

A larger group participated in camp activities and this tends to strengthen the program. Junior leaders were used to a certain extent for the first time in camp and project work.

XII Appraisal of Year's Work

The Home Demonstration program in Arlington has had another successful year. The interest and participation in the club programs and county activities was very good. There were a great many special interest activities as well as extra county events. For the most part, all of these were well attended.

Some of the activities are being carried into next year. A good example of this is rush seat weaving. Over two hundred stools and chairs have been re-seated with rush fiber and new workshops are being set up for January. This gives an opportunity for new members to learn from others.

In Arlington County most of the activities are directed to the county as a whole. Since our aim is education the major emphasis in the Home Demonstration program has been directed to extension activities, and subject matter programs rather than community activities.

Since Arlington County has grown at such a rapid pace and is to a large extent a changing population we have the opportunity of introducing extension to new families. This we are doing through our accomplishments and publicity. It is our aim to reach out and make available to others the help and educational opportunities which extension affords.

gram of the Basic Sewing given the year before, for those who had missed it. An average of 10 participants attended the three sessions. The Advanced workshops which followed included 17 participants. The two leaders, Mrs. George Wilcox and Mrs. E. J. Nicholson were largely responsible for this active program.

The Arlington Forest Club among their many other special activities including a tour to Dumbarton Oaks and a plant exchange, conducted a large successful workshop on rush seat weaving with 18 members participating. This followed a workshop furniture refinishing. In addition to the planned workshops, club members meet in small groups after each monthly meeting to work on various projects. In this way, the group has become very well acquainted and keeps in close contact with other members.

F. Emphasis on the 4-H program was continued again this year as it has been in the past two years. Three new active and strong clubs have been organized in the Arlington Forest area. These groups are continuing as winter clubs under capable leadership. This brings the total number of year round clubs to 5.

The summer program was concluded with the same type of 4-H Exhibit Days as held in the past. One noticeable difference this year was the remarkable improvement in the standard of clothing work, including towels, aprons and garments. This has also been one of the important aims of the program.

As Federation Program of Work Chairman, she organized, planned and carried out a profitable and interesting program for the year on Home and Community Beautification. She is continuing to serve in this position for another year.

In addition to the work Mrs. Winslow does in Home Demonstration she is active in many other community and civic groups contributing a great deal as she does in Home Demonstration.

D. Activities and Accomplishments of an outstanding family.

Mrs. E. P. Dorner and her daughter, Linda, are active in the Extension activities in Arlington.

Mrs. Dorner has been active in the Arlington Forest Home Demonstration Club for several years and has assumed leadership responsibilities from time to time.

This spring Mrs. Dorner organized a new 4-H club in the Arlington Forest area of girls ranging from 10 to 12 years of age. All mothers were called into this meeting and the leadership for the year was planned with Mrs. Dorner continuing as organisational leader. Her daughter, Linda one of the youngest of the group, was elected president and did an exceptional job in this position. The percentage of project completion was high and of good quality.

E. Activities and Outstanding Accomplishment of a Club.

Many clubs have had very fine programs this year and the selection of any one is difficult, but the Rock Spring and Arlington Forest Clubs did fine jobs in two different areas.

The Rock Spring Club had an exceptionally good sewing program last spring. To begin with, the leaders conducted a repeat pro-

B. Growth of Leadership

HD Club Project Leadership	1952	1953	1954	1955	1956
No. project leaders (subject matter)	168	224	188	251	369
No. Fed. Program of Work chairmen	19	19	18	18	20
No. program development leaders			18	18	20
No. result demonstrations			14	9	30
No. training meetings by specialists			6	6	6
by district agents				1	1
by agent			4	17	17
Attendance at all training meetings			335	369	561
No. meetings without an agent			170	212	232
No. meetings leaders assisted				17	18
Demonstrations by leaders			141	135	193
Talks and discussions by leaders			216	337	331

Growth of A-H Club Project Leadership 1952 1953 1954 1955 1956

No. club officers			16	14	32
No. adult project leaders	7	8	15	12	22
No. result demonstrations					12
No. training meetings held by specialists					
by agent	9	5	2		5
by dist. agent					
by member club dept.					
by others					2
Total attendance at leader training mtg.	7	12	12		8
No. A-H leaders trained individually	4	2	14	6	18
No. club mtgs. held by leader without ag.	24	8	42	28	43
No. additional club mtg. at which leaders assisted	26	31	47	32	84
No. demonstrations given by adult leaders	28	26	40	25	24
by junior leaders				12	5

C. Activities and Accomplishments of an outstanding Leader.

Mrs. E. L. Winslow served in the position as Federation Program of Work Chairman for the county and Cook Book Chairman for the district. In both of these areas she has done an outstanding job. Mrs. Winslow has always taken an active interest in the county affairs and belongs to one of the first clubs organized when Home Demonstration was getting started in Arlington. She has served in various capacities from time to time both on the county and club level.

In many clubs the program development leaders have taken complete responsibility for arranging club choice programs. This will continue to be encouraged.

3. Subject Matter

Voluntary subject matter leaders are largely responsible for the success of the Home Demonstration program in Arlington. Clubs in this area are fortunate in having many well trained and capable women who contribute a great deal to their club programs.

Eight lessons and three special interest topics were presented entirely by leaders during the year. In addition several clubs arranged and held their own special interest meetings on specific arts and crafts. There were approximately 251 women serving as subject matter leaders. Many of these women have shared information gained by giving programs for other club groups.

In this area there are many people in commercial fields who are willing to cooperate in presenting subject matter to club and county groups. This contributes to the total program in many ways.

We are also fortunate in having the facilities of the U.S.D.A. nearby. These should be utilized more fully. Mrs. Mary Swickard, a poultry expert in U.S.D.A. spoke on poultry buying at a joint meeting of two Home Demonstration clubs.

All of the Home Demonstration clubs in Arlington have had full slates of officers who have carried out their responsibilities very well. The extra activities included in the county programs have added to these responsibilities. Their success indicates good leadership and participation.

Club presidents have been interested and active participants in the bi-monthly meetings of the Home Demonstration County Committee. Objectives chairmen and Program Development Chairmen have held several county committee meetings to plan and carry out their particular responsibilities.

Because of the good organizational leadership the agent has attended fewer local club meetings and spent more time on special interest meetings and the 4-H club program.

2. Program Development

Program Development leaders have done an effective job of leading club discussions and representing their clubs at the program planning meeting. In many clubs former club presidents have taken this responsibility since they know the club group very well.

A training meeting was held in April and a questionnaire was planned to aid in club discussions. After a good return on these questionnaires, the information was tabulated and returned to the chairmen, to aid in further club discussions. The information was also used to good advantage at Program Planning Day to guide the leaders in planning another fine program for 1957. All 19 active clubs participated in the planning meeting and subsequent meetings on Federation Goal and County Objectives.

34
72

The county treasurer serves also as the yearbook chairman and meets with her committee early in the fall to begin plans for the yearbook which is printed in October-November and distributed to the clubs in December. The Arlington County Board has appropriated money which is used in printing the books.

One new county chairman, county 4-H representative, was added to the county committee this year to promote a better understanding of the 4-H program and stimulate more support of the program. Mrs. J. H. Heckman of the local leaders had this position.

Eleven members attended Rural Institute at V.P.I. as county or club representatives. This was the largest delegation Arlington has had and represented eight of the clubs in the county.

Five members attended the district meeting on Safety in Warrenton. The inclusion of a driver training course in the school program was stressed. This is already a part of the Arlington County school program.

We have not done a great deal on Safety during the last year except as it applies to fire prevention and Civil Defense.

B. Other 4-H Advisory Board

The 4-H Advisory Board composed of various 4-H leaders and the county representative met to discuss the summer program and make plans for 4-H exhibit days. This group was not used to the fullest extent and could be very valuable for the whole program.

XI. Leadership

A. Contributions of the following volunteer leaders to the program.

1. Organizational

K
S
.
A
F
E
T
Y

The February County Committee meeting was chiefly concerned with the objectives for the year and plans for the district meeting. The objectives chairmen from each club were in attendance for this meeting.

The same plan used last year was again applied to program planning day. Mrs. T. R. Schellenberg, county program development leader and the agent trained the program development leaders at the April county committee meeting. The role of the program development leader was reemphasized and county data was presented. A discussion guide and questionnaire was given out to aid the leaders at their April and May meetings. After the April meetings, the questionnaires were returned to the office, summarized and the results sent back to the club leaders for May meetings.

The June meeting was devoted to program planning exclusively. The closing of school interfered with attendance which was poor. Ⓢ Either the middle or end of May would be more satisfactory. A general discussion of problems and program suggestions was held at this half day meeting. Plans were drawn up for the 1957 program and special interest topics. Three committees were set up to meet at later dates to complete the work on the calendar, county objectives, and Federation Program of Work with each chairman in charge of their committee. The program calendar committee met later in June and arranged the program for 1956-57. The county objectives and Federation Program of Work meetings were held during September and time permitted the group to carefully consider and plan for the coming year by having two meetings rather than one full day as done in previous years.

34
72

The accomplishments of the women and also the 4-H girls did much to increase the scope of extension work in the county. National Home Demonstration Week, Achievement Day, 4-H Exhibit Days, all played a part in promoting good publicity. This is felt by the increased number of people calling the office for educational information on all phases of home making. We have had many new members join the various Home Demonstration clubs in the last year. One new Home Demonstration club was formed and we are planning for further expansion in the near future.

There have been more requests recently to have Home Demonstration represented in county affairs, the Chamber of Commerce Civil Defense, Community Christmas Committee, are all good examples. They are becoming more aware that the Home Demonstration women are leaders and a contributing force in the community.

X. Organizations

A. County Home Demonstration Committee.

The County Home Demonstration Committee made up of county officers, chairmen and club presidents held regular meetings in December, February, April, June and September.

The county committee met in December to get acquainted and meet the new officers. Reports of out going officers and committee chairmen were given and new committee chairmen and officers assumed their duties.

An officer training meeting was held the first week in January. This was planned to help the new club officers and answer any questions the new or old officers might have regarding their club meetings. The new county chairman, Mrs. E. J. Nicholson, planned this meeting.

54
72

B. Home Demonstration Publicity

The material and constructive information given in the workshops at Rural Institute, V.P.I. aided us in our publicity program. The noticeable improvement is also due to the persistent efforts of our county publicity chairman, Mrs. F. B. Rowlett. Weekly notices are sent to the local Arlington newspaper telling of the club meetings and their activities. Feature articles with pictures appear from time to time. Excellent publicity was given in introducing the new agent to the county. An outstanding job was done on Achievement Day coverage for example, the Hecht Company gave a full page salute to Home Demonstration in the Arlington Daily Sun. Announcements and accounts of Achievement Day appeared in the local press and also in the Washington Star and Post. The results were felt by the number of people phoning the office for further information or expressing a desire to join a Home Demonstration club.

The representatives who attended the district publicity meeting in Warrenton felt that it was very worthwhile.

The radio situation has not improved in the last year. Local stations sell every portion of their time, so very little good time remains for public service programs. Perhaps better arrangements can be worked out in the future.

Approximately 400 "Welcome Wagon" leaflets are distributed each month telling of Home Demonstration work in Arlington County.

National Home Demonstration Week did much to promote good publicity and increase the scope of work for Home Demonstration in Arlington County.

The annual 4-H Exhibit Days held the last week in August terminated the summer's work. The plans and arrangement were similar to those worked out last year using Kann's customer lounge. Arlington Home Demonstration Clubs presented ribbons and project completion pins and Kann's the prize awards for top project work and style review winners.

Completed project work was registered and displayed on Monday. Tuesday the assistant agent of Prince William, Mrs. Betty Mincemoyer, and Mrs. Betty Howell, Fairfax Home Economist, assisted by 3 Manassas older 4-H girls, judged and awarded ribbons to all entries.

The quality and standard of work has improved considerably over past years. About 50 to 60 participated by entering and modeling in the style show. Approximately 375 people visited the exhibits or attended the style review held on Wednesday. (The style show was held in conjunction with Bridget Maginn's teenage sewing class of Kann's store).

VIII. Young Men and Young Women's Work

The Extension program in Arlington County does not have a special program for young men and women. Approximately 50 young women are participating actively in the regular Home Demonstration program.

IX. Scope of Work

	1952	1953	1954	1955	1956
No. HD Clubs or Groups	20	20	19	19	20
Membership	427	450	435	468	500
No. 4-H Clubs	3	2	7	6	8
Membership	32	25	82	75	84
No. other families reached	2237	2418	2268	2275	2292
No. different families reached	2260	2893	2785	2810	2905
No. community clubs					
Membership					

prepared for area contest and won blue ribbons. It was the first time for demonstrators from Arlington County to participate in area contests.

3. The Bon Air club continued with more advanced foods work, over that which was done last year, during the summer. Not too much was accomplished, for good attendance and interest was lacking. The Aberdeen Club composed of 7, 8 and 9 year olds did a small amount of foods work in the area of salads with good results. The Arlington Forest Club is making plans to work on the beginning foods project as their winter program.

B. Other Activities

Martha Dodge and Barbara Hughes participated in the senior and junior style dress reviews in Winchester representing Arlington for the second time. Martha Melaney and Lynn Taylor participated in the senior and Junior Home Improvement demonstrations winning blue ribbons. Terry Taylor demonstrated in the junior division in Food Preparation, also winning blue.

Two older 4-H girls represented Arlington at 4-H Short Course and gained a great deal from the experience. Arlington hopes to have representatives as well as participants in future years.

Eight girls and one junior leader attended the regular 4-H Camp at Jamestown held with Fairfax and Prince William Counties. Martha Dodge attended the older youth camp also held at Jamestown.

More events such as these will help members to see the broader scope of 4-H club work and should help to stimulate the program in Arlington.

This must be a county wide sentiment. We now have five active year round groups and will establish others, as the number of girls requesting membership cannot be absorbed by the clubs already existing. Several Home Demonstration clubs are taking a more active interest than in the past years in assuming leadership responsibilities for the clubs.

1. Clothing

Seven of the eight clubs carried and completed project work on "So You'd Like To Sew" or "Make or Remake" during the winter and summer. The standard and quality of work has improved a great deal over the past year and many fine projects were completed for 4-H Exhibit Days. Even though much of the project work has to be adapted to the younger girls, in many instances they achieve a higher standard of work than some of the older girls. Much of the second and third year work has been considerably adapted until the girls are ready to do more advanced work. Simple jumpers were used for several groups after completing the simple blouse or skirt before the girls were ready for more advanced work.

2. Home Furnishings

The Bon Air 4-H club carried out an active winter program on Room Improvement. Although the record of total completion was not too high, many fine results came out of the group. Older 4-herts from other clubs attended this club during the winter and demonstrations were given regularly by all members. Out of this group, one senior demonstrator and two junior demonstrators

the last year. In the evening Miss Mena Hogan, Field Agent of Federal Extension Service, gave an excellent talk on "Women Of Other Lands". The exhibits and country store were open afternoon and evening. The exhibits were as follows: Furniture Refinishing, 4-H Exhibit, Christmas Decorations, Meals in Minutes, Millinery, Using Good Design, Christmas Candles, Gift Wrapping, Rush Seat Weaving, County Craft table and sewing techniques. Approximately 420 attended.

The Arlington Forest, Cherrydale, and Rock Spring Clubs made trips to nearby points of interest such as Gunston Hall, The National Arboretum, Dumbarton Oaks and others, in observance of National Home Demonstration Week and as part of the Federation Program of work activities.

Arlington Forest Club entertained their local 4-H club with an afternoon social hour followed by a tour of the house and yard.

Approximately 35 club members representing 9 clubs attended the District meeting in Warrenton.

VII. 4-H Club Work

A. In the past, Arlington County 4-H Club work has been organized on a community basis with the majority of activity during the summer months which were concluded with a county Exhibit Day. Expanding the program seemed to be one of the most difficult steps for school and other outside activities kept the girls busy. This situation has suddenly changed, as one mother stated, "after seeing the outstanding work at the 4-H Exhibit, I cannot afford to have my daughter discontinue 4-H for the winter".

The major events of National Home Demonstration Week included a feature news story telling of the events of the week and an exhibit placed in the Arcade entrance of Hecht's Virginia Store. In addition many clubs planned individual activities while others had special guest meetings. All clubs encouraged attendance at the district meeting in Warrenton.

The Home Demonstration Week exhibit featured various hand-made home furnishings and attracted the interest of many people passing by. Leaflets similar to the Welcome Wagon leaflets were made and distributed. Approximately 400 of these leaflets were picked up by interested people. Several interested people made further inquiry about the county program. During the rush hours on Monday, Thursday, Friday nights and Saturday afternoon, Home Demonstration club members demonstrated and acted as hostesses to answer questions and hand out leaflets. Pruning roses, braided rugs and refinishing furniture all attracted a great deal of interest.

A small exhibit was placed in the Cherrydale library. The Barcroft club made posters for two of the local shopping centers in their area.

Achievement Day again gave an opportunity for the Home Demonstration members to show what they have been doing. There was both an afternoon and evening program. A style show featuring the sewing program was held in the afternoon. The garments made by the women were outstanding and since many have had training only through Home Demonstration it was felt that clothing construction had been a very successful part of our program during

have a county representative on the Civil Defense planning committee who in turn has stimulated a lot of interest and member participation in the program offered by the county.

Home Demonstration is represented on the Arlington Community Christmas Committee. The 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 distribution 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".

A luncheon for a group of representative Arlington women was given by members of the Arlington Chamber of Commerce at the Washington Golf and Country Club. It gave an opportunity for the Chamber of Commerce members and the women to become better acquainted and also to discuss county affairs. Ten representatives from Home Demonstration were invited. The men were eager to learn more about Extension work in the county.

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 complete and full responsibility, it is hoped that they will in the future to a larger degree. Ribbons and project completion pins were awarded by Home Demonstration County Committee for the annual 4-H Exhibit Days held in August.

material was prepared for club leaders and/or members each month. The club chairmen have done a fine job with the 10 minute discussions at club meetings.

In December, the emphasis was to decorate the exterior of the homes in preparation for the holidays. This was followed by a study of correct type entrance lights and house numbers. Members were encouraged to attend the Fairfax Landscape Institute. Planting plans were developed and carried out during the spring months. Outdoor living areas were discussed and planned. The fall months will be devoted to Civil Defense.

Mr. Smith, V.P.I. Horticulturist, held one county wide meeting which was well attended by an enthusiastic group who wanted more of this type of program for next year, perhaps in the form of a tour. The agent and federation program of work chairman made arrangements for the program even though it had not originally been in the plan for the year.

B. Home Demonstration Club Community Work

Arlington County Home Demonstration club work cooperates with many other groups both in an advisory capacity and as a participant. They support and help carry out the 4-H program.

Representatives from Home Demonstration along with the agent are members of the School Lunch Advisory Board set up under the county School Board. Other members act in a similar capacity on the Hecht Consumer Advisory Board.

Home Demonstration was represented at the planning meetings for the annual Fire Prevention Week and Clean Up Week observances and was recognized as a cooperating group. They also

it should only be used as a special interest meeting. Some of the club groups had the Interior Decorator from the Hecht Company to present the club meeting on line, design and color in home furnishings and accessories.

For the July monthly program on Gifts Workshops, the agent presented part of the leader training with the help of one of the crafts leaders from the Department of Recreation in Arlington County. Although the original plan was to include an open county wide gift demonstration day, these plans had to be cut down, so each club planned their own gift workshop. A demonstration and explanation of copper jewelry making was given by the crafts leader from the Recreation Department. Each leader coming to the meeting demonstrated how to make her favorite gift and then samples were made up into an exhibit to be used at the monthly meetings. As usual this type of program drew a lot of interest.

6. Garden and Landscape

The Federation Program of Work for the year has been Home and Community Beautification with Civil Defense the last two months. A full and worthwhile program planned and prepared by Mrs. E. L. Winslow and her committee has contributed to the interest in this area and given the individual leaders a lot of selective materials to aid them in their monthly club discussions. Major emphasis has been placed on the area of home beautification with hopes of leading into community beautification next year. Two training meetings were held for local leaders to prepare them for the years work. In addition supplementary

To tie in with the sewing program, Kann's Virginia Store put on a one day meeting consisting of two sessions on "Fabrics, Line and Design" for Home Demonstration club members. Miss Bridget Maginn, Sewing Instructor at Kann's, conducted the meetings with about 150 in attendance. We are grateful for the excellent cooperation we receive in the various stores in Arlington.

In order to prepare some groups for the advanced sewing a few basic sewing workshops were held by the agent and leaders from the past year.

5. Rural Arts

The rural arts program dealt chiefly with a study of good design followed by an application of these principles in making handmade gifts. Leader training for the March program topic of Using Good Design in Things we Buy and Make was given by the Rural Arts Specialist. The Hecht Company cooperated by supplying swatches of drapery fabrics, lamps and vases to use at the leader training meeting. The basic principles of good design were emphasized to the group of leaders and leaflets explaining these principles were given out both for leaders and members. The articles from Hecht's were arranged in various combinations as an aid in studying good design. Even though the training was good, the leaders felt rather inadequate in most cases to tackle such an intangible, difficult subject. Those who had previous background knowledge did fine jobs. Unless a program of this type can be based on simple, easy to apply ideas, perhaps

4. Clothing

Although clothing did not play the part it has in past years, it still was an important area in the program. The second phase of the three year sewing program consisting of basic, advanced and tailoring was carried out with a fine degree of success. Interest and participation was equal to that shown the past year and proved to be one of the most worthwhile parts of the 1956 program. Leaders were trained by the agent for the February program topic on "Fitting Women's clothing". In addition to principles of fitting, new sewing techniques were demonstrated. Line and design with relation to figure types was also discussed. The agent conducted six workshop training meetings in preparation for club workshops. A combination demonstration workshop method was used for these training meetings which were held in one of the sewing rooms of the Singer shop in Clarendon. Machines in the sewing room were used to correct fitting alterations. Attendance was excellent with all clubs participating and the majority of groups following up with club workshops. The agent met at least once with individual club workshops to help solve difficult fitting problems.

The second phase of the Bishop method of sewing dealt chiefly with learning to make a basic shell followed by methods of pattern alteration. Helpful new techniques including set in sleeves, gussets, belt making, interfacings, zippers and handling techniques of various fabrics were also demonstrated and learned.

The leader training was followed by a special interest meeting on Kitchen Planning which had been postponed from the 1955 program. Those attending gained considerable helpful knowledge, but time was short and many had individual problems they wanted to work out.

Two other special interest meetings were held in relation to home management. Money management was attended by a small but interested group of homemakers. Even though many indicate an interest in this area they are not readily drawn to a meeting.

The other county wide special interest meeting on Time and Motion was held by one of our local leaders, Mrs. Kay Morhard, who has done a great deal of work in this area. Work Simplification was studied and part of the time was devoted to improving methods and cutting out waste motion with the use of a peg board. All those attending were extremely interested.

A county wide special interest meeting on Buymanship of Furniture is planned for the early part of December. Furniture construction, misleading advertising, wise furniture buymanship will be stressed.

The program of '56 has been keyed to better management of the home through improved methods of using time and energy and money. These three were given a lot of consideration in the foods program, in the areas of planning, preparation and buying. Careful and wise spending on furniture reflects once again good home management as does reusing old pieces of furniture. Likewise new easy and quick methods of sewing for oneself and family are of great benefit to the homemaker's time, energy and money.

34
72

Little interest was shown in the braided rug workshops held in late winter. A small group of very interested women met several times for all day meetings.

Furniture Arrangement was the program topic for the October club meetings. At each club meeting the agent gave an illustrated talk with the use of slides. She also prepared leaflets on room arrangement, which were given to each club member.

In November the Home Furnishings Specialist conducted a leader training on "Window Treatment". The leaders were most receptive and asked a great many questions. This topic will not be presented to the clubs until January. The specialist also gave the agent instruction on fabric lamp shade making. This is also a part of next year's program and will be included as a special interest workshop.

3. Home Management

The March club program topic in the area of Home Management was "This Is the Way I Keep House." The leader training given by the Home Management Specialist stressed work simplification, along with time schedules and improved work techniques as a basis for good home management. The American Heart Association bulletin "The Heart of the Home" was used in addition to the USDA Posture bulletin and other information prepared by the specialist to aid the leaders in their club discussions and demonstrations of improving home management.

easily. Of the 64 who weighed in one or more times, 25 completed. Although this is not a good record, holidays, illness and very little "need" to lose weight cut out a good many people. (Twenty-three of the 64 came only one time.)

When the program was complete in February, the Arlington County Health Department helped with many of the responsibilities of organizing and conducting the new classes starting in March. The groups met each week for one hour. The agent was group leader for one or one two classes. The usual special meetings on clothes alterations, low calorie dessert demonstrations and style show were arranged by the home agent.

At the conclusion of the 2nd program in June, two smaller groups were started in July for an eight weeks period. The agent worked with a small group of negro women at this time. New classes started in September to be continued for the regular 16 week period. TOPS members will be the models for a style show in December. This was arranged by the home agent.

2. House Furnishings

A high degree of interest was shown in the two phases of Home Furnishings studied in the late spring, Furniture Finishing and Refinishing and Rush Seat Weaving.

The all day leader training clinic for furniture finishing and refinishing held by the Home Furnishings Specialist was well attended by an eager group of leaders. Many fine results were apparent at the end of the day to the pleasure of those attending. The leaders did a fine enthusiastic job of present-

tours, the agents presented various information on grading, brands, inspection and labeling of food. Each leader was given member leaflets to hand out at the club meeting and a packet of booklets for research information.

The program topic for November was Basic Meal Planning. Leader training was held in September. The agents worked with Miss Mildred Arnold, a nutrition representative of the American Institute of Baking, in conducting this training. The leaders met for a four hour session. The importance of well balanced meals for the family was stressed. The "Wheel of Good Eating" was used to emphasize the "Basic Seven" needs in the daily food requirements. Various methods of presenting this material were illustrated. A demonstrational luncheon was also prepared and served. A very active discussion followed. Each leader was given leaflets to take back to her group, also research material plus a large chart to be used in group presentation.

This program was well presented at each club and stimulated a great deal of interest and enthusiasm.

The T.O.P.S. classes started in November of 1955 continued to meet during the following three months in order to complete the 16 week course. During January approval of the Arlington Medical Society was gained and the meetings were held in the County Health Building. The facilities readily available (scales, movie projector, etc.) including public health nurses and doctors helped the program to work smoothly and

34
72

A. Project Work

1. Foods and Nutrition

Considerable emphasis has been and will continue to be placed on foods and nutrition in the 1956 program. In December the Washington Gas and Light Company presented a county wide special interest meeting on Economical and Quick Entertaining. A large group attended this meeting and benefited from many good and basic facts and information presented.

January club programs continued to emphasize the topic of foods with Meals in Minutes. The leader training given by the Associate Foods Specialist was carried out very effectively at the club meetings. Homemakers in the area are always eager for new and better ways of preparing family meals. Leaflets similar to the ones used by the leaders in presenting the lesson were prepared for every member. Additional "Master Mix" bulletins were given to members who had not received the bulletin previously.

The September program topic was "Buymanship of Foods" emphasizing once again the importance of good home management. Leader training was arranged locally by the agents. All leaders went on a guided tour through the large Giant Foods at Seven Corners. Throughout the tour the various department heads gave explanations of the foods in their departments and answered questions of the groups. These tours took much longer than was anticipated for the leaders were interested and had many questions to ask. After the

34
72

IV. THE COUNTY SITUATION AS IT AFFECTED THE 1956 PROGRAM

Arlington County is a small densely populated urban area adjacent to Washington, D. C. Its population of 165,000 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 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.

V. ADULT WORK

	Page
XI Leadership	21
A. Contributions of the following volunteer leaders to the program.	21
1. Organizational	21
2. Program Development	22
3. Subject Matter	23
B. Growth of Leadership	24
C. Activities and Accomplishments of an outstanding Leader	24
D. Activities and Accomplishments of an outstanding family	25
E. Activities and Outstanding Accomplishment of a Club.	25
F. Achievement of Extension Work	26
XII Appraisal of Year's Work	27

TABLE OF CONTENTS

	Page
I Cover	
II Title Page	
III Table of Contents	
IV The County Situation as it Affected the 1956 Program	1
V Adult Work	1
A. Project Work	2
1. Foods and Nutrition	2
2. House Furnishings	4
3. Home Management	6
4. Clothing	8
5. Rural Arts	9
6. Garden and Landscape	10
B. Home Demonstration Club Community Work	11
VII 4-H Club Work	14
A. Project Work	14
1. Clothing	15
2. Home Furnishings	15
B. Other Activities	16
VIII Young Men and Young Women's Work	17
IX Scope of Work	17
B. Home Demonstration Publicity	18
X Organizations	19
A. County Home Demonstration Committee	19
B. Other 4-H Advisory Board	21

TITLE PAGE

1956 ANNUAL REPORT

December 1955 to December 1, 1956

Erna R. Pettibone

Erna R. Pettibone
Home Demonstration Agent

