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E. No extensive educational trips are planned other than those of local interest which may or may not pertain to the current program.

XII. The Home Demonstration Agent is the only extension agent in the county.

XIII. Problems in Carrying out the Extension Program.

Adequate publicity is still the largest problem to overcome in Arlington. This is caused by the large turnover of population and the fact that there are no effective local publicity channels in this suburban area.

Continued effort will be made to get publicity in local newspapers and a regular radio maintained. Every opportunity will be used to get publicity in Washington newspapers and arrange for appearances on television programs. The publicity folder circulated by Welcome Wagon will be revised and continued. The most effective publicity device seems to be a large and enthusiastic membership. Members are urged to invite friends and neighbors to participate in the Home Demonstration program.

The 4-H club program shares the publicity problem and similar solutions will be attempted. In addition the 4-H club program needs more interested and active adult leaders. The pressure of too many organizations and activities effects both leaders and members. Much progress was made in organizing an effective summer 4-H project program in 1955. However the clubs could carry on a more effective program if they could meet for a longer period of time. These clubs will be encouraged to start their meetings earlier in the spring to make this possible. More clubs meeting during the school year will also be encouraged.

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X. Plans for Recording Progress and Evaluating Programs in 1956.

Activities during the year will be recorded in daily and monthly schedules.

Daily schedules will include information on meetings attended, attendance at these and other meetings held, home visits, office and telephone calls and mileage. This summary and narrative reports will show progress each month. It is hoped the program carried on in 1956 will reach these objectives and that it will be another effective year of Extension work in Arlington.

XI. Plans for Professional Improvement

A. Organized Study

The agent does not plan to take time off for organized study this year, but will participate in all regular Extension conferences.

B. Reading professional books and magazines.

The agent regularly reads professional magazines and books available in order to keep up to the many new developments in home economics subject matter.

C. Membership in Professional Organizations.

The agent will maintain active membership in the Virginia Home Demonstration Agent's Organization and the Virginia Home Economics Association. She is serving as officer in one and maybe both of these organizations. The agent will contribute to the A.H.E.A. meeting to be held in Washington in June. In addition she will participate wherever possible in Home Economics Homemakers programs in the area.

D. Participation in other programs.

Whenever it is possible the agent will participate in programs, workshops and activities planned by other organizations in the community.

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A summary of the narrative report of the year's work will be sent to the county manager to be compiled with other department reports which will serve as a means of telling the County Board what constitutes Home Demonstration work.

These officials will be invited to the annual Achievement Day.

B. General Public:

Maintaining an active and enthusiastic membership and high quality program should build interest and confidence in the Extension program. As much publicity as possible will be given the program through regular publicity channels including T. V. In addition the agent will take advantage of the opportunity to meet with other organizations and pass on Extension information.

C. Commercial Interest

Through participation in Chamber of Commerce activities, Hecht Co. Consumer Advisory Board and other special opportunities, contacts will be made with commercial interests in the county. Whenever educational materials and services from these sources can contribute to the Extension program, they will be used. Indications are that the excellent cooperation that has been gained will continue. Copies of the Home Demonstration year book will be given to the managers of the larger department stores in the area.

D. Other Professional Workers.

Every effort will be made to become acquainted with other professional workers in the county by participation in county activities and other opportunities that may arise.

Number meetings at which leaders were trained by personnel in 4-H Department	1	
Attendance at leader training meetings		40
Number 4-H leaders trained individually	6	10
Number club meetings held by leaders without agent present	28	50
Number club meetings at which leaders assisted	32	50
Number demonstrations given by adult leaders	25	40
Number demonstrations given by junior leaders	12	25

C. There is no work as such with Young Men and women's clubs.

VIII. Plans for Work with other Agencies

1. Women's Clubs

As in the past, advantage will be taken of any opportunity to work with womens clubs and other homemaker groups in the county. They will be encouraged to participate in the program wherever applicable.

2. Chamber of Commerce

The Home Demonstration clubs will continue to participate in community programs, including Clean-up Week, Fire Prevention Week. In addition they will cooperate with such programs as the consumers Merchants Forum Committee that are organized for better community relations.

3. Others

The Home Demonstration Clubs will also have representation in the Arlington Red Cross, Civilian Defense Council, Arlington Community Chest, Arlington T. B. and Health Association, School Lunch Advisory Board, and the Hecht Company Consumer Advisory Board.

IX. Plans for Developing Good Public Relations in County with:

A. Elected representatives.

VII. Plan for Leadership:

A. Home Demonstration

	No. in 1955	Goals 1956
Number project leaders (subject matter)	251	
Number federation program of work chairmen	18	20
Number program development leaders	18	20
Number result demonstrators	9	60
Number meetings at which leaders were trained by specialist	6	4
Number meetings at which leaders were trained by district agents	1	1
Number meetings at which leaders were trained by agent	17	20
Attendance at training meetings	369	415
Number club meetings held by leaders without agent present	212	260
Number club meetings in which leaders assisted	17	35
Total number demonstrations given by leaders	135	210
Total number of talks or discussions by leaders	337	350

Plans for training and using all types of leaders are explained in subject matter in other sections.

B. 4-H Club

Number 4-H Club officers	14	20
Number adult project leaders	12	18
Number junior project leaders		10
Number result demonstrators		5
Number meetings at which leaders were trained by specialist		
Number meetings at which leaders were trained by district agent		
Number meetings at which leaders were trained by agent		4

V. Scope of Work

A. Organization

	No. in 1955	Goal 1956
Number of home demonstration clubs	19	20
Membership	468	500
Number of 4-H Clubs	6	8
Membership	75	100
Number of young men and women's clubs		
Membership		
Number Community Improvement Clubs		
Membership		
Number other organizations		

VI. Organizations to Strengthen the Extension Program in 1956.

A. County Home Demonstration Club Committee

The county committee will hold bi-monthly meetings from September through June to plan and coordinate the Home Demonstration program in the clubs. The June meeting will be devoted to program planning.

In addition to the regular meetings, a club officer training meeting will be held in January. The county chairman is planning this meeting as a means of providing information for new as well as old officers.

The county committee provides minimum funds for county demonstrations and meeting places. They plan to buy additional program aids and demonstration equipment for the county.

The county committee will continue some financial support of the 4-H program.

B. 4-H Advisory Board

The newly organized 4-H Advisory Board will continue to function as it did last year. This group helps to get the summer program organized and plan special events. The advisory board will aid the program wherever possible.

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A 3 day 4-H Exhibit is again planned as a climax to the summer 4-H program. A local department store will again be asked to sponsor the exhibit. In addition to exhibits in various classes a Style Show will be presented to the public. If possible a demonstration program will also be arranged. Plans for the Exhibit days will be outlined with the leaders early in the year. Awards from the contests will be presented at the Style Show. Publicity by radio, TV and newspaper will be given the event.

4-H Camp

Arlington will again cooperate with Fairfax and Prince William counties in a 4-H club camp at Jamestown. Several members will be interested in attending.

District Contests

Martha Ann Dodge, champion clothing exhibitor and style winner in 1955, will participate in the district contest in February. It is hoped that one or two junior demonstrators will also be ready to participate. Publicity will be given to these events.

Short Course

Arlington plans to be represented again this year at 4-H Short Course.

Club Contests

Plans are being made to hold a demonstration contest later in the year.

IV. Young Men & Young Women's Work

There is no organized program for this group in Arlington. Many young women participate in the regular Home Demonstration program.

III. 4-H Club Work

A. Project Work

Clothing projects will again receive special emphasis in the 4-H club program. Since most of the club groups meet only during the summer months, the agents and leaders felt the girls should continue the good start they made in sewing projects last year.

One winter club is working on the room Improvement project and will continue through the spring. Another project may be added for the summer work since this group has previously worked on foods and sewing and plan to continue in these areas.

The same objectives as set up last year will be emphasized this year.

1. Have more clubs meeting during the school year.
2. Start the summer clubs as early as possible.
3. Continue at least 6 of the clubs organized last summer and add new ones.
4. Continue to include enrollment of 8 and 9 year olds.
5. Secure and train more adult leaders for each club.
6. Encourage each member to give a demonstration during the year and hold club contests.
7. Hold a successful Exhibit Day and Style Show at the end of the summer.
8. Have more members participate in District contests, area camps and State 4-H Short Course.

Plans are to hold leader training meetings at least twice during the summer.

Home Demonstration will be encouraged to take a more active interest in the Arlington 4-H program as well as contributing to financial support. The 4-H Representative to the County Committee will report all 4-H activities and progress to this group.

B. Other Activities

4-H Exhibit Days

3. Teach our family members to be more selective in their TV habits.
4. Strive for member participation in the Virginia Federation Home Demonstration Reading Program.
5. Improve the wording of the creed.

Result Demonstrations

The TOPS program started late in 1955 will bring out many fine result demonstrations. More publicity given to the program will be good publicity for the Home Demonstration program. The special interest meeting on Good Kitchen Arrangement will be another area for result demonstrations.

National Home Demonstration Week

Extra publicity features will be planned for this week. Perhaps some simple exhibits can be arranged for display locally.

Achievement Program

The annual Achievement Day program will be held in the fall, the exhibit progress made during the year. This one day program is open to the public and the largest county event for the year.

The gift workshop for July will be in the form of a county program, since it will include all club members and be a day of learning and teaching.

Judging done by local Leaders

A few of the local clothing and foods leaders generally help out with the 4-H Exhibit Day judging.

Home Demonstration Publicity

Feature articles and pictures appear regularly in the local paper. In addition, club meeting notices and club special events appear in a weekly column. This type of publicity will continue to be emphasized. In addition, plans are being made to continue the weekly radio show if available time can be obtained.

An Exhibit of Home Demonstration Work and 4-H will be displayed locally wherever possible.

C. Farm and Home Development

There are no farms in Arlington to participate in this program.

D. Federation Program of Work

Home and Community Beautification and Civil Defense was chosen for the Federation Program of Work for 1956. In questionnaires sent out, the majority of club members indicated interest and need for more information in these areas. It was decided that community beautification begins at home and living in the metropolitan area such as this, the importance of civil defense in preparation for emergencies cannot be over estimated.

The Federation Program of Work is under the direction of a County Goal chairman with a goal chairman in each Home Demonstration Club. Plans are made at the beginning of the year and these are outlined each month in the year book. In addition, at least 3 training meetings are planned during the year for the club goal chairmen. The purpose of these meetings is to exchange and develop ideas for club discussions throughout the year. Ten minute discussions of the goal topic are held at each club meeting. The county chairman will send additional material in monthly letters to goal chairmen.

The goals for the year are as follows:

1. Encourage club members to attend the Civil Defense films at the Court House.
2. Improve house numbers so they are clearly visible from the street.
3. Develop habits of neatness in public places. Don't be a "Litter Bug".
4. Take a year around interest in your yard through seasonal planning and planting.

E. Other Activities

County Objectives for 1956.

1. Continue personal interest as well as financial support of the Arlington County 4-H Program.
2. Each club make plans to send a representative to the Rural Institute at Blacksburg.

In March, time and energy in relation to house keeping will be the leader training meeting conducted by the home management specialist. This program will develop new ways and ideas for doing simple everyday tasks.

Special interest meetings on money management and time and motion studies will be held for those who are interested. If the groups are large, they may be broken down into club workshops. The home management specialist will help in planning for these groups. Much of the work will be done on the individual or partner basis with reports and discussions at the special interest meetings. Perhaps a plan may be devised to stimulate interest in each club in conducting its own time and motion studies.

Since it was not possible to have the Good Kitchen Arrangement special interest meeting in the fall of '55, it will be held sometime during the spring.

e. Arts and Crafts

The objective of the arts and crafts program will be to achieve a better understanding of good design principles and application of those principles to things we buy and make.

In April, leaders trained by the Rural Arts specialist will give the lesson on good design principles and how to apply them. Then in July a county wide special interest gift workshop is planned where various types of crafts will be demonstrated. Local people will be asked to illustrate their special craft and contribute other ideas they may have for gift suggestions. The combination of all of these ideas should present a varied and interesting program. It is then hoped that the club leaders will take back one or two ideas for club workshops.

fective home food service.

Early in the program, ideas for economical and quick entertaining, emphasizing the approaching holiday season, were given by the local gas company. This meeting attracted much interest and was very worthwhile.

In January, the clubs will study "Meals In Minutes" as presented by the leaders trained by Mrs. Thompson, Food Specialist. Pressure sauce pan cookery and the use of home and packaged mixes as time savers will also be included in the lesson. These ideas should be special help to many of our busy homemakers.

As with furniture and appliances, the buymanship of food will also be emphasized with regard to the best buy for the money. Understanding labels and buying seasonally will also be included in the information given for the leader training meetings. Leader training for meal planning will follow in October. This lesson will stress the importance of nutritionally balanced meals.

The TOPS program organized late in 1955 will be continued as long as people indicate an interest. This program is carried out in cooperation with the Arlington County Health Department.

d. Home Management

Home Management is another field of major emphasis and perhaps should be placed before clothing and foods. It is the key to the planning for the year's program. All club homemakers indicated that the management of the three family resources; time, energy and money was one of their chief concerns. The general aim is to learn to better manage in these three areas.

b. Clothing

Clothing topics will also receive major emphasis in the 1956 program. Advanced sewing will follow the basic course offered last year and the primary objective will be learning to fit women's clothing. These same principles of fitting can then be applied to sewing for other members of the family.

The agent will train the club leaders to conduct this demonstration and also to conduct special interest workshops meetings in each club group. Basic shells will be made by each individual so that she may learn her individual fitting problems and how to cope with them. Proper handling of various types of materials will also be emphasized. Special meetings are being held by the original leaders, for those club members who did not get the training last year. In addition, the agent will conduct workshops in the newly organized club which came in too late for the information last year. In a program of this type, it is imperative that everyone have a good understanding of the basic principles of the Bishop method of sewing.

A county wide special interest meeting on spring fabrics and styles will be held in February in conjunction with the sewing program. Bridget Magin, sewing instructor at Kanns, will present the program in their store. This meeting is planned to stimulate interest in spring sewing and our advanced sewing program.

c. Foods

The 1956 foods program sets up as one of the major objectives, the conservation of time, energy and money in meal planning, preparation and buying. Many of our homemakers are limited in one or more of these areas and want to learn how to have more efficient and ef-

In the late spring months training for rush seat weaving and finishing and refinishing furniture will be held for leaders by the home furnishing specialist. Club workshops in each of these areas will be continued through the early summer. Finishing and refinishing furniture will include information about finishing the new pieces and unfinished furniture as well as refinishing old furniture.

As a follow up in the fall, the agent will demonstrate good furniture arrangement. Special emphasis will be placed on the combining of various pieces, utilizing available space and arrangement of centers and units. Many of the homemakers in Arlington live in small overcrowded homes and need suggestions and help which will contribute to more satisfactory living conditions.

With all of the high pressure salesmanship of today, many of the club members are seeking more accurate and better information about the products they buy in order to manage their money effectively. Special interest meetings on the buymanship of furniture and appliances will follow in the fall. Many of our groups will plan to tour some of the better local furniture and appliance stores. Many are particularly interested in the better methods of furniture construction and what to look for when buying furniture.

Special interest braided rug workshops, started in 1954-55 will continue in January, February and March. New members indicating an interest will be included in the 3 area workshop groups previously organized.

in this busy urban area.

Although young people are also busy with numerous organizations and activities, many areas are recognizing a need for constructive activities, especially during the summer. The 4-H program can help girls learn definite homemaking skills for use now and in later life, as well as develop leadership.

II. The County Home Economics Program - Adult

A. County Home Economics Committees:

Tentative plans are being made to develop a youth committee which would study ways to promote 4-H work in the county. Since Home Demonstration has taken an interest in the 4-H program it would be an excellent area to develop and improve.

The county president has appointed a 4-H representative to serve for the first time. She would head up this committee to expand and advance the work.

Emphasis and special attention will be given the age not reached too successfully by 4-H.

B. Home Demonstration Clubs

The program for 1956 has been keyed to the management of time, energy and money as they affect day to day living.

1. Subject Matter Fields

a. Home Furnishings

Home furnishings will again receive major emphasis in the 1956 program. The primary objective is to learn new and better ways to use and reuse materials we have and to learn more about buying new materials, in order to make our homes more pleasant places in which to live.

1956 PLAN OF WORK

Home Demonstration Agent

Assistant Home Demonstration Agent

Arlington
County

I. County Situation Considered in Working out the 1956 Program.

Arlington County is a small densely populated urban area adjacent to Washington, D. C. Its population of 164,000 is made up of relatively young well educated people who are reported to have the highest family income of any county in the United States. More than half of the wage earners are employed by the Federal government. There is also a large number of military personnel in the area. Because of these factors it is estimated that 50% of the population moves every two years.

The cost of living continues at a high level, making it advantageous for homemakers to be wise shoppers in all phases of family expenditures. 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 outside pressures.

There are many outside demands on the homemakers 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