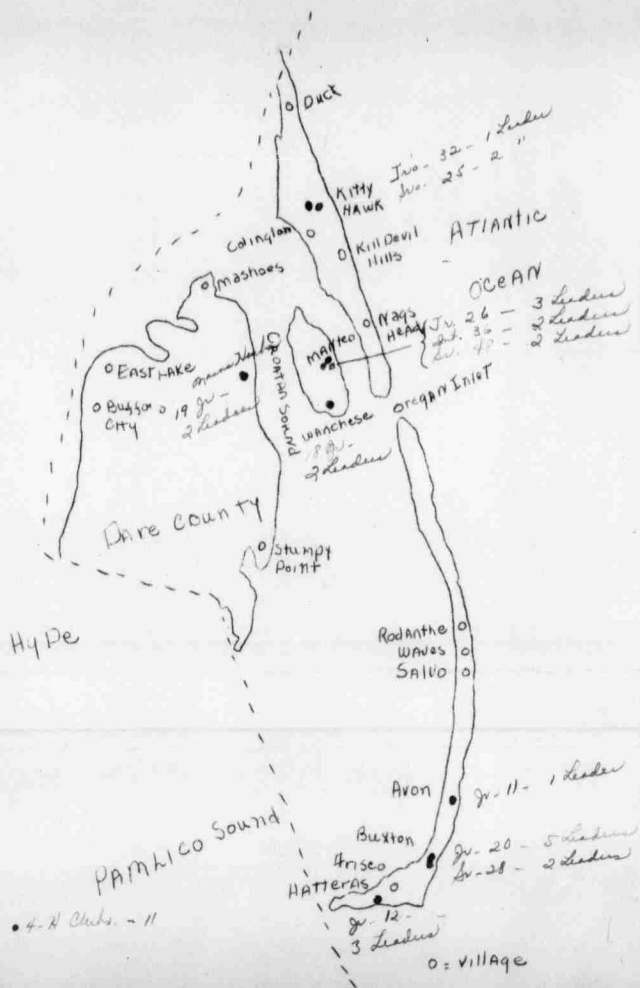


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Juv. 32 - 1 Laker  
 Juv. 25 - 2 "  
 Kill Devil Hills  
 Manteo  
 Juv. 26 - 3 Laker  
 Juv. 30 - 2 Laker  
 Juv. 47 - 2 Laker

Currituck Sound  
 Manteo  
 Wanchese  
 P.O.  
 2 Laker

Pamlico Sound  
 Stump Point  
 Rodanthe  
 Waves  
 Salvo

Avon  
 Juv. 11 - 1 Laker  
 Buxton  
 Juv. 20 - 5 Laker  
 Juv. 28 - 2 Laker  
 Hatteras  
 Juv. 12 - 3 Laker

4 - H. Chks. - 11

o = village

### III. INTRODUCTION

4-H Club work in Dare County is about eighteen years old. Membership this year is 275 girls. Students enroll on a voluntary basis from the fifth through the twelfth year of school or ten years of age through their last year in high school. Club meetings are held in the schools during school hours. Each club meeting last for an hour and is met at a regular time scheduled each month subject to change if necessary. The principal and program chairman are notified several days before the meeting. In schools where teachers are interested in the program there are less disciplinary problems.

More parents and teachers have been encouraged to act as leaders this year and we have received more cooperation from the members themselves. Twelve Home Demonstration members, one from each club, has been asked to serve as 4-H leader in her community.

There were eleven 4-H clubs in the county last year. There are clubs at the following schools: Avon, Jr.; Burton, Jr. and Sr.; Manteo, Jr., Int., and Sr.; Kitty Hawk, Jr. and Sr.; Wanchese Jr.; Manns Harbor, Jr.; and Hatteras Jr.. This year there are 13 clubs, 4 in Manteo and 3 in Kitty Hawk. Several of these clubs are much too large for best work, but there is no other way to divide them at the present time.

Officers preside at the meetings and each year the manner in which they preside improves. Program chairmen have charge of the joint programs, which includes a short devotional program each month and joint programs sent them by the agents.

## IV. ORGANIZATION

## 1. Procedure in planning 4-H program for the year:

Due to the geography of the county there is no active 4-H County Council. Club officers serve as a council for their club. The farm and home agents make and plan programs. Some suggestions are given by the club members, this is sent to the program chairman at least a week in advance, giving the date the meeting is to be held and giving them the responsibility of planning and practicing the program. Last year there were five joint programs held. These included: Organization, Health, Family Life, Study Unit and Christmas parties.

Five joint programs are planned for next year. These are as follows: March - Farm and Home Electric or Safety, April - Grooming, September - Organization, November - Achievement, December - Christmas parties.

## 2. Number of 4-H Clubs and enrollment:

There were eleven 4-H Clubs and 275 girls enrolled as follows:

Avon	* 11
Buxton Jr.	- 20
Buxton Sr.	- 28
Hatteras	- 18
Kitty Hawk Jr.	- 32
Kitty Hawk Sr.	- 25
Manns Harbor	- 19
Manteo Jr.	- 26
Manteo Int.	- 36
Manteo Sr.	- 46
Wanchese	- 18
	<u>275</u>

## 3. Schedule of 4-H Meetings:

	Lst Week	2nd Week	3rd Week
Monday			
Tuesday	Manns Harbor 1:00 pm	Avon 10:30 am Hatteras 1:00 pm	Kitty Hawk Jr. 10:00 am Int. 11:00 am Sr. 1:00 pm
Wednesday	Manteo Jr. 9:30 am Int. 10:30 am	Buxton Jr. 9:30 am Sr. 10:30 am	Wanchese 10:30 am
Thursday			
Friday	Manteo Fresh. 10:00 am Sr. 11:00 am		

Leaders are selected on a voluntary basis. They include some parents, older 4-H members, Home Demonstration members, and teachers. Because of the difficulty in travel in the county, little training has been done. This year it is planned to have a leader training school to organize leaders and get them to help with Dairy Foods Demonstration, Clothing, Foods Projects and help fill out record books.

In the past leaders have helped with recreation, church activities and other outside activities of the clubs rather than the club programs. Parents have cooperated in buying necessary materials for projects and encouraging children in the completion of them.

## V. MONTHLY PROGRAMS AS EXECUTED:

## 1. Joint Programs:

Each month a short joint program is held in each school to begin the meetings. The meetings are called to order by the president and a patriotic song is sung after which the 4-H Pledge is repeated. The secretary reads the minutes of the previous meeting and business, both new and old is discussed. The program chairman is in charge of the devotional, usually consisting of a Scripture reading and prayer, sometimes another song or a poem. About four months each year there is a joint program which lasts about thirty minutes. If there is a play, this is sent to the program chairman about a week in advance of the meeting and they have the responsibility of assigning parts and practice.

December - Recreational and Christmas parties were held in each club, except Buxton and Manns Harbor, which could not be scheduled during December. These parties were held in January. The movie "North Carolina Vacationland" was shown at all meetings, also a comedy titled "Beachcomber". Refreshments were served by a committee of girls in each club. Recreation and games to use at Christmas were discussed with leaders in 4-H at Wanchese.

January - Health - Joint program - A play, "Changing Old Health Habits for New", was given in each 4-H meeting with club members taking part in the program. 259 girls attended. "Song of Health" bulletins were distributed. Refreshments were served at Buxton and Manns Harbor Clubs because they were unable to have Christmas parties.

February - Showed movie, "How to Catch a Cold", at all Joint meetings. Other children from the lower grades were invited to see the movie. 11 Joint 4-H programs were given on the "Study Unit". Two types of study lamps were shown and discussed building of lamps. Tables and chairs for study were discussed.

Pin-up boards and blotters, two types of bookends made at 4-H Camp, making wastepaper cans from ice cream containers, inexpensive pencil sharpeners, etc. were shown and discussed. Much interest was shown in the discussion by both girls and boys. Leaflets of the study unit were distributed at the close of the meeting.

March - At the Wanchese and Banks meetings, the boys and girls were shown a movie, "Our Garden".

April - The movie, "Family Life" was shown as a joint program. After which the farm agent discussed poultry raising to the boys and girls.

July - Attended the Roanoke Island 4-H Camp with 21 boys and girls.

September - Organization Meeting - New officers were elected for the year. Parliamentary procedure discussed.

## 2. Project Programs for Girls:

March - Dairy Foods Demonstration on making candies and use of dried skim milk. Discussed clothing program and showed curtains and discussed using or making them in completing a 4-H project.

May - Made plans for dress revue in June. Junior girls were given a demonstration on "Patterns vs Materials" and simple construction. Senior girls were given a demonstration on "Clothing Construction which gives a Finished Look". Using simple patterns and plain material for first dress were discussed.

June - 4-H Dress Revues held in Hatteras and Manteo.

September - Project Selection.

October - Discussion of projects and further project selection.

November - "This is the Way We Wash".

## VI. PROJECTS

## A. Clothing -

Number enrolled	133	Number completing	72
Articles made	86	Garments Made	32

There is no Home Economics in the schools of Dare County. Many girls are learning to sew, but there is a great need for more girls to learn. Most of the girls learning are helped by their mothers or other relatives.

An attempt was made to hold two Dress Revues in the county in June again proved unsuccessful. None of the girls participated on the outer banks. Four junior girls came to the agent's office. One of these had made a simple stole out of toweling and two had made clothing for their dolls. None of the older girls participated, even though agent worked with one girl who had planned to make an outfit to enter the State Dress Revue.

Only one demonstration was given during the past year on clothing construction. Junior Girls were given a demonstration on "Patterns vs Materials". Pictures of patterns and pattern books were carried to the meetings. Many of the girls have never used a pattern because they are not sold in Dare County except the New York Pattern is sold at one store in Manteo, and only a limited number of patterns are there to select from. Most of the patterns are ordered from one of the catalogs, or from stores who sell patterns in Elizabeth City. Some of these stores send their discarded books to some of the women or to stores on the banks for the people to order from. Senior Girls were given a demonstration on "Clothing Construction Which Gives a Finished Look". Most of the girls in the county would like to learn to sew. Many of them have learned at home, but the majority of them do not know how to sew.



## B. 4-H Foods and Nutrition

## 1. Enrollment and Completions:

- a. Total number of girls enrolled in food preparation projects 118  
 b. Total number completing 62  
 c. Breakdown as follows:

<u>Unit</u>	<u>Enrolled</u>	<u>Completing</u>
Breakfast	27	18
Lunch or Supper	20	11
Dinner	33	21
Eggs	4	1
Vegetables	8	4
Baking	26	7

## 2. Programs and Demonstrations:

Only one program was devoted to Foods and Nutrition this year. A Dairy Foods Demonstration on making candies and use of dried skim milk was the demonstration for March. This program was not used on the outer banks or Wanchese, due to not being able to use the projector and a hot plate at the same time. The movie "Our Garden" was shown at these meetings.

Mrs. Jewell Fessenden held two 4-H leader demonstrations in April. Mrs. Maurice Burrus attended the one at Hatteras and all of the girls of the 4-H Club at Hatteras. Mrs. Jasper Cooper, Stumpy Point, Mrs. Marcus Midgett, Manteo, and Mary Blanche Meekins, Manteo, attended the meeting in Manteo. Even though few leaders could attend the meetings a start was made towards a 4-H leader program in Dare County.

## 3. Results of Demonstrations and Programs:

1025 dishes were prepared, 342 meals served. 175 girls reported setting the table at least part of the time and 89 wash the dishes after each meal.

At December Christmas parties a committee of girls was selected to have charge of the refreshments. For most of the clubs the girls made their own cookies and candy. At least two clubs the girls served punch which they had made.

There is a definite need for better diets in the county. Milk consumption is very low. There are few cows owned by families in the county. Fresh milk is limited in supply and expensive. Most families in the county use evaporated milk in cooking and coffee, but little milk is consumed as a beverage by the average 4-H member. A large number of families make bread with water instead of using milk.

In Manteo School candy is not sold this year and the students are not allowed to go down town during lunch unless they go home to lunch. Dr. Holland, the school principal, reported that many more children ate lunch at school and ate more of the foods prepared since the candy and drinks were not sold. In cases where candy is sold at school or the children are allowed to leave the school grounds, the children eat candy from the store, rather than bring fruit from home to eat during recess.

C. 4-H Health Improvement

1. Poor nutrition is one of the most outstanding problems in the county. Meals are poorly balanced and fresh vegetables and milk are lacking in the diet. In several homes in which the agent has eaten, the meals were poorly planned. Too much starchy food was served with a meat and meat substitute and no green or yellow vegetables. Fresh vegetables are not available every day in parts of the county, and families who live near the beach cannot grow a good garden.. Those members who had late and fall gardens this year were destroyed by the hurricane and salt water in most parts of the county.

2. A wide health program is conducted in the county by the Health Department which includes a full-time doctor, health nurse and sanitarian. Record is kept by the nurse on each child as it is born in the county and vaccines, physical check-ups are made at the schools each year by the doctor and nurse. Every school child over 16 was X-rayed by the mobile unit in all of the schools this year, and all contacts were X-rayed.

3. A dental clinic is being held in the schools this month by the State Health Department dentist.

An orthodontist has set up an office on the beach and has office hours three days a week. Many school children have visited his office and had dental work done.

There is one full time doctor in Manteo and one in Buxton, at the present time. A clinic is maintained at Buxton, the nearest one to Manteo is at Jarvisburg in Currituck County.

In January a play, "Changing Old Health Habits for New" was given in each joint 4-H Club meeting with club members taking part in the program. "Song of Health" bulletins were distributed.

## D. Food Preservation

Number enrolled	28	Number completing 18
Number quarts canned	561	

Most of the girls work with their mothers in preserving food. All of the food conserved this year was consumed at home. Of the 561 quarts canned this year, 247 quarts were preserved, 154 quarts canned vegetables and fruits and 60 quarts meats and fish.

The winners in canning for the past year were as follows:

1st - Betty Lou Tillett, Kitty Hawk  
 2nd - Joyce Ambrose, Manns Harbor  
 3rd - Dianne Tillett, Wanchess

## E. Frozen Foods

Number enrolled	8	Number completing	4
Quarts frozen	200	Pounds frozen	173

A small number of 4-H girls have freezers in their homes. Most families use the freezer unit in their refrigerator to freeze foods for short periods. Beef and other meats are shipped to the stores once or twice a week and the people buy quantities and store for future use.

Peggy Ann Taylor was the county winner in Frozen Foods this year. She helped her mother freeze 200 packages of frozen foods and froze 50 packages alone. Together she values these products at \$130.00 to her family. Most of this food was meats vegetables and fruits. She also froze some sandwiches. This year the family is planning to freeze some ready prepared foods and desserts.

## F. Handicrafts

Number enrolled	54	Number completing	25
Articles Made	42		

Crafts made for home gifts and sale were valued at \$75.00.

Many of the 4-H members pick up shells and sea life on the beach which they sold to the craft shops and to tourist.

In the demonstration "The Study Unit", lamps which were made at camp were shown to the boys and girls. Several reported having made lamps for themselves out of driftwood. Some of the boys and girls have been interested in leather craft and shell craft and wood carving for sale at their homes. Many of them make attractive ash trays out of shells. Almost every one in the county has a large display of unusual shells which they have picked up on the beach or found in their nets.

## G. 4-H Work in Room Improvement

Number enrolled	64	Number completing	39
Number rooms	39	Articles	54

In February a joint meeting was held on "The Study Unit". Room Improvement projects were discussed at this time. Suitable lamps were discussed and two samples shown, one being a study lamp which was made at camp the year before. Making waste paper baskets from ice cream containers, which several of the girls made for their rooms after the meeting, was shown. Using a large blotter to write on and also using a similar one for a pin up board, two types of bookends which were made at camp in the past years, inexpensive pencil sharpeners, and other equipment needed for study were shown and discussed.

In March different types of curtains which had been used at the Home Demonstration meetings were shown to the girls.

In October draperies were discussed. Samples of materials, colors and designs to use in a room, length and width of drapes and step by step procedure for making draperies were shown to the girls.

The Senior 4-H Club girls at Kitty Hawk were planning to make a trip to Elizabeth City that week to purchase new curtains for their home room. After discussing color and design and making draperies, they decided to use good principles of design in the room. With the help of their teacher they selected a white background material with gray and red designs in the pattern. They painted the walls of their room gray, the ceiling white, and the bookcases red. One of the parents plans to make cornice boards for the windows, which they plan to leave natural to blend with the desks. The room is much more bright and attractive than it was before. When they get the curtains hung and the cornice boards up they will have a very attractive room.

Betty Lee Finn, Kitty Hawk, was Jr. County Winner in Room Improvement.

#### H. Home Management

Number enrolled 125      Number Completing 56

"This is the Way We Wash" was the girls 4-H Demonstration for November. Many of the girls help with the family wash and have taken this as their project. Laundry problems discussed were sorting clothes, washing, rinsing, starching, hanging clothes on the line, taking them in and folding to iron. How to wash a sweater was demonstrated by drawing a picture of the sweater on a sheet of brown paper and then washing it in a synthetic detergent. Temperature of water and removal of water from the garment was discussed. Rolling the sweater in a towel and then pinning it on the paper to block it was shown.

Pressing the sweater and woolen material was discussed with the girls. Samples of plastic concentrated starch were given each girl. Most of them decided that they would take it home with them and use it very stiff to starch their crinolin petticoats.

#### I. Family Relationships

Joint programs were given in all clubs during four months this year. These included: Christmas parties, Organization, Health and Safety, and Room Improvement.

#### J. Other Projects

##### Knitting and Crocheting

Number enrolled	31	Number completing	16
Articles made	65		

During the November 4-H meetings last year, a few minutes was devoted to Knitting and Crocheting. All of the girls who brought materials to work with were shown some of the easier stitches to do. In January they brought materials again and asked members of their families or neighbors to help them with this project. Several girls said they would get together and ask one of the mothers to teach them stitches. All girls were shown how to wind wool thread at the meeting. The joint program had lasted most of the period, so there was little time left to talk to the members.

The girls at Avon seemed more interested in learning to crochet and brought material to several of the meetings to learn stitches.

VII. HONORS WON - COUNTY

4-H Room Improvement - Betty Lee Finn, Kitty Hawk  
Jr. Food Preservation - 1st: Betty Lou Tillett, Kitty Hawk  
2nd: Joyce Ambrose, Manns Harbor  
3rd: Dianne Tillett, Wanchese  
Freezing: Peggy Ann Taylor, Manns Harbor



IX. CAMP

Attended 4-H Club camp at Roanoke Island Camp the week of July 25-30, with 21 boys and girls from Dare County, also club members from North Hampton, Mitchell, Yancey and Rockingham counties.

The 21 attending from Dare were: Virginia Hughes, Mabel Jean Basnight, Diana Ward, Patsy Midgett, Elaine Brickhouse, Della Basnight and Raymond Wescott, Jr., Mantep, Clarence Jennette and Myron V. Midgett, Buxton, Sharon Peele and Jo Anne Midgett, Hatteras, Carroll Harris, Shelia Reber and Charles Reber, Nags Head, Shirley York and Gayle Parker, Kill Devil Hills, Gail Brothers, Milah Daniels and Rossie Beasley, Wanchese, Ellen Perry, Kitty Hawk, and Peggy Ann Taylor, Manns Harbor.

Raymond Wescott, Jr. & Patsy Midgett were selected as best-all-round Dare County campers. Raymond was Master of Ceremonies at the banquet held Friday night.

This year at camp, Electricity was taught by the VEPCO, and use of the electric blender was shown. Wildlife was taught, and instructions given on recreation, swimming and handicraft. Each boy and girl made a billfold during the time allotted for handicraft.

## XI. LOOKING TO THE FUTURE

At the present time there are from one to four organized 4-H Clubs in every school in the county where the children are of 4-H age.

Programs were scheduled for the coming year with local, district and state contests, and project improvement in mind. These include: Clothing-"Making Simple Articles" - January; Room Improvement-"Pictures" - February; Farm and Home Electric or Safety as a joint program - March; "Grooming" as joint program - April; Food Preparation - "Breakfast"-May; Organization - September; Room Improvement - "Storage for Clothing" - October; Achievement, project selection and records - November; and Christmas parties and Demonstration - December.

With the expense of travel and inconvenience there is little hope for a County Council this year, but it is looked forward to in the future and more participation in county-wide activities.

Each year more interest can be seen in 4-H Work. More records have been kept and turned in at the end of the year. Participants in District and State Contest and those attending camp have encouraged others to do so.

There is much interest and stronger programs among the older Junior 4-H members which will increase the strength of the program next year.