

2. Agent has attended Agents and Leader Training Meetings in and outside the county to improve teaching knowledge methods, and to learn new ways and trends of putting over to the people subject matter.
3. Agent has cooperated with other workers and agencies to obtain new ideas in extension work and other professional fields.
4. Agent has attended special workshops as tailoring school.

VII. The Look Ahead

The past year's program has been going ahead fairly well. The people have been cooperative, and willing workers in every phases of the extension program. The program was not perfect but the people have accomplished many improvements.

The following plans will be tried to strengthen the 1961 program of work in this county:

1. Continuous training of leaders to help carry out the program.
2. Teach good record keeping to club members and to take time out to check them.
3. Let all clubs make their own plans of work before offering yours.
4. Try to do one job well before attempting another.
5. Do not carry H-D work too fast as to leave out the most important factors of homemaking.
6. Plan the program of work around the interest, needs of the community.
7. Agent will show an interest in all families, have understanding, solve problems that confront her and be patient and tolerant in trying to do a successful job in extension work.
8. Be frank, firm, but kind, cooperative and agreeable in all phases of extension work with club members and co-workers.

The organization will hold meetings quarterly to interchange ideas and discuss problems relating to the development of young people. This organization will assist boys and girls in conferences and all other activities in the county.

B. Good Public Relations

1. Co-Workers - Meetings have been held with other agents and supervisors for the purpose of discussing extension program problems as they exist in the county. Agents from tri-counties were called upon to assist in special programs and leader-training meetings.
2. General Public - The agent has assisted in work in schools, churches and other civic organizations. The agent has asked the assistance of other agencies for educational talks, demonstrations and programs. The agent has given aid in planning programs for P.T.A., N.H.A., Women's Council, talks and demonstrations and judging in churches, schools or some phases of homemaking, family relationship and community improvements.
3. Community Interest - The agent has developed good relationship with commercial enterprises. The stores have cooperated with her by loaning materials for demonstrations.
4. Other Professional Workers - Working with teachers in school by helping them plan programs, bulletin boards and other school activities have been helpful in developing good relationship. The agent worked with ministers and doctors and this brought about good relationship with those not affiliated with the extension program.

C. Professional Improvement

1. The agent has read bulletins, newspapers, magazines, and books and other related materials to improve her knowledge in homemaking and other fields to keep up with the latest trends.

and girls in 4-H work. She is always willing and cooperative to give service whenever called upon. She is a member of the State 4-H Leader's Association of Virginia. She is now serving her second term as president and a ten year member of the Capron Home Demonstration Club. Mrs. Yancey is also a food leader, and a member of the Advisory Board of Southampton County. She is interested and a patriotic member of the county. With these factors in mind, the County Advisory Board and other organizations in the county agreed that she deserves recognition this year.

VI. Special Consideration

- A. The most significant achievement of extension work in Home Economics and 4-H club work in this county is development of good leaders. The leader association is organized and working. In previous years it has not been active as it should.

Problem - Leadership in this county is very good, however, the problem was establishing a working organization.

Method Used - A list of persons was made by the agent which would be willing to cooperate in helping to promote Home Economics and 4-H work. Mr. H. M. Spruill was selected president of the State 4-H Association of Virginia. He worked along with the agent in getting the organization started. Circular letters were sent out to five persons in thirteen areas to see if they would work in the Leaders Association. Home visits were made to persons who were on the list.

Results - The organization is now active and the following plans have been made:

1. Purpose - To improve 4-H work in communities where it is now organized and to get those who are not affiliated with 4-H work to join.
2. Help bring leaders in closer contact with Extension agencies.

V. Leadership

A. Growth of Leadership

1. Over-all program leaders

	1958	1959	1960
a. County Agricultural Extension Service Board	70	96	96
b. Youth Council	65	96	96
c. Home Economics Council	156	120	126

2. Home Demonstration Club Leadership

	1956	1957	1958	1959	1960
No. Organizational Leaders	0	1	1	1	1
No. Project Leaders (subject matter)	138	140	140	140	160
No. Federation program of work chairmen	24	24	24	26	28
No. Program development leaders	24	24	24	26	30
No. Result demonstrators	20	10	15	20	6
No. Training meetings by specialist	4	8	10	8	25
No. Training meetings by district agents	1	1	0	0	4
No. Training meetings by agents	2	5	2	6	13
No. Training meetings by others	62	24	73	86	98
Attendance at all training meetings	26	155	190	108	84
No. Meetings held without an agent	18	25	27	92	100
No. Meetings leaders assisted	62	24	74	92	104
Demonstrations by leaders	26	18	36	94	115
Talks and discussions by leaders	26	18	36	104	108

3. 4-H Club Leadership

	1956	1957	1958	1959	1960
No. Club Officers	91	94	96	96	96
No. adult project leaders	13	36	42	48	50
No. junior project leaders	20	26	26	26	40
No. result demonstrators	10	10	10	25	35
No. training meetings by specialist	1	1	1	0	4
No. training meetings by dist. agents	0	0	0	0	2
No. training meetings by agent	2	1	1	1	3
No. training mtgs. by members club dept.	1	0	2	2	5
No. training meetings by others	2	48	52	31	40
Total attendance at ldr. tr. meetings	32	12	32	24	34
No. 4-H leaders trained individually	8	55	55	58	68
No. club mtgs. held by ldr. without agent	0	0	60	33	43
No. additional mtgs. at which ldrs. assisted	18	25	24	30	35
No. demonstrations given by adult leaders	10	12	15	36	40
No. demonstrations given by junior leaders	10	10	15	24	34

B. Outstanding Individual in Leadership

Mrs. Delia Yancey, and active Home Demonstration Club member and 4-H Adult leader is considered one of the most outstanding persons in Leadership. For the past six years she has been helping work with boys

D. 4-H Day

The boys and girls met at the Training School to play games, sing songs and dance. A weiner roast was conducted by the leaders for all 4-H'ers. The group enjoyed the activities for the day and expressed their appreciation to their leaders and agents for providing wholesome recreation.

IV. Scope of Work

A.

	1956	1957	1958	1959	1960
No. H-D Clubs	12	12	12	13	13
Membership	284	307	350	358	400
No. H-D Groups (unorganized)	0	0	0	0	1
Membership	0	0	0	0	8
No. 4-H Clubs	13	13	13	15	15
Membership	290	280	290	441	341
No. YMW Clubs	1	1	2	1	1
Membership	28	28	56	38	38
No. Community Clubs	1	1	2	2	2
Membership	60	60	100	54	54
No. Home Ec. Committees	0	1	1	1	1
No. General Interest Committees	0	0	1	0	2
No. Youth Committees	0	1	1	1	2
No. Other Organizations	0	0	1	0	0
No. Farm & Home Dev. families	1	1	3	9	15
No. Other Families Reached	1106	1002	2121	3450	5400
No. Different Families Reached	1714	1840	1925	2564	3460

B. Brief Statement of Scope of Work

During the year clubs gave campaign rallies to increase membership in their clubs. Each member was responsible to bring in as many new members as possible. County programs and community projects increased the interest of non-members. Newspaper articles were written each month to tell of activities in clubs. Home visits were made in communities by the agent and club members to inform persons about the Extension program. Circular letters were sent out as other media to increase interest. This year membership has increased by the above media of communication.

B. National 4-H Week

National 4-H Week was started this year by the Sebrell 4-H Club sponsoring a church service. The entire service was conducted by the 4-H'ers. Other clubs were invited to take part in this event. On March 17, 1960, our annual 4-H program, which is a county-wide affair, was given at the Southampton County Training School Gymnasium. The program consisted of poems, songs, skits, pantomimes and dances which were centered around the National theme, "Live, Learn and Serve Through 4-H". The program was climaxed by boys and girls receiving awards for having done outstanding work in 4-H activities. The awards were given to boys and girls in foods, clothing, pig projects and gardening projects.

The means of mass media were circular letters sent to parents, and posters placed in public businesses. The attendance was over five hundred parents.

C. State Short Course and Wildlife Conference

Nine delegates attended the Short Course at Virginia State College along with two leaders. During the week the 4-H members participated in classes and tours, recreation, and became acquainted with other 4-H'ers from various counties. One delegate participated in the talent program. Mr. Bernard McClenny appeared on a panel discussion with other regional camp representatives. He gave a report of his trip to the Regional Camp in Washington, D. C. last August.

Two 4-H girls attended the Wildlife Conference at which time they attended classes and received training in 4-H work, forestry, wildlife and soil conservation.

2. To help members to understand and appreciate art by creating their own stencils.
3. To help members learn the importance of good color combination through mixing paints.

B. Procedure

Demonstrations and discussion were conducted by the Agent. Equipments were placed on exhibit and explanation for their uses was given. Mixing various colors to get other colors was demonstrated. Each member was given a special textile paint booklet to use for the project. In regular monthly meetings, members were required to bring in their own creative designs.

C. Results

During the year there were only sixteen members enrolled in textile painting. However, the accomplishments were high. The members were very proud of their projects. The following things were done: Pillow cases were decorated with various designs drawn by members, handkerchiefs, scarves, curtains and aprons were painted with many pretty designs. An art exhibit of their work was placed on display. Parents attended the affair and the 4-H members' parents were very happy at their achievements.

V. Other Activities

A. Rural Life Sunday

The 4-H club observed Rural Life Sunday in their community. The 4-H'ers participated in Sunday School and Church activities. They conducted devotionals, ushered, decorated the church. There were skits on character building phases of 4-H work.

The 4-H members realized the importance of pledging the Head, Hand Heart and Health to greater loyalty that helps in improving the spiritual values of boys and girls in 4-H clubs.

C. Results

1. Thirty-eight members were enrolled in this project.
2. Thirty-eight oil lamps were converted to electric and remodeled by adding shades and other decorations.

III. Your Room

A. Objectives

1. To learn how to give daily, weekly and occasional care to room.
2. To learn how to make inexpensive articles for the room.
3. To learn how to fram and hang pictures.
4. To learn how to make closet more convenient.

B. Procedures

1. Demonstration and discussion was conducted by leaders and the agent.
 2. Demonstration was given on making trash cans from ice cream containers, making section for dresser drawer using cardboard boxes.
 3. Filmstrips were shown on dressing your room like you dress yourself.
- C. The following media was used in conducting this project:
1. Monthly pamphlets were given to members.
 2. Memory books of instruction for project.
 3. Leader-training meetings were given by leaders.

D. Results

One hundred and twenty members were enrolled in this project. Members made several improvements in rooms. Trash cans, plant flowers were selected for rooms, section for dresser drawers were made, pictures were made for rooms and the Agent visited fifty homes to check room improvement.

IV. Textile Painting

A. Objectives

1. To learn the essential equipment needed for textile painting.

Results

1. Two hundred and ninety-eight members enrolled in clothing. Two hundred and forty made the following items: skirts, collars, stuffed toys, aprons and head scarves.
2. The 4-H members learned to sew on a sewing machine and learned to sew by hand.
3. 4-H members learned to embroidery, step stitch, make hems, sew on buttons, snaps and learned how to use a pattern.
4. 4-H members improved on keeping accurate records.

II. Electricity - Unit I

A. Objectives:

1. To learn how to convert oil lamps to electric
2. To learn about fuses and how to replace them
3. To learn how to select shades suitable for lamps, and to study types of lamps for reading
4. To learn how to repair service cords.

B. Procedures:

1. Demonstration was given by the agent and leaders on the following:
 - (a) Placing fuses
 - (b) Converting oil lamps to electric
 - (c) Repairing service cords
2. Discussion was held by club members, leaders and the agent on:
 - (a) care of lamp bases
 - (b) cleaning lamp shades and hot plates
3. The following media was used in carrying out the program:
 - (a) Memory books with instructions on electricity.
 - (b) Pamphlets and magazines were passed to members on new ideas on electricity.
 - (c) Members visited stores to see various electrical appliances on market.

(e) Looking Your Best

This year the council sent fifteen delegates to the State 4-H Short Course and six delegates to the State 4-H Wildlife Conference.

Leader Association - The Leader Association function is to develop and carry out the youth program. This year the Association did more than in previous years in establishing better leadership among the 4-H'ers. The Association met twice this year. The association planned a spring rally to help add to the finance of their treasurer. The association has activity adult leaders who are doing successful jobs at establishing leadership among 4-H'ers, sponsors and parents.

B. 4-H Project Work

I. So You'd Like To Sew - Objectives:

1. To learn how to make and equip a sewing box
2. To learn how to operate a sewing machine
3. To learn how to follow directions on patterns to make simple articles
4. To learn how to make a stuffed toy
5. To learn how to make a simple blouse skirt, sweater or dress collars, apron and head scarf

Procedures:

1. Method demonstration was given by leaders and the agent on the above objectives. The objectives at the beginning of the year were discussed and memory books passed out before discussion to let members know what was to be done and to keep accurate reports on projects.
2. The following media was used in carrying out the program:
 - (a) Charts
 - (b) Bulletin boards
 - (c) Filmstrips on techniques for sewing
 - (d) Memory books which contain materials illustrating club projects
 - (e) Magazines on new ideas were brought to the meeting

III. County Extension Program - Youth

The 4-H Club work in this county is progressing rapidly, due to the fact that there are more leaders and the interest of 4-H parents. Leaders and parents are stressing that all members keep in mind their motto, "We learn by doing". 4-H leadership is excellent among parents and leaders. Therefore, 4-H'ers are taking a more lively interest in their club work because they are enjoying good cooperation from their parents.

A. Organization - 4-H Council and Project Planning Committee

The 4-H council is composed of officers from each club and leaders. The council and project committee meet twice a year to train officers and secondly to plan the program of work for the year. The council and project committee met in December to help train officers and to plan activities for 4-H Day and National 4-H Week. In August the council and project committee met to plan the program of work for 1960-61. There were twenty boys and girls present at this meeting.

The council and project committee selected projects by keeping in mind the following objectives:

- (a) The needs of 4-H'ers
- (b) Their age level
- (c) Interest of club members
- (d) Club attendance in school and facilities
- (e) Projects that shows growth

During the meeting the following projects were selected as a result of the above objectives:

- (a) So You'd Like to Sew
- (b) Your Furnishing
- (c) Your Room
- (d) Make or Remake Your Clothing

worker in her community. Mrs. McClenny does her own canning and freezing of her vegetables and meats which help with saving the family food dollar. There are five children in the family. Three are active 4-H members. Mr. & Mrs. McClenny are active 4-H leaders in their community. They take pride in their children's 4-H projects and activities.

Mr. & Mrs. McClenny believe in comfort, progress and getting things done that need to be done. Mr. McClenny is the president of the County Advisory Board. Due to the fact of Mr. McClenny's farming ability, he will be sent to India for six weeks to help in the practical skills of farming.

The agent gave all the assistance available. Their next goal is to set aside money for the education of their children and to increase their livestock on the farm. As an agent, I am very proud of this family because they have shown a desire to get ahead and take active part in all community affairs.

3. Tour

The H-D Clubs of this county went to Chowan Beach for their county-wide trip. This trip was a means of helping to motivate recreation for family members and better relationship among clubs.

The program and recreational leaders from each club planned games, dances, contest and other various activities for all.

D. Urban Families

The agent attended the Garden Club in Franklin monthly to discuss flower arrangements, yard improvement, decoration for holiday season and home beautification.

The agent also affiliated with Women's Council to help plan activities pertaining to homemaking and the home. Many Home Demonstration club members in rural areas are members of the council.

E. Farm and Home Development

There are seven magisterial districts in the county and at present there are nine families in the Farm and Home Development program. My first year in this program, three families have improved their homes by remodeling the kitchen, adding bathroom, adding hot and cold water and screen windows and doors. Three new homes have been built. The problems found among all members were: securing loans, clearing away old debts on hand, and budgeting the family dollar to pay all bills and still have money for other needs of the family. The only assistance this year given by the agent was helping to set up budgets and to assist those with new homes in planning the interior decorations., Also helping with the landscaping of yards. Six families did make some improvements and out of the six one family's story is as follows:

Mr. & Mrs. T. B. McClenny of Zuni owns their farm and rent farm land. Mr. McClenny is a very progressive farmer and Mrs. McClenny is a thrifty and active

Families were very cooperative in giving assistance and funds to the extension program to carry out this program.

III. Results

1. Thirteen churches received first aid kits and over one hundred homes have an accurate first aid kit.
2. Twenty families received boxes with food and clothing. Toys were put in those boxes and distributed at Christmas time for families who had children.
3. Three communities gave a hundred per cent cooperation in the clean-up campaign.

1. National Home Demonstration Week

The county Home Demonstration Clubs celebrated National Home Demonstration Week by presenting a Mother and Daughter Hour. There was a symposium on Teenagers Relationship With Parents. Sixty families were present for the occasion.

Twenty-three members attended the District Meeting in Dimwiddle County. A skit was presented by the Southampton, Isle of Wight and Nansemond County H-D Clubs. This skit was centered around Family and Home Development.

The week was helpful to members and outsiders. Many non-members participated in our program. Circular letters were sent out by club members to non-members in their community. This was a means of getting new members.

2. Tidewater Fair

Two Home Demonstration clubs participated in the Tidewater Fair during the week of October 10-15. The two booths were put up by Jones and Brown Doyle Clubs.

The first exhibit was on Better Breakfast. Emphasis was placed on showing new breakfast dishes. Brown Doyle H-D Club had an exhibit on sewing. Emphasis was that money could be saved by sewing for family members. Jones Club won third prize on Better Breakfast. They received five dollars for the exhibit.

The purpose of the first aid training included the following:

1. To prevent accidents. To make individuals see an accident in terms of possible pain to himself and his pocket book.
2. To equip the people with sufficient knowledge to determine the nature and extent of injury.
3. To train the first aider to do the proper thing at the proper time.

After our classes there was one major accident on the farm, in which a farmer was seriously burned. The reason why the accident occurred was that he forgot one of our safety rules that we do not smoke around gasoline. However, one hundred and ninety-five homes have equipped first aid kits and thirteen churches. The results were good for many members and non-members attended and participated in our program.

C. Other Activities

I. Home Demonstration Club Community Projects

The clubs selected and carried out the following community projects this year to improve their communities:

- (a) First Aid Kits for home, church and school
- (b) Helping needy families
- (c) Clean-up Campaign

The clubs goal was to seek help from outsiders in carrying out community programs. This was a means of encouraging and showing non-members the work of the Home Demonstration Clubs in helping and improving community needs.

II. Procedures

The club worked on the community project with the agent and program development leaders assisting to begin and complete the project by the end of the year. Dr. Ernell Holland, physician in the county, helped with the first aid kits for homes and churches. She devoted time to help leaders and members to select necessary things to fix up first aid kits. Bulletins and other illustrative materials were distributed for reference.

II. Solving the Problem

The families cannot solve the problem completely but they are contributing toward helping the Association by setting up a chest in each club and making Christmas boxes for the patients. Each club is responsible for a box.

III. Results

1. Thirteen boxes were sent to patients
2. One to five dollars in Christmas Seals Drive donated to the Association by clubs

SUBJECT MATTER STORY

First Aid in the Home and Church

The program in first aid had more accomplishments than any phase of work in this county. The people felt a need to work on this project due to the fact that accidents in the homes are causing yearly, many fatalities. Many accidents are not fatal but involve some disabilities.

As prevention of accidents is far better than care after the damage is done, the people felt it should be each family members concern to recognize these conditions that may cause accidents and then conduct himself upon meeting conditions so that accidents will not occur.

The agent made visits to see Dr. Ernell H. Holland and Dr. A. B. Harrison to find out the types of home and farm accidents that occur frequently in the county. Upon my finding, it was revealed that burns, cuts, insect bites and children under the age of six drinking poison such as kerosene, lye, bleach and other harmful liquids.

The physicians interest in this matter of first aid helped the agent a great deal. Classes were organized to teach the people causes and ways to prevent accidents and how to give first aid.

II. Procedures:

Special meetings were held to train leaders in window treatments and basketry by specialist. Workshops were set up by leaders and the agent to make baskets and draperies.

During the month of July the leaders, members and other interested persons were busy making baskets. The following articles were made: casserole basket, hot plate mats and fruit baskets. Reeds were used in the demonstration. Eighty women participated in this program.

In September, the housing leaders conducted the discussion and demonstration in Window Treatments Workshop. The following topics were discussed:

1. Purpose of window
2. Use of shades and selection
3. How to measure windows for making curtains and draperies
4. The types of fabrics for curtains and draperies
5. Drapery hardware

III. Results

Only six pair of draperies were made. The members learned a great deal about window treatments. However, the participation was not good due to the fact that the ladies were busy on the farms.

B. Subject Matter - Special County-Wide Program

Tuberculosis Drive

I. Problem

The clubs each year set aside as their goal to cooperate with the Health Department in the Tuberculosis Drive in the sale of Christmas Seals. The problem that encourage the members was that many patients at Piedmont Sanatorium were from Southampton County that needed help.

Safety measures were discussed to help the people realize what can be done to help prevent accidents. Inspection sheets were passed out in order for people to check their homes. This list consisted of the following points:

1. Inspection of attic, closet and basements to remove things that burn or cause falls.
2. Dispose of discarded clothing, furniture, magazines, paper and other burning materials.
3. Clean, replace or repair defective stoves, stove pipes, chimney, electric cords and appliances.
4. Avoid improper storage of fuel oils.
5. Check overloaded electrical circuits.
6. Remove dry brush, weeds, grass and other trash around the home and farm.
7. Remove dead trees or limbs that may cause an accident.
8. Check to see if you have the telephone number of the nearest fire department.

(b) Results

The results of this program was very good in some areas. Club members were very active in assisting others in clean-up campaigns. There were approximately one hundred and ninety-five persons who adapted and put into practice the rules for the clean-up campaign.

A. Special Interest Group

1. Window Treatments
 2. Basketry
- I. Objectives:
- (a) To encourage members to make draperies and curtains for the home.
 - (b) To make curtains and draperies from fabrics according to style, expense, durability and purpose.
 - (c) To learn how to make baskets from reeds, and native materials as honeysuckle vines.

for a helpful information and plan to put it in practice for their families. Homemakers recognized the importance of dry milk in the diet for its valuable nutrititious contents.

8. Safety in the Home and on the Farm

Safety in the homes and on farms was taken as a project in order to encourage people to have a clean-up campaign in order to prevent fires and other farm and home hazards.

Homemakers and farmers realized a need to study and practice safety measures around the home and on the farm. There were group meetings to discuss the causes and what can be done in order to cut down on accidents. The following objectives were set up to carry out this program:

1. To encourage a clean-up campaign in order to prevent fire and other hazards.
2. To encourage families to seek the aid of the fire department to check their homes for possible defective wires.
3. To encourage families to install fire extinguishers.

The people were expected to learn:

1. The important facts of getting rid of rubbish, keeping weathered surfaces painted and the removal or replacement of rotting wood.
2. Learn how to check electric wiring and fuses.
3. That fuel storage should be at least 40 feet from any other building.
4. To learn how to turn in a fire alarm.
5. How to fight fires.

(a) Teaching Methods

The program was carried out by group meetings in three centralized areas, which was Courtland, Capron and Unity Community. Pamphlets, magazines, circular letters and films were shown to help plan a clean-up campaign.

(d) Results

As a result of this program, homemakers became aware of the importance of serving breakfast to their family according to each members daily activities. Breakfast patterns were set up to help homemakers to prepare a balanced breakfast.

5. Tasty Ways to Include More Milk in the Diet

The reasons why ways to include more milk in the diet was chosen as a project is due to the fact that many families do not like milk. This program was set up to help homemakers to know that milk is one of the best foods on the food chart. The problem was how can homemakers use dry, canned and whole milk in foods in order to get the added calcium needed for family members, especially for those who need more calcium and find it hard to drink.

(a) What People are to Learn

The people were to learn why milk is one of the best foods in the diet, to learn how much milk is needed for the baby, non-teenagers, teenagers, adults of all ages, expected mother and nursing mothers. They were to learn the grades of milk that can be purchases on the milk and above all how to give milk good home care. Milk is one food that can be wasted due to improper care.

(b) Teaching Methods

The work was carried out by leader-training meetings conducted by special specialist, food leaders and the agent. Food leaders gave demonstration in their individual club meetings on the uses of fresh, canned and dry milk. These three types of milk were prepared and used as beverages with meals, desserts, used in preparation of vegetables and meat dishes. The agent and leaders used booklets, flannel board and slides in their demonstrations.

(c) Results

The result of this demonstration was very satisfactory. Over one hundred ladies witnessed the demonstrations and expressed their appreciation

The results were not as good as expected in helping families to be more conscious of the importance of a budget. Although many took part in this program, only a few actually worked out a working budget.

4. Better Breakfast

The reason why better breakfast was considered in the program to emphasize the importance of improving the nutritional value, time-saving methods of preparation and attractive appearance of breakfast. The problem is that families need a well-balanced breakfast because of the fact that 60% of the work is done before lunch. There is a need to help homemakers to realize that a well balanced breakfast is essential for the family's health and happiness. Another problem is to add a variety of foods to make it attractive and tasty and nutritional according to the type of work done by the family members.

(a) Goal

In the program of better breakfast the attempt was made to help people to follow the basic breakfast pattern according to family members daily activities. Homemakers were encouraged to train their children to eat breakfast every morning before going to school.

(b) What People are to Learn

The people were to learn what foods to serve for breakfast and to learn how to prepare a well-balanced and attractive breakfast.

(c) Teaching Methods

The methods used in carrying out this program were leader-training meetings conducted by food specialist, Miss Janet Cameron. Local leaders gave demonstrations on breakfast preparation in their individual clubs. Bulletins were distributed to members on better breakfast and circular letters were distributed to the people by the agent on new breakfast dishes.

weekly, monthly and yearly in certain areas, as food, clothing, housing and other expenses.

The people were to learn how to plan and keep a budget according to family size, situation, occupation and income. They were to learn how to spend wisely on those things needed most. To learn how to budget the family food dollar in order that her family may have the best food and health.

(a) Teaching Methods

A leader-training meeting was conducted by Miss Amelia Fuller, Home Management Specialist. A general discussion on how to budget work and what it can do in helping the families to spend wisely. There were displays on various areas in which our money is spent such as food, clothing, shelter, car and other major spending areas. This display showed how much of the dollar goes for each area. Films were shown in monthly meetings on how to set up a budget. Bulletins were distributed to members on fixed expenses, flexible and day-to-day expenses. The members kept a record on home expenses and reported to the club's budgeting committee. Local leaders conducted most of the meetings.

(b) Results

The results of this program were that budgets were made to meet the needs of families. The budgeting committee made a report that only 10% of the families have working budgets. The financial management check sheet showed that the financial goal for 1960-61 was to:

1. Remodel homes
2. Central heating systems
3. Add storm doors and windows
4. Increase savings
5. Buy electric stove, car, deep freeze and vacation for the entire family

in case of sickness.

Dr. Ernell H. Holland, one of the local physicians, in the county arranged three class meetings. These meetings took place in Capron, Courtland and Unity Community. The meetings were so arranged that everyone in the county had an opportunity to learn ways of giving first aid treatments and to learn facts concerning the major and minor accidents and what can be done for prevention of such accidents.

(c) Results

The change brought about in this project was that people began to recognize the needs for first aid in the home and on the farm. One hundred and ninety five (195) first aid kits were equipped for the homes. Twenty five (25) first aid kits were equipped and placed in churches. Accidents in the homes are still at a high, however, the program was effective in that homemakers and farmers know the facts and means of prevention of accidents.

3. Budgeting the Family Dollar and Food Dollar

Due to the fact that Agriculture is the main industry in this area, farm families incomes are low. Their spending plans are set up on an annual basis, therefore a need for wise spending was felt necessary in our program. The problem in budgeting is how can homemakers increase their knowledge and put into practice home management principles and reduce to a minimum the amount of money spent and still have satisfying and wholesome living.

In each club a budgeting committee was formed to make a survey on how many families have working budgets. This attempt was made to see what could be done in order to improve family budgets and to help those who did not have a working budget.

The change expected in terms of people behavior were to make the people conscious of establishing better record keeping among families to avoid over spending. Another change was to encourage families to keep a budget of money spent

(d) Results of the projects were recognized by the agent through home visits. Homemakers began to be more conscious of flower arrangements using principles in flower arrangements. There were more native materials in homes as flower arrangements.

2. First Aid In The Home

The month of January was devoted to first aid in the home. The problem of first aid in the home was how can homemakers increase their knowledge and skills in the basic first aid care to give family members in case of emergency or prolonged illness.

A committee was appointed to check with physicians on ways that first aid care can be stressed in their program. A survey was then made to see how many homes actually had a first aid kit available in homes in case of accidents. It was suprisingly to find that majority of homes had a few articles but not in together in a place for emergency.

(a) Goal

To make first aid kits and equip the kit with necessary materials to give first aid in case of an emergency.

(b) What people are to learn:

The people were to learn how to give first aid care to members of the family in case of cuts, burns, fainting, shock and various insect bits. They also learned how to make bedrests, bed tables, shawls, waste disposal bags and slippers from wash cloths for sick members in case of financial trouble that members cannot afford hospital facilities.

(c) Teaching Methods

There were discussions period at club meetings to talk about ways to give first aid in the home. Bulletins and an exhibit of what goes in a first aid kit were displayed. Demonstrations were given by leaders and the agent on how to make bedrests, slippers, waste disposal bags and other articles to use

1. Flower Arrangements

During the month of December, the Home Demonstration clubs were engaged in the problems of Flower Arrangements. The problems for this subject matter were that homemakers were interested in how to keep flowers in the home year around and how to improve their skills in flower arrangements that would add beauty to the home.

(a) Goals

The homemakers goals were to arrange flowers according to the purpose of the occasion, color of room, size of vase and arranging flowers by the following methods; mass, line and mass line arrangements. Another goal is to learn how to dry and paint wild flowers to make attractive arrangements.

(b) What people are to learn:

1. The people were to learn the basic principle for arranging flowers.
2. They wanted to learn the types of flower containers and what flowers are to go into each.
3. To learn how to cut flowers for arrangements.
4. To learn how to dry flowers for winter arrangements.

Through these demonstrations and discussions the homemaker began to change their thinking and attitude that flowers are put in the home not only in the spring and summer, but flowers can be used year round whether they are fresh or dried.

(c) Teaching Method

The program was carried out by leaders and the agent by giving demonstrations, distribution of bulletins, showing slides on flower arrangements and individual projects on various flower arrangements and leader-training meetings held by the agent.

3. Gardening - Planting a Year Around Garden
4. Clothing
 - a. Basic techniques in sewing
 - b. Selection and care of clothing
 - c. Dressing for various occasions
5. Food Preservation
 - a. Canning and freezing foods
 - b. Simple refreshments for entertainment
6. House Furnishings
 - a. Selection and care of small electrical appliances
 - b. Making plans for the holiday season

During this meeting, Miss Heidi Ford, Assistant District Agent, assisted the Agent and committee with program plans for the year.

The special interest group will include classes in textile painting, basic techniques in sewing, food preservation and know your clothing sales.

Each year the committee makes a list of community projects. The community projects were elected by each club namely; Fix up Mailboxes, First Aid in the Home, Church and School, Helping a Needy Family and Yard Beautification. The clubs also plan to contribute to other organizations worthy in the county such as the Red Cross and March of Dimes.

B. Subject Matter and Special Emphasis Area

The Subject matter and Special emphasis area for 1960 was planned by the people with the assistant of the agent to meet their needs. The program development leaders were people who knew the county situation, and they planned a program to include long and short time goals, method demonstration, discussion and result demonstration.

The following media were used in the 1960 program of work that helped our goals were leader-training meetings, monthly club meetings, demonstration and a tour.

The Board which represents families from each community that extension service reaches. These families make plans for achievement programs, rallies, 4-H Club work, County-Wide and other phases of extension programs. This year, Mrs. Ella Stephen and others attended Farm and Home Week at Virginia State College.

County Home Demonstration Committee

The works of all Home Demonstration Clubs in the county is governed by the Home Demonstration Committee. The committee is made up of officers from each club, and three program development leaders from each club. The committee meets three times a year. December 14, 1959 in the Agent's office the Home Demonstration Committee met for the purpose of discussint the following:

1. 1960 program calendar of work.
2. National Home Demonstration Week.
3. County-Wide program for 1960.
4. County-Wide Friendship Tea.
5. Leader-Training Program.
6. Handbook for 1960.

On April 6, 1960 the committee met to decide on a place and date for the county-wide trip and to select delegates to represent the county in the District meeting which was held May 3, 1960 in Dinwiddie County. It was decided in the meeting that all clubs will participate in the county-wide program celebrating National Home Demonstration Week. The H. D. Committee met in the Agent's office on July 29, 1960 to plan the program work for 1960/61. The committee adopted the following projects for the year:

1. Rural Art - Textile Painting
2. Home Improvement - Yard Beautification
 - a. Improving Sanitary Conditions

Another important development occurred in sanitation in the county this year. The extension of the town into the rural area brought about the installation of bathrooms in homes. Many rural homes have bathrooms, however, there still exist more outside toilets in rural areas.

A brief analysis of the situation is that extension families have realized the need for special goals. Therefore, through leaders, and agents, goals have been stressed on increasing land ownership, setting aside finance to meet the most important needs of the home; such as, education, home improvement, medical expenses and other necessities for better living.

II. County Extension Program - Adult

A. County Advisory Board

The County Agricultural Extension Service Board is an overall county committee which give services to the entire extension program. The present enrollment is sixty members representing the various magisterial districts in the county. The board meets four times during the year to set up and work out county plans for the year's activities. This year Mrs. Mildred McCleeny was sent to the State Advisory Board Meeting as a delegate to represent the county. This year the delegate attended the meeting in Franklin County, Virginia. At this meeting, the delegate passed in the report of the results obtained in the community chosen by the Board. The Advisory Board meets later in November to discuss the visit and select a new community project providing they see fit to do so.

The Board also appoints a committee to select families for Home & Farm Development work. At the present, there are nine families organized but only four have made improvements since last year. The other five cannot make any progress due to the fact of financial problems.

The population of the county has slightly increased, as shown by the 1960 census, from 26,522 to 27,151. The urban population is 7,251. There are 2,344 farm homes and 978 rural non-farm homes in the county. The number of farmers have increased to 977 white farmers, and 985 non-white farmers.

Agriculture has always been the chief industry, although manufacturing is growing. The majority (57%) of Southampton's farmers are non-white. Tenancy is generally 62% of all farms. The soil is well suited for cotton and peanuts, and Southampton is Virginia's leading county in both crops. It is also a national leader in peanuts. In the past decade, there has been a big increase in soybeans. There are a few dairy farms which find a market not only in local towns but in the Norfolk metropolitan area. Livestock production is also increasing in the county.

The Camp Manufacturing Company and Saint Regis Paper Company afford work for urban and rural men and women while various peanut shellers and farming make up the rural families income in the county.

In this county there are forty-eight grade schools and two high schools. This year an additional consolidated school has been built in this county. Therefore, there are three consolidated grade schools in the county. Five of these schools have hot lunch programs.

The majority of homes in the urban and rural areas have telephones. Therefore means of communication is very good in the county. Four railroads and important highways furnish good transportation to markets. Franklin has a community hospital, Raiford Memorial, that serves Franklin and the surrounding area. There is a public library in Courtland which serves all people.

In the rural area, there are no recreational facilities. Recreational activities are sponsored by the schools, churches, 4-H Clubs, H-D Clubs and other organizations.

Highlights of 1960 Program

The extension program covers seven districts. Due to the fact that the county has a large rural population, the extension program is set up to give guidance in solving problems of the people. Its purpose is to set up plans in improving better practices in homemaking and farming to meet the family needs, and to help rural and urban people to appreciate more of the things available for the improvement of their living conditions.

Living trends have changed a great deal in the county. Many homemakers and farmers are seeking employment outside the home. Farm families are moving into the urban areas. In this county farming is the main occupation, however, farming is not the only source of income. The extension activities are selected to meet the changing situation and to show homemakers time saving devices on how to budget time, money and to improve home management to meet the needs of family members.

I. County Situation

Southampton County is divided into two areas, rural and urban. The county has seven magisterial districts. The county is mostly rural, however, in 1960 the urban area was extended further into the rural area. Southampton County is 607 square miles; 388,480 acres lies in the coastal plain on the North Carolina border. The land is level and is good for production of peanuts and cotton. There is some swampy land. Two-thirds of the total area is forest.

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ANNUAL NARRATIVE REPORT

**COUNTY
EXTENSION
WORK**

Virginia Agricultural Extension Service

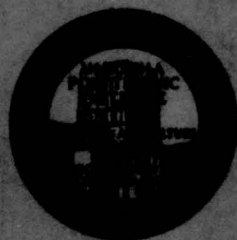
Name

Agent

Assistant Agent

Assistant Agent

Assistant Agent



1960

**Southampton
County**