

VII. The Look Ahead

I feel that gradually the quality of work done is improving. Some of the leaders in the Home demonstration clubs are accepting more responsibility. This still needs to be worked on with other clubs. The numbers are revealing that the agent works with all county people and not just organized clubs. With this understanding I believe more organizations of the Home Economics committee and Home Economics Council can be done.

More help is being asked for in the home management area. The agent has stressed leader help on subjects in crafts, etc. that they have had previous training on rather than the agent repeating this training.

The quality of h-e-l work has improved. Greater interest in being shown by girls wanting to take a variety of projects. Even though the leaders working have done an excellent job more are always needed. The agent feels that good supervision of the projects is difficult to give in many cases.

Several major h-e-l activities have been held which in my opinion is strengthening club work.

More programs of a county wide nature need to be worked on to reach a larger number of people.

Some areas of the county need to organize home demonstration clubs as there is no other organized group in these areas.

The two most outstanding contributions made to family living.

1. More acceptance on the part of the women in working on their club programs and carrying them out during the year leaving the agent more time to do better quality work. Women are taking part in a wider variety of activities.
2. In the h-e-l program, interest seems to be higher, more quality in records, and more completion on the part of the girls. Public is more aware of club work due to the major h-e-l programs, awards, recognitions, and exhibits held in the county. The agent expects the quality to be even more improved this next year.

B. Progress in Good Public Relations Developed in the county with:

(1) County Workers

The Extension workers have held conferences when necessary in planning and carrying out programs. Each worker has cooperated in informing the others of activities in scheduling programs. Information and requests from one agent is passed on to the other by various methods.

(2) General Public

The home agent has worked with the public in promoting 4-H and home demonstration work through radio, TV, newspaper and personal contacts. The agent feels progress has been made in getting to know more people and in informing them of the program.

(3) Elected Representatives

The home demonstration agent has endeavored to cooperate with all elected groups and has extended invitations to home demonstration and 4-H events to inform them of club activities. The past year's 4-H celebration was an effort to inform them of one phase of the program.

(4) Commercial Interests

The agent has cooperated with all businesses in promoting programs of equal concern.

(5) Other Professional Workers

The home agent has cooperated with school personnel, soil conservationist, county librarian, power suppliers, health department, and other professional people in planning and carrying out programs related to these departments.

C. Professional Improvement

The agent has attended all Extension conferences such as Institute of Rural Affairs, Agents Conference, District and training meetings by specialists, communications training school and National Home Demonstration Agents Association meeting in New Orleans; also plans to attend summer school in the near future.

The agent has read Home Economics magazines, Extension bulletins, publications and professional books. The agent belongs to professional organizations.

VI. For Special Consideration

One significant achievement in home economics and 4-H club work the past year has been in the area of exhibiting.

In 4-H work exhibits were made in various ways. To celebrate National 4-H Week a six county float parade was held in Lawrenceville. Each Brunswick County float depicted one of the 4-H projects such as Forestry, Baby Beef, Bread, Home Grounds Beautification, Poultry, Vegetable Gardening, Tractor, 4-H Club Sunday, and Honey Management.

A Safety exhibit was also on display during the celebration titled "Strike Out Farm Accidents". The floats and the exhibit won first place award.

Brunswick County was one of four selected to exhibit at the Atlanta Rural Exposition in Richmond. This exhibit was on the Baby Beef project. A Large Hereford steer was possessed so the head and tail would now and also hollow every few minutes. A hay elevator was used on which posters were placed to tell the story of Selection, Feeding, Fitting and Showing of beef animals. The exhibit won a first place award. This same exhibit was also taken to the Southside Fair in Petersburg where it received a second place ribbon.

Brunswick County 4-H'ers also took part in the Chasco City Fair. An exhibit was placed there on the forestry project. Its title was "Eleven to Four Dollars with Pines". This exhibit received a first place award also.

Individual 4-H members also entered various articles they had made in several fairs. The results were very good.

The Home Demonstration clubs exhibited in two fairs. One exhibit was placed in the Southside Fair on "Color Planning for the Home". Two other exhibits were made at the Blackstone Farmers' Days. One club exhibited on "Low Calorie Meals" and the other on "Table Setting". These two received second and third place awards. Individual exhibits were made also.

A window display was made for National Home Demonstration Club Week on home lighting.

It was felt all these exhibits helped the county 4-H and home demonstration clubs tell important lessons and stories of club work. A great deal of interest was created.

B. The development of leadership activities and accomplishments of an outwanding club.

The club is one of the more outwanding in the county in my opinion because they have learned how to work together in the club and how to include non members in their activities. This means a great deal in having a successful club program. Each member accepts responsibility when called upon. The club is one of the smaller ones in the county with only eleven active members. There are several activities I would like to cite as examples of development in leadership. The club has provided recreation for the community, such as activities as Easter Egg Hunt, Hayride, Record Hop, Fox Hunt back and refreshments for each were held. All age groups were included. The club members are also responsible for holding supports for other groups.

A second area of accomplishment is the h-11 program the leaders in the club are assisting with a community h-11 club.

There are approximately 12 girls in the community who are organized into a club with the home demonstration club sponsoring. These girls have done very good work, held club contests, their own hallows parties, talent shows, etc. Due to the home demonstration leadership they have taken part in all the major county events. The club helped sponsor and construct a float in the float parade. Leaders furnish transportation to club events and help in many other ways.

h-11 members have given demonstrations to the home demonstration clubs. The club sent one of the leaders to the leaders' Conference at Natural Bridge.

One other area of work was supporting the chest X-ray clinic for TB. Different members worked the community discussing the necessity of having the X-ray and gave transportation where needed. They also assisted at the X-ray mobile. The members felt that this was for the bestment of the community. The leaders always try to attend all special meetings and training programs, participate in fairs and send delegates to the Institute of Rural Affairs.

2. Home Demonstration Club Leadership

	1955	1956	1957	1958	1959
No. organizational leaders	0	56	56	60	65
No. project leaders (subject matter)	60	103	87	127	101
No. Fed. program of work chairmen	15	14	14	15	14
No. program development leaders	15	13	14	15	14
No. result demonstrators	0	6	0	6	6
No. training meetings by specialists	4	5	4	5	7
No. training meetings by district agents	0	1	0	0	0
No. training meetings by agents	1	0	10	6	1
No. training meetings by others	0	0	6	1	1
Attendance at all training meetings	132	96	296	94	114
No. meetings held without agent	91	99	97	96	85
No. meetings leaders assisted	15	0	15	25	7
Demonstrations by leaders	95	99	97	123	102
Talks and discussions by leaders	55	103	166	185	195

3. H-H Leadership

	1955	1956	1957	1958	1959
No. Club Officers	115	68	70	105	111
No. adult project leaders	12	12	25	25	25
No. junior project leaders	0	1	1	7	8
No. result demonstrators	0	0	0	0	0
No. training meetings by specialists	2	1	0	0	0
No. training meetings by dist. agents	0	0	0	0	0
No. training meetings by agent	2	0	2	0	0
No. training meetings by members club dept.	0	0	0	0	1
No. training meetings by others	1	1	0	0	0
Total attendance atldr. tr. meetings	118	10	2	0	6
No. H-H leaders trained individually	4	4	8	11	12
No. club mtgs. held byldr. w/out agent	10	20	18	29	18
No. additional club meetings at which leaders assisted	3	104	10	96	15
No. demonstrations given by adult ldrs.	18	104	25	40	52
No. demonstrations given by junior leaders	6	2	10	16	25

IV. Scope of Work

A.	1955	1956	1957	1958	1959
No. H. D. Clubs	14	13	13	14	13
Membership	320	233	276	280	260
No. H. D. Groups* (unorganized)	0	0	0	0	0
Membership	0	0	0	0	0
No. 4-H Clubs	16	14	15	16	16
Membership	235	225	210	220	211
No. 4-H Clubs	0	0	0	0	0
Membership	0	0	0	0	0
No. Community Clubs	0	0	0	0	0
Membership	0	0	0	0	0
No. Home Ec. Committees	0	0	0	2	2
No. General Interest Committees	0	0	0	1	0
No. Youth Committees	0	0	0	0	1
No. Other Organizations	0	0	0	0	0
No. Farm & Home Dev. Families	0	0	0	5	10
No. Other families reached	1000	856	1500	1700	1750
No. Different families reached	0	0	624	625	675
Report all groups that met 3 or more times a year					

B. To increase scope of work and to inform public the home demonstration agent has tried to increase interest and participation in club work in many ways. One way was to try to understand what the numbers expected to obtain in the way of information from the home demonstration clubs and to inform the public and non club members of the programs being worked upon. Different media were used to show and tell of the activities of home demonstrations work such as news articles, talks, exhibits, demonstrations to clubs and home visits. A radio station has been installed in Lawrenceville this year which should prove to be of great benefit in giving information to non club members. The agent has added as a means of giving information on mass scale a home-makers newsletter which has proven to be quite successful.

V. Leadership

A. Growth of Leadership	1957	1958	1959
1. Overall program leaders			
a. County Agricultural Extension Service Board	0	0	0
b. Youth Council (unorganized)	10	10	12
c. Home Economics Council	0	0	0

3. Achievement Day

Achievement day was held in November with approximately 100 in attendance. County awards were given to 40 boys and girls on these projects: Achievement, Beautification of Home Grounds, Field Crops, Bread, Canning, Clothing, Dairy, Dairy Foods, Electric, Food Preparation, Forestry, Safety, Swine, Tractor, Public Speaking, Beef, and Leadership.

4. Fairs

The 4-H clubs took a more active part in local fairs.

The Brunswick County 4-H plans for exhibiting in the State Fair in Richmond were accepted and therefore an exhibit was placed in the fair winning the first place award. The subject of the exhibit was "4-H'ers Build Champions" which referred to the Baby Beef project. Three main points were emphasized; selection, feeding, fitting and showing. This exhibit was also placed in another fair winning second place.

An exhibit on forestry was also placed in a nearby county fair. This exhibit won a first prize award. These exhibits have helped to tell the story of club work and have created more interest in the county. Senior 4-H members have helped on all the exhibits.

5. Contests

Club contests have been held in three out of school clubs. This has helped with creating more interest in club work. Six senior girls competed in district competition winning four blue ribbons, one white, and one red. Two were eligible to demonstrate at Short Course.

6. Short Course

Four girls attended Short Course at WPI. One attended as a demonstrator and the others as delegates.

7. National 4-H Week

This event was celebrated by the six county float parade being held in the county this year. The six county newspaper and talent show were also held in connection with this event. Exhibits were on display from the counties during the parade.

Twelve floats, all depicting club projects, were made by Brunswick County 4-H'ers. Brunswick County won first place trophy on the floats. Special recognition of first and third was given on two of the floats. Brunswick County won third place on the 4-H news journal and first place on the exhibit.

8. Share-the-Fun

The county Share-the-Fun program was held as an annual event. The winners competed in the six county talent program.

B. The methods used to carry out project

- (1) The program was carried out as planned
- (2) The leaders helped with the project at the monthly or weekly meetings
- (3) Assistance was given on records and on work done
- (4) Club exhibits and judging were done on the articles
- (5) Exhibits were taken to local fairs

C. Results of the clothing program

107 articles were made. 20 girls completed the project. One senior girl entered the dress revue contest at district.

h. Electric

This project was carried by twelve girls throughout the county.

A. The objectives in taking this project were:

- (1) To develop leadership talents and to work toward achieving the broad objectives of character and effective leadership
- (2) To learn more about electricity and the proper use and care of electrical equipment
- (3) To help others become more familiar and learn more about electricity and its uses

B. Procedures for carrying out work

- (1) Assistance was given the girls on the projects individually
- (2) Home visits were made
- (3) Assistance on record keeping was given
- (4) Helped with care of equipment and assembling recommended lamps

C. Results

All twelve completed the project and one represented members at Electric Congress in Richmond.

C. Other Activities

1. Camp

Seventy-five boys and girls attended 4-H camp at Camp Ferrar, Virginia Beach. Four leaders and one junior leader attended for the girls. The junior leaders attended for the boys. Brunswick County prepared the camp book. The assistant county agent was director, the home demonstration agent, co-director. Brunswick County 4-H'ers took an active part in camp leadership.

2. Rural Life Sunday

This event was held in the county at a local church with 4-H members taking part and conducting the program.

Five senior girls competed in the district contest on bread, food preservation, meal preparation, dairy foods, and poultry consumption. Four blue ribbons and one red ribbon was awarded. Two won the right to demonstrate at State Short Course. One demonstration at Short Course received a red ribbon.

1.	No. times set table correctly	3753
2.	No. times cooked cereal	195
"	" " milk dishes	250
"	" " eggs	796
3.	No. times planned and packed lunch	211
4.	No. times prepared and cooked vegetables	393
5.	No. times cooked sausage	282
"	" " hamburger	117
"	" " bacon	282
"	" " other meat dishes	499
6.	No. times dressed chicken	629
"	" " cooked chicken	32
"	" " ham	94
"	" " other meats	38
7.	No. times made cakes	135
"	" " cookies	111
"	" " pies	89
"	" " ice cream	37
"	" " other desserts	166
8.	No. times planned a family dinner	117
9.	No. times planned a complete meal	117
10.	No. times planned, prepared and served a club meal	196
11.	No. times prepared or served club refreshments	19
		37

3. Clothing

The Dolphin club took the clothing project 'Make or Sew', The Hebertin Junior members took 'Go You'd Like to Sew' and senior members took 'Make or Sew'. The Lawrenceville Girls L-H took 'Go You'd Like to Sew'.

A. Objectives were:

- (1) To develop leadership talents and to work toward satisfying the broad objectives of character and effective leadership.
- (2) To acquire the skills and knowledge necessary to plan, select, construct, assemble, and care for suitable clothing for man, school and social events.
- (3) To learn the basic sewing methods included in the project
- (4) To develop initiative and imagination that will enable them to use to the best advantage all available clothing material.
- (5) To dress appropriately, becomingly, and beautiful in keeping with a well planned family clothing budget
- (6) To become aware of the economy of thoughtful planning, buying, and care of clothing.

(b) The methods used were:

1. The program was carried out as planned
2. Monthly meetings were held in the schools - demonstrations and information were given
3. Club members participated in discussions, demonstrations, and contests
4. 4-H work was publicized
5. Members were helped in record keeping
6. News articles were prepared for 4-H newspaper
7. Recognition was given for work well done

(c) Results

The project was taken by 401 boys and girls with 333 completing. Four medals were awarded at the achievement program.

2. Meal Preparation

The Brodax, Meherrin, Ebony, and Senior 4-H members took the meal preparation project. The work also included the bread project and food preservation.

(a) The objectives outlined in carrying out this project were:

1. To develop citizenship, leadership, and help achieve the broad objectives of character and effective leadership
2. To develop skill in the preparation of food, in the planning, and serving of meals
3. To gain an understanding of the preparation and combination of wholesome foods and of the selection of an adequate diet
4. To acquire an understanding of the signs of good health and food needs of the different age groups
5. To develop desirable food habits
6. To learn how to prepare different kinds of foods different ways
7. To keep accurate records

(b) The procedures used were:

1. Monthly demonstrations were given by members assisted by agent or leaders
2. Club members were helped to develop skills through demonstrating
3. Each member gave one demonstration or more
4. Members were helped to keep accurate records
5. The necessary information was given for the project
6. Visits were made to assist members with the project
7. Members achievements were publicized in the 4-H and local newspapers
8. Contests were held in the clubs with ribbons awarded

(c) Results

Thirty members took and completed the project.

III. County Extension Program - Youth

A. Youth

- (1) A permanent youth committee does not function but leaders are called together where there are major problems on which to work.
- (2) County 4-H Council
The county 4-H Council was made up of officers of the county 4-H clubs, interested parents and leaders, and Extension personnel. The agents worked closely with the 4-H council in working out the major goals which were National 4-H Club Week, 4-H Shows the Fun, Seven County Parades, Rural Life Sunday, 4-H Achievement Program, Planning programs and project work.
- (3) All Stars
The All Stars are not worked with as an organized group but serve in other capacities when called upon such as Junior Leaders, Judges, and to help stimulate interest among the 4-H members.
- (4) Honor Club
The honor club is made up of 27 members and leaders. The agents assisted members in carrying out their goals and objectives which were to participate in the major events such as National 4-H Club Week activities, Seven County Talent program, Float parades, 4-H Newspaper, take educational tour and to work on completion of records.
- (5) Out-of-school 4-H project clubs have been organized with local leaders and sponsored by home demonstration clubs.

B. 4-H Project work

- The school project was planned by the 4-H Council. The out-of-school projects were planned by the members of the territorial clubs. The agent assisted with both methods.
- (1) Safety (in school project)
The objectives planned for this project were (1) To learn that accidents and injuries on the farm, in the home, and in the community can be reduced (2) how to recognize hazards and how to correct them (3) to practice safety on the farm, in the home, and in the community. (2). To stimulate the entire family to become safety conscious. (3) To appreciate and understand that safety work leads toward the basic objectives of 4-H club work. (4) To become better citizens of communities and the nation through participation in a cooperative program that helps others. (5) To provide a way for youth to have an important part in the whole safety movement of the nation.

One family receiving assistance began with setting goals, planning and analyzing resources. These were young homemakers. Assistance was given them in building a home, ideas on construction, lighting, selection of appliances, color planning, furniture refinishing and selection, furniture arrangement, kitchen arrangement, floor care, selection of window curtains, equipping kitchen and landscaping. Additional help has been asked on landscaping and planning and preparing meals; also money, time and energy management.

The home has been constructed and good principles were followed on the above topics. This method was very successful in helping with a new home.

second place. More individual exhibits were made.

(d) One event that seemed to give interesting results was a tour to a TV Studio and museums. More of this type of program should be included for educational purposes.

(e) Several home demonstration leaders assisted with judging at 4-H demonstrations which added much to the program.

Other activities carried out were District II meeting, Institute of Rural Affairs, and county yearbook.

D. Procedures for developing and carrying out programs with urban families in the county.

- (1) Agent has attempted to interest non members in urban areas to be guests of various club activities and has invited urban people to special meetings.
- (2) Gave talks and discussion to other organized groups and clubs.
- (3) Sent information and material to urban people
- (4) Answer requests and calls, made home visits to help with problems
- (5) Place urban people on mailing list for information
- (6) Tried to put across by means of radio that the Extension program was for everyone in the county who could use the information.

E. Farm and Home Development

The home demonstration agent has been attempting to improve work on farm and home management. Up to this point work has been done on the home side with the women, with the county agricultural agent doing work with the men. The home demonstration agent has worked with different families than the agricultural agent.

Ten families or homemakers have been worked with on various problems. Work has been done on these subjects; yard improvement, house furnishings, time and energy management, home water systems, housing kitchens, analyzing resources and goals.

Most of these will continue to receive assistance, the amount and frequency differing this next year.

C. Other Activities

(1) Home demonstration community projects. One of the main programs the home demonstration clubs have worked on which contributes to the overall program is beautifying their homes and community. Many of the clubs have taken the leadership in bringing about more awareness of this problem and definite results can be observed.

Another community project is providing recreation for the family. Several of the clubs are doing fine work in promoting healthful and wholesome recreation for young and old.

The home demonstration clubs have always been active in giving to cancer, polio, hospitals, and assisting with various drives. This past year home demonstration clubs have been active in assisting with organized leaf clubs and other leaf activities. Volunteer workers assisted with a mass TB X-ray for the county.

(2) County home demonstration objectives were to work on National Home Demonstration Week, Achievement Day, Fairs, and Institute of Rural Affairs.

(a) Plans for National Home Demonstration Week were worked out by the committee. The home agent always encourages activities during this week to: (1) bring about greater interest in home demonstration work, (2) stimulate more active participation, (3) to increase club membership (4) publicize home demonstration activities, (5) help club members all over the county work together (6) increase pride in club accomplishments, (7) members accept more responsibility for their club work.

Activities for that week included a window display, news article on what is home demonstration work, an open house, and teas by the various clubs to increase membership to tell others of the club work.

(b) The achievement program was planned by the committee for this year. Approximately 95 club members and guests were present.

Reports of the clubs were printed and put in the program. Several stated that they liked this method as it could be used as resource material to refer to later. The soil conservationist gave a talk on the responsibilities of the homemaker. Reading certificates were given to 76 members. Pins for the year were awarded to 13 members and the club trophy was given to the winning club.

(c) Fairs

The clubs took a more active part in fair participation this year. A committee planned the county booth for one fair on "Color Planting for the Home" winning fourth place. Two booths were placed in another fair on table setting and low calorie food winning a third and a

4. Results obtained as observed by changes brought about by members as related to the objectives and goals when the program was planned.

From 76 reports, 98 windows were curtained, 34 selected materials by suggestions given and 24 floors were refinished.

As a result of the House Furnishings demonstration, this was reported by 76 members - 83 rooms were painted, 10 houses were painted, 34 painted outdoor furniture. Color schemes were planned for 13 living rooms, 9 dining rooms, 13 bedrooms, and 14 other rooms and basements.

(1) Members seem to be more aware of the many kinds of paints that can be used and according to those I have observed are attempting to use the correct paint for the correct job.

(2) Much more work has been done on color planning as the agent has been asked many times to assist with color planning in older homes and new homes. It was felt this program was very helpful in avoiding future mistakes in planning color schemes.

(3) With the color planning goes window treatment. This too was felt to be helpful. Two points which were put across were correct hanging and the materials that could be used for easiest care.

(4) Members were very appreciative of the information on care of floors. The material was very useful and readily understood. They not only learned the importance of using the right product for the job but also the correct way to do the job to conserve energy as related to correct management in house cleaning. Members stated these programs in house furnishings have been more informative and worthwhile.

2. House Furnishings

The subject of house furnishings was planned in the club program by club members because the members felt they had these problems and needed up to date information on kinds of paint and equipment to use for painting since new people were trying to beautify their homes inside and out and many changes had taken place in paints.

(2) Needed to know how to match colors in rugs, walls and draperies since there were many more colors to choose from and styles and ideas had changed over the years; also more people are doing home decorating.

(3) Needed to know new materials in window treatment, because of the new style windows and the many materials that could be used and in order to redo old windows.

(4) Because of the great variety of materials being used for floors it was felt that information should be given on how to care for the different kinds of floors and the equipment to use in doing so.

Training meetings were held on these topics and members were expected to learn these things.

2. The objectives in helping people to solve their problems or receive information on problems were:

- (1) To help members learn the kinds of paint and equipment to use for various painting jobs
- (2) To help members to learn how to match colors in walls, rugs, and draperies, also to give individual help
- (3) To learn the kinds of materials that could be used, how to hang draperies, drapeery and curtain hardware to use and the styles of curthain and draps for the style of window.
- (4) To learn the proper treatment to give various floors and the equipment to use.

3. The work was carried out by training meetings being held on these topics and by those personnel; Extension House Furnishings Specialist gave training on "Window Treatment and Color Schemes"; Extension Housing Specialist on "Paints and Painting Equipment"; and Extension Home Management Specialist on "Care of Floors". Radio and news reports were also used as a means of giving information. The home agent has made home visits on color planning, furniture selection, lighting and other house furnishings problems as requested.

Local businesses have been very cooperative in loaning equipment and supplies for training purposes and allowing us to use their stores for field trips.

A fair booth was made on planning color schemes in the home. Materials are sent on request.

These methods have proved to be most successful by evidence of interest displayed on the subjects covered.

- (2) Women have learned correct table setting and have taught the younger members to set the table correctly for the meals.
 - (3) Salads have been a favorite for meal times and have been given a good response. They are becoming more and more a necessity at meal times. Number of frozen and compressed salads prepared as reported by 76 members was 664. New salads prepared were 125; the total enrollment being 250.
 - (4) A fair display was made on the subject of low calorie foods. Many members are realizing the need of using low calorie foods and the necessity for making sure the diet is balanced. Out of the 76 reporting - 52 have tried to cut down their calorie intake, 88 low calorie meals were planned and prepared and 28 planned special diets for the family.
 - (5) The most interesting result of the "Use of Milk and Milk Products" was giving information on the many ways cheese and other products can be used. The demonstration created much interest. Parts of the county being engaged in dairying could make use of the information on making cream and cottage cheese and several homemakers expressed the desire to make their own cheese as the Flavor was much better. As a result of the demonstration 31 reported increased consumption of milk, 28 planned family milk consumption and 112 dishes were prepared with cheese.
- Several foods programs are planned for the coming year. They are always enthusiastically received and enjoyed by the women.
- The results of the newsletter have been very good as the women have been trying many of the suggestions given on food topics.

Objectives the people were to learn were:

- (1) To enable club members and others to learn how to plan and prepare oven meals so as to take less time and energy
- (2) To help members learn correct procedures in table service and setting that would make for more pleasant meals
- (3) To give help to each club on new ways to prepare frozen and canned salads for good nutrition
- (4) to help each member plan and learn how to prepare a meal of low calories for better health
- (5) To learn how to include more milk and milk products in the diet

3. The work was carried out by these means:

Training meetings were selected as one means. These were held on the food and nutrition topics listed above. Local leaders selected by the clubs were to take back to club members and non club members the information received. Those assisting with the training were the WFOO home economist, extension food and nutrition specialist and extension dairy specialist. The home agent gave the demonstration and training on one of the topics.

Discussions were held at the training meetings, some meetings gave active participation, written material was given as a reference and question and answer sessions were also held. The news letter and radio have been other means of communication. Materials are always sent on request.

These methods have proved to be the most effective in putting across problems concerned with food and nutrition. The constant interest is shown by the members attending, the total of four training meetings being 64 leaders attending.

4. Results obtained as observed by changes brought about in members as related to the objectives and goals than the program was planned.

Women have (1) improved their family living by learning how to use their own for cooking whole meals thereby saving time and money and having more nutritious meals since many of them work outside the home and need to prepare food quickly. Several women have stated their families enjoy food prepared this way more. As a result of the demonstration on oven meals 136 meals were reported prepared.

4. The Food and Nutrition committees should be more active this year.

The next step will be general interest and home economics council.

5. County Home Demonstration Club Committee

This committee had two major meetings during the year; one to plan the coming year's program and one to plan the annual achievement day. Special meetings were also called to discuss timely matters and special events. This committee is made up of presidents and program chairman of the clubs and also the county officers.

To plan the years program, a training meeting was held to give timely information so that the club members would be up to date on the trends. The program development leaders of each club met with their members to discuss the trends and to get suggestions for the program. A sheet was given out for the suggestions. The program planning meeting was then held to complete the program.

Action was taken by the committee on the following activities: National Home Demonstration Week, Home Demonstration Achievement Day, District Home Demonstration Federation meetings, County Home Demonstration Yearbook, Institute of Rural Affairs, and planning of the year's program. A special committee also worked on fair exhibits. Better club participation was observed.

B. Subject Matter and Special Emphasis Areas

1. Food and Nutrition

The subject of food and nutrition was planned in the club program by club members because the members felt (1) they needed to know new and better methods of planning, preparing and serving meals for their families (2) that obesity is our number one nutritional problem and the homemaker needs to be aware of this in planning her meals (3) that most families are not using enough milk and milk products in their diet and ways of including these foods need to be studied and put into practice (4) that the homemaker is always concerned with the big problem of feeding the family every day.

The following activities were held in trying to meet the problems of the people as stated above:

Club programs were held on these topics: "Cooking an Oven Meal", "Table Services", "Frozen and Compacted Salads", "How to Plan a Meal of Low Calories", and "Uses of Milk and Milk Products". Other ways of trying to meet these problems were by using the monthly newsletter on these subjects.

Several home economics committees have functioned in carrying out the home economics program.

1. One committee was on lighting. The following was accomplished: Club members improved their home lighting, purchased or made recommended lamps, new articles were prepared, demonstrations and talks were given, members reported on work done, agent worked with local power suppliers and made house calls to give recommendations on lighting. Agent made radio talks. Plans are underway to hold open house where these families have completed their lighting purchases. Six homes are expected to be used for tours, and are being worked on now. Homeletters are sent each month to homeowners and included in the information are articles on lighting. Ki Johnn lighting is being stressed.

2. The home grounds committee has been carrying this program from year to year and continued this past year to emphasize correct landscaping.

Agent has worked to publicize home grounds improvements on radio and in the newspaper, assisted with houses and club house landscaping problems. The beautification of driveways and walkways was stressed. This will be carried over to the following year as this is a long time goal. Agent has given talks to garden clubs and other organizations.

3. Rural Arts

This committee has been formed to carry out these objectives:

- (1) To explain what is art
- (2) To help families appreciate art
- (3) To apply art to our daily living

Some of the activities that were carried out were: Organization of a rug club for hooking and braiding rugs, a planned educational trip to a museum, leather craft and toy making as well as flower arranging and holiday decorations were done by various clubs.

A special county wide tea was held for Christmas. A study of what is art was made and also a study of the madonnas.

Centrepieces were prepared for everyday living. Crafts were completed. Other activities included identification of birds and wild flowers with bird feeders being made for the winter time. Another activity included a study of famous reproductions.

These activities were designated to meet the needs of leisure time activities which could be worthwhile and contribute to the education of the individual as well as give a sense of accomplishment.

I. County Situation

Brunswick County is on the southeast of Virginia bordered by the North Carolina line, Mecklenburg County, Greensville County, and Dinwiddie County. Lawrenceville is the county seat. There are 579 square miles in Brunswick County. According to the 1954 Census of Agriculture there are 2650 farms in the county, the average size farm being 93.5 acres. Of this 2650 farms, 1258 are operated by white operators and 1392 by non whites. Of this total 1079 are fully owned by the operator and 2188 reside on the farm they operate. There is 39.8 per cent of tenancy. Alberta, Brodnax, and Lawrenceville are the only small towns in the county.

Farming is the chief occupation. Tobacco is the chief source of income with other income being derived from the sale of other field crops, livestock, poultry products and forest products. Industry included is a furniture factory, shirt factory, lumber mill, and a brick factory. A shoe factory has planned to locate near Lawrenceville which should provide more jobs. The county is working on including more industry for the people realizing that the opportunities are few for young people. The county has been losing what we population due to this fact. Colored population has been increasing.

In many facilities the homeadear supplements the income by being employed in industry in Lawrenceville and in Roanoke Rapids, North Carolina. It is felt definitely more women are taking jobs away from homes. In club work more groups are meeting at night and it is more difficult to schedule programs they can attend.

A noticeable increase has been in evidence in relation to equipment and other facilities. The 1954 census shows 301 farms have telephones over the 78 in 1950, 2112 farms in 1954 have electricity, 560 have a TV set, 537 have a freezer, only 856 have piped running water, and 1954 have an automobile. The needs of the people when the program was planned include a need for central heating and water systems. There is still a need for better lighting in many homes.

Improvement is needed in telephone service. Long distance calls are necessary over parts of the county and several sections of the county still lack telephone service. Many phones have been installed.

II. County Extension Program - Adult

A. Organization

The County Agricultural Extension Service Board, Home Economics Council, and general interest committees have not functioned in developing the county home economics Extension program.

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ANNUAL NARRATIVE REPORT
MISS MARTHA R. HEDGECOCK
HOME DEMONSTRATION AGENT

1

ANNUAL NARRATIVE REPORT

COUNTY EXTENSION WORK

Virginia Agricultural Extension Service

Martha R. Hester

Name

Home Demonstration

Title

Agent

Assistant Agent

Assistant Agent

Assistant Agent



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Brunswick
County