

vastly increase its scope of activity. The services which it can render the youth and adults in the area are invaluable.

I feel that the 1959 Extension program in the county was a successful one. The continued cooperation, enthusiasm, and support which we receive is evidence of this. The accomplishments and activities of the 4-H club members are also proof of a successful program.

The classes and workshops which I attended during the year increased my knowledge of subject matter and teaching methods.. The communication training received also made me better qualified to do an effective job. The in service training which Extension provides its personnel is invaluable. It is important to be kept up to date on scientific developments and subject matter.

At this time, perhaps one of my most urgent responsibilities is to better inform the officials both county and state of the scope and responsibilities of the Extension Service. With a better understanding I feel that the personnel problem can be solved.

C. Professional Improvement.

The agent maintains an active membership in her professional organizations, both national and state, reads professional magazines and books available to keep up with the many new developments in home economics.

In December 1958, the agent attended a field trip in Washington, D. C. for the Northern Virginia agents. New equipment and building materials were studied at the National Housing Center.

The agent attended a two day educational tour for Home Demonstration agents. They were guests at the Federal Extension office, toured Beltsville, the National Arboretum and 4-H Club Center.

The agent participated in Extension conferences and in-service training meetings.

VII. THE LOOK AHEAD

I feel that the Extension program in Arlington County is growing stronger. I do, however, realize that a vast unused potential still exists in this area both for Home Demonstration and 4-H activities. During 1959 a new evening group was started for young homemakers with small children. This is just the beginning of a tremendous service which Extension is capable of performing. I feel that we utilize the talents of volunteer leaders to a high degree, making it possible for us to have a full varied program. The volunteer leaders still require the leadership, guidance, and help of the professional worker. I am, therefore, convinced that with an increase in Extension personnel the Extension Service could



The Arlington County Home Demonstration Clubs invite you to their

HOME DEMONSTRATION ACHIEVEMENT DAY

next Wednesday, October 28th at the Cherrydale Methodist Church

"It's fun to learn!" . . . that's what the many women of the Home Demonstration Clubs say . . . and you're invited to their Achievement Day. The Home Demonstration Clubs of Arlington County are part of a nation-wide agricultural and home economics educational program. To "Help People Help Themselves" is the philosophy of our local groups under the guidance of Mrs. Erna Pettibone of 1401 Walter Reed Drive, Arlington. Participants in the program learn by actually doing and some of the skills taught by well-qualified project leaders include sewing and clothes designing, food and nutrition, child and family care, food canning, consumer buying and many others in the general field of home management and betterment. All interested persons can find out more about the Home Demonstration Clubs as well as see educational and entertaining exhibitions by the Arlington County Clubs next Wednesday at the Cherrydale Methodist Church, Larcom Lane and Nellie Custis Drive. Hours are from 10 A.M. to 5 P.M. with special fashion show and talks from 1:30 to 3 P.M.

published as a public service by



PARKINGTON
Glebe Road and Wilson Boulevard

Elected Representatives.

A copy of the year book was sent to the County Manager to inform him and the board of the year's program. A summary of the narrative report of the year's work is sent to the county manager which serves as a means of telling the county board of the accomplishments of Extension work in the county during the past year.

Commercial Interests.

The splendid cooperation received from commercial organizations in the community indicates that public relations in this area is being developed to a high degree. The agent and county Home Demonstration chairman serve on the Hecht Consumer Advisory Board. Kann's Department store again provided space and facilities for a three day 4-H exhibit. They also donated the prizes for the club members. Two 4-H members serve on Hecht's Teen Advisory Board.

Sears Roebuck and Company sponsored a 4-H leader to the 3-day conference and training.

The VEPCO representatives have cooperated with us in our lighting program. A VEPCO engineer is working with a 4-H group instructing them in their electricity project work.

Professional Workers.

Every effort is made by the agent to become acquainted with other professional workers in the county by participation in county activities. The agent is a member of the Potomac Homemakers, a group of home economists in homemaking.

the festivities. They were given a flower to wear so that they too would receive special recognition.

B. Public Relations

County Workers

The agent makes every effort to develop good public relations in the county with county workers. She served on the planning committee of the Arlington Arts Festival, cooperates with the County Civil Defense Coordination, and for the first time was invited to participate in Civic Day at the Court House.

General Public.

In Arlington County the agent has an excellent opportunity to work with other groups and agencies. Women's groups call upon her for educational information. The agent was on the planning committee for clean up week and fire prevention week. She serves on the Educational Committee of the Arlington, Alexandria Tuberculosis Association. The agent endeavors to maintain good public relations with the general public by helping with their many homemaking and gardening problems.

The Kiwanis Service Club sponsored a 4-H leader to the annual leaders conference and training which was held at Natural Bridge. The members themselves do most to foster good relations in the county. Maintaining an active and enthusiastic membership and high quality program builds interest and confidence in the Extension program.

development.

VI. A. For Special Consideration

For the last two years the development of the 4-H program in the county was reported as the significant achievement. The progress made in 1959 should be reported at this time. The county council planned and conducted several county events, nine 4-H members participated in the district contests; two club members were state winners; nine members attended State 4-H Short Course, Arlington's first 4-H All Star was invited to join at the 1959 Short Course; two club members won scholarships to the State Conservation Camp, one club member received the outstanding camper award and a scholarship to return in 1960. There has been a decided increase in the scope of junior leadership activities in the county. A senior activities group was recently formed to give an added interest and incentive for the older club members.

The fashion show of garments made and modeled by the Home Demonstration club members at their annual achievement day is an excellent example of a significant achievement of Extension work in Home Economics. Part of each year's program is devoted to clothing construction. This year it was "new techniques in sewing." Special clothing construction workshops were held within the clubs. Two of the clubs cooperated in setting up an excellent display of sewing techniques at the achievement day program. All of the club members who did not model in the fashion show wore the garments they had made to

B. Development of Leadership Activities.

Korgan Morrison's accomplishment in 4-H is an outstanding tribute not only to Korgan, but to the Extension program and its staff as well. He joined 4-H a little over three years ago. He is a young man with a great deal of talent and abilities. The staff recognized these qualities and realized that if they were not directed properly he could very likely become a problem to the organization. Such a situation often exists when one youngster is more advanced intellectually than his contemporaries. His interests may not be the same as the others yet he is most anxious to be accepted as one of the group. This was Korgan's problem.

Since he has always been interested in science, he chose Entomology for his major project work. Under the direction of the state entomologist and through his own efforts he soon became very well informed in this field. In the county, he showed his leadership qualities by organizing a 4-H club of younger boys and becoming their leader. On district and state levels he assisted the Extension Entomologist in conducting classes on this topic. This stimulated him to do his best and gained him recognition among the other club members. As soon as he was eligible he won the state award and it has just been announced that he has received a national award at Club Congress.

The skillful leadership on the part of the Extension staff developed the best qualities in Korgan. They recognized his ability and encouraged him to share his knowledge and talents with others, thus developing in him good qualities of leadership. His experiences in 4-H have done a great deal in his

2. Home Demonstration Club Leadership (Give in table below)

| | 1955 | 1956 | 1957 | 1958 | 1959 |
|---|------|------|------|------|------|
| No. organizational leaders | | | 179 | 187 | 189 |
| No. project leaders (subject matter) | 251 | 369 | 369 | 380 | 384 |
| No. Federation program of work chairmen | 18 | 20 | 20 | 18 | 19 |
| No. program development leaders | 18 | 20 | 20 | 18 | 19 |
| No. result demonstrators | 9 | 10 | 18 | 21 | 20 |
| No. training meetings by specialists | 6 | 6 | 10 | 12 | 6 |
| No. training meetings by dist. agents | 1 | 1 | 1 | 1 | 1 |
| No. training meetings by agents | 17 | 17 | 16 | 19 | 16 |
| No. training meetings by others | | | 3 | 5 | 6 |
| Attendance at all training meetings | 369 | 561 | 584 | 579 | 572 |
| No. meetings held without an agent | 212 | 222 | 232 | 240 | 229 |
| No. meetings leaders assisted | 17 | 18 | 24 | 28 | 32 |
| Demonstrations by leaders | 135 | 193 | 197 | 293 | 321 |
| Talks and discussions by leaders | 337 | 331 | 307 | 339 | 342 |

3. 4-H Club Leadership (Give in table below)

| | 1955 | 1956 | 1957 | 1958 | 1959 |
|--|------|------|------|------|------|
| No. club officers | 14 | 32 | 36 | 40 | 49 |
| No. adult project leaders | 12 | 22 | 24 | 24 | 19 |
| No. junior project leaders | | 2 | 1 | 4 | 6 |
| No. result demonstrators | | 12 | 10 | 12 | 12 |
| No. training meetings by specialists | | | | 4 | 3 |
| No. training meetings by dist. agents | | 5 | 6 | 1 | 1 |
| No. training meetings by agent | | | | 3 | 5 |
| No. training meetings by members club dept. | | | 2 | 2 | 1 |
| No. training meetings by others | | | 2 | 5 | 4 |
| Total attendance at ldr. trg. meetings | 12 | 8 | 31 | 74 | 76 |
| No. 4-H leaders trained individually | 14 | 6 | 18 | 24 | 27 |
| No. club mtgs. held by ldr. w/out agent | 28 | 43 | 55 | 51 | 105 |
| No. additional club meetings at which leaders assisted | 32 | 84 | 87 | 156 | 91 |
| No. demonstrations given by adult ldrs. | 25 | 24 | 29 | 32 | 24 |
| No. demonstrations given by junior leaders | 12 | 5 | 9 | 14 | 27 |



HOME DEMONSTRATOR — As Arlington County's home demonstration agent, Erna E. Pettibone works with any resident who calls about home or garden problems.

Arlington's Mrs. Pettibone She'll Answer Your Home Problem

By ELLEN ANDERSON

Want to learn how to choose new rugs? Grow better roses? Kill Japanese beetles? Plan a low fat, salt-free diet?

Erna R. Pettibone probably has the answer to your question, and, if she hasn't, knows where to find it for you.

Since 1956, Mrs. Pettibone has been Arlington County's home demonstration agent, working with home demonstration club members, 4-H boys and girls, and any other resident who calls her about home or garden problems.

OPERATING as a three-way channel, her job brings together the resources of the U. S. Department of Agriculture, Virginia Polytechnic Institute (Virginia's land grant college), and the local county government. Actually, her work is "cooperative extension" which widens the educational scope of USDA and VPI.

Mrs. Pettibone is quick to correct the conception that extension work is primarily for rural residents. "The Extension Service started for farm families," she explains, "but it keeps adapting itself to changing conditions and demands.

"Even New York City is setting up an extension program, and Syracuse and Rochester have had this service for years. In our own state, the City of Norfolk also has its extension service," she adds.

The extension program in Atlantic City inspired the beginning of the work in Arlington, Mrs. Pettibone says. When Mrs. Frank Ball Sr. visited the resort, she was tremendously impressed with the program and decided it would be excellent for her own community. As a result, extension service started in Arlington on a part time basis in 1943, and was expanded to a full-time program in 1948.

MRS. PETTIBONE laughs as she recalls how she walked into the job. "We had just moved to Arlington," she remembers, "and I dropped in on Allison Guthrie who was the agent then, to find out about the program. I found that she was about to leave to start a family, and needed a replacement. And here I am." The former Erna Kley was

born in Staten Island, N.Y., and first studied home economics in the public schools there. In June, 1936, she graduated from Cornell University (New York's land grant college) with a major in home economics, and in November married Russell P. Pettibone, a Cornell law graduate.

At the start of World War II, Mr. Pettibone, who was a reserve officer in the infantry, was called to active duty. For four years, he was stationed overseas, for the last part of the time as a military government court judge in Salzburg.

In 1946, he was asked to take charge of the war crimes program in Austria, and his family sailed to join him.

"WE ARRIVED on New Year's Eve in 1946 in the biggest contingent of dependents ever sent over at once," Mrs. Pettibone recalls. "We hadn't seen Russell for four long years. The baby was only six months old when he left, and she was now going on five.

"When we arrived, the Army sent a band and a group of top-ranking officers out to meet us. I was the first wife out, and the general wanted to welcome me officially, but I darted right under his arm and ran. All I could see was my husband," she laughs.

Mrs. Pettibone loved Austria. "It's not a place, but a way of life," she claims. "Wars come and go, but no one can take their music from the Austrians. When I arrived, they were in the midst of a hard, cold winter, but the people still laughed and sang and danced."

Personal friends in the Unitarian and Friends' relief groups quickly put Mrs. Pettibone to work as a volunteer home economist. "We started a day nursery for the children of working mothers," she says, "and tried to help with the problems of food and clothing. When the Marshall Plan went into action, the change was almost magical, because the people were so eager to help themselves."

IN 1956, the Pettibones returned to the United States, and in 1951 Mr. Pettibone went into private law practice in the District. Later he joined the U. S. Depart-

ment of Justice as an attorney. This summer Mrs. Pettibone will spend most of her time teaching 4-H courses or attending conferences at VPI. "You have to have a cooperative husband to do this kind of work," she declares. "Sometimes the whole family goes with me to these conferences, and really seem to enjoy them."

The Pettibones have two children, Russell Jr., is a sophomore at Cornell, majoring in mechanical engineering. Carolyn, a junior at Washington-Lee High School, plans to major in home economics at Cornell. "They're both already brain-washed," smiles their mother. "With both parents graduates of Cornell, they didn't have much chance to escape."

Mrs. Pettibone finds her job so "stimulating and engrossing" that she has little inclination for activity in groups and organizations. "I spend most of my free time with my family and friends," she says. "We all enjoy hiking, camping, and ice skating. We especially like to hike and picnic during the cold winter months. There are no bugs then, the air is stimulating, and hot food cooked over an open fire is most delicious."

MRS. PETTIBONE wants to be sure that county residents know her office is open to everyone, and not just to members of home demonstration or 4-H clubs. "We're ready and willing to consider any problem relating to home or garden. And we'll find you the answer if we don't have it," she promises.

"We have no county agent in Arlington, but Fairfax County's Joe Beard is most cooperative and always willing to help," she adds.

Last year the office handled 3,646 telephone calls for help and information, and distributed 10, 179 bulletins and other informational materials. All this was done by Mrs. Pettibone with the help of one secretary, Marlene Morrison. In addition they handled the expanding 4-H program and the steadily increasing home demonstration clubs.

"This year," beams Mrs. Pettibone, "the County Board has agreed to add an assistant, which means we can really extend our services."

assemble an exhibit which effectively publicized the activities of the Extension program in Arlington.

The evening garden institute lecture series did much to increase the scope of work of the Extension office. It resulted in continual telephone calls by home owners requesting help with their gardening, landscaping, horticulture, and insecticide problems.

The request for help in this field is so substantial that it is felt that the county should have the services of a county agent.

All of these activities exhibits, publicity, etc. have made the public more aware of the services of the Extension office. As a result more people, other than Home Demonstration members, are calling the office for assistance with their problems relating to Home Economics and Agriculture.

Approximately 150 of the enclosed "Welcome Wagon" leaflets are distributed each month telling of the Extension work in Arlington. This service is important in this community with its high percentage of changing population.

V. LEADERSHIP

A. Growth of Leadership.

1. Overall program leaders

| | 1957 | 1958 | 1959 |
|--|------|------|------|
| a. County Agricultural Extension Service Board | — | — | — |
| b. Youth Council | — | — | — |
| c. Home Economics Council | — | 3 | 3 |

agent and publicized the enclosed article.

The increased number of requests to have Home Demonstration represented in county affairs, and to help with other organizations and individuals affords an excellent opportunity to inform the public of Extension work.

The participation of the club members, with Home Demonstration and 4-H in district and state events does a great deal to increase the scope of work. The knowledge and enthusiasm these club members gain spreads throughout the county.

Each year more Arlington residents participate in these out of county events.

During Home Demonstration club week the Arlington Forest and Greenbrier Home Demonstration clubs presented a program at the Arlington Forest Civic Association meeting. This was an effective way to publicize Home Demonstration work.
Civic Day.

The Extension Service participated in Civic Day at the County Court House with a display to familiarize the residents of the activities which Extension offers the community. This affair was well attended. The agent or an active club member was present at all times to answer questions.

Arlington Arts Festival.

The agent and county H. D. chairman were on the planning committee of the Arlington's cultural arts festival which was held at Bon Air Park May 21 - 24. This affair included the local talent in all the arts, music, ballet, theatre, painting, crafts, and other skills. A committee was formed to plan and

B. Increase in Scope of Work.

The accomplishments of the Home Demonstration members and also the 4-H members did much to increase the scope of Extension work in the county. The county events, such as achievement day, 4-H exhibit days, county contests, etc., all played an important part in promoting good publicity. These events gave the organizations an opportunity to display and demonstrate their accomplishments and activities. More than 500 people attended the 1959 Home Demonstration Achievement Day. (Program attached).

This year the welcome to Washington Club was invited to Home Demonstration Achievement Day. Women from six foreign embassies attended and felt that they learned a great deal about life in the United States. This relationship leads to a better international understanding. Our county officers and the agent were invited to participate in one of their club meetings.

The 4-H exhibit days were held on Kann's Department Store patio. A large percentage of people enter the store through this patio. This gave an opportunity for the public in the community to observe the work of the 4-H club members. Many people here were not aware that this program is available in this urban area.

Publicity in the local newspapers play an important role in informing the public about Extension work. Notices are sent to the local newspaper telling of the club meetings and their activities. Feature articles with pictures appear from time to time. A feature writer of the local newspaper interviewed the

The county council planned a county wide Halloween square dance and party. This affair was a great success, National 4-H Club Week.

Each club had a special activity in observance of National 4-H Club Week. Some of the clubs invited parents to a club meeting giving them an opportunity to better acquaint the parents with 4-H activities. The county council sponsored a contest for the best club exhibit. Displays were placed in store windows, shopping centers, and schools. One girls and one boys group were awarded a prize.

Home Demonstration Achievement Day.

There was a county wide 4-H exhibit at Achievement Day. Since this activity is well attended it was an excellent opportunity to acquaint the residents with 4-H club work. All the county wide activities strengthen the program.

IV. SCOPE OF WORK

1.

| | 1955 | 1956 | 1957 | 1958 | 1959 |
|----------------------------------|------|------|------|------|------|
| No. H. D. Clubs | 17 | 20 | 20 | 17 | 18 |
| Membership | 468 | 500 | 515 | 505 | 500 |
| No. H. D. Groups # (unorganized) | | | | | |
| Membership | | | | | |
| No. 4-H Clubs | 6 | 8 | 12 | 12 | 11 |
| Membership | 75 | 84 | 105 | 117 | 112 |
| No. YW Clubs | | | | | |
| Membership | | | | | |
| No. Home Ec. Committees | | | 1 | 1 | 1 |
| No. Community Clubs | | | | | |
| Membership | | | | | |
| No. General Interest Committees | | | 4 | 4 | 4 |
| No. Youth Committees | | | 1 | 1 | 1 |
| No. Other Organizations | | | 4 | 4 | 5 |
| No. Farm & Home Dev. Families | | | | | |
| No. Other families reached | 2275 | 2292 | 2364 | 3218 | 3239 |
| No. Different families reached | 2910 | 2905 | 2995 | 3303 | 3415 |

Exhibit Days.

4-H exhibit or achievement days, a highlight of the year's program in Arlington was held at Kann's Department Store, Virginia Square. Project work in clothing, meal preparation, canning, room improvement, entomology, electricity, health, soil conservation, astronomy, and home grounds beautification was exhibited. The highlight of the event was the style review and presentation of awards.

Short Course.

Nine delegates from Arlington County attended 4-H Short Course at V.P.I. From these, two were state winners. Camps.

Summer Camps at Jamestown were attended by junior and senior club members. Four members accompanied the agent to Conservation Camp at Camp Farrar, Virginia Beach. One girl was the outstanding girl camper and will receive a scholarship to return in 1960.

Some of the 4-H clubs attended the Prince William County Fair and the Fairfax 4-H Fair. One club member judged at the Fairfax 4-H Fair.

National 4-H Club Center.

Four senior club members were invited to act as ushers and be of general assistance at the dedication ceremonies of the National 4-H Club Center. The agent accompanied 12 other club members to the special event. It was a highlight for these fortunate club members.

Safety has been the club project of the Primus boys' club. Part of each club meeting was devoted to some phase of safety. They worked actively with the chairman of the state safety council at a state wide safety meeting for high school students. Representatives of the fire department and traffic squad spoke to them at their club meetings. To supplement this work, they are now working on the electric project with special emphasis on safety with electricity. An agricultural engineer of the power company is their leader at monthly work shops.

Soil Conservation, Gardening, Home Grounds, Beautification, Egg Production, Astronomy, and Photography are being carried as individual projects by the boys.

C. Other Activities.

County contests were held in March. A high percentage of the membership both junior and senior participated.

One girl and boy represented the county at the district public speaking contest. The girl, Priscilla Baker, was privileged to represent the district at the state competition and became state winner.

District Contests.

Arlington was well represented at the district demonstration contests in April with seven girls participating.

A Share the Fun program was held in the early spring. Each 4-H club participated. A skit by the Bon Air club was selected to represent the county at the 1959 4-H Short Course.

Others displayed the garments they had made in the 4-H exhibit. Two garments were displayed at the National 4-H club center's open house in November. One senior member won a red ribbon at the district style review. In June Miss Bettie McClaskey, Assistant Clothing Specialist from V.F.I., conducted a training meeting for 4-H leaders on the project "Make and Remake."

Room Improvement.

A number of the club members are continuing with their Room Improvement project, along with other project work. The Room Improvement and Home Improvement record books submitted to the state in 1959 both won red ribbons at the district demonstration contests. Miss Ruth Jamison, House Furnishings Specialist, conducted a training meeting for 4-H leaders on the Home Improvement project.

Entomology.

Outstanding project work was done in the field of Entomology. Morgan Morrison, one of Arlington's club members, will represent the state of Virginia in this field at the 1959 National 4-H Club Congress. His insect collection was displayed in county exhibits as well as at the 4-H National Club Center open house. He also organized a 4-H club of younger boys and is serving as their junior leader. They chose entomology for their club project work and won top honors in the county for their club exhibit at 4-H exhibit days.

Food and Nutrition

Each year more interest in food and nutrition project work is developing. Some of the clubs divide their year's program, spending part on foods and nutrition, part on clothing, and part on room improvement. The clubs meet twice a month during the school year and once a week in the summer. Extra project meetings are often held during the summer to help the club members complete a project. Many are carrying and have completed three projects in a year. All of the girls carrying food projects give demonstrations at their club meetings and entered the county contests. At the district contests, county winners represented Arlington in the following demonstration contests; meal preparation, poultry, dairy foods, breads, and food preservation. Meal preparation and food preservation demonstrations won blue ribbons.

suitable for the older members.

Project Planning.

The agent works with the leaders in planning the projects for the individual clubs. The leaders meet periodically for project and leadership training.

4-H County Representative.

A 4-H leader is a member of the Home Demonstration Executive Committee. She serves as a liason between Home Demonstration and 4-H. Since one of the County Home Demonstration objectives is to "work with the County 4-H representatives in promoting 4-H club activities", it is the 4-H County Representative's job to keep the Home Demonstration clubs informed on how they can be helpful to the 4-H program.

B. 4-H PROJECT WORK

Clothing.

During the spring and summer months special emphasis was given to the clothing projects "So You'd Like To Sew", and "Make and Remake." The clubs carrying this project divide into smaller groups at project meetings enabling the girls to receive individual instruction. During the summer months some of the senior girls acted as junior project leaders working with the younger club members. The highlight of the clothing program is the 4-H fashion show held at Kann's Department Store in September. At this time the club members modeled the clothing they have made. This year two of the senior girls also modeled in the Home Demonstration fashion show at their Achievement Day.

E. Farm and Home Development.

There is no Farm and Home Development program in Arlington County.

III. COUNTY EXTENSION PROGRAM - YOUTH

A. Organization

Community Clubs.

Community clubs are the backbone of the 4-H program in Arlington County. The clubs conduct business, recreational and project meetings at the homes of the leaders or club members.

County Council.

This organization was formed in 1958. It is made up of the elected officers of each club. It strengthens the 4-H program by unifying it and by giving the members an opportunity to plan and carry out county activities. It assists in setting up the county contests and the Share The Fun program. It also plans social events, as picnics, square dances, etc. It gives to the 4-H members an added opportunity for leadership development.

All Stars.

Terry Taylor is Arlington's first All Star. She was invited into the organization at the 1959 4-H Short Course. Senior Activities Club.

A senior activities club was recently organized to give added interest to the senior club members. The members will maintain their membership in their community clubs but will now have an opportunity to plan programs and activities

tribution of gifts to the needy, and to give in such a way so as not to damage the morale of a family group which is the recipient of Christmas giving." The Home Demonstration representatives on this committee work with the Home Demonstration clubs in carrying out these objectives.

Many of the club members have been volunteer workers on the chest x-ray mobile unit. A number of the clubs won certificates of commendation from the Arlington TB Association for their volunteer work.

In Arlington this is Home Demonstration's most important annual county event. All the clubs work for this occasion with great enthusiasm. Each club exhibited a phase of the year's activities. The formal program included a talk by Mrs. Theodor Taylor, the National president of the Home Economics in homemaking section of the A.H.E.A., a fashion show of garments made and modeled by the Home Demonstration members, and a talk by Priscilla Baker, Arlington 4-H club member and state public speaking winner. Approximately 500 people attended the festivities, including women from many foreign embassies. These women were eager to learn about the activities of the American homemaker and enjoyed spending the day with us.

D. Programs with Urban Families.

Since there is no farm population in Arlington the entire program caters to the needs of the urban population.

members were recipients of this certificate at the annual Achievement Day program.

National Home Demonstration Week.

Each Home Demonstration club placed a Home Demonstration poster and publicity leaflets in a store or library during National Home Demonstration club week.

Sixty five Arlington Home Demonstration members attended the district meeting at Front Royal, Virginia.

Many of the clubs arranged a special tour to the National Arboretum during the Azalea season.

Judging by Leaders.

Local clothing and food leaders who had received training at the extension judging school a few years ago judged at fairs and 4-H achievement days in the neighboring counties.

Outstanding Home Demonstration Club Community Projects.

Arlington County Home Demonstration club work cooperates with many other groups in the county. Their membership constitutes a leading force in the community. They are represented in the Arlington Red Cross, Civil Defense Council, Arlington United Givers, Arlington TB and Health Association, The Hecht Consumer Advisory Board and the Arlington Community Christmas Committee.

The Arlington Community Christmas Committee is made up of representatives from voluntary, health, welfare, recreational agencies, schools, churches, service clubs and civic groups. Its function is "to coordinate the dis-

A training meeting for all county and club officers was held.

The Home Demonstration clubs have continued to support the county 4-H program, through financial aid and in providing the leadership and sponsoring local clubs. Although the clubs do not take a complete and full responsibility, their interest and cooperation is growing each year.

Ribbons and project completion pins were awarded by Home Demonstration County Committee for the annual 4-H Exhibit Days held in September. One Home Demonstration club contributed toward the expenses of a 4-H leader to attend as a delegate to the 4-H leaders conference and training to be held at Natural Bridge, Virginia. Two Home Demonstration clubs presented a pledge banner to three 4-H clubs. This friendly gesture was appreciated by the 4-H club members. The Home Demonstration clubs invited 4-H to have an exhibit at their achievement day. They also invited the 4-H state public speaking winner to speak at their achievement Day program.

Eleven Home Demonstration members were delegates at the annual federation meeting and the Institute of Rural Affairs.

"Good reading" was another important phase of the Art in Daily Living program. The club members were encouraged to read good books and qualify themselves for a good reading certificate. Fifty one Home Demonstration

arrangements. Other clubs concentrated on pressing and framing the wild flowers. There were some outstanding exhibits in this field displayed at the Home Demonstration annual Achievement Day.

Since the cultural advantages available to the public in the Washington area are endless, every effort was made to stimulate the club members to take advantage of these opportunities. As an extra activity the clubs toured the Art Galleries, attended the free concerts, and visited historical places. Many of the members repeated these activities with their families. The clubs continued to receive the monthly program of exhibits, lectures, concerts and other activities held at the National Gallery of Art.

C. Other Activities

County Objectives.

1. Acquaint club members with the duties of club and county officers.
2. Invite guests from another club to some of your meetings.
3. Work with the County 4-H representative in promoting 4-H club activities.
4. Have your club represented at the annual Virginia Home Demonstration Federation meeting held at V.P.I. the last week in July.
5. Strive to have each member receive a reading certificate. Awards will be given at the 1959 Achievement Day.
6. Live by the Homemaker's Creed.

Professor Beecher trained leaders for the March meetings. His topic was "Hearty Plants for Continuous Bloom" bulbs and perennials. These meetings were most helpful to the club members.

Federation Program of Work.

The Federation Program of Work for 1959 was "Art In Daily Living." Throughout the year special emphasis was given to a study of wild flowers. The goal was "to teach club members through a concentrated program to recognize, preserve, and grow wild flowers." Dr. F. L. Ricker, president of the Wildflower Preservation Society, Inc., assisted the agent and the committee in planning a wildflower study to be carried on throughout the year. Suggested things to do each month were prepared by the committee and appear in the Home Demonstration Year Book. To supplement this material, the county federation program of work chairman worked with the agent in preparing a monthly letter for the club chairmen. Two meetings were held during the year to give instructions and help to the club chairmen. In April Dr. F. L. Ricker conducted a tour in Rock Creek Park for the club members. The women felt that they gained invaluable information from this study of wild flowers under the most recognized person in the field. Many of the club members started a wild flower garden on their home grounds. Some of the clubs had special workshops and learned the art of drying, preserving, and making dried flower

for the club members interested in making planters and plaques. Their work was displayed at Achievement Day and at the Arlington Arts Festival.

Gardening.

A high percentage of the local residents are home owners who spend a great deal of effort and money in developing their home grounds. It is felt that we can furnish an invaluable service to these people by making available, to them, scientific information and helping them with their individual problems. An evening lecture series, conducted by specialists in various fields was held during the month of February. The first meeting was devoted to the design and plan of the home grounds. Professor Beecher, Landscape Architect and Horticulturist, conducted this meeting. The second lecture in the series was soils and lawn care. Mr. Beard, Fairfax County Agent, presented this information to the group. There also was a talk on Azaleas, given by Mr. March, propagationist of the National Arboretum. The president of the Potomac Rose Society presented a talk on roses. At each of these lectures, ample time was given for a question and answer period. They were all well attended and the residents have requested us to conduct another garden lecture series in 1960.

Since many of the women spend considerable time working in their flower gardens, they requested specific help. As one homemaker stated, "we want a lesson for dumb gardeners"

is no such thing as "easy maintenance" so it all requires hard work.

A special interest workshop on slip covering was presented to the club members who had requested help in this field.

"Good lighting" was the October topic. The agent presented this lesson at the club meetings. Special emphasis was given to the under the shade features of portable lamps and good study lighting. The agent brought to the meetings many examples and illustrations. It is felt that these meetings were effective as definite action to improve lighting in the homes of the club members is taking place. This is the third year that we have had an active program on lighting and we are beginning to observe definite results. This topic was also discussed under consumer information.

In November open house result demonstrations were held in three homes where major changes have been made in the structural lighting.

Rural Arts.

The club members requested that they learn to make something which is creative and also has a practical use in their homes. Copper planters was the topic for the June meetings. The leaders were trained by Miss Catherine Peary, Rural Arts Specialist. A demonstration was given at the club meetings and special workshops were conducted

Club workshops were held throughout the month so that the new skills were taught to all the club members.

Achievement Day gave an excellent opportunity to evaluate the year's clothing construction program. There was an excellent exhibit on new techniques. The club members made samples and illustrations for display. The program included a fashion show of garments made and modeled by the club members. Since it was not feasible to have all the club members model their garments, those not in the fashion show wore a flower at this occasion to indicate that she had made the garment she was wearing.

Synthetic fabrics and care, another monthly topic, was discussed under consumer information.

A wash and wear style show was a special interest meeting arranged with the cooperation of the local power supplier and a local merchant.

House Furnishings.

Because of the high labor costs most homemakers in this area are required to do their own maintenance jobs. Special emphasis this year was given on maintenance of furniture. The topic for the May meetings was "Easy Maintenance of Furniture, Wood and Upholstered". The leader training was conducted by the House Furnishings Specialist of V.P.I., Miss Ruth Jamison. The club members felt that they learned a great deal but decided that there

She also realizes the importance of keeping up to date on scientific research and has become more aware of the invaluable service rendered her by the U. S. Department of Agriculture through the Federal and State Extension offices.

Foods and Nutrition.

"Special Diets" was the topic for a regular monthly. The leaders were trained by the Associate Food Specialist, Mrs. Mary Thompson, from V.P.I. She showed how, with little added effort, most normal well balanced diets can easily be adapted to meet the needs of a member of the family who may be on a special diet. This lesson was particularly helpful to those homemakers who are required to prepare salt free diets or low fat diets.

In Arlington County the average homemaker is called upon to do a great deal of entertaining. The meeting on "Quick Meals" was aimed not only to help her plan and prepare meals efficiently and economically for her family, but for small and large groups as well.

Clothing.

Clothing is an important part of our program. The women are interested in clothing construction and also in learning more about synthetic fabrics and their care. The February club meetings were devoted to "new techniques in sewing." An all day workshop for leaders was conducted by the assistant clothing specialist of V.P.I., Miss Bettie McClaskey.

In planning the year's "good lighting" program the needs of the people in the community were analyzed. A primary weakness in the situation was the inability for the consumer to find portable lamps which would meet the required specifications. The agent realized that it was necessary to enlighten the merchant as well as the consumer. This is not a simple assignment since one often encounters some resistance on the part of the merchant. The agent felt that she had made the most progress in this direction when a dealer phoned her for an appointment. He was quite disturbed because a group of women who came into his store to purchase a lamp insisted on measuring the height of the lamp and in general follow the good lighting recipes. When he inquired as to what this was all about they informed him that they had received instructions on this topic. Since he desired their business he was a most receptive student.

In reviewing the year's program, I feel that we have helped the housemaker become a better informed consumer. She is aware of the many outside pressures inflicted on her through various forms of advertising. She has learned to judge merchandise for its true worth. She has been informed as to the extent of protection she can expect from various agencies of the Federal government and knows that she, as a consumer, also has definite responsibilities.

He discussed the scientific research being conducted by their chemists, and the work of their inspectors. He also warned against quackery in medicine and nutrition. He too, stressed the importance of an informed public, and told how the consumer could help himself and the Administration. A special tour of the research laboratories of the Food and Drug Administration was arranged for some of the club members.

Again, in line with false and misleading advertising, the homemaker is subjected to much publicity on special diets for various ailments as well as for weight reduction. The use of reducing aids is also brought to her attention.

"Special Diets" was a topic brought to the club members by a Food and Nutrition specialist, Mrs. Mary Thompson, from V.P.I.

In recent years there have been many changes in fabrics on the market. When purchasing ready to wear garments, as well as yard goods, it is important that the consumer learn about synthetic fabrics. She must learn of their advantages and disadvantages so that she can know what she can expect of them for household use as well as for clothing. This topic, as well as the new labeling law, was presented to the clothing leaders by the assistant clothing specialist, Miss Bettie McClasky, from V.P.I. The meeting was held in a local department store where examples and illustrations were readily available. The agent worked with the leaders in presenting this information to the club members.

The homemaker is aware of the pressures placed on her through advertising, in the newspapers, magazines, radio, television, telephone and house to house canvassing. She requested information on how she can be protected against false and misleading advertising. This topic was presented by Mr. Sherman Hill, Director of the Bureau of Investigation, Federal Trade Commission. He explained the functions of the Commission and how it endeavors to protect the consumer against false and misleading advertising and other improper business practices. Definite examples were given of deception used in advertising and labeling wool products, medicinal products, household appliances, food freezer plans, etc. Other improper business practices were discussed and cautioned against. He said that without an informed public these evils would flourish. His talk stimulated much thought among the club members and many helpful observations and questions were brought out. Some of the women requested that they be sent the Federal Trade Commission's periodic publication.

Because of the many questions being raised over the use of additives and preservatives in foods, the question "how far are we protected under the Food and Drug Administration" was asked. The agent invited Mr. Wallace Janssen, Director of Public Information of the Food and Drug Administration to speak on this topic at a county wide meeting.

The June meeting was devoted to program planning. A general discussion of problems and program suggestions was held. The tabulations of the member questionnaires were posted. Plans were drawn up for the 1960 program and special interest topics. The topic for the 1960 Federation Program of Work was selected. Three committees were set up to meet at later dates to complete the work on the calendar, county objectives and the Federation Program of Work.

Delegates to attend the 1959 Institute of Rural Affairs were elected.

B. Subject Matter and Special Emphasis Areas.

Consumer Information

There is an increasing concern and awareness on the part of the Home Demonstration club members of the responsibilities placed upon them as consumers. Since they realize that the purchasing power of the nation is largely placed in the hands of the women they requested that we conduct an educational program to help them carry out this job more wisely. Regular monthly meetings, special interest meetings, as well as tours, were devoted to various phases of consumer information. With the splendid cooperation of members of the state staff, as well as specialists in other agencies in the Federal government, and commercial organizations, the agent feels that a successful program was carried on throughout the year.

h. County Home Demonstration Club Committee.

The Home Demonstration club committee, made up of county officers, county chairmen, and club presidents, held regular meetings in December, February, April, June, and September. The activities of the Home Demonstration clubs are planned and reviewed at these meetings and, since each club is represented, the information is carried back to the clubs. The committee works actively with the club officers and committee chairmen to help them carry on their functions effectively.

In December each outgoing club president introduced her successor.

In February, at the executive meeting, Mrs. Frank Ball presented an award of \$10.00 to the Abingdon Home Demonstration club for the highest percentage membership increase in 1958. The club announced that they would use the award to send a delegate to the Institute of Rural Affairs at V.P.I.

Each club objective chairman was present at this meeting. The county objectives were discussed and plans made on how these could be carried out.

The program development leaders attended the April executive meeting. Program development was discussed. Questionnaires for each club member were distributed. These were tabulated before the June meeting (program planning).

made at the bi-monthly executive committee meetings.

e. Achievement Day Committee.

An achievement day committee is made up of the county achievement day chairman and a representative from each Home Demonstration club. They met several times during the year to plan the achievement day exhibits and program which was held in October. They also worked out the details for the country store and refreshments which were part of the achievement day activities. The agent worked with the clubs in special workshop meetings throughout the year, preparing materials for the exhibits.

f. Gardening Committee.

This committee consists of Home Demonstration club members, landscape architect, local store manager and Home Demonstration agent. This committee has worked together for two years planning a special interest garden lecture series held during February and March.

g. Home Economics Committee.

The lighting committee consisting of three Home Demonstration members, the agent, and a representative of the power supplier, has been actively working together in carrying on a long term "good lighting" program in the county. Good lighting result demonstrations were planned by the committee. Three homemakers who have made definite improvements in their lighting are holding open house in November 1959.

tive from a local radio station spoke to the group and gave some excellent suggestions and instructions. This activity served a twofold purpose, training and public relations.

b. Federation Program of Work Committee.

The county Program of Work chairman, the agent, and two club members who had attended the workshops at Institute of Rural Affairs, served as the Federation Program of Work committee. They met three times to plan the 1959 program. The committee then met with the program of work chairmen from each club to discuss with them the 1959 program of work. The county program of work chairman worked with the agent throughout the year in preparing supplementary material to help the club chairmen present the program at the regular monthly meetings.

c. Calendar Committee.

The program calendar committee, comprised of the county program development leader, the agent, and four club members who had participated in the 1959 program planning meeting, met to schedule the 1959 program.

d. Objectives Committee.

The objectives committee is made up of the county objectives chairman and a representative of each club. In December 1958 they met to plan and discuss how the 1959 objectives would be carried out. A progress report was

side pressures.

Although young people are also busy with numerous organizations and activities, many areas are recognizing a need for constructive activities. The 4-H program helps girls and boys learn definite skills for use now and in later life, as well as develop leadership and provide wholesome recreation.

II. COUNTY EXTENSION PROGRAM - ADULT

A. Organization

1. County Agricultural Extension Service Board.

We do not have an Agricultural Board in this county.

2. Home Economics Council.

No Home Economics Council has been organized in Arlington County.

3. General Interest Committee.

a. Publicity Committee

The publicity committee is made up of the county publicity chairman, the county chairman, and the agent. The achievement day chairman also serves on this committee and helps in the planning of special publicity for this event. In each Home Demonstration club there is a publicity chairman whose responsibility it is to keep the county publicity chairman informed on all club news and activities. Early in the year a county wide publicity meeting was held. The county officers attended, as well as each club president and publicity chairman. The woman's editor of the local newspaper and a representa-

I. THE COUNTY SITUATION AT THE TIME PROGRAM WAS PLANNED.

Arlington County is a densely populated urban area adjacent to Washington, D. C. Its population of 173,500 is made up of relatively well educated people. More than half of the labor force is employed by the Federal government. There is very little industry in the county. There is a large number of military personnel in the area, therefore the turnover in population each year is substantial.

With the continual expansion of shopping facilities in this area advertising and other devices are used by merchants, to a high degree, to unduly influence the consumer. Because of these pressures, accompanied by the high cost of living, it is imperative that homemakers be wise shoppers in all phases of family expenditures. Due to the high labor costs in this area most homemakers not only do all their own household chores but are obliged to do the maintenance and repair jobs on their homes as well. This necessitates their continually having to learn new skills as well as keeping informed on products and materials on the market.

There are many outside demands on the homakers time in the average Arlington home. The numerous civic, professional, educational, and religious organizations require time away from home. The area also attracts many tourists, making entertaining an important home activity. These factors point up the importance of good home management and family living to the homemakers in this busy urban area. Learning new skills is important to Arlington homemakers, not only for savings made but also for satisfactions gained. Creative activities for the family are important in an environment with so many out-

contribute. Some of these people have become outstanding leaders.

This growth and development of the individual will add to the happiness and well being of the entire family.

OUTSTANDING CONTRIBUTIONS MADE TO FAMILY LIVING.

In looking back over the year's program and in talking to numerous people, I believe that one of the most outstanding contributions which the program has made to family living is evidenced in the attitudes of the women toward their jobs as homemakers. They have been made to appreciate their responsibilities and are continually striving to educate themselves to do a better job. They know that the happiness, success and well being of the entire family is largely dependent on them. Each phase of the program, foods and nutrition, new techniques in sewing, consumer information, home management, family life, etc. is important to them. They have learned that scientific research is continually being carried on in all phases of Home Economics and are eager to be kept up to date. The program also included opportunity for creative expression and cultural development. A typical reaction was a remark made to me by a Home Demonstration club member at the close of the Home Demonstration and Achievement Day program, which was the culmination of the year's activity. She said, "this was a wonderful day, I feel all pepped up and proud of my job as homemaker."

Another outstanding contribution which the program has made to family living is the development of leadership, both among the adults and youth. The Home Demonstration program, as well as 4-H, encourages this to a high degree. There is an opportunity for each club member. It was amazing to observe individuals gain in confidence and poise. At the beginning of the year there were those who felt shy and timid, but within their own group they were encouraged to participate and

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1959 ANNUAL REPORT

ARLINGTON COUNTY, VIRGINIA

ANNUAL NARRATIVE REPORT

**COUNTY
EXTENSION
WORK**

Virginia Agricultural Extension Service

Corne R. Pittsford

Name

Home Demonstration Agent

Agent

Title

Assistant Agent

Assistant Agent

Assistant Agent



1959

ARLINGTON

County