

ANNUAL NARRATIVE REPORT

COUNTY EXTENSION WORK

Virginia Agricultural Extension Service

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1960

ARLINGTON

County

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OUTSTANDING CONTRIBUTIONS MADE TO FAMILY LIVING

In looking back over the year's program I feel that one of the most outstanding contributions to family living has been the work with a Home Demonstration club of young homemakers. The Fairhills Club was organized in 1958. None of the members were acquainted with one another but all had a common interest and need. Because of their babies and small children they felt confined and would not be able to take an active part in any organization. Home Demonstration soon changed the picture. They meet in the evening when the fathers can assume the responsibilities of the children. The problem of attending leader training meetings during the day was also solved. Since the whole group would benefit by the knowledge gained at these meetings, it was decided that the other members would take care of the children making it possible for the leaders to attend. They divided this responsibility so that each would have an opportunity to be a leader and attend some of the training and county wide meetings. The women soon discovered that, whenever possible, their husbands cooperated. The president of the club, the mother of three young children, attended all of the achievement day activities because her husband volunteered to take a day of leave and stay home with the children. On the day their club exhibit was being set up some of the members brought babies, thermos bottles with food, etc. They are enthusiastic club members, and are eager to learn all the homemaking skills and practices which Extension teaches. One of the members commented that she never dreamed that she could take part in these activities while her children are young.

I believe that through this club participation family life has been strengthened.

The development of mutual interests by family members through the Home Demonstration and 4-H Club programs have contributed a great deal to family living. An excellent example of this would be a boy's interest in the development of the Home Grounds (one of the 4-H projects); the interest of all family members in the collection, identification and control of insects in the Entomology project; or a girl's interest in the homemaking activities; for example, home decorating, meal planning and preparation, etc. It is a satisfaction to observe the comradeship which has developed among family members as a result of working together on a 4-H project.

I. THE COUNTY SITUATION AS IT AFFECTED THE 1960 PROGRAM.

Arlington County is a densely populated urban area adjacent to Washington, D. C. The recent census showed a population of 164,040. With the continual building of apartment houses in the area, it is estimated that this figure is increasing. The inhabitants are made up of relatively well educated people, a large percentage of whom are employed by the Federal Government. With the number of military personnel in the area, the turnover in population each year is substantial.

The adults come from widely diversified backgrounds, most of whom have moved here from elsewhere in the United States. They have established their homes here. The county is largely made up of individual home owners. There is a strong feeling of community pride and an active participation in community affairs. The citizens are eager to belong to the state and community which they have adopted. This is their home.

Arlington is considered a part of the greater Washington area because most of the people work in D. C. It has, however, a definite personality of its own. In many respects it is unlike the rest of the metropolitan area. The residents feel that they are a part of the state.

A situation such as this results in a rather restless population. The people seem to feel that they must be "doing something". The Extension program has a stabilizing effect on the community by providing for the people an informal educational program directed to helping them solve the various problems which they encounter

from day to day. It gives something of value to the whole family. Its objectives is to strengthen home and family life.

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 in this busy urban area.

The demands and pressures made on the consumer in this area make it imperative for the homemaker to be wise shoppers in all phases of family expenditures. Due to the high labor costs most homemakers not only do all their own household chores, but are obliged to do the maintenance and repair jobs on their homes. This necessitates their continually having to learn new skills as well as keeping informed on products and materials on the market.

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.

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, although some preliminary ground work for the establishment of such a council has been done. We feel that progress has been made in this direction and we will be ready to have a Home Economics Council function during the next year.

3. General Interest Committee.

a. Consumer Education Committee.

This committee was set up in November 1960, so did not play a part in developing this year's program. Its function is to develop a county wide special interest program on various phases of consumer education. Its objective is to serve and meet the needs of more people in the community.

b. Gardening Committee.

This committee, consisting of Home Demonstration club members, a landscape architect, a local store manager, and the Home Demonstration Agent, planned a special interest garden lecture series which was held during February and March. A questionnaire had been distributed to people in the community to help the committee to determine the topics to be covered in this Gardening Institute.

c. Home Economics Committee.

The lighting committee, consisting of three Home

Demonstration members, the agent, and representatives of the power supplier, have worked together in carrying on a long term "good lighting" program in the county. During 1960 the major effort of this committee was devoted to assisting individuals in improving their home lightings and in educating dealers so that lamps for "good lighting" are available for the consumer.

4. County Home Demonstration Club Committee.

a. Home Demonstration Executive Committee.

This committee is made up of county officers, county chairman, and club presidents. Regular meetings were held in December 1959, February, April, June, September, and November, 1960. 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 club officers and committee chairmen to help them carry on their functions effectively.

In December the new county officers were installed. They are to serve through 1961. At this meeting each outgoing club president introduced her successor.

At the February executive meeting Mrs. Frank Ball presented two awards of \$5.00 each to the Buchanan and Fairhills Home Demonstration clubs for the highest percentage membership increase during 1959. Each club ob-

jectives chairman was presented at this meeting. The county Home Demonstration objectives were discussed.

The program development leaders attended the April meeting. Program development was discussed. Teaching methods were used in program development to illustrate to the leaders procedures which could be adopted by them in their club meetings, so as to stimulate the thinking of the club members and involve them in the planning of the 1961 program. The program development leaders returned in June to the program planning meeting prepared to express the wishes of her club.

b. Federation Program of Work Committee.

The county Program of Work chairman, the agent, and two Home Demonstration club members served as the Federation Program of Work Committee. In 1959 they met several times to plan the 1960 program. Suggested things to do each month were included in the 1960 year-book. The committee worked closely with the Federation Program of Work chairman from each club. A leader training meeting on the Program of Work was held. Throughout the year supplementary material was sent to the club chairmen to help them carry on the program in their club meetings.

c. The Objectives Committee.

The objectives committee is made up of the county objectives chairman, four Home Demonstration club members and the agent. In November 1959 they met to discuss and plan the Home Demonstration club objectives for 1960. These were outlined and included in the 1960 yearbook. The objectives chairmen from each club met with the committee to discuss plans for carrying out the objectives throughout the year.

d. 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.

Sub committees were set up to take care of the many details such as fashion show, decorations, etc. The agent works closely with these various groups.

e. Calendar Committee.

The program calendar committee, comprised of the county program development leader, the agent, and four club members who had participated in the 1960 program planning meeting met to schedule the 1960 program.

f. Publicity Committee.

The publicity committee is made up of the county publicity chairman and co-chairman, the county Home Demonstration 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. The committee works closely with the editors of the local newspaper.

B. Subject Matter and Special Emphasis Areas.

Effective Club Meetings.

In evaluating the years program I feel that the lessons on effective club meetings and citizenship made a most significant contribution. The results of this training served to strengthen the county's entire Home Demonstration club program.

It is not difficult in any organization to have to interests detract from its true aims and objectives. Since the purpose of the Home Demonstration club is education the club members felt that they would receive greater benefit from the program if they learned to conduct their meetings more effectively. The goals were:

1. To have well planned meetings.
2. To have meetings conducted within the scheduled time.
3. To have more effective presentation of the topic by the

leaders at club meetings.

4. To have the active participation of all club members.

To achieve these goals it was felt that it was necessary to review parliamentary procedure to realize the duties of officers, committee chairmen, and of members. It is important that the leaders know how they can increase their knowledge of the topic and to learn how to present the lesson. This would include the use of visual aids.

Four members from each club, including representative officers, leaders, and program of work chairmen, attended an all day leader training meeting conducted by Miss Amelia Fuller, Management Specialist, and Mr. Bill Bradley, Specialist in visual aids.

During the training the large group divided into small buzz sessions with each one discussing what they felt were the duties and responsibilities of (1) club officers, (2) club members, (3) various committees, (4) project leaders, and (5) the extension staff. A general discussion followed with the ideas of each group being shared with the others.

After a recess, Mr. Bradley discussed and illustrated how to make and use visual aids effectively.

Each person left this meeting realizing that the Extension program was here and that she had a responsibility towards its success. Is this not a living example of democracy?

The teaching methods used by the specialists in presenting

this topic were excellent and exemplified the principles we were trying to bring out. The leaders used these same teaching methods in presenting the lesson on "Effective Club Meetings" in their individual Home Demonstration clubs during the month of February.

Throughout the year the enthusiastic attitude of the entire Home Demonstration club membership is evidence of the effectiveness of this training.

The Home Demonstration club meetings the following month were devoted to the Federation Program of Work, "Citizenship and International Understanding." The timing of these two meetings was excellent for one supplemented the other.

Two leaders from each club attended a training meeting conducted by Dr. Glenn Dildine, Consultant, Human Development-Human Relations, at the National A-H Club Center in Chevy Chase, Maryland.

He began the meeting with an explanation to the whole group of how to start thinking about the meaning of democratic citizenship, and presented the following as "essential viewpoint." Citizenship is concrete behavior. This involves three inseparable aspects:

1. How we think - knowing, understanding.
2. Feeling, attitudes, beliefs, etc.
3. Resulting outer actions.

Democratic means a certain kind of relationship (acting) between individual  others *** contrast with autocratic.

We then divided into smaller groups to work together for 15 minutes noting each group's answers to this question "what ways of thinking, feeling, and acting, in relationship to each other are most important in a "good democratic citizen!?"

Groups reported back to whole and discussed ideas as they were presented. These ideas divided into three related areas. Our ideas on what constitutes a "good democratic citizen." Our ideas on where and how good citizenship is acquired. By pulling all ideas together the following summary definition of democratic citizenship resulted.

Those ways of thinking and feeling, within a person, which lead him or her to act with deep concern for everyone involved - self and others.

Where? Everywhere, in all - self ----- other relations.

How? Will work within present pattern, but strives effectively to improve status quo.

These principles and attitudes should apply not only to groups we come in contact with, but should reach out to those we may never see in community, state, national, and international relations. We should be actively concerned for our rights and for our obligations and responsibilities to others.

The meeting ended with a discussion of how to use this day's training in our own Home Demonstration groups.

- (1) Use the part which fits you and your group.
- (2) Focus on understanding definition of citizenship.
- (3) Use the essential viewpoint as presented at the beginning

of meeting as basis for discussion in each club.

Help club members get into the act comfortably by -

welcoming their ideas, using small group discussions,
using panel, etc.

It will be noted that similar teaching methods were used at both of these training sessions. The leaders returned to their clubs with enthusiasm and used the same methods in presenting the lesson to their clubs. The effects of the meetings are felt within the Home Demonstration clubs. It is hoped that it has reached a broader horizon.

Foods and Nutrition.

In Arlington County the average homemaker is called upon to do a great deal of entertaining. The lessons devoted to meal preparation are aimed not only to help her plan and prepare nutritious meals efficiently and economically for her family, but for small and large groups as well. It can be said then that the goal for the year in this phase of the program was to increase the homemakers knowledge in nutrition and food preparation for family living and for entertaining. The women felt that they wanted to learn more about foreign cookery, to get new ideas for party foods, and to learn to make the best use of their freezers.

This program was carried on in individual Home Demonstration club meetings and county wide special interest meetings.

Two leaders from each club received training on "foreign cookery" from Miss Cameron, VPI Foods and Nutrition Specialist. This was the topic for the January club meetings. Some of the leaders and club members lived in foreign countries and had ideas and recipes which they shared with the others. Miss Cameron not only gave the leaders new ideas but showed them how to present this type of lesson at their club meetings. The importance of good nutrition and well balanced diet for the entire family was emphasized.

The topic for the November meetings was "Party Foods", with emphasis on spreads, dips and sandwiches. The agent arranged to have this training given by the banquet manager of the Sheraton Park Hotel, Washington, D. C. He presented many simple ideas and short cuts in preparing for large groups. He also showed attractive ways of setting a buffet table and of serving. The leaders presented this lesson to their clubs most effectively. Some new ideas, short cuts, and ways to economize were learned.

The Home Economists of the local VEPCO cooperated with us by giving an excellent lesson on the best use of the freezer.

The Gas Company was also helpful by giving several county wide demonstrations on meal preparation. Their demonstration on holiday foods was outstanding.

Since much of the homemakers time, money, thought and energy is devoted to food preparation new ideas which stimu-

late her and help her accomplish this task with ease and efficiency is important.

Clothing.

Clothing construction continues to be an important part of our program. The experienced seamstress wants to increase her knowledge by learning new techniques. The beginner needs some basic training. The goal in 1960 was to improve the sewing techniques of the club members. The beginner was to learn some basic sewing techniques and the advanced seamstress wanted to learn the techniques required to make a better dress. She wanted to learn how to line a dress, the latest techniques on interfacings.

The agent worked with a local sewing instructor in planning an all day county wide special interest demonstration keyed to the needs of the advanced sewer. Sixty eight club members attended this meeting. Special interest workshops within the individual clubs followed.

Individual help was given the beginners. A fashion show of garments made and modeled by club members was part of the Achievement Day program. This gave an opportunity to the beginner and advanced sewer to show her accomplishments. Since not all club members who had made garments participated in the fashion show the others wore them on Achievement Day and were given a flower to wear to identify them.

The study of new fabrics and of the textile labeling law was done simultaneously with clothing construction. A more

concentrated study will be made of this topic in 1961. Millinery was the topic for the regular June club meetings. A demonstration followed by a workshop was given to leaders from each club. Similar activities were conducted within each club. The hats made by the club members were displayed at Achievement Day. Approximately 50 hats were on exhibit from the various clubs.

Home Furnishings.

Because the homemaker is always interested in learning how to make her home more comfortable and attractive, a lesson on new trends in decorating was included in the 1960 program.

Miss Ruth Jamison, Home Furnishings Specialist at VPI, trained the leaders in the use of color in creating the desired atmosphere in a room. She discussed the trends of 1960 but emphasized how to select furniture that is useful, comfortable and attractive for the needs of the entire family. The agent helped the leaders assemble demonstration kits which were used at the club meetings.

The young homemakers were especially interested in this topic and chose this for their exhibit at Achievement Day.

Since many Home Demonstration members have collected china they wished to know more about its history, value, etc. The curator of ceramics of the Smithsonian Institute helped us with this study. He conducted two leader training meetings at the museum and suggested reference material for further study. This was the topic of a regular monthly club meeting.

Two of the Home Demonstration clubs made a more extensive study of antique china and returned to Mr. Gardner for further individual help. These clubs made informative displays which they shared at the annual achievement day program.

"Good Lighting" is a continuing program started a number of years ago. The agent and lighting committee continue to work with individuals in an effort to improve home lightings.

Rural Arts.

The women enjoy doing something with their hands and requested that they learn to make something which is creative and also has a practical use.

Miss Catherine Peery, Rural Arts Specialist, gave an all day training meeting on early American stenciling on wood and metal. The goal was to teach the club member not only to decorate new pieces of furniture and metal trays, but also how to restore and decorate old pieces. Special instruction and emphasis was given on the proper preparation of the object before it is decorated. Special interest workshops were carried on in the clubs. Some of the finished products were displayed at Achievement Day.

Christmas Decorations was the topic for the September club meetings. Mrs. Madeline Myers, Home Demonstration Agent, from Clark County taught the leaders how to make attractive decorations from tin cans. Interested club members held special interest workshops. The club members also had an

opportunity to share their ideas for Christmas decorations.
Flower Arranging.

The principles of line, design, and color, was stressed at the training meeting in flower arrangement. Workshops were held within the clubs.

C. Other Activities.

1. 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 sponsored by Home Demonstration and held during February and March. Professor Beecher, Extension Horticulturist, spoke on plant material for home grounds and pruning. Dr. Rowell, Extension Entomologist, and Dr. Gruenhagen, Extension Plant Pathologist, lectured on the control of insects and diseases of ornamental plants.

The speaker for the third evening lecture was Mr. Frederick March of the National Arboretum. His topic was "Plants for the Washington area."

2. County Home Demonstration Objectives.

- a. Memorize the Homemaker's Creed and make it a part of daily life.
- b. Reach out and familiarize others with Home Demonstration

activities. Invite guest to club and county activities.

- c. Strengthen your club by sending a delegate and encouraging other members to attend the annual Virginia Home Demonstration Federation meeting at VPI the last week in July.
- d. Each club work actively with 4-H.
- e. Bring individual members to realize that the success of each club depends on her active participation.

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.

The Westover Home Demonstration club visited the Bon Air 4-H club and presented them with a 4-H pledge banner. This was quite a festive occasion. The Home Demonstration members had an opportunity to observe the activities of the 4-H club. They also arranged a little party for the girls at the close of the meeting.

The Cherrydale Home Demonstration club, presented the 4-H club in its community, money for a good used sewing machine.

Six Home Demonstration club members attended the annual meeting and Institute of Rural Affairs at VPI.

3. Citizenship and International Understanding Forum.

With the cooperation of the Welcome to Washington club the agent arranged to have five foreign women from various embassies speak at the forum on Citizenship and International Understanding which was held in Fredericksburg. Fifty eight Arlington Home Demonstration club members attended this forum.

4. National Home Demonstration Week.

A county wide tea was held for all Home Demonstration club members during National Home Demonstration week. Each club gave special recognition to its president by presenting her with a corsage. The county officers and charter Home Demonstration club members were also honored at this occasion. This affair gave an opportunity for members of various clubs to become better acquainted with one another, and served to unify and strengthen the county program. 200 members attended. Posters were displayed in store windows and libraries. A special feature article on Home Demonstration activities appeared in the local newspaper.

5. Annual District Meeting.

Forty five Home Demonstration members attended the District VIII meeting in Madison, Virginia.

6. Tours.

To supplement the program of work Citizenship and International understanding some of the clubs visited various national shrines and historic spots in the area. Other clubs visited foreign embassies.

Wintertour and Longwood Gardens.

Thirty eight Home Demonstration members visited the Dupont Antique Museum. in Wilmington, Delaware.

Most of the clubs visited the Christmas Green Show at the Botanical Gardens.

7. Achievement Day.

The annual achievement day program was held in the fall. This was the largest county event of the year and gave an opportunity to inform others of Home demonstration activities. Each club had an educational exhibit of one phase of the 1959-1960 year's program; these included, millinery, citizenship, tote trays, home decorating, hobbies, talents unlimited, International understanding, a study of antique china, and Christmas decorations. The formal program included a fashion show of garments made and modeled by Home Demonstration and 4-H members. There was a talk by Dr. Myrtle Cheney Hardock, historian, author, lecturer, and guide of the Capitol. Approximately 400 people attended throughout the day.

8. 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.

9. Outstanding Home Demonstration Club Community Projects.

The members of the Arlington County Home Demonstration clubs are civic minded and cooperate with other groups and organizations for the betterment of the community. The members do volunteer work for the Red Cross, United Giver's Fund, Cancer Society, and

Arlington, Alexandria T.B. and Health Association. A number of the clubs have received certificates of commendation from the T.B. Association for work on the chest x-ray mobile unit. The members are also active in P.T.A.'s and Civic Associations. Home Demonstration is also represented on the Necht Consumer Advisory Board.

During 1960 the Arlington Forest Club engaged in a special interest service project. They visited the elderly residents of the area home in Manassas with hand made gifts, entertainment, and refreshments. They also made toys for the children in the D. C. Welfare home, Junior Village.

D. Program with Urban Families.

Since Arlington County is an urban community, the entire program has been adopted to meet their needs.

E. Farm and Home Development.

There is no Farm and Home Development program in Arlington.

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 1956. 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 assisted in setting up the

county contests and the Share the Fun program. It also planned social events, party, square dances, King and Queen Dance, etc. It gives to the 4-H members an added opportunity for leadership development.

All Stars.

Two 4-H members were invited to join the 4-H All Star organization in 1960. The All Stars are active junior leaders and help in the planning and carrying out of county activities.

Project Planning.

The agent works with the leaders in planning the projects for the individual clubs. The leaders meet periodically for planning purposes. Three 4-H leaders attended the annual leaders conference at Natural Bridge.

B. Project Work.

Meal Preparation.

Topics included were meal preparation, dairy foods, bread, food preservation, canning, freezing, poultry and outdoor cookery. Project meetings were held throughout the year. Good nutrition and the preparation of food following the recommendations of the food and nutrition specialists were taught. Each member was given an opportunity to give one or more demonstrations at club meetings and were encouraged to keep careful records of the work they do at home.

Clothing.

Topics included were "So You'd Like To Sew" and "Make or Remake." The goals were to teach the club members to dress appropriately and

economically. They were to learn how to choose the proper fabrics, sewing techniques, and how to plan a wardrobe. Special emphasis was given the clothing projects in the spring and summer months. The club members made garments which they exhibited and modeled at the fashion show early in September.

Home Improvement - Room Improvement.

Topics included are care, furnishings and decorating. The club members were to learn the use of color in decorating, how to make space savers, bulletin boards, drawer dividers, and the care of room and furnishings. They worked at project meetings and individual guidance was given them by leaders and agent.

Entomology.

Topics included insect collection, identification, preservation and control. Project meetings were held on these topics. Field trips, and films supplemented this activity.

One club member, a junior project leader, won a national award in November 1959. As a result of this, he continues to receive inquiries in the community on identification and control of insects.

Electricity.

Monthly project meetings were conducted by an agricultural engineer from VMECC. The club members learned how to read a meter, how to prepare electric cords and appliances. They studied the principles of electricity and the use of safety precautions.

Photography.

A number of club members are seriously interested in photography and are doing project work individually. One club member has

demonstrated the principles of photography at club meetings; how to use the camera, take pictures, develop pictures. He submitted a record book to the state and hopes that this will soon be a recognized project in Virginia.

Home Grounds Beautification.

This included the planning, developing, and care of the home grounds. Some of the club members had recently moved into new homes where the grounds required considerable attention, others learned money by caring for the grounds of people in their neighborhoods.

One boy submitted his record to the state and also represented the district in the demonstration contest at 4-H Short Course.

C. Other Activities.

National 4-H Club Week.

In recognition of National 4-H club Week, displays were placed in store windows and school bulletin boards. Some of the club members gave talks on 4-H in schools. The Arlington Forest Civic Association invited the Arlington Forest 4-H club members to put on a program on 4-H. This included songs, talks, demonstrations, and refreshments made and served by the club members.

County Contests.

Seven clubs participated in the county demonstration contest in March with twenty seven members participating.

District Contests.

Five club members participated in the 4-H district contests in Madison, Virginia. Four received blue ribbons and two represented the district in the demonstration contest at the 1960 4-H Short Course.

In May a county wide 4-H Share the Fun Program was held with all clubs participating. One member represented the county at the state Share the Fun contest.

Public Speaking.

One club member participated in the district public speaking contest.

4-H Camps and State 4-H Short Course.

Eight club members and two leaders attended 4-H Short Course.

Arlington was well represented at junior and senior camps at Jamestown, Virginia and at conservation camp at Virginia Beach. Exhibit Days.

In September the 4-H clubs held their annual three day exhibits on the patio of Kann's Department Store. The club members project work and exhibits were judged. There was a style review with the girls modeling the garments they had made. Many local residents viewed the exhibits and numerous inquiries on 4-H club work followed.

IV. SCOPE OF WORK.

	1956	1957	1958	1959	1960
No. H. D. Clubs	20	20	17	18	19
Membership	500	515	505	500	510
No. H. D. Groups *(unorganized)					
Membership					
No. 4-H Clubs	8	12	12	11	11
Membership	84	105	117	112	122
No. DM Clubs					
Membership					
No. Community Clubs					
Membership					
No. Home Ec. Committees		1	1	1	2
No. General Interest Committees		4	4	4	6
No. Youth Committees		1	1	1	1
No. Other Organizations		4	4	5	5
No. Farm & Home Dev. Families					
No. Other Families Reached	2292	2384	2218	2239	2251
No. Different Families Reached	2810	2905	2995	3303	3410

Maintaining an outstanding Extension program in the county has been the most effective way of informing the public of Home Demonstration work. The enthusiasm and accomplishments of the Home Demonstration club members spreads the word throughout the county. Our objective has been to maintain high standards and to grow with the needs of the people we serve.

The public was invited to the exhibits and the Achievement Day Program.

Leaflets describing the Extension program in the county are distributed to new comers by the Welcome Wagon.

An effort is being made to encourage residents who do not participate in organized Home Demonstration clubs to avail themselves of the educational services which extension provides. The staff endeavors to answer promptly the requests for information and help received at the office each day. When necessary home visits are made. The agents continue to work with other groups. The county wide special interest meetings scheduled in the program will be publicized and open to the public. The garden institute is a good example. As a result of these lectures many residents of Arlington now realize that they can receive help from the Agricultural Extension Service at VPI. The county office sends to the college soil samples to be analyzed, specimens of diseased plants for diagnosis, etc. This office gets an increasing number of requests for help on all types of horticulture problems. At present, we are working with the County Maintenance Department and the Highway Department on landscaping, soil conservation, pruning, care and preservation of shrubs and trees. The advisability of adding a horticult-

turist to our staff might sometime be considered.

V. LEADERSHIP.

A. Growth of leadership

1. Over-all program leaders.

- a. County Agricultural Extension Service Board
- b. Youth Council
- c. Home Economics Council

1958 1959 1960

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2. Home Demonstration Club Leadership

	1956	1957	1958	1959	1960
No. organizational leaders		179	187	189	189
No. project leaders (subl. matter)	369	369	380	384	387
No. Federation prog. of work chr.	20	20	18	19	20
No. program development leaders	28	20	18	19	20
No. result demonstrators	10	18	21	20	20
No. training meetings by specialists	6	10	12	6	5
No. training meetings by dist. agents	1	1	1	1	1
No. training meetings by agents	17	16	19	16	17
No. training meetings by others		3	5	6	5
Attendance at all training meetings	561	584	579	572	560
No. meetings held without an agent	222	232	240	229	227
No. meetings leaders assisted	16	24	28	32	30
Demonstrations by leaders	193	197	293	321	291
Talks and discussions by leaders	331	307	339	342	340

3. 4-H Club Leadership

	1956	1957	1958	1959	1960
No. Club Officers	32	36	40	49	50
No. adult project leaders	22	24	24	19	18
No. junior project leaders	2	1	4	6	9
No. result demonstrators	12	10	12	12	12
No. training meetings by specialists			4	3	1
No. training meetings by dist. agents	5	6	1	1	
No. training meetings by agent			3	5	4
No. training meetings by members club dept.		2	2	1	1
No. training meetings by others	2	2	5	4	2
Total attendance atldr. trg. meetings	8	31	74	76	25
No. 4-H leaders trained individually	6	18	24	27	22
No. club meetings held byldr without agent	43	55	51	105	98
No. add. mtg. at which ldrs. assisted	84	87	156	91	70
No. demonstrations given by adult ldrs.	24	29	32	51	54
No. demonstrations given by junior ldrs.	5	9	14	27	61

B. Development of Leadership Activities.

When one thinks of leadership in Arlington the Bon Air 4-H club is outstanding. It was the original 4-H club in the county. The current membership consists of a group of high school girls who have grown and developed in 4-H. Their motto has really been to "Make the Best Better." They have learned many skills and share this knowledge with younger club members. They have many ideas and are able and willing to assume responsibility. The success of many county wide events is largely due to their enthusiasm and careful planning. Through the years they have received excellent training in 4-H and have utilized every opportunity to put into practice what they have learned. They each held have/ various offices in their club and on the county council. They have attended junior and senior camps, and Short Course. Three were junior leaders at camp. They have participated in district contests and one of the group represented the state at Short Course. They all bring back to the county what they have learned. Lynn and Terry Taylor organized and are leaders of a club for younger members. Nancy Rowan and Marcia Reeves started another group and are their leaders.

They also engage in community service projects and have received a commendation from the T. B. Association.

Extension has given these girls an opportunity to develop their talents and the entire organization prospers.

VI. A. For Special Consideration.

I believe that a significant achievement of Extension work in home economics has been in providing constructive help to the homemaker in her consumer problems. The women realize that the purchasing power of the nation is largely placed in their hands and are anxious to be kept up to date on consumer information. In 1959 an extensive program in this field was carried on the Home Demonstration clubs. Mr. Sherman Hill, Director of the Bureau of Investigation of the Federal Trade Commission, cooperated with us. He cautioned the Home Demonstration members against false and misleading advertising and explained how the commission endeavors to protect the consumer against these practices. He gave definite examples of deception used in advertising and said that it is largely our responsibility to rectify this for without an informed public these evils would flourish. Many of the women are receiving the Federal Trade Commission's periodic publication.

The Food and Drug Administration worked with us and explained the extent of protection we can expect to receive from them. He too stressed the importance of an informed public and warned against quackery in medicine and nutrition.

Extension endeavors to keep up to date on scientific information and research and be in a position to inform the public. This is a continuing practice. The state staff specialists in

the various fields work with us. This year the leaders received training from the Foods and Nutrition Specialist.

The clothing specialist keeps us informed on synthetic fabrics and its care, something which is of great concern to the consumer. Interpreting the new textile label law has also been a useful service to the homemaker. The agents received special training on household appliances, soaps, detergents, etc. To help the consumer understand the various types of credit is another service which extension performs.

I feel that Extension has made the homemaker realize the importance of keeping up to date on scientific research and has helped her become a better informed consumer.

B. Public Relations.

The agent makes every effort to develop good public relations. An Assistant Home Demonstration Agent has recently joined the staff. It is important that each person know what her responsibilities are and to have a cooperative working relationship among staff members. It is also felt that the overall extension program is strengthened by cooperating and working together with the extension workers in the neighboring counties. During the year several joint activities were carried on with Fairfax County.

In maintaining public relations in the county with the parent institution it is important that the county worker maintain high standards. It is also necessary that the county be informed of the services provided each individual citizen by the parent

institution. It is likewise important that the county worker help keep the parent institution informed of activities, problems, and progress in the county, and work cooperatively with specialists and all staff members. I believe this is being done.

Invitations to the annual achievement day were sent to members of the County Board, County Manager and other officials.

A copy of the annual report is sent to the county manager. This serves as a means of telling him and the county Board of the accomplishments of Extension work in the county during the past year. A copy of the year book to inform him of this year's program has also been sent.

The agent will continue to develop the splendid relationship which exists with businesses. Since it is realized that the Home Demonstration club members are a leading force in the community the Chamber of Commerce requests that we be represented in community planning meetings.

The agent and county chairman will continue to serve on the Hecht Company Consumer Advisory Board. Two 4-H club members serve on the recently formed Teen Consumer Advisory Board.

The manager of Kann's Department Store is on the planning committee of the Garden Institute.

The 4-H Exhibit Days and Fashion Show was again held at Kann's Department Store.

Sears, Roebuck and Company sponsored a 4-H leader to the annual conference.

The agent continues to work with lamp dealers to encourage them to stock lamps which meet the lighting requirements.

All of the stores in the community cooperate with Home Demonstration in furnishing a meeting place and sample materials to be used in demonstrations and leader training.

Relationship with Mass Media personnel is becoming stronger each year. The teen editor of the Northern Virginia Sun is most anxious to cooperate in every way possible in publicizing the 4-H program and activities.

The activities of the adult program appear in the newspaper.

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 is on the planning committee for clean up week and fire prevention week. She serves on the Educational Committee of the Arlington, Alexandria Tuberculosis Association. She worked with the Recreation Department on the Arlington Arts Festival.

The members of the Welcome to Washington Club were invited to attend the Home Demonstration annual Achievement Day. A number of foreign women from the various embassies attended. They felt that it was an excellent opportunity to learn more about American women, her interests, activities, etc.

The local office cooperates with the Washington Tokyo Club by giving them recipes and other educational material.

Arlington Home Demonstration clubs were asked to set up an exhibit in Washington, D. C. at a reception for Madam Van Beekhoff, president of the Associated Country Women of the World. They also made the flower arrangement for the tea table. Six club members accompanied the agent to the reception.

The agent will maintain good public relations with the general public by informing them of the services available to them through the Extension Service and helping them with their homemaking problems.

G. 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. She participated in Extension conferences and in service training meetings. She participated in a course in clothing construction.

This year the agent was the recipient of the Sears, Roebuck & Co. scholarship for the six weeks workshop on Human Relations-Human Development held at the National 4-H Club Center in Chevy Chase.

The agent attended the Virginia Home Economics Association's annual meeting in Richmond.

VII. THE LOOK AHEAD

The continued cooperation, enthusiasm and support, which the Extension program receives denotes its contribution to the

community. The effective use of committees in the county Home Demonstration organization has broadened the scope of the program, has given an excellent opportunity to utilize local talent, developed leadership, and stimulated the interest of more people. This procedure has been developing through the years and is becoming increasingly effective. It requires a great deal of pre-planning. The professional worker may sometime feel that it would be simpler to "go ahead on her own" but the end result would not be the same.

The Home Demonstration and 4-H club members have been the primary recipients of the educational services which Extension affords.

I believe that in the year ahead we should strive to reach others. A beginning is being made in this direction through a consumer education committee which has recently been organized.

In September an Assistant County Home Demonstration Agent joined the staff. It is felt that having the services of an additional professional worker will do a great deal in expanding and improving the home economics Extension program.