

Publications read by the agents are Extension Service Review, National 4-H News, Extension Service News, HMA Reporter, What's New in Home Economics, Forecast, Journal of Home Economics, American Home, Good Housekeeping, and other periodicals.

VII. THE LOOK AHEAD

The Extension program has reached families with information on all phases of homemaking during the year. The employment of the new assistant agent in October will help expand the program in the year ahead.

Suggestions for improving the program are developing a plan for securing, training and using more adult leaders in 4-H Club work; organizing neighborhood 4-H groups for project instruction; organizing more community 4-H Clubs providing opportunities for older boys and girls to participate in more 4-H activities.

To strengthen the adult program, the agent suggests having representatives from all sections of the county participate in work of home economics and special interest committees, organization of a Home Economics Council and County Agricultural Extension Service Board; also additional work with special interest groups and workshop for homemakers who do wish to join organized groups.

The agents will strive to carry out the objective of Extension as defined in the Scope report. . . "the development of people themselves to the end that they, through their own initiative, may effectively identify and solve the various problems directly affecting their welfare"

The Board was most cooperative when the District Agent and Chairman of the County Home Demonstration Committee requested the appropriation for an assistant home demonstration agent effective on October first.

4. Commercial Interests

The agent visited stores and other commercial concerns to gain information on available materials and equipment, and to explain programs of the Extension Service. Equipment was loaned for demonstrations.

Home economists for the local power company have assisted with food demonstrations and provided facilities for meetings.

5. Professional Workers

Copies of publications were sent to all vocational home economics teachers and other home economists. They were invited to attend subject matter training meetings or send representatives.

C. Professional Improvements

The assistant home demonstration agent started work in the county on October 1. She graduated from V. P. I. in June 1960 with a BS degree in Home Economics, was assistant in training in Madison County from July until October, attended annual agents conference and new agents training conference.

The agent is a member of the Virginia and National Home Demonstration Agents' Association, and the Virginia and National Home Economics Association, and Epsilon Sigma Phi. She attended district and state meetings of the organizations, Communications Training School, Institute of Rural Affairs, Rural Electrification Council (one day), and Adult 4-H Leaders Conference (one day).

The agent attended Regional Extension Summer School at Cornell University for three weeks. She received a scholarship from the Herace A. Moses Foundation and took classes in Youth Programs and Program Development.

She raises a home poultry flock and supplies most of the food supply from the family garden where she does experimental work on vegetables. She exemplifies the ideals of 4-H and home demonstration work in her daily living.

VI. A. FOR SPECIAL CONSIDERATION

One significant achievement of Extension work in home economics has been the development of adult leadership. The agent is no longer expected to attend a majority of home demonstration club meetings.

The club officers and leaders are given the responsibilities for the leadership of their clubs. Training meetings are held for project leaders, club presidents, program development chairman, and Federation program of work chairmen. Clubs have 90 to 100 percent attendance at all training meetings. Leaders gave 142 demonstrations during the year.

B. Public Relations

1. County Workers

Staff conferences were held regularly with co-workers. The secretary was given details regarding agent's schedule when doing field work.

2. General Public

The agents furnished newspaper editors and radio stations with information regarding Extension programs. Special interest, achievement day programs, and general meetings were announced as being open to the public. The agents attended meetings of other agencies and organizations and participated in programs.

3. Elected Representatives

The agent attended monthly meetings of the County Board of Supervisors and gave a summary of activities. The report was filed by the County Clerk. Members of the Board and other elected officials were given copies of the Home Demonstration Yearbook and were invited to achievement day programs.

Participation in 4-H activities outside the county began in 1932, when she attended District Short Course at Hampden-Sydney. Then she went to the Short Course at VPI in 1933 and became an All Star in 1934. She attended the week-end State All Star Conference every year it was held from 1936 until her son was born in 1956. Since that time, she has attended the All Star Program on Saturdays. She served as Big Chief for the Virginia All Star Chapter 1940-41 and was exchanged delegate to Maryland 4-H Short Course in 1940, also attending the first Interstate All Stars' Conference held in Washington in 1940. She attended Conservation Camp as a member or leader from 1936-40.

After graduating from Lynchburg College in 1938, she continued serving as a 4-H Club leader while teaching in Altavista until 1943. At this time, she became the first girl to do assistant county agent work in the State of Virginia.

She worked with the boys' 4-H Club program until October, 1946, when she became a full-time homemaker. She was married to M. B. Tilletson in August, 1946. She continued work as a 4-H leader in Norfolk County, where they lived from 1949-52, and in Campbell County since that time. She now serves on the County 4-H Club Advisory Committee.

Home demonstration activities began in 1946 when she joined the Mt. Aches Club. She has served as project leader in various fields and has held all offices of the club, was county Safety Chairman in 1957-58, assisted with the organization of the County Safety Council, and was delegate to the National Home Demonstration Council Meeting in Columbus, Ohio, to receive the second place in southern region, receiving \$75 cash award, which the county won in the 1957 Traffic Safety contest.

At the present time, she is County Chairman of the Home Demonstration Committee and has given wise and dedicated leadership to developing well-rounded programs and activities. She gave freely of her time in helping to get the county appropriation for an assistant home demonstration agent.

She puts into practice information gained from Extension in home and family life. They have a daughter born in 1952 and a son born in 1956. A new home was built in 1957, and the loan has been used as a result demonstration.

3. 4-H Club Leadership

	1936	1937	1938	1939	1940
No. Club Officers	143	154	180	140	155
No. adult project leaders	37	38	38	35	40
No. junior project leaders	11	10	12	12	12
No. result demonstrators	6	6	8	10	10
No. training meetings by specialists					
No. training meetings by dist. agents					
No. training meetings by agent	1	3	13	17	6
No. training meetings by members club devt.					
No. training meetings by others					
Total attendance at ldr. tr. meetings	20	26	44	46	20
No. 4-H leaders trained individually	23	30	13	20	
No. club mtgs. held by ldr. without agent	95	69	90	93	76
No. additional meetings at which leaders assisted	21	23	7	5	8
No. demonstrations given by adult leaders	95	63	83	70	78
No. demonstrations given by junior leaders	28	34	16	21	19

B. Story of Development of Leadership Activities and Accomplishments of an Individual

Mrs. M. B. Tillotson, who before her marriage was Ebra Moorman, has participated actively in Extension programs for twenty-eight consecutive years. She gives 4-H Club work credit for her development of leadership abilities and accomplishments as a citizen.

The Extension activities began in 1932 when Ebra became a 4-H Club member. She says she was a country girl attending E. C. Glads High School in the city of Lynchburg, who did not participate in the social life in the school. The 4-H Club met this need and provided her with training in personal development and helped her to develop confidence in presiding at meetings and standing before a group. Miss Mary Moorman, who became county home demonstration agent the year after she joined the 4-H Club, became a great influence in her life. Assistant County agents in the county who were mentioned as outstanding in developing well-rounded programs were J. F. Blair, E. W. Carson and W. E. Skelton.

B. Increasing Scope of Work

The agent worked with 15 home demonstration clubs having 445 members, 37 4-H Clubs with 527 girls enrolled, 14 farm and home development families, three special interest committees, four home economics committees, individual families, and assisted with programs for civic and community organizations.

The agent prepared 44 news articles. News stories were used by The Lynchburg News, The Daily Advance, Union Star in Brockneal, and The Altavista Journal.

Families and individuals not in organized clubs were reached by club members, office calls, telephone calls, home visits, exhibits, bulletins, news stories, and tours. Efforts were made to help the public understand that Extension programs were not limited to organized groups.

V. LEADERSHIP

A. Growth of Leadership

1. Over-all program leaders

1960

Youth Council

5

2. Home Demonstration Club Leadership

	1956	1957	1958	1959	1960
No. Organizational Leaders		70	167	105	92
No. project leaders (subject matter)	177	158	183	209	183
No. Federation prog. of work chm.	30	32	30	37	37
No. program development leaders	18	17	16	15	15
No. result demonstrators	6	3	6	8	4
No. training meetings by specialists	14	5	5	6	4
No. training meetings by dist. acts.	2	2	1	1	1
No. training meetings by agents	13	8	9	8	6
No. training meetings by others		4	3	3	
Attendance at all training meetings	484	367	291	316	305
No. meetings held without an agent	120	121	140	155	129
No. meetings leaders assisted	31	30	8	10	23
Demonstrations by leaders	157	151	125	140	142
Talks and discussions by leaders	1177	1050	1440	1510	1476

The Tyreanna 4-H Club held a Mother-Daughter banquet at Tyreanna Methodist Church with the minister, Reverend Lugar, giving an address. Each girl participated in the program and assumed a definite responsibility for making the banquet a success.

The Brookville Senior Club had a community service project each month to help individuals or groups.

7. 4-H Adult Leaders Conference

The fourth annual 4-H Adult Leaders Week-end Conference was held at the Natural Bridge Hotel on October 28-30. Four-H Club leaders who attended with the agents on Saturday were: Mrs. F. D. Hannell, Mrs. W. W. Sweeney, Mrs. G. C. Harris, and Mrs. A. M. Clark. Mrs. Clark received a certificate and pin for five years of leadership work.

Miss Mary Noorman, former agent, attended the Conference for the week-end. She spoke on "The Satisfaction of 4-H Leadership" following the awards ceremony on Saturday.

IV. SCOPE OF WORK

	1956	1957	1958	1959	1960
No. H. D. Clubs	15	16	15	15	25
Membership	436	440	436	445	445
No. 4-H Clubs	27	31	26	33	37
Membership	444	548	581	493	527
No. 4-H Clubs	1	1	1	1	1
Membership	18	22	26	28	30
No. Home Ec. Committees			1	1	4
No. General Interest Committees		2	2	2	3
No. Youth Committees		1	1	1	1
No. Farm & Home Dev. Families		10	11	12	13
No. Other Families Reached	2000	3150	2940	3000	3000
No. Different Families Reached	3800	4000	4000	4100	3800

4. Lynchburg Farm Show

The Lynchburg Farm Show was held October 14 and 15 at the city stadium. It is sponsored annually by the Lynchburg Chamber of Commerce for 4-H, FFA, and FFA members in 14 surrounding counties. Attendance was excellent this year with many 4-H'ers entering exhibits. The agents assisted with the dress revue.

The Farm Show gives 4-H members the opportunity to exhibit the results of their project work and to compare their efforts with those of persons in the surrounding areas. Since rural and urban families attend the Farm Show in great numbers, better public relations are created.

5. Contests

Winners in county contests who took part in district contests were: Martha Belle Wingfield, public speaking; Sharon Sweeney, dress revue, first place winner; Priscilla Hulbert, Breads; Janice Jenks, electric; and Evelyn Garbee, Dairy Judging.

Girls submitting Achievement Records were: Evelyn Garbee, Safety, winner of a Savings Bond; Shirley Garbee, Garden; Sharon Sweeney, Clothing; Priscilla Hulbert, Clothing; and Mary Louise Elliott, Meal Preparation.

The WSIS Station sponsored a contest for all clubs in the area. The winning clubs in the county were Brockville Senior, Hat Creek and Tyreanna.

The Sears Roebuck Store in Lynchburg sponsored an area garden and canning contest with ten girls from the county participating.

6. Other Events

Honor Club

The Honor Club met to initiate new members. Eight new members received certificates of recognition making a total of twenty-four girls in the Honor Club. The program and social which followed were planned by the Honor Club committee.

Four-H girls who attended State Conservation Camp at Camp Farrar were: Bonnie Ewers, Priscilla Hulbert and Nan Puckette.

Attending Senior Camp at Holiday Lake were: Kathy Ellis, Sandra Bell, Sue Arthur, Mary Walker, and Cennie Martin.

2. Rural Life Sunday

Rural Life Sunday was observed at Whites Methodist Church for members who lived in the area. Active club members and former members were asked to sit in a reserved section and be recognized by the minister. Brookville Senior Club arranged the observance and contributed flowers for the altar. Flowers were later taken to "shut-ins" in the community.

3. Achievement Day and Talent Contest

The Achievement Day program and "Share the Fun" contest were held on March 25 with an estimated attendance of 350. Medals and awards were presented to outstanding members. Leadership pins were awarded to Mrs. Edison Gann, gold clover; Arlene Nash, Mrs. H. P. Evans, and Mr. Morrison Myers, silver clovers.

Winners in the talent contest for members over fourteen years of age were Martha Belle Wingfield, first; Joan Puckette, second; and Priscilla Hulbert, third.

Winners in the contest for members under fourteen were: Bonnie and Fatsy DeJarnette, first; Nancy Pratt and Virginia Sue MacKensie, second; and Caronette Garrette and Carolyn Jones, tied for third.

Officers of the 4-H County Council were elected as follows: Matthew Hulbert, president; Martha Belle Wingfield, vice-president; Nan Puckette, secretary; Robert Garrette, treasurer; Carter Elliott, Jr., reporter; and Vivian Templeton, song leader.

The eight girls in the contest who completed the project reported the value of gardens \$820.57; the cost of all gardens \$221.28; and the profit \$599.21. They canned 371 quarts of vegetables, froze 693 pounds, and stored approximately 340 pounds of vegetables.

Seven girls received cash awards in the contest. Marie Burnette placed second in the area canning contest.

C. Other Activities

1. Camps

A total of 82 girls, four adult leaders and three junior leaders attended camps and short courses during the summer.

Sixty-eight 4-H Club girls attended district camp at Holiday Lake the week of June 13-18. Assisting with the program were four adult leaders from the county and three junior leaders.

Camp helped to develop boys and girls by giving them the opportunity to get along with other people, make new friends, assume responsibilities, learn new skills, develop a broader understanding of nature, grow spiritually, and develop inspiration toward greater participation in 4-H programs.

Anne Feagan was elected Big Chief at the camp which was attended by members from Amherst, Prince Edward and Campbell Counties. Lesser Chiefs from Campbell were Patricia Coates and Marion Clark.

Girls attending the Short Course at VPI were: Martha Belle Wingfield, county winner in the "Share the Fun" contest; Sharon Sweeney, West Central District winner in Dress Revue; Mary Louise Elliott, All Star; Vivian Templeton, Nan Puckette and Evelyn Garbee, members of the county Dairy Judging team. Nan Puckette and Martha Wingfield were initiated into the State All Star Chapter.

3. Meal Preparation

Two hundred and ninety-four girls enrolled in Bread, Meal Preparation and Outdoor Meals projects with one hundred and forty-one completing.

The objectives were to teach girls how to prepare foods; how to set the table; how to plan, prepare and serve meals; help them better understand the relationship between food and health, and encourage the girls to assume home responsibilities.

The methods used were demonstrations, bulletins and worksheets, exhibits, and news articles. Project work was conducted in neighborhood groups having leaders and under the supervision of parents. Members entered exhibits in the Lynchburg Farm Show.

4. Home Management

Sixty-five girls enrolled in Housekeeping, 19 in Money Management, 10 in Washing and 20 in Ironing. Forty-seven girls completed project in home management.

5. Home Furnishings

Seventy-eight enrolled in Your Room, 8 in Your Furnishings and 10 in Your Home. Fifty-five completed. Members of the Evington Club took Your Room as one of the school projects. They had demonstrations by the agent followed by members giving demonstrations.

6. Garden and Food Preservation

Ten girls enrolled in Unit I, Garden, and 19 in Unit II, Garden. Twenty-four girls took the Food Preservation project.

Ten of the girls entered the garden and canning contest sponsored by the Sears Roebuck Store in Lynchburg. They conducted result demonstrations in eight different communities. Gardens were scored twice by Mr. F. H. Scott, Assistant Horticulturist. The agent sent all girls enrolled in the garden project copies of the garden newsletter each month, home visits were made, and girls formerly enrolled in the project gave assistance.

B. 4-H Project Work

1. Home Grounds Beautification

The Home Grounds project was selected by the project committee for 4-H Club members in the school clubs.

The objectives were to encourage 4-H members to take responsibilities for certain phases of care of home grounds; help 4-H members to learn how to plan for lawn improvements; to encourage members to learn how to identify flowers, shrubs and trees; and to help make homes in Campbell County more attractive.

Methods included demonstrations at monthly meetings, use of illustrative material and bulletins, check lists, scrapbooks of flowers and leaves which members have mounted, exhibits, and home visits.

Three hundred and fifteen girls enrolled with two hundred and ninety-four completing. A majority of the girls cleaned the yard, raked the leaves, helped with mowing the lawn, dug out weeds, helped plant a tree or shrubs, and planted flowers. Several collected and mounted leaves and flowers.

As a special activity clubs participated in the program "Keep America Beautiful". Two hundred litter bags having the 4-H emblem were sold by members.

2. Clothing

There were 277 girls enrolled in clothing projects, 70 took Looking Your Best, 24 Make or Re-make, and 183 enrolled in So You'd Like to Sew. One hundred and forty-eight completed.

The objectives were to help members learn how to practice good grooming, learn how to sew, and learn how to select patterns and materials.

Project work was done by members enrolled in community and neighborhood clubs, and by members working under the supervision of their parents.

A county leader training meeting on "Landscaping Lawns" was held at the home in 1958. Landscape recommendations were made by Mr. A. G. Smith, Extension Horticulturist. Home demonstration club members have followed the progress with interest as a pink dogwood tree was planted on the lawn as part of the demonstration on how to transplant a tree.

The lawn and house furnishings plans have been completed. Mrs. Calohan generously shares her home for community activities. The home was included in a kitchen tour last year to show ideas for remodeled homes.

Mr. and Mrs. Calohan are recognized as an outstanding farm family who are progressive in their ideas. Mrs. Calohan helps with dressing turkeys for sale, does canning and freezing to meet family needs, helps care for grandchildren while a daughter teaches school, is in charge of a church supper once a month, president of a home demonstration club and active in other organizations to help make her community and county a better place in which to live.

The agent gave assistance with remodeling plans, home decoration and arrangement, and landscaping.

III. COUNTY EXTENSION PROGRAM - YOUTH

A. Organization

The county youth program was developed by representatives of the 4-H County Council which is composed of the officers of thirty-seven clubs, the adult advisory committee, and the Youth Committee.

The Executive Committee of the 4-H Council met to discuss plans for projects and activities. The following committees were appointed: 4-H Club Week, Achievement and Talent program, Farm Show, Honor Club, County Electric Project, Small Horse and Pony Project, and Rural Life Sunday.

Other methods used to reach urban families with information are news stories, telephone calls, office calls, exhibits, tours, bulletins, and leaflets.

E. Farm and Home Development

The agent worked with fourteen families during the year. The problems most often encountered were: the need for home improvements, kitchen arrangement, food production and preservation, care of house furnishings, lawn improvement, child care, and time management.

Assistance was rendered through home visits, office conferences, home demonstration club meetings, and general meetings.

A Case Story of Family Progress

The agent started work with the family of Mr. and Mrs. Earl Calohan in 1956. They were in the middle years with a teenage daughter who lived at home. They also had a married daughter (now married and having a home of her own), and a married son who was in the service and expected to return to the farm after being discharged from the Army.

The present home was not large enough for two families. After discussing problems and alternatives, Mr. and Mrs. Calohan decided to remodel an old house on the farm which had good basis architecture but was being used for the storage of crops. The young family would have the present home when the father and son partnership was started.

Assistance with plans for remodeling was given by Mr. C. D. Wheary, Associate Extension Agricultural Engineer, and the Extension agents in 1956. The house was completely remodeled, replastered and painted, floors refinished, central heat installed, two bathrooms added in addition to a downstairs bedroom. The house which is over one hundred years old is now attractively decorated with antique furniture providing a family atmosphere for children, grandchildren, and friends. Mrs. Calohan has refinished the furniture and many of the accessories.

4. Achievement Programs

The annual achievement program was held at Concord Elementary School on October 24. The guest speaker was Mr. J. W. Deswell, Public Relations Consultant for Virginia Petroleum Industries. His topic was "Our Responsibilities as Citizens". Citizenship was the Federation Program of Work for the year.

"Becoming Styles for Homemakers" were shown by home demonstration club members. Each club had one or two members model outfits for occasions as designated by the Achievement Day committee. The report on State, District and County activities was given by Mrs. S. S. Gilbert. Mrs. M. B. Tilletson, County Chairman, presided at the program.

D. Programs with Urban Families

The area of the county near Lynchburg is rapidly becoming more urban. The agent receives a number of requests for information from homemakers in Lynchburg.

The home demonstration clubs which have some members living in the urban area are Mt. Athon, Leesville Road, Quaker, and Brookville. These clubs have leaders who attend all training meetings. Leaders are responsible for all monthly programs except two during the year. Members give information to non-club members.

The Blue Ridge 4-H Club was organized in the urban area by the Sweeney family who had been active in 4-H work in Onondaga County, New York. Leaders are responsible for all activities and project meetings for the club. Approximately 100 other girls in the urban area near the city limits belong to 4-H Clubs.

The Brookneal Chamber of Commerce sponsored a Harvest Festival for people living in the area. The assistant agent was one of the judges of exhibits.

The agent was guest on programs of Junior Womens Club and a garden club in an urban area. Agents have attended other meetings to promote good public relations in urban areas.

The Tyreanna Club sponsored the annual clinic in their community for inoculation against Rocky Mountain Spotted Fever.

All clubs assisted with the informal reception which the home demonstration clubs gave for the agents after an assistant was employed to fill the new position.

2. County Home Demonstration Objectives

The county was hostess for the District III Federation of Home Demonstration Club meeting held at Quaker Memorial Presbyterian Church on May 12. Attendance was approximately 350 with over 100 women attending from Campbell County.

The program included an illustrated talk by Miss Maude E. Wallace, retired Assistant Director, on her experiences in Thailand. The Campbell County clubs contributed thirty-one dollars to Pennies for Friendship.

The women from the county who attended the State Federation of Home Demonstration Clubs were Mesdames M. B. Tilletson, County Home Demonstration Committee Chairman; F. W. Butterworth, Howard Branham, G. C. Feagans, Cecil Elliott, M. C. Hughes, E. L. Bates, J. F. Ottinger, M. L. Carter, and S. S. Gilbert who was elected Vice-president of the State Federation.

The Home Demonstration Club Yearbook was planned by a committee with Mrs. Paul Kavanaugh, Chairman. Books were donated by the Campbell County Bank and C. I. Anderson Insurance Agency.

3. National Home Demonstration Club Week

Activities of home demonstration clubs were publicized during National Home Demonstration week. The County Planning meeting was held and publicity was given to the District III Federation meeting which was held in Lynchburg on May 12. The county clubs also sponsored a kitchen tour for members and non-members.

C. Other Activities

1. Community Projects

The home demonstration clubs sponsor the Campbell County Reading Room in Rustburg. The library has over 3,500 volumes for circulation to the public. Clubs have contributed funds to buy new books. Several hundred books have been donated. Mrs. Jack Blankenship is librarian. The Reading Room is open to the public from 2 to 5 o'clock five days a week.

Each club has a library chairman who is responsible for circulating books and promoting good reading. Sixty-six home demonstration members received reading certificates at the Achievement Day program.

Bobwhite Home Demonstration Club has invested over five thousand dollars in a club house which is almost completed. All funds have been raised by projects which members have sponsored in the community for the past four years. For example, they made over four hundred dollars this fall from two Brunswick stews. Much of the labor and some of the building supplies have been donated. Mr. C. D. Wheary, Associate Extension Agricultural Engineer, and the agent met with a committee three years ago to help develop plans for the present club house.

Clubs which are assisting with projects at community centers are Sherull, Pilet, and New London. Gladys Home Demonstration Club is contributing five hundred dollars to a community center which is in the planning stage.

The Quaker Club gave assistance to projects at The Lynchburg Hospital and Training School.

Clubs have assisted with presenting educational information regarding cancer, polio, Red Cross and the intensive chest X-ray program being planned by the County Health Department.

The Bobwhite Club contributed toward funds for 4-H Club members in their community to attend camp.

Three hundred and twenty home demonstration club members have made their lawns more attractive by planting 370 trees, 1,490 shrubs, 236 flower borders, and making plans for lawn improvements.

Significant Story in One Subject Matter

The problem in home management of how to organize a business center met the needs of a majority of homemakers. The women did not have a systematic way of conducting family business matters, keeping records of valuable papers, and filing information for reference.

The business center was selected as the topic to be presented at home demonstration club meetings in September. A leader training meeting was conducted by Miss Amelia Fuller, Extension Farm and Home Unit Specialist, with two representatives attending from each club.

The objectives were:

- a. To help homemakers realize the importance of a business center.
- b. To help homemakers know what materials are needed for a business center.
- c. To help homemakers plan a business center.
- d. To help homemakers set up a home file for their use.
- e. To help homemakers set aside a definite time for attending to business matters.

The subject matter which was emphasized when the demonstration was given at meetings included what a business center should provide, furniture needs, supplies which were needed, storage needs, adequate lighting, and how to set up a file. Each person was given a copy of "Our Family Business Papers" for use in keeping records. The homemakers felt that this record and preparing home files would help them be better homemakers.

One-third of the members had arranged a home business center and made files within a month after the meeting. A majority of clubs have taken this as a special project to be continued with homemakers showing how they organized their home business centers as result demonstrations.

7. Citizenship

Citizenship was the Federation program of work with Mrs. Travis Jones Cardwell serving as county chairman. Two training meetings were held for the citizenship chairman in 15 home demonstration clubs. Chairmen were provided with materials necessary for presenting monthly programs.

The following topics were included: Club Etiquette; Know Your County Government; Know Your County Officials, County Court, Justice of Peace; History of Campbell County; How to Qualify to Vote, Importance of Voting; Clean-up Campaign; Flag Day - Know Your Flag; Zoning Regulations; Civil Defense; Know the United Nations; and How to Get a Birth Certificate.

Thirty-five members attended the citizenship forum arranged for members in District III, Virginia Federation of Home Demonstration Clubs. A committee made local arrangements for the forum which was held at the Timber Lake Methodist Church.

8. Health

Health was continued as a long-range Federation program of work. Health chairman were responsible for short programs on timely topics at intervals during the year. Sixty percent of the home demonstration club members report having an annual physical examination during the past year.

9. Safety

Safety was also emphasized during the year as a long-range Federation program of work bringing recommendations of the Safety Council to home demonstration club members.

10. Home and Community Beautification

Each home demonstration club had a chairman who presented timely information and distributed copies of "Landscape Notes". The agent had numerous individual requests for information and assistance with landscape problems. The agent showed colored slides and assisted with programs on landscaping at Breckneal Junior Womens Club and Forest Hills Garden Club.

Results:

The program on "Homemaking Trends" helped increase the understanding of homemakers in the scope of Extension's role in adult education, how to determine ways of solving problems, and how to use outlook information.

The program on business facts for homemakers helped members develop a plan for home files, organize an area for conducting family business, and use forms for keeping a record of valuable papers.

One-third of the members report that they arranged a business center, prepared home files, and made records of valuable papers within a month after the demonstration was presented.

The women are better informed on the factors to consider when selecting cleaners for upholstered furniture and rugs. They feel that the information on home-made cleaners has helped them to save money.

5. Housing

The agent assisted six families with plans for building a new home and three families with plans for remodeling. Assistance was given forty-one families in improving or planning kitchens.

The home demonstration clubs sponsored a kitchen tour in cooperation with the local power company. Ten kitchens were included to show features which might be used by other homemakers in planning new or remodeled kitchens.

6. Rural Arts

Fifteen home demonstration clubs had demonstrations on ideas for Christmas gifts and decorations at the November meeting. Leaders attended a training meeting conducted by two project leaders and the agent who attended a workshop in Buckingham conducted by Miss Catherine Peery, Rural Arts Specialist.

Leaders in the Brookville Club conducted a special interest meeting on etching aluminum trays with 15 attending.

Over 400 women were assisted with phases of house furnishings.

4. Home Management

Situation:

- a. Outlook information can be useful in helping home demonstration club members recognize problems and plan for the future.
- b. Homemakers recognize the need for a system of keeping records and important papers.
- c. The large number of laundry and cleaning supplies on the market makes choices difficult.

Goals and Objectives:

- a. Homemakers to learn how to use outlook information.
- b. Homemakers to develop a system for keeping records and important papers.
- c. Homemakers to learn how to select and use cleaners for upholstered furniture and rugs.

Methods:

- a. Agent attend training conference for agents conducted by Mrs. Ocie J. O'Brien, Home Management Specialist, on program development.
- b. Agent present outlook information at 15 club meetings in March on "Homemaking Trends". Program development chairman takes charge of program planning in each club and attend county planning meeting.
- c. Leaders from 15 clubs attend training meeting on business center for homemakers conducted by Miss Amelia Fuller, Farm and Home Unit Specialist.
- d. Agents give the demonstration at 15 home demonstration club meetings in October showing different types of cleaners and methods of cleaning upholstered furniture and rugs.

3. Homemakers to develop skills in planning and making hooked rugs, also learn how to reseat chairs.
4. Families to increase their understanding of the importance of good lighting and knowledge of how to provide adequate lighting.

Methods:

- a. Home demonstration club programs on Color Schemes and Furniture Arrangement were conducted in June and July.
- b. Leaders for 15 home demonstration clubs were trained by Miss Ruth Jamison, House Furnishings Specialist, to give the demonstrations.
- c. Local merchants who cooperated with the agent in furnishing samples of materials available were: Stratton's Fabric Shop, Miller & Rhoads, Schevel Furniture Company, Sherwin-Williams Company, D. A. Hines Company, and paint dealers throughout the county.
- d. Home economists for the power companies assisted with special interest meetings on lighting.
- e. A special interest meeting on hooked rugs was held in Rustburg with Miss Catherine Peery, Rural Arts Specialist, giving assistance to interested persons.
- f. The assistant county agent, C. E. Carson, and the home agent held a special interest meeting on reseating chairs with fiber cord at the Bob White community building. Thirty-two men and women attended.

Results:

The homemakers who participated in the program feel that their homes will be more attractive as they make long-time plans for coordinated color schemes. Seventy-seven homes have become more convenient after being arranged according to center of interest.

Reports of work done by home demonstration club members on house furnishings included 197 pairs of draperies, 86 pairs of curtains, 34 slip covers, 39 pieces of furniture refinished, 14 hooked rugs, and eight braided rugs. One hundred and sixty women have painted two hundred and nine rooms.

- c. Dress Revues were held by clubs. This was a feature at the county-wide home demonstration Achievement Day program. Each club had one or more members to model outfits with accessories for occasions designated by the committee. A member of the club gave information on how model had used information presented at meetings.
- d. The agent presented outlook information and results of research at meetings. Individual assistance was given families in clothing construction problems.

Results:

Home demonstration club members are more conscious of principles involved in clothing selection. They report using the information as a guide to being appropriately dressed for different occasions.

Four hundred and twenty women received information on clothing. One hundred and sixty home demonstration club members report that they made 1,215 garments and tailored 66 suits and coats during the year.

3. House Furnishings

Situations:

- a. Increase in new homes in the county has stimulated more interest in buying furniture and furnishings.
- b. Homemakers wish to plan attractive and pleasing color schemes for their homes.
- c. Living rooms are the center of many family activities. It is often difficult to arrange for convenience and attractiveness.
- d. A majority of homes have inadequate lighting.
- e. Some of the homemakers are interested in making rugs and reseatting chairs.

Goals and Objectives:

1. Homemakers to increase the understanding of use of color in making homes more attractive.
2. Homemakers to understand principles of furniture arrangement.

Three-fourths of the homemakers reporting say that members of their families have the recommended amount of milk each day. This was emphasized last year.

Over half of the home demonstration club members have found the information and recipes for fish and meat cookery helpful in providing better meals for their families and spending the food dollar more wisely. The information on home gardens has also helped them give their families more nutritious meals.

2. Clothing

Situations:

- a. Homemakers wish to appear well dressed and know which lines and styles are most becoming.
- b. Women wanted to know how to choose and use accessories.
- c. Homemakers want to save money by making garments at home.

Objectives:

- a. Homemakers to recognize the relation of face types to hats, hair styles, and necklines.
- b. Homemakers to learn how to make wise decisions when buying accessories.
- c. Homemakers to improve skills and techniques in sewing.

Methods:

- a. Two home demonstration club meetings were planned on Relation of Face Types to Hats, Hair Styles, and Necklines, and Selecting and Using Accessories.
- b. Forty leaders attended training meetings conducted by Miss Bettie McClasky, Assistant Clothing Specialist. They gave demonstration at thirty home demonstration club meetings.

The meeting held at the Appalachian Power Company kitchen stimulated interest among men as well as women in learning how to buy fish and use recommended cooking methods. The demonstration was given at all home demonstration club meetings. Other special interest meetings for non-members were conducted by the agent and leaders.

(2) Selecting and Preparing Meats

The program on selecting and preparing different cuts of meats was conducted at all home demonstration club meetings in February. Leaders from fourteen of the fifteen clubs received training at a meeting held at the Quality Dairy by Miss Janet Cameron, Food and Nutrition Specialist. The leaders toured the meat department of the local Kroger store. The department manager gave demonstrations on meat cutting and furnished charts for distribution. Leaders arranged the tour for three groups at a later date.

b. Buying Foods

The nutrition committee recommended that this topic be included in all meetings devoted to foods. The bulletin, "Buying Foods", was distributed at meetings and through the bulletin rack in the office building. News articles were published in the local papers.

c. Gardens

The garden newsletter was distributed monthly by garden chairmen in each of the fifteen home demonstration clubs with comments to encourage use of information. Information was also distributed through bulletin racks and individual requests.

Results:

Homemakers feel that their families have better diets and there is an increase in the number who plan meals in advance.

- b. Time for meal planning and preparation is limited for homemakers who are employed outside the home.
- c. Homemakers do not often include fish in the diet.
- d. Homemakers lack knowledge in buying and preparing fish and meats.
- e. Families do not produce a variety of vegetables for home use.

Objectives:

1. Homemakers to recognize the importance of good diets.
2. Homemakers to learn ways of spending the food dollar more wisely.
3. Home demonstration club members to learn ways of including more fish in the diet.
4. Home demonstration club members to learn how to identify cuts of meat and recommended methods of cooking.
5. Families to develop interest in producing a greater variety of vegetables in the home garden using latest recommendations.

Methods:

a. Meal Planning and Preparation

The committee felt that meal planning should be emphasized at all meetings related to foods. The home demonstration committee included two meetings on foods in the program for the year.

(1) Fish Cookery

Fish Cookery was selected by the home demonstration committee for emphasis in January. Two leaders from each of the fifteen home demonstration clubs, representatives from Young Homemaker groups, and home economists from the area attended a training meeting conducted by Mr. Robert Finley and a home economist from the Bureau of Inland Fisheries, Department of the Interior.

Doctors and dentists are available in the city of Lynchburg, on Timber Lake Road, and in the towns of Brookneal and Altavista. There are doctors in the villages of Rustburg, Concord and Evington. Three hospitals in Lynchburg are used by county residents. The new County Health Center was built in Rustburg in 1958 and provides excellent facilities.

There is no organized program of recreation in the county. Recreation centers have been developed by private groups in Altavista, Brookneal, Naruna, and Rustburg.

Market facilities are available in the county or in the city of Lynchburg for most farm products. The city of Lynchburg has good shopping facilities.

II. COUNTY EXTENSION PROGRAM - ADULT

A. Organization

The organizations and committees which functioned in developing the county home economics extension program were the general interest and home economics committees and the county home demonstration committees.

General interest committees assisted with plans for Safety, Home and Community Beautification, and Home Lighting.

Home Economics committees which helped develop programs include Food and Nutrition, Clothing, Home Management, and House Furnishings.

The County home demonstration committee assisted with developing the program for the year and carrying out activities. Serving on the committee were presidents of the 15 home demonstration clubs, program development chairmen, and officers of the committee. Officers were: Chairman, Mrs. M. B. Tilletson; Vice-chairman, Mrs. Dayton Monroe; Secretary, Mrs. Ira Williams; Treasurer, Mrs. H. H. Hutter; Citizenship Chairman, Mrs. Travis Jones Cardwell; Publicity, Mrs. G. T. Connelly; and program development chairman, Mrs. Frank Butterworth.

B. Subject Matter and Special Emphasis Areas

1. Foods and Nutrition

Situation:

- a. Many families have inadequate diets, as meals are not planned to meet nutritional needs.

I. COUNTY SITUATION

Campbell County is located in the central Piedmont Plateau of Virginia and covers an area of 549 square miles. The topography varies from hilly to rolling. The average date of killing frost in the spring is April 6 and that of the killing frost in the fall is October 27. The average annual precipitation is 39.6 inches.

The population of the county is approximately 34,000. The county is adjacent to the city of Lynchburg which has a population of 53,000. Both are in the area which has been designated metropolitan by the U. S. Bureau of the Budget in Washington. The population of the county is becoming more urban and non-rural with the development of many subdivisions. Approximately 76% of the population is white with 24% non-white.

The 1959 census of agriculture listed 1,461 farms having an average size of 145 acres. This is a decrease from 1954 when there were 2,034 farms with an average size of 114 acres. In 1959 there were 1,259 white farm operators. The average age of all farm operators is 53. Almost one-half farm operators work off the farm and have other income exceeding the value of farm products sold. The principal sources of farm income are: field crops, including flue and fire-cured tobacco, dairy products, livestock, poultry and eggs, and forestry products.

Industries in the county include textile plants, atomic energy plant, food processing plants, manufacturers of building supplies, furniture plants, and flooring plants. There are other opportunities for employment in Lynchburg industries. Twenty-five percent of women who are 14 years of age and over are employed.

There are four high schools and a total of eight elementary schools for white students. Four-H Clubs are organized at seven of the elementary schools and one high school. The agents work with five community 4-H Clubs.

Telephone service is available in most sections of the county. Seven hundred and nine farm operators have telephone service as well as a majority of the non-rural residents. Three power companies furnish electricity to customers in all areas of the county. The number of home freezers has increased from 483 in 1954 to 707 in 1959.

HIGHLIGHTS

1. Family Living

The home demonstration club program has contributed to better family living by helping homemakers recognize their problems, determine possible solutions and alternatives, and plan ways of meeting the needs of individuals and groups.

The club program has helped homemakers better understand how to use outlook information, how to organize the family business center, how to care for house furnishings, how to make their homes more attractive, how to make wiser selections in buying clothes and how to better provide for the nutritional needs of the family. Citizenship activities have helped the women to become better informed citizens.

It is felt that the women are more aware of their responsibilities as homemakers. They recognize that modern advances in technology have a strong influence on family living and that research and educational information can help them in becoming better homemakers.

2. Youth Development

There were five hundred and twenty-seven girls enrolled in thirty-seven 4-H Clubs. A majority of the girls enrolled in the Home Grounds Beautification project. Their activities helped improve the appearance of home grounds and helped the members take part in a phase of family living.

A greater percent of members took part in 4-H activities, camps, and county events. Efforts have been made to have more youth take part in planning their programs by participating in committee meetings. Four-H Club work has been made available to an increasing number of boys and girls in a county which is increasing in population.

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ANNUAL NARRATIVE REPORT

COUNTY EXTENSION WORK

Virginia Agricultural Extension Service

Mr. Ann P. Elson

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Home Demonstration

Title

Agent

Miss Gail Calderwood

Assistant Agent 10/1 - 11/30

Assistant Agent

Assistant Agent



1960

Campbell

County