

ANNUAL NARRATIVE AND STATISTICAL REPORT

1 9 3 4

Ruth Current

Acting State Agent, 4-H Girls' Club Work

December 1, 1933 - December 1, 1934

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PERSONAL STATISTICS 4-H CLUB WORK

Number days devoted to 4-H Recreational Work - in State	30
Number Recreational meetings held or attended - in State	33
Attendance.....	1,192
Number out-of-state 4-H club meetings attended.....	2
4-H National Camp	
National Club Congress	
Number of days attending out-of-state meetings.....	16
Assisted in directing State 4-H Short Course:	
Number days	6
Number 4-H boys and girls in attendance.....	400
Number miles traveled in 4-H club work, 1934	6,583

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NARRATIVE REPORT OF GIRLS' 4-H CLUB WORK FOR 1934.

Ruth Current, Southwestern District Agent.

For the past year our 4-H club work has been in a state of flux due to the fact that the farm and home agents have devoted much of their time to Federal Emergency Work - A. A. A. programs, emergency relief canning, and for home demonstration agents increased demand for organized women's clubs.

At present there is no State Leader for girls in 4-H club work. Its supervision and program planning has been carried by the four District Agents, three Specialists, and State Home Demonstration Agent, Dr. Jane S. McKimmon. Each District Agent supervised her district, with subject matter assistance from the Specialists. The Southwestern District Agent has been responsible for all correspondence regarding girls' club work coming into the State office this year. She, with the State Club Leader, Mr. L. R. Harrill conduct the State 4-H Short Course, with, of course, the help of the Specialists and Farm and Home Agents. She chaperones 4-H girls on all out-of-State trips, conducts recreational schools - local and community - organizes 4-H County Councils, assists with county encampments, health pageants, encampments throughout the state, conducts District Health Elimination Contest and makes frequent visits to home agents to assist them in carrying on 4-H club work as planned for in their counties.

The home agents give at least one-third of their time to 4-H club work. There is an average of from 8 - 12 clubs in each organized county, with the membership of from 300 - 1,000.

Organization:

1 - State Council, composed of President, Vice President, Secretary, Treasurer, Historian. These officials are elected by all 4-H club boys and girls attending Short Course.

2 - Honor Club: The members of this club are winners of all out-of-state trips, officers of State Council, and boys and girls who have done excellent work but have had no special recognition. It is considered a real honor to be taken into this club. The Honor Club assumes a great deal of the State Short Course responsibility. They serve as Pages, greet the new boys and girls as they arrive for Short Course, assist the agents with programs, and run errands for those in charge.

One evening Vesper program is given by the Honor Club at Short Course and at that time new members are taken into the club. This program is always most fitting and impressive.

Dr. Frank Graham, President of the Greater University of North Carolina addressing the group assembled during 1934 Short Course Honor Club Vesper Program said: " It has been said of America that we have no youth movement; but as I look out on this vast number of boys and girls, members of our 4-H clubs of North Carolina, I believe I see the answer to that challenge, and we find the answer in 4-H Club Work."

3 - County Councils: Composed of President, Vice President, Secretary, Treasurer. These officers are selected from representatives of all local club officers at a county-wide call meeting.

The duty of the Council is to set up county goals for club work and to assist the agents in reaching these goals; arranging and assisting with Tours, Achievement Days, Health Pageants, Fairs, Recreational Schools, or any other assistance the agents might need.

Our 4-H organization is different from that of the West, Mid-West, North, and New England States where they have a 4-H leader for each county. We have only one 4-H leader to cover the entire state of 100 counties.

The farm and home agents, as I have previously stated, have in most instances, and in spite of all their emergency calls, tried to give at least one-third of their time to 4-H club work.

From what I have said one might conclude that nothing has been done this past year in 4-H club work, but I do not want to leave such an impression, for really, the results are most gratifying taking everything into consideration.

TRAINING LEADERS:

Emergency work has caused the farm and home agents to see the need for trained 4-H local leaders. In each District in the State more project and recreational schools have been held than ever before. The home demonstration agent in Rutherford county gave the entire responsibility of club work to her leaders. She had leader training schools, but did not attend the regular meetings, check results, get records, make plans, etc., as this responsibility had been entrusted entirely to her leaders.

More county councils have been organized, also service groups, home-making classes, 4-H honor clubs. Most of our leadership training has been done thru these groups.

In many counties every organized adult home demonstration club appoints two 4-H leaders. These leaders have functioned well. In Rutherford county, previously mentioned, the leaders are adult trained home demonstration club members.

Honor and Service clubs are organized on an honor basis, composed mostly of older boys and girls - those that have shown some leadership ability and a real desire to serve in this capacity, also a love for 4-H club work.

Miss Gertrude Warren of the Washington office attended Farm and Home week in 1934 and conducted a leadership training class for adult home demonstration club women. This work has proven most helpful and many requests have been received for Miss Warren to return for work of this type.

I have held special meetings with home agents for the purpose of helping them train leaders. We find it rather hard to locate the right persons, but once this has been accomplished our major problem has been solved.

4-H PROJECT ACCOMPLISHMENTS

We are proud of the fact that throughout the State we have more trained 4-H club leaders, far more than we have ever had before, and they are proving themselves very valuable to our home agents. Had it not been for the assistance of the trained leaders in many counties 4-H club work would have been completely lost. The home agents have given all time possible to the training of these 4-H leaders, assisted by our State Specialists, and the leaders have proven their worth many times.

GENERAL STATISTICS:

The following statistics are State figures on all 4-H girls' projects:

Number of 4-H club members completing all projects.....	9,996
Number of 4-H club girls trained in Team Judging.....	65
Number of training meetings held for local leaders or committee.....	192
Attendance.....	3,495
Number of 4-H club tours.....	9
Attendance.....	157
Number of 4-H Achievement Days held.....	56
Attendance.....	6,060
Number Encampments held(both boys and girls in attendance).....	30
Girls attending.....	1,108

Fruits, Vegetables; Beautification of Home Grounds:

Number of girls enrolled Home Gardens.....	1,842
Number of girls enrolled Marketing.....	64
Number of girls enrolled Beautification of Home Grounds.....	1,290
Number of girls completing Home Gardens.....	1,216
Number of girls completing Marketing.....	54
Number of girls completing Home Beautification	700

Poultry:

Number of girls enrolled.....	839
Number of girls completing.....	603

Foods & Nutrition:

Number of girls enrolled Food Selection and Preparation.....	5,365
Number of girls enrolled Food Preservation.....	6,827
Number of girls completing Food Selection and Preparation.....	3,320
Number of girls completing Food Preservation	4,063
Number of units in projects conducted by 4-H club members completing:	
1 - Dishes of food prepared.....	56,953
2 - Meals planned and served.....	11,436
3 - Number of quarts of food canned.....	274,348
4 - Other containers of jelly, jam and other products..	22,099
5 - Number pounds of fruits and vegetables stored and dried.....	29,604

Child Development and Parent Education:

Number 4-H club members enrolled.....	73
Number 4-H club girls completing.....	68

Clothing:

Number of 4-H club girls enrolled.....	11,400
Number of 4-H club girls completing.....	7,389
Number of articles made by 4-H club girls completing:	
Dresses.....	5,185
Other garments.....	17,181

Home Management and House Furnishings:

Number 4-H club girls enrolled:	
Home Management.....	931
House Furnishings	1,125
Handicraft.....	2,332
Number of 4-H club girls completing:	
Home Management.....	527
House Furnishings	783
Handicraft	1,754
Number of units in projects conducted by 4-H club girls completing:	
Home Management.....	63
House Furnishings.....	Rooms 220
	Articles 648
Handicrafts	Articles 2,273
Number of 4-H club girls keeping personal accounts.....	511

Home Health and Sanitation:

Number of 4-H club members enrolled.....	9,955
Number of 4-H club members completing.....	5,258
Number of 4-H club members not in special health projects who participated in definite health improvement work	4,494
Number of individuals having health examinations on recommendations of Extension Workers, or participating in Health Contest:	
Boys and Girls.....	6,080

Community or Country Life Activities:

Number 4-H clubs engaging in Community Activities such as improving school grounds, conducting local fairs, etc..... 390

FOOD CONSERVATION

There were 274,348 quarts of fruits and vegetables canned, and 22,099 pounds of fruits and vegetables dried last year by 4-H Club Girls.

Food Conservation work was stressed in every organized club regardless of major or minor projects. The first year girls can only acid fruits and vegetables - not less than 12 quarts, using the hot water method. The second year girls are permitted to use the hot water method plus the pressure cooker. They are required to can at least 24 quarts of acid and non-acid fruits and vegetables.

Our Food Conservation requirements are raised according to the number of years in club work.

Contest:

Fifteen counties met the Kerr Canning Contest requirements as sponsored by the National Committee on Boys' and Girls' Club Work. Two hundred and fifty-three girls competed in the contest. Many more began canning for this competition but for one reason or another when the final ^{was} check-up/made we found only 253 girls had completed all requirements. Vera Geer of Rutherford county won first place in the State. Verahas been in 4-H club work ten years, and has been especially interested in Food Conservation Work. She has completed projects in Room Improvement, Clothing, Foods and Nutrition, and Health Work.

For the past six years Vera has exhibited her canning at her local county fair and has won valuable prizes. She says she is unable to estimate in dollars and cents what this one project has meant to her. She does all the canning for a family of eight, which is around 700 or 800 quarts per year. Should we value one year's canning of 700 quarts @ 15¢ per quart it would be \$105.00.

NATIONAL 4-H CLUB HONOR

The greatest honor that has ever come to 4-H Club Work in North Carolina was the selection of Mildred Ives of Pasquotank County as the most outstanding 4-H club girl in the United States in 1934.

The Payne Fellowship for the most outstanding club girl was awarded Mildred in competition with 4-H club girls from all states in the Union. This fellowship is for \$1,000.00 and is awarded, "To provide an opportunity for nine months' residence and study at the United States Department of Agriculture in Washington, D. C."

The qualifications required of candidates follows:

- 1 - College degree in agriculture or home economics.
- 2 - Four years' participation in 4-H club work prior to entering college with interest continuing through college.
- 3 - A definite interest in extension work in agriculture or home economics.
- 4 - Shall not have passed 25th birthday on June 1, 1934.
- 5 - Preferably one or more years experience after graduation from college.

In addition to the above-mentioned requirements the State Club Leader is requested to give the following supplemental information, which also gives weight in reaching a decision as to the awarding of this fellowship:

- 1 - Initiative in starting plans, projects, or activities.
- 2 - Ability to plan.
- 3 - Persistence in carrying plans through to completion.
- 4 - Forcefulness in convincing people and getting them to do what he wants them to do.
- 5 - Friendliness and tact in handling people.
- 6 - General good judgment.

7 - Ability to speak in public and write interestingly.

8 - Social outlook.

9 - Ability as leader of young people.

In announcing their decision the judges said that Mildred's records were among the most outstanding ever presented.

Mildred went to Washington in September 1934, and plans were made by the Home Agents' Staff in North Carolina with the officials in Washington to give her an opportunity of earning her Masters Degree, which would require nine months in Washington, and perhaps a summer term. Arrangements to this effect were made with the University of Maryland and the United States Department of Agriculture, and a course was outlined. Mildred is now expecting to complete that course and receive her Masters Degree by the last of August 1935.

Mildred's story of her activities in 4-H club work which was submitted with her records in competition for this fellowship is attached herewith:

4-H club work has been the inspiration for my college and community work; it has been the source of information and help for my family and me in an economic way. I should like to have special training to act as a leader for rural girls and boys, so that others may have the guidance, instruction, and inspiration which the Home and Farm Agents and State Club Leaders have brought to my family and to me. I could ask for no higher career.

My college expenses were defrayed from money I had realized on 4-H projects and from a Jane S. McKimmon scholarship for 4-H club girls. I am paying this money back to the Loan Fund Committee. When the debt is paid, I expect to secure my Master's Degree taking the subjects which will help me to be a leader for country boys and girls. I would like to take more educational psychology, child study, family relationships, sociology, physical education, and when time permits, I would like to continue work in nutrition, clothing, arts, and those subjects in home beautification and home management, which will enable me to be an advisor to older boys and girls.

These older boys and girls, many of whom have finished only the grammar grades, are the most important group in the country today. They are the future farmers and homemakers. I believe there are about 5,500,000 farms in the United States. The majority of these will be worked by young people who are not now club members. What influence will determine their methods, their attitudes?

Club work should not be measured in numbers or volume but we do need a larger enrollment with emphasis on the quality of membership and work. We need to keep the members enrolled until their projects are

completed and records turned in, until their achievements can be reflected in their homes and in their communities. The member should develop into an individual capable of making decisions, with an appreciation of the values of country life in relation to independent thought and action, economic independence, opportunities for cultural living, leadership, and creative ability. A large number of boys and girls between 15 and 25 are not being reached. The program needs to be adapted to meet their needs; to be expanded to interest their ages. In reorganizing the 4-H program for older boys and girls, the out-of-school group, we should recognize the social need, the human values, the recreational as well as the educational and not overlook the financial side during this readjustment period.

This out-of-school group is a problem. Their personal development and the raising of the standard of living in their homes is a challenge to Extension work. I should like to have a part--I expect to have a part--in helping these boys and girls who have not had an opportunity, or who having it, let it pass. I expect to try to instill in them a belief in their own ability to succeed and an ever-abiding appreciation of country life. I may not be able to contribute much to this end but as 4-H work has helped me and my family to a keener appreciation of the opportunities of country life, I shall continue to prepare myself to assist those who would receive help.

My Outstanding Achievement

Mildred Ives

Pasquotank County, North Carolina.

During the summer months of 1933 I acted as Emergency Home Demonstration Agent in Bertie County. This is a rural county in eastern North Carolina, having many tenant farmers.

The program planned was one of food conservation. Each family was to grow and can such foods as they would need during the winter.

The people were uneducated, slow to cooperate and uninterested. The first month was spent visiting homes, planning group meetings to be held during the second month and soliciting the aid of the farm owners. Two hundred and ninety-seven families were visited and twenty farm owners were called on during this month.

During the second month 14 groups were organized in 14 communities. Twenty-eight meetings were held with an attendance of 725 people. At these meetings 14 talks on gardening and food conservation were given. Fourteen demonstrations on hot-water canning were given.

During the third month 15 demonstrations were given. Six thousand, seven hundred and eighty-six quarts of vegetables, berries and fruits were reported canned in these homes, 96 quarts of vegetables were canned by two communities for school lunches, and 1411 quarts were filled at community canneries set up at two places in the county.

During this third month these two community canneries were set up to take care of surplus food products grown on community garden projects. They were operated by two unemployed men, taught to can by the Home Agent, and unemployed women who needed work.

During the fourth month 6,521 cans were filled with vegetables, berries and fruits by the tenant farmers worked with earlier in the summer. Ten thousand and seventy-two cans were filled by the community canneries.

Our goals for this summer's work were (1) to provide food for the needy, (2) to teach the very simplest food conservation and preparation methods, nutrition, gardening, and sanitation, (3) to develop pride and thrift among tenant farmers and poorer classes hoping to make them self-supporting, (4) to train leaders to carry on this work during the winter. Therefore, home sanitation, food selection, preparation and gardening were correlated with the canning project where ever possible.

Forty-eight women and two men worked under my supervision for the four months I was Emergency Home Agent.

Reports which have come in since I have been teaching show the work has been continued under the leaders we trained.

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CLOTHING:Contest:

For the second time North Carolina entered the National Dress Contest sponsored by the National Committee on Boys' and Girls' Club Work.

Twenty-one counties and 150 girls entered the contest, meeting all requirements, which were that the girls make a complete outfit, including underwear and also selecting accessories, in the following classes:

School Girls' Outfit.

Best Dress

Party Dress

General Wear Dress

Mary Rose Pickler, Albemarle, North Carolina, Stanly County, won first place in the state contest. She modeled a lovely tailored dark and bright blue wool plaid three piece suit.

We are finding these contests helpful toward stimulating interest in 4-H club work. We had six additional counties entering over the number entered in 1933.

I am attaching picture of Mary Rose Pickler, together with her story on "What 4-H Club Work Has Meant to Me".



" WHAT 4-H CLUB WORK HAS MEANT TO ME."

"When I was nine years old I joined the 4-H club. Poultry was my first project. That year I raised 50 Rhode Island Red chickens. At the end of the year a Poultry Culling Demonstration was held at my home by the farm agent, and the culls were sold. As the proceeds from the sale brought me enough money to buy my school clothes and books for that year, I felt that I was really helping out at home by belonging to the 4-H club and living up to the club motto, 'To Make the Best Better.'

From 1924 through 1934 I have had projects in room improvement, clothing, and foods. During these years I have belonged to a school club which has one meeting each month; the 4-H Homemakers; a Leaders' Training group, which has two meetings a month in the home agent's office; and now, I am a member of the Service club for older girls and boys. I have tried to make a special effort to attend as many of these ^{special} demonstrations, meetings, short courses, and camps as possible for there I always receive knowledge and inspiration which is beyond value to me.

Through the study of my own room and other rooms I have learned many things that I have tried to put into practice. In planning furnishings for my room I have learned that I must consider my family and adapt my plans so that the results will be appropriate and comfortable for them as well as for myself. Harmony without sameness should be the desire in home furnishing while variation in home appointments is an inspiration. Fashion provides change for us, and it behooves us to be alert to those features of the new that are desirable.

Our homes generally contain the things we have bought - wisely or unwisely - gifts, and heirlooms, all of which we must try to place together with an aim for harmony and comfort. For gratifying results we must first adjust, and rearrange the furniture we have to a point of comfort and harmony. The important thing is that the room should be inviting, cheerful, restful, and well suited to the people who occupy it.

In my first sewing projects, seams and finishes were the principal things stressed. In other projects I studied clothing selection and purchase. I learned that clothing was made from textile, fibers, horn, rubber, feathers, glass, leather, gold, silver, fur, bone, straw, leaves, and a number of other substances.

Clothing used as a protection for the body is one of the most important considerations. Therefore, it should be of such nature that there is freedom for the growth, actions, and functions of the body. It is necessary for perfect health that the clothing be porous, non-irritating, attractive, and easily cleaned.

In order to choose the most appropriate garments one must study her physical characteristics. When one attempts to select clothing, personal coloring needs must be considered. Color changes with age, health, fatigue, and climate. There are a number of ways to achieve distinction through ^{use of} color. One of the simplest and best is to key the whole wardrobe to a particular color. The individual and her clothing should form a composition and make a picture in which harmony and proportion play an important part. The clothing of the well-dressed person is in harmony with her personality as well as her physique.

" A knowledge of fabrics is necessary in the study of clothing selection because there is on the market such a large quantity of different kinds of materials as to establish standards regarding what is superior and what is inferior. The person who is skilled in selecting and purchasing her clothing will be well-dressed.

" A garment that has been carefully planned, stitched, fitted, and finished will be of value in two ways; first, it will be attractive and you will like to wear it; second, through careful work and accurate cutting and stitching, habits have been started which will always be of great help in sewing.

" All clothing should satisfy a need or desire. Therefore, thought should be given to the value of the garments that are necessities and to those which are luxuries. One's personal appearance generally indicates the ability expended in the selection of clothing. The well-dressed person realizes her needs and limitations, and dresses accordingly.

" In my food projects I learned the best methods of canning and preserving foods. I have learned what the rules of the meal planning game are: first, careful selection of the right foods in the right amount; second, planning the meals which use these foods; and third, variety which lends snap and interest to the meal both in the foods themselves and in the way they are prepared.

"I have attended three Short Courses held for the 4-H club boys and girls in Raleigh, and I must say that I thoroughly enjoyed each one. The programs were planned in such an interesting manner I never wanted to miss any of the courses being offered to me. Although the lectures and classes were inspiring I think the meeting of 4-H club leaders, boys and girls from all over the state meant still more to me. Mingling with, and learning what the other

club members from other sections of the state were doing ~~always~~ made me come home with a determination to do greater and better work for my state and county. I realized that my time was valuable, and that the future history of our state depended upon how well our boys and girls adapted themselves to their various environments.

" The 4-H club has offered me a means of preparing myself more efficiently for the time when the responsibilities of the home and state will be placed upon the shoulders of my generation.

"In expressing what my 4-H club work has meant to me, I must not fail to mention the fact that much of my clothing has been used for exhibits in this and other counties, as well as the State Fair. I entered the County Style Revue this past summer with nine other contestants, and my outfit won first place. As a result I was sent to the Short Course to enter a State Style Revue. There must have been about twenty-five entrants in this contest. I certainly was surprised when I learned that again I had won first place. I was thrilled to know that I could be a representative and win in a state-side contest.

" The above are just a few of the many things which I have learned through 4-H club work. I feel that my work in 4-H clubs has meant as much to me as my other schooling, for today my living depends upon ^{that} which I learned through 4-H club work.

" For the past two years I have been operating a sewing shop of my own, and I do not hesitate to attribute the success of my shop to what I have learned in 4-H club work."

Mary Rose Pickler,
Albemarle, North Carolina.

RECORDS:Contest:

Fifteen counties entered the Record Contest Sponsored by the National Committee on Boys and Girls Club Work, with 222 girls participating. The records submitted this year were far the best that have ever been submitted. Jean Kerr, Washington, North Carolina, Beaufort County was selected as our "Best all around girl". Her story on "What 4-H Club Work has Meant to me", follows:

What My 4-H Club Work Has Meant to Me.

Beaufort County, North Carolina.

Violette Club

Jean E. Kerr

When I look back on the last nine years of my life I realize how much 4-H Club Work has meant in my development in my tastes in music, food, clothing, room furnishings, and in the choice of my life work. Most of all, it has enable me to attend college, by means of the Jane S. McKimmon Loan Fund.

Since first beginning my work in 1926 I have completed nine years of project work. During this first year I made a sewing bag, hot dish holders, a club arpon, and learned to patch and darn. I attempted quite a few other things and was quite delighted when mother consented to allow me to continue sewing by making curtains, pillows, and an embroidered quilt top for my Room Improvement project, which we took up in 1927. I selected colors, pictures and rearrangement of the furniture in my room.

Before I felt quite satisfied with my efforts in this line it was 1928 and time to begin on Foods and Nutrition. While continuing sewing and still working on Room Improvement, I eagerly attacked Foods, the best of all. At this time I entered the County Biscuit Contest and won first place. We studied the food value, preparation and place in the diet of milk, cereals, fruits and eggs. We also made an extensive study of the school lunch and table service, while keeping health habit score cards during the entire year. Much to my great joy we decided to continue Foods and Nutrition during 1929. As President of my club I gave demonstrations on Yeast Bread in the absence of our Agent. This time we concentrated on food selection, the club girls' three meals a day, the food value, preparation, place in the diet of vegetables, yest breads and meats. This year I worked hard to help my club put on a first prize-winning booth at the County Fair.

During 1930, as Secretary and Clothing Leader, I had a good chance to put my sewing knowledge to good use. We took up sewing, grooming, and the judging of materials and finished garments. We altered patterns and I made my first suit, including a coat, skirt, blouse, shorts, bandeau, tam and purse. I gave clothing demonstrations on Millinery. I cleared enough at our curb market to buy my first wrist watch and to pay my Short Course expenses several years later. Again I helped my club to put on a first prize-winning booth at the County Fair. Our booth was "A School Girl's Wardrobe", made entirely from North Carolina woven materials. My exhibits took more in prizes than the initial cost of the garments.

During 1931 I continued as Treasurer and Clothing Leader, studying the use and alteration of the Commercial Pattern. Some of my work received first place and second places at the County Fair and fourth place at the District Fair. I gave a clothing demonstration in the absence of the Agent.

Much to my pleasure our 1932 program resumed work in Foods. I continued as Secretary-Treasurer. We went farther into the study of milk and quick breads, and worked on the year-round garden. I entered the Biscuit Contest, and was placed first in the county fair, and had a part in several local exhibits. This year I was Arts and Crafts leader at Wilson's County Camp.

In 1933 I continued as Secretary-Treasurer and we resumed our work in Home Management. I kept house during the summer while mother supervised the community welfare canning center. While at home I carried on the home canning and substituted for mother when she was not able to work. At the Community Canning Kitchen I was in charge of twenty women and six pressure cookers.

I did quite a bit of handicraft work, including crocheting, fancy work, bracelets and the making of beaded boutenairres; placed first in the county fair exhibits, studied Thrift, rearranged the kitchen and improved the home laundry methods. We carried out an extensive study of the school lunch and table service; also keeping health habit score cards during the entire year, repeating some old work for the benefit of new members.

We continued Home Management in 1934. I joined the Pineville Women's Club as my post-graduate class schedule would not permit my attending the girls' meetings. I acted as Home Management and Recreation leader and attended all except one leaders' meetings that were held before September, when I went to Flora MacDonald College. I helped in planning the Achievement Day Exercises and Exhibits for this club. As all accounts are still in my name I am Treasurer for the Girls' Club.

My work and leadership in the 4-H Clubs have helped me to aid in keeping a Sunday School in our community - I have been pianist and a teacher for the past three years.

I have attended State Short Course for the past three years, and the County Club Encampment four times.

The fore-going is only a slight summary of the many things 4-H Club work has meant to me in endeavoring " To Make the Best Better" in whatever I try to do.

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PROGRAM DETERMINATION:

Girls' 4-H Record Books are available to agent, leaders and club members in the following projects:

Room Improvement and Health.

Foods and Health.

Clothing and Health(revised in 1934)

Also material available on:

1 - Grooming.

2 - 4-H Scrap Book

3 -"The Niceties of Life".(Table Manners Drill).

4 - Suggested outlines for joint meeting of boys and girls in:

Clothing

House Furnishings and Home Management

5 - Personality Score Card

6 - Mimeographed Health Score Cards available to all 4-H club members.

The Health side of club work is emphasized regardless of what major or minor projects the girl is studying. As you will note above, health is included in each project mentioned.

GIRLS' 4-H HEALTH WORK

It is rather surprising to find county health doctors and nurses so keenly interested in the health work of our 4-H clubs. When we first began having county and district health contests it was difficult to secure their cooperation, and in some instances we still find it rather difficult, but in the majority of the counties the cooperation is splendid.

In counties where there are no county doctors and nurses a local doctor makes the examinations. It is therefore necessary for the home agent as best she can, with the health habit score card as a guide, score her girls and select the best in every club. These girls are then taken to the county seat and examined by a local doctor. From this group the healthiest girl is selected to compete in the District Contest; the contest being composed of one boy and one girl from every organized county in the district. The district winners compete in the State Contest which is held at State College in connection with the annual State 4-H Short Course. The winning boy and girl are crowned King and Queen of Health.

The 4-H Health Pageant and Coronation Service is considered one of the high lights of the Short Course. There are at least 250 health boys and girls participating - those ^{who} that have made high grade scores. In 1934 the Pageant was in charge of Miss Katherine Millsaps, home demonstration agent of Tarboro. It was considered the most beautiful ever to be presented at State Short Course. Ida Elizabeth Johnson of Johnston County was crowned Queen of Health, and S. W. Lee of Anson County was crowned King of Health.

The story of the club work of the Queen of Health follows:



NORTH CAROLINA'S HEALTH WINNER

Ida Elizabeth Johnson, age fifteen, of the Sanders' Chapel Girl's 4-H Club in Johnston County, North Carolina, has been in club work two and one-half years. She was the means of organizing the 4-H Club in her community as she and her mother came to see the Home Agent, worked up interest among the girls, and organized the club as soon as she was old enough to join.

Her interest in club work was started by reading the only paper that came into her home, The Progressive Farmer, and of reports of club work in her local paper. In May 1932 the high school girls were dismissed to see the crowning of the Health Queen. Ida Elizabeth turned to her mother and said, "Mother, I'll never be satisfied until I get to be the healthiest girl in Johnston County". Her mother promised to help her. So, they came to see the Home Agent to ask if they could have a 4-H Club in their community. They went back and Ida Elizabeth, although only thirteen years old at the time, organized the first 4-H Club in her community. The club meets at night even during the summer season as most of the members work in the tobacco.

The first project of Foods and Nutrition resulted in three important things - a wise selection of foods, more attention to the garden, and more canning of fruits and vegetables. Ida Elizabeth and her mother divided the work, the garden and canning work being planned together, but the mother took the main responsibility for the garden while Ida Elizabeth has done all the canning for the family since she joined the club.

Through interest in health work new vegetables were planted, a strawberry patch and a big patch of the new berries were started. They had no fruit on the place when she began to check on food habits. To overcome these immediate needs several successions of tomatoes were planted and about fifty jars canned. As they lived on a dairy farm she drank plenty of milk.

The next year, June 1933, she won the Health Contest in her club. In competition with sixteen other health winners from clubs throughout the county she finally won, scoring only one point over her opponent in the county contest. This examination at the Johnston Hospital took two doctors and two nurses all day. In the District Contest she won second place.

This year, the year of 1934, she set out to win. She added games and recreation to her projects, and took long walks. She was afraid she would get too fat and had stopped drinking milk. She finally decided to drink buttermilk and skimmed milk. A small growth on her finger had been the main point on which she lost the 1933 District Contest. After visiting several doctors they finally decided it was a wart. This is now being carefully treated and has about disappeared. Her teeth have been cleaned and her hair treated for oiliness. So, in 1934 she won in County, District, and State Health Contests. She was crowned Queen of Health at an elaborate ceremony at State College during the Short Course.

Since then she was asked by State Club Leaders and by the officials of the State Fair to take charge of the 4-H Booth at the State Fair and teach games and contests. She even beat the Governor of North Carolina in one of the games. Her interest in Health has developed but she still has a great interest in other things as shown below.

1932 - Canning - forty pints canned including vegetables and fruits.

Clothing - Fourteen garments made including dresses, skirts, etc., at a total cost of \$8.15.

1933 - Canning - Two hundred forty-nine pints canned consisted of fruits, vegetables, pickles and jelly.

Clothing- Fourteen garments made including dresses, skirts, blouses, and underwear at a cost of \$17.50.

1934 - Canning - One hundred ninety-eight pints canned consisting of vegetables, fruits, jellies, and pickles.

Clothing- Eleven garments made including made-over dress, negligee, coat, other dresses, etc., at a total cost of \$18.20.

(signed) Rachel Everett,
Home Demonstration Agent,
Johnston County, North Carolina.

4-H CLUB FAIR AND ACHIEVEMENT DAY, POLK COUNTY, NORTH CAROLINA.

The following story is not altogether typical in that every county does not have combined fairs and achievement days, but dividing each, it would be typical. This story shows the close cooperation of the farm and home agents, and the fine way in which the boys and girls work, and the excellent training they receive.

"4-H Club Fair and Achievement Day:

57 girls made 321 exhibits and 50 boys made 131 exhibits in the Ninth Annual 4-H Club Fair. In addition 202 girls entered record books and club stories for judging. This is an increase in exhibitors, entries and record books over the 1933 fair. The quality of exhibits steadily improves and this year we feel that the showing would be a credit to adults. Much favorable comment was made by those in attendance. Miss Myrtie Keller, Home Agent of Rutherford County and Miss Margaret McDonald and Mrs. Gross also of Rutherford County acted as the judges for the girls' department and the record books and club stories.

The Federation of 4-H Clubs assumed most of the responsibility for the club fair through its 4-H Club Council. The Council met on the second of September and set the date, planned the Achievement Day program and appointed all the committees for preparing exhibit space, registering entries and placing the exhibits. A nominating committee was also appointed to nominate the 1935 Federation officers.

The building preparation committee met the day before the fair and prepared the necessary space for the various exhibits. On the day of the fair the remainder of the committees came in and very efficiently registered and placed all entries. These also went with the judges recording prizes won and pinning on ribbons. No mistakes were made and that is as well as adults would have done.

The State Office loaned us the use of a four-leaf clover block ^{and} ~~so~~ we were able to give very attractive first, second and third ribbons. Mr. J. N. Jackson of Tryon donated \$40.00 towards the 4-H Club Fair expenses. This was equally divided between the girls and boys departments. The \$20.00 for prizes for the girls was taken up in purchasing 5 and 10 cent prizes for first and second places on all single entries. The third ribbon took no prize ~~except~~ in collections where the cost of the prizes ran as high as 35¢ and third ribbon took a prize. Selection of articles was carefully made with pleasing the teen-age girls in mind and they were a happy bunch of girls as they left with their arms full of "presents" as they called their prizes. These meant much more to the girls than the few cents in cash would have.

The Polk County 4-H Federation held its Achievement Day in the afternoon of the same day, with its own officers presiding. After devotionals by John W. Artz, former County Agent, and roll call by clubs, the minutes of the last meeting were read and also a summary of the years club work. Federation officers for the year 1935 were then elected by adopting the report of the nominating committee as follows: President, Walden Turner, New Hope Club, now in Boiling Springs College; Vice-president, Fred Feagan, Green Creek Club; Secretary, Pauline Smith, Columbus Club. We were honored by having inspirational talks concerning Club Work by two State Club Leaders, Mr. L. R. Harrill of North Carolina, and Mr. Dan Lewis of South Carolina.

Two hundred and two girls received 4-H Club pins and certificates of completion as follows: 100 girls received first year pins and certificates, 44 second year pins and certificates, 25 third year pins and certificates, 12 fourth year pins and certificates, 6 fifth year pins, 13 sixth year pins and two Leadership pins for the seventh year of completed work.

The fifth, sixth and seventh year completions received the same type of certificates as those of the fourth year. Six girls received championship certificates for winning in county or state contests in the past seven years. Hermine Jackson of the Green Creek Club, daughter of Mr. and Mrs. C. A. Jackson was announced project champion for 1934 and received a Championship Certificate and a book as a prize. Achievements worth mentioning are: Beatrice Davis of Saluda won first place in the County Canning Contest and entered the State Contest and won tenth place and a prize of \$5.00; Mayme Bostic of Hickory Gove Club won first place in the State for having the best Project Records over a long period of time and received a handsome gold medal; Frances Hines of Columbus, and Horace Brannon of Green Creek as County winners entered the District Health Contest; five girls and one boy have been accepted as students in the John C. Campbell Folk School of Brasstown; and Polk County took fourth place in the 4-H Club Corn Show at the State Fair.

RECOMMENDATIONS

1 - More time be given to club work by farm agents, if possible.

No one agent can do his or her best work with/^{out}the cooperation of the other agent.

2 - Definite and workable program:

1. County Goals
2. Local Club Goals
3. Individual Goals

3 - Increased membership.

4 - More trained local leaders. Preferably young married men and women who have had 4-H club training, or who have a clear understanding of 4-H club work, its aim and purpose.

5 - More help from the Specialists in subject matter and the training of local leaders.

6 - Training class for local leaders held at Short Course .

7 - That at least one conference be held sometime during the year of all farm and home agents to discuss 4-H Club Work. This, I think, should be comprised of ^{the members of} District Conferences.

8 - More recreation be given thru Club Meetings.

9 - Record Keeping be stressed more than ever before. This is one of the first requirements in Club Work.