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Involving members in making plans for the 4-H program helps to keep them interested and in completing projects and in having excellent 4-H club meetings.

This is a challenge to the extension staff, and I hope that it can be adequately met.

In order to supplement the depleted farm income, probably a market can be developed for craft articles. It is necessary to have additional income on small farms where large families have children to feed, clothe and educate. There is more opportunity for women to secure outside work in the county than for men.

Younger women with small children will be encouraged to attend meetings, and probably a good system of baby sitting can be developed.

Problem 2 - Meeting This Problem.

The lack of efficient leadership for youth.

Potential leaders are present, if they can be located and interested in serving as 4-H leaders.

Parents of 4-H members and home demonstration club members are good prospective sources of leaders. In former years, these sources have supplied the most successful leaders.

The leaders now serving will be encouraged to attend leaders conferences and training and planning meetings.

Recognition of leaders will encourage leaders.

Problem 3 - The competition for time in youth work.

Young people in high school have many activities in connection with school, church and social phases. In order to meet this, the 4-H program will have to be of such interest that they will plan time for the meetings and project work.

Summer project work concentration will help meet this difficulty in cases of some of the older girls. However, many of these are getting summer work which requires more of their time.

The selection of projects which are intensely interesting to the members, encouraging good participation of adult leaders, junior leaders, and club members, excellent training of leaders, preparation of meaningful illustrative materials will help to hold older members.

Contest competition and participation in special events such as camps and short courses will also assist in meeting this problem and of stimulating interest.

A tour to Richmond has been suggested for 1958. A tour committee will make final plans for the tour of the year.

A trip to the Beltsville, Maryland research laboratory will be made when convenient arrangements can be made.

Week end and short vacation trips are a source of joy and inspiration during the year.

XI. Cooperative Plans By Extension Agents Toward A Unified Program

The entire extension staff plans for the 4-H club program. This unified planning is done by means of staff conferences, council meetings and planning with leaders. County activities such as the annual achievement program are planned and developed in a cooperative manner.

Cooperation has been present in farm and home development work in the county.

In special interest meetings, agents work together to make them successful.

The safety phase has been developed and the assistant agent has given excellent Christmas safety talks at the December 4-H meetings. Other safety work will be done in a concerted effort. A state trooper made a safety talk at a January 4-H meeting. A discussion and question and answer session followed the talk.

XII. Problems Met In The Extension Program And Plans For Meeting The Problems.

Problem 1

The ever increasing number of women working away from home.

Problem 2

The lack of efficient leadership for youth.

Problem 3

The competition for time in youth work.

Plans for Meeting Each Problem

The large number of women working away from home influence the attendance at club meetings, the availability of efficient leadership. Members who attend the club meetings will be encouraged to pass along materials to the workers. In industry, recipes and time saving ideas are distributed by means of pay envelopes.

B. Reading Professional Books and Other Publications

A variety of excellent books are available from the extension library, the bookmobile and from other public and private libraries. Magazines to be received for professional and personal reading are "What's New In Home Economics", "Forecast", "Readers Digest", "Journal of Home Economics", "Farm Journal", "Southern Planter", "Progressive Farmer", "Guideposts", and "The American Home."

C. Membership In Professional Organizations

The agent is affiliated with the following organizations:

District Home Demonstration Agents Association
State Home Demonstration Agents Association
National Home Demonstration Agents Association
State and District Home Economics Association
Page County Senior Woman's Club
Kappa Delta Pi

The participation in the activities of the organizations is of an educational nature and improves one professionally.

D. Participation In Programs and Workshops Planned By Other Organizations

The local fire company is in the process of training instructors for a first aid course. Home demonstration members and others may take the class, beginning early in February, 1958.

Power suppliers and stores arrange for educational meetings and demonstrations; as time permits, these are attended.

Business firms present educational exhibits and demonstrations at the agricultural fair.

Local contractors have open houses to display modern new homes constructed by them.

E. Planned Educational Trips

Very popular features of the Extension years have been the Autumn tours. To date these have included local housing tours, bus trips to Woodrow Wilson Rehabilitation Center, Fishersville, Va., Swananoa, near Waynesboro, Va.; Mount Vernon and Woodlawn, near Washington, D.C. and Monticello and Ash Lawn near Charlottesville, Va.

or February. The check sheets will have a place to check plans to be accomplished. They will have another column for recording actual accomplishment of plans. These accomplishments will be checked by individuals in the Fall. The goals in the spring. County goals are set up at the annual planning meeting. These are checked at the spring planning meeting for progress and sometimes later to see how progress is being made.

The plan of work, carefully made will indicate plans for progress and will be of great assistance at annual reporting time. A well planned program assists greatly in evaluating the success of the years program.

Records of training meeting, meetings held by leaders and results of the meetings gives some indication of progress.

Each year members are asked to complete a progress report of activities of the year. The progress reported is indicative of the effectiveness of extension teaching.

X. Plans For Professional Improvement

A. Organized Study

1. Schools

The agent is not planning to attend formal school during 1958.

2. Short Courses

A short course on "Communications" will be attended during the week of January 13, 1958. This will be conducted by the State and District Extension staff in Luray, Va. Another training meeting on training program development leaders will be attended on January 14, 1958.

The quarterly meetings planned by district agents are frequently training meetings on important phases of extension work. These are interesting and instructive and will be attended.

Training will be received at the state and district federation meetings at the Institute of Rural Affairs.

The well planned agents conferences held annually are wonderful sources of information and inspiration. A district workshop will be held and if possible, the agent plans to participate in this event.

Home visits help promote good public relations. In certain plants information and timely recipes are passed along to the workers in their pay envelopes.

The public is invited to attend and participate in special interest meetings, achievement programs, tours and other extension activities.

Leaders assist in making home visits, in passing along information to non club members, and in trying to interest people in having club groups in unorganized communities.

C. Elected Representatives

Home visits are made to homes of the supervisors on occasions. A summary of the years activities is presented each year at the December meeting of the Board of Supervisors. Usually, parts of the summary are published in the local newspaper.

The Board members are informed of extension activities by means of newspaper articles, magazine articles and radio.

Members and their families are invited to attend and participate in achievement programs, picnics, tours and other special programs.

D. Commercial Interests

A well equipped kitchen is made available at the power company kitchen. Stores loan clothing for demonstrations. Other stores stock materials needed for demonstrations. They also secure bulletins, samples and other equipment needed for demonstrations. The extension workers in turn try to keep the meeting rooms in good condition and to take good care of articles loaned.

E. Other Professional Workers

State troopers and teachers have cooperated by making talks and by providing time and meeting places for the various meetings. The regular 4-H club meetings are held in five county schools. Agents try to be on time in order not to disrupt the school program.

IX. Plans For Recording Progress And Evaluating Programs As Planned For 1958.

Committees will meet, set up goals and means of accomplishing the goals. They will check later to determine whether or not the plans were completed.

Check sheets in health and safety and in home and community beautification will be arranged by the program of work planning committee. This committee will likely meet late in January

5. Power Suppliers

The Power Company supplies a meeting place for numerous meetings such as leader training, special interest and other meetings.

The former home economist helped to give training to leaders, lighting demonstrations and other assistance as requested. At present, there is no one to replace the home economist who retired in September. She will be greatly missed in assisting with the lighting program.

6. SCS, ASC, and PHA

These agencies help in planning activities of the year. They attend certain planning meetings, and extension people attend and participate in some of their meetings.

The cooperation and good relationships among the workers make working with each other a pleasure and it assists in promoting a strong educational program in the county.

VIII. Plans For Promoting Good Public Relations In The County With:

- A. Co-Workers
- B. General Public
- C. Elected Representatives
- D. Commercial Interests
- E. Other Professional Workers

A. Co-Workers

Cooperative planning is practiced for promoting the extension program in the county. Special events such as achievement programs, camps, fairs and others are carefully planned together.

Safety work is being done cooperatively. Farm and home development work has been done in a cooperative manner. Cooperation in planning events, accomplishing them, in making reports at the close of the year develops excellent working relationships among workers.

B. General Public

News articles are published in the county paper and in a neighboring daily paper which has good circulation in the county. At times, magazine articles with pictures are published. Radio programs of general interest serve to interest and inform the public.

1. Health Department
2. Educational Association
3. Local Hospital
4. Fair Association
5. Power Suppliers
6. SCS, ASC, and FRA

1. Health Department

The health department helps to promote the Health program of work. They give talks at meetings, get educational materials for health leaders and they assist in other ways as requested.

The home demonstration women assist with drives and clinics, they supply articles needed by certain poor families and they help to interest people in the importance of chest x-rays and other services of the health department. Ornaments were made for the community T.B. Christmas tree in December.

2. Educational Association

The members of the Educational Association give excellent cooperation to the extension service. They provide time, places and sponsors for meetings such as 4-H and achievement program.

In spite of crowded conditions in school, teachers cooperate in finding space for meetings.

Certain teachers serve as sponsors. Agents try to cooperate by having worthwhile meetings and by being on time for meetings.

3. Local Hospital

A new hospital is in the process of being built.

Clubs contribute to the hospital drives, they mend linens for the hospital and make supplies also as needed.

Members serve foods in the hospital booth to make money for the support of the hospital fund.

4. Fair Association

The home demonstration county chairman served as the secretary to the fair association in 1957 and is continuing in 1958. Many leaders also serve in promoting the fair.

A site has been investigated and probably purchased for the fair grounds. 4-H leaders and members serve in the junior department at the fair. Judges are secured with the assistance of the Extension Service.

Project leaders will be trained by agent and specialists. Demonstrations will be given by agent and junior and adult leaders. Younger members will be assisted in giving demonstrations.

Training will be given by agent and leaders for contest participation.

The project planning meetings also serve as a source of training for adult and junior leaders. The work of the leaders in this endeavor has a great deal of influence on the success of the program of the year.

4-H leaders will give assistance in:

1. Planning Programs
2. Conducting meetings and training members to do this.
3. Giving demonstrations
4. County events such as camp, council meetings, picnics, achievement and fair
5. Better training and participation in contests
6. Having more interesting meetings with better participation and well planned programs
7. In conducting an over-all program that will reach and assist more members and their families.

E. Young Men and Young Women's Clubs	<u>No. in 1957</u>	<u>Goal 1958</u>
Number club officers	2	2
Number adult leaders or sponsors	4	6

Plans for training and using leaders in promoting young men and women's club program in 1958.

Leaders will be trained by the agent and by past officers. Junior leaders will be given by adult leaders and agent. They will be able to give greater assistance if they are adequately trained.

Young women serve as officers and as project leaders in home demonstration clubs. They have been described in an earlier section.

If driver education is given, state troopers and high school driver instructor will give assistance in training and using leaders. These leaders may serve to train others to drive.

VII. Plans for Work With Other Agencies

A list of agencies includes:

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	<u>No. in 1957</u>	<u>Goal 1958</u>
C. Over-all Youth Leaders (Organization leaders for county youth council)	5	5
D. 4-H Club	<u>No. in 1957</u>	<u>Goal 1958</u>
Number 4-H club officers	55	55
Number adult project leaders	14	12
Number junior project leaders	12	14
Number result demonstrators	2	4
No. meetings at which leaders were trained by specialist	1	3
No. meetings at which leaders were trained by district agent	0	1
No. meetings at which leaders were trained by agent	6	10
No. meetings at which leaders were trained by personnel in 4-H Dept.		1
No. meetings at which leaders were trained by others	1	1
Attendance at leader training meetings	55	75
No. 4-H leaders trained individually	10	8
No. club meetings held by leaders without agent present	6	12
No. club meetings at which leaders assisted	38	40
No. demonstrations given by adult leaders	25	30
No. demonstrations given by junior leaders	35	40

Plans for training and using all types of 4-H leaders in carrying out the 1958 program.

Agents and former officers will assist in training the organizational leaders in 4-H clubs. Books of instructions will be given to them for study. Procedures will be discussed with them and individual help will be given as needed.

Home Demonstration Club Leadership No. in 1957 Goal 1958

Number meetings at which leaders were trained by district agents .	2	2
Number meetings at which leaders were trained by agent -----	4	8
Attendance at training meetings-----	102	125
No. club meetings held by leaders without agent present -----	21	40
No. club mtgs. in which leaders asst.---	80	85
Total number demonstrations given by leaders -----	75	100
No. talks or discussions by leaders---	195	225

Plans for training and using all types of leaders in carrying out the 1958 program.

Leaders have attended a district meeting on improving home grounds in Front Royal in November, 1957.

Instructions for conducting meetings will be given to leaders in the form of handbooks. Individual assistance in this will be given as needed.

Leaders will conduct meetings, keep records of meetings, lead discussions, give demonstrations and give the program publicity by means of writing news articles, by appearing in radio programs, and by means of conversation with neighbors.

Leaders will assist in planning all phases of the extension program. The program development leaders will take the leadership in this, and will be supported by other leaders and members. P.D. leaders will be given special training in the spring, 1958.

Subject matter leaders will be trained by agent, specialists and others for their work of leading discussions, giving demonstrations and presenting other means of training.

Good attendance at District Federation meeting assist in bringing back numerous good ideas presented from other counties.

Excellent training is received at the State Federation meeting, by means of workshops and talks.

In February, 1958 the program of work chairmen will meet to make detailed plans for 1958 work and also plan how to accomplish the goals. Check sheeps give good assistance in measuring progress.

V. Scope of Work

A. Organization	<u>No. in 1957</u>	<u>Goal 1958</u>
Number of home demonstration clubs	16	17
Membership	300	315
Number of 4-H clubs	11	11
Membership	255	265
Number of young men and women's clubs	1	1
Membership	20	20
Number community improvement clubs		
Membership		
Number home economics committees	3	3
Number general interest committees	1	1
Number youth committees		1
Number other organizations		
Number farm and home development families	4	8

VI. Plan for Leadership

	<u>No. in 1957</u>	<u>Goal 1958</u>
A. Over-all Program Leaders (Organization leaders for county extension service board)	10	10
B. Home Demonstration Club Leadership	<u>No. in 1957</u>	<u>Goal 1958</u>
Number organizational leaders	70	75
Number project leaders (subject matter)	84	84
No. Federation program of work chair- men	28	28
Number program development leaders	14	15
Number result demonstrators	16	16
Number meetings at which leaders were trained by specialists	2	4

8. Club Parties and Recreation

A Christmas party is usually planned in the senior clubs. These are pleasant events. Sometimes, club meals are served to the combined clubs.

Refreshments are served at the special project meetings.

9. 4-H Planning Committee

The annual tentative project program is set up by this committee. In addition to the selection of projects, they plan for activities to be engaged in in accomplishing the projects.

Usually two planning meetings are held - one to plan for school projects and one to plan for summer project activities.

10. Conferences with Leaders

The leaders are quite helpful in making suggestions for improving the entire 4-H program. The conferences are valuable in helping to carry on a program that is interesting and useful.

D. Young Men and Young Women's Work

If there are requests for driver education groups or weight reduction groups, these will be arranged during 1958. The driver training groups have to cooperate with the troopers in selecting times suitable for the training meetings.

Young women are being reached through the home demonstration groups. Numerous young women have recently joined the groups. The agent makes talks and presents demonstrations as requested by various youth groups.

Young women assist in giving demonstrations in 4-H and home demonstration meetings; they serve as adult 4- H leaders. They assist in promoting the agricultural fair; they assist at 4-H camp; they attend tours, assist in drives and make other leadership contributions in promoting the educational program of extension in Page County.

Three young women attended and participated in the 4-H Leaders Conference, Natural Bridge, 1957. If a similar conference is held in 1958, leaders will be encouraged to attend.

3. County Picnics

For this pleasant event the council makes plans. Swimming, baseball and other games are engaged in. These events are engaged in earlier in the afternoon before the picnic supper. Members, parents, and friends attend and enjoy this annual affair together.

4. Contests

Area and district events are engaged in by county contest winners.

The county awards of medals for outstanding work are awarded at the county achievement program.

Participation is planned for the district contests to be held early in 1958.

Record contests will be entered in April, 1958.

5. County Agricultural Fair

A float is usually prepared to take part in the fair parade.

The council usually plans to set up an educational exhibit at the fair.

Members and leaders assist in the youth division at the fair. Members are urged to make exhibits during fair week.

6. Council Meetings

The county 4-H council plans for events of county-wide interest. Some of these are achievement program, 4-H picnic and participation in the fair. Those included in the council are 4-H adult leaders, council officers and all 4-H club officers. Goals are established by the council group.

7. Special Project Meetings

Special project meetings are held in order that agent and leaders may have more time for project instruction and training.

These special meetings will likely be held in connection with the foods and clothing projects in 1958.

C. 4-H Activities

A list of planned activities to assist in carrying out the 1958 program is given below:

1. 4-H achievement Program
2. District 4-H Camp
3. County Picnic
4. Contests
5. County Agricultural Fair
6. Council Meetings
7. Special project Meetings
8. Club Parties and Recreational Activities
9. 4-H Planning Committee
10. Conferences With Leaders

1. 4-H Achievement Program

The county council plans the 4-H achievement program in detail. They plan program content, the program folder, time, place, preparation of auditorium, ushers, decorations, etc. The careful planning results in a smooth running program without rehearsal.

The county awards are presented to members and leaders and the attendance bespeaks the interest in this phase.

2. District 4-H Camp

Leaders, agents and members cooperate in conducting an interesting and instructive camp program.

The camp site is Powells Fort Valley in Shenandoah County. Usually three counties camp together; thus enabling members and leaders to become acquainted with neighboring members from other counties.

The club program usually includes classes in crafts, swimming, nature study and camp cookery or similar subjects. Other activities are vesper services, pow-wow, sports, hikes, folk games and dancing.

Safety talks are included certain years by state troopers.

The camp staff usually includes agents, leaders, specialists from V.P.I., registered nurse, lifeguard and excellent cooks.

The camp week is a highlight of the year for many boys and girls.

The aim in presenting the foods training will be to develop skills in planning, preparing and serving nutritious meals to the family members in various age groups and of different activities.

Training in freezing and canning foods will be given in order to preserve foods high in quality and nutritive value.

Bread baking skills will be developed in making quick breads and yeast breads. The making of excellent cookies, cakes and pastries will be practiced.

Training will be given leaders and junior leaders by agent and by specialists. Demonstrations will be given by agent, leaders and members on the various phases of bread making.

3. Safety Work

Group safety training has been presented prior to the Christmas holidays. The selection, care and safety practices with regard to Christmas trees and fire works were stressed.

State Troopers will give training to the groups on highway safety.

If the committee thinks it advisable, more training will be given in the schools on bicycle safety.

Safety demonstrations by members will be presented.

4. Home Improvement

Better lighting of homes will be stressed; care, arrangement and improvement of rooms will be considered in the home improvement projects.

Lawn care and improvement will be considered. Leaders and agent will give talks and demonstrations to assist in this training.

5. Public Speaking

Assistance will be given to members taking public speaking. They will be helped in selecting topics, in arranging subject matter and in getting practice in presentation. The teachers in school are quite cooperative in helping members prepare for contests in public speaking.

B. 4-H Project Work

1958 projects will include:

1. Clothing Work
2. Foods Work
3. Safety Work
4. Home Improvement
5. Public Speaking

Objectives and procedures planned to use in carrying out each project:

1. Clothing Work

The clothing work includes construction work for beginners and for more advanced members. It also includes personal appearance or "Looking Your Best."

The objectives in the clothing projects are to give training that will enable the girls to select suitable materials for garments of appropriate colors, to select styles in patterns and materials which harmonize, to construct attractive and useful garments at reasonable cost, and to care for materials of various fabrics and weaves. The fitting of patterns to the individual figures will be stressed. Placing patterns, cutting material to good advantage and practice in using pattern guide and equipment will be given.

Personal grooming will be given emphasis. The effect of hair, posture, diet, clothing and skin care will be considered as contributing factors in making a well groomed person.

Training will be presented to junior and adult leaders who in turn will train club members at the 4-H club meetings.

Leaders, junior and adult and the agent will give demonstrations at the project meetings.

In order to have successful clothing projects, special project work meetings will be planned and conducted. Meetings of this kind improved the quality of work during 1957; therefore, they will be continued in 1958.

In the personal grooming and garment construction work, members are benefitted by making scrap books carrying samples and illustrations of work accomplished.

2. Foods Work

This will include food preparation, bread making, canning and freezing foods.

each 4-H club in the county and 4-H adult leaders. This organization will strengthen the extension program by planning for county events such as county goals, county picnics, county fair participation, county achievement program and 4-H year book if they decide to have one in 1958. This group meets about 3 or 4 times each year or more often if the need arises. The sound planning of this group reflected in one of the best achievement programs ever to be held.

2. County Youth Committees

The Committees that serve youth are the committee for the juniors at the fair. 4-H leaders, junior leaders and other interested people serve on this committee.

The all stars are not organized but they assist in selection of all star candidates and they are willing to serve in any way possible.

3. Honor Club

The 4-H honor club is inactive at present. Since there are numerous meetings and activities for high school boys and girls, the attendance was very poor at the honor club meetings. Efforts are being made to have more interesting and successful regular club meetings, rather than having additional meetings.

4. Project Planning Committee

This committee has as its members 4-H adult leaders, junior leaders and representatives from the various clubs.

Major projects for the year are selected by this group. They plan activities to be engaged in in accomplishing and completion of the selected projects.

Usually two meetings are held for planning of details of summer project work and of the in school projects.

The 4-H project program has definitely been more successful since the project planning committee has been in action.

5. The 4-H leaders are not organized although some are active in their support and assistance extended to the youth program. Three adult leaders attended the leaders conference held at Natural Bridge in November. The inspiration and assistance gained there will surely reflect in the future 4-H programs. Recognition of leader assistance was made at 4-H achievement program. Awards in the form of certificates and clover pins are presented. These are appreciated a great deal.

The plan includes the securing of an electric stove to be placed conveniently. The entire family is delighted that the improvements are becoming a reality. Plans have been under way for a number of years.

The living room has been painted. A new floor covering was purchased and several pieces of furniture were constructed and added.

During 1958, probably four or five additional families will be included on the program.

There is no specific committee set up to work with this program. The county H.D. committee gives support and encouragement in any activity of the extension program.

The objectives for promoting the farm and home development work are to assist with excellent planning with the families in order to avoid blunders and costly mistakes being made.

Assistance will be secured or given by agent for special phases, such as improved lighting, rearrangement of rooms for easy work, installing water systems in the home for kitchens and baths, heating for greater comfort, insulating the homes, improving storage, improving furniture by reupholstering and refinishing. Assistance on better nutrition for the families will be given.

Group assistance is given through special interest meetings, regular home demonstration meetings and other assistance is given through individual visits as needed.

Achievement and progress will be recognized by including outstanding homes improved in a county housing tour if the committee decides to have a tour in 1958. As result demonstrators, they have their neighbors observe the progress as it is accomplished.

Probably feature stories, with pictures will be used in certain newspapers and farm magazines. Certainly, individual encouragement and praise will be given personally. The improvements in one home assist neighbors in becoming interested in making similar and other improvements. "Nothing succeeds better than success."

IV. County Extension Program - Youth

A. Organization

1. County Youth Council

The planning council for youth work is the county 4-H council. This council includes council officers, officers of

Carefully prepared plans of work give impetus to the accomplishments of the year.

III. Farm and Home Development

There are four families now included in the farm and home development program. Two of the families have been included since the beginning of the program, two have been included during 1957.

One older family made major house improvements as planned originally. These included repairing kitchen floor, dividing a long kitchen to provide for the food freezer, wash-up area, and storage for wraps in one section and to have a well arranged kitchen and eating area in the other section. The family is well pleased with the improvement. The other older family has not made the improvements as planned due to numerous factors. They have added a home freezer, however they need to rearrange the large basement kitchen to save more steps. The refrigerator has been moved nearer the food preparation area. An electric stove with storage cabinets has made preparation of food easier.

In the new homes enrolled in 1957, many of the plans have been completed in one case. These include: making a family room from the dining room and one of the living rooms. This large room is well arranged and beautiful. Some of the things done in this room are food preparation, serving, entertaining and studying. The picture window frames a gorgeous view. Other improvements include adding two baths, one upstairs and one downstairs, repairing defective flues (a fire from a defective one nearly destroyed the home) adding an oil furnace, sanding floors, enclosing front porch, repairing sleeping porch, building cement walk to parking area. The mother is teaching and these improvements have made life much easier for her. The former kitchen has been converted to an utility room. Later, a home freezer will be purchased.

In the second home included in 1957, a utility room has been arranged. A spacious home freezer is being used with pleasure and good results. And the lawn is being graded and improved. The large kitchen is being modernized. The improvements are including hot and cold water piped into the room, a hot water heater installed, new sink and storage cabinets. The father is an excellent cabinet maker; therefore, he is making many of the improvements while farm work is less strenuous.

The county women enjoy judging and are glad for the opportunity to serve in this capacity.

The experiences gained while judging are valuable in arranging exhibits, in holding high standards for exhibits in the county agricultural fairs and in the home products which they grow, can, freeze. Higher standards of garment construction are maintained because of the judging experiences.

The leaders and the home agent expect to judge in neighboring counties in 1958 if requests come for this kind of assistance.

7. Plans to tell the public about home demonstration work.

Publicity will be given by means of the local newspaper the weekly one of Page County, and the daily one of Rockingham County.

The newspapers cooperate in carrying announcements of meetings, accounts of meetings, announcements of special events, publication of news articles.

The local newspaper editor requested a condensed article on the home agent's report to the Board of Supervisors in December, 1957. This was prepared and it was published.

Radio publicity is given. A representative from the station in Harrisonburg visits the county. He prepares tape recordings in cooperation with the agent and homemakers to be used in broadcasts.

8. Reports to County, State and Other Officials

A summary of the years activities is prepared annually by the home demonstration agent. This summary is presented at the December meeting of the county board of supervisors. By means of the report, the officials are informed concerning extension activities.

The H.D. agent, in cooperation with the county agent and the assistant county agent, prepares a statistical report each year. In this report, certain successes and failures of the county program are in evidence. The narrative report gives in detail certain accomplishments and failures of the year. Information is carried to the state and national office by means of the annual reports.

3. Achievement Programs

The Spring planning committee will determine as to whether or not an achievement program will be held and the nature of the program.

For several years, an outstanding speaker has given a talk on a homemaking topic. Along with this has been an exhibit of work accomplished, some emphasis on the federation program of work and refreshments and a social hour.

4. Tours

A tour has been planned to visit a good lighting demonstration at an electric cooperative, Dayton, Virginia.

Educational tours in connection with home and community beautification have been taken during the past several years. The spring planning group will decide upon having a tour or not, and tentative plans for it. A committee of women will assist in working out details of the tour if it is to be taken in 1958. The tours recently have been of great interest to club members and interest has been stimulated in non-members. The 1957 tour carried two chartered bus loads of folks to Monticello and Ash Lawn, near Charlottesville, Virginia.

5. Work In Unorganized Communities

In 1958, the agent plans to spend more time on work in unorganized communities. Several rather remote sections need badly help offered through the Extension Service. It is difficult to get clubs organized in certain of these communities because the women secure outside employment as each season has work to offer. The employment varies. It includes factory work - textile mill, hosiery mill, garment manufacturing, work in canneries - bean, peach and upland cress. Fruit harvest, vegetable harvest, domestic labor and serving as waitresses and clerks in stores. The poultry processing plant employs about 100 men and women at the peak of operation.

Very likely, the better approach in these communities will not be through organized groups, but through visits and probably through the approach similar to farm and home development.

6. Judging By Leaders

It is hoped that training will be available on a district or area basis for preparing women to do a more successful job in judging at fairs and in contests.

It is important to have leaders attend the training meetings. The more active the participation in this, the more effective becomes the entire club program.

Leaders wish to attend interesting and pertinent training meetings. The agent will try to plan worthwhile and interesting training meetings in order to make the program more useful. The attendance is better at well planned and worthwhile meetings.

For women in industry, timely information and recipes are placed in their pay envelopes.

2. National Home Demonstration Week

National home demonstration week will be observed by having a large delegation of county women to attend the District IX federation meeting to be held in Loudoun County in the Spring, 1958. Usually a chartered bus furnishes transportation to those who do not wish to go by car.

Assistance will be given to the leaders who will participate in the program of the day.

The clubs usually cooperate in arranging exhibits in store windows in the various towns during National Home Demonstration Week.

Radio programs will likely be arranged for presentation during the week.

Visitors days at the regular club meetings attract women who are prospective home demonstration club members. Special programs are prepared to interest the prospective members. An exhibit of various kinds of work tells a story also to the visitors. Attractive refreshments are served, probably using recipes secured in the club demonstrations.

In certain communities, the ministers recognize the home demonstration members attending church in a group. Some use the homemakers creed on the church bulletin and sermons have been presented to homemakers.

More details of ways to celebrate national home demonstration week will be arranged at the Spring planning meeting.

D. Other Activities

Activities planned to aid in carrying out the years program:

1. County Objectives
2. National Home Demonstration Week
3. Achievement Programs
4. Tours
5. Work in Unorganized Communities
6. Judging by Leaders
7. Plans to Tell the Public About Home Demonstration Work
8. Report to County, State and to other officials

1. County Objectives

The county objective committee at the annual planning meeting set up the following club objectives. The individual clubs will strive to accomplish as many of these objectives as possible.

- (a) All county leaders should attend county training meetings. There they receive information and inspiration.
- (b) Be responsible for four meetings without the home demonstration agent.
- (c) Encourage all members to be regular in attendance and to take part in the demonstrations.
- (d) Share material with young married couples by visits from home demonstration members. Also visit non-club members.
- (e)
 1. Each member make one or more accomplishments on one of the programs of work.
 2. Discuss program of work at several club meetings.
- (f) Encourage more H.D. members to become 4-H club leaders and all H.D. members help wherever needed to interest more young people in 4-H club work.
- (g) Each club set a goal to reach in the sale of cook books.

A standard club will accomplish at least four of the objectives.

2. Use chest x-ray mobile unit.
3. Stress physical and mental health - have periodic check-up.
4. Stress safety on the highway, in the home and on the farm.
5. Eliminate fire hazards in the home and on the farm.

In Home and Community Beautification:

1. Stress community mailbox improvement.
2. Aid in securing rubbish-disposal centers.
3. Stress good planning for the home and lawn.
4. Ask service station operators to cooperate in giving customers trash disposal bags to use in cars.
5. Stress planting a dogwood or some other shrub during the year.

A leader training meeting will be presented on January 29 to prepare leaders for the February meetings on "Rock Gardens and Continuous Blooms."

Twenty-one Page County ladies attended the District workshop on Improving Home Grounds. Dr. Walter S. Flory, connected with U.Va. was one speaker. Mr. James Binns, Waynesboro, Virginia, spoke on Rose Culture.

Early in 1958, a federation planning meeting will be held to make plans for accomplishing goals. Other activities will also be planned by the group.

A check sheet is used each year by each member to check goals and again later in the year to check accomplishments.

In March, plans are to visit a flower garden in each club. A special home economics committee on health and safety will help carry on the program in the county. Special help for the youth was planned in the Bicycle safety program in 1957. Very likely a youth program will be continued in 1958.

Usually an educational tour is taken to a place having beauty in the home and in the grounds. Monticello and Ash Lawn were visited in 1957. At the Spring planning meeting, tour plans will be made if they decide to go.

2. Home Improvement

The objectives for improving family living are to increase the appreciation of well selected, and well cared for home furnishings, to be able to plan and execute effective color schemes, to refinish furniture to restore its beauty and usefulness. There will be two monthly topics on "Making Useful Accessories For The Home" and "Planning Color Schemes For Furnishings." Training will be given the leaders by either specialist or agent. The leaders will present certain demonstrations and will assist in presenting the others.

There will be result demonstrations on improved bathrooms, improved home lighting and improved kitchens. Special interest activities will include refinishing furniture, picture frames and other accessories and good lights for everyday work.

Newspaper publicity will be given the special interest meetings. Coverage by means of the radio will create interest in the monthly meetings and in the special interest meetings.

3. Clothing Work

Family living will be improved by having members well groomed in becoming styles and colors. When clothing can be tailored at home, it is less costly, and usually more suitable to the wearer. Better materials can be purchased; therefore, the garments will last longer.

The club demonstrations will be on the topics of "Know Your Newer Fabrics and Care of the Newer Fabrics" and "Selecting Lasting Styles." Leaders after having been trained, will assist in presenting the demonstrations. A special interest activity will include a series of meetings on simple tailoring. These will be conducted early in 1958.

C. Federation Program of Work

Plans for aiding or securing aid for the clubs in carrying out their program.

Health and Safety and Home and Community Beautification will be stressed again during 1958.

The program of work committee set up goals at the annual planning meeting. These include:

1. Home demonstration club members will work with organizations to secure a county rest room.

5. County Home Demonstration Club Committee

The county home demonstration club committee has as its members county officers, club presidents, program development leaders and program of work chairmen. This committee assists in getting plans made for the activities to be accomplished in the adult home demonstration club program and assistance to give in the youth program.

A study is made of interests and needs of the people of the county - members and non-members.

The planning of this committee includes setting up monthly topics for demonstrations, program of work goals and ways to accomplish them, special interest activities, achievement program planning, tour plans, and planning ways to assist with the work of the 4-H members and with older youth.

Early each year, a program of work committee meets to make detailed plans for accomplishing the program of work activities. This committee is composed of county officers, program of work chairmen and club presidents.

When active, thoughtful committees make careful plans, and ways to accomplish them; there is usually a great deal accomplished. It is helpful if ways to evaluate accomplishments are set up also.

B. Project Work

Subject Matter Fields In Which Work Will be Carried:

- 1. Foods and Nutrition
- 2. Home and Community Beautification
- 3. Clothing

1. Foods and Nutrition

Objectives for improving family living - It is planned that the nutritional standards of families will be elevated, and that families will be more aware of what constitutes adequate nutrition for all family members, from infants to older people. The production of a good variety of foods will be emphasized in order to decrease the money having to be spent for foods.

Plans for carrying out the foods and nutrition program - the four topics for demonstrations in the club meetings are: "Wider Use of Chicken in Our Meals", "Freezing Prepared Foods", "Salads and Salad Dressings" and "Better Use of Home Grown Vegetables."

Training will be given the foods leaders and they in turn will assist in giving the club demonstrations. A special interest meeting will be held in late February or early March on Vegetable Gardens and Pest Control.

Interest has accelerated in improving home grounds. Farm, home and highway safety are considered important phases of the program to be stressed during 1958.

II. County Extension Program - Adult

A. Organization

Plans for using the following organizations to strengthen the extension program:

1. County Agricultural Extension Board

This board will study the overall county situation. Areas having problems will be selected. It will be determined as to whether these problems need to be given attention immediately or at a future time.

2. Home Economics Council

The home economics council will aid in setting up objectives for emphasis in the problem areas. They will select areas to stress during the year.

The home economics council will give advice to the home demonstration agent and to other home economics and agricultural committees.

3. General Interest Committees

The home economics committees will be described in section 4.

4. County Home Economics Committees

The home economics committees at present are committees on the following. Each committee has about six members.

- (a) Management of Time, Energy and Money
- (b) Foods and Nutrition
- (c) Health and Safety

These committees will meet early in 1958 to determine areas needing special emphasis during the year. They will set up plans for getting the necessary work accomplished. They will plan what will be done, when to do it, by whom it will be done.

1958 Plan of Work

Page County

Virginia

Ina E. Glick
Home Demonstration Agent

Page
County

I. County Situation

Page County, a valley county, has an area of 202,240 acres. Fifty and one-half percent of the area was included in farms in 1954.

There are three incorporated towns. These are Stanley, Shenandoah and Luray. About two-thirds of the people reside in the three towns, the other one-third of the people dwell on farms.

More than 20% of the homemakers work away from home. Six hundred Page County families have other income of the family exceeding that received from agricultural products sold.

There is a low rate of tenancy in the county. General farming is practiced. Dairy farms are increasing. A large portion of farm income has been received from the poultry industry - broilers, eggs and turkeys. The low prices of recent years have caused a reduction in the poultry industry.

Tourists bring a great deal of income into the county each year.

The county people have a high standard of living. They enjoy good food; they improve their homes - water under pressure is being placed in additional homes each year. Many kitchens are being modernized. Many boys and girls finish high school. Each year, a larger number of students enter college and nurses training. Many churches in the county are well attended.

Much food is produced for home consumption. Good gardens produce foods during most of the year.

As more women go to work away from home, the amount spent for foods increases.

Since many homes are owned, the general appearance of the homes and farm buildings is better than in other sections of the state.

