles
Home visits
Record book

Number of groups

Pleasant Hill 5th grade 4-H Club
Marriott 6th grade 4-H Club

Members are to learn

- a. Make killing jar, collecting net, display box, spreading board, pinning block.
- b. Collect, mount insects; learn facts pertaining to useful and harmful insects.
- c. Five chemicals and devices used to kill insects.

Notes and Results

The project developed in the children an interest in Nature and the natural resources of Virginia. They became acquainted with common insects, their relation to people and their control. They also developed an appreciation for rural living.

Topics (continued)

Caring of possessions.
Furniture arrangement.
Flower arrangement.

Goals

Inspire and teach how 4-H Club members may economically improve and care for rooms, possessions, and homes.

Plans for carrying out

Method demonstration by agent and leaders.
Method demonstration by members.
Exhibits
Leaflets, circulars, bulletins.
News articles
Home visits
Records

Number of groups

Newtown 4-H Club
Pleasant Hill 6th grade
Pleasant Hill High School

Members are to learn

- a. To make floor plans
- b. What they need to do and what they can do.
- c. Color and combinations for various uses.
- d. Importance and how to care for possessions.
- e. Flower arrangement.
- f. Rules for good furniture arrangement.
- g. To make or improve simple articles for room.

Notes and Results

The Newtown 4-H Club is a group which undertakes activities on a long time basis. Some pieces of furniture were refinished for their rooms. Material was selected for bed spreads, (this activity is being continued into 1962).

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32
72

Number of groups

Marriott High School 4-H Club
Mattaponi 4-H Club

Members are to learn

- a. To sort family wash.
- b. Removal of common stains.
- c. Starching
- d. Laundering wash and wear.
- e. Make simple articles for care of clothing and laundering.
- f. Uses of soaps and detergents in laundering.
- g. Correct washing of sweaters.
- h. Care of clothing and shoes.

Notes and Results

The Marriott High School girls gave some interesting demonstrations under the guidance of the leader Mrs. Marion Beane.

Dorothy Jeffries gave the demonstration at the club meeting on "Washing a Sweater". She entered the county contest and won first on the demonstration which entitled her to enter the Northeast District Contest where she won second place in her division.

The Mattaponi 4-H Club with Mrs. Earl Walton, leader, studied the laundry project and did some sewing relative to it. Each club member made a shoe bag, clothes pin bag, cosmetic case, and improved hangers for storing clothes.

Linda Eland gave a demonstration on starching clothes, she entered the county 4-H contest and won second place.

The Mattaponi girls were responsible for all the demonstrations.

4. Home Improvement

Topics

Floor Plans

Improve, refinish or make piece of room furnishing and make article from fabric.

Members are to learn

- a. Daily food requirements and meal planning.
- b. Kitchen rules for meal preparation.
- c. To prepare and pack nutritious lunches with variety.
- d. To prepare and serve meats, salads, desserts, cereal, eggs, milk dishes.

Notes and Results

The club members were responsible for the demonstration each month. Very good improvement was made in types and qualities of these demonstrations.

There was some improvement in the kind of snacks and refreshments eaten by the club members.

These groups met in the homes of 4-H Club members and leaders.

3. Home Management

Topics

Sorting the family wash.
Stain removal.
Starching clothes.
Laundering wash and wear.
Make piece of laundry equipment.
Hanging clothes on line.
Make article for care of clothing.
Washing sweaters.
Care of clothing and shoes.
Soaps and detergents

Goals

Help members learn the better practices and make practical articles for laundering, drying, and caring of clothes.

Plans for carrying out

Method demonstrations by agent and leader.
Method demonstrations by members.
Contests
Exhibits
Circulars and leaflets
News articles
Home visits
Record book

Notes and Results

Two of the members in this group showed great improvement in appearance and social relationship. The improvement was worthy of recognition at the Annual 4-H Achievement Night.

All the members became conscious of the importance of looking their best at all times and this relationship to everyday living.

2. Meal Preparation

Topics

Making and serving desserts.
Plan and prepare packed lunch.
Correct table setting.
Plan, prepare and serve club refreshments.
Cook cereal
Family meal planning
Egg Cookery
Make and serve salad
Cook chicken bacon, hamburger
Prepare milk dishes

Goals

To help members learn to plan, prepare, serve nutritious foods.

Plans for carrying out

Method demonstrations by agent and leader.
Method demonstrations by members.
Contests
Exhibits
Circulars and leaflets
News articles
Home visits
Record book

Number of groups

Walkerton 4-H Club
Court House 4-H Club

III. County Extension Program - Youth

A. Organization

The County 4-H Council is composed of 4-H Club officers and held two meetings during the year. In February, county officers were elected and the county 4-H contest planned. The October meeting was devoted to planning the annual 4-H Achievement Night and officer and leader training.

Junior leaders have assisted with the 4-H program in the county.

B. 4-H Project Work

1. Looking Your Best

Topics

Care of Teeth
Posture and Voice
Care of Hair
Care of Shoes
Care of Hands and Skin
Hang up Clothes

Goals

To help youth look their best at all times so they will be ready to assume responsibilities.

Plans for carrying out

Method demonstration by agent.
Cooperation of trained personnel.
Leaflets and circulars
News articles
Home visits
Record book

Number of groups

Marriott 5th grade

Members are to learn

How to care for teeth, hair, shoes, hands, skin.
Correct posture, its advantages.
How to use and control the voice.
Importance and necessary facilities for hanging up clothes.

E. Farm and Home Development

Families worked with--15

Definite objectives in this area of work have been:

- a. Appraise resources,
- b. identify problems,
- c. analyze different ways to meet problems,
- d. weigh alternatives in terms of results,
- e. understand available aids,
- f. choose and follow promising courses of action.

Home visits were made, problems discussed with the family and procedures of action suggested. Printed bulletins and information pertaining to help on the problems were given the family to follow. The agent went over this material with the people involved and pointed out suggested guides and principles to follow.

The agent worked most extensively in the areas of House Furnishings, Food and Nutrition, and Community Activities. Homemakers are concerned about individual, family and community relationships.

The O. W. Draine family have planned, worked and dreamed of improved housing facilities. These factors are materializing and because of better utilization of resources, very careful planning, and better understanding of their situation the home re-modeling work is nearing completion.

The agent has been consulted in an advisory capacity and the family worked with Mr. C. D. Wheary, Associate Extension Agricultural Engineer, V.P.I. and Miss Mary B. Settle, Extension Home Improvement Specialist V.P.I., Blacksburg, Virginia.

C. Other Activities

The interest expressed by leaders in the county and the quality of their leadership have shown remarkable improvement.

Attendance at all county meetings were good, the club members were successful in raising money to meet the Home Demonstration Club budget and improvements were made in the conducting of all business meetings.

The active Home Demonstration Club members put forth effort to invite, visit and interest non-members. The result has not been good.

The Jeannette Clifton group made and filled good-will baskets for the sut-ins of the community at Christmas time. The Newtown Club planned a conducted tour, for all club members, of interesting places in Richmond, Virginia. This club furnished the material and made curtains for the County Extension office rest room.

Two Home Demonstration Club members, Mrs. Howard Schools and Mrs. W. G. Turpin, judged at an out of county fair.

One Home Demonstration Club is trying to raise money to put in a special fund for a community project to be planned in detail during the next few months. The members have served several suppers in the county and sold scouring pads, and steak knives towards this project.

The luncheon for the County Rural Life Institute was planned and served by the King and Queen Home Demonstration Club. This club also improved the triangle at the Court House by planting two dogwood trees.

The County Extension offices were re-modeled and re-decorated as a result of increased activity and cooperation in the County Extension program.

D. Urban Work

There is no urban work in King and Queen County

Significant Story

Following suggestions of the Home Demonstration Agent an active extension family re-modeled the home a few years ago and the living room floor was finished to a high gloss. There was considerable traffic across one side of the room because of the stairs leading to the second story. The homemaker was using light weight throw rugs to protect the floor. The rugs moved every time someone stepped on them.

This homemaker attended the leader training meeting on "Safety in the Home" where slides and subject matter emphasized the dangers and causes of falls in the home. Following this training she bought the non-slip rubber pads for all throw rugs used on wood floors.

Number of groups

6 Home Demonstration Clubs

People are to learn

- a. Sanitary housekeeping.
- b. Clean food handling.
- c. Garbage and trash control.
- d. Control of virus infections.
- e. Control of household pests.
- f. Water and waste drainage.
- g. Recommendations for septic tanks.

Plans for carrying out

- a. Specialist help
- b. News articles
- c. Method demonstration by agent
- d. Bulletins
- e. Cooperate with other county agencies

Notes and Results

The homemakers learned that much helpful printed material on sanitary home problems was available from the State Health Department and could be secured in a very few days.

Cleanliness of food handling in the home was of greatest concern to the homemakers.

There is much thought being given to the litter thrown along the King and Queen County roadsides. No positive recommendations for control of the situation were suggested.

Notes and Results

The safety leaders from each group were trained by Ocie J. O'Brien, Extension Home Management Specialist, V.P.I. on "Safety in the Home". Each leader showed a set of slides provided by V.P.I. Extension Service and discussed safety from printed material which was later distributed to all individuals. Many homemakers realized they must install hand rails on stairs and do something about rugs that slide.

The agent presented the subject "Better ways to keep the home clean and attractive". There was considerable interest in the material and the women were free to discuss the topic. This brought about a valuable exchange of ideas.

Homemakers were interested in having clean, attractive homes with less expenditure of energy and time. They wanted to have more time with their families and to feel like putting more of themselves into those family units.

The community stores were cooperative in providing the agent with the necessary demonstration material.

6. Home Sanitation

Problem

Homemakers do not understand the "why" and "how" of cleaning up objectionable places and things around the home.

Topics to be included

- a. Importance of cleanliness to good health and satisfied living.
- b. Clean food handling
- c. Good housekeeping
- d. Garbage and trash control
- e. Control of household pests
- f. Water supply, drainage, septic tanks

Goals

Have homemakers improving home sanitary conditions and establishing healthy living practices.

Notes and Results

There was considerable discussion at all the meetings on wise planning and selection of good wardrobes. The exchange of ideas and methods of reaching the family clothing needs on available incomes were most helpful. The guides to good selection of clothing assisted some homemakers to do better planning.

5. Home Management

Problem

To keep homes safely clean, and attractive on less time and energy.

Topics to be included

- a. Safety in the home
- b. Better ways to keep home clean and attractive

Goals

Help families to have fewer accidents and live more satisfactorily.

Number of groups

6 Home Demonstration Clubs

People are to learn

- a. Importance of safety in the home.
- b. Safe use and care of appliances.
- c. Safe practices of general home conditions--stairs, rugs, waxed floors, high places, trash on floors, etc.
- d. New methods, products, short-cuts, time management, in all housekeeping.
- e. Importance and effect on family of clean, attractive homes.

Plans for carrying out

- a. Leader and agent training by specialist.
- b. Method demonstration by leaders.
- c. Method demonstration by agent.
- d. News articles
- e. Bulletins
- f. Leaflets
- g. Special interest groups.

The agent is aware of a marked increase in the confidence homemakers place in her relation to House Furnishings.

One homemaker took all the accessories out of her living room before the club meeting, those present arranged them as they felt they should be after the demonstration.

The hostess liked the room so well she took a large box of the items not used up to the attic.

4. Clothing

Problem

Homemakers unable to have satisfactory family wardrobes with available income.

Topics to be included

- a. Importance of wise planning and selection of wardrobe.
- b. What is a good wardrobe?

Goals

- a. Learn what and importance of good, satisfactory wardrobes.
- b. How to have satisfactory wardrobes.

Number of groups

- a. 6 Home Demonstration Clubs
- b. Special interest groups.

People are to learn

- a. Importance of a good wardrobe.
- b. What is good planning.
- c. What is a good wardrobe.
- d. How to have satisfactory wardrobe with money available.

Plans for carrying out

- a. Specialist assistance to agent.
- b. Method demonstration by agent.
- c. Method demonstration by leaders.
- d. News articles.
- e. Bulletins
- f. Leaflets
- g. Style show.

Goals

- a. Make better use of present furnishings.
- b. Good and bad selections and use of furnishings and accessories.
- c. Principles of good house furnishings.

Number of groups

6 Home Demonstration Clubs

People are to learn

- a. Fundamental principles of good House Furnishings.
- b. Window treatment.
- c. Selection and use of accessories.
- d. Selection and use of inexpensive pictures.
- e. Good furniture arrangement.
- f. Make better use of what they have.

Plans for carrying out

- a. Specialist help to agent.
- b. Method demonstration by agent.
- c. Method demonstration by leaders.
- d. News articles
- e. Bulletins
- f. Leaflets
- g. Special interest groups.

Notes and Results

The agent was trained by Miss Katherine Habel, Extension House Furnishings Specialist, on the subjects "Beauty in Home Furnishings" and "Accessories and How to Use Them".

The homemakers were especially interested in the topics and gradually the results will be effective. The agent has answered several inquiries relating to selection of colors and combination of colors for walls and furnishings. The same is true of arrangement of furniture. This indicates that they will improve the appearance of their homes in the future. The appreciation of things in relation to the basic art principles will gradually develop.

- b. Agent help from specialist on--"Low Calorie Snacks and Refreshments"
- c. Method demonstration by leaders.
- d. Method demonstration by agent.
- e. News articles
- f. Bulletins
- g. Leaflets
- h. Menus and recipes

Notes and Results

The homemakers became more conscious of the fact that refreshments could be attractive and satisfying yet low in calories. This was brought out at some of the meetings following the training on Low Calorie Snacks and Refreshments. The ideas presented by the agent were adopted on these occasions. At the annual 4-H Achievement Night the refreshments were taken from this subject matter material and enjoyed.

The foods leaders of the Home Demonstration Clubs were trained by Miss Mary L. Thompson, Associate Extension Food Specialist, V.P.I. on "Planning and Preparing Quick Meals" and "Broiler Meals". These demonstrations were given to the groups in June and July. The leaders did well in their presentations. The quick meal subject was very easily accepted by the homemakers, however, it is hoped that additional work may be done on Broiler Meals in the near future. The broilers are being used more in the county because of individual health conditions but the principles of broiler cookery might be improved.

Homemakers are finding that nutritional, palatable meals may be served with less expenditure of energy, time and money.

3. House Furnishings

Problem

Inappropriate selection and use of furnishings
Topics to be included

- a. Beauty in Home Furnishings
- b. Accessories and How to Use Them.

Notes and Results

Some of the communities planned family group activities on different occasions and the young people cooperated quite well. The fellowship and congenial sociability were much improved over the previous year. Several families became interested in ways to bring good books and magazines into the homes. Families planned vacations and short trips together. There were many requests for material on social courtesies in the home and community relationships.

2. Foods

Problem

Homemakers enjoy good food but do not know "how" without excessive expenditure of time, adding pounds and hindering health.

Topics to be included

- a. Low calorie snacks and refreshments
- b. Planning and preparing quick meals
- c. Broiler meals

Goals

To help homemakers more quickly prepare nutritious, less fattening food.

Numbers of groups

6 Home Demonstration Clubs

People are to learn

- a. To prepare and serve less fattening refreshments.
- b. Methods for preparing and serving more digestible foods.
- c. Quicker, easier and better methods of food preparation.

Plans for carrying out

- a. Leader and agent training meeting by food specialist.
"Planning and preparing quick meals"
"Broiler meals"

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A committee composed of one minister in the county, the Home Demonstration Agent, the County Agricultural Agent and Dr. George T. Blume, Associate Extension Sociologist held one meeting to plan the County Rural Life Institute.

B. Subject Matter and Special Emphasis Areas

1. Family Life

Problem

Families have difficulty keeping children satisfied. Very limited recreational opportunities within the county.

Topics to be included

- a. Recreation for young people
- b. Family recreation
- c. Social trends affecting the family
- d. Good citizenship

Goals

To develop well-rounded, congenial, happy and cooperative citizens.

Number of groups

6 Home Demonstration Clubs

People are to learn

- a. Good family relationships
- b. How and desire to be good citizens
- c. How families and groups may have fun

Plans for carrying out

- a. Specialist help
- b. News articles
- c. Method demonstration by agent and leaders
- d. Bulletins
- e. Cooperation with other agencies and personnel
- f. Special interest groups

1961 Annual Narrative Report

I. County Situation

King and Queen County is located in the Tidewater Area of Virginia. The county is seventy one miles long and eight miles wide at the widest point and three miles at the narrowest point. The land is a gently rolling sandy clay soil. Sources of income are general farming, general merchandising, dairying and forestry. A rapidly increasing number of people are securing employment in West Point, Tappahannock, and Richmond, Virginia.

The latest farm census shows that there are 605 farms, 371 white and 234 non-white owners.

The County Extension office and secretary are on one telephone exchange that serves one-half of the county and the agents live on the exchange that serves the other county residents.

There are no incorporated towns, restaurants, banks, drug stores or recreational centers in the county.

There are two schools for white children. They each have all the elementary and high school grades. There is one high school for negro children. A County Health Unit and Welfare Department are located at the County seat. A medical doctor and his assistant are located at Walkerton, Virginia. Six different denominations are represented by the fourteen churches in the county which means homemakers and families are involved in intensive church activities.

II. County Extension Program - Adult

A. Organization

The County Home Demonstration Club Committee composed of a chairman, vice-chairman, secretary, treasurer, program development chairman and Federation Program of Work chairman, club presidents, club program development chairman and club Federation Program of Work chairman.

This group held one meeting to plan the program, establish the budget, and outline the objectives for the 1961 County Home Demonstration Work.

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Contributions Made to Family Living in
King and Queen County

Two most outstanding contributions made to family living.

Development of the homemakers own ability and the confidence to use her individual resources.

Continued realization that the Home Economics Extension program is worthwhile, does contribute to the development of youth, and does have importance in King and Queen County.

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ANNUAL NARRATIVE REPORT

COUNTY
EXTENSION
WORK

FILED

Virginia Agricultural Extension Service

Lura G. Griffin

Name

Home Demonstration

Agent

Title

Assistant Agent

Assistant Agent

Assistant Agent



1961

King and Queen
County