

VIRGINIA

AGRICULTURAL EXTENSION SERVICE
HOME DEMONSTRATION WORK

ANNUAL NARRATIVE REPORT

ALLEGHANY COUNTY
1950

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III. CONTRIBUTIONS OF THE 1950 PROGRAM TO BETTER FAMILY LIVING

The Home Lighting Unit in our 1950 Program has done more than any other one thing to make family living better in Alleghany County. The majority of the homes in the County were poorly lighted while the families were unaware of the fact. Some poor grades in school, failure to study, irritability of family members have been traced to inadequate light to work, read, and study by. After they got used to the adequate light of the reading lamp made or the lamp remodeled in the Home Demonstration Club, people could not understand how they were able to read by their old lamps. We have reports that the lamps made in the Club are the favorite reading lamps in the homes. One hundred and seventy-eight women reported gaining helpful information on lighting and approximately two hundred and twenty-one lamps were made or remodeled and modernized.

Evidence of better living can be seen at all Home Demonstration Club meetings since they had a Unit on choosing better dresses, using accessories, and finishes for dresses. The women enjoy wearing flowers in the right place and a scarf in an interesting way. Gaudy buttons and other trimming on dresses ~~is~~ gradually disappearing and self-made fabric buttons and belts are appearing in their place. The Agent feels that pride in personal appearance on the part of the Home Demonstration Club women is an indication of better living for them and for their families.

Three very popular demonstrations this year were, "Emergency Meals," "One Bowl Cakes," and "Party Refreshments." The women liked the recipes and what is more important, they used them. Some say they never use another cake recipe. The Agent has noticed a definite improvement in the quality of cakes baked by Club members. About 196 women reported using the cake recipes, 156 the emergency meals, and 116 the party refreshments. Club refreshments have definitely improved as a result of these demonstrations.

The Federation Goal this year has certainly helped enrich the lives of homemakers in the Home Demonstration Clubs. This means, of course, that in turn the lives of their families have been enriched. Wives and mothers have the largest of influences in the homes. About 204 women reported receiving inspirational information and cultural expression, which made their lives more interesting. Considering that Club women gave information to approximately 964 non-club members, this could have meant a tremendous influence on families in Alleghany County. Club women believe the Federation Goal has had this influence.

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In comparison, the 1950 program has been a more useful one than the program of 1949. It has certainly had more interest for a greater number of people. Leaders have continued the good progress started in 1949. They assume full responsibility for all demonstrations they are trained for, in most Clubs. More training meetings were held this year with a larger attendance than last year --- 8 meetings with an attendance of 77, compared to 2 meetings and 28 attending last year. The number of meetings held by leaders and attendance at those meetings is about the same for the two years.

Much progress has been made toward our goal of higher standards of living for the people in Alleghany County. This year's program has contributed toward this progress through better lighting, more economical clothing, knowledge of health, improving lawns, walks and driveways, attractive bedspreads and rugs, attractive trays from salvaged worthless ones, and simple, quick-cooking helps.

A definite improvement in the County Program is evidenced in the addition of 6 new 4-H Club leaders and the organization of 4 new community Girl's 4-H Clubs. This means that approximately 60 more girls are meeting year-round in out-of-school Clubs. This makes a total of 11 4-H leaders for Girls' Clubs compared to 5 from last year, and 83 girls out-of-school compared to 23 last year in 6 Clubs compared to 2 of last year.

The County has come a little closer to its goal of having leaders for all 4-H Clubs, with as many meeting out-of-school year-round as possible.

IV. ADULT

(A) Project Work

(1) House Furnishings

(a.) Lighting

Objectives: The Lighting Demonstrations were planned because it was known that the majority of the homes in Alleghany County were inadequately lighted. The objectives were to show the women that their houses were not well-lighted, and to tell them the consequences and how they could remedy the situation. Also to help them do it. It was thought that the study habits, the grades in school, and the disposition of family members might be improved.

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Methods: The aid of the Power Company was enlisted. The Home Economist went with the Home Agent to each Club and helped demonstrate good lighting, and its principles. A light meter was used to show the amount of light in different parts of the house. Shades were taken down, venetian blinds were turned so as to let in the maximum of natural light. Slides were used, illustrating good and poor lighting arrangements. A display was arranged of lighting equipment available in stores in the County. A lighting survey, made out by the Power Company, was filled out by Club members.

After each Club member decided her own lighting needs and her own problems, the Clubs ordered Feldon lamp kits, and materials for modernizing old lamps were furnished by a local electrical supply company dealer. Lamps were made and remodeled at Club meetings, at home, and at special meetings. A great deal of publicity was given the lamp-making project through Club members, and many non-club members became interested in making the Feldon lamps.

Results: Approximately 75 new Feldon lamps were made in the Home Demonstration Clubs, and about 146 lamps have been modernized by Club members. Practically every home has a good reading lamp. The attractive, simple shades with white lining have done much to improve the looks and decorating scheme of many living rooms. Club women were very proud to show something that they had made themselves, and that their husbands didn't have to help them with. Many women have repaired the cords to other lamps, electrical appliances, etc., as a result of what they learned in assembling the lamps at Club meetings.

(b.) Stenciled Trays

Objectives: It was thought that Club women needed to use their hands to create something beautiful and yet not have to spend a lot of money. Another objective was to have beautiful things in the home of Club members, which they would enjoy looking at and which would be useful as well as ornamental. Also, there were many trays, canisters, etc., which they had that were rusty and worthless, that the women wanted to put back into use.

Methods: The Home Agent ordered supplies needed for a demonstration in each Club on stenciling trays. Two meetings were reserved for beginning and finishing the trays. Information was given on removing rust and paint from articles, and then how to prepare the article for stenciling. This information was given by letter, and was to be done before the first meeting. Then information was given on selecting suitable designs, cutting stencils, and finally the actual applying of bronze powder to make the designs. Finishing was demonstrated and started, and was completed at home.

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Results: Stenciling proved to be a very popular project. Many women displayed talent, and some very beautiful articles were stenciled. Three Clubs ordered sets of bronze powder for the use of their Club members, and the stenciling is still going on and on. There have been approximately 140 articles reported being stenciled by Club members. The articles have varied; trays, cannisters, sewing boxes, book racks, waste baskets, vases, tables, chairs, and probably more. They have made very attractive additions to the homes in the County and are in constant use.

(c.) Programs Of Previous Years Continued
(Tufted bedspreads and rugs)

Objectives: Crafts were begun originally for the purpose of providing necessary and useful items for the home and in so doing to create something beautiful with good design.

Methods: Choice of designs and colors were studied in relation to the bedspread or rug. Making a plan was stressed and then techniques for making the spreads and rugs were demonstrated.

Results: A large number of rugs and bedspreads were made when these subjects were on the program, and there are still some being made. This year 8 tufted bedspreads were reported made, and approximately 98 rugs were made by Home Demonstration Club women. It is good to see Home Demonstration programs continuing to be useful year after year.

(2) Clothing

(a.) The Better Dress

Objectives: Women felt that they needed help in selecting a ready-made dress and in selecting a pattern and material for a home-made dress. The objective was to help women select a dress which would emphasize good points and minimize bad points of the figure; also to recognize and get good workmanship in the dresses they buy or make. It was hoped that the women would learn what is good style, good taste, and know "what goes with what," particularly with reference to their better clothes. It was also the aim to encourage women to concentrate on one or two good-looking outfits rather than have several cheap outfits.

Methods: Leaders were trained in each Club to give the demonstration. They told Club members the points to look for, in a dress, which show good workmanship and what was an indication of poor workmanship. They urged simplicity and the use of accessories rather than decorative trim. Older women or women with a mature figure were told to stick to softer lines rather than tailored. The leaders used a Club member as a model and demonstrated interesting ways of wearing accessories. Each Club member was asked ahead of time to wear her most comfortable better dress to the Club meeting. Mimeo-graphed material was given to Club members.

Results: In October, the month after the "Better Dress" demonstration, nearly all the Club members came out with a scarf, a flower, or some other accessory worn to make her outfit look more interesting. This was an indication that the women liked to look attractive, but needed a little review, a reminder, and a "go ahead" sign. About 156 women reported receiving helpful information in selecting their next better dress and in wearing accessories.

(b.) Finishes For Dresses

Objectives: It was hoped that the quality of finishing home-made dresses would improve, as this has been a definite need. The Club members wanted their dresses to look less home-made. The program aimed to include information for non-sewers by giving helps in checking finishes on ready-made dresses. The over-all objective was to improve the appearance of the Club women.

Methods: Samples of different finishes for dresses were made by leaders and displayed at Club meetings. Each Club member was allowed to cover a button at the Club meeting and take it home with her. Leaflets were distributed to those interested in certain finishes.

Results: The women expressed such appreciation for the knowledge about covering buttons, and indicated that they were going to use this type of button from now on. This program also succeeded in making the women aware of the importance of finishes on garments, both for appearance and serviceability. There has not been time enough since this demonstration to notice any real changes in the finishes on dresses made by Club members. It was reported that 1,968 garments were made by Club members this year and 1,580 were remodeled. About 160 garments were made for the Red Cross. With this much sewing going on, it is felt that marked improvement should be noticed in "home-made" clothing next year.

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(3) Foods

(a.) One Bowl Cake And Easy Icings

Objectives: This demonstration was planned so that the Club women might be helped to make better quality cakes. It was felt that the art of cake-making is disappearing and bakery cakes are taking their place. It was thought that if there could be a short, easy method for making a good cake, women would make more cakes rather than buy them. The aim was also to save time and energy for Club women, so they could do better Club and community work.

Methods: Leaders in the Clubs were trained by a specialist in the demonstration of One Bowl Cakes and Easy Icings. The Leaders then gave a demonstration for Club members. Mimeographed sheets, giving recipes, instructions, and some rules for One Bowl Cakes, were given to Club members.

Results: Approximately 196 women reported using the One Bowl Cake recipes. Some say they have used it dozens of times, others say they never use any other cake recipe. The product is good, and there is seldom a failure. Cake served at Club meetings has improved.

(b.) Emergency Meal

Objectives: Time-saving is popular with everyone. Unexpected company, busy days, with little time to cook, are things which happen to most of the Club women in Alleghany County. This program was planned to help solve each of these problems. The object was to have on hand the ingredients which would make it possible to start from "scratch" and have a meal ready in 15 minutes.

Methods: The Leaders were trained by a specialist and given recipes. Leaders demonstrated one 15-minute meal to Club members and served the meal to them. Recipes for several meals were mimeographed and given to Club members.

Results: About 156 Club members reported using the Emergency Meals suggestions. Many women keep a section of their pantry or cabinet for groupings of food for the Emergency Meals. They find that they can, themselves, actually prepare the meals in 15 minutes.

(c.) Party Refreshments

Objectives: The objectives of this program were to give new ideas to Club women and to keep refreshments simple for events such as Home Demonstration meetings. It was felt that most people work too hard getting ready for a party and do not enjoy it themselves.

Methods: Leaders received their training from a specialist and, in turn, gave demonstrations to their Clubs. Either cookies or sandwiches and one drink were demonstrated and served to members, and recipes for this and other suggestions were given. Simplicity was stressed. Suggestions were made for planning work to be done in getting ready for a party.

Results: Approximately 116 women reported using the suggestions or Party Refreshments.

(4) Miscellaneous

(a.) Christmas Gifts, Handmade

Objectives: This was planned to give new ideas to women for gifts they could make, to save money and to have more attractive and useful gifts.

Methods: An exhibit was made of practical gifts, by the Home Agent, and each Club member brought suggestions, too.

Results: New ideas were gotten, patterns were copied. It is felt that there is still not enough imagination in the Christmas gifts that the Club members suggested.

(b.) Slipcovers

Objectives: To teach the members of one Club how to make a Slipcover in their "Open Month."

Methods: An all-day meeting was held and one Slipcover was cut and gotten ready to sew. It was then finished at several sessions later.

Results: A very nice Slipcover was made and exhibited at Achievement Day. Several other women are planning to start Slipcovers of their own. It would have been much better if each woman could have made a Slipcover at meetings lasting over a period of several days.

(c.) Health

Objectives: To give Club members information on prevention of diseases, and something about care of patients with certain diseases.

Methods: The County Health Department was asked to send the Health Nurse to several Clubs to speak about certain diseases, which were chosen by the Clubs. The local chiroprapist was invited to some Clubs to discuss foot health.

Results: Many questions were answered, which had been bothering Club women. A few fears were dispelled and Club members are better informed about certain diseases. About 168 women reported learning something new about health.

(B) Other Activities

(1) Federation Goal -- "Art in Daily Living"

Plans: This goal, "Art in Daily Living," was carried by the Clubs last year and it was felt that the Clubs wanted to continue it this year, so that they could get more help from it. The County women liked the variety the Goal gives and the common interests it holds for all Club members. The plan was for each Club Goal Chairman to present certain topics monthly to the Club members, in order to help them become more aware of things about them and appreciate them more. The women felt that they needed help in making common everyday tasks more interesting by using their imagination. In short, the program was planned to help Club women notice everyday things and learn to let these things make their lives more interesting.

Methods: The County Federation Goal Chairman, Mrs. H. B. Lyle, EFD #1, Clifton Forge, Virginia, and the Home Agent got specialist help and other help from books, magazines, etc., and planned a suggested month-by-month schedule of 5 to 10-minute programs for the use of the Club Goal Chairman in each Club. The suggestions were sent at the beginning of the year, and helps were sent along at different times. The Club members participated by bringing collections to Club meetings, answering roll call with inspirational thoughts, and taking part in singing, etc.

Results: Two hundred and four women reported that they gained and used information from the Club meetings, which made their lives more interesting. More interest was noted in the sharing of experiences at Club meetings, and beautiful things which have up-lifted different Club members. The program was one that was enjoyed, just for the sake of enjoyment, alone.

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(2) United Nations

Plans: The plan was to get the United Nations before as many people in the County as possible, so that they would be familiar with the purpose, the organization, and the work of it. Also, to get as many U. N. Flags made as possible to be used in schools, communities, and churches.

Methods: Posters were used to create interest in the U. N. and familiarise people with the Flag. The Home Agent briefly explained the U. N. purposes, organization, and work, and ordered kits for those organizations that wanted to make the Flag. The women in the Clubs made Flags and presented them to schools, and to the County Board of Supervisors.

Results: All 4-H and Home Demonstration Club members were exposed to the U. N. and the Flag. Eight Flags have been made and are in use. The Junior Woman's Club and the V. F. W. Auxiliary were furnished information and Flags for their meetings.

(3) 4-H Club Work

Plans: Home Demonstration Clubs planned to help with 4-H Club work by encouraging Club members in project work, supporting their efforts to go to camp, and trying to furnish leadership.

Methods: At one Club meeting, each Club planned what they could do to help 4-H Club work. They found out if there were any women who would be willing to serve as 4-H leaders, called "helpers."

Results: The Fairdale, Hematite, and Mallow Home Demonstration Clubs gave money to be used for scholarships to 4-H Camp Bethel, Fincastle, Virginia. The Hematite Club furnished Mrs. Bill Smith and Mrs. Cecil Brubaker as leaders for a new Girls' 4-H Club at Hematite. The Mallow Club furnished one of the two leaders for the new "Clover" Girls' Club at Altamont, their leader being Mrs. John Moyes.

(4) Community Sing (March of Dimes)

The Salina Home Demonstration Club sponsored a Community Sing at the High School Auditorium, in Clifton Forge, in connection with the March of Dimes. Wonderful group singing was had and selections by several choral clubs and church choirs, all of which made a lovely program. About \$250.00 was made for the March of Dimes.

(5) Community House

The Morris Hill Home Demonstration Club has used as their community project, helping the 4-H Club raise money to build a Community House. The Club members have helped them have ice cream suppers, and sell products, such as dish rags, etc. About \$300 is in the fund and the project will probably last for several years.

(6) Home Demonstration Achievement Day

An "old-fashioned" all-day Achievement Day was held on November 3, in Clifton Forge, Virginia, at the Y. M. C. A. Auditorium. The Selma Club was hostess for the Home Demonstration Committee and made all of the arrangements and provided refreshments. Displays of work done the past year were made by 9 Clubs. These were judged and the Morris Hill Club won first prize, the Mallow second, and the Selma Club third. The exhibits were open to the public at 10 A. M., until the end of the program. The program began at 2 P. M., and consisted of stunts, skits, readings, and talents by various Clubs, and a dramatic reading by Mrs. John J. Hamilton, a Covington minister's wife. The new Year Books were given out at this meeting.

V. 4-H CLUB

(A) Project Work

(1) Housekeeping

Objectives: The objectives of this project were to teach girls what housekeeping jobs need to be done and how to do them, so that they will have high standards of housekeeping. Most of the girls need to learn higher standards than those learned in their own home. It was also an aim to help girls enjoy doing the jobs they have to do, and to learn easier, quicker ways of doing them.

Methods: The Club meetings were held in school without the help of Leaders. Printed material was used and demonstrations were given to teach girls methods and procedures in connection with the project. Club members, at the meetings, were allowed to try out the procedures demonstrated. They learned by watching, listening, and then by doing.

Results: The girls reported doing 991 different jobs in their project for the required length of time. This is an average of about 9 jobs per girl.

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(2) Clothing

(a.) Unit I. "Looking Your Best"

Objectives: It was hoped that the girls could be guided into improving their appearance by improving their grooming habits. It was also hoped that younger girls might become more interested in how they look. The over-all aim was cleanliness.

Methods: Grooming habits were demonstrated and mimeographed material was given. Also, each girl was given individual help on problems. Samples of shampoos were given to the girls after the proper method for shampooing hair was explained. The Agent tried to teach by setting an example for the girls.

Results: Girls reported that they had improved their grooming habits. They averaged 6 improvements.

(b.) Unit II. "Make or Remake Clothing"

Objectives: The Agent wanted to teach the 4-H Girls, taking this project, to sew well, so that they might make their own clothes -- and later make clothing for their family.

Methods: The Agent demonstrated correct methods to Leaders, and Leaders helped the girls with cutting, fitting, sewing, etc. Help was given each girl in choosing the pattern, material, etc.

Results: Eight garments were made and five were remade. The garments were made well, were becoming to the wearer, and were made at a cost of about \$1.50 per garment. The sewing ability of the girls still leaves a lot to be desired. However, they plan to continue the project and can improve and advance.

(c.) Unit III. "So You'd Like to Sew"

Objectives: The objectives were to teach young girls, in school, the fundamentals of using a needle and thread and scissors. Also, to help them make at least 4 articles.

Methods: Much of the actual cutting and sewing was done at school. The techniques were demonstrated and then tried out. Individual help was given when necessary

Results: Approximately 298 articles were made by Club members. Many reported that they learned to use a thimble, learned to use a simple pattern, to cut a straight line, and to sew with small stitches.

(3) Foods

(a.) Food For Pep

Objectives: The purpose of this project was to give girls, in school, who were interested in Food, information which would be helpful to them when they eat as well as when they plan and cook meals. It was also the aim to teach good food habits and the importance of "liking" all foods.

Methods: Charts and other illustrative materials were used to teach simple nutrition. The girls participated by planning menus, themselves, using food models. Demonstrations were given in school rooms. Printed material was given to each girl for her notebook.

Results: The girls reported learning the Basic Seven Foods, kept check on their menus, and tried out the demonstrations at home. Forty-two girls reported learning to like at least one new food, and many learned to like four or five. Food habits were improved.

(B) Other Activities

(1) 4-4 Club Camp

Camp was held at Camp Bethel with Bath and Rockbridge Counties. Nineteen girls, twenty boys, one woman leader, and one man leader attended. Barbara Lou Riley, Central Senior Club, was Big Chief and Henry King, Altamont Club, was Big Notch-Cutter. Henry was also Lesser Chief of the winning Cherokee Tribe, and was elected Big Chief for the Camp in 1951. Other Alleghany County boys and girls served as the following officers: Jeanette Noel, Morris Hill, and Bill King, Altamont, were Lesser Chiefs; Judy Mays, Central Senior, Tommy Crawford, Morris Hill, and Clinton Wayne Nicely, Sharon, were Lesser Notch-Cutters; and Sara Broughman, Central Senior, was a Lesser Scribe.

Camp, this year, developed the leadership ability of many Alleghany County Club members. The County was well-known by the time camp had got under-way, because of the wide-awake group which represented it.

The Home Agent was Assistant Director of Camp Bethel, had charge of recreation and singing, and helped with Handicraft Classes.

(2) State Short Course

Six girls and one woman leader went to State Short Course in Blacksburg, Virginia, in June. The County All-Star Chapter paid the registration fee for the leader, and with their Margaret King Memorial Scholarship Fund, paid the scholarship won by James Owens, Dunlap Club. James' story of "What 4-H Club Work Means to Me," and his record won over four other entries in the contest.

Mrs. W. K. Maydain, Leader, served on a committee with other leaders, while at the State Short Course.

Each girl who went to Short Course has been a better Club member since having gone. Virginia Jackson, Morris Hill Club, was made an All-Star. She has been, and still is, a valuable leader (Junior Leader) in her Morris Hill Club.

(3) Achievement Day

Approximately 410 Club members, leaders, and visitors attended 4-H Club Achievement Day at Jeter School Auditorium, Covington, Virginia, Saturday, November 18, 1950. Reports were given of work of the past year, and prizes and medals were awarded for contests. Two members from each Club participated in contests and relays, as a part of the morning program. In the afternoon the Club members had their choice of the three theaters for a free movie. Children were transported to the meeting by school bus, by leaders' cars, and by their parents.

The Morris Hill 4-H Club, with Mrs. Harry Crawford as leader, kept the "Achievement Banner" as out-standing 4-H Club of the year. This makes the third year in succession that this Club has won the Banner.

(4) Community Activities

The Morris Hill 4-H Club, with the help of the Home Demonstration Club, held an ice cream supper to make money for their Community House Fund. The Fund to build a Community House has been accumulating for several years. Both the Home Demonstration and the 4-H Club is working on this project. The Community has no place for meetings to be held except in the homes. Many of the homes are too small to accommodate the regular Club meetings of either Club. It is expected that the project will take several more years. About \$300 is in the Fund at this time.

(3) Individual Club Camp

The "Busy Bees" 4-H Club at Salem, a community club of about 14 girls, had a 5-day camping trip in August. Mrs. W. K. Hayden and Mrs. J. H. Lawler, leaders, and their husbands stayed with 12 of the girls at the Salem Hunt Club, a mile and a half from Douthat State Park. They hiked, swam, played games, and had camp fires and vegetables. Every day, each girl made one of the recipes in her "Foodies" project. In addition, the girls helped prepare the meals and wash dishes. The only expense, rent on the cottages, was paid with \$3.00 from each girl, or the equivalent in groceries. The girls wanted to stay longer, and came back with exciting and interesting reports of the good times they had.

VI. GLDER YOUTH

The Alleghany County Chapter of All-Stars is one of the most active in the state. They meet bi-monthly, usually in homes of members. The group revived the "Margaret King Memorial Fund," which is a memorial to the first Home Demonstration Agent in the County and a native of the County. The interest from the money in this fund, which is invested in 4-yr Bonds, is used for scholarships to send out-standing 4-H Club members to State Short Course in Blacksburg, Virginia. The scholarship is won by the Club member who writes the best story of "What 4-H Club Work Means to Me," which is judged by a committee of All-Stars and the two County Agents.

The Chapter paid the expenses of the leader who attended the State Short Course this year. One of its members attended the Short Course and All-Star Conference, and two other members attended parts of the All-Star Conference.

The group held a social, at which they made \$20.00 for the treasury.

They presented a gift to Mr. Brown Surber, retired County Agent, on his birthday, and a wedding gift to the Home Agent and All-Star husband.

All-Star Ruth Owens Smith, Hemmitte, helped organize, and is one of the leaders of the Hemmitte Girls' 4-H Club.

VII. SCOPE OF WORK

	<u>1948</u>	<u>1949</u>	<u>1950</u>
Number Home Demonstration Clubs	11	13	13
Membership	290	190	236
Number 4-H Clubs	16	16	22
Membership	390	320	350
Number Older Youth Groups	2	-	1
Membership	33	-	21
Number other families reached	905	500	964
Total number families reached	835	900	1571

VIII. FUNCTION OF ORGANIZATIONS IN 1950 PROGRAM

(A) County Board of Agriculture

The Board of Agriculture is composed of people who have attended various county-wide meetings, such as Garden Meetings, and have passed on information, that they have gained, to other people in their community. They have been in the position to see the needs of people around them and have referred these needs to the County Extension Workers.

(B) County Home Demonstration Committee

The County Home Demonstration Committee has led the county-wide activities of the Home Demonstration Clubs. They met three times as a complete committee, and various sub-committees met more often to take care of the necessary business and arrangements in connection with the Program.

The Home Demonstration Committee was responsible for putting into a month-by-month program, the suggestions from the County Clubs. They, then, had a very attractive Year Book printed for Club members. This Year Book is given to the Clubs free of charge through the compliments of the Nehi Bottling Company in Covington, Virginia.

The Committee held a county-wide Achievement Day, November 3, at the I. M. C. A. Auditorium in Clifton Forge, Virginia. Exhibits of work done the past year were on display all day. The afternoon program was composed of stunts, skits, readings, and talents put on by the various Clubs. A very interesting and inspirational dramatic reading was given by Mrs. John Hamilton, Baptist minister's wife, from Covington, Virginia. Refreshments were served following the program.

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The Home Demonstration made, and presented to the County Board of Supervisors, a United Nations Flag to be used in the County Court House.

(C) County 4-H Club Council

The 4-H Club Council helped improve the 4-H Club meetings by having classes for officers. Each group of officers were given special instructions as to their duties and how they could improve their Club through their offices.

The Council helped plan and carry out plans for County Activities. Achievement Day, held November 19, is an example. It was decided to change the program slightly. Clubs sent delegates to be entered in contests as part of the program. It was felt that this change from stunts given by the Clubs was an improvement in the program.

(D) County 4-H Honor Club

This group has done much through its individual members to help promote good Club spirit and cooperation of Club members. They have also taken as their goal to help younger Club members with project work and also to see that all members of the Club complete and hand in their records. The members have also helped recreational activities by taking back to their Clubs special training in recreation, that they have received at Honor Club meetings.

(E) County Chapter of 4-H All-Stars

A very large contribution has been made by the Alleghany County All-Star Chapter. They have strengthened 4-H Club work by providing scholarships to State Short Course and paying expenses of a Leader. They also helped provide leadership for certain 4-H Clubs in the County. The interest in, and support given by the County All-Stars toward the Extension Program, has meant a great deal to the Agents, and to the County Program.

IX. ACTIVITIES OF LEADERS

(A) Adult and Junior Organizational Leaders

The Adult Leaders in 4-H Clubs this year have taken a good deal of the responsibility for the 4-H Clubs which they lead. They have been responsible for securing meeting places, helping Clubs with money-making activities, and have seen that records were turned in from each of their Club members. They also helped transport Club members to and from special as well as regular meetings. They have increased the membership of their Clubs by keeping in contact with people in the communities and getting as many children as possible interested in the 4-H Club.

The Junior Leaders in 4-H Clubs have done a good job, conducting their meetings. The classes held by the 4-H Council helped them to know their duties and helped them realize the importance of carrying out these duties. The parliamentary procedure used in Club meetings is gradually improving. It is found that most 4-H Club meetings are conducted in a more orderly manner than most Home Demonstration or other meetings.

The Adult Organizational Leaders (or officers) in Home Demonstration Clubs have done very satisfactory work this year, in most cases. An improvement has been noted in attitude, as a result of each Club following the recommendation of the Home Demonstration Committee that no officer shall succeed herself in office more than two years. This is the first year that this practice has been adopted by all the Clubs. Some of the changes made have been responsible for renewed interest in Club work. There were a few cases where the change made was not good. Club attendance in these Clubs suffered, but there are brighter hopes for the year to come.

(B) Program Development Leaders

This is the first year the Program Development Leaders have functioned in each Club. The result was a wealth of good program suggestions at the Annual Planning Meeting. These Leaders' membership on the Home Demonstration Committee has broadened the scope of that organization. It is felt that a truer picture of the wants and needs of Club members was had this year because of the work of the Program Development Leaders.

(C) Subject Matter Leaders

About 7 out of the 13 Clubs had 100% attendance at leader-training meetings, and 100% of those Leaders gave demonstrations for Club meetings. There are still 2, and often 3, Clubs whose Leaders do not attend the training meetings and do not give demonstrations at their Club meetings. There are various reasons, and some are very good, for this failure. However, the goal is still to have the Leaders in every Club give at least 6 of the demonstrations for their Club. Sixty-one demonstrations or talks were given by Leaders this year.

The Project Leaders for community 4-H Clubs are the same persons as the Organizational Leaders. The aim is for these Leaders to conduct at least half of the 4-H Club meetings and demonstrations, without the presence of the Agent. Thirty-five meetings and demonstrations were conducted this year by Leaders. Since 4 of these Clubs were new this year, more of the Agent's time was required. It is expected that the Leaders will be able to take charge of half of the meetings next year.

PROJECT LEADERSHIP

<u>Growth of H. D. Club Project Leadership</u>	<u>1948</u>	<u>1949</u>	<u>1950</u>
No. Project Leaders & Goal Chairman	29	39	38
No. Training Meetings held by Specialist	4	2	8
by Agent	-	-	3
Attendance at all Training Meetings	51	28	80
No. Club meetings held by Leader without Agent present	26	47	61
No. Club meetings at which Leader assisted	-	18	26
<u>Growth of 4-H Club Project Leadership</u>	<u>1948</u>	<u>1949</u>	<u>1950</u>
No. Adult Project Leaders	9	11	11
No. Junior Project Leaders	11	33	45
No. Training Meetings held by Specialist	-	-	1
by Agent	1	1	3
Attendance at Leader-Training Meetings	9	3	8
No. 4-H Leaders trained individually	9	11	22
No. Club meetings held by Leaders without Agent present	9	26	33
No. Club meetings at which Leaders assisted	12	75	100
No. Demonstrations given by Leaders	19	101	126
by Adults	9	35	36
by Juniors	10	66	90

I. WORK IN COOPERATION WITH OTHER AGENCIES

The help of the County Health Department was solicited one month when Home Demonstration Clubs wanted some phase of Health on their programs. The Health Nurse and the Sanitation Officer made talks to Clubs.

The Home Agent was asked to help give publicity to the pre-school clinics and help give mothers information and schedules.

In response to a call from the County Welfare Department, several Home Demonstration Clubs were asked to make or buy layettes for babies whose mothers had no clothing for them.

The Red Cross asked Home Demonstration Clubs to help them in some of their projects. Pop corn balls were made for the Veterans' Hospital in Roanoke, Virginia. Christmas stockings were filled, also for the veterans.

The Alleghany County Fair, in September, was the scene of a great deal of cooperative efforts. Each Home Demonstration Club put up an educational booth on some phase of their year's work. In return, the Fair paid the Clubs \$7.00 and gave three prizes of \$10.00, \$7.00, and \$5.00. The booths were a very interesting part of the Fair and, of course, the treasures of the Clubs profited through this work.

XI. SIGNIFICANCE OF YEAR'S WORK

The past year's work has contributed much in the way of relieving the monotony of homemaking for Alleghany County homemakers. They have improved their homes by having better lighting and lamps in their homes. The tasks of homemaking are made lighter when one can see well. The new lamps and the trays stenciled with bronse powder have made improvements in the beauty of furnishings in many homes.

The cooking side of homemaking has been made easier this year through stressing time and labor savers in ordinary meals, in company meals, and in party refreshments. The time and labor saved was used for recreation, rest, or for other jobs which needed to be done in homemaking.

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The homemakers have been helped to make themselves more attractive through the clothes and accessories they wear. This has meant much to the self-respect of many women and has raised the ego of many, which has been a good thing. It is felt that too many homemakers lose their own identity when they get too busy with homemaking and children. Club women have been urged to think about themselves, their clothes, and their looks.

Many women have come to feel that good living means more than having money enough to buy necessary clothing, food, and shelter. It is that, and more: enjoyment of good music, art, poetry, the out-of-doors, the playful kitten, the laugh of a child, the dirty-face excited over the great discovery of a worm, the miracle of a child's trust in his parents, the thrill of doing something beautiful with one's own hands, the love of country life, and on and on. These things and many more have been brought to Home Demonstration women this year. They have had their influences, some large, some small, some short-lived, some for life.

The 4-H Club members have learned better cooperation. They work together in Clubs with more interest. The discipline problem, ever present in large 4-H Clubs, has been lessened considerably. Better organization and cooperation has brought about a larger percentage of completed records among Club girls. Girls have been led to see how they have an important contribution to make at home, at school, in their communities, and in the world. They have been urged to prepare themselves for the jobs at hand and for the jobs to come.

The program this year has helped the rural people of Alleghany County enjoy living a little more than they would have without it.