

34
72

garments for long use. Comparing price, fabric care at home, reading labels. How to construct a better garment has been the desire of some and they have been assisted with these problems.

3. 4-H Program

In the 4-H program the boys and girls are taught better citizenship, parliamentary procedure, appearing before the public, living with others, home responsibilities and pride in doing each job better.

The 4-H project ties in time, money management for family, health, safety, clothing construction, better nutrition, meal preparation and preservation.

4-H programs also offer recreation to the members. This is a great draw back in the county as there are no public recreation facilities for them.

Electric projects have also contributed to home life through 4-H members. In 1961 this was the in school project with 1500 boys and girls taking part in it. They learned to repair extension cords, change fuses, assemble lamps, determine good lighting and many other phases of electricity in home.

SUMMARY

In this agents opinion rural area development is not considered a program separate and apart but is conducted as it contributes to the overall development of people to give them guidance in management, appreciation of home, family, community, better health, higher standards, better education and in general a better fullerlife that makes toward better citizens.

Much is still to be accomplished and much must be left untouched due to the large program and need of development and lack of time and personnel.

The home agents spent 56.4% of their time this year on the Rural Area Development Program. Much of this time was on major management programs.

Many of these women are already doing things with their hands and are creating salable items. Emphasis has been placed on knitting sweaters for adults and children, head huggers, etc. Many are making these items salable at their own price and are receiving an income from it.

A large group of others are making sweaters and head huggers for children in school and this group are perfecting their techniques in knitting in order to produce salable articles when a market can be secured.

As a means of teaching knitting the HD agent is training groups of women in various communities to knit and serve as leaders to assist with similiar training meetings and to teach individuals in their own communities. This type of training has met with much interest and great approval.

The committee is in the prospect of investigating a craft shop within the area or an outlet through the southern highlands craft guild.

Programs Which Have Contributed to Rural Area Development

1. Good Reading

Selection of good reading material has received considerable emphasis the past two years. Selection of adult books and childrens books has been studied. How to judge these as well as classify magazines has received emphasis. How to get the most information from the newspaper in a limited time was discussed.

Homemakers felt this was necessary since so many undesirable books and magazines are making their way on the market.

Carroll people are reading in spite of the average low educational level. In the HD clubs along 53 good reading certificates were awarded and the HD agent has had no way to check on reading habits of others.

2. Management

Thirty-six families have been assisted in the farm and home development program on management problems. These problems have included house planning, better storage, kitchen arrangements, utility rooms, color schemes in home, making draperies, curtains, slip covers, clothing construction, better laundry methods.

In clothing alone they have been assisted in judging ready made

72

safety hazards, and in general beautifying the home received special emphasis this clean-up week. Every conceivable means of contacting others was used.

This is one project that will probably continue for many years in the county.

The home agent has helped dozens of families this year with problems in house planning ranging from choosing correct color, planning kitchen storage spaces, furnishing home, to planning the entire home. She started in the spring keeping names of each family helped but in a few weeks requests were so numerous she lost count of the individual contacts. This she is sure of; people in Carroll County are interested in better planned and more attractive homes and are realizing their help is in the home agent's office for them if they will only contact her.

As a result of the work on home grounds beautification over a period of time families in Carroll County have developed a finer sense of appreciation of the natural beauty of the county and their immediate surroundings. This appreciation has been further developed by the program "Art in Daily Living" in which a program was directed to know, identify, appreciate and conserve wild flowers and shrubs native to Carroll County.

Dried arrangements of wild flowers and treated of these are replacing plastic and artificial ones which are expensive, do not add beauty to home and create additional work problems for homemaker.

Appreciation of wild flowers is offering recreation to the homemaker and her family, by tours being taken in fields and woods to observe and study these. Identification is a challenge to many families so they are studying world books, encyclopedias, special wild flower books to get this information.

People in Carroll County are still mindful of the fact that a good general appearance of the county is necessary to get industry into the county.

4. Handicrafts

A key committee on handicrafts has been functioning. The purpose of this committee, which will be enlarged, is to secure an area marketing outlet for the sale of handicraft items. The need of such an outlet has been prompted by the fact that many women in the county have leisure time during the long winter months which could be directed into salable articles as a means of adding additional income to the family budget. Time spent in this manner can also be considered as a good investment in mental health recreation.

The importance of the wise use of the food dollar is emphasized through the family food supply, by mass media, through garden leaders, etc.

2. Wills and Deeds

A need was expressed for information on Wills and Deeds in many groups and by individuals throughout the county. This need was sensed due to rapid growth through industry and the change in the family situation which families in Carroll County are undergoing at this time.

Special interest meetings were set up over the entire county with Mr. W. J. Nuckolls, Jr. Associate Ext. Agricultural Economist, VPI, to be guest speaker. These meetings were announced in the HD clubs with every member being notified, 4-H members carried letters to their parents regarding this, announcements were made in press and on radio with local radio stations cooperating with spot announcements regarding place and time of meeting. Community Improvement Clubs and other organized groups were contacted.

Mr. Nuckolls discussed need and importance of correctly worded wills, how important it was for everyone over 21 to make a will, etc. A period was allowed for free discussion.

This program is proving one of the most far reaching of any program yet undertaken in Carroll since it has made many people aware of this phase of management and its importance to the family.

3. Home and Community Beautification

This is considered one of the most important committees when it was set up since every person in the county had an opportunity to contribute to the overall appearance of Carroll County.

This was organized at the beginning of the rural development program and has functioned every since. Following are some accomplishments.

Work is underway toward getting a garbage disposal place in various communities. At present there is no public place set aside for disposal and the roadsides of the county tell everyone of this need.

Many homes have been landscaped and this is proving a very contagious thing in communities. Neighbors are following neighbors examples for a more attractive lawn.

Clean-up week was set aside and every organization was notified of the plans. Cleaning up home grounds, highways, eliminating

There has been a leaders training meeting for the garden committee each year for the 5 years this agent has been in the county. These leaders teach those in their community by distributing leaflets, setting up a demonstration garden and giving talks at club meetings regarding better gardens.

Garden leaflets are distributed to 4-H club members, CIC members, HD members, in local stores in order to contact as many people as possible with the latest garden information.

In regular organized groups members were urged to distribute information regarding gardening to persons not affiliated with extension groups.

Carroll people were urged through their extension staff, seed stores and garden leaders to grow a wide variety of vegetables striving to include one new one in the garden each year. They were also urged to acquire the taste for one new vegetable each year. This was especially stressed through the 4-H clubs realizing the children have the greatest influence in the homes.

These gardens save the families money on food bills, given them a better diet and the homemakers do the gardening by making plans in her schedule for this. The homemaker also plans for a surplus to can and freeze.

The home agent distributes canning and freezing information to the general public in every way she can. Due to a community cannery at the Hillsville High School and another one at Meadows of Dan, many of the homemakers do their canning in this way thus the home agent is sure the vegetables are canned under pressure.

For those canning at home the home agent publicizes the fact pressure cooker gauges may be tested free in her office. One month she takes the tester to the HD Clubs, in this way many gauges are tested in the immediate community. Approximately 25 to 50 gauges are tested in the county each year.

In freezing the home agent finds, many homemakers are misinformed by neighbors on correct methods of freezing. Carroll's biggest problem is homemakers wanting to take short cuts and not blanching vegetables before freezing.

The food supply is a major program as well as a major problem to get them to eat proper foods. The women do the major portion of food production. This is probably the major contribution to the family income the full time homemaker makes.

34
72

As a result of these meetings these programs have been carried out this year by instilling this into regular HD and Community Improvement Club programs as well as 4-H.

In view of the fact that management in itself does not have an appeal to homemakers, it is difficult to get programs labeled management into the overall program. Recognizing this problem the home agents must approach management in all phases of the work and an attempt is made to apply management principals, in all phases of work undertaken.

The home agents tries never to miss an opportunity to stress management in regular HD meetings, radio, press and individual contacts. This is desperately needed in this county.

Committees

1. Food and Nutrition

a. Better Nutrition

Surveys taken in Carroll County by the home agents show that many of the essential foods are lacking in the diet.

Better nutrition is being stressed in all extension groups the home agent works with on the radio, in press, through farm and home families and through individual contacts.

Two HD meetings were devoted to better nutrition this past year. The over 1500 4-H boys and girls in Carroll are constantly being reminded of the poor diets of teen age boys and girls and being informed as to what makes up a good diet.

Youth groups and community improvement clubs have had talks by the home agents on better nutrition.

Obesity is a problem in Carroll County caused probably not as much from overeating as eating the wrong food. A series of meetings on weight control has been in the look ahead plans for the county. The home agents have tried to stress this need and in 1962 plans are made for at least two of these groups in the county.

Preparation of food is stressed at every opportunity as well as variety of foods for a good diet.

b. Family Food Supply

The importance of a good family garden is stressed in Carroll in every conceivable way. Carroll has ideal climate for gardens with approximately 170 growing days between frosts.

72

Organization

1. County Agricultural Service Board

Even though this group did not meet as such last year the county has all committees that makes up this board and have been meeting when necessary.

Guidance in planning the rural area development program is given by committees operating as a segment of the agricultural extension service board.

2. Professional Agricultural Workers

Two meetings were held with all the agricultural workers including the ASC, SCS, and extension agents this past year. This was to better understand the county situation and build up a better relationship between these workers and to determine how each can contribute to the rural area development program.

3. Extension Agents

Several meetings for agents on rural area development program was held. One in Galax for both Carroll and Grayson County including all extension agents and district agents for a summary to date and a look ahead.

A 2 day meeting in Blacksburg included the 3 pilot counties in Virginia was held to get a better understanding of the program and to look ahead.

Late in the year of 1961 a conference was held in Galax for Carroll and Grayson extension agents along with district and state personnel to evaluate where we were and to look ahead into 1961.

This was followed by county personnel and district agents meeting to set up additional plans for future.

The home agents from the 2 respective counties met with the district HD agent in a days' conference to discuss outlook, family living trends, situation effecting families in Carroll and Grayson and evaluate past program in light of program planning in 1961.

Consideration was given to needs for planning of special programs to meet needs and special interests of the groups.

Overall emphasis to special programs was planned through regular radio program and the press. Programs in management were emphasized to be carried out in all organized groups worked with by HD agents.

72

VIII. RURAL AREA DEVELOPMENT

Carroll is a mountainous county situated on the southern part of the Blue Ridge area and borders North Carolina. 80% of the county has an elevation varying from 2,000 to 3,500 feet above sea level. The climate in summer is cool and moist, winters are usually cold.

Carroll is one of the most scenic counties in the state. It is ideal for summer tourists due both to the scenery and the summer climate. Temperature averages 71° in July.

There are twice as many part-time farmers on the 2,655 farms as commercial farmers. About 2/3 of the farms have family income from other sources exceeding the farm income.

The average annual farm income for Carroll is \$1,262.

The 1950 Census showed 1,467 women over 14 years of age working on public jobs or 16%. Surveys show women are securing employment outside the home at the rate of approximately 40 per year. Since the 1960 Census is not available there is no record of number now employed but the percentage is high.

There are nine mills in Carroll County manufacturing clothing items with the major number of the employees women.

Carroll offers very few opportunities for the youth, consequently they are leaving the county at an appalling rate. There are no recreation facilities in the county. The two accredited high schools located within 5 miles of each other is the only opportunity youth have for even a high school education. (A few attend Galax High and Mt. Airy High but must pay tuition.)

Obesity is probably the major health hazard in the county. Improper diets probably contribute more to this factor than too much food.

Due to lack of recreation facilities, the low income of farm families and the long cold winters, the homemakers spend many hours on handicrafts. There is always a desire for instructions on crafts they cannot do. Quilting and crocheting are two popular ones that are done. Knitting is done by many but there is many requests from others to learn this.

Due to the geographic structure of the land and climate, vegetables and fruits can be grown throughout the county. (The average annual rainfall for the county is 45 inches). Small fruits are very productive in the county with strawberries leading the list.

Most every home can have a storage cellar due to elevation. This induces homemakers to store vegetables. A large part of the winter food supply is food canned, frozen and stored in summer and fall.

72

"Farm Journal", daily news paper and several other magazines and papers. She has had access to readers digest, Ladies Home Journal, Good Housekeeping, etc. She has read several books this year pertaining to her work.

She has assumed the responsibility of training leaders for HD club demonstrations in several topics.

VII. THE LOOK AHEAD

In some ways it is felt that the program for 1961 has been very successful. This is especially true in the Federation of Work program, "Art In Daily Living". Most of the club demonstrations have have been well received.

Some special interest meetings have been incorporated into the program to give special help to various groups. These have been quite successful in accomplishing the necessary achievements.

Some communities are losing the stronger HD members to the business world, thus weakening the club.

This agent feels that in many communities special interest meetings will be necessary in order to get the program into the area rather than the monthly HD program.

A satisfactory way of reaching the factory workers with information is needed. It is hoped this will be accomplished in 1962.

Building up interests in the HD clubs and especially in leaders training meetings is needed.

5. Commercial Interest

The home agents and Appalachian Power Company Home Economists Mrs. Elizabeth Hill, work together on many projects. The Appalachian Power Company economist helped with the 4-H electric demonstrations this past year.

At any time she needs bulletins for her work, Mrs. Hill come to the home agent for these.

The home agent keeps the local stores informed on demonstrations using special equipment, especially if it is something new. The stores cooperate by stocking the equipment and asks the home agent to always let them know if the club members will need anything they do not have stocked.

C. Professional Improvement

The home agent participated in the radio school held by WBOB with Bob Reeves as instructor this year.

She has attended the special training meetings held by extension specialists consisting of Importance of Wills and Deeds, Outdoor Cookery, training for 4-H style dress revue, understanding 4-H food projects, flower arrangements, coordinating accessories in home furnishings, working with Mr. C. D. Wheary on remodeling homes and many other meetings devoted to agent training.

The agent attended and participated in a 2 day tailoring workshop where she made illustrative materials to use in tailoring classes.

She spent one week judging 4-H State Achievement records which gave her some much needed help.

The home agents experiments with food preservation consisting of canning and freezing constantly trying to find better ways to teach this to HD and 4-H members by canning and freezing at home. She also does the same with gardening. She has found first hand information is easier to present.

She attended the National Home Demonstration Agents Assoc. meeting in Boston this year as a delegate. Also the district and state agents meetings.

She subscribes to and reads "What's New in Home Economics", "Forecast", "Better Homes and Gardens", "American Home",

The Extension Offices are on one floor of the Carter House. Doors between to County Agents office, secretary and home agents office have been removed. The staff works as one big family with each sharing responsibilities where possible.

Since the staff is made up of 5 extension agents and a secretary the agents try to plan the work so each will have the necessary secretarial help and distributing the work in such a way she can take care of it. This means careful planning and looking ahead but if too much comes due at a given time, it is not unusual for all agents to pitch in and help get the work out regardless of whose work it is. There is no set time for a staff conference but at least once a week one is held. These are usually early in the morning as the staff is in the office at this time.

2. General Public

Radio programs and news items are selected to cover the interests of the general public. The general public is contacted through mass media consisting of radio and local newspapers. Also through various special meetings, the county fair and through the home agent speaking to various groups such as garden clubs, etc.

3. Elected Representatives

Each year the Annual Report is presented to the Board of Supervisors in a condensed form. A copy of this is handed to each member with an invitation to read the entire report at any time. This is kept on file in the home agents office. New assistants are always introduced to the board members.

4. Other Professional Workers

The home agent tries to keep informed on some of the activities of the ASC, SCS, Welfare, Health Department and other offices in the county. In this way she can help all concerned if the need arises. Two luncheons were held this year by the agricultural workers consisting of the ASC, SCS, extension and health department. These were well attended and it is felt this will be done annually.

Each person furnished some part of the lunch. One of these was a Christmas luncheon with some type of humorous gift brought and exchanged with others.

The home agents presents a copy of all new bulletins to the Home Economics teachers and orders any they might desire.

VI. A. Special Consideration

When the Willow Hill HD club was organized in the Ararat section, Miss Ida Guynn came occasionally due to the responsibility of caring for her aged father and mother and she was not an active member. After their passing away within a few months of each other she became a very active HD member in her club.

Miss Guynn is a school teacher, approximately 65 years of age, had made few decisions in her home on large matters. Her father always made the decisions and seemingly they were never questioned.

Miss Guynn inherited the home place which was old. She turned to the home agent for help in planning the heating system, painting and some closetspace in the home. With the help of C. D. Wheary, Housing Specialist, this was done.

The two bedrooms now boast 2 large closets each. One side of the 16 foot room minus the door width, went into closets. These closets have one section of shelves in the end. A shelf across the top with hanging bars below. They were built to the ceiling but part of this has been sectioned off with separate doors and two shelves for storage of seldom used items.

One end of the kitchen now has a series of cabinet doors and more shelves to house books, vases and a collection of various items that had previously been on a few open shelves in this area. The bath has lots of storage space. A cleaning closet has also been added.

The bedroom was changed to a living room, the parlor into a bedroom. New floor covering is in the living room. This is Vinyl as Miss Guynn wanted something serviceable for the country and easy to clean. Walls are being painted as time permits.

Central heat seemed to her to not solve the problem so to date this has not been installed but Miss Guynn has made the house much more comfortable for her and a sister-in-law who not shares her home.

Miss Guynn cannot understand why more people do not call on the home agents for help in remodeling homes etc. She certainly is doing her part to boost the program in her community.

B. Public Relations

1. Co-Workers

	1957	1958	1959	1960	1961
No. club officers	290	385	65	306	350
No. adult project leaders	11	14	16	16	10
No. junior project leaders	3	3	3	3	12
No. result demonstrators	-	-	1	2	4
No. training meetings by specialists	-	-	-	1	-
No. training meetings by dist. agents	-	-	-	-	-
No. training meetings by agent	4	4	2	4	8
No. training mtgs. by members club dept.	--	-	-	-	-
No. training meetings by others	-	-	-	-	-
Total attendance at ldr. tr. meetings	109	123	83	91	73
No. 4-H leaders trained individually	3	6	7	8	10
No. club mtgs. held by ldr. without agent	90	35	49	52	57
No. additional meetings at which leaders assisted	35	50	64	62	68
No. demonstrations given by adult ldrs.	90	35	72	65	71
No. demonstrations given by junior ldrs.	12	10	9	14	31

B. Development of Leader

Four years ago a very shy reserved lady enrolled as a member of a newly organized HD club, the Pine Grove Club. Mrs. Belva Mabe seemed to be unable to get up before her club to report on anything. Of course all phases of the work was new to her. Gradually she started taking part little by little in the work.

This year Mrs. Mabe has been the County Federation of Work Chairman. She helped the home agents plan the Federation program in the HD clubs, helped in the training of the leaders by showing them how to select wild seed pods and make them a work of art by arrangement or color to conform with occasion or location. Also how to take care of our little feathered friends, the birds, by planning and building feeders and nest. Also, when to plant guards for nests and how to make these.

Before the first training meeting Mrs. Mabe remarked "I don't believe I can do it." When it was over the agents complimented her on the fine job she did and she certainly had. Her remark "I wasn't scared at all." And she really had shown no nervousness during the demonstration.

Since then Mrs. Mabe has given the county report at the District Federation meeting and had a very special demonstration at the County HD Achievement Day.

A leader has been found that might otherwise have never taken part in activities other than minor community ones if she had not participated in HD club work.

an HD member but there are 3 prospects that are non-HD members.

In Croal Creek a first aid group was organized by HD members and of the 15 completing the class 5 were not HD members.

The home agent tries never to miss an opportunity to encourage non-club members to participate in special extension sponsored activities in the county, be it special interest meetings or any other activity.

She also tries to take advantage of every opportunity to speak to groups on HD work.

V. LEADERSHIP

A. Growth of Leadership

1. Over-all program leaders

	1959	1960	1961
a. County Agricultural Extension Service Board	1	1	1
b. Youth Council	1	1	1
c. HomeEconomics Council	1	1	1

2. Home Demonstration Club Leadership

	1957	1958	1959	1960	1961
No. organizational leaders	64	60	68	64	70
No. project leaders (subject matter)	94	60	80	102	84
No. Federation program of work chairmen	17	16	17	17	15
No. program development leaders	17	18	16	16	14
No. result demonstrators	22	34	26	15	14
No. training meetings by specialists	3	-	-	7	6
No. training meetings by dist. agents	2	2	1	1	1
No. training meetings by agents	7	5	5	5	4
No. training meetings by others	1	1	-	1	3
Attendance at all training meetings	148	63	206	232	151
No. meetings held without an agent	44	72	62	80	78
No. meetings leaders assisted	56	120	105	80	81
Demonstrations by leaders	40	72	85	90	156
Talks and discussions by leaders	144	270	180	350	282

3. 4-H Club Leadership

4. Special Events

The County 4-H Share-the-Fun Program was held in May. The program was divided into a junior and senior division with a first, second, and third place winner in each division. The winner of the senior division attended the State 4-H Short Course and participated in the district contest there and was one of the Southwest District winners, receiving a \$25.00 Savings Bond.

IV. SCOPE OF WORK

A.

	1957	1958	1959	1960	1961
No. H. D. Clubs	16	15	16	16	14
Membership	300	274	156	243	226
No. H. D. Groups (unorganized)	-	-	1	6	3
Membership	-	-	8	40	42
No. 4-H Clubs	58	63	65	51	50
Membership	1568	1677	1816	1524	1504
No. YSY	-	-	-	-	-
Membership	-	-	-	-	-
No. Community Clubs	2	3	4	4	4
Membership	257	337	437	437	437
No. Home Ec. Committees	-	-	-	2	1
No. General Interest Committees	-	-	-	-	-
No. Youth Committees	-	-	-	-	-
No. Other Organizations	1	1	1	1	2
No. Farm & Home Dev. Families	12	26	26	34	36
No. Other Families Reached	2346	2824	2707	2191	2690
No. Different Families Reached	3623	3741	3795	3605	3672

B. Reaching Others

The HD and 4-H programs are kept constantly before the people by radio broadcasts and news articles. The 4-H and HD programs are announced on the air and in the papers. 4 radio stations announce the programs and two newspapers.

When special programs are offered besides routine HD work several announcements are made in advance to inform the public and invitations given to participate in this. An example: special knitting classes are being planned in various parts of the county. To date Sylvatus and Mitchell Cross Roads Classes are underway. Of the 10 enrolled in Sylvatus 7 have had no contact or very little with HD work in the county other than by mass media. In Mitchell Cross Roads 8 are enrolled but more are expected at later meetings. One is not

34
72

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c. Conservation Camp

Two girls and one boy and an adult leader attended Conservation Camp at Camp Farrar, Virginia Beach, Va. These club members reported to their respective clubs on the activities of this particular camp. Those attending were Margaret Ann Crowder, Martha Raye Turman, Charles Leonard and Mrs. Margaret Leonard.

2. Fairs

4-H members from Carroll County entered both the Galax Fair and Carroll County Fair. They participated in the annual parade by carrying placards with the name of all the clubs in the county.

One community 4-H club had a stand set up to sell food as a money making project during the fair.

The 4-H clubs had special booths for their exhibits and club members served on various committees for carrying out the fair. The number of exhibits totaled 78.

3. Contests

a. District

Four girls were groomed and entered the district contest in May. Mary Byrd Price entered the poultry foods demonstration and won a red ribbon. Bonnie Robinson won a white award in the Style Dress Revue Contest. Eula Mae Golding won a blue ribbon in the girls' public speaking contest and Margaret Ann Crowder also won a blue ribbon for her demonstration in the breads contest. Margaret Ann and Eula Mae represented the Southwest District at the State 4-H Short Course at Blacksburg.

Karen Hawks, the County Share-the-Fun winner, was selected as a district winner at the State Short Course.

b. State

Margaret Ann Crowder entered the State breads contest at Blacksburg and won a red ribbon.

Eula Mae Golding won a red ribbon in the Girl's Public Speaking Contest held also at Blacksburg.

34
72

The local power company was very cooperative in helping to carry out the electric program in the schools by furnishing materials to be used in the "recipes for good lighting" demonstration, repairing electric cords and proper equipment to be used for outdoor lighting. Their representatives would train the extension agents to give the demonstrations to the clubs.

All of the objectives were carried out and a total of approximately 200 study lamps were assembled from kits. There was approximately 55% completion of this project.

2. Meal Preparation with 348 girls enrolled was a very popular project. Topics included in this project were proper way to measure ingredients, meal planning, different ways of preparing eggs, simple meat cookery, planning simple desserts and outdoor cookery. The objectives set up were to know the proper way to measure dry and liquid ingredients, to know what a well-balanced diet consisted of, to learn to prepare simple meat dishes and simple desserts and to learn more and different foods to be cooked out-of-doors. All of these objectives were accomplished. Club exhibits and fair exhibits showing their accomplishments was one check on this project.

3. Clothing which includes "So You'd Like to Sew", "Make or Remake" and "Looking Your Best" was taken by 303. Club members equipped sewing boxes, made an apron and several other useful items.

Displays of garments and other items made by members were put up at club meetings and entered at the fair.

During the summer months four project groups met and carried on the following projects: outdoor cookery, meal preparation, breads, and clothing.

C. Other Activities

1. Camps

a. Junior Camp

This year 27 boys and girls attended junior camp at the Southwest Virginia 4-H Center near Abingdon, Va. with the Ass't Home Agent and Ass't County Agent.

b. Senior Camp

Eight boys and girls attended senior camp at the Southwest Va. 4-H Center near Abingdon with the Home Demonstration Agent and County Agent.

34
72

Plans for remodeling the homes including more convenient kitchen, more storage space, interior decorations, installing baths were some of the ways the home agent has helped the homemakers in the farm and home development families.

Use of the family income is always a big item. Better use of this is always a concern of these families. Wise buying, better vegetable gardens, canning and freezing was a favorite topic for the leaders.

In every case encouraging more efficient methods of home-making and practices was included.

III. COUNTY EXTENSION PROGRAM - YOUTH

A. Organization

The only youth organization the extension personnel works with in Carroll is the 4-H program. The Carroll County 4-H council meets twice a year, once in the fall and then again in the spring and is made up of 4-H officers from every club. At the fall meeting the officers were trained in their respective offices and plans were drawn up for the first six months of club work. In the spring meeting the council made final plans for the rest of the year and chose the in-school project for this year which was safety.

B. 4-H Project Work

1. Electricity was the in-school project for the year selected by the county council members and adult leaders because of the felt needs and desires on the part of the 4-H members to learn more about electricity and how it works.

Monthly 4-H meeting topics and demonstrations included (a) replacement of fuses, (b) repairing electric cords, (c) recipes for good lighting, (d) making lamps from kits, (e) care of farm and home electrical equipment and (f) proper equipment for outdoor lighting and different types of Christmas lights.

The most important objectives were to have 4-H members become familiar with the location of the fuse box and how to replace a blown-out fuse. To learn how to repair electric cords in order to save on the cost of repair bills. To learn good lighting standards and how to set up a study center. To learn to assemble a lamp from a kit and to learn the proper care of farm and home electrical equipment.

34
72

Slides on Civil Defense also made up a part of the morning program.

Lunch was furnished by the clubs with each club furnishing a special part of the lunch. This gave time to socialize and get acquainted. The afternoon was devoted to awards. 53 reading certificates were awarded, 6 pins and 3 guards were also received. Galax club was awarded the trophy for the year's work. 55 members attended.

D. Urban Work

There is one UD club in Galax with 18 members that the home agent works with. Most of her contacts with urban families is through her radio broadcasts and newspaper items. These are made both over the Hillsville station WHTV and Galax station WBOB weekly with farm families, non-farm families, and urban families kept in mind and their needs.

These programs are heard as many people that this agent works with very little personally, tell her they hear her program and received a good deal from it.

Both Hillsville and Galax have a newspaper and the home agent sends in articles she feels are needed by the readers.

Many Hillsville homemakers are reached through the garden club. Questions are always asked the home agent after the meeting is over.

E. Farm and Home Development

Most of the families worked with are part-time farmers, a few full time. At present there are 36 families enrolled. An attempt is made to analyze the farm situation and study what might be done to add additional income and improve living conditions.

All families are given assistance in farm management problems. The family wardrobe is one of the problems the home agent helps the home maker with. Many of the ladies sew and an attempt is made to improve standards of construction.

Family food is a problem in most homes; balancing meals, proper preparation, variety and new dishes is ways the homemaker has been helped toward, better food habits for the family. The food habits of teenage children is the home has been stressed. The homemakers and the agent try to find solutions to getting them to eat nutritious foods.

The leaders were groomed to give the demonstration in each club. Some leaders demonstrated shampooing and setting the hair at the club meeting, others just discussed care.

Since this was the October demonstration no check has been made to date on number doing a better job of hair grooming.

Four special meetings were held in Carroll on Importance of Wills and Deeds in November. Mr. W. J. Nuckolls, Jr. Associate Ext. Agricultural Economist, VPI, conducted the meetings and they were held in different communities making it easy for anyone interested to attend without traveling too many miles. 112 men and women attended these meetings.

Three HD clubs discussed the information in the form of a panel to inform members who did not attend the county meetings. Many questions were asked Mr. Nuckolls and much interest shown.

Since this was the last month of the year no check can be made on number wills drawn up as a result of this.

C. Other Activities

In the county objectives clubs set their goal to have better order at the club meetings. Previously there was too many inattentive members. To date 10 clubs have improved by giving more of their attention to the person who has the floor.

The goal of having 100% of the clubs pay Federation dues was reached.

Five of the 14 clubs participated in club exhibits at the fair but 11 of the clubs made exhibits by individuals in the general booths.

The goal to have polio clinics and first aid classes were not reached.

September 8th the HD clubs held the Achievement Program. This was an all day meeting with morning program consisting of club reports on the years achievement. These reports were mostly general but one club concentrated on having a fashion show of yesterday and today. This covered styles of 75 years for men, women, and children. Needless to say this was thoroughly enjoyed.

34
72

One club won first place at the county fair on the exhibit drying and arranging wild flowers. There have been three club displays set up by members in individual clubs and judged by general discussion.

Exercise for Health demonstration was one of the greatest surprises this agent has had in extension. The leaders were groomed to lead the demonstration in their respective clubs. They put more of themselves into the training meeting than any this agent has conducted.

Leaflets were given to them to pass on to members with drawings of the different exercises and what part of the anatomy would be trimmed by the exercise. These were planned not to be too strenuous for the older members as well as to be beneficial.

The demonstration was given by leaders having members participate in them.

Five clubs followed up for 3 months with members reporting whether or not they were taking the exercise with inches or pounds taken off.

Fifty-five of the ladies have followed the Artie Levins program on T.V. each morning and do most of the exercises. Half of these have reported taking off extra pounds and inches.

Out of door cooking and eating is spreading fast in Carroll County. To go with this the demonstration Developing the Out of Door Living Area was conducted in each club. The points spelled out to members were: screening undesirable views, privacy, desired effect, use of area, shade needed, etc.

To date no one has reported planning or planting an outdoor living area but since the demonstration was given in September this was expected. It is hoped by spring there will be at least one in each club developing one. This demonstration was conducted by the home agent.

Correct Care of the Hair is a problem since the rural homemakers have so many other responsibilities she seems never to take time for hair grooming. Daily and weekly care, cleanliness, effect of permanents, need of brushing was discussed.

34
72

This topic was used in the 14 HD clubs and on radio and in the local paper. The home agent demonstrated this by pictures of various wearing apparals.

The ladies in Carroll can be proud of their appearance and a demonstration such as thei gives them more confidence in themselves.

Knitting is a handicraft that is much in demand in Carroll County at present; two classes are being taught in two communities with 19 enrolled. Nine of these ladies are making wonderful progress as they have had 4 classes. Their first garment has been head hugger or child's cap. Enthusiasm runs high when a finished item is displayed. Reading instructions are stressed with one class devoted entirely to different stitches with members of class using different instructions so each would have a different pattern. In this way they have to read their own instructions. The 2nd class had met only twice but are showing progress.

Hand knit sweaters sell as fast as the ladies can knit them in the county. They set their own price on these. Any surplus time they have over knitting for the family can be used for knitting garments to sell. The home agent and ladies in the community who knit are teaching these classes. As each lady learns any part of knitting, she in turn is teaching others.

4. Miscellaneous

The HD clubs used one demonstration on Flower Arrangement. The homemakers raise beautiful flowers but most of the women know very little about arranging flowers correctly. The correct arrangement for different location such as mantle, dining table, living room and entrance hall were discussed. Arrangement in proportion to container, aids in flower arrangement.

55 homemakers have reported improving their flower arrangements. 24 arrangements were displayed at the county fair winning 14 blue ribbons.

Dried flower arrangements have also been demonstrated this summer and fall in the HD Clubs as part of the Art in Daily Living program. Wild flowers and seed pods were used. Some were colored. Through this channel the homemakers hopes to eliminate many of the artificial plastic flowers finding their way into the modern homes.

34
72

Carroll County people have plenty food available but getting the homemakers to prepare the correct food is always a problem. Each lady received a copy of the bulletin on "Food for Fitness" and were requested to post these in their kitchens and check occasionally to see that they were serving necessary foods. They were urged to plan weekly menus to save time, serve balanced meals and a variety of meals.

"Do Ahead Meals" was demonstrated to aid the homemaker in preparing foods ahead. In the summer there are gardens to tend, "company" to entertain, canning and freezing to do and often it is necessary for the homemaker to prepare meals quickly in order to complete these chores. If she has dishes of food prepared ahead this will be easily done.

Leaders were trained by Miss Janet Cameron, Nutrition Specialist, VPI. 72 ladies report they have tried one or more of the dishes demonstrated.

Foods were also displayed at the county fair by the HD club members.

Here they show their best baked goods, canned foods, candies, etc. competing for the ribbons. Each year they are urged to show their best and this is one of the educational ways used to show good products to the general public. 21 exhibits were made by HD members in the baked foods department, 69 cans of fruits and vegetables, pickles, jams and preserves were exhibited. These won 40 blue ribbons, 25 red and 18 white.

3. Clothing

The homemakers wanted information on the "Correct Dress for All Occasions." Most of their life is lived very informally and in cottons. They were interested in how to be correctly dressed, when to wear hat, gloves and heels, how to dress for shopping and church.

Planning additions to the present wardrobe was discussed with suggestions for color accent to add interest.

The basic dress was demonstrated with a variety of accessories.

Dressing well on a small budget is very important for rural women.

demonstration with the aid of slides to show the shrubs and identified these. The ladies realize they know the names of too few of these.

To date 76 ladies have reported they are enjoying and trying to learn the names of the wild flowers around them. A greater appreciation of mother nature has grown out of the Federation of Work program, "Art in Daily Living" in the past 2 years. Carroll County is outstanding in the respect she has beautified wild flowers blooming spring, summer and fall.

One Home Demonstration member went to California this year and came back with many wild plants she dried to use in dry arrangements. and to show the members.

Two years ago this lady would have never have appreciated these plants.

This is just one example from many, this agent could list that has made the ladies more conscious of beauty in nature.

The County Federation Chairman has spared herself no effort to train the Federation leaders in drying wild flowers, coloring seed pods, arranging these and selection of containers for them.. She also gave a demonstration at the County HD Achievement Day on this and her club won first place for the HD club exhibits at the county fair on this same topic.

In November club members answer the roll call with favorite demonstration for year. To date more have said "selection of good literature, wild flower appreciation and arrangement then any other one.

2. Foods

The demonstration on "Eat to Live Longer" was based on the Food for Fitness. Slides were used to stress these foods and why each is important in the body. The home agent gave the demonstration.

The ladies were requested to prepare a 2 week menu for the families, use it and when necessary, to change the meal when cooking to make changes on the copy. These were turned in to the agent at the next meeting. 52 ladies turned in these menus. 40 of these were balanced.

time crocheting doilies etc. which the house furnishing specialist calls "clutter." It gives her an opportunity to knit sweaters, etc for her use and the families. It also gives her instructions she can use to add a little to the family income as there is an outlet for every hand knit sweater produced in Carroll County.

The Home Demonstration Choral Committee was formed after ladies in the HD clubs requested the organization of one in Carroll. This committee of three found a director, Mrs. R. P. Reynolds, who is instructing them free. Her reason for doing this is there is no choral group in Carroll County available when needed. This committee, also set the first meeting date and interested persons were contacted. Since then the group has set their own meeting time. To date there are 15 in the choral group.

The Fair committee was organized for the first time this year. Previously, there had been no committee and the fair was dying due to lack of planning etc. This committee represents each district in the county and were instrumental in putting on the fair in September. A very successful fair was held but there was a decline in the number of exhibits displayed. The quality of the exhibits have improved considerably in the years this agent has been in the county due to emphasis being placed on quality rather than quantity.

B. Subject Matter and Special Emphasis Areas

1. Art in Daily Living

Art in Daily Living was the Federation Program in Carroll County. This is the second year this program has been carried.

One topic for discussion in the HD clubs was selecting good literature. This included selecting good magazines and classifying them for variety in subscriptions.

With homemakers looking for short cuts, different articles and placement in paper by importance were pointed out.

Getting the most from the paper in the shortest reading time was stressed. A selection of magazines were used in giving the demonstration and were classified.

Identification of wild flowers and shrubs with pruning and placement in landscaping of shrubs was discussed at one Home Demonstration meeting. The home agent gave the

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34
72

The County Home Economics program in Carroll was developed by several committees consisting of the County Home Demonstration Committee, special interest committees and the fair committee.

The County Home Demonstration Committee met twice this past year. The spring meeting on March 30 was held for one half day and was devoted to making final plans for the Home Demonstration program for the next 6 months. These included participation in (1) the District Federation meeting. (43 attended this) (2) Institute of Rural Affairs (less than a dozen from the county participated in this meeting and only for one day) (3) Plans for Home Demonstration Achievement Day (53 attended).

The fall planning meeting was held August 11 making final plans for the years work and setting up the 1962 program.

There was the smallest number in attendance at both of these meetings that Carroll has had in years.

The Nutrition Committee consisting of 5 members is quite concerned regarding the diets of the people in the county. Too little dairy products are being used. Too few balanced meals and too many carbohydrates and fats are in the diets. It is hoped the people can be educated into planning and serving balanced meals by a gradual training program. Material was collected for this committee by two surveys in the HD clubs; one was listing foods served at meals for a week at beginning of year, second same but at end of year.

Obesity is getting to be a big problem in Carroll. The committee planned to build up enough interest this year in overweight to get a weight reduction class in the county in 1962. At present this has been scheduled to begin in March, 1962.

The Clothing Committee had plans for clothing and knitting classes in the county as special interest meetings in the fall. Due to the prolonged warm weather this fall and loss of the trained assistant home agent, sewing classes have not been held.

One Community Knitting Class is underway with the second one having met twice beginning. These classes serve several purposes. It gives the homemaker something constructive to do with her hands for those long, hard, winter days we have in the mountains. Previously she spent a good deal of

39
72

has sixty beds. At Hillsville in Cox's Clinic with a nine-bed capacity that can treat maternity and minor surgery cases. Serving the Galax area are seventeen physicians and 4 dentists. Serving the Hillsville area are six physicians and 5 dentists.

Two hotels and six motels serve the area for tourist and overnight guests. The motels are all fairly new. A number of new restaurants have been built within the past two years.

The Carroll News, published weekly and the Galax Gazette, published twice weekly serve the county. The Roanoke Times and Roanoke World News are delivered daily throughout the county. A daily newspaper from Winston-Salem and two weekly papers from Mt. Airy serve the southern part.

Radio Station WBOB in Galax and WJHV in Hillsville serve the area for broadcasting. One fifteen minute program each day is given to the extension staff from the three bordering counties with Carroll staff having the Wednesday and Saturday program by WBOB. Weekly broadcasts are given on WJHV by the home agent.

Shopping centers for the area are Galax and Mt. Airy, N. C., which are on the country boundary lines and Roanoke is seventy miles away.

There is no public recreation facilities for the young people excepting those provided by the schools and churches.

The 1959 Census showed 755 telephones in rural homes. Some improvements have been made and additional telephones installed since then. Telephones are still very limited in the county making it necessary for the home agents to visit people if quick communication is needed.

A large number of homes have no piped running water in the homes and no bath facilities. This situation is being improved though in many new homes being constructed and improvements being made on old ones.

The median school year completed for persons 25 years and up is 7. Women report slightly more education than men.

Appalachian Power Company serves Carroll County and the surrounding area. It is one of the largest electric utilities in the south, both in area and number of customers served. Approximately 98% of the homes in Carroll County have electricity.

II. COUNTY EXTENSION PROGRAM - ADULT

A. Organization

34
72

I. THE COUNTY SITUATION

Carroll County covers an area of 496 square miles with a population of more than 27,000 people and 2,655 farms. Two thousand, six hundred and forty-nine are white and six negro.

Carroll is a mountainous county situated on the southern part of the Blue Ridge area and borders North Carolina. It is a part of the great plateau that lies on the back bone of the mountain. Eighty per cent of the county has an elevation varying from 2,000 to 3,500 feet above sea level. The climate is cool and moist. It is one of the most scenic counties in the state.

In 1959 the farm land totaled 165,774 acres, 51.7% of the county's area of 317,440 acres. At that time the average farm was 73.7 acres. There are twice as many part-time or residential farms as commercial ones. The average age of the farm operator is about 53.5 years.

The type of agriculture in the county is diversified due to the geographic structure of the land. Food and food crops, vegetables, apples, livestock and livestock products are the principal products. Livestock and livestock products make up over 60% of the Agriculture income. Milk production is increasing rapidly. Apples and peaches are also important crops with some of the most productive apple orchards in the state located on the slope of the Blue Ridge mountains in the county.

The 1950 Census showed 1,467 women over 14 years of age working on public jobs or 16 per cent. Surveys show women are securing employment outside the home at the rate of approximately 40 per year in Carroll County. There is no record to show the number of ladies now employed but the percentage is high. This is fast becoming one of the major problems facing the HD work in Carroll. The best leaders are seeking employment outside the home.

There are more than 50 Protestant churches located in Carroll County representing most of the denominations. Most of the churches maintain Sunday Schools, youth programs and other activities which enhance the spiritual life of the community.

There are 23 public schools in Carroll County of these 10 are small schools having less than 5 teachers. In addition to regular academic classes the three senior high schools offer courses in business training, home economics, shop work and vocational agriculture.

Two modern hospitals, both equipped with operation rooms, serve the county from Calax. One is an 88-bed facility and the other

34
72

OUTSTANDING CONTRIBUTION

The importance of Wills and Deeds has contributed quite a little to the program.

Over 100 people were reached by 4 special meetings conducted by Mr. W. J. Nuckolls, Jr. and additional 50 more in HD clubs by the agents. Four radio tapes were prepared on this material.

The people are seeing the need of making wills, having correct deeds and having business in order for right person to receive it.

Another contribution has been amount of work done with individual homemakers on remodeling homes. Twelve different homemakers have received special help from the homemaker by visits to the home and helping make detail plans. This has included selecting color and painting walls and ceiling, planning closets, baths, kitchen storage, floor covering, sewing center, home business center, etc.

Additional help has been given 53 homemakers through telephone calls and office calls on minor improvements in the home.

Topics pertaining to remodeling etc. has been used on five radio broadcasts and articles for the newspapers.

B. Development of Leader	19
VI. A. Special Consideration	20
B. Public Relations	
1. Co-Workers	20-21
2. General Public	21
3. Elected Representatives	21
4. Other Professional Workers	21
5. Commercial Interest	22
C. Professional Improvement	22-23
VII. The Look Ahead	23
VIII. Rural Area Development	24-31

TABLE OF CONTENTS

Table of Contents	1-2
Outstanding Contribution	3
I. The County Situation	4-5
II. County Extension Program - Adult	
A. Organization	5-7
B. Subject Matter	7-12
C. Other Activities	12-13
D. Urban Work	13
E. Farm and Home Development	13-14
III. County Extension Program - Youth	
A. Organization	14
B. 4-H Project Work	14-15
C. Other Activities	
1. Camps	15-16
2. Fairs	16
3. Contests	16
4.. Special Events	17
IV. Scope of Work	
A. Scope of Work	17
B. Reaching Others	17-18
V. Leadership	
A. Growth of Leadership	
1. Overall Program Leaders	18
2. Home Demonstration Club Leadership	18
3. 4-H Club Leadership	18-19

ANNUAL NARRATIVE REPORT

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EXTENSION
WORK

Virginia Agricultural Extension Service

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1961

Carroll

County