

Agent read professional books and magazines.

VI. The Look Ahead

Through publicity, more people became acquainted with the home demonstration program. Non club members called the agent for information and wanted help in their homes.

Leaders accepted more responsibility for the program. As a whole, they were anxious to give more demonstrations at their regular club meetings. Attendance at leader training meetings was better this year.

In the 4-H program, club officers and members assumed more responsibility. They seem to have a better understanding of the program.

For the first time, there was a 4-H girl attending Resource Camp. More interest was shown in District Contests and Short Course.

Members need to keep their interest alive in home demonstration work. They need to approach their supervisors in interest of home demonstration work and educate them to the advantages and benefits derived from this educational service in order to have appropriations re-established for a home demonstration agent.

In preparation for each club meeting, Mrs. Fuller spends much time and thought for the devotions. They are of such excellent quality that she has become known county-wide for her devotions. These few minutes of meditation at each club meeting have been an inspiration to each member.

Mrs. Fuller served as foods, clothing and house furnishings leader. She has given and assisted with giving many demonstrations. She applies knowledge learned in these fields and others to her home and family.

VI.

A. Progress in Developing Public Relations

The agent has been courteous to the county workers and general public. Assistance was offered when needed.

Monthly reports were sent to the members of the Board of Supervisors.

Local stores cooperated extremely well in loaning supplies for demonstrations to the agent. Soft drinks were donated by a bottling company for the District Federation meeting. Armour and Company donated supplies for a foods meeting.

The Health Department cooperated with the agent in the home demonstration health program in making it a success.

The agent served on the county cancer board.

B. Professional Improvement

Agent attended "Communication" Seminal in Abingdon in January.

B. Activities and Accomplishments of a Leader

Our most outstanding home demonstration leader was Mrs. Garland Fuller of the Quest Mountain Home Demonstration Club. She served as vice-president, program development leader and devotional leader in her club and served as county publicity chairman this year.

Mrs. Fuller came to our county from Michigan where she was acquainted with the Extension program. Since coming here, she has been very active in supporting and publicizing the home demonstration program.

As publicity chairman, she wrote a weekly article for the local paper and contacted the local radio station to have dates and hostesses of club meetings announced.

She has written and presented radio and television scripts to further inform the public about the program. Other scripts were written by her for members to present on radio and television. She has made all contacts and arrangements for presenting these programs.

As a result of these programs, a new club was organized. More non club members asked the agent for help. Other unorganized communities made inquiries about the program and showed interest in organizing in the near future. Local business men called Mrs. Fuller to offer help if and when needed.

For National Home Demonstration Week, Mrs. Fuller placed an educational exhibit in D. Curry's Department Store window in Horton. The exhibit emphasized eating the basic foods each day for better health.

stration program.

Club members have passed information on to non club members.

The agent has had more requests for help by non club members.

V. Leadership

1. Home Demonstration Club Leadership

	1956	1957	1958	1959	1960
No. Organization leaders	0	0	28	36	45
No. project leaders (subject matter)	20	8	39	43	39
No. Proj. program of work chairmen	8	8	7	8	9
No. program development leaders	6	7	7	8	9
No. result demonstrators	34	0	0	5	4
No. tr. meetings by specialists	3	2	3	7	3
No. training mtgs. by dist. agents	2	1	2	2	0
No. training mtgs. by agents	3	8	3	2	1
No. training meetings by others	0	0	1	2	0
Attendance at all training meetings	67	10	101	138	58
No. meetings held without an agent	14	13	19	22	8
No. meetings leaders assisted	43	12	14	18	21
Demonstrations by leaders	18	16	24	24	22
Talks and discussions by leaders	58	0	35	35	12

2. 4-H Club Leadership

	1956	1957	1958	1959	1960
No. club officers	78	66	114	116	115
No. adult project leaders	15	10	5	6	5
No. junior project leaders	0	0	0	0	0
No. result demonstrators	0	0	0	0	0
No. training meetings by specialists	0	0	0	0	0
No. training meetings by dist. agents	0	0	0	0	0
No. training meetings by agent	3	0	2	2	0
No. training meetings by members club department	0	0	0	0	0
No. training meetings by others	0	0	0	0	0
Total att. at ldr. tr. meetings	32	0	38	40	0
No. 4-H leaders trained individually	9	1	4	6	5
No. club mtgs. held by ldr. w/out agent	26	8	4	21	3
No. additional club meetings at which leaders assisted	129	9	15	24	11
No. demonstrations given by adult ldrs.	35	0	8	15	3
No. demonstrations given by junior ldrs.	0	0	0	0	0

5. National 4-H Club Week

Eight clubs put up exhibits in the classrooms in observance of National 4-H Week. The exhibits consisted of articles made by the 4-H members.

IV. Scope of Work

A.

	1936	1937	1938	1939	1940
No. H.D. Clubs	8	8	10	8	9
Membership	153	153	158	110	122
No. H.D. Groups* (Unorganized)	0	0	0	0	0
Membership	0	0	0	0	0
No. 4-H Clubs	13	11	19	29	23
Membership	310	197	301	427	378
No. YMD Clubs	0	0	0	0	0
Membership	0	0	0	0	0
No. Community Clubs	2	1	0	0	0
Membership	142	72	0	0	0
No. Home Ec. Committees	0	0	0	0	0
No. General Interest Committees	0	0	0	0	0
No. Youth Committees	0	0	0	0	0
No. other organizations	0	0	0	0	0
No. Farn & Home Dev. Exhibits	0	11	11	10	10
No. Other families reached	898	799	1274	1475	1328
No. Different families reached	793	522	973	3165	950

*Report all groups that met 3 or more times a year

B. To inform the public about home demonstration work, the agent and club members have visited in unorganized communities to talk to the people about the program. Plans were underway to organize more home demonstration clubs.

Agent and the county publicity chairman, Mrs. Garland Fuller, have written news articles to publicize the work. Pictures of club activities were also published.

Mrs. Fuller has written three radio scripts about home demonstration work which were presented by different club members. She also wrote a television script which was presented during National Home Demonstration Week to inform the public about the home demon-

Twenty-nine members enrolled in "So You'd Like to Sew" project. The agent gave instructions in the basic stitches in sewing, how to equip a sewing box and how to make simple articles. As a result of this project twenty-nine articles were made.

The agent encouraged members to take an inventory of clothing on hand in the "Make or Buy" project. Clothing needs, color and fabric selection were studied and body measurements taken.

The agent taught members how to use patterns and cut garments. Several members are carrying this project as a summer project so results are incomplete at this time.

Other projects taken were bread, food preservation, ironing and home grounds beautification.

D. Other Activities

1. 4-H Short Course

Three girls attended State 4-H Short Course at V.P.L.

2. Resource Camp

Betty Hodges represented Wise County at Resource Camp at Pontam Village, North Carolina. This was the first time Wise County had sent a representative. This will serve as an incentive for members to join 4-H Clubs and work harder to attain such rewards. Members are becoming more aware of the many opportunities offered to them through 4-H Club work.

3. Rural Life Sunday

Six 4-H Clubs participated in a program for National 4-H Sunday. Club members formed a choir and sang special hymns, read the scriptures, served as ushers and made flower arrangements for the church.

grooming for neat appearance and social acceptance.

Objectives set up in the Meal Preparation project were to learn to set the table correctly, study basic food groups, plan breakfast menus, plan and prepare a packed lunch, learn to prepare a meat, make desserts and salads and plan, prepare and serve a meal.

Club members and agent discussed the basic food groups and the importance of planning meals based on these groups. Members used the "Meal Preparation" manual as a guide in learning to prepare various kinds of vegetables and meats. Eight table setting demonstrations were given by the members.

Objectives set up in "Your Room-Pop It Up" project were to learn short cuts in care of room and make simple furnishings. Pictures of bedrooms were collected and studied. A floor plan was then made and furniture was arranged in an orderly manner. Suitable pictures were discussed and the agent gave assistance on caring for a growing plant. Partitioning dresser drawers for neatness and convenience was discussed and a demonstration on "how to make a waste basket" was given by the agent.

Members were encouraged to care for their rooms daily.

In the housekeeping project, members learned the importance of having a cleaning basket to hold their cleaning supplies which included a dust cloth, wax, dust pan, 000 steel wool. A broom and mop were also needed. Members learned the art of washing dishes, cleaning the sink, defrosting and cleaning refrigerator, washing windows and mirrors, and cleaning and waxing floors in order to save time and energy.

with educational exhibits in the fair.

D. Farm and Home Development

The agent visited each farm and home development finally and offered assistance where needed.

III. County Extension Program - Youth

A. Organization

The county 4-H Council is composed of all 4-H Club officers. The council meets twice yearly, spring and fall. The fall meeting is devoted to organization and training of officers. Plans are made for the year's 4-H events. The spring meeting is a business meeting. Plans are made for 4-H camp and other summer events.

B. 4-H Project Work

Looking Four Best was selected for the county wide project. In this project club members were to learn and practice good grooming habits, learn to care for their hair, hands, skin, teeth, feet, improve posture. Also, learn how to wash swim wear, and learn importance of hanging up clothes.

Members filled out the sheet "How Do You Rate" at their first club meeting in order to determine where the most work needed to be done. Posters were shown on care of teeth. Fifteen demonstrations were given by club members on "how to sit, stand, and walk correctly" and each gave reasons for good posture. Eighteen demonstrations were given on how to brush hair, teeth and care of hands by the club members.

Good grooming is being put into practice by the club members. They are becoming more and more conscious of the importance of daily

3. Home Demonstration Club Week

The District meeting was part of the observance of National Home Demonstration Week.

Mrs. Garland Fuller, county home demonstration publicity chairman, put an exhibit in a department store window in Horton, featuring the Federation Program of Work, Health. To capture the public's eye Mrs. Fuller used the title "My! Mrs. Jones! Guard Your Family's Health." She used the feed groups that should be eaten daily.

News articles were written for two county papers to publicize home demonstration week.

Mrs. Fernus Sildman and Mrs. Emory Gilly from Piedmont Club presented a television program over WTVB, Bristol. The program reviewed Wise County's yearly home demonstration program. The club members discussed the county program and used visuals to show what was being done in the home demonstration clubs.

A radio program was presented over WVA, Norton, by Mrs. Lester Sanders, Wise home demonstration club.

As a result of observance of home demonstration week we expect to organize new home demonstration clubs. Men club members in communities where there is a club have expressed a desire to become members of the club.

To re-emphasize the program in the fall, an achievement program was planned.

4. Fall

The home demonstration clubs plan to enter educational booths in the fair in August. This will be their first attempt to work

be represented at District and county meetings. Moh club had a delegation attending the District meeting in Wise. All clubs have been represented at most of the county meetings. Each member published home demonstration work by telling and showing non club members what they did and learned at their regular club meetings and leader training meetings. Most all clubs supported the South-west Virginia 4-H Club Center.

2. District Federation Meeting

For the first time, Wise County Home Demonstration Clubs served as hostess to the District VI meeting of the Federation of Home Demonstration Clubs which met in the Wise Methodist Church. Approximately 225 women from the eight counties attended. Mrs. David Gorry, Blackshouse, Virginia, was guest speaker. She gave a very interesting and informative talk on her trip to Scotland to attend the A. C. W. U. Mrs. Gorry showed colorful slides to illustrate her talk.

Mrs. Henry Stallard, county home demonstration chairman, welcomed the group and later presented the county federation program of work.

Mrs.hurst Ellgore, Jr., Oakburn Club, presented special music with Mrs. Joe Atwood as accompanist.

Wise County home demonstration clubs served coffee, soft drinks and cup cakes to those attending. The Foyed Cola bottling Company of Horton donated the soft drinks served at this meeting.

The Wise County club members considered it a privilege and pleasure to be hostess to the District. They worked well together in planning for the meeting.

Two result demonstrations are being conducted on landscaping by Mrs. Henry Stallard and Mrs. Garland Fuller.

Mrs. Fuller has added to her plan by planting flowers and adding to her rock garden. She has made plans for outdoor cookery and has secured a grill and a picnic table.

Mrs. Stallard has added more soil to make the yard more level. She plans to clear the bank next to the highway on one side of her home. She planted new shrubbery. Mrs. Stallard cleared a space used for a coal pile to make her back yard more spacious.

Mrs. E. E. Horne and Mrs. Sam Martin are conducting result demonstrations in house furnishings.

Mrs. Horne has purchased new furniture for her living room and refinished the piano. A wooden dough tray was refinished to be used as a magazine rack. New drapery fabric was purchased and Mrs. Horne made draperies for the living and dining rooms. Agent gave help in selection of furniture and draperies.

Plans are being made to redecorate the bedrooms.

Mrs. Sam Martin has had the fireplace in her living room rebuilt. She plans to purchase new furniture in the fall. Agent helped with selection of furniture and color scheme for her home.

C. Other Activities

1. County Objectives

The county home demonstration club objectives were for each club to pay \$4.00 State Federation dues. Eight paid the dues. Club members were encouraged to serve as 4-H leaders. Each club was to

This demonstration helped the members to see that simplicity is the key to fashion. They learned how they could change accessories and wear the basic dress for many occasions.

The home management program was selected because the members wanted to learn how to remove stains from all types of fabrics.

They also wanted to learn how to launder the new fabrics we have today.

The agent was trained by the Home Management Specialist, Mrs. Orla J. O'Brien, to give the demonstration on "Gain Removal and Laundry Tips." The agent discussed laundry methods and presented various ways to remove stains from fabrics. Ways of laundering new fabrics were discussed by the members.

The agent used a detergent and soap exhibit, loaned by a local grocery store, to present the various types and the use of each.

Ways to save work, time and energy were discussed.

As a result, club members have learned to save time and energy in laundry methods. They have saved money by knowing the correct procedure for laundering the new fabrics of today.

The Federation program of work was health. The objectives were to support blood donors program and urge members to have blood typed, show cancer films to public, continue study of mental health and cooperate with county health program in aiding cancer, tumor and polio clinics.

Plans were made to show the cancer films in September.

Club members have studied mental health and sent articles to the Southwestern State Hospital in Yreka.

Members have aided the various clinics when this was possible.

Many members are having their blood typed when they have their annual physical check-up.

The Guest Mountain Home Demonstration Club invited Miss Jean Bowling, Health Nurse, to the club to give a demonstration on "How to bathe a sick person in bed."

Miss Bowling trained the agent to give the demonstration on "Simple First Aid in the Home." This training included the back pressure-arm lift method of artificial respiration, temporary care of broken bones and applying splints, care of burns, animal bites, choking, how to control bleeding and apply a tourniquet if necessary, how to make a steam inhalator, things needed in a home first aid kit and other. Club members participated by practicing artificial respiration on each other.

This demonstration proved to be very helpful and informative. One club member saved her child's life by applying knowledge learned from this demonstration. Her family doctor informed her that her action was the only thing that could have saved her boy's life and wanted to know where she had learned what to do.

In the clothing program, members wanted to learn to select a good basic dress and accessories that could be worn with it for different occasions.

"Selecting Clothing for All Occasions" demonstration was given to the home demonstration clubs by the agent. In planning for this demonstration club members were asked to wear what they considered a basic dress and they brought accessories to show how the dress could be changed. The members were divided into small groups and a pattern book given to each group and they were asked to choose a basic pattern and give their reasons for choosing the pattern.

dist and how more foods containing this vitamin can be served in salads.

Miss Janet Cameron, State Food Specialist, conducted a leader training meeting on "Sandwich Fillings" and "Outdoor Cookery." Eighteen foods leaders attended this meeting. Leaders were divided into groups and assisted with the preparation and cooking of the outdoor meal.

Armour and Company of Norton donated the meat, cheese and butter used for this meeting.

The leaders gave this demonstration to six clubs and the agent to two clubs. Club members were divided into work groups and each group was given a specific task to help prepare the meal.

The members found this demonstration to be helpful and enjoyable. They learned how to cook with charcoal and to prepare simple and easy outdoor meals. They plan more family recreation by cooking more outdoor meals.

The clubs are planning to have "Sandwich Fillings" at the August meeting which is club choice.

The demonstration on "Pastry and Pies" is scheduled for November.

The Health program has been most beneficial to the club members. They wanted to study more about mental health and learn how to give simple first aid in the home.

The Federation program leaders led a discussion on mental health at the regular January meeting. Each club sends articles to Marion to the State Hospital to be used in occupational Therapy.

and attractive salads and salad dressings. Club members were anxious to learn new hearty and filling sandwich spreads to be used on picnics and in lunches. The trend toward outdoor cookery prompted members to want to learn more about the subject. Club members wanted to learn how to make good pastry and pies.

The agent gave the Cake Decorating demonstration to six clubs. A local leader gave one demonstration.

To prepare for this demonstration, the club hostess baked cup cakes. The agent made an icing and the club members iced the cup cakes. How to decorate the cakes for various occasions, with and without a regular cake decorator and how to make roses with a decorator were demonstrated. Members practiced making roses and each decorated a cake.

The agent showed a filmstrip on making cake icings and cake decorating.

Club members were taught to make a cake decorator with freezer paper. Each member made one.

The club members were delighted with this demonstration and have found it to be most useful for various occasions.

Mrs. Mary Thompson, State Food Specialist, conducted a leader training meeting on "Salads and Dressings." Fourteen leaders attended this meeting.

Foods leaders in each club gave the demonstration on "Salads and Dressings." Club members learned different ways salads can be served, rules for making salads, the importance of Vitamin C in the

9

The outlook for farming, while not so promising as in many other areas, is by no means hopeless. It gives part time employment to many men who work in other industries the remainder of the time. This leaves more money for the purchase of materials not produced in the county and for home improvements which raise the general "standard of living."

Better farming methods and better use of soil may further increase the advantages of the farms we now have. Better home management and money management may increase the facilities of the homes which should include running water, bathrooms and better lighting and in turn better living. To improve facilities of the home has often been expressed by the people as a long time goal.

II. County Extension Program - Adult

A. Organization

1. County Home Demonstration Club Committee

This committee is composed of the president and program development leader from each club. The committee has the following officers - president, vice-president, secretary, treasurer, reporter and publicity chairman. This committee meets two times each year to plan and organize the county home demonstration club program.

B. Subject Matter and Special Emphasis Areas

The Foods demonstrations have dominated the Home Demonstration program this year. Club members wanted to learn simple and easy ways to decorate cakes for birthdays, holidays, etc. for family occasions. A need was felt for learning how to make nutritious

Wise County had a population of 56,336 in 1950. Since then the population has decreased. It is probable that our population will continue to decrease in the future unless new industries are established. Due to the increased use of machinery the coal mines are decreasing the number of employees which is our leading industry.

Wise County has one city and six incorporated towns where about 2/5 of the population of the county lives. In addition to the towns there are many other communities and villages. Some of them are "Mining Camps" while others have grown up around post offices, stores or schools.

About 200,000 acres, or approximately three-fourths of our whole county area, is covered with some kind of forest growth. Practically all of this land is either too steep, or too rocky, or so infertile that it is not suited for farm cultivation. Most of the land that should be farmed is now in cultivation. A lot of the land that was originally cleared for cultivation is now being diverted to pastures and that which is too steep and rough for pastures is being replanted to adapted forest trees.

In 1956 there were 1,497 farms in the county. Many of these small farms are "truck" farms. Truck crops are the second most important farm activity in the county to apple growing. The dairy industry is the third most important farm industry.

More people are employed in mining than any other occupation in the county, with farming, wholesale and retail trade, railroads, building industries, and professional work next in succession.

NARRATIVE REPORT - 1960

Highlights of 1960 Program

The Home Demonstration program, First Aid in the Home, was the highlight of this year's program. Club members have learned newer methods of applying first aid. They learned that a few well chosen items are essential to a first aid kit and that some things, such as iodine, do more harm than good.

The club members throughout the county thought this was a very practical and a much needed program. Knowing how to treat burns, animal bites, stop bleeding, give artificial respiration, the neck pressure-arm lift method, care for broken bones, and many other things proved to be beneficial to the club members. They have learned that "don'ts" are more important than "do's" in first aid.

One club member saved her son's life as a result of this demonstration which makes this the highlight of this year's program. Her quick action was the only thing that could have saved the child according to the doctor. He was interested in knowing where and how she had received her knowledge of first aid.

The club members feel that this has been a most helpful and practical program.

I. County Situation

Wise is a county of rolling hills and mountains. The total area of the county is about 420 square miles which makes about 266,800 acres.

B. Activities and Accomplishments of a Leader 18

VI. Progress in Developing Public Relations19

B. Professional Improvement 19

VI. The Look Ahead 20

TABLE OF CONTENTS

Highlights of 1960 Program 3

I. County Situation 3

II. County Extension Program - Adult 5

 A. Organization , 5

 1. County Home Demonstration Club Committee . 5

 B. Subject Matter and Special Emphasis Areas . 5

 C. Other Activities 10

 1. County Objectives 10

 2. District Federation Meeting 11

 3. National Home Demonstration Week 12

 4. Fairs 12

 D. Farm and Home Development 13

III. County Extension Program - Youth 13

 A. Organization 13

 B. 4-H Project Work 13

 C. Other Activities 15

 1. 4-H Short Course 15

 2. Resource Camp 15

 3. Rural Life Sunday 15

 4. National 4-H Club Week 16

IV. Scope of Work 16

V. Leadership 17

 1. Home Demonstration Club Leadership 17

 2. 4-H Club Leadership 17