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# ANNUAL REPORT

## County Extension Work

1953



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**COUNTY**

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### III. COUNTRY SITUATION

Many factors today are meshing together to form a disturbing outlook in the pattern of wholesome satisfying living for our farm families.

Acute labor shortage on the farms, presents one of the prime problems in the overall complicated outlook and can be accounted for by these conditions:

1. Farms are getting larger with well-to-do families buying out the small land owners.
2. Tenant class moving to towns and cities to take jobs in large industrial enterprises.

Other problems which are complicating the farm scene are:

1. Fewer country doctors make medical care, even in emergency cases, difficult to obtain.
2. Consolidated schools have resulted in longer distances for youngsters to travel, which in turn presents a vital need for more and better school clothing.
3. Increase in tax rates.
4. Drop in prices being realized from livestock, etc.

The well-to-do farm family with more modern machinery and more home conveniences is in a better position to meet these obstacles. However, the smaller farm families with less adequate means, are concentrating on fewer cash crops, such as poultry, eggs, vegetables and some livestock for quick cash.

The problems and situations formed the nucleus for planning the 1953 Home Demonstration Program.

Our farm families are looking to our State Agricultural College for help and are using many of the recommended practices for their farms and homes. Their needs guided the Home Demonstration Committee women in planning the 1953 program.

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The county situation has a direct influence upon the youth. In planning the 4-H program, leaders both adult and junior, realized the desire and need for a study of home improvement. Therefore, "Your Room" was one of the major projects chosen for the year. Clothing projects were also included since much money can be saved constructing garments at home.

#### IV. CONTRIBUTION OF THE 1953 PROGRAM TO BETTER FAMILY LIVING

The 1953 Home Demonstration program included the following topics: Home and Community Beautification; Refinishing Furniture; Planning and Planting the Flower Garden; Flower Arrangement; two months of food work; better use of storage in the home; hooked rugs and two months of clothing, also a number of special interest subjects and result demonstrations.

Housing, health and citizenship are among our long time objectives.

There was wide interest throughout the county in home and community beautification work, and all entrances were improved, clean-up campaigns carried through, community and church grounds landscaped and planted, mail boxes improved, etc., but due to the severe drought in this area, many of the plantings did not survive the dry weather. Due to the incompleteness of many of these home grounds projects, and the need to interest more people, the committee felt that the home and community beautification should be continued for 1954.

There was an increase of approximately two hundred and fifty participants in the Bessie Dunn Miller Center for Cancer Prevention. This is a health project sponsored by our home demonstration committee, and was organized in 1945.

There is and always will be strong interest in housing. This, of course, is because of the new families, the growing population and the

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desire for better, more convenient and attractive living. There is no question in the fact that the majority of our farm families want and are working toward higher standards of living. Each year records show figures to substantiate that interest.

The agents feel that the many events and project activities included in the 4-H program did much to better family living. Leaders worked more closely with members than previously, thus enabling them to do better project work. This made for more participation in county contests. There were six girls to compete in area contests. One of the girls was winner in the state Food Preparation contest. More girls are realizing that in order to compete in such contests one <sup>to</sup> was/begin early to work toward long-time project goals.

Project work covered many phases of homemaking during the year. Clothing records show 727 articles and garments made. Girls making improvements in care of rooms were 117.

Annual events sponsored again and enlarged were: an All Star Banquet, County Camp, Homemaking Contest Day and Achievement Day. Events introduced were on Honor Club Camp and Public Speaking Contest.

#### V. ADULT WORK

##### A. Project Work

###### 1. Home and Community Beautification

This was among the most interesting projects carried this year, but since it was carried as the Federation Goal details will be told under

###### B. Other Activities.

###### 2. Food and Nutrition

Two months were devoted to food and nutrition work. Food is, and will always be of major importance to our women. They are anxious to

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have better food programs, hoping that these programs will reflect better food practices among our farm families. Our women also feel the need of more timely information on the use of the home freezer, not just the processing of foods for the freezer, but ways to make better use of the home freezer, such as time and energy saving information.

One month was devoted to "Meals Prepared Ahead from the Home Freezer and Refrigerator."

The purpose of this project was to:

1. To keep up with timely freezing information.
2. To save time and energy in meal preparation by preparing and freezing meals ahead.

Through leader training meetings by specialists and agents, which were attended by leaders from most of the organized groups, the information was carried back to the clubs. In four cases, where the clubs were not in attendance at the leader training meetings, neighboring club leaders, having been trained visited these clubs and gave the demonstration.

The second month's food project was: "New Ideas and Time Savers in Pies and Puddings". The purpose and procedure was the same as in the preceding paragraph.

These food subjects were favorites among our women. The only negative comments were the fattening desserts. Most of them reported happy husbands and children, because of the delicious pies and puddings made and served. However, our club women felt that something should be done about cutting down on calories, therefore they have included low caloriéd desserts in their food plan for 1954.

Not only did our home demonstration women ~~offer~~ in on the two above food subjects, but they passed on information and recipes to hundreds of

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non-club families.

The following table shows results obtained through the 1953 food program, including canned, frozen and stored foods.

All club members participated in:

1. Meals prepared ahead from the home freezer.
2. Study of attractive ways of making pies and desserts by the use of the basic mix.

Quarts vegetable canned - 15,306	Quarts meat canned - 1041
Quarts tomato juice - 15,660	Quarts vegetables and
Quarts fruits canned - 18,171	fruits - 18,347 frozen
Meats frozen - 20,603	

### 3. Clothing

Since our women gave very little time to the study of clothing in last year's program, they felt the need of brushing up on this project. They realized that many new fabrics were on the market today and will continue to be and they felt that they should know more about them, such as suitability, care, durability and composition. They also wanted to dress more becomingly.

Thus they included studies on:

1. "Becoming Lines, Designs and Color in Dress"
2. "What's New in Fabrics for Clothes"

Through leader training meetings by the Extension Clothing Specialist and home agents, tours to local stores to see and study ready-made clothing and new fabrics in yard goods and outlook material distributed to members, interesting results were obtained.

Local merchants were most interested and cooperative in this study. They welcomed groups of women to their stores and were always glad to give samples, charts and to lend clothing to home demonstration leaders for their use in demonstrations in local clubs.

- Club reports show all clubs participating:

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Studied new fabrics - 680  
Color, Line and Design - 680  
Dresses - 1294 (made)  
Other garments - 1138 (made)

#### 4. House Furnishings

##### Refinishing Furniture

Convenient and attractive home and furnishings will always be the desire of the average homemaker.

Tours were made to local furniture stores for the purpose of studying furniture, good lines for lasting purposes, well constructed furniture, and furniture that will give comfort as well as attractiveness with use.

There are also constant calls on the agents for refinishing, repair and reupholstering furniture. Probably more time is given to this line of work by the agents than any other homemaking project.

All day furniture clinics were held in each club for the purpose of refinishing and repairing furniture. Special interest meetings were held for non-club members along these lines in several communities.

Flower arrangement demonstrations and practices added much to the pleasure and well groomed homes of our club women. They felt the need to know more about proper arrangements of flowers not only for their own homes, but for churches and other special arrangements. They wanted to know how to combine simple, attractive arrangements and color combinations for all occasions, also how to judge arrangements.

In June a leader training meeting on flower arrangement was given by one of our club women and the agent. This was well attended by local leaders who repeated the demonstrations in their respective clubs. We also received help from local florists' shops on several occasions. During the year all home demonstration clubs conducted flower arrangement demonstrations. These were judged by the agents, leaders and garden club members. Churches were

benefited by this study of flower arrangements also. Many of our club women were on committees to furnish fresh flowers and arrange them for churches regularly and they felt that this study had been very helpful to them.

Results:

Furniture slipcovered - 214	Upholstered - 145
Furniture refinished - 316	Chairs reseatd - 72
Flower arrangement - 684	Rugs made - 140
Trays etched - 321	Lamp shades - 77
Trays painted - 102	Curtains made - 399
Articles textile painted - 491	Floors sanded and refinished - 156
Rooms redecorated - 560	Others helped with house-furnishings - 162

5 & 6 Housing and  
Home Management

The housing and home management program this year, has resulted in a happier home life for the families which participated in this program.

Many homes, without running water, central heating, bathrooms and adequate storage facilities, have made one or more of these improvements or adjustments.

A survey was made to determine and coordinate the peoples' needs before State Specialists were called in.

Many of these housing problems were solved at a County Meeting, but in many cases, where the problems were not common to the group individual home visits were made. The specific problems were analyzed and special solutions were offered.

The recommendations which were made were followed up by the home agent who assisted the many families in carrying through to completion their projects. Those not completed will be continued in 1954.

A happier family life was effected by improvements in beautification, efficiency and convenience.

Some results follow:

New Homes built	29	Kitchens improved	71
Homes remodeled	48	Laundry rooms	63
Baths installed	42	Central heat	48
Storage	221	Electricity	28
Home Freezers	172		

7. Rural Arts #

The women who have participated in the Rural Arts Program were benefitted in two pronounced ways. They have not only derived much pleasure and satisfaction from developing new skills and hobbies, but in many cases have been able to realize considerable remuneration from the articles they have made.

One woman painted and sold to a local gift shop 44 waste baskets, 9 pairs of book ends, cards, trays and numerous other hand made articles. Another club woman has been able to add measurably to the support of an invalid husband, by painting and marketing large black trays, pictures, fabrics, etc.

The program which was developed through special interest meetings, offers instructions on hooking and braiding rugs, etching metal, textile painting, caning chairs, decorating trays, etc.

Specialists worked with the Agents in training leaders to assist in forwarding the Rural Arts Program.

8. Other - Vegetable Gardens

Vegetable gardens in this area were severely retarded by the severe drought. Our people made the attempt at gardens, but only the early gardens were at all successful.

Our farm families realize the value of the home garden and work toward a live-at-home year round program. However, most summer and fall gardens were complete failures.

Garden leaders are given the latest information twice a year by Extension Specialist. These leaders in turn, give monthly garden hints at home demonstration club meetings.

A garden leader training meeting was held at a result demonstration garden belonging to Mr. and Mrs. James Woodson, near Greenwood. This proved to be the most interesting garden training meeting we've ever held in Albemarle. In the first place, Mr. L. C. Beamer, Specialist in Horticulture, V.P.I. was with us. Mr. Beamer said Mr. and Mrs. Woodson's garden was a beautifully planned home garden. Everything in place, a large variety of vegetables as well as small fruits, and had been well cared for. Despite the good attention this garden had had, the usual insects were there in true varieties also. Mr. Beamer was able to point out these various types of insects which were apparent in each kind of vegetable, and to give advice as to control of each. Seeing this and learning the control methods was very

advantageous.

#### Poultry.

The majority of our farm families have home flocks, and in many cases large poultry plants, specializing in broilers. Families with these plants are making a good income. The home flocks are providing fowl and eggs for home consumption and some for the market.

Value of poultry on hand	\$16,963.00
Chickens raised	19,567
Value of eggs sold and used	17,884.60

#### Electricity.

Electricity continues to expand, and of course, this enables more people to put in running water.

● ● Homes putting in electricity this year	28
● Homes putting in water systems	42

#### B. Other Activities

##### a. Club or group in community projects.

There were several clubs working toward community projects such as:

1. Community houses
2. Clean Up Campaigns
3. Community beautification
4. Community recreation with emphasis on youth

Interests in community houses and community beautification will be told under Federation Goal Activities which is to follow.

A newly organized home demonstration club is concentrating on community recreation. This club has done outstanding work in a small community located in the extreme western part of the county about fifteen miles from Charlottesville.

A young methodist minister and his family live in that community. The minister's wife felt that there was a need for an organized home demonstration club. She talked with the women there, and had the agent to meet with a small group of those interested. As a result, the agent was invited to meet with them on several occasions - consequently a club was formed.

Aside from participation at all leader training meetings, this club has sponsored a number of community parties. On Hallowe'en night a big event took place in the Odd Fellows Hall. There was an entertainment for the very young to the oldest citizens in that community. An aged lady in her early 90's was one of the chief entertainers.

The minister remarked, that it was the first time in his three years of work there, that the people of that community had been together for recreation of any kind. They have had a similar event since, and have perfected plans for a covered dish supper during the Christmas holiday.

Community work to be told under Federation Goal.

b. Federation Goal

(Home and Community Beautification)

Our county women chose as the Federation Goal for this year Home and Community Beautification.

Specific Projects included:

- A. Attractive entrances
- B. Fences

- C. Names for homesteads
- D. Grounds - landscaping and flower gardens
- E. Mail boxes -Standard and Attractive Boxes with names well marked.
- F. Community buildings
- G. Improve church and other public grounds.

One community building has been completed at a cost of \$10,000.00. Funds were raised by bake and rummage sales, suppers and individual donations.

Four other communities are in the process of raising funds to build community houses.

A newly organized club made up of young married women took as their community project the landscaping of church grounds in their area. Much of this type work has been done, and will continue through another year.

In many cases this work was retarded by the severe drought in this area. Plantings were held up in some cases, while much of what was done, failed to thrive, because of this, the beautification project is being continued in 1954.

Despite a slow-up on this program, what has been done is gratifying in that it evidences the improvements such a program will make.

Entrances improved	411	Mail boxes improved	333
Home Grounds Improved	262	Remove fire hazards	187
Walks improved	165	Flower gardens	294

c. County Objectives

Club objectives recommended by County Committee

1. All clubs pay Federation dues by January 1st.
2. Each club increase membership by two new members and assist in reaching unorganized groups.
3. 4-H Chairman in each club to get help of H.D. members for one or more of: (a) leaders (b) partial camp scholarship (c) transportation to county 4-H events (d) help in youth recreation.
4. Each club promote Bessie Dunn Miller Center for Cancer Prevention. Members participating.
5. Each club conduct five meetings in absence of agent.
6. Each club have a representative of all leader training and co-committee meetings.
7. Each club member participate in a special way in at least one program.

d. Result Demonstrations

Subject	No. Demonstrators
Storage	One out of the four in each Club
House Remodeling	
Installing Bath	
Laundry	
Entrances to homes	Two in each club

While the set goal was not reached in result demonstrations, forty demonstrations were conducted. Some of these have not been completed, but work is being continued on them all.

Meetings have been held at these demonstrations and in a few cases club tours to see results.

One family did a complete job of remodeling. They followed with very few changes, plans made three years ago by Mr. C.D. Wheary, V. P. I. Extension Housing Specialist.

Partitions were removed, to provide a room large enough for a study. In this, there are bookcases, extending from floor to ceiling on two walls and another closed storage from floor to ceiling for storing various articles. One bath was moved, a new bath installed, a large utility storage built for cleaning and other equipment, a large unit for storage of linens. A back porch was removed and in its place, a large dining room was built, with a modern kitchen adjoining. Over this is a closed sun room and a back stairway. Leading from the dining room, is a brick terrace. A complete oil heating system was installed.

Some of the other interesting result demonstrations are improved entrances to farmsteads and naming of same.

In selecting these result projects, the committee had in mind activities which would not only beautify the communities but those that would add joy and convenience to the rural family.

The usual methods were used, leader training meetings, home visits by specialists and agents followed by agent's help and visits when called upon.

We feel that this program was well participated in by our people and that the results were fair. As stated in a preceding paragraph, much of this work is to continue through another year.

Home Demonstration Market

For the past twenty-five years, the home demonstration market has been operating, however, it is continuing on a very small scale at the present time. From two to three women have

sold on the market each Saturday morning from 8:30 a. m. to 1 p. m. during 1953. We feel that the strong competition with local stores has cut down the demands of the people from things that used to be brought in by our women.

1950 No. of women selling six to eight	Sales	\$3,360.10
1951 No. of women selling four to six	Sales	3,578.35
1952 No. of women selling four to six	Sales	3,661.23
1953 No. of women selling two to three	Sales	2,811.28

Charlottesville and Albemarle County Rest Rooms

The community rest room, organized in 1924 and sponsored by the Albemarle County Home Demonstration Club women continues to serve a large number of people.

Shoppers, working girls and tourists visit these rooms to rest, warm up, eat lunch, wait for friends and to use toilet facilities.

There is a hostess on duty at all times. The restrooms are conveniently located, comfortable and attractive. The suite of rooms consist of one large living room, study, bath, dining and kitchen.

Due to convenient location, the suite of rooms is used regularly from Monday a.m. to Saturday p.m. weekly throughout the year. Total number of visitors from December 1, 1952 to December 1, 1953 was 20,345.

Each year, the home demonstration clubs contribute furnishings, such as slip covers, curtains, tea towels, etc. to this project.

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VI. 4-H CLUB WORK

A. Project Work

The main projects carried during the year were the clothing project, "So You'd Like to Sew" and "Looking Your Best"; the home improvement project "Your Room"; and the Farm and Home Electric project. Many other projects were carried by a smaller number of members. In planning the program, members and leaders considered the needs of each club and also the amount of time, allotted for project instruction at club meetings.

The twenty 4-H clubs, with three of these being community clubs, were organized in September, 1952. In seventeen of the clubs project instruction was given to a part of the members during the summer. Home improvement, clothing, and foods were the subjects studied at the summer meetings.

1. Foods

Most of the foods work was done in the Meal Preparation project. Less emphasis was placed upon Food Preservation, Food for Pep, and Bread projects.

The Meal Preparation project was carried by two community clubs during the winter months and by some summer neighborhood groups. The objective of the project is for the girl to learn to prepare and serve various foods so that nutritious and attractive meals might be planned and served.

The methods used in obtaining this objective were mostly method demonstrations given by leaders, members, and agents; written materials supplied; letters written; and movies shown on foods. Leaders were trained in small groups and individually and were responsible for a large number of the demonstrations given. The leaders for the summer meetings were secured through the help of members, Home Demonstration members, and regular 4-H

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leaders, after the clubs were divided into neighborhood groups in the spring.

Forty-three girls completed the Meal Preparation project. As a result of project work done 683 meals were prepared, vegetables were cooked 844 times, 596 salads were prepared and 1218 lunches packed, plus the cooking and serving of many other foods. The Proffiteers members under the guidance of their leader prepared and served a Thanksgiving dinner for all members and their parents making an attendance of approximately sixty persons. Phyllis Payne was the 1953 State Food Preparation winner. Two girls entered area foods contest, one of them emerging as a winner. Members exhibited at Achievement Day foods which they had learned to bake,

Food Preservation was carried by a small number of members. The objective in the project was for the girls to learn to make a food preservation plan for the family and cooperate with the mother on the family freezing and canning to meet the budget.

Members were helped in reaching this objective by home visits from the agent and help from leaders. Written material was furnished each member.

Four girls completed the project and reported canning 635 quarts and freezing 141 quarts. Due to the drought many gardens were poor; therefore, the amount of canning and freezing was decreased for the summer.

Food for Pep and Bread were carried by two individuals. These members were helped individually by the leader and agents. The girl who entered state competition in the Food Preparation contest gave a bread demonstration and made bread 522 times during the year.

## 2. Clothing

"So You'd Like to Sew" and "Looking Your Best" were two of the major projects included in the program for the year. "Make or Remake" was

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carried by some of the older girls.

So You'd Like to Sew was carried by seven clubs during the winter. Some of these clubs broke down into neighborhood groups and continued the project during the summer. The objective of the project was to have the girls learn some of the fundamentals of sewing through the making of simple articles. The basic sewing principles learned in this project will be applied in the construction of garments.

Methods used in reaching this objective was the giving of method demonstration, distributing written instructions, individual assistance by agents and leaders, and club and county exhibits. Leaders were trained at a workshop meeting and individually by agents for assisting with demonstrations at winter club meetings, and giving demonstrations at summer meetings.

There were 109 girls who completed the "So You'd Like to Sew" project. The report on number of articles made was 671. These included 111 needle cases, 118 towels, 121 stuffed toys; 96 aprons, 110 handkerchiefs, 42 skirts and 20 blouses. Members exhibited articles made at club contests and Achievement Day. Four of the clubs had contestants in the County Contests. Some of the girls are continuing to carry clothing projects another year. Although members made great progress during the year, a higher quality of work could possibly be achieved another time if more leaders were available to give individual assistance.

"Looking Your Best" was carried by 134 members during the school year. The objective in carrying the project was to have each girl

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improve her appearance as a result of having received sound training in methods of grooming.

Methods used to reach this objective were method demonstrations by leaders, members, and agents, distribution of written materials, a tour and a County Contest. The leaders were trained individually by agent to give some of the demonstrations. Last year the agent felt that an effort should be made to make the project more interesting another year. As a result more member demonstrations were included than previously. One of the leaders arranged a tour for members to a dry cleaning establishment. The making of Christmas corsages was included in the program. A contest for this project was included in the county contests.

One hundred seventeen members reported making improvements in six or more of the following subjects: feet, teeth, hands, hair, skin, posture and voice. The girls made 74 quick repairs, washed 446 sweaters, and pressed woolens 75 times. The tour and extra member demonstrations proved successful.

Make or Remake was carried by some older girls as an individual project and in two neighborhood groups. The objective in carrying the project was to have the girl look her best by careful planning of clothing on hand, and that to be added; learn to choose becoming clothes or patterns for making her clothing; judge quality in fabrics and workmanship; and develop skill in making her own alterations in ready to wear, in remaking garments on hand, and in making new garments at home.

Methods used to reach this objective were method demonstrations on clothing construction by leaders, individual assistance by agents and leaders, and club and county exhibits.

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Fourteen completed the project. There were 43 garments made and 13 garments remodeled. Some of the dresses were exhibited at Achievement Day and County Contest Day. The competition in the contests was keen among the few girls entering. There will possibly be more girls carrying this project another year, due mainly to one particular reason. An outfit, which included dress, bag and hat, made by the girl who received a blue award in the area contest, has brought forth favorable comments from girls throughout the county.

### 3. Home Management

The laundry projects, Family Ironing, Personal Laundry, and Small Laundry Equipment were carried by a few girls individually.

The objective in the Family Ironing Project is for the girl to learn the best methods for doing the family ironing and then to help with the ironing at home. The objective in the Personal Laundry project is for the girl to learn the best methods for laundering her own clothes. The Small Laundry Equipment Project enables the girl to make equipment that will make for better home laundry.

Methods used to help the girls reach the objectives were individual assistance by agents and supplying the girls with written material.

Seven girls completed laundry projects. Although laundry was not included in the program as a major project the few girls who carried it are very much interested. One of the girls has entered area competition for two years and has shown considerable improvement in laundry techniques. The girls have learned the difference between synthetic and regular soap and other things necessary to know in doing personal and family laundry.

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#### 4. Room Improvement.

Much work was done in home improvement this year under the project "Your Room - Pep It Up". The objective of this project was to have the girls make their rooms more attractive and comfortable by learning to care for them, making the most of the furnishings by better arrangement, and making a wise selection of accessories.

Methods used in helping the girls to reach the objective outlined were method demonstrations by leaders and agents, supplying members with written materials, tours, individual assistance, and club and county exhibits. Most of the instruction was given at monthly meetings and in neighborhood groups during the summer.

Members from the six clubs concerned were invited to go on an organized tour to several of the stores and shop for bedroom furniture and furnishings in the spring. Leaders helped to transport members. Store personnel did an excellent job of giving the members the points to consider when buying.

In the summer several of the project meetings were held in the girls' bedrooms.

Demonstrations, tours, and other methods used proved to be successful in stimulating interests among the members. Another year it would possibly be well to schedule more meetings in the different members homes. There will be girls enrolling in the project "Your Furnishings" another year.

There were 102 girls who completed the "Your Room" project. Members reported 138 articles made, furniture arranged 293 times and flowers arranged 661 times. Members cared for their rooms on the average of 5 months each.

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## 5. Electricity

The Farm and Home Electric Project Unit I was very popular among the members again. Several carried Unit II. The objective in this project is for the girls to learn more about electricity, learn how to care for electrical appliances, and how to make simple repairs.

The process used in conducting this project was first to hold a meeting to familiarize leaders with the project. Six all-day schools were held throughout the county and instruction was given in the form of method demonstrations by home economists and engineers from local power companies with the leaders and agents assisting. This was followed by member demonstrations and individual assistance. Instruction for Unit II was given at three night classes. Tours were conducted to well electrified homes and farms, the majority of the homes being those of home demonstration club members. The ladies assisted with transportation also. The plan this year of holding more than two tours was better from the standpoint of attendance.

Eighty-two girls completed the electric projects. One of the girls attended the Electric Congress and the county received a white award on an exhibit made at that time. Girls reported repairing 130 cords and making 16 lamps. There were 74 who learned about fuses and 53 who improved the lighting.

## 6. Poultry and Garden

These projects were carried by a very few girls. Instruction was given individually by agents and written materials were supplied. Two girls completed the garden project.

## B. Other Activities

### 1. Community Activities

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The three 4-H Clubs which meet outside of school, are the most active in community affairs. Some of their activities are picnics, Hallowe'en parties and Christmas parties. One of the clubs has an annual Thanksgiving dinner for members and their parents. To make money the clubs sometimes hold bake sales. A number of the clubs observe Rural Life Sunday. Clubs remember the sick with cards or gifts and in one community the very elderly people are given baskets of fruit at Christmas.

## 2. 4-H Camps

Albemarle is fortunate to have its own 4-H camp. A committee of leaders, members and agents began early to plan for the annual county camp to be held July 13-18. Local persons were secured to teach classes in first aid, savings, and safety. Adult and junior leaders were trained prior to camp to teach handicraft. A meeting of the camp staff was held a few days preceding the week of camp.

Two tribes, the Pamunkeys and Sacajaweans kept the Albemarle Camp tradition by competing during the week in sports and other activities. Lesser Chiefs and a Big Chief who served were elected at the previous camp. The Honor Club and All Star Chapter cooperated by sponsoring entertainment for two evening programs and assisting with vesper plans. Several home demonstration members served as councilors. Under handicraft work two camp projects were introduced - making trash cans and developing a vesper area.

Thirty-seven girls attended camp. The camp program proved to be of great interest to the campers, this being due in part to the variety of classes and activities included. This was made possible because more organizations and local persons participated on the program this year.

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On the week end of August 15th the Honor Club held a camp with nineteen persons attending. At this time plans were made for h-H Achievement Day. The campers did their own cooking and enjoyed swimming, softball, and other sports. It was felt that this camp should be made an annual event.

### 3. Rural Life Sunday

Eight clubs observed Rural Life Sunday by participating in regular church services or by planning a worship service for members and parents in leaders' homes or the community centers. Of course, members from all clubs were urged to attend church on this Sunday. Suggestions for observance of the Sunday were given leaders and council members by agents, but the planning was later done by the leaders, members, and local minister. The number of clubs actively participating in the observance this year increased from two to eight.

### 4. Achievement Day

Achievement Day was held on October 10th at the New Armory in Charlottesville. Honor club members, some h-H leaders and Agents met in August and again in September to plan the program.

Member exhibits and two club exhibits were on display all day. The work of the members was classified under various subject heads in junior and senior divisions. Exhibits were judged while the members attended a movie shown at a local theatre. Premium money was given by the Farm Youth Foundation and was awarded at club meetings following the day.

The highlight of the afternoon program was a talk by Eva Jo Liskey, IPYE delegate on "Life in Chile". Other activities were the recognition of five girls as Honor Club candidates, awarding the County

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4-H Banner to the club showing the most progress during the year and making the Danforth Foundation Award and Citizenship Award. Leaders were recognized for their services and county medals were awarded. Approximately 160 attended. Leaders encouraged members to come and transported some. The prize money available this year aroused quite a bit of interest in exhibits.

#### 5. County Contest Day and Other Contests

County Contest Day was held at the Monticello Dairy on October 3rd. Some of the clubs held preliminaries prior to the County Day. The contestants were assisted by leaders and agents in preparing their demonstrations or exhibits.

Twenty-four girls entered contests in home improvement, laundry, clothing and foods. There were junior and senior divisions in each contest. Senior winners entered area competition.

There was active participating by leaders in this year's contests. Enough judges were secured so that two contests could be running at the same time, which proved desirable.

Six girls entered area competition in homemaking contests. Contestants returned with two blue awards, two reds and two whites. Norma Miller was area winner in Poultry Consumption.

Phyllis Payne was State winner in the Food Preparation Contest. Albemarle was second place winner in the State Citizenship Contest. The County held a Public Speaking Contest in April. One of the girls entered the State Contest but didn't place.

#### VII. YOUNG MEN AND YOUNG WOMEN'S WORK

The only organized group of young men and women is the 4-H

All Star Chapter. The organization's objective is to assist with the 4-H program throughout the year. The organization will be discussed more in detail later in this report.

#### VIII. SCOPS OF WORK

	1949 :	1950 :	1951 :	1952 :	1953
No. H. S. Clubs or Groups	: 21 :	23 :	23 :	23 :	23
Membership	: 848 :	900 :	966 :	972 :	989
No. 4-H clubs	: 21 :	21 :	20 :	18 :	20
Membership	: 419 :	430 :	435 :	397 :	397
No. 4-H Groups	: 1 :	1 :	1 :	1 :	1
Membership	: 19 :	22 :	22 :	27 :	29
No. other families reached	: 1295 :	1975 :	1763 :	2025 :	2070
No. of different families reached:	: :	:	:	1730 :	1890
No. Community clubs	: :	:	:	:	2
Membership	: :	:	:	:	150 Est.

#### IX. HOME DEMONSTRATION PROGRAM PLANNING COMMITTEE

Two planning meetings of the committee are held annually. Call meetings are held when it is necessary to discuss changes and progress of the program. The first meeting of the committee is held early in the year for the purpose of planning the year's work, appointing leaders and committee women to assist in carrying out the program.

At the second meeting they check on the progress of the program and adjust the program to meet changing conditions. At this time delegates are appointed to the State Federation meeting. This body of women work together for the common good of the county people. They assume many responsibilities, and feel it is a privilege to give freely of their time for the furtherance of the program.

The County Committee sponsored a number of county-wide events this year. They encouraged the attendance more than 100 women to the District Federation meeting; participation of clubs in National Home Demonstration Week. These activities were two tours to result demonstrations and window

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displays by clubs in various sections of the county.

The committee is still very health minded. There is a County Health Chairman and one in each club who work together in supporting the Bessie Dunn Miller Center for Cancer Prevention. This center was organized nine years ago in connection with the University of Virginia Hospital and the County Cancer Foundation. This activity is one of the largest contributions the County Home Demonstration Organization has made and it is still rendering a great service to the people. They encourage regular examinations of our women and men, and this year's report shows the largest number of participants in the history of the Center (about 600). Several hundred of our Home Demonstration women have given blood through the Blood Bank and are active assistants to the Hospital through the "Pink Ladies" organization.

B. County 4-H Project Planning Committee

This committee which is composed of the project leaders and two members from each club met in August to plan the 1954 4-H club program. Twenty-four persons, representing fifteen clubs attended the meeting. Previously, at regular club meetings, all members had voiced an opinion as to the projects they wanted, with consideration being given to need and suitability for carrying at particular time and place. First and second choices were presented at the planning meeting. A program was planned which includes demonstrations, tours and movies for the projects chosen.

● This process for program planning proves to be very satisfactory each year in enabling members to form a workable program.

C. County 4-H Club Council

The County 4-H Club Council is composed of the elected officers of

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the twenty 4-H clubs, the leaders, and Honor Club members. The council has its own elected officers. It is the organization that makes plans for all the clubs, and meets twice each year.

The 1953 Council goals were:

1. Form standard club. The requirements are:
  - a. Contact each boy and girl in community of club age to join.
  - b. Each club have at least one leader to keep in touch with clubs and members.
  - c. 80% attendance at club meetings.
  - d. 80% completion of projects.
  - e. Have at least two officers at all Council meetings.
  - f. Each club hold local club contest.
  - g. Each club have a boy and girl as delegate to county camp. Clubs help pay expenses if necessary.
2. Hold Achievement Day program.
3. Hold county camp in July.
4. Each club contribute to County Council. Club with over 15 members \$2.00. Under 15 members \$1.00. To be paid by April 1.
5. Each club take part in 4-H national events or foundation such as IFYE, Rural Life Sunday, National 4-H Club Week, and National 4-H Achievement Week.

The Council again sold lunch at the 4-H Baby Beef Show and Sale.

The proceeds were used to pay for movies ordered for the clubs, for financing a leader's trip to the State Short Course, for subscriptions to the National 4-H News for all leaders, and for a contribution to the IFYE program. At the spring council meeting a part of the program was devoted to a county public speaking contest.

D. County 4-H Honor Club

The Honor Club in Albemarle is made up of those 4-H members who have done exceptional club work. All members are fourteen years of age

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or over, have completed three years of club work, and have displayed good leadership.

Two new members were added this year and five candidates were recognized at Achievement Day.

The club met four times during the year. Club goals were:

1. Have charge of the recreational program on the first or second evening of 4-H County Camp.
2. Encourage teen age boys and girls to continue in club work.
3. Each member select and carry out at least one individual goal.
4. Members who haven't an adult leader in their 4-H Club work through the Home Demonstration Chairman to secure a leader.
5. Hold four definite meetings with one of them a week-end camp.
6. Club plan the Achievement Day program and each member enter an exhibit.
7. Observe National 4-H Club Week by presenting a display in a store window in Charlottesville.

The Honor Club had more goals this year and was more active than last year. The club did good work on presenting a recreational program at camp, planning the Achievement Day program, and arranging an attractive display during club week. The week-end camp was successful.

#### E. County Chapter of 4-H All Stars

The Albemarle Chapter of 4-H All Stars has met every two months during the year, and has assisted with 4-H Club program.

A program of events and projects was planned early in the year.

In March the annual All Star-Honor Club Banquet was held with fifty persons attending. The 4-H leaders were invited and also All Stars from some of the neighboring counties. A Camp Clean-up Day was held in May so as to get the 4-H Camp in readiness for the summer. Frank Muse and his

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wife wrote the vesper services used for 4-H camp. A carnival was sponsored by the All Stars as an evening's program at camp. A scrap drive was held in the spring. A part of the proceeds was used to award camp scholarships to winners in the County Public Speaking Contest. At Achievement Day help was given with the exhibits.

The All Stars had a full program during the year. Another year they will possibly want to work toward getting more All Stars in the county to become active in the chapter again.

F. Other Organizations

The Home Demonstration Committee cooperates to the fullest in helping to sponsor such drives as Red Cross, Community Chest, Polio, Tuberculosis and other such activities whenever they are called upon to do so.

X. LEADERSHIP:

1. Organizational

Twenty-three organizational leaders have given valuable support to the H. D. Program. These leaders arrange meeting places, conduct meetings, plan with the project leaders for demonstrations, see that clubs are represented at leader training meetings and keep in close touch with the agents and office secretaries when they need help. This is done by telephone calls, letters and office visits. The H. D. program could not survive without the strong support of the organizational leaders.

Without 4-H leaders, it would be impossible to carry out all of the club and county activities which are held. Leaders plan many recreational programs and club and community projects for their respective clubs.

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They help with such county events as 4-H Camp, Achievement Day and Council meetings.

## 2. Program Development Leaders

Each year these leaders are doing a better job in guiding their club women in good thinking toward building a program of work to meet existing needs in the county. Two meetings are held each year to acquaint the program development leaders with their respective jobs and we feel that better programs are being planned and carried through.

4-H leaders assist the girls in planning a workable program for the year by guiding them in their choice of projects.

## 3. Subject Matter Leaders

Each year the program planned determines the number of project leaders to be appointed. Usually the leaders are appointed, elected or volunteer for the different subject matter demonstrations to be carried through. Leader training meetings are held prior to the months in which certain projects are to be given. At these training meetings detailed help is given to the leaders. They, in turn, take this information back to their club women. The women count it a privilege to serve as a leader. They enjoy attending training meetings, not only for the help they get in furthering the program, but for the contacts with women from other parts of the county and the first hand information received. There is not a big increase in project leaders over last year, but the work they have done has increased over a period of years. This increase will show in table "Growth of H. D. Club project Leadership."

The 4-H girls are able to carry more projects and to do a better

quality of work, due to the help of project leaders. They assist the agents in giving demonstrations and give a good number of them, especially during the summer. More girls are reached in the summer since the project group meetings are conducted by leaders. Leaders did much to prepare the girls for county contests.

B. Show growth of leadership by project leaders over the four-year period in adult and junior work.

HD Club Project Leadership	1949	1950	1951	1952	1953
No. project leaders (subject matter)	315	343	345	350	460
No. goal chairmen	24	24	24	24	24
No. training meetings held by:	15	8	10	19	23
Specialist					
By Agent					
Attendance at all training meetings	287	443	250	525	437
No. club meetings held by leaders without agent present	68	83	108	128	124
No. additional club meetings at which leaders assisted		187	121	204	194

Growth of 4-H Club Project Leadership

	1949	1950	1951	1952	1953
No. adult project leaders	19	28	28	28	28
No. junior project leaders	13	6	10	13	14
No. training meetings held by specialist	3	3	3	2	
by agent	3	8	5	13	12
Attendance at leader training meeting	59	66	72	49	41
No. 4-H leaders trained individually	2	5	7	9	11
No. club meetings held by leader without agent present	22	28	37	55	54
No. of additional club meetings at which leaders assisted	24	56	94	79	81
No. demonstrations given by leaders	101	112	141	146	152
By adults	12	14	38	71	85
By juniors	89	98	103	75	67

C. All leaders have contributed much to the 1953 4-H program, but there is one which deserves special recognition. She is a leader for the Earlsyville 4-H club, which has a membership of forty-five. She is also the Mother of two 4-H Club members. Mrs. Vernon Jones is both an organizational and project leader. The club is able to plan special activities such as the observation of Rural Life Sunday, due to her able assistance. She gives some of the demonstrations to the club during the school year. She helped two of the girls prepare for county contests, and one of these was a blue award winner in the area. Each summer she works with a very active project group. This summer she was a counselor at the county 4-H camp and also at a week-end Honor Club Camp. She is always willing to help in any way she can to further 4-H work.

#### XI. WORK IN COOPERATION WITH OTHER AGENCIES

Home demonstration work would not progress to any degree of satisfaction, were it not for the fine cooperation with other agencies such as: Banks, Schools, Churches, Welfare, Public Health, Hospitals, Garden Clubs, Auxiliary of University women, Farm Bureau, various civic organizations.

Last week, the agent was asked to assist the Auxiliary of University women in sponsoring a bake and auction sale for the benefit of the Martha Jefferson Hospital, Charlottesville, Va.. The cakes were judged by the Mayor of Charlottesville, the home agent, the home economist of Virginia Electric Power Company, a prominent minister, and one other, after which, they

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were auctioned off. This was quite a large affair and a goodly sum was realized.

For the past seven years, the three Banks of Charlottesville, Peoples National, National Bank and Trust Company, and Citizens Bank have supported our home demonstration year books. Each club member receives her copy with compliments of the three above banks.

The National Bank and Trust Company has sponsored a weekly, fifteen minute home demonstration program over a period of five years, and will continue to do so in 1954.

The County Extension workers are always ready and willing to cooperate with other agencies, and in turn, other agencies give us loyal support.

The local power companies have cooperated with the agents and leaders in planning and conducting the h-h Farm and Home Electric Project in the county.

The Farm Youth Foundation of the county has helped in furthering h-h work in the county by providing scholarships, prizes and some equipment.

#### XII. APPRAISAL OF YEAR'S WORK

The Home Demonstration Program this year, presented a real and stimulating challenge. While it was evident it has been vitally helpful to better rural living, there is a definite realization that there is still much to be done.

With it's contribution to betterment of the overall rural homemaking program as a general boosting of the people's morale, there are many things

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which might have been done by our farm families which are yet incomplete.

The heavy demands of multiple organizations such as Red Cross, Polio, Blood Bank, Health, Schools, Churches other Welfare and Civic groups, Garden clubs, and others have resulted in drawing the women into so many activities that it is often impossible for many of them to do a complete and worthwhile job in any one or more.

The agents wish to commend the homemakers for their participation in the home demonstration program. They are a fine group of people, and are most willing to do the best they can to promote activities beneficial to the advancement of rural people.

We believe the farm families are pointedly aware of the value they are receiving through the Extension Program and we feel they will continue to welcome available help through such a program and will follow recommended practices.

We feel that one of the greatest contributions made through the year's 4-H work was the leadership development of older club members and adult leaders. The older club members were more active in planning and carrying out programs in their clubs, the Honor club, the All Star Chapter, and in connection with many county events. Leaders showed more concern about the club program and assumed more responsibility. They worked more closely with the girls and helped to promote County 4-H events.