

1942

ANNUAL REPORT OF HOME DEMONSTRATION WORK IN NORTH CAROLINA

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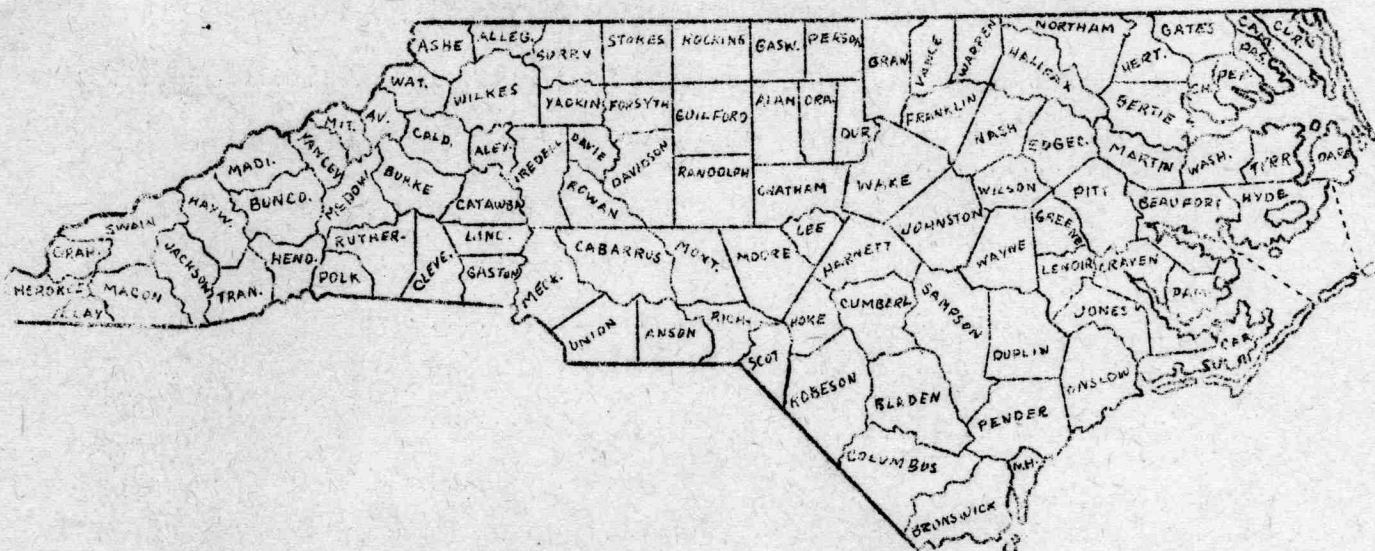
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ANNUAL NARRATIVE REPORT OF HOME DEMONSTRATION WORK IN NORTH CAROLINA

by - Ruth Current, State Home Demonstration Agent



- _____ 95 Counties organized with White Home Agent
 _____ 28 Counties having White Assistant Home Agent
 _____ 24 Counties having Negro Home Agent
 _____ 5 Counties having no Home Demonstration Agent

ORGANIZATION

Many times during the past 12 months we have heard it said that agencies, organizations, teachers cannot "do business as usual" which is true in one sense of the word, but in North Carolina so far as Home Demonstration Club Work is concerned work is going on as usual and in addition home demonstration club women are participating wholeheartedly in many of the national defense programs.

Regular club meetings are being held by agents and leaders, training schools for agents and leaders are being given by specialists, more new clubs are being organized which means that more people are being

given information concerning the state and national wartime programs that farm people should know and have information on.

Aim of Home Demonstration Club Work

Home Demonstration workers' chief desire is to help bring about more desirable and satisfying standards of living among the rural people of North Carolina. Farm people as a group want more of the good things in life than they have - better homes, better food, better health, higher clothing standards, and some of the necessary home comforts that make for more leisure and for happiness. And until our economic system is changed it will be years and years before they can enjoy more than the minimum of their deserved fuller life.

Clubs and Membership

Ninety-five (95) of the 100 counties in North Carolina employed a home demonstration agent in 1942 and 28 of these counties also employed an assistant home agent whose time was mainly spent in directing the 4-H program in the county. (One county, Graham, had only an Assistant Home Agent).

In addition to these agents, there were 24 Negro home agent in as many counties.

Through monthly club meetings, 83,682 rural women and girls were reached by 147 home agents and there were 25,524 other than farm homes in which changes in practices have directly resulted from the home demonstration program in North Carolina.

Number of home demonstration clubs - white.....	1,456
Membership in these clubs.....	36,835
Number 4-H Clubs - white.....	1,174
Membership in these clubs:	
Girls.....	28,040
Boys.....	18,812
Total.....	46,852
Number of Service Clubs - white.....	33
Membership in these clubs:	
Girls.....	637
Boys.....	382
Total.....	1,019

Number home demonstration clubs - Negro.....	313
Membership in these clubs.....	7,989
Number 4-H Clubs - Negro.....	413
Membership in these clubs:	
Girls.....	9,611
Boys.....	7,010
Total.....	16,621
Number of Service Clubs - Negro.....	32
Membership in these clubs:	
Girls.....	570
Boys.....	362
Total.....	932
<u>GRAND TOTALS:</u>	
Number women served by home agents.....	44,824
Number girls served by home agents.....	38,858
Number women and girls served by home agents.....	85,682

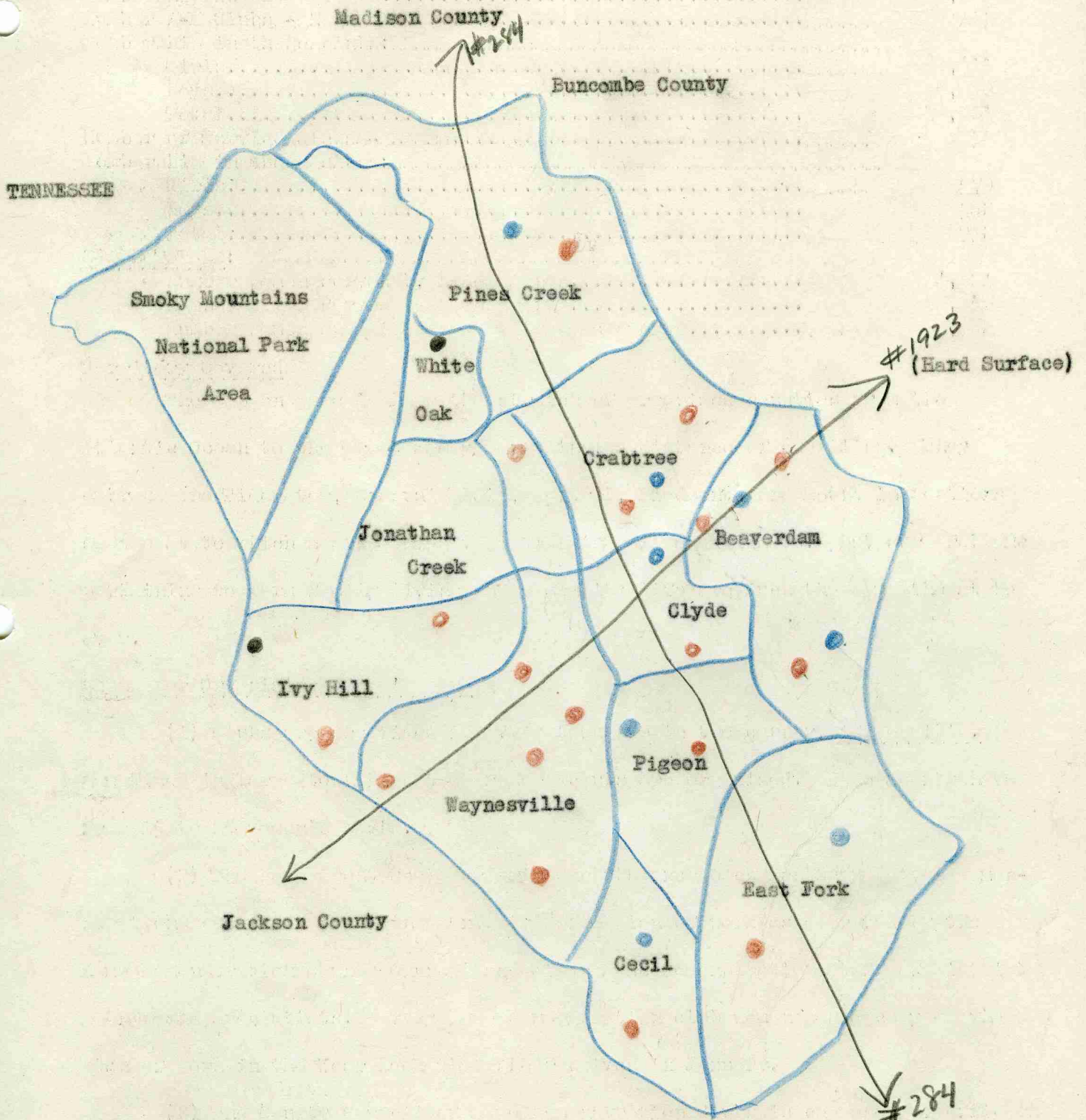
Territory Covered

The map on page 1 shows the stretch of organized counties from the Atlantic Ocean to the Great Smoky Mountains, a distance of 609 miles. They embrace the Tidewater, Coastal Plain, Central, Piedmont, and Mountain sections of the State which means a wide variation in soil and climate. But our problems pertaining to farm family living and community life are much the same the State over.

Plans for Organizing Women's Work

- (1) Clubs are organized in every township in the county, if possible. Sometimes in large townships two or more clubs are organized. Home agents have from 15 to 25 women's clubs.
- (2) The home agent meets organized clubs once each month and gives demonstration scheduled, following month by month plan of work as approved by the Home Demonstration County Council and State Home Demonstration Staff of District Agents and Specialists. Every home demonstration club woman has a copy of the plan of work in the Year Book that she receives in January.
- (3) The County Council of Home Demonstration Clubs is composed of officers of local clubs. The members with the aid of the home agent plan the county's program of work based on individual home and community needs as nearly as practicable. The County Council meets from two to four times a year to study

MAP OF HAYWOOD COUNTY



Legend:

- Home Demonstration Clubs - 19
- 4-H Clubs - 8
- Possible Clubs

Transylvania County

program of work and make plans for certain programs coming during the year.

(4) The home agent cooperates with the farm agent in joint projects - gardening, poultry, dairying, home beautification, farm-home demonstrations, and 4-H Club work.

(5) The home agent reports in person each month to the County Board of Commissioners, composed of from three to five men who manage all county affairs. This Board appropriates funds for home demonstration work. The State Extension Service supplements the county's appropriation to maintain the office in the county.

(6) The home agent cooperates at all times and when her work permits, with county offices of Welfare, Health, Vocational Education, Rural Resettlement, Farm Security, Education, and any emergency organization working in the county.

(7) The home agent holds an average of 4 training schools for adult leaders. She assists in making plans for county and district meetings and the Achievement Day program.

Organization of Work for Girls

Four-H Clubs are organized in the schools and in the communities. Home agents have an average of 10 to 14 clubs of girls meeting monthly. These girls also meet monthly in joint clubs with 4-H boys when demonstrations are given that are of interest to both boys and girls.

Every girl carries one or more projects supervised by the home agent and local leader.

The 4-H County Council, composed of officers (boys and girls) of local clubs, assists in planning program of work for the county - plans for Rally Days, fairs, Achievement Day programs. These young people serve in the same fine way to the home agent that the women do.

Program Adjustments Made to Meet War Emergencies
and More Nearly Meet the Needs of the People

State Meeting for Making Plans:

To more nearly meet the needs of the farm people and share in every way possible in war programs, a unified program of work for adults and 4-H Club girls was adopted at a State meeting by a representative group of home agents from the five districts. The agents had assistance from the district agents and from the specialists in foods and nutrition, clothing, house furnishings and home management, food conservation and marketing, and in 4-H Club Work, and recommendations from County Councils of Home Demonstration Clubs. They kept in mind also national war programs and the part rural people could do as they designed a blanket program of work for women's and 4-H club girls' work for the year 1942.

Blanket Program for Home Demonstration Women and 4-H Girls

Theme: "Thrift and Health for Better Living"

January	Family Plans for 1942 (An Outlook Meeting for Farm Family Living)
February	Living Above the Safety Line A. The Nutritional Situation B. What Shall We Do About It - food production, meal planning, food preparation and preservation.
March	My Clothing Needs A. Inventory - what have, what need, how get B. Minimum essentials of wardrobe
April	Future Security Through Conservation A. House Furnishings and Equipment B. Garden and farm Equipment
May	The Staff of Life - Whole Grain Products and Their Use A. Cereals B. Breads (a Bread Campaign)
June	Home Care of the Sick Demonstration: Home practices, equipment, and diet
July	Food Preservation Canning demonstration, fruits and vegetables (peaches, string beans, tomatoes, and soup mixture)
August	Planned Recreation

September	Wise Use of Time and Money Trends in income and buying habits, investments for future security; weighing of choices and values.
October	Clothing Clinic - care, repair, cleaning, laundering, Spot and stain removal, storage, remodeling, making over, seasonal suggestions.
November	Building Strong Bodies Preparation of protein dishes.
December	Housing, Repairs and Improvements for Happier Living (Roofs, steps, screens, doors, windows, porches, storage, fire hazards, painting, heating, weather stripping, foundations).

Training Schools Held for Home Demonstration Agents
(Procedure for all specialists)

Groups of agents were called together at central points for intensive training schools conducted by the various specialists. These schools were held in January, March, April, September, and October on the subjects called for in the State Program of Work. Two demonstrations were given by two specialists in different fields. In other words, January's demonstration to the agents on "Outlook Information" and February's demonstration on "Living Above the Safety Line" were given in January to the agents by the specialists in home management and the extension nutritionists. In this way the agents were prepared for one month in advance of the coming demonstration that they were to give to the women.

This method is proving to be of great value to our program, especially for the new agents coming to us without Extension experience and training. Also this method conserves time and travel for the specialists and gives them more time for office work.

A SUGGESTED STATE-WIDE PROGRAM FOR HOME DEMONSTRATION WORK FOR 1942

(For the Whole Farm Family)

Theme: "Thrift and Health for Better Living"

- January Family Plans for 1942
 (An Outlook meeting for Farm Family Living)
- February Living Above the Safety Line
- A. The Nutritional Situation
 B. What We Shall Do About It - food production, meal planning,
 food preparation and preservation.
- March My Clothing Needs
- A. Inventory - what have, what need, how get.
 B. Minimum essentials of wardrobe.
- April Future Security Through Conservation
- A. House Furnishings and Equipment.
 B. Garden and farm equipment.
- May The Staff of Life - Whole Grain Products and Their Use
- A. Cereals.
 B. Breads (a Bread Campaign)
- June Home Care of the Sick
- Demonstration: Home practices, Equipment, and Diet
- July Food Preservation
- Canning demonstration, Fruits and Vegetables (peaches,
 string beans, tomatoes, and soup mixture)
- August Planned Recreation
- September Wise Use of Time and Money
- Trends in income and buying habits, investments for future
 security; weighing of choices and values.
- October Clothing Clinic - Care; repair, cleaning, laundering, spot and stain
 removal, storage, Remodeling, making over. Seasonal
 Suggestions.
- November Building Strong Sturdy Bodies - preparation of protein dishes.
- December Housing, Repairs and Improvements for Happier Living - (roofs; steps,
 screens, doors, windows, porches, storage, fire hazards,
 painting, heating, weather stripping, foundations)

RECOMMENDATIONS FOR PROCEDURE

1. Organized training schools (one-day schools) for agents by specialists to present two monthly subjects.
2. Organized training schools (one-day schools) for leaders by agents to present two monthly subjects.
Either the agents present the subject to the clubs, or the leaders give it. The agents decide which they will give themselves and which the leaders will give.
3. Club women will list the names of all the non-club members in their communities not being reached by any agricultural agency, and each club member will be responsible for certain non-club members.
In this way all non-club members are taken care of and there are no duplications in invitations to club meetings and assistance given.
At Outlook meeting in January women are asked to check with list of names to find which are being helped by various agencies.

Each club member takes it upon herself as a patriotic duty to reach one or two non-club members in her community, carrying information from the club meeting, or seeing that the non-club members have an invitation to attend the club meetings. (Applies to both white and Negro)
4. Home assignments and club questionnaires for club members will be attached to lesson sheets. These will serve as a quick and easy method of checking on work done each month.
5. One or more outstanding result demonstration to be conducted in each club community. Specialists will visit these demonstrations. These demonstrations might serve as a valuable part of Achievement Day programs.
6. Recommendations to be worked out in order that the demonstration will come within one hour.
7. Leaders might hold one or two special interest meetings in addition to the regular monthly demonstration.
8. Recognition should be given on Achievement Day to women who have not missed a club meeting. Oftentimes if a club member cannot get to meeting on day it is held in her regular club, she can go to meeting of club in adjoining community.
9. Publicity should be given in local paper concerning plans for club meetings.
10. Agents should take advantage of opportunities to speak at civic club meetings.
11. Special interest meetings should be good publicity.
(Specialists will continue to give special interest meetings.)
12. Newspaper articles telling of accomplishments of one woman or one family.
13. Leaders tell over radio what they are doing with non-club members.
14. Instead of having club reports at district meetings or county meetings, turn in with report short stories from each club of what leaders have done--some special work. Select outstanding stories and let club woman tell her own story (three from each club).
15. Agent pass on to club members preferences for reading--magazine articles.
16. County and State papers carry blanket publicity sent out from National and State offices.

County Federation of Home Demonstration Clubs

The County Federation, composed of all home demonstration clubs in a county, in normal times meets twice a year (in the Spring and in the Fall). Only one meeting was held in 1942 in the majority of the counties. There were 94 County Federations of Home Demonstration Clubs in North Carolina for white and 24 for Negroes.

District Federation of Home Demonstration Clubs

The State is divided into 16 Federation Districts. In normal times, one meeting is held in every district usually in the early spring. From three to seven counties compose a district and officers are elected from these counties by the rotation system. Such meetings were not held this year and no more will be held for the duration of the war.

Farm and Home Week

Farm and Home Week, which is held each summer for farm men and women, was called off due to the shortage of gasoline and labor shortage on the farms.

State Council of Federation of Home Demonstration Clubs

Last summer when it was definitely decided that Farm and Home Week would be called off, Mrs. Estelle T. Smith, Counselor to the State Federation of Home Demonstration Clubs, called a meeting of the Executive Board, District Chairmen, Presidents of the County Federations, and past State Federation presidents. There were more than a hundred county and district officers from 50 counties in attendance. These women felt that the meeting was worthwhile and most stimulating.

The Treasurer reported that 93 counties representing 1,341 home demonstration clubs with 35,133 members had paid dues amounting to \$335.25 and that \$86.34 had been contributed to the Penny-for-Friendship international foundation as a tribute of love to a former friend, Mrs. Clyde Hoey, wife of our former

governor, who passed away last year. Every club woman was given an opportunity to contribute to the Chinese Relief in memory of Mrs. Hoey - this fund to be known as the Bess Gardner Hoey Memorial Fund. The contributions amounted to \$256.30 and a check for this amount was sent to Mrs. Franklin D. Roosevelt who presented it to Madame Chiang Kai-Shek through Dr. K. S. Wang of the Chinese Embassy.

Local Leaders

During 1942 there were 19,638 women and older girls serving as voluntary local leaders. These leaders are an important factor in the success of home demonstration and older youth work. They meet a real need in their clubs and communities. They serve.

The Jane S. McKimmon Loan Fund

The Jane S. McKimmon Loan Fund was established in 1927 and since 1930, when three girls were granted loans, 57 girls have been assisted, fifteen of whom have been or are home demonstration agents or assistant home demonstration agents.

Seventeen girls are in college in 1942-43.

The value of the loan fund is \$14,822.08.

RESULTS ON THE HOME FRONT

Name Club
County Year

25. How many farm women have you influenced to change practices this year because of information gained through Home Demonstration work? Club members Non-club members
26. How many of the non-club members had not been assisted by anyone with Home Demonstration experience before?
27. How many non-farm women have you influenced this year?
28. How many of these non-farm women had not been assisted by anyone with Home Demonstration experience before?
- .. Has your home a 4-H Club member?
20. Did you hold any club meetings in the absence of your Home Demonstration Agent?

Number for adults

Number for 4-H or Older Youth

Attendance

Attendance

Please check (✓) the following statements to show the practices that you have followed this year and the number of non-club members whom you have assisted.

THE HOUSE, FURNISHINGS, AND SURROUNDINGS

Place (✓)
if you were
assisted

Write the number of
non-club members (if
any) whom you as-
sisted with each item:

105. The Home Demonstration Program assisted me this year in:

- (a) Constructing dwelling
- (b) Remodeling dwelling
- (c) Installing sewage system
- (d) Installing water system
- (e) Installing heating system
- (f) Providing needed storage space
- (g) Rearranging or improving kitchen
- (h) Improving arrangements of rooms (other than kitchen)
- (i) Improving methods of repairing, remodeling, or refinishing furniture or furnishings
- (j) Selecting house furnishings or equipment (other than electric)
- (k) Improving housekeeping methods
- (l) Laundry arrangement
- (m) Installing sanitary closet or outhouse
- (n) Screening or using other recommended methods of controlling flies or other insects
- (o) Improving home grounds
- (p) Planting windbreaks or shelterbelts

NUTRITION AND HEALTH

115. The Home Demonstration Program assisted me this year

- (a) In improving diets of my family
- (b) With food preparation
- (c) In improving the food supply by making changes in home food production ...
 - (1) Of vegetables
 - (2) Of fruits
 - (3) Of meats
 - (4) Of milk
 - (5) Of poultry and eggs
 - (6) Of wheat
 - (7) Of edible soybeans
- (d) With home butchering, meat cutting or curing
- (e) With butter or cheese making
- (f) With food preservation problems ...
 - (1) Canning
 - (2) Freezing
 - (3) Drying
 - (4) Storing
- (g) In producing and preserving home food supply according to annual food-supply budget
- (h) In canning according to budget
- (i) With child-feeding problems
- (j) In the prevention of colds and other common diseases
- (k) With positive preventive measures to improve health (immunization for typhoid, diphtheria, smallpox, etc.)
- (l) With first aid or home nursing
- (m) In removing fire and accident hazards

Place (✓)
if you were
assisted

Write the number of
non-club members (if
any) whom you as-
sisted with each item:

116. I assisted this year in establishing or maintaining a hot lunch in our school.....

xxxxxxx

117b. I am using whole wheat or enriched flour in my home.....

I canned.....containers of food.

I dried.....pounds of fruits and vegetables.

I cured.....pounds of meat.

I have a pressure canner.....

I followed recommendations for the storage of home food supply.....

HOME MANAGEMENT—FAMILY ECONOMICS

121. The Home Demonstration Program assisted me this year

(a) With time-management problems (best use of time in home).....

(b) With home accounts (records of home expenses).....

(c) With financial planning (using budgets).....

(d) In improving use of credit for family living expenses.....

(e) In developing home industries as a means of supplementing income (selling things made in home).....

I improved my equipment for home care of the sick.....

CLOTHING AND TEXTILES

127. The Home Demonstration Program has assisted me this year with

(a) Making clothes at home.....

(b) The selection of clothing and materials.....

(c) Care, renovation, remodeling of clothing.....

(d) Clothing accounts or budgets.....

I made a clothing plan for myself..... for my family.....

I remodeled.....dresses.....coats

.....hats.....children's garments

I keep a clothing account.....

Cost of clothing, self \$..... family \$.....

I supplement my income by taking in sewing (✓).....

Amount made \$.....

FAMILY RELATIONS—CHILD DEVELOPMENT

128. The Home Demonstration Program has assisted me this year

(a) With child-development and guidance problems.....

(b) In improving family relationships.....

MARKETING

89 & 91. The value of products I sold
was as follows:

(✓)

On Curb Market
(89)

Through other
cooperatives or
associations
(89)

All other
(Individual sales)
(91)

(d) Dairy products..... ()

(e) Poultry and eggs..... ()

(f) Fruits and vegetables..... ()

(j) Home products..... ()

(l) Crafts..... ()

WAR EFFORT

Check (✓)

I am a member of the Red Cross.....

I had a course in First Aid.....

I had a course in Home Nursing.....

I had a course in Nutrition.....

I have taught classes in First Aid..... Home Nursing..... Nutrition.....

Number of classes taught in First Aid..... Home Nursing..... Nutrition.....

I had a course in Canteen Service.....

I made garments for the Red Cross.....

Number garments made—Cotton..... Wool..... Knit.....

I contributed to the campaigns. Amount:

Scrap iron..... lbs. Fat and grease..... lbs.

Other.....

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF NORTH CAROLINA

COUNTY..... MONTH..... 19... HOME DEM. AGENT..... 19...

This report to be made on the LAST day of every month to include the entire time spent at work. ORIGINAL copy to be mailed to the District Agent and one kept on file for tabulating the annual report. Give name of community, type of work engaged in each day, as, Office, Visiting, Conference, Method Demonstration Meeting (Adults, 4-H), Other Meetings Held, Other Meetings Participated In.

DATE	MORNING	ATTEND.	AFTERNOON	ATTEND.	EVENING	ATTEND.	MILES
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
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16							
17							
18							
19							
20							
21							
22							
23							
24							
25							
26							
27							
28							
29							
30							
31							

TOTAL.....

	Home Agent	Asst. Agent		Adult No.	Attend	4-H or Older Youth No.	Attend	Home Agent	Asst. Agent
2. Days devoted to work with adults			12. Training meetings held for local leaders						
3. Days devoted to work with 4-H Clubs and Older Youth			13. Method demonstration meetings held						
4. Days in office			14. No. adult demonstrations conducted						
5. Days in field			15. Meetings held at result demonstrations						
6. No. home visits made			19. Other meetings participated in						
7. No. of different homes			20. Meetings held by local leaders					xx	xx
8. No. calls 1. Office 2. Telephone									
9. No. news articles or stories published									
10. No. bulletins distributed									
11. No. radio talks broadcast or prepared									

Days devoted to:	Home Agent		Asst. Agent		Specialist		District Agent		Voluntary Leaders Assisting		Annual Report
	Adult	4-H	Adult	4-H	Adult	4-H	Adult	4-H	Adult	4-H	
a. Extension Organization and Planning											Page 5 Ques. 47
b. County Agricultural Planning											Page 5 Ques. 47
Marketing											Page 9 Ques. 83
a. House Furnishings and Surroundings											Page 10 Ques. 102
b. Rural Electrification											Page 10 Ques. 102
a. Home Production of Family Food Supply											Page 11 Ques. 112
b. Food Preservation											Page 11 Ques. 112
c. Food Selection & Preparation											Page 11 Ques. 112
d. Other Health and Safety Work											Page 11 Ques. 112
a. Home Management and Family Economics											Page 12 Ques. 118
b. Clothing and Textiles											Page 12 Ques. 118
c. Family Relationship Child Development											Page 12 Ques. 118
d. Recreation and Community Life											Page 12 Ques. 118
War Effort											Page 15 Ques. 198
Cooperation with other Federal Agencies											Page 15 Ques. 199
TOTAL: Minus Duplications											

Market Receipts (page 9)	Dairy Products	Vegetables	Poultry Eggs	Food	Handicraft	Other
(a) Sold on curb market						(89)
(b) Sold by individuals						(91)

PERSONNEL

The home demonstration office staff for North Carolina consists of the following:

White

Assistant Director of Extension.....Dr. Jane S. McKimmon
State Home Demonstration Agent.....Ruth Current
Assistant to the State Agent.....Mrs. Estelle T. Smith
Assistant State 4-H Club Leader.....Frances MacGregor
Northeastern District Agent.....Pauline Smith
Southeastern District Agent.....Verna Stanton
Northwestern District Agent.....Anamerle Arant
Southwestern District Agent.....Mrs. Esther G. Willis
Western District Agent.....Anna C. Rowe
Extension Economist in Food Con-
servation and Marketing.....Mrs. Cornelia C. Morris
Asst. Extension Economist in Food
Conservation and Marketing.....Ruby Scholz
Extension Nutritionist.....Mary E. Thomas
Asst. Extension Nutritionist.....Mrs. Sallie Brooks Venters
Extension Specialist in Clothing.....Willie N. Hunter
Asst. Extension Specialist in Clothing.....Julia McIver
Extension Specialist in Home Manage-
ment and House Furnishings.....Pauline E. Gordon
Asst. Extension Specialist in Home
Management and House Furnishings.....Elizabeth Williams
Home Demonstration Agent at Large.....Rose Ellwood Bryan

Negro

Negro District Home Agent.....Mrs. Dazelle F. Lowe
Negro Subject Matter Specialist.....Wilhelmina R. Laws

Changes in Personnel

Resignations and transfers brought about many changes in personnel among the county home demonstration agents. Marriages, husbands serving in the armed forces, new appropriations for employment of home agents and assistant home agents would answer the question, "Why so many changes in personnel?"

A county by county picture of the changes follows.

State Staff: On February 16, 1942, Elizabeth Williams was appointed Assistant Extension Specialist in Home Management and House Furnishings to succeed Mamie N. Whisnant who resigned to accept the position of Extension Specialist in Home Management with the Alabama Extension Service.

County Changes:

Alamance County - Carrie S. Wilson, the Negro Home Agent, returned to duty on September 16 after a leave of absence for study. Ruby Thomas, who had served as agent in Carrie's absence, resigned September 15.

Alexander County - On May 16 Ruth Clapp assumed duties as home agent in Alexander County to succeed Mrs. Agnes W. Watts whose resignation was effective May 15.

Beaufort County - Mrs. Margaret McL. Gilbert resigned as Assistant Home Agent as of March 15, 1942, and was succeeded on March 16 by Christine Schroy.

Burke County - Mrs. Laura T. Russell's resignation was effective July 31, 1942, and her successor, He¹₂²₃ Lanning, assumed duties in ~~BURKE~~ County on August 1, 1942.

Camden County - Mamie Chambers assumed duties as home agent in this county on July 1 upon the resignation on June 30 of Mrs. Mary Teeter Knight.

Carteret County - On January 31, Evelyn Horne resigned as home agent to be married. Miss Dorothy Banks, who had been assistant home agent in Sampson County for seven months, was transferred to serve as home agent in Carteret.

Caswell County - Margaret Montgomery resigned August 31 as home agent to be married and was succeeded on September 1 by Louise Homewood.

Cherokee County - As a T. V. A. Assistant Home Agent, Mary Cornwell assumed duties on August 15 as the first agent to serve in this capacity in Cherokee County.

Clay County - Because of home duties, Mrs. Edith B. McGlamery resigned August 31st as home agent in Clay County. Buena Brown succeeded Mrs. McGlamery on September 1st.

Cleveland County - On August 1, Sarah Amelia Gainey assumed duties as the first Assistant Home Agent in Cleveland County.

Cumberland County - Mrs. Rubye P. Gossett resigned as Assistant Home Agent on June 15 and was succeeded on July 15 by Eleanor Southerland.

Duplin County - Mrs. Marie D. Brace resigned July 1, 1942, and the assistant home agent carried the program until November 2 when Rachel L. Hurst was appointed home agent. Miss Hurst has had 3 years teaching experience and 3 years as home supervisor with the Farm Security Administration.

Durham County - On August 3, 1942, Ruth Butler succeeded Helen Lanning (transferred to Burke County as home agent) as assistant agent.

Edgecombe County - The county made an appropriation for an assistant home agent as of July 1st and on that date Athlea Boone began work in this position.

Graham County - Elizabeth H. Craft was appointed Assistant Home Demonstration Agent to do T. V. A. work in Graham County, the first to fill this position in this county. She assumed duties on August 15.

Granville County - Mary Irene Parham began work as Negro Home Agent in Granville County on October 1, 1942, the first agent to serve in this capacity in Granville.

Halifax County - Mrs. Hazel E. Wheeler's resignation as home agent became effective August 31 and on September 1, Florence Cox was transferred from Hertford to serve as the Halifax County Home Agent. Lydia Deyton, the assistant home agent in Halifax County, was transferred to Hertford County as home agent on September 1, 1942, and was succeeded in Halifax on the same date by Estelle M. Edwards.

Hertford:County - Lydia Deyton was transferred from Halifax County as assistant agent to Hertford County as home agent on September 1, 1942. She succeeded Florence Cox who was transferred to serve as Halifax home agent on the same date, upon the resignation of Mrs. Wheeler who had served Halifax well for many years.

Lee County - Miss Cornelia Simpson resigned December 31 as home agent.

Lenoir County - Mrs. May Swann Stroud resigned May 1st and was succeeded by Mrs. Sarah H. Cox who had taught home economics in the county for 6 years.

Mecklenburg County - On July 1, 1942, Eula Baker Watts was transferred from Robeson County as Negro Home Agent to Mecklenburg County to serve in this capacity.

Northampton County - Mrs. Gertrude Orr Finch resigned December 31 as home agent.

Onslow County - On July 25, 1942, Ruth Rhyne resigned as home agent demonstration/and she was succeed on July 27th by Laura Beatty.

Pasquotank County - Callie Charlton resigned as home agent as of August 31 to be married. Celeste Spivey assumed duties as home agent on September 1st.

Person County - Mrs. Kathleen C. Barham returned to the organization August 1, 1942, to serve as Person County home agent upon the resignation July 31 of Grace Lee Allen whose marriage was to take place shortly after that date.

Polk County - On February 12, 1942, we suffered the loss of one of our very fine home agents, Miss Minnie Lee Garrison, whose death came after several weeks sickness. On April 1, 1942, Gladys Hamrick was transferred from Stanly County to Polk County as home agent.

Randolph County - On January 1, 1942, Anne J. Burgess succeeded Della Stroupe as home agent in Randolph County. Miss Stroupe resigned to be married.

Richmond County - Mrs. Camille Alexander Kiser, former home agent, from March 23 to May 10 served as Acting Home Agent for Mrs. Anna Lea Harris who was on sick leave. On May 15, Sadie McCall

replaced Mrs. Kiser as Acting Home Agent and continued until July 9, 1942, when Mrs. Harris returned to work.

Robeson County - On June 30, Mary Huffines resigned as home agent to be married. The county requested the appointment of the assistant home agent, Margaret Cromartie, to succeed Miss Huffines. The county withdrew its appropriation for an assistant home agent and Miss Cromartie was named home agent to follow Miss Huffines.

On July 1, 1942, La Senia McCrimmons succeeded Eula Baker Watts as Negro Home Agent in Robeson County.

Sampson County - When Dorothy Banks was transferred to Carteret County as home agent, Mrs. Lila T. Pearce, a former home agent in the Northwestern District, assumed the position of Sampson County Assistant Home Agent to finish out the remainder of the fiscal year. Mrs. Pearce resigned July 1st and was replaced by Miss Helen Whitlock who in June graduated and completed her practice teaching at Woman's College of the University of North Carolina.

Stanly County - When Gladys Hamrick was transferred to Polk County, Mrs. Pratt C. McSwain was transferred, April 1, 1942, from Union to serve as Stanly County Home Agent.

Swain County - As T. V. A. Assistant Home Agent, Helen Higdon assumed duties in Swain County on June 9, 1942.

Tyrrell County - On December 15, Mary Blanch Strickland resigned as home demonstration agent to join the WAAC.

Union County - Upon the transfer of Mrs. Pratt McSwain to Stanly County, Ruth Mason was appointed May 12 as home demonstration agent for Union County.

Vance County - Josephine Ranes, Assistant Home Agent, resigned as of April 30 to be married and was succeeded on May 7 by Frances Wilson.

Wake County - On August 17, Marjorie Freeman was appointed Assistant Home Agent, the first person to hold this position in Wake County.

Warren County - Mrs. Faye Thompson Coleman resigned August 23 as home agent in Warren County. She was succeeded on August 24 by Eleanor Barber.

Wilkes County - On February 16, 1942, Annie Laurie Herring became home agent in Wilkes County, succeeding Elizabeth Williams who was transferred to the State Office as Assistant Extension Specialist in Home Management and House Furnishings.

Wilson County - On May 11, Nell Maness was appointed Assistant Home Agent for Wilson County, the first to hold this position in Wilson County.

CHECK SHEET FOR HOME DEMONSTRATION AGENTS

N. C. Agricultural Extension Service

Name of Home Agent _____

Checked by _____

I. Physical Characteristics

- A. Health _____
- B. Posture _____
- C. Voice - Effectiveness of Speech _____
- D. Self-confidence _____
- E. Poise _____
- F. Resourcefulness _____
- G. Personal Grooming _____
- H. Standard of Living _____
- I. Well-rounded Social and
Recreational Life _____

Weak

Average

Good

Excellent

Recommendations

II. Office Management

- A. Supervision of Office Help _____
- B. Relationship with Co-workers _____
- C. Organization of Time and Work _____
- D. Permanent Records and Reports _____
- E. General Appearance of Office _____
- F. File of Reference Material _____
- G. Storage of Illustrative
Material _____
- H. Care and Use of Office and
Laboratory _____
- I. Office Equipment _____

(OVER)

III. <u>Education</u>	Week	Average	Good	Excellent	Recommendations
A. Knowledge of Subject Matter					
B. Teaching Ability					
C. Evaluation of Time and Activities					
D. Professional Improvement, Advanced Study, Personal Liberty, Magazines, etc.					
E. Conducts a Well-Rounded Program					
IV. <u>Attitudes</u>					
A. Punctuality:					
1. Club meeting					
2. Reports					
3. Public meeting					
B. Attitude toward Position and Supervisors					
C. Relationship with Rural People					
D. Judgment and Commonsense					
E. Enthusiasm in Work					
F. Ability to Inspire Others					
G. Loyalty					
H. Thrift					
I. Ability to Carry Through a Project					

(OVER)

Major Projects

FOODS AND NUTRITION

This project is under the supervision of Mary E. Thomas, Extension Nutritionist, and her assistant, Mrs. Sallie Brooks Venters. There is no definite division of work insofar as subject matter is concerned. The whole program is planned and executed by both specialists.

The foods and nutrition program is closely tied up with all programs relating to the production of adequate food on the farm. Excellent cooperation is had with all the specialists in food production field.

Adjustments Made to Meet Wartime Conditions

If health, economic security and morale were to be maintained, Extension workers realized that the people with whom they worked should have a better understanding of the State and nation food situation. To give a better understanding of the situation and to create a widespread interest throughout the State among the people generally, the following programs with demonstrations were given. The unified plan included the following food demonstrations:

January 1 - The Farm Family Faces 1942. This was a skit on food production, food conservation, food preparation, meal planning, and other timely information on ~~xx~~ other subjects that farm people needed to have early in the year.

February - Live Above the Safety Line by Eating the Right Food. This demonstration was planned to tie in closely with the Victory Garden Campaign that was started during the month.

May - Whole Wheat for the Whole Family. Small mills for grinding wheat at home were demonstrated by agents at club meetings in all the counties. Specialists gave demonstrations in grinding wheat for cereal and flour and in preparing baked products in Home

Live above ...

THE SAFETY LINE

IN NORTH CAROLINA

By Eating the Right Food



THE PLEDGE OF HEALTH

"I pledge, on my honor as an American, that I will do all I can to build myself and my family and my neighbors into stronger and healthier Americans as God meant us to be."



NORTH CAROLINA STATE COLLEGE OF AGRICULTURE AND ENGINEERING
OF THE

UNIVERSITY OF NORTH CAROLINA
AND

U. S. DEPARTMENT OF AGRICULTURE, CO-OPERATING
N. C. AGRICULTURAL EXTENSION SERVICE

I. O. SCHAUB, DIRECTOR
STATE COLLEGE STATION
RALEIGH

. . . See That Your Family

BUILDING BETTER HEALTH MEANS EATING THE RIGHT FOOD.



*Try to Have These Foods in Your Family Meals
Every Day:*

MILK—1½ pints to 1 quart for children.
1 pint or more for adults.



**TOMATOES, ORANGES, GRAPEFRUIT, RAW
CABBAGE or OTHER RAW VEGETABLES or
RAW FRUITS**—1 or more servings.



LEAFY, GREEN or YELLOW VEGETABLES—
1 or more servings.



POTATOES—(Sweet or Irish)—1 or more servings.



DRIED BEANS, PEAS, SOY BEANS—
2 or 3 times a week.



OTHER VEGETABLES AND FRUITS—
2 or more servings.



EGGS—1 each day, or at least 3 or 4 per week.



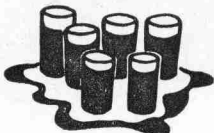
MEAT, FISH, POULTRY, CHEESE—
1 or more servings.



CEREALS AND BREAD—
2 or more servings of whole grain products
or enriched flour.



SWEETS AND FATS—Use butter or other vitamin-
rich fat every day. Use other fats and
sweets in limited amounts to satisfy the
appetite. Count fatback, salt pork, and
bacon as fat—not as meat.



WATER—6 to 8 glasses.

Babies, children, pregnant and nursing mothers need fish-liver oil, direct
sunshine, or vitamin D enriched foods.

Lives Above The Safety Line

MEAL PLANNING FOR HEALTH AND VIGOR

Meals to build strong bodies must include the foods listed in this folder. Prepare them to save food values and serve in an attractive way. Each member of the family will have to eat them, of course, in order to be well-fed. Every American must make it his job to know the foods that build a strong sturdy body, then he must learn to eat and enjoy them.

A Good Distribution of Food for the Day:

Breakfast—Fruit, cooked whole grain cereal with milk, eggs or meat (several times a week). Whole wheat bread, butter, milk.

Dinner—Meat (or meat substitute), potatoes, a green or yellow vegetable, a raw vegetable, bread and butter, milk or fruit dessert, milk.

Supper—One or more vegetables cooked with milk or prepared as a raw salad, cream soup or chowder, or by other methods. Whole wheat bread, butter, stewed or fresh fruit, milk.

MAKING FOOD MONEY GO FURTHER

If you cannot afford all the foods listed in this folder, here are a few suggestions that will help you feed your family well.

1. Use the amount of milk listed even if you use dried or evaporated or buttermilk.
2. Use as nearly as possible the listed amount of green and yellow vegetables and tomatoes. Dried fruits are economical. Use plenty of fruits and vegetables in season; can and store for winter.
3. Use inexpensive meats and meat substitutes. Liver is the best buy among meats and pork liver costs less than other kinds. Fresh fish and canned salmon give good value for their cost. Dried peas and beans especially soybeans are good meat substitutes.
4. Save all fat drippings to use in cooking.
5. Use molasses and honey or brown sugar.
6. Use whole grain products for breakfast cereal, flour, meal, and grits.
7. Cook at home. Home cooked foods cost less than prepared foods.

SUGGESTIONS FOR PREPARING FOOD

1. Serve a raw vegetable or fruit daily.
2. Cook vegetables in skins when possible. If vegetables are peeled, be sure to peel thin as much food value is found in or near the skin.
3. When boiling vegetables, start in boiling water using little (about an inch deep in vessel). Tender leafy vegetables will require less water or none, as enough usually clings to the leaves when they are washed. Beans, potatoes, and other root vegetables will take more water.
4. Cook vegetables only until tender. Most vegetables will be tender in 5 to 20 minutes.
5. Serve all the pot liquor from cooked vegetables and all liquid from canned vegetables.
6. Do not use soda in cooking vegetables as it destroys part of the food value.

GOOD FOOD AND HEALTH HABITS

1. Eat at the same hour every day. Do not eat between meals.
2. Learn to like many different foods. Never say you do not like a food until you have tried it.
3. Eat slowly and enjoy your food.
4. Do not over-eat, especially of sweets and meats.
5. Get your quota of sleep and rest, work and play, fresh air and sunshine.
6. Keep happy—have some interest outside your home.

FOOD AND NATIONAL DEFENSE

Farm people have an important job to do—to help keep Americans strong and healthy, first by supplying food for their own needs, then by growing additional food for their neighbors wherever they may be.

You Can Do Your Part in National Defense By:

1. Planning and producing enough foods for the growth and health of your family.
2. Planning, preparing, and serving wholesome, healthful meals.
3. Learning to enjoy eating the right foods prepared in the right way.
4. Making a study of your food and health habits, and making improvements where needed.
5. Being thrifty in the preparation and use of food.
6. Canning and storing enough food for winter months.
7. Getting your money's worth in food value when buying food.

SUGGESTIVE DISCUSSION QUESTIONS

1. With a surplus of food in our country, why are one-half of our people poorly fed?
2. What effect does a poor diet have upon an individual? Upon a community?
3. Could all farm families in this community produce good diets? If not, what must be bought?
4. Could the money spent for food be more wisely spent?
5. What is the chief reason for anyone's living below the safety line in this community? Is it unsanitary conditions about the home? Not enough food? Not the right food? Poor food habits? Or what?
6. When do people enjoy having you around—when you are well or when you feel ill?
7. Are you able to do the best work when you have a cold or other physical ailment?

HOME ASSIGNMENT

1. Make a food supply plan to meet my family needs.
2. Plan meals to include each day foods listed on Page 2.
3. Prepare vegetables according to recommendations.
4. Pay more attention to serving attractive meals.
5. Check the food habits of each member of my family. Help them to overcome any bad food habits they may have.
6. Select one or more families who do not produce adequate food for home use and interest them in producing it.

*By MARY E. THOMAS, Extension Nutritionist and
SALLIE BROOKS, Assistant Extension Nutritionist*

The Pledge of Health—courtesy Women's National Emergency Committee.

Demonstration Curb Markets and A-H Camps.

June - "Home Care of the Sick". This demonstration showed the women some of the simple instructions for caring for the sick in the home. It was one of the most appreciated demonstrations last year. And now more and more doctors and nurses have gone into the armed services the information is more valued.

November - Foods for strong Bodies and Put Soy Beans on the Table.

Emphasis was placed on protein foods in these two subjects and demonstrations. Extension workers stressed food production and conservation to take care of the home needs and provide a surplus to be used for feeding our armed forces and for those other persons who cannot produce food.

1942 Statistics

Ninety-five counties reported some work in foods and nutrition. The foods and nutrition specialists held 32 training schools for home agents at which time project subject matter, illustrative material, and demonstrations were given, and demonstration technique explained.

In 95 counties, 53,737 were assisted during the year in improving diets; 42,101 families were assisted with food preparation.; 117,009 were assisted in improving the home food supply.

For a more complete picture of the Foods and Nutrition program of work as done by the home demonstration agents with the cooperation of specialists in Horticulture and Home Demonstration, I refer you to the annual narrative report of Mary E. Thomas, Extension Nutritionist:

Page 6 - Victory Gardens

Page 7 - Soybeans - 88 counties report 12,763 families producing edible

varieties of soybeans.

In Buncombe County, the home agent visited local stores in Asheville in January and asked the merchants to stock some edible soybean seed as she planned to use them in her program for the year. The Farmers Federation was the only company able to stock them and they bought 625 pounds of seed. A large per cent of the women in the county bought and grew soybeans for the first time. Mrs. Mamie Sue Evans, the home agent, says she is indeed gratified with the results of the program. She gives the following report:

"Mrs. B. S. Colburn, Jr. is a member of the Cane Creek Club. Her husband owns a dairy farm. He had his tenant plant the largest patch of edible soybeans in the county. Mrs. Colburn said at the last club meeting that the crop amounted to around 500 pounds of beans.

"Mrs. Judy Duncan of the Starnes Cove Club has grown soybeans for a number of years. She has used them more extensively than any other club woman. In years past, Mrs. Duncan has had the miller run the soybeans through the corn mill twice. She says this makes soybean meal of excellent quality.

"Mrs. Duncan and others who have grown the beans for the first time canned the green beans. Some of the women used the green beans in soup mixture. I encouraged low income families, who did not have a meat supply, to grow soybeans in order to raise the protein content of their diets.

"Mrs. Evelyn Worley of Craggy planted a patch of soybeans. After using them green, she stored one-half bushel of dried beans and one-half bushel of black eyed peas.

"As a result of the soybean program in the county this year, many more women will grow them next year. All who grew soybeans this year gave neighbors some to eat green and everyone liked the beans."

In Surry County, Mrs. N. J. Martin of the Salem Fork Club carried

some soybeans to the curb market and gave them to one of her customers. The following Saturday the customer was back with some of her friends calling for soybeans. Three of the women have had soybeans on the market each Saturday since but have been unable to supply the demand.

In Cherokee County, Mrs. Alline R. King, home agent, says the women were extremely interested in soybeans. Many of them had never used soybeans and those who had raised them were anxious to know how to cook them. Seventy-five (75) women have reported using soybeans.

Page 8 of the Extension Nutritionist's report - Whole Wheat. Small mills were demonstrated for grinding for home consumption. Excellent stories, especially Polk County, pages 11 and 12.

Foods and Nutrition Program and Neighborhood Leaders - page 13.

State and County Nutrition Committees

Eighty-seven (87) of the 100 counties in the State have functioning county organizations carrying on definite nutrition program based on State and national recommendations.

The following programs have been sponsored by the State and County Nutrition Committees:

- Victory Garden
- Share the Meat (in some counties)
- Community School Lunch
- Penny Milk Programs

4-H Club Work for Girls

Page 15 - Extension Nutritionist's report.

Thirteen thousand and forty-six girls (13,046) were enrolled in foods projects in 76 counties. See page 16 for 4-H stories; health work and 4-H camps on page 18.

WE HAVE A VICTORY GARDEN!



DO YOU?

North Carolina State College of Agriculture and Engineering of The University of North Carolina and U. S. Department of Agriculture, Co-operating. N. C. Agricultural Extension Service, I. O. Schaub, Director, State College Station, Raleigh. Distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914.

WE HAVE A VICTORY GARDEN!



Food For Victory

DO YOU?

North Carolina State College of Agriculture and Engineering of The University of North Carolina and U. S. Department of Agriculture, Co-operating. N. C. Agricultural Extension Service, I. O. Schaub, Director, State College Station, Raleigh. Distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914.

Major Projects

CLOTHING

Adjustments Made to Meet War Emergency

There were a certain number of clothing programs included in the State-wide blanket program for Home Demonstration Clubs. "These demonstrations," says Miss Hunter, Extension Specialist in Clothing, "were designed to help solve problems growing out of the war such as a shortage of clothing materials, rising prices, development of substitute materials, transportation difficulties, shortage of labor at home and government clothing regulations."

The clothing specialists followed the same procedure as other specialists in the training of agents through group schools.

Demonstrations were given to special interest groups in counties that requested their help.

Neighborhood leaders were given extra help and training in order to reach a larger number of people with wartime clothing information.

4-H Club Girls' Clothing Program

The program of work for home demonstration club women and 4-H club girls was correlated as one can see by looking over the month by month State Program of Work. Different titles for some of the demonstrations were used but the subject matter was the same in principle only simplified.

Clothing Specialists Serve Out of Their Field

The clothing specialists helped promote Red Cross training in Nutrition and Canteen work in 40 counties. They assisted with planning, preparation, and serving of meals at two four-day District Conferences for farm and home agents.

Clothing Demonstrations Were Given on Following Subjects

January - Outlook Information on Clothing

March - My Clothing Needs

April - Future Security Through Conservation

June - Home Care of the Sick (every specialist prepared or shared in the preparation of this subject matter material)

October - Fashions for Victory or Old to New - "The purpose of such a clothing demonstration and information was," Miss Hunter says

1. To give economic information that would help women and girls realize the necessity of clothing conservation in the very strictest sense of the word.
2. To show ways of conserving by using what one had on hand to a better advantage.
3. To help women work together on common problems, take responsibility in extending information beyond own group.
4. To help each woman realize that "the home front" is every home everywhere. Health and happiness are most important and we must save all clothing and other materials.

For fuller and more complete information given on month by month program, please read pages 5 - 19 of the Clothing Specialist's report. Good clothing stories can be found on these pages, also clothing bulletins and demonstration outlines.

Work Clothes for Women

Now that our farm women are doing all kinds of farm work, they have been more than pleased over the specially designed work garments as recom-

mended by the Bureau of Home Economics. These work clothes were designed for comfort, durability, protection and very pleasing appearance.

The clothing specialists made these work clothes outfits to use in connection with clothing work with home demonstration women and girls but they were first modeled at the Annual State Home Economics Meeting when home economics teachers, Farm Security Administration workers, and home demonstration agents could have the opportunity of seeing these garments.

Every home agent in the State had kits of these clothes made. They were displayed and modeled at every club meeting.

Some good pictures of some of these garments can be seen on pages 20-21 of the clothing specialist's annual narrative report.

Clothing Leaders and Red Cross Sewing

Clothing leaders in most counties took the responsibility of getting garments to club women to sew and collecting them when they were ready to be returned. Number garments made by home demonstration women and 4-H girls:

Number wool garments made.....12,985

Number cotton garments made.....26,203

Number knitted garments..... 6,981

4-H Clothing Work

Number girls enrolled in clothing.....16,972

Number boys enrolled in clothing..... 187

Number garments renovated as a contribution
to Victory.....16,167

Number new garments made.....47,098

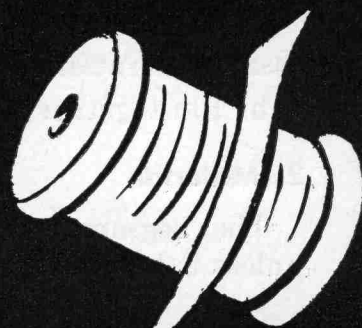
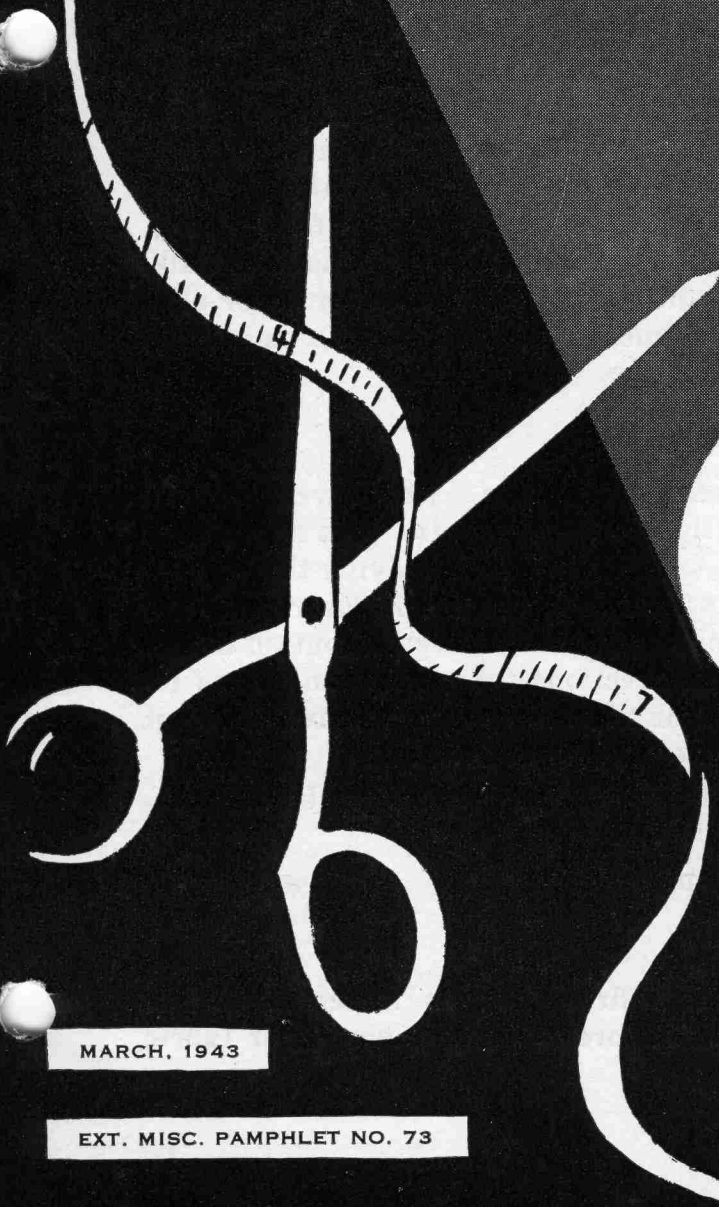
Red Cross sewing was done in addition to the above work.

Work with Neighborhood Leaders

Number neighborhood leaders assisted this year with the
war emergency clothing program..... 2,341

Quick and Sure

method
of making
a dress



MARCH, 1943

EXT. MISC. PAMPHLET NO. 73

A Quick and Sure Method of Making a Dress

By WILLIE N. HUNTER, JULIA McIVER, *Clothing Specialists*

To women serving on the home front, the matter of making and conserving clothing is becoming more and more vital. Today the women who sew are serving their country by releasing labor for war work. The person who uses efficient and safe methods of construction is saving her own time which can be used for war effort, and money which may be loaned to the Government through the purchase of stamps and bonds.

Dressmaking when done right is a pleasure, depending on how much skill and interest you put in your work. Good equipment is a "must" for good work. A sewing machine that is in good order, good pressing equipment, adequate table space for cutting, plenty of pins, needles, thread, thimble, tape measure, chalk, good sharp cutting shears and a small pair of scissors for clipping threads are among the "musts." Keep the small equipment all together in a convenient place.

1. Pattern

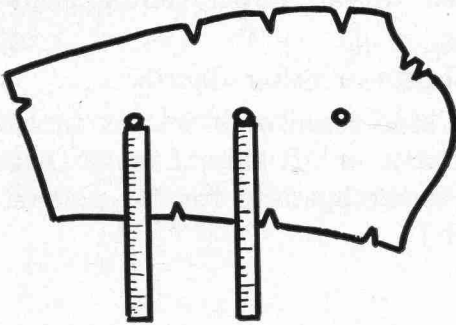
A good pattern is a necessity; it is also a time saver. Select a simple one of becoming design in the right size. You must *know* the pattern you are using. An hour spent in studying the pattern before starting to work will save hours later. Every pattern today has a *guide chart* which gives the pattern layout on different widths of material, also directions for putting the dress together and finishing. Different makes of patterns have different marking systems and different seam allowances.

a. Check pattern with own measurements and make any necessary alteration.

b. Pin together and try on.

2. Material

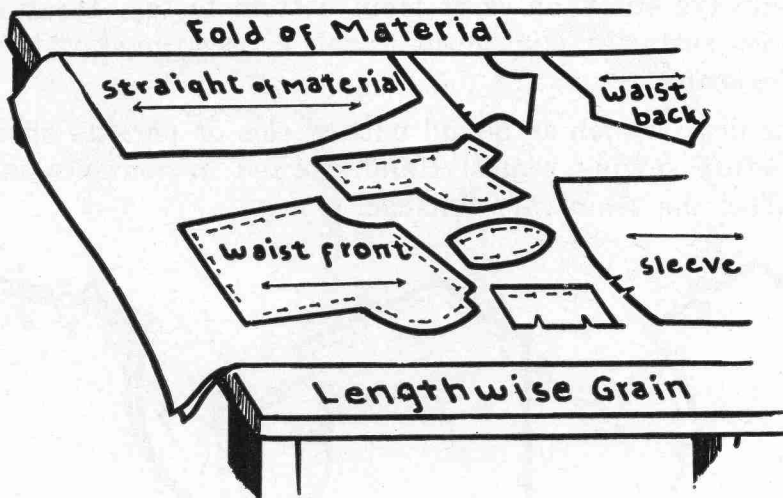
The beginner should select firmly woven material. Shrink unless it has been preshunk. Before cutting, be sure your fabric



is straight, *crosswise* as well as lengthwise. On a sheer fabric draw a crosswise thread and cut on this line. Press out all wrinkles and creases from the fabric. Pin every piece of pattern on material before cutting. Be sure that the perforations on the pattern which indicate the grain are laid *exactly* on the

grain and are pinned to it. "On the grain" means straight with a lengthwise or crosswise thread. The distances from the top and bottom of the lengthwise grain mark to the selvedge should be the same.

Each piece of the pattern is pinned on the straight lengthwise grain line first. Then the pattern is smoothed out toward the nearest edge and pins put in, closer together along curves than along straight long seams.



3. Cutting

Cut with good sharp shears, using long, clean strokes, sliding shears ahead. Material and pattern should be on the inside of the shears towards the cutter. Cut all notches out—not in. Cut on pattern edge—do not allow or take from.

4. Marking

While pattern is on material, mark all construction details accurately.

- a. Center lines—baste a colored thread down center front, back and sleeve cap.
- b. Darts—Seam allowance—Pockets or other details.
- c. Placket—Put a mark on left side seam of skirt six inches down from waist line. Put a mark on left side of waist three inches down waist line. This is the opening for the placket. (Omit if dress opens in front.)

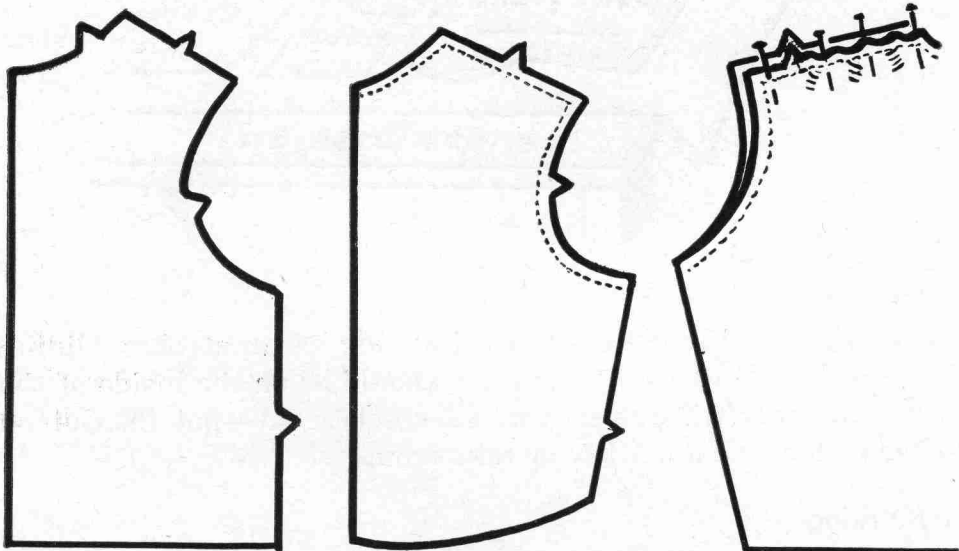
5. Stay Edges

The purpose of edge stitching is to keep grain thread in place and prevent stretching. Edge stitching is done on edges of materials that are cut off the grain.

6. Standard points to be stay stitched

Shoulders—back and front, stitch from neck line to shoulder; armholes, back—front, stitching from shoulder seams down; neck line—back and front, stitching from center out. Top edges of skirt—stitch from outside edges in to center. Placket edges of skirt—always stitch on skirt from bottom to top. Do not edge stitch long seams of skirt gores as this causes the skirt to ripple from the seam.

7. Some details such as bound buttonholes or pockets should be made before sewing seams. Hand worked buttonholes may be made after the seams are finished.



Notches Cut Out

Edge Staying

Joining Shoulder Seams

8. Blouse

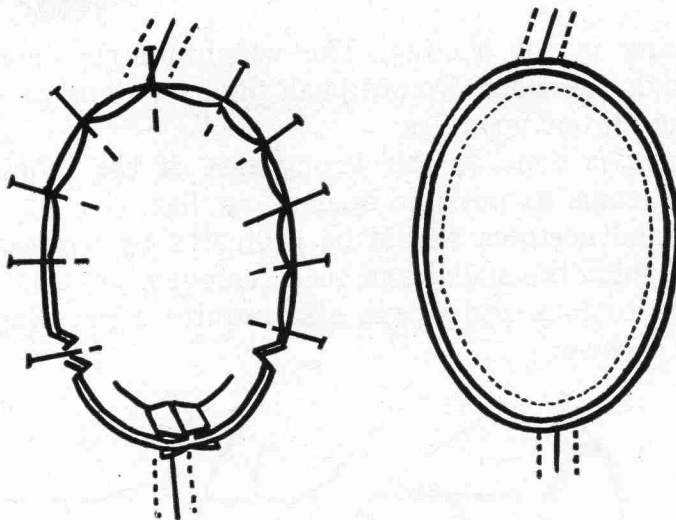
Baste darts, stitch from wide end to narrow. This is always the procedure for stitching darts. Pin shoulders with edges even, ease in the *extra width* of back, which is $\frac{1}{4}$ to $\frac{1}{2}$ of an inch, and baste. Stitch on the front, stitching from neck line to armhole.

Seams: Stitch undearm seams, *stitching from top to bottom*.

9. Sleeve

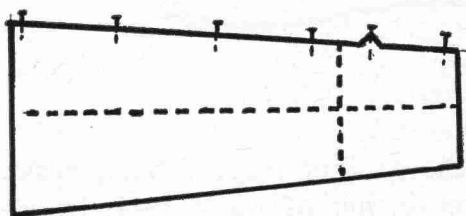
Close sleeve seam, stitching from top to bottom.

- To get the sleeve in the correct armhole, you must match the notches of the sleeve and armhole.
- Since sleeves are cut at least an inch larger than the armhole, the fullness must be adjusted and eased in before you start to baste.
- The fullness may be adjusted more easily if the pins are placed so that they point toward the bottom of the sleeve.
- Stitch close to the basting line, but never inside it, with the sleeve side up.



10. Skirt

Join sections together by matching notches. Place a pin at top of each two pieces, one at the bottom, another midway between.



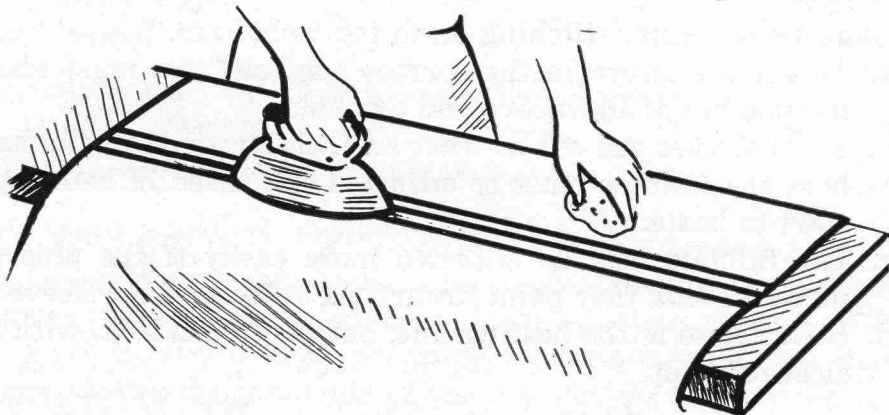
Pin or baste rest of seam. Stitch skirt seams always from *bottom* to *top* because grain threads are held together more evenly and seams are straighter. Take darts, stitching from wide end to

point. Stitch seam on exact seam allowance line. Stitch *straight* and *evenly*. Press seams open.

11. Pressing

Pressing gives a smooth professional finish; next to proper cutting, it is the most important factor in constructing a well finished dress.

- a. Short seams require pressing as much as long ones.



- b. Pressing is not ironing. The weight of the iron and the steam do the work. Do not push the iron along as you would to smooth out wrinkles.
- c. Pressing is done on the wrong side of the fabric with as many seams as possible opened out flat.
- d. Silks and acetates should be protected by a pressing cloth from which the sizing has been removed.
- e. Sturdy cottons and linens also require a pressing cloth to avoid a sheen.



12. Placket

Stitch left side seam of skirt to the six inch mark. Stitch waist, left underarm seam to within three inches of waist. This leaves

opening for placket which may be finished with a zipper or otherwise.

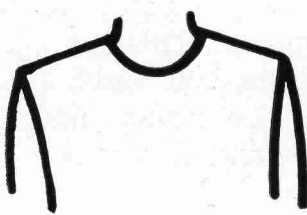
13. Join blouse and skirt

Match center marks, back and front and notches. Modify fullness to suit the individual. Darts or gathers may be used.

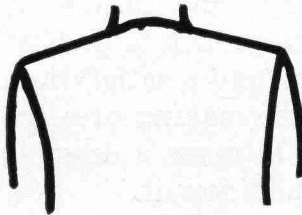
14. Fitting

If the pattern has been carefully checked and altered, and seam allowance observed, fitting will be easy. Check the following points in order listed:

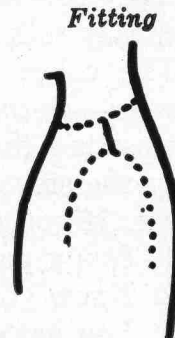
- | | |
|--------------------|-------------------------|
| a. Shoulder seams. | d. Arm hole and sleeve. |
| b. Neck line. | e. Waist line. |
| c. Bust line. | f. Hip line. |



*Armseye Line
Front*

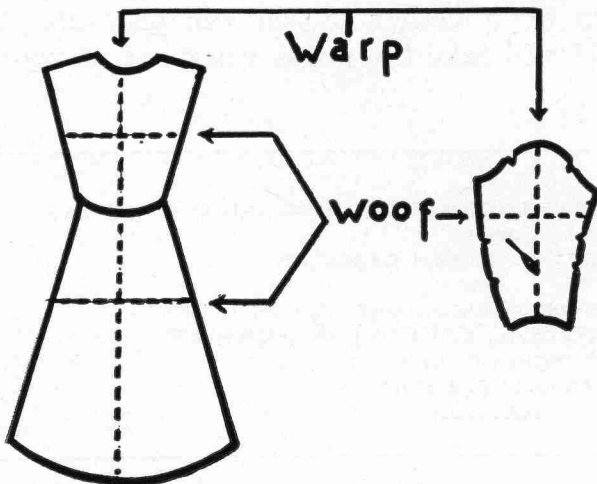


*Armseye Line
Back*



*Location of Shoulders
and Armseye Line*

Keep eye on the grain line of cloth. The colored basting put down center front, back and sleeve will assist you in fitting. The warp, or up and down threads, must be straight at—



Center front:
Center back:
Cap of sleeves:

The woof or filling threads must be straight at bust, hip and arm girth.

15. Finish

The fabric determines more or less the finish to be used.

Seams: a. Cottons and finely woven materials—plain seam, press open, edges pinked.

b. Ravelly material—overcast, edge stitch, or bind.

Hems: a. For cottons turn $\frac{3}{8}$ inch on lower edge of skirt and stitch $\frac{1}{8}$ inch from edge; turn hem and slip stitch.

b. For heavier materials to avoid bulk use readymade binding stitched flat to the hem edge.

Neck line and other finishes—follow directions that come with your pattern.

SUMMARY

Fashions today are taking on a war character. Dresses must be easy to wear—this means a comfortable fit, easy to get into, and easy to keep clean.

The color, texture and design should be becoming to the wearer—clothes have much to do with happiness. The making of a dress is a fine art, and a satisfying one when done right. Planning the steps in the making of a dress will be a help and time saver. If you wish to make a dress the sure and easy way:

1. Study pattern. Know it.
2. Know your measurements and check with pattern.
3. Use pattern accurately.
 - a. Placing, cutting, marking.
 - b. Basting, stitching—seams, darts, details.
4. Edge stitch.
5. Press as you go.
6. Use finishes that best suit material.

Remember, the pattern fits together if you will only use it right—try this method. It will take the guess work out of your sewing.

NORTH CAROLINA STATE COLLEGE OF AGRICULTURE AND ENGINEERING
OF THE
UNIVERSITY OF NORTH CAROLINA

AND
U. S. DEPARTMENT OF AGRICULTURE, CO-OPERATING
N. C. AGRICULTURAL EXTENSION SERVICE

I. O. SCHAUB, DIRECTOR
STATE COLLEGE STATION
RALEIGH

Make and Repair



for

VICTORY



Make and Repair for Victory

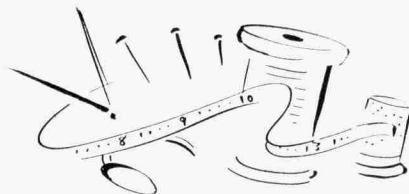
By JULIA McIVER

Assistant Extension Specialist in Clothing

SEW WITH EASE

Sewing is fun. It gives you the chance to assemble the style and fabric best suited to your war-time needs. It gives you the joy of creating something. To help in our Government's Victory Clothing Program, make only what you really need and take care of what you already have.

Correct Tools



Scissors — should have a keen cutting edge. Cutting shears 7 inches or more in length make it possible to cut a large garment or article easily.

Needles — a good sewing needle is slender, so that it will push through the fabric easily. A number 9 needle is a satisfactory size. Larger sizes make holes that are hard to conceal when the final finishing of the garment is being done.

Thread — the right color and number will make a great difference with the finished appearance of your garments. Cotton thread is numbered from 8 to 200; the higher the number, the finer the thread. Most materials work better with No. 70 thread or finer. Then the stitches, if neatly made, will show little.

Pins — a sharp pointed, slender pin is easy to stick into fabric and leaves small holes when removed. Keep pins in a pin cushion where they will be easy to use.

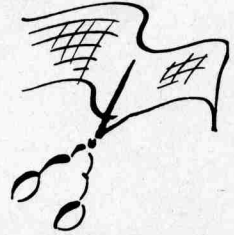
Tape Measure — or ruler is needed for measuring. A tape measure should be made of firm material, with metal tips on each end and the numbers should be printed on both sides, with the numbering beginning at opposite ends.

Thimbles — are a bit clumsy to wear at first, but you will learn how very quickly. A thimble keeps the eye of a needle from hurting the end of the finger, so that the tip of the finger rests against the top of the thimble. Light weight or celluloid thimbles are best.

It depends upon the cut

Follow the directions that come with your pattern.

The grain of the fabric — before cutting be sure your fabric is straight, *crosswise* as well as lengthwise. On a sheer fabric draw a crosswise thread and cut on this line. Press out all wrinkles and creases from the fabric. Be sure that the perforations on the pattern which indicate the grain are laid exactly on the grain and pinned to it. "On the grain" means straight with a lengthwise or crosswise thread. The distances from the top and bottom of the lengthwise grain mark to the selvedge should be the same.



Pinning — Pin every piece of pattern on material before cutting. Place pins at frequent intervals at right angles with edge of pattern.

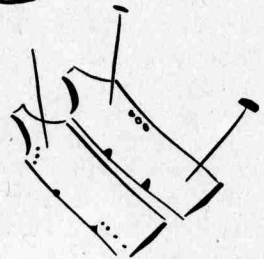
Marking Notches — notches and other markings should be carefully made either with thread, pencil, or by cutting peaks of additional material.

Cutting — cut with good sharp scissors. Use long clean strokes. Cut on pattern edge.

The pieces go together

Directions for putting the pieces together are found on the construction guide of every commercial pattern, but here are some suggestions which may be helpful.

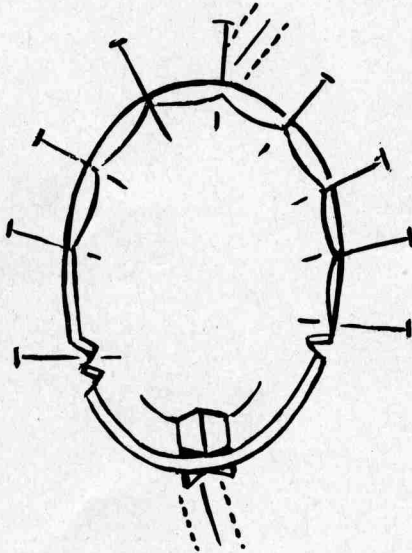
Join sections together by matching notches. Place a pin at the top of each two pieces, one at the bottom, another midway between. Pin or baste rest of seam. When joining a bias and a straight edge, place the bias on top and baste together. Slippery materials require fine basting stitches.



Bias edges should be stayed on soft stretchy fabrics by running a basting line or a line of loose machine stitching one-quarter inch from the edge. This will keep the bias edges from stretching.

1. *Blouse* — Baste darts, stitch from wide edge to narrow. This is always the procedure for stitching darts. Pin shoulders with edges even, ease in the extra width of back, which is $\frac{1}{4}$ to $\frac{1}{2}$ inch, and baste. Stitch on the front, *stitching from neckline to armhole*. Stitch underarm seams, *stitching from top to bottom*.

2. *Skirt* — Stitch skirt seam always from *bottom to top* because grain threads are held together more evenly and seams are straighter.
3. *Sleeve* — Close sleeve seam, *stitching from top to bottom*.



- a. To get the sleeve in the correct arm-hole, you must match the notches of the sleeve and armhole.
- b. Since sleeves are cut at least an inch larger than the armhole, the fullness must be adjusted and eased in before you start to baste.
- c. The fullness may be adjusted more easily if the pins are placed so that they point toward the bottom of the sleeve.
- d. Stitch close to the basting line, but never inside it, with the sleeve side up.

Pressing — Pressing gives a smooth professional finish; next to proper cutting, it is the most important factor in constructing a well finished dress.

It's the fit that counts

The pattern should be pinned together, tried on and alterations made before cutting.

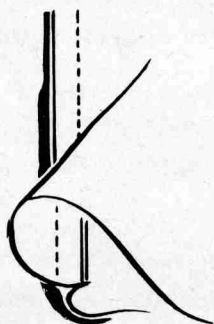
After cutting the garment, baste and try on for final fitting. Lengthwise seams should be run in straight lines from waist to hem.



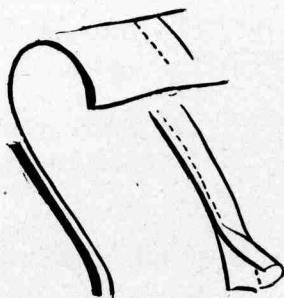
Correct fitting is a matter of practice. We want an easy-fitting garment, not too tight and not too loose. Check the following points: Shoulder seams, neck line, bust line, arm hole and sleeve, waist line and hip line.

the finish

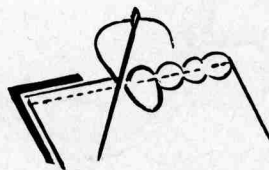
Finishes—for underclothes and sleeping garments, French or flat fell seams may be used. The neck line and arm edges may be finished with a narrow bias facing, bias binding, a fitted facing, or an eighth-inch hem with shell edge finish.



1. French Seam



2. Flat Fell



3. Shell Edge

Seams: a. Cottons and finely woven materials—plain seam, press open, edges pinked.

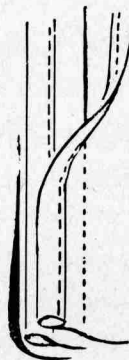
b. Ravelly material—overcast, edge stitch or bind.



1. Pink



2. Overcast



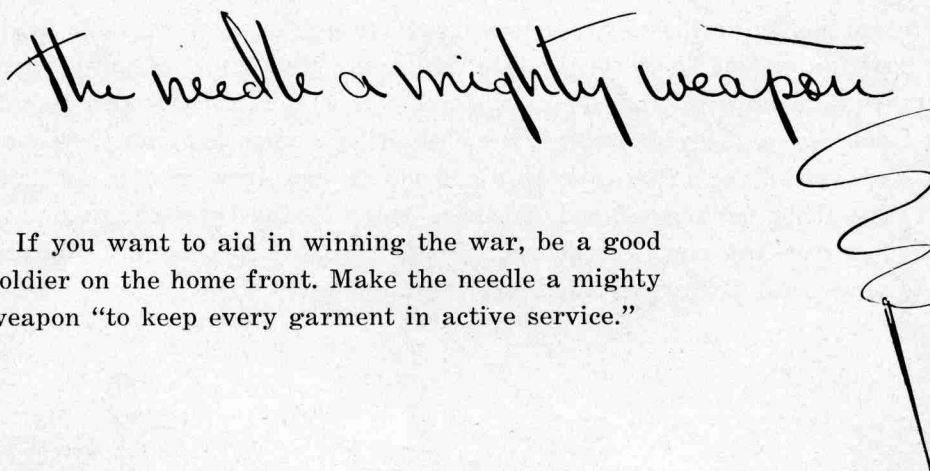
3. Bind

Hems: a. For cottons, turn $\frac{3}{8}$ inch on lower edge of skirt and stitch $\frac{1}{8}$ inch from edge; turn hem and slip stitch.

b. For heavier materials to avoid bulk, use readymade binding stitched flat to hem edge.

Neck line and other finishes—Follow directions that come with your pattern.

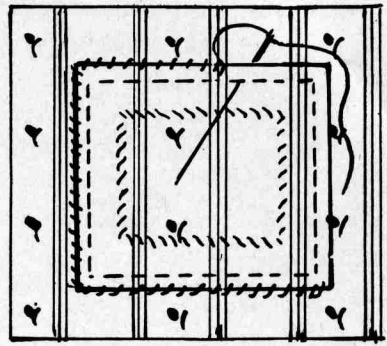
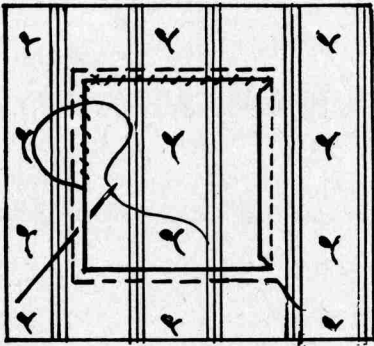
SAVE YOUR CLOTHES



If you want to aid in winning the war, be a good soldier on the home front. Make the needle a mighty weapon "to keep every garment in active service."

I — *Hemmed Patch:* This patch is used for repairing undergarments or practical outside garments because it is strong and stands laundering. Usually it is square or oblong in shape. Cut away the irregular worn part around the hole leaving a square or oblong hole. The patch should be of the same material as the garment and, if the garment is faded or has been washed, the patch should be washed until the same color. If there is a design on the garment, as plaid or stripes, the design in the patch should match. Cut the patch carefully, following the thread of the material, one inch larger on all sides than the hole. Pin patch in place under hole, right side showing through. Threads in patch must run same way as those in garment. On right side of garment, clip corners of hole diagonally about $\frac{1}{4}$ inch. Turn in raw edges and baste to patch.

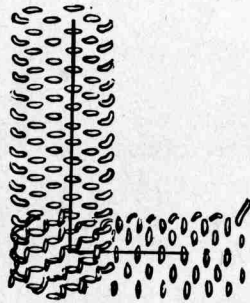
On wrong side, turn in raw edges of patch $\frac{1}{4}$ inch and baste to garment; press; stitch edges down on hand hem.



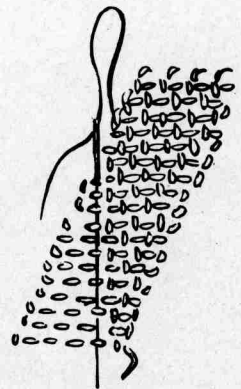
II — *Darning: Straight Tear* (Figure 1). About $\frac{1}{4}$ " beyond the end of tear, and a little to the right, bring thread through from wrong side, leaving an end of 6" on wrong side. Following the thread of goods, take small running stitches back and forth $\frac{1}{4}$ " on each side of tear. Do not darn too tightly but leave a very small loop at each turning. On one row make the stitch over tear and on the next row under. Continue for about $\frac{1}{4}$ " beyond end. To finish catch thread through stitches of last row and clip. Thread needle with thread left hanging at beginning, catch it through stitches of first row and clip.



1. Straight Tear



2. Three Cornered Tear



3. Diagonal Tear

Three-Cornered Tear (Figure 2). Darning-stitch technique is same as for straight tear. Begin at one end and darn one side completely, then start at the other end and darn that side. Corners thus are strengthened.

Diagonal Tear (Figure 3). Darn with small running stitches parallel to lengthwise thread, but in direction of tear. Work another set at right angles to the first set.

Worn Place on Garment:

Cut piece of material the same as garment, just a little larger than worn place. Baste to wrong side under thin spot and cover entire worn area as for darning a tear, taking stitches through both thicknesses of material.

Darning Stockings:

With stocking right side out, insert egg under hole. Trim ragged edges of hole. Do not use a knot and make lengthwise threads first. Leaving a short end free, take a few running stitches far enough from the hole to take in all the worn part. Turn, leaving a small loop at turning. On each succeeding row increase number of stitches so that when you come to the hole, you will cover it and also strengthen the worn part. Arrange stitches so that needle comes out over the edges of the hole. Decrease length of rows on other side of hole. Cut thread when finished and turn darn around. Weave stitches in the same way across the width over and under foundation stitches already made.

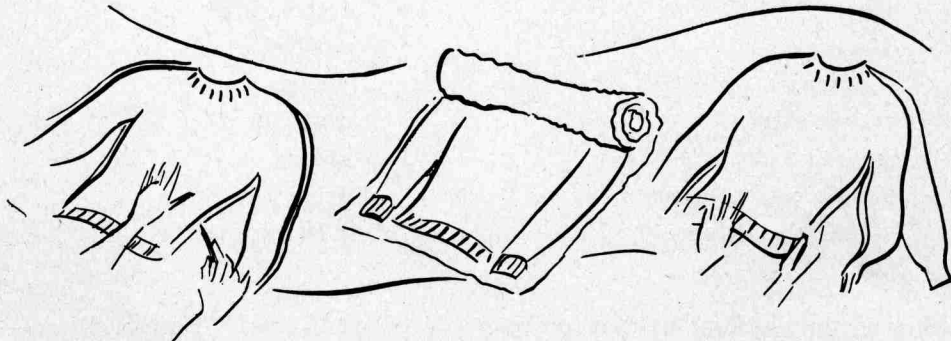
Make your sweater last

To make your sweaters last, mend all holes, tears or snags to prevent enlarging and wash carefully.



To Wash — Trace outline of sweater on heavy paper so that later you can return it to its original shape.

Work up lukewarm suds of a mild soap. Test with wrist to be sure temperature is right. Lukewarm water feels neither hot nor cold, just neutral.



1. Trace Outline of Sweater

2. Roll in Towel

3. Place on Outline

Wash quickly by squeezing suds through fibers with the hands. Do not rub or twist—rubbing mats and hardens woolens. Use a second fresh suds for badly soiled garments.

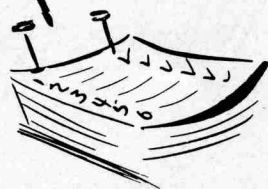
Rinse at least twice in clear lukewarm water. Squeeze out as much water as possible with the hands. Lay out flat on dry Turkish towel. Roll up and knead gently to remove excess moisture. This hastens drying and helps prevent dye stains.

Unroll immediately and lay flat on paper to dry, easing sweater back (or stretching it out) to original outline or to the measurements taken before washing. If necessary, pin in place. Dry in an airy place.

Requirements for completion

Requirements for completion of clothing unit or project.

Make two garments or articles from list below.
Mend or repair two garments:



Junior Member

tea towel
hand towel
laundry bag
pot holder
apron
slip
gown
pajamas
cotton skirt
jumper
simple cotton dress
4-H Club uniform

Senior Member

slip
gown
pajamas
house coat
bedroom slippers
cotton skirt
wool skirt
jacket
coat
blouse
dress
4-H uniform

Keep your clothing record on page 9 of your "4-H Record Book—Homemaking."

JUNE, 1943

4-H CLUB SERIES NO. 38

NORTH CAROLINA STATE COLLEGE OF AGRICULTURE AND ENGINEERING
OF THE
UNIVERSITY OF NORTH CAROLINA
AND
U. S. DEPARTMENT OF AGRICULTURE, CO-OPERATING
N. C. AGRICULTURAL EXTENSION SERVICE
I. O. SCHAUB, DIRECTOR
STATE COLLEGE STATION
RALEIGH

DISTRIBUTED IN FURTHERANCE OF THE ACTS OF CONGRESS OF MAY 8 AND JUNE 30, 1914

FOOD CONSERVATION AND MARKETING

The Food Conservation and Marketing programs are under the supervision of Mrs. Cornelia C. Morris, Extension Economist in Food Conservation and Marketing, and her assistant, Ruby Scholz. Every county organized in home demonstration club work takes food conservation as a regular part of the home demonstration program.

Mrs. Morris gives most of her time to conducting the canning and marketing programs; Miss Scholz's time is given to dehydration and crafts. Mrs. Morris also prepares all subject matter for adults except that on dehydration, and for 4-H club girls. Miss Scholz does this work.

Adjustments to Meet the War Emergency

The two food conservation and marketing specialists have made necessary adjustments in their programs, as all other specialists have done, to meet the war emergency. The blanket program for the State includes food conservation and marketing in proportion to other subjects. Also, an equal number of training schools have been held for agents plus close supervision of all the 55 curb markets in the State.

State Statistics - Food Preservation

Number of counties reporting - White and Negro agents	94
Number of families assisted with food preservation.....	61,437
(1) Canning.....	51,154
(2) Freezing.....	1,464
(3) Drying.....	24,412
(4) Storing.....	19,066
(5) In canning according to a budget.....	27,504
Number of containers canned by families.....	11,779,757

Number of 4-H Club girls reporting..... 9,924

Number of containers canned by girls..... 929,375

Total number of containers canned by families & girls..12,703,132

Thirteen leaders' schools were held in February and March by a commercial assistant to give demonstrations in canning meats and in the use and care of equipment. The attendance was estimated at 520.

Demonstrations Given - State-wide Coverage

Thirteen training schools (13) for home demonstrations agents (10 for White agents and 3 for Negro agents) were held. At these schools exhibits of canning and drying equipment and supplies were shown. Also standard packs of canned and dried fruits and vegetables.

Demonstrations were given in canning, drying, brining, and freezing. Agents were urged to ask farm families to make adjustments to meet the situation for a possible shortage of pressure canners and other canning equipment. Other methods were recommended for certain food stuffs. The recommendations follow:

1. Extend the period when leafy and other hardy vegetables are available fresh, by good garden management and protection from frosts.
2. Store as large an amount of potatoes, sweet potatoes, other root vegetables, cabbage, celery, pumpkins, squash, apples, winter pears, and other fresh products as the family can use.
3. Dry corn, mature or partly mature beans and peas, and numerous fruits where conditions permit. Home-made dryers of several types extend the list of products that can be dried.
4. Make kraut of cabbage, also of purple-topped fall turnips, and string beans. Brine green tomatoes and cucumbers for later use in pickling, if containers are scarce.
5. Use frozen-food lockers where available and conditions warrant. Non-acid vegetables like asparagus, corn, young lima beans, broccoli, peas, spinach; berries and peaches; also meats and poultry freeze especially well.

6. Reduce proportion of preserves and jellies in favor of fruits canned in light syrup, "pie fruits," fruit juices, and dried fruit, especially if the sugar shortage continues.
7. Check storage facilities, ventilation, temperature, and shelving for canned foods.
8. Provide storage facilities for fresh fruits, vegetables, cured meats, and other products. This includes home cellars, aboveground and underground storage structures, also mounds and trenches.

Pressure Canners

There are 10,744 pressure canners available for canning meats and non-acid vegetables owned by Home Demonstration Club women and by Home Demonstration Clubs.

Food Preservation Leaders

See page 11 of Mrs. Cornelia C. Morris' report for 1942.

Commercial Home Economist

Home economists in commercial field rendered valuable aid in extending food conservation work by giving extra demonstrations in canning fruits and vegetables and meats, care of equipment, and baking for market.

Marketing

There were 55 farm women's curb markets in North Carolina in 1942 and 1,861 producers sold \$570,643.87 worth of products. Other sales to merchants, hotels, institutions and individuals totaled \$629,012.79 - a gross total of \$1,199,659.66. From handicraft (54 counties reporting) sales amounted to \$18,530.00 worth of handicraft articles.

Progress of Markets Over 9 Year Period

<u>Year</u>	<u>No. of Markets</u>	<u>No. of Producers Selling</u>	<u>Total Sales</u>
1934	28	1316	\$ 176,237.96
1935	34	1265	237,933.51
1936	36	1433	262,841.99
1937	40	1562	337,681.03
1938	42	1697	309,149.99
1939	44	1506	377,947.53
1940	48	2045	401,108.19
1941	50	2334	458,101.92
1942	55	1861	570,643.87

Curb Market Organization and Procedure

See page 4 of Mrs. Cornelia C. Morris' report for 1942.

Rules and Regulations

See page 6 of Mrs. Cornelia C. Morris' report for 1942.

A Good Market Story

Told by Mrs. Jodie Shipp, page 7, Mrs. Morris' report for 1942.

Handicrafts

A detailed report on handicrafts will be found on pages 7 and 8 of Mrs. Morris' report for 1942.

Major Projects

HOME MANAGEMENT AND HOUSE FURNISHINGS

There are two specialists in Home Management and House Furnishings, Pauline E. Gordon who is in charge and her assistant, Elizabeth Williams. Miss Williams came to the State staff in February 1942.

Adjustments Made in Home Management and House
Furnishings Work Resulting from War Emergency

The two specialists in this program, as always, contributed greatly to the planning of the 1942 program of work. Five of the 12 correlated home demonstration work programs were in this field. I will list the subjects and if the readers of this report wish to know more about the results and the way subject matter was handled, information, and reaction from the women, refer to the following pages in Pauline Gordon's narrative report for 1942.

1. Plan Your Time For Victory - page 17.

Number families assisted this year with time
management problems..... 21,624

2. Keep Your House A Place To Live - page 20

3. Conservation of Money - page 33.

Number families assisted this year with
financial planning..... 6,614

4. Home Care of the Sick - page 37.

5. Future Security Through Conservation of
Household Equipment - page 40

Number families assisted this year..... 288

In addition to the above programs that were carried by these specialists they cooperated with the Foods and Nutrition Specialists in preparing material for home agents and neighborhood leaders on "Controlling the Cost of Living"; also, assistance was given with preparing information for N. C. farmers on Federal and State Income Tax Returns.

Major Activities and Accomplishments in
Home Management and House Furnishings

Home Accounts: "With prices rising and taxes increasing, our farm homemakers have felt the necessity for a systematic study of spending the family income;" says Pauline Gordon and she continues, "we have given the home agents in the counties where Home Accounts are being kept help by meeting with local leaders and interested homemakers. Home account keeping is becoming more popular each year."

One may wish to see the reaction of some of our best agents regarding the Home Account Keeping program. See pages 8-10 of Pauline Gordon's 1942 annual narrative report.

Number families assisted this year with Home Accounts.....6,456

Cotton Comforter Program

Number comforters made to date..... 96,444

This program started in 1941 carried over in 1942. Miss Gordon was in charge of all educational work and assisted many agents in developing procedure whereby the leaders could assist home agents in getting comforters made - page 14 of Miss Gordon's report gives details.

Negro Work

In December 1942, the specialist and assistant specialist held conferences with every Negro Home Agent and assisted ~~and assisted~~ her in organizing and preparing the demonstration for January meeting, "The Farm Family Outlook."

The Negro Subject Matter Specialists and White Specialists in Home Management and House Furnishings work closely on all subject matter material. If necessary adjustments had to be made in material, the specialists/^{did}~~do~~ this work together - page 45 of Miss Gordon's report gives further information on the Negro work.

Assistance Specialist Gave to Agents in Home
Management and House Furnishings

See pages 57 - 62 of Pauline Gordon's 1942 annual narrative
report for information on:

1. Agents' Training Schools
2. Outlook Conferences
3. Demonstration Kits
4. Assistance to Local Leaders
5. Neighborhood Leaders

Cooperation with Other Groups and Agencies - pages 64-67

1. Federal Land Bank
2. Farm Security Administration
3. Red Cross
4. Office of Price Administration
5. Civilian Defense
6. Vocational Education
7. Tennessee Valley Authority

PLAN Your Time for ...



QUIZ YOURSELF

1 YOURSELF Are you tired, nervous and confused?

2 YOUR FAMILY Does your family share the work and responsibility in your home?

3 YOUR JOB Is your job never done?

4 YOUR TOOLS Do your tools do the job?

5 YOUR CLOTHING Is your clothing suitable and comfortable?

Plan Your Time for Victory

By PAULINE E. GORDON

Specialist in Home Management and House Furnishings

ELIZABETH WILLIAMS

Asst. Specialist in Home Management and House Furnishings

Every loyal homemaker in America is now asking, "What can I do for my country?" You are eager to mobilize your home, your family, your tools, your job and your time to help win victory and peace for our country.

The homemaker has more jobs to do in time of war—grow and conserve more food, take better care of equipment, guard the health of the family, maintain family morale, and give time to war activities. These and many other duties she must do with less help. The wise use of time in doing these everyday duties will contribute to our national victory and world peace. Reorganizing the homemaker's and her family's time is one of the problems in many homes.

The task of making these adjustments in the family rests upon the shoulders of the homemaker. One of the things which will help your country and your family most is for you to use your time wisely.

1 Yourself

With the many demands made on the homemaker's time both inside and outside the home, there is a tendency for you to become confused and tear from one thing to another. Days are short and there is much work to be done. Stress and strain can impair your health. It is this lack of organization which wears you down.

A well planned day runs smoothly. It is important that your time be organized so that you will not be left at the end of the day with that exhausted, nervous feeling. An exhausted homemaker is not able to give the best either physically or mentally to her family.

In order to protect yourself and use your time to the best advantage:

- a. Decide on the activities in your home that will mean the most to your family. Avoid unnecessary tasks.
- b. Organize your work.
- c. Rest and sleep so that your health will be good.
- d. Plan recreation for yourself and your family.

QUIZ YOURSELF

1. Do you feel as if your work is never done?
2. Do you take a rest in mid-morning?
3. Are you nervous and exhausted at the end of a day?

2 Your Family

The homemaker who never seems to get things done—who is alway huffing and puffing—is the homemaker who has not organized her household activities and shared them with her family. The members of your family can help to save your time and energy by assisting with many household tasks.

It is unfair for the homemaker to do more than her share of the work in the home. The family, as a group, should be responsible for performing some of the daily household tasks. They should also have a part in planning the division of work and should clearly understand that their work is worth while.

Early training received by sharing work in the home develops resourcefulness, personality and character. Working together promotes family cooperation and teaches young members of the family correct ways of doing many tasks. It is a poor theory that it is more work to teach a child to do a thing than to do it yourself.

Take a pencil and paper and list all the things you did yesterday. Place a check mark by those that could have been done by some other member of your family.

QUIZ YOURSELF

1. Do you share the responsibility of the home with members of your family?

2. If members of your family help with the work, do they also help decide who shall do what?
3. Does each member of your family hang up his or her clothing?

3 Your Job

Every homemaker has some kind of plan for carrying on the day's work. However, few have taken time to write down the jobs and make a plan for distributing them through each week and month—heavy and light tasks should be alternated with each other. Time used in planning your household work is well spent. More time spent in planning your work will release time formerly spent in doing the job. You will not be able to make a perfect plan for your household tasks at once, but it will grow out of experience and practice.

In making a work plan for your home list all household tasks under the heading of work to be done daily, weekly, monthly, semi-annually and annually. The next thing for you to do is to decide (1) Why is it to be done? (2) Who is going to do it? (3) Where is it to be done? (4) When is it to be done? (5) How is it to be done?

You should give special attention to reducing time and energy required for the various household tasks. What activity do you dislike most? By careful planning no doubt you could make this job so simple and easy that you would no longer find it disagreeable.

Another time saver is a notebook and pencil conveniently placed so that you can jot down things to be done and things to be bought. A written list will save many a step, while a mental list will cause many a step.

QUIZ YOURSELF

1. With the increase of work caused by the war, what tasks have you reorganized or eliminated?
2. Do you plan two days of heavy work together?
3. Does a written plan or list do the remembering for you?

4 Your Tools

Correct tools in good condition make the job easier—they save time and energy. Often the reason that housework becomes drudgery is because of the lack of proper tools or equipment, or because they are in poor condition.

More attention to the arrangement of household tools and equipment will save many steps. Proper height of working surfaces for the homemaker will avoid poor posture, fatigue and ill health.

QUIZ YOURSELF

1. Do you have proper tools for cleaning the house?
2. Do your scissors cut?
3. Do you walk from one corner of the kitchen to the other?
4. Are your working surfaces the correct height?

5 Your Clothing

Proper work clothing affects the health of the worker and the ease with which household work can be done. Correctly fitted garments of simple design, washable materials and sturdy construction are comfortable and will conserve the time and energy of the homemaker. Ill fitting clothing causes poor posture and fatigue. Suitable patterns of work clothes for women have been designed by the Bureau of Home Economics.

Two important items of work clothing are foundation garments and correctly fitted shoes with low or medium height heels.

QUIZ YOURSELF

1. Are your shoes comfortable? Heels run over?
2. Are your work clothes well fitted and comfortable?
3. Is your work clothing easily laundered?

A WELL PLANNED HOUSEHOLD TASK

Time, energy, and health of the family can be conserved by well planned work centers, good tools and correct methods. As an illustration study dishwashing, a daily household task.

Dishwashing center: Correct height sink (or dish pans) with work surface on each side, water supply, towel rack, garbage pail, and storage space for clean dishes. A high stool is desirable.

Tools: 2 dish pans, drainer, tray or pan to set drainer in, large tray or wheel tray, tea kettle, dish cloths, mop, towels, steel wool or metal dish cloth, brushes, dish scraper or paper, soap, and boiling water.

Method: Remove all food particles from dishes with food scraper or soft paper. Stack like dishes together. Carry to dish washing center using tray or wheel tray. Place dishes at right of dish pans. Wash in the following order: glassware, silver, cups and saucers, plates, serving dishes, pots and pans. After washing, place in rinsing pan. Pour boiling water over them. Place in drainer. Dry glassware and silver. It is not necessary to dry china—moisture will evaporate rapidly. Dry carefully all pots and pans. Put dishes, pots and pans, in a convenient well arranged storage space.

Wash brushes, mop, cloths and dish towels in soapy water. Rinse in clear water. Hang in a light airy place. Wash sink thoroughly. Flush the drain with hot water.

Note: Rinse dishes and utensils containing milk, eggs and starch in cold water before washing.

Sugar or grease requires hot water.

Dish towels should be washed each time they are used. They should be boiled and hung in the sunshine at frequent intervals.

HOME ASSIGNMENT

1. List the activities that are to be done in the home. Let the members of the family decide who shall do what. Then carry out these plans.

2. Reorganize a household task to save time, energy, and health. Check the time and number of steps required in doing the task the old way, and then by the new method.
3. Plan your day's work so that you will take a ten minute rest period in the mid-morning. Report on this at your next club meeting.

NORTH CAROLINA STATE COLLEGE OF AGRICULTURE AND ENGINEERING
OF THE
UNIVERSITY OF NORTH CAROLINA

AND
U. S. DEPARTMENT OF AGRICULTURE, CO-OPERATING
N. C. AGRICULTURAL EXTENSION SERVICE

I. O. SCHAU, DIRECTOR
STATE COLLEGE STATION
RALEIGH

HOME DEMONSTRATION IN WAR WORK

Number home demonstration club women who are members of Red Cross...12,881

Number garments made by home demonstration club women for
Red Cross - cotton, wool, and knit.....45,680

Cash donations made to Red Cross by clubs and individuals.....\$.4,243.12

Number home demonstration club women and Service Club
members trained in:

Red Cross First Aid.....5,266

" " Home Nursing.....2,871

" " Nutrition.....2,918

" " Canteen..... 744

Red Cross Canteen Course

The State Staff of Home Demonstration workers had a two days Refresher Canteen Course given to them by Miss Naomi Shank, Home Economist with the Virginia Electric Power Company. This work was carried at a one-day training school to every home demonstration agent in the State by the District Agents and Specialists. The agents were then certified to teach the Canteen Course to home demonstration club women and others interested in this phase of emergency work.

Home Demonstration Women and 4-H Club Girls'
Report of War Work - Northeastern District

This is a more or less typical report from a district, necessarily condensed. It shows the work is broad in scope, includes all phases of war work among adults and 4-H club members, and work with non-club families.

Alamance County: When plans for Victory Rally Days were made in Alamance County, it was hoped that not only club women and girls would be reached, but non-club people as well. Invitations were extended through personal letters, news stories, a radio program, conversations, public meetings,

and telephone calls by club members to every woman and girl of club age (even though many came below club age!) to enjoy with the club members a day of study and play. Most of the Rally Days were held in the school cafeteria or club house.

How did they come? Realizing that this was a program on conservation of the many things we now have on hand, various ways of traveling to and from the meetings were demonstrated. Mrs. Stanley Craddock, a club member from Woodlawn Club, pushed a baby carriage over a mile, bringing with her three children and a packed picnic lunch. Rain and mud were only a minor consideration for many of the women who had to travel over slick roads to get to the place of meeting. Some walked to the school house pulling a toy wagon behind them which contained their lunch for the day, anything they had to put on exhibit, and even in one case an eighteen months old baby. Pick-up trucks were found to be very useful and one woman changed a tire and was only a few minutes late for her meeting.

Demonstrations for Rally Days: For all of the meetings, demonstrations were planned on canning and drying of fruits and vegetables. The club women also were given an opportunity to ask for other demonstrations which they would like to have presented. When the communities requested it, meat was canned. The club women furnished the products to be canned. Both steam pressure and hot water bath were used. Special emphasis was placed on the care and use of the steam pressure canner since there is a shortage of this piece of equipment. Club women also were responsible for demonstrations at their club meetings. The demonstration which was requested more than any other was one on homemade soap from meat scraps and lye.

At several of the Rally Day meetings in Alamance County the girls enjoyed a buttonhole contest. Each one was asked to work a buttonhole and

then judges were picked to determine the best buttonhole made.

Exhibits on Home Nursing: One of the most interesting exhibits was assembled by the Stoney Creek-Union Ridge home demonstration club. The club members had completed a course in home nursing and their exhibit consisted of the equipment that was homemade for home nursing and care of babies while taking the course. Medicine cabinets, trays, door silencer, back rests, bassinets, etc. were attractively arranged about the room. The money spent in the entire exhibit amounted to the huge sum of seventy-seven cents.

Home Recreation for Morale: Home recreation was the topic of a discussion led by Mrs. W. H. Garrison, County Council president, at the joint meeting of the Stoney Creek-Union Ridge and Pleasant Grove home demonstration clubs. Mrs. Garrison set a very fine example for family cooperation in planning recreation during the present emergency. She said, "This certainly sounds as if the Victory Rally Days are going to meet the goal which we set up. It is encouraging to think that home demonstration club women are giving the benefit of their knowledge and experience to their neighbors, in an effort to do their part in this job of the National Defense.

"To me these Rally Days are helping to meet another need - the need for morale building. The ability to grow, can, cook and serve more nutritious food is not the only problem that confronts the homemaker, and particularly the farm mother at this time. The best physical conditions are not without an equally healthy mental attitude. Our excellent motto of 'Make America Strong by Making Americans Stronger' should not stop with nutrition and health, but should go deeper and also mean 'Build a Happy Nation by making happier individuals!

"It is true that none of us feel any lighthearted gaiety in time of crisis, but we must strive to take advantage of every opportunity to improve

our outlook on life. These Rally Days are providing a basis for closer co-operation of the women of Alamance County in every phase of the War Effort. At the same time, we have a pleasant day of social contact, recreation, and relief from tension. It will be hard for us to do much visiting among any but our closest neighbors, while trips and vacations will be further and further apart. So such a community gathering gives an ideal opportunity for both women and girls to combine business with pleasure.

"For sometime to come the home and family circle will be the 'Hub of the Universe.' I am sure that our women and girls will find in some phase of the Rally Day program ideas for making the home a new center of recreation, rest, and responsibility. Closer cooperation between all age groups within the family will be needed to provide adequate diversion suited to the needs of all, without seeking such fun in parties, movies, and the futile tearing up and down the highways in which we have indulged for the past few years. Games, crafts, needlework, flower gardening, music appreciation, better reading habits both in books and magazines, participation in recreation of small groups, building of outdoor living rooms and fireplaces, and other facilities for enjoying life at home will give all of us new experience in making the most of what we have at hand."

Achievement Stories: During the month of June many very interesting achievement stories were given by various club members at the Rally Day program.

Mrs. A. N. Dodson, president of the Hebron Club, because of the shortage of farm labor offered her services when needed on their farm. It so happened that she was called upon to help rake hay on the same day she had a surplus of green beans to be canned, but she didn't seem to mind that. She prepared her beans to be canned, put them in the steam pressure canner and left them on the stove. Her mother remained at the house to watch the canning and it was decided

that when time came for the steam pressure to be removed from the stove instead of the mother trying to lift the pressure canner, she was to hang a towel on the clothes line and Mrs. Dodson would leave her job in the hay field long enough to go to the house and remove the beans from the fire. The plan worked--as a result the hay was harvested and the beans canned. And, thinking of farm shortages, one woman reported that she had run a tractor all day preceding the Victory Rally Day which was held in her community. When asked how she succeeded she replied, "It was rough riding but I did as much as anyone else."

Social: An important event of the Victory Rally Days was lunch. This was served picnic style and there was plenty of fried chicken, ham, and sandwiches. Everyone noticed the shortages of cakes and pies but not a complaint was heard. In most cases, iced water was the beverage used.

Conclusion: Attendance for the Rally Days in Alamance County was very good. Eight (8) meetings were held with a total of 280 present. It is felt that if the information and suggestions given at the meetings will be passed to others that were unable to attend, much will be done toward bringing Victory to our country. The agents received splendid cooperation from all the leaders, visitors, and other agencies who attended. The club members are continuing their Victory Drive with Red Cross sewing.

Caswell County: Canning leaders in 12 Caswell County home demonstration clubs have taken the responsibility for giving canning demonstrations for both white and negro families in their neighborhoods in order that all families not enrolled in the home demonstration program may be taught to conserve surplus food from their gardens.

Every club member collected scrap rubber from her premises and encouraged her neighbors to collect scrap.

All club members have pledged to buy stamps and bonds and one club bought ten dollars (\$10.00) worth of stamps for the club.

Two hundred (200) club members are enrolled in the Red Cross and 50 cotton garments and 50 woolen garments have been made for the Red Cross.

One club finished the Red Cross First Aid course.

Durham County: Ten (10) home demonstration clubs contributed 10 bushels of surplus food and 50 jars of canned food to supplement the surplus commodity products being canned for the school lunch rooms of Durham County. Four days of time was spent by the club leaders in collecting this produce.

Both home demonstration club members and 4-H club members took part in the drive to convey information to all farm families concerning the price control -- salvage rubber and metal drives.

Three home demonstration club members and three service club members took the Red Cross First Aid course.

The Youth Clubs of Hebron and Mill Grove have in their plan of work the adoption of a soldier with no family ties to supply with tobacco, books, and things to add to his comfort.

The home demonstration club leaders and the home demonstration agent gave information to 105 non-club families on canning, nutrition, health, and home management. These people were reached through home visits. The county-wide farm and home contest, telephone and office calls, personal letters, and neighborhood meetings have also been a means of reaching these people.

The neighborhood leaders report that they contacted 92.5% of all farm families on the program for keeping down the cost of living.

Franklin County: The Centerville Club in Franklin County has equipped a loan kit of sick room supplies to be loaned in the community in case of illness. A small fee will be charged to take care of repairs and replacement.

In Justice community the home demonstration club women are cooperating with a Sunday School class in purchasing and making a kit to loan to sick in the community.

The Gold Sand home demonstration club donated \$10.00 from their club treasury to provide funds for the supplies they needed to buy to equip a sick room loan kit.

Club members have worked with neighborhood leaders in the rubber scrap drive. The 4-H club boys of the Gold Sand community were largely responsible for the collection of 4,400 pounds of scrap rubber in that community alone.

Forsyth County: We arranged hours for volunteers to ration canning sugar for club members in all clubs. This was such a success and there were so many requests by non-club families that arrangements were made to open the school buildings and the club women who had rationed for members in their homes volunteered to supervise this. With the help of other members, a few outsiders, and 4-H club members this has just been done.

Cooperation with City Garden Council: The City Garden Council in connection with the Office of Civilian Defense is planning to have representatives of the Council at the Defense Center certain hours each day to give out information on gardening and canning. They have requested bulletins from this office. The agent plans to give this group a series of canning demonstrations so the attendants may give out correct information. This was planned to take care of a number of city women and relieve this office of some of its calls.

Orange County - Neighborhood Leaders: The home demonstration agent spent 2 days in June assisting in a survey of farm homes to determine how effective a job the neighborhood leaders had done in influencing their neighbors to do a specific job. The planting of soybeans being the specific task the neighbor-

hood leaders worked on in May, the tabulation of results show that 86% of all farm families had actually been influenced to plant the beans. Ninety-six per cent of all farm families had been contacted by the leaders.

Lunch Rooms: Four Orange County clubs are growing gardens and canning for school lunch rooms. Other clubs are assisting in obtaining lunch room equipment.

War Work: Club members are serving as air raid aides. They also help in entertaining Naval Cadets at the Recreation Center. Other clubs make kits for the boys going away to camp.

Surry County: The Copeland 4-H Club assumed responsibility for growing and canning food for the county lunch room program. Club members and their parents have assisted in growing the vegetables in spaces donated in many neighborhoods. The cannery is now in operation and 4-H club members and their friends give of their time in canning the food. The W. P. A. furnishes a full time supervisor at the cannery.

During the past month the home demonstration agent reached 105 non-club families and club members reached 840 other families with information on canning. Home care of the sick, nutrition, home management and controlling the cost of living information also was given to non-club members.

Vance County: 4-H club members in Vance County helped in rubber scrap collections and took part in the Fourth of July Victory Parade in Henderson. There was a large 4-H Club banner at the head of the parade and a 4-H club arm band for each club member. Club members represented the growing and the conservation of food for Victory. They carried garden tools and fresh and canned fruits and vegetables.

Wake County: One of the members, Mrs. R. A. Lewis of White Oak Club, has taught Red Cross Home Nursing to 56 women and 30 girls and is conducting

a fifth class now for Negroes of the community. As a result, her own club has begun a community loan chest of equipment, most of which they made themselves.

Mrs. J. R. Wiggins of the Wake Forest Club also has conducted several Home Nursing classes and gave a beautiful demonstration in her own club on home care of the sick.

Women in other clubs have helped too with work at the Raleigh Filter Center and Observation Posts. Mrs. Gatlin of the Knightdale club took entire charge of the Observation Posts there and served coffee to the watchers.

Right after the high school commencements, Mrs. McInnes, the Wake County Home Agent, gave a four-hour Refresher Course in Red Cross Canteen work to all the Wake County home economists and helped them get certified for teaching Red Cross courses in their own communities in the county. Several nutrition courses were taught before the teachers went on summer leave. The work will be continued when they return in the fall.

Defense Work by Home Demonstration
Clubs in Northeastern District

Red Cross:

Number members of Red Cross - H.D. Club women.....	1,534
Number cotton garments made for Red Cross.....	4,854
Number wool garments made for Red Cross.....	1,098
Cash donations by clubs.....	\$290.90
Cash donations by individual club members.....	\$817.50
Number Home Demonstration women trained in First Aid through Red Cross.....	360
Number Service Club members trained in First Aid through Red Cross.....	6
Number Home Demonstration Club members trained in Home Nursing through Red Cross.....	190
Number Home Demonstration club members trained as Nurses Aide.....	2

Hertford County reports: "The greatest contribution that the Home Agent and Home Demonstration Club members have been able to make has been the making

of garments and articles for the Red Cross. Since January 1, 1942, our women have donated the materials and made over 1,000 articles for Army Hospitals. These articles consisted of the following: wool lap robes and cushions with covers for wheel chair patients, fracture pillows and covers, hot water bottle covers, bed pan covers, ditty bags and bedside bags. In addition, they have finished making from materials furnished by the Red Cross over 1,200 garments contained in an order last September. The above named amount has been shipped and in addition there is in the Red Cross Center quite a number of garments and articles ready for labeling, packing, and shipping."

Agricultural Councils - (Agricultural Councils are organized in every county in the State)

The Agricultural Workers' Councils in the Northeastern District as a rule meet monthly to discuss problems and plan programs. They have sponsored the various government programs such as taking the lead in collecting scrap materials, encouraging Victory Gardens, conducting drives for the sale of Stamps and Bonds, carrying the Controlling the Cost of Living program to the people of the county, promoting calf projects for 4-H boys and girls, assisted in putting across the President's 7-point program. Some of the councils have held one open meeting to which were invited bankers, the school superintendent, county commissioners, community leaders and others. In the business session of the Pasquotank Agricultural Workers' Council, plans were made to again have a meeting of the community leaders, each agricultural worker being responsible for his quota. These leaders in turn were to contact their neighbors to present the plan to them and secure their cooperation in carrying out the President's Plan.

Northampton County reports: "The County Agricultural Council held a meeting on June 2 at which time the anti-inflation program was discussed and a plan worked out whereby it could be carried to the individual families in the

county. Following the county meeting, a meeting was held in each community with one member of the County Extension Staff in attendance and the anti-inflation program was discussed with community and neighborhood leaders. Literature was given them, and each was asked to contact the small group of families whom they had consented to work with in their local neighborhood. The reports sent into the office by the leaders show that most of the families were contacted personally and we feel that this work has done much to help the individual family. On these cards the Victory Garden Campaign was checked."

County Nutrition Committees: County Nutrition Committees are organized in every county in the district. They have sponsored Nutrition Classes and have checked on the use of Enriched and Whole Wheat flour and bread. In some counties the home agent has been asked to serve as Chairman of the committee and in all instances to serve on the committee.

School Lunch Program: In the district, 102 clubs have cooperated in this project and the club women have contributed to it 532 bushels of food, 1,755 jars of canned food, and 187 days of work.

Community and Miscellaneous Activities: The home agents in the district have reached 971 non-club members and the women themselves have contacted and carried information and demonstrations to 3,070 non-club members.

The home agent in Hyde County says: "Home demonstration work could not have been organized at any more appropriate time than this year. Everything that has been done in the county for civilian defense has come from the Agricultural Workers' Council and the Home Demonstration Clubs. The home agent has served as the transportation channel for conveying Red Cross materials to the clubs and finished garments back to the county headquarters."

The home agents in Northampton County have worked in every way possible with the County Rationing Board in informing families how to go about securing

sugar for 1942 canning. Application forms were carried to all club meetings and the women aided in filling out the form for their family. A list of key women were appointed in the various communities to keep on hand a supply of application forms and to assist the local people in making sugar applications,"

"As Canteen and Nutrition Chairman of the American Red Cross for the Rocky Mount-Nash County Chapter," says Mrs. Effie V. Gordon, home agent, "I have secured all instructors and held organization meetings when classes were formed. I have taught one modified Canteen Class for the rural people. I have assisted with the Rocky Mount Canteen Class and with two nutrition classes.

"All members of the Canteen Class have their uniforms and have received certificates and OCD arm bands.

"In addition to the above," continues Mrs. Gordon, "I am County Chairman of Volunteer Service and County Coordinator of all women's work. Recently all Civilian Defense work has been placed under the direct supervision of the Home and County Agents as coordinators. This was done by the County Commissioners.

"In all defense work the assistant home agent, Katie Niblock, has played an important part. As instructor she has taught two nutrition classes, completed one nutrition class started by the home economics teacher and taught the Canteen Course to 42 Rocky Mount women. In addition to this she has assisted with all drives, all organizations and meetings, sharing an equal responsibility with the home agent."

Miss Rebecca Colwell, home agent in Chowan County says: "The club women and others have been anxious to help with Red Cross and Civilian Defense work and don't refuse to do anything they can. They don't often say, 'I'm too busy, can't you get someone else to do it?' because they realize that this is something they can do to help in addition to their regular work.

"The home agent and club women have cooperated with Red Cross, Civilian

Defense, War Board, and Rationing Board. At the request of the Rationing Board the home agent asked 24 club women and five others to help with the Canning Sugar registration. They were divided into six groups and each served one-half day or more. They took 650 applications saving both time and travel for the applicants. The same group of women also helped in the same way with the gasoline registration.

"The home agent is a member of the County Civilian Defense Council, Co-Chairman of the Women's Division of the County Salvage Committee, and County Chairman of the following Red Cross committees: Disaster, Foods, Shelter and Clothing. As County Red Cross Foods Chairman, the home agent has appointed a Foods Committee in Edenton and a chairman in each community in the county. The local committee also has appointed women in every section of town to serve with them."

COMMUNITY RECREATION

Number of families assisted this year in improving home recreation.....21,592

Number of communities assisted this year in improving community
recreational facilities..... 1,048

Number of communities assisted this year in providing
library facilities..... 538

Number of community groups assisted this year with organizational
problems, programs of activities, or meeting programs..... 1,380

Recreation is a state-wide project. It is carried on in every organized county through home demonstration club meetings, community meetings, Achievement Day programs, etc.

Men, too, are interested in recreation and look forward to recreation leaders' schools, annual Husbands' Nights or Family Frolics from one meeting to another.

Some real lasting friendships have developed through our recreation programs. Not only that but it is developing individuals and making leaders of them. In one sense it is helping some of our rural men and women to find themselves.

The program this year has tended to lift the morale and spirits of our people during the present world crisis when they are living under a tension.

Iredell County: It is customary to honor the husbands and families of Iredell home demonstration club members during the month of August. The Midway Club started off the series of Family Nights on Monday, August 3, with more than the usual enthusiasm but a smaller crowd. The group gathered around the picnic table in front of a lovely pond on Mr. Clary King's farm. After the supper, games were enjoyed on the smooth turf of the green pastures until dark. Then the group moved into the recreation hall and sang songs

until late in the night. "This singing together," reported Mrs. Anne T. Page, home agent, "seemed to replace a strained expression - so common in these days - with a restful and happy expression."

In Sampson County, Taylor's Bridge Club held four recreational meetings this past year with a total attendance of 375. Mrs. George Rackley, president and recreational leader of the club, says: "Recreation has helped to build a spirit of loyalty and cooperation in our community by bringing together our people where we've learned to play more and have encouraged others to do so. Singing together has created a friendship in our club and community of which we are proud, for the more we sing together the more we work together. Our people always come hale and hearty when they expect a club party."

Home Recreation for Morale - see pages 33-34 of this report.

PUBLICITY

Broadcasting Weekly

Over Radio Station WRAL, Raleigh, the Home Demonstration Department has broadcast weekly on a 15 to 30 minutes program. This has afforded an excellent opportunity to reach the public with information on what home demonstration work is and what it is doing for the farm family.

The State Home Demonstration Staff of specialists and district agents have taken part in these broadcasts. Scripts were written in narrative, dialogue, and question and answer form. Early in the year a planned radio schedule was given to each person assigned for a program. By distributing this schedule well in advance, everyone had the opportunity of knowing what subjects were to be discussed each Thursday and also it gave ample time to prepare timely information.

Cooperation Given Office of Publications

In connection with the Office of Publications, the Home Demonstration specialists, district agents, and state agent each wrote a definite number of articles telling of the results of the home demonstration program. These articles were published in the daily and weekly newspapers of the State. A schedule similar to that made out for the radio broadcasts was sent staff members at the beginning of the year giving a specific date on which article was due.

A monthly column on Home Demonstration Work in North Carolina continued in one of the leading farm magazines of the South. This was written by the State Home Demonstration Agent about the work of the club women and 4-H girls, staff members and home agents, notices of interest to farm people, synopsis of programs, new and timely recipes, and often something of an inspirational nature.

Other farm magazines from time to time asked for and received articles from various staff members telling of home demonstration work in North Carolina. Requests came frequently to the members of the Home Demonstration staff for articles from magazines and special editions of papers in the State.

COMMUNITY CLUB HOUSES

Home demonstration club work had its beginning in the homes of club members and the majority of the 1,660 organized clubs continue to hold their regular monthly meetings in the home. There is much to be said of the advantages of meeting in the home; the home agent gets into more homes, she can better understand the problems of the homemaker, and she can check standards, results and accomplishments of the various programs and demonstrations she has given.

A big problem has been the growing club membership and this has been partly solved by community club houses. They have solved the problem of a meeting place for 4-H club members, Granges, and other groups of people in a community. The club house is usually the community center.

Home demonstration agents all over the State send interesting reports of the community activities that have centered around the building of club houses as well as reports of how community pride has developed, how community cooperation has been secured through the interest that has come out of building and having a community center.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF NORTH CAROLINA
STATE COLLEGE STATION, RALEIGH, N. C.

November 2, 1942

My dear County Workers:

This is to thank you for your courtesy in securing information for me regarding the meeting places of Home Demonstration Club members.

Questionnaires were answered by 100 percent of you and I am enclosing a copy of the results for your information.

Again thanking you, I am

Sincerely,

Jane S. McKimmon
Assistant Director

REPORT OF NUMBER MEETING PLACES FOR HOME DEMONSTRATION CLUBS

County	Total number club houses	New	Old	Agri. Bldg.	No. meet- ings in club home rooms		Total number H. D. clubs	Total No. 4-H girls' clubs
✓ Alamance	3	1	1	1	1	14	14	13
Alexander	2	1	1		2	14	16	5
Alleghany	2	1	1		2	11	13	3
Anson	3	3			3	11	14	14
Ashe	0					15	15	11
Avery	0					12	12	10
Beaufort	6	2	4	1		9	14	14
Bertie	4		4	1	6	6	16	10
Bladen	2	1	1	1	5	10	16	7
Brunswick	1	1		1		16	17	8
Buncombe	0				1	13	14	10
Burke	0					16	16	7
Cabarrus	2	2		1		12	14	8
Caldwell				1	1	13	14	18
✓ Camden	3	1			2	6	11	6
Carteret	2	1	1			15	17	7
Caswell	0			1		7	12	13
Catawba	2	1	1	1	9	7	18	10
Chatham	4	1	3	1		12	16	8
Cherokee	0					15	15	6
Chowan	1	1				9	10	8
Clay	3	3			3	12	18	7
Cleveland	3	2	1	1	6	11	19	11
Columbus	0							
Craven	6	2	4		3	4	17	11
Cumberland	3		3	1	11	3	17	19
Currituck	2	1	1		1	11	14	8
Dare	0	0	0	0	0	10	11	10
Davidson	0			1	4	14	18	11
Davie	6		6		1	4	11	7
Duplin	7	2	5	1	2	11	20	14
Durham	5	5				12	21	16
Edgecombe	3	3		1	3	8	14	13
Forsyth	0	0	0	0	7	14	21	14
Franklin	2	2		1	1	16	19	13
Gaston	4	2	2		3	12	19	13
Gates	2	1	1	1	2	10	14	7
Graham	0							
Granville	1		1	1	3	7	11	11
Guilford	4	3	1	1	7	8	20	15
Halifax	5	1	4	1	3	6	15	20
Harnett	2	0	2	1	0	15	17	17
Haywood	0	0	0	0	0	0	19	7
Henderson	0					10	10	11
Hertford	7	3	4		4	7	18	9
Hoke	10	8	2	1		1	10	6
Hyde	6	2	4	1		4	10	2
Iredell	3	2	1		3	14	20	16
Jackson	0					18	18	14

LIBRARIES

Again through the cooperation of the State Library Commission and its Secretary and Director, Miss Marjorie Beal, we had an up-to-date recommended reading list for home demonstration-club women and offered the Book Review certificate to encourage more reading of good books and magazines by the farm family. A copy of the list was sent to every home demonstration agent, public librarian, and to those individuals requesting it. To be eligible for a certificate, a woman must have read three of the recommended books and have given a review of them at club meeting.

In 1938, the first year the award was offered, 61 women received the certificate and in 1942 certificates were presented to 557 club women. In some counties they were given to many, 60 to 70 women.

Bookmobiles have stimulated interest in reading, too. There are 33 bookmobiles in use and 76 counties have libraries.

Women Enjoy Book Reviews

"Person County women enjoy reading books and get a thrill out of discussing them at club meeting," reports the home agent. "Five members of the Allensville Club and two members each from Olive Hill, Warrens Grove, Mt. Tirzah, and Bethel Hill had reports for April. These were given during the social program and usually ended with general participation in it by everyone asking questions.

"Miss Crafton, County Librarian, attended Olive Hill and Warrens Grove meetings. She discussed the library service and gave brief reviews of several new books. She stated that the library has been growing rapidly in order to be prepared to help provide recreation for people connected with Camp Butner.

" Club members have cooperated with the Victory Book Campaign both by donating books and saving paper to be sold for money to buy new books."

GOOD READING FOR HOME DEMONSTRATION CLUBS

1942

Prepared by Miss Marjorie Beal, Secretary and Director
N. C. Library Commission

THE WORLD TODAY

Berlin Diary	Shirer, William
Come Wind, Come Weather	Du Maurier, Daphne
Dawn Watch in China	Home, Joy
Let No Wave Engulf Us	Altschul, Frank
Mein Kampf	Hitler, Adolf
Mission to the North	Harriman, Florence
My New Order	Hitler, Adolf
My Sister and I	Van Der Heide, Dirk
Problems of Modern Europe	Jackson, John Hampden
Toughen Up, America!	Heisler, Victor G.
Two-Way Passage	Adamic, Louis
A Thousand Shall Fall	Habe, Hans
The White Cliffs	Miller, Alice Duer
You Can't Do Business With Hitler	Miller, Douglas

PLACES AND PEOPLE

The Forgotten Village	Steinback, John
Home by the River	Rutledge, Archibald
Living Where Jesus Lived	Ross, Emma Jewell
Neighbors to the South	Goetz, Dolia
Reveille in Washington	Leech, Margaret
Salud: A South American Journal	Banning, Margaret Culkin
Tar Heels	Daniels, Jonathan
Williamsburg, Old and New	Hawthorne, Hildegard

ON THE HOME FRONT

And Beat Him When He Sneezes	MacMurray, Claire
Clothes With Character	Craig, Hazel Thompson
Consumers All	Gaer, Joseph
Desk Drawer Anthology	Longworth, Mrs. Alice (Roosevelt)
Feeding Our Old-Fashioned Children	Aldrich, Charles Anderson
For Daughters and Mothers	Parker, Mrs. Valoria (Hopkins)
Garden Clubs and Spades	McKinney, Laurence
Old Patchwork Quilts and the Women Who Made Them	Finley, R. E.
Parties - A Good Time at Your Party	Fisher, Helen Stevens
Personal Problems of Everyday Life	Travis, Lee Edward
Primer of Economics	Chase, Stuart
Sewing for the Home	Picken, Mary Brooks
Weekend Companion	Breen, Mary
Your Child Meets the World Outside	Boettiger, Elizabeth F.
Personality Development	Estelle B. Hunter
(At least two of the 5 books)	
Etiquette	Emily Post
Practical English & Effective Speech	Estelle B. Hunter
(At least 3 of the 15 read and book review on one of them)	

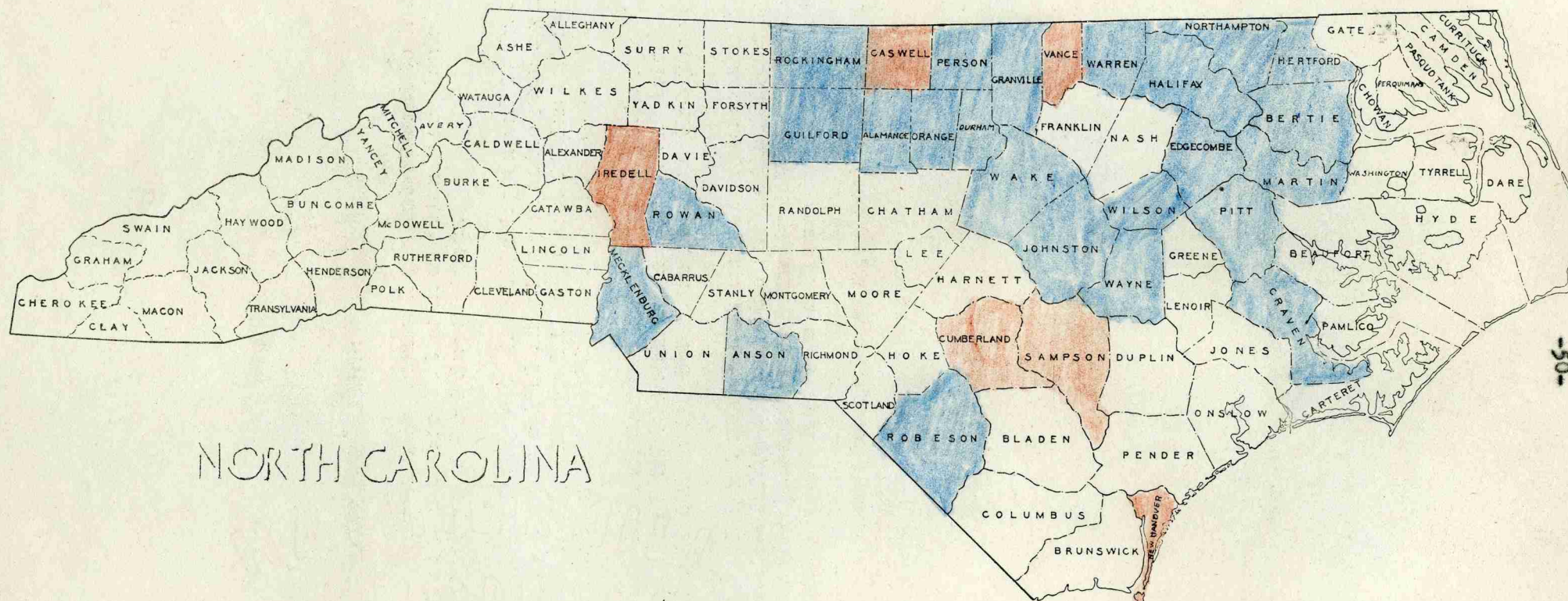
PEOPLE WORTH KNOWING

Big Family	Partridge, Bellany
Country Schoolma'am	Lutes, Mrs. Della (Thompson)
Father and His Town	Barry, Richard Hayes
I'd Live It Over	Cloman, Mrs. Flora (Smith)
Introducing Charles Dickens	Becker, May Lamberton
Miss Sue and the Sheriff	House, Robert
My Theodosia	Seton, Anya (Mrs. Hamilton Chase)
No Life for A Lady	Cleaveland, Agnes Morley

Stories

All That Glitters	Keyes, Frances Parkinson
Book of Caludia	Franken, Rose
The Dem	Ellison, Earl Jerone
Days Are As Grass	Kelly, Wallace McElroy
The Days Grow Cold	Anderson, Barbara Tunnell
The Family	Federova, Nina
The Fighting Littles	Tarkington, Booth
The Good Shepherd	Gunnarsson, Gunnar
Green Centuries	Gordon, Caroline
Keys of The Kingdom	Cronin, A. J.
L. Baxter, Ledicus	Stouman, Knud
Lanterns on the Levee	Percy, William Alexander
Miss Granby's Secret	Farjeon, Eleanor
Mr. and Mrs. Cugat	Rorick, Isabel Scott
Mrs. Appleyard's Year	Kent, Louise Andrews
Mr. Friend Flicka	O'Hara, Mary
Nine Lives	Rosman, Alice Grant
Not Just To Remember	Colver, Alice Ross
New Voyager	Prouty, Olive Higgins
Our Miss Boo	Runbeck, Margaret Lee
Saratoga Trunk	Ferber, Edna
The Snow Goose	Gallico, Paul
Some Lose their Way	Liddon, Eloise
The Storm	Stewart, George
There's One in Every Family	Eisnberg, Frances
These Are My People	Sanborn, Ruth Burr
They Came To A River	McKay, Allis
They Went On Together	Nathan, Robert
Tory Oath	Pridgen, Tim
The Venables	Norris, Kathleen
The Winds of God	Bacheller, Irving
Windswept	Chase, Mary Ellen

NEGRO HOME DEMONSTRATION WORK IN NORTH CAROLINA



Counties having a Negro Home Demonstration Agent



Counties we hope to organize with a Negro Home Agent in 1943

NEGRO HOME DEMONSTRATION WORK IN NORTH CAROLINA

Negro home demonstration club work continues to grow in North Carolina. Each year the work is stronger, in number of people reached and new counties organized. But perhaps the greatest thing has been the gratitude and appreciation shown for what has been done for them.

Progress of Work for Negroes

The Negro month by month program is the same as for white people. Slight changes are made sometimes in subject matter but in most counties the negro home agents give the demonstrations as they have been outlined by the white and negro specialists.

The District Negro Home Agent says that the negro home demonstration club women have done better work this year knowing that they have the same blanket program as white home demonstration club women.

Defense Work

Negro home demonstration women have not only done good club work but they have cooperated and worked hard on the following national defense programs:

1. Victory Gardens

The goal set last year was 1,540 women to have year-round gardens. There were more than 4,000 year-round gardens. There were more than 9,800 regular gardens.

2. Food Conservation, especially the drying of fruits and vegetables, was greatly increased - 316,962 bushels.

3. Bonds and Stamps: They have done what they could. More Stamps than Bonds have been bought.

Neighborhood Leaders

Programs carried:

- | | |
|---------------------|-------------------------|
| 1. Scrap Iron | 5. Peanuts and soybeans |
| 2. Machinery Repair | 6. War Bonds and Stamps |
| 3. Victory Gardens | 7. Red Cross |
| 4. Cost of Living | |

Of the 24 organized counties in Home Demonstration Club Work for Negroes, 23 have completed their neighborhood delineation and maps.

Personnel

Negro District Home Demonstration Agent.....1
Negro Subject Matter Specialist.....1
Negro Home Demonstration Agents.....24

Special help and training were given the Negro Subject Matter Specialist by the staff of White Home Demonstration Specialists.

The Negro District Home Agent and the Negro Subject Matter Specialist attended the regular monthly Joint Staff Conferences and the Home Demonstration Staff Conference that followed.

OUTLOOK FOR 1943

To have 100 counties (100%) counties organized in Home Demonstration Club Work

To have 30 Assistant Home Demonstration Agents

To have 4 new counties organized in Negro Home Demonstration Club Work

To have 1 new Negro District Home Demonstration Agent

Will Reach More People

An effort will be made to organize more home demonstration clubs in the counties ^{where} ~~that~~ the agent's plan does not show complete township coverage. Club members and leaders will make a concerted effort to reach and encourage more women to join a home demonstration club.

Neighborhood Leaders

Subject matter specialists are now making plans to assist agents in training neighborhood leaders for specific work. Our more than 11,000 women neighborhood leaders can and will be the means of reaching more people than ever before. Not only will the neighborhood leaders be better prepared to serve in a greater capacity, but club leaders will assist agents in expanding the work over a larger area. Training will be done through group training schools and by working with individuals.

Food Produced - Food Conserved

More food will be grown in quantity and greater variety for town and country people.

More food will be conserved by town and country people.

There will be improved food storage both in town and country homes.

There will be more families practicing thrift in every sense of the word.

More underprivileged families will be given information on Food, Health, and Nutrition.

Programs Set for All Out War Effort

The 1943 Outlook for Extension workers in North Carolina is set for all-out war effort. Programs have been tuned to National and State Defense programs as they affect Extension Work and the people with whom we work.

Never have we had finer cooperation between State and Field Extension workers. The program is more talked about and thought of as Extension Work - for the whole family not as segregated programs. We are expecting this fine relationship, cooperation and correlation to continue.

Regardless of what programs come that will require adjustment in the program of work, North Carolina Home Demonstration workers and the women and girls with whom we work will be atune with the needs. We are facing a great challenge that I feel confident will be met with pride.

PROGRESS OF NEIGHBORHOOD LEADER PLAN*

A DISCUSSION BY Ruth Current, State Home Demonstration Agent
Agricultural Extension Service,
North Carolina State College.

The objective of the North Carolina Agricultural Extension Service is to reach and influence farm people, giving information and methods regarding farming and homemaking that will make for a more desirable family life. (This is the objective of all Extension workers in every state). We know that many of our objectives have been reached because good work has been done over the years; our influence has been widespread and recognized. And well we know that our job isn't completed - we have just begun.

But, it has been said and this we know too, that we have been missing too many families at the end of the road--perhaps the ones that need our help most and especially during this emergency period. So the question is, and naturally, "How can we reach all of these farm families (for us 278,000) down to the last man at the end of the road?"

This question called for study and an analysis of our State and county programs. The present staff of farm and home agents could not do more than they were doing, unless they found new methods and procedures. We think the Neighborhood Leader organization presents these new methods and procedures and that it can be used in both men's and women's, and our young peoples' work to a very great advantage.

Almost overnight has loomed large an organization of approximately 28,000 neighborhood leaders, organized into more than 6,000 neighborhoods, and these neighborhoods grouped into around ~~12,000~~ ^{1,200} communities; all of which was a means to an end - that of locating and selecting (by way of election) neighborhood families ~~families~~ ^{leaders}.

It is an organization of the people. It is theirs. We have taken nothing from but merely added to our Extension organization, with its already trained and functioning leaders and by way of the democratic process. We now have a group of people whom we believe will aid in developing one of the finest pieces of organization machinery we have yet had the privilege of working with and for.

The entire staff of State and field workers, our Director taking the lead, with district agents and specialists, are most enthusiastic as are all other agencies who are cooperating with Extension workers. We believe we are seeing a New Day - though the organization isn't perfect by any means. Twenty-eight thousand (28,000) volunteer leaders, some good, bad, and indifferent (and that is what they are) cannot be added to any group or program without having "kinks". We don't have an agents' staff of 400 men and women and find everyone of them using the same methods and procedures in directing and carrying the Extension program. Neither do they have the same interest

(*Speech Delivered at Annual Meeting of Association of Land Grant Colleges, Chicago, Ill., October 29, 1942).

and desire, nor the same skill in supervising a new group of volunteer leaders, some of whom they have never known nor worked with before. And you will agree that we all have agents who believe that it is easier to try to do everything themselves rather than to train others to do a job sometimes less well.

I believe that we should back up and admit that we are responsible for most or at least many of our disappointments in the leaders. We have expected more from them than they are trained to do. We have expected them to do a finished piece of work, specialist work, and carry technical subject matter information far beyond their ability, experience, and training. For some leaders to demonstrate a simple skill is often all that we can expect of them.

I am just as enthusiastic over the neighborhood leader organization and what it can do to help win the war as Dorothy Thompson is over the success she had in recruiting those 600 city youths from New York City to the farms in Vermont and New Hampshire. Many of the techniques she has used can and are being used in developing the neighborhood leader organization. The neighborhood organization is wonderful and I just hope we are not going to let it die in being born. It can't if we will do our part. Farm people are ready and anxious to serve. They have proven to us that they can get results - and in a short time.

I am going to give you some of the considerations, methods and procedures that were followed in North Carolina in attempting to reach our first objective, 278,000 farm families. They have proven successful thus far.

1. Some member² from the program planning staff at State College visited each county and assisted the agents with plans for deliniation. (Farm and Home).
2. Then county and home agents with the help of community leaders completed the deliniation of their county into neighborhoods and grouped these into communities.
3. Agents then held community meetings (both farm and home agent attending) at which time the farm people elected their leaders for each neighborhood. (These were selected in some counties).
4. Then the agents assisted the leaders in grouping the number of families (average 10 to 15) the leaders would be responsible for working with.
5. But the biggest job was training these leaders for the program they were to sponsor. This was done by personal contact, through neighborhood or community groups, and the members of the 100 Agricultural Workers' Councils helped. (In some counties, county-wide meetings were held).

- (1) We believe if neighborhood leaders are given proper information about and reasons for a program they can and will influence the attitude of their neighbors better than we can.

- (2) They know how best to give and get information to and from their neighbors.

6. The speed with which neighborhood leaders can and will function and develop depends largely upon the ability of the County Extension personnel:

- (1) Their ability to organize their plan, methods, and procedures. (In other words, the agents must know what they ~~want~~ ^{expect} the leaders to do and suggestions for ~~doing it~~ ^{and be prepared} ~~to suggest how the job might be done~~.
- (2) Not only should the agents know what they ~~want~~ ^{expect} the leaders to do and how, but the whole State staff from the Director down (and my Director knows I am making this statement) should know, too. We can't catch the vision and see the problems until we get in some of these test county surveys, go into the county and observe the agents as they work with leaders. We can't discuss intelligently the problems, plans, methods, and procedures with our staff of district agents and specialists without having this background. It just can't be done.
- (3) Agents should develop a procedure and work on a neighborhood basis first. This procedure can then be followed through the communities and county as a unit. We have forgotten, in making plans, those little neighborhoods. We should start from where we are rather than where we want to go.
- (4) Recognition of leader's opinion. Leader should be given an opportunity to express his or her opinion in regard to application of program for his neighborhood and suggest methods of conducting it. (Agent should, however, direct the thinking of leader). This is good psychology.
- (5) Recognition of leaders - their interest, cooperation, and results should be recognized. This makes for better work. Some practical and effective methods of giving leaders recognition are:
 - a. Letters from Director of Extension, Governor of the State, and Secretary of Agriculture.
 - b. Personal contact - a "pat on the back" from farm and home agents, district agents, and specialists. Recognition should not be overdone, however.

I can't agree with all the statements Mr. Wilson and Mr. Spitler made in their papers. (We had a right lively discussion yesterday afternoon - we may do a little rehearsing here before we get through this evening).

1. Mr. Wilson's paper though good slipped the idea into his paper that the Neighborhood Leader System is largely an Arm of Extension. Now is it? It's the peoples' organization, not just Extension's. Other agencies and organizations are in the field just as we are and they are now and have been working with these people.

2. Programs will be more effective if the people are consulted. They know more than we have given them credit for knowing. The sooner we begin following this procedure the better off we will be. Who are we to tell them what they must do? Who is working for whom? Are we working for the people or are they working for us? We should let the people have a voice. We should be working for the people and well might we give them an opportunity to express their ideas and opinions. Programs would more nearly meet their needs if this method were practiced.
3. Programs should not be presented as assignments. They should be presented as an opportunity for worthwhile service.

Neighborhood leader work is Extension Work in its finest form. The days, weeks, and if necessary months that we spend assisting leaders in developing programs and perfecting their organization is time well spent. The personal contacts are invaluable.

Personal visits to leaders are now being made by farm and home agents. They are carrying with them a Neighborhood Inventory Sheet. This sheet is desirable for several reasons:

1. Method for ^{constructive} conversation.
2. Give agent an opportunity to get reaction of leader toward work to be done and interest in developing ~~organization~~ *a program*.
3. Leader can see more readily what is missing in the neighborhood and in a particular family. (There is something definite to work on).
4. Leader can visualize and better understand his ~~duties and responsibilities~~ *opportunities for worthwhile service*.
5. Leaders has something definite to work with, something that will stimulate thought regarding his own farm and home needs and the needs of his families.
6. The leader has a feeling that he is helping develop program ~~for~~ *and* organization. This face to face method of working with neighborhood leaders is stimulating farm and home agents, for better work. They have the feeling that there is a tightening up of work.

If Extension workers put first thing first, surely the Neighborhood Leader work will be up front in the minds of all who are wishing to serve farm people.

NEIGHBORHOOD INVENTORY

Community:

Neighborhood:

Leaders:

Farm Families	No. in Family	Milk Cows	Other Cattle	Hogs	Poultry	Grain	Hay	Pasture	Winter Legumes	Summer Legumes	Garden	Canned Food	Dried Food	Food Storage	H.D. Club	Farm Family Needs
Harve Banks	5	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	Dried Food Food Storage Improve canning methods Extra cow
Clarence Cartner	8	3	Yes	?	Yes	Yes	Yes	?	Yes	Yes	?	?	No	No	No	More poultry Lamp brooder Improve pasture More vegetables in garden Improve storage
Alex Fleming	8	Yes	No	Yes	No	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No	No	Lamp brooder Storage
Totals																

1
5
1

FROM ONE NEIGHBOR TO ANOTHER

Characters: Father (Age 48 or older) --- Harry Adams
Mother (Age about 45) --- Mrs. Ann Adams
Daughter (Age 15) --- Mary Adams
Son (Age 16) --- Tom Adams
Visitor (Age 25) --- Mrs. Ruth Jones

Place: Adams family living room, with Mr. and Mrs. Adams reading and the two children seated at a table, studying.

(Mrs. Adams gets up to answer knock at door, and Mrs. Jones enters).

MRS. ADAMS: Why, hello, Ruth! I'm so glad you came over.....Here, Mary, take Ruth's things. Have a seat over here, Ruth.

MRS. JONES: Thank you, Mrs. Adams, and thank you, Mary. How are you, Mr. Adams--- and you, Tom?

HARRY ADAMS: We're fine, Ruth. How's Jim getting along with his crops?

MRS. JONES: Fair, I guess. We've both been working hard, with labor scarce. That's the reason Jim didn't come with me. He's pretty tired. We're trying to grow all we can, and to carry out our pledges to produce more food to help win the war.

HARRY ADAMS: The United Nations need plenty of food and that's one way to do our part. Every one of us must do the best job of farming we know how to do this year.

MRS. JONES: Mr. Adams, I came over especially to talk to you. Jim and I have been hearing and reading a lot lately about the program to Control the Cost of Living. We don't exactly understand it all, and since you're a neighborhood leader, I thought perhaps you could explain it to me.

HARRY ADAMS: I'll be glad to explain it to you, the best I can.

MRS. JONES: Fine, because I've heard my Dad and Mother talk about how things were after the last World War. They said prices really soared then.

MRS. ADAMS: You bet they did, Ruth. Prices of tobacco, cotton, hogs and lots of other things went way up. We were all rich in those days---making money hand over fist---or at least we thought we were rich.

(Over -- to save paper)

HARRY ADAMS: Those were the days. Silk shirts and easy credit. That credit is what nearly ruined me. Land looked like a gold mine.....it was easy to borrow money....prices of farm products were sky high. This farm of ours has been in the family for generations, and I was foolish enough to put a mortgage on it. It took me 20 years to get my farm back.

MRS. ADAMS: We were fortunate, I guess, because I know of a lot of folks who were never able to reclaim theirs. We learned our lesson, and for the sake of you young people, I hope nothing like that happens after this war.

MRS. JONES: I gather from what I hear that the leaders of our country are making an honest effort to avoid a similar situation. I heard somebody say the other day that if this country got in the same fix it was in during the early 1920's, it would be as disastrous as Pearl Harbor.

HARRY ADAMS: Let's look at the condition our country is in today. Factories are producing as much war merchandise, alone, as this country produced altogether in 1932. Every day more of our plants are being turned over to the manufacture of war materials---building ships, and guns, and tanks. They are running on full time, both day and night. With more people being employed in war industries---and receiving higher wages---this country's going to have 3 times as much to spend this year as it had in 1932.

MRS. JONES: I hope some of that extra money comes our way. Jim and I would like to have some of the things we've been wanting a long time.

HARRY ADAMS: Let's hope we all make more money this year. But don't forget, Ruth, that it's the extra money that causes a rise in prices and the high cost of living. That's the reason for this program to Control Living Costs.

MRS. JONES: That's what I don't understand.

(Over - to save paper)

HARRY ADAMS: Well, there's less for the public to buy because much of the raw materials and labor that have been used for making farm and home equipment are now being used in making war supplies. There's more money to spend because more people are employed and most of them are getting higher wages. With more money and less goods, everything is costing us more in dollars. With this surplus of money and a shortage of goods people with larger incomes will bid up the prices and prices will continue to rise unless a ceiling is put on certain articles and commodities.

MRS. JONES: Prices have certainly advanced during the past year. I went to town today to do some shopping. The same quality print goods that I bought last spring for 39¢ has advanced to 59¢....Overalls have gone up from \$1.00 to \$1.75. Everything I wanted to buy had risen in prices. Some of the things I wanted were not even to be found in the stores.

MRS. ADAMS: That's the reason Congress passed the law fixing a ceiling for prices. The ceilings are to keep prices from rising still higher.

HARRY ADAMS: Here's an illustration of how price ceilings will help us folks who live on the farm. Let's suppose there are only two pairs of shoes left in a store in town and that the price on shoes has been fixed at \$3.00. Now let's suppose that I go to town to buy a pair of shoes and I have only \$3.00 to spend. At the store I find another fellow who has \$6.00 to spend for shoes. A third man comes in and he has \$9.00 to spend for shoes. These other two men have higher incomes than mine. Yet, I have just as good a chance of buying one of those two pairs of shoes as the other two fellows. If the price ceiling of \$3.00 had not been fixed on the shoes, the other two men would be able to out-bid me.

MRS. JONES: I see exactly what you mean, Mr. Adams. So that's what this program to Control the Cost of Living is all about.

(Over -- to save paper)

HARRY ADAMS: That's part of it, Ruth.....But price ceilings are only one point in President Roosevelt's seven-point program to Control the Cost of Living. Now let's consider what those other two men are going to do with the extra money they weren't allowed to spend in out-bidding me for one of those pairs of shoes. The President has asked people to use surplus money of this sort for four purposes: First, to buy War Savings Bonds and Stamps; second, to pay taxes; third, to reduce debts; and fourth, to pay cash instead of buying on the installment plan.

MRS. ADAMS: You see, Ruth, the money we put into War Bonds and Taxes will help our country to finance this war. We must also remember that War Bonds are savings, and if we buy them, and reduce our debts, and avoid installment buying, we will be better off financially when this war is over and things return to normal.

HARRY ADAMS: There are other points in the President's program. Rationing is one.

MARY: That's the one I know most about. I wish we could get all the gasoline we want to go places.

TOM: And all the sugar to make chocolate pie.

HARRY ADAMS: Rationing of certain essential commodities that are scarce is also necessary to protect the public. For instance, there isn't enough sugar to give all of us the amount we have been used to and we can't have all we want if the soldiers, sailors and marines are to have all they need. Rationing gives everyone an equal share of the sugar available.

TOM: That sure is funny! Old man Astor Built, with all his money, can't get as much as us, because the Astor Builts just have two in the family and there are four of us.

OUTLINE FOR MAKING ANNUAL NARRATIVE REPORT

1942

Before you begin your narrative report won't you please read the "Suggestions Relative to the Preparation of the County Extension Agent's Annual Report" on page 2 of the statistical report.

COVER AND TITLE PAGE - name of agent(s), county; give date of period report covers.

INCLUDE MAP - showing communities or townships in which work is organized, number of women's clubs and enrollment; number of 4-H clubs and enrollment; number of Older Youth clubs and enrollment. (Colored pencils may be used to make distinctions: red dots for women's clubs, green dots for 4-H clubs, and blue dots for Older Youth). Include any other information you think necessary to show organization.

TABLE OF CONTENTS - The table of contents should be made after you have finished writing your report. Be sure to indicate number of page on which information can be found. An alphabetical form indexing the report makes it simple to find information in your report.

SUMMARY OF ACTIVITIES AND ACCOMPLISHMENTS - (Break down into topic heads).

Form: There should be an introduction, a simple statement about the county, the people, Agricultural Workers' Council and its procedure; number women's clubs and membership, new clubs organized; full explanation of The County Federation of Home Demonstration clubs, District Federation, annual meeting, number attending from your county, The State Federation annual meeting and number attending from your county, the part your women have taken in the Federation; and new communities in which women's work was conducted in 1942.

General Policies: Under this heading tell how clubs are organized in each community, joint work you are carrying with the county farm agent, both adult and junior work.

Procedure: Monthly meetings - 4-H and adult; leaders' schools - 4-H and adult; how leaders have functioned; number non-club members with whom you and your local leaders have worked (give in detail); number farm homes in the county, white and Negro; increase over last year; why? Number tenant families with whom you work.

COUNTY PROGRAM OF WORK:

Project activities and results. (Use figures from your statistical report in telling your narrative; it will make your statements more impressive). Report your projects as follows always showing results obtained; number of result demonstrations completed (write in full), human interest stories and contests. Make a statistical heading to each project, thus:

FOOD CONSERVATION

Number women enrolled _____
Number women completing _____
Number women leaders _____
Number leaders' schools held by: Agent _____, Specialist _____, Others _____

Suggestions for Narrative Project Reports

FOODS AND NUTRITION - Use statistics to reinforce human interest stories of methods used and results in the following:

- *How neighborhood leaders assisted in putting over the foods and nutrition program.
- *Food for Freedom Campaign
- *The Planned Food Supply
 - Records of food used
- *Victory Gardens - year round, new vegetables, contests, Triple A program, records.
- *Fruit Supply - methods used to increase fruit supply; new fruits added
- *Home Dairying - increase in number of family cows; improvement in care of dairy products in the home; increased consumption of milk, butter, and cheese; sale of dairy products.
- *Meat, Poultry, and Poultry Products - Tell of work done to improve supply of red meat; poultry and poultry products; results.
- *Soybeans
- *Whole Grain Products - increased use as cereal and in bread; stories of results following demonstration in clubs and at curb markets.
- *Enriched Flour and Bread - use in homes in county.
- *Canning Budgets - budgets made, requirements for family met.
- *Storage - storage for foods improved; closet, cellar, refrigerator.
- Food Preparation - approved practices adopted; comments made on meals; scoring of cooked products; improvement noted.
- *Use of sugar substitutes
 - Meal Planning and Serving - methods used to improve contents of meals and service, community meals as picnics, Husbands' Night, meal served to civic group, etc.
 - Food Buying - improved practices adopted in food buying. Records of food costs.
- *Health - improvement in health resulting from better planned and better prepared meals. Cooperation with Health Department in community activities for health improvement - clinics, clean-up campaigns, etc.
- School Lunch - assistance given by agent, by club members. School lunch canning days - give procedure and results.
- *Nutrition Committees - work with county and community committees.
- *Cooperation with Other Agencies - Assistance in foods and nutrition given Red Cross, Farm Security, W. P. A., N. Y. A., O. P. A., etc.

FOOD CONSERVATION - Canning. Number of families assisted; assistance given in canning for school lunches; storage improvement for canned products; budgets made and filled; total number of containers filled.

Freezer-Locker: Visits to plants; method demonstrations given.

Drying, Brining, Curing, and Storing: Tell of work done.

*Cooperation with Other Agencies: F.S.A., N.Y.A., W.P.A., etc.

*Food for Defense: Write human interest stories emphasizing "Food for Defense".

HOME MARKETING: Give number of farm women's curb market and when organized; number women marketers; number roadside markets and when organized.

Housing: Describe buildings and tell whether rented, furnished by the county, or city or built especially for markets.

Health Requirements; Sanitation, health certificates, etc.

Training meetings - Tell of work done in grading and standardizing products for market; baking schools, etc.

Value of products sold. Value of other sales by individuals.

Tell what the market has meant to the women and to the county. Give human interest stories.

*Handicrafts - Tell of work done to improve crafts for home use and for sale. Use of native materials, etc. Number of craft articles used in the home and value: number of craft articles sold and value.

* Please give special thought to this and include stories to illustrate.

HOUSE FURNISHINGS AND HOME MANAGEMENT -

I. Farm Family Outlook

1. Way presented to clubs (Playlet)
Story of way in which Outlook material was used by families in planning their adjustments for the year.
2. Families assisted in keeping Home Accounts. Number keeping accounts.
Story of how family kept accounts and results.

II. Family Business

1. Wills
2. Farm-Home Demonstrations
3. Inflation--- Price Control

III. Conservation of House Furnishings and Equipment

Presentation of "Future Security Through Conservation." Human Interest Stories: Conservation of Wool, Electrical Equipment, Furniture, Rubber, Rugs, Pots and Pans, Stove or Range.

IV. Home Care of the Sick

1. Presentation of monthly demonstration.
2. Cooperation of local people (Health) (such as trained nurse, agencies, and Drug Stores.
3. Medicine Cabinets.
4. Home made devices.
5. Community Kits.

V. Conservation of Time

1. Presentation of Demonstration.
2. Need for farm women to reorganize and plan time.
3. Stories on family cooperation in using material presented in Time Lesson.
4. Stories of improved tools to save time and energy.
5. Stories of reorganization of dish washing or any other household task.
6. Reorganization of time and posture to health.
7. Did you get anyone to plan regular rest periods? Story.

VI. Housing

1. Kitchens
2. Storage
3. Repairs to make house last longer.
4. General housing improvement.
5. Water systems.
6. Bath room
7. Improved heating
8. Painting
9. Remodeling of house. (Stress native materials used)
10. Floors

VII. Rearrangement of Furniture

1. Slip covers
2. Reupholstering
3. Refinishing Furniture
4. Chair Caning

VIII. Exhibits at Fairs

IX. Illustrative Material

1. Material assembled in county
2. Material obtained from State Office

X. Soap Making

XI. Completion of Mattress Project; Completion of Comforter Project.

XII. 4-H

1. 4-H Room Improvement
2. Rural Electrification
3. Accounts

* Please give special thought to this and include stories to illustrate.

CLOTHING -

*Plans for the family's clothes: (a) Individual and family budgets, (b) Result demonstrations, (c) Buying - ready made versus homemade.

*Clothing Conservation as a Defense Measure: (a) Cleaning, mending, storage, (b) Remodeled, made over.

*Leaders: (a) What have they done and what contribution have they made to the program, (b) Surveys they have made, including clothing needs of school children, use of cotton stamps, etc. (c) Neighborhood leaders and how they have contributed to the program.

*Publicity: radio, articles for local papers, magazines.

Exhibits: at fairs, in store windows, or on Achievement Days.

Dress Revues: (a) Women - number held and number women entering, (b) When and where held, type of dresses modeled, costs, (c) Girls.

Income earnings for Clothing: (a) Women taking in sewing and amounts made, (b) Savings due to making clothing at home, (c) Special articles made for sale, (d) Fair premiums won on clothing. (Figures talk so include when possible).

Special club projects such as getting clothing for needy school children, sick room kits, etc.

Special interest groups - coat schools, children's clothes, maternity, layette, consumer education, and others.

Kits and Other Illustrative Material and how it was used.

Foundation Dress Patterns and Garments made from It.

*Red Cross Sewing: Garments made by club members.

Cooperation with other agencies: W.P.A., F.S.A., N.Y.A., County Health Department, etc.

Improved appearance: Influence of clothing program upon appearance of rural children at school, families at church and other public gatherings.

*NEIGHBORHOOD LEADERS - How many are home demonstration club women? How many are club women? How are these leaders organized? How functioning? (Give detailed information and refer to special programs).

*CIVILIAN DEFENSE - Please follow the outline you follow in sending in your quarterly defense report. I am especially interested in knowing how many non-club members you and your club women have reached this year. Could this be shown on your map, locating them by neighborhoods and communities? If not, just tell the approximate number. On your map be sure to show location of clubs, adult, 4-H, and Older Youth.

COOPERATION WITH OTHER AGENCIES - Please tell of the cooperation you have had with other agencies such as W.P.A., N.Y.A., Farm Security, Welfare and Health Departments, Vocational Education, Library Commission, The Grange, The Farm Bureau, Women's Clubs, State Department of Agriculture (field days), etc.

COMMUNITY ACTIVITIES -

Libraries: Number established and how many volumes; where located, how financed and operated; interest rural people have shown in them; number Book Review certificates awarded; number bookmobiles used in county this year, county owned or state owned; cooperation with Library Commission and any other organization.

Better English Project - Tell what has been done in your county with this project.

Publicity: radio, newspaper, magazine, exhibits, dress revues, etc..

Agricultural Engineering: Rural electrification, number miles of line built this year, number under construction and number authorized to be built. Water systems installed, lighting systems installed, dwellings remodeled.

*Recreation: Recreation at various meetings; Husbands' Nights; community picnics; what effect on morale? What recreation has been provided for men in armed forces?

Tours: Farm and home tours, project tours, etc.; out-of-county tours - where to and for what purpose; out-of-state tours - where to? Please give human interest stories.

Short Courses: Any countywide ones held.

GOALS REACHED IN 1942 -

OUTLOOK AND RECOMMENDATIONS - including program of work for next year.

*Have you made a survey of the needs in your county? on a county basis? on a community basis?

*Would you recommend that a simple survey be made from which you could plan your program?

Are you satisfied with the way your leaders are functioning?

Are you reaching more families each year?

What recommendations would you make for further cooperation with other agencies?

* Please give special thought to this and include stories to illustrate.

ANNUAL NARRATIVE REPORT OF 4-H CLUB WORK

(The 4-H narrative should be written as a complete report within itself. Insert it at the end of your regular narrative.)

I. Table of Contents:

Make an alphabetical index as in your narrative on women's work.

II. Include a map showing only 4-H clubs in the county with membership.

III. A short introduction explaining background and stating facts existing at beginning of the year.

IV. Organization

1. Number of 4-H clubs and enrollment.
2. Number of other clubs (Older Youth, Recreation, etc.) and enrollment.
3. 4-H Achievement Days - local and county.
4. 4-H County Council: a. Officers; (b) Membership; (c) Programs - month by month.
5. Schedule of meetings: (a) County Council; (b) Local; (c) Recreation Council; (d) Service Clubs; (e) All other meetings which were held regularly.
6. Special 4-H Activities: (a) Socials; (b) Dramatics; (c) How assisted agents in putting across work.

V. Monthly Programs as Executed.

1. Joint programs. (The programs given by boys and girls at joint meetings)
 - a. Include copies of printed programs.
 - b. Give boys and girls' reaction to programs.
 - c. What results have you observed?
2. Project Programs
 - a. How was your project instruction presented?
 - b. How many team demonstrations were given on major project topics?
 - c. Were judging contests held to improve standards?
 - d. What demonstrations did the agent give?

VI. Projects

1. Clothing. Number enrolled, number completing, results. Dress Refues held - when, where, names of winners, description of outfits, number entering. Fair exhibits - names of winners and prizes received; use made of prizes. Income earned from sewing and amount saved by influence of girl's clothing projects. Progress of 4-H club girls in selection and making over clothes. Improved appearance. Please include human interest stories, pictures, clippings, and a few expressions from the girls.
2. Foods and Nutrition. Number enrolled, number completing, results. Influence of work in the home of girls taking project. Dairy Food Preparation Contest, Biscuit Contest, and Health Contest. Please include human interest stories, pictures, clippings, and a few expressions from the girls.
3. Room Improvement. Number enrolled, number completing, results. Number projects carried and number completed. Human interest stories of accomplishments including cost, source of money, types of improvements, effect on family and club member, or any other points of interest. Amount of money earned by club member as a result of room improvement. Fair exhibits - community, county, State; names of winners and prizes received. Radio programs on room improvement. Number of active room improvement leaders (home demonstration women, older girls, or former 4-H club members). Number 4-H club girls participating in: Rural Electrification Contest, Farm Home and Crops

Accounting Contest. Room Improvement work at camp. Room improvement tours.

4. Food Preservation. Number enrolled, number completing, results.
Please include human interest stories, pictures, clippings, and a few expressions from the girls.
5. Wildlife Conservation. Number enrolled, number completing, results.
Please include human interest stories, pictures, clippings, and a few expressions from the girls.
6. Home Beautification. Number enrolled, number completing, results.
Please include human interest stories, pictures, clippings, and a few expressions from the girls.

VII Leader's Schools

1. Organization: Number and attendance.
2. Subject Matter: Number and attendance.
3. Recreation: Number and attendance.

VIII. The Health Program

1. Number health programs presented.
2. Number times club members were checked.
3. Number record books kept.
4. Did you have a health pageant?
5. What improvement was noted?
6. Any human interest stories?

IX. Federation Days: Include copy of program, news articles, and pictures.

X. Contests

1. Local:
Kind _____ Number participating _____
2. County:
Kind _____ Number participating _____
3. State:
Kind _____ Number participating _____

XI. Honors Won

County, State, National. (Please explain fully).

XII. Community Projects

1. Number started; kind. Number completed. Include pictures and human interest stories.
2. Show relationship to community improvement.

XIII. Recreation

1. Plan and how it was carried out.
2. Were plays, music appreciation, hobbies, etc. included? (If short plays were written in your county, be sure to include them).

XIV. Special Activities

1. Programs presented before Kiwanis, Rotary, and other civic organizations.
2. Programs sponsored for making money.

XV. Radio Programs

XVI. Older Youth Groups

1. Organization.
2. Programs.
3. Projects.
4. Special activities such as vesper services, plays, athletics.

- XVII. Camp
1. Where held. 2. Attendance: Boys _____ Girls _____ Others _____.
 3. Type of instruction. 4. Copy of program and newspaper, if one was published. 5. Pictures, if available. 6. Expressions from some of the girls and boys.
- XVIII. Demonstration Teams
1. Number trained and in what subjects; number times demonstrations were given and to whom.
- XIX. Judging Contests
1. Number held, where held (County or State Fair, Achievement Day, School, Short Course, etc.)? Number participating.
- XX. Exhibits
1. Local
 - a. Type - foods, clothing, etc.
 - b. Number participating - club, community, etc.
 2. County
 - a. Type - individual, club, community
 - b. Number participating - individuals, clubs
 3. State
 - a. Type - county, individual, community, club
 - b. Number participating
- XXI. 4-H Contribution to the War Effort.
1. How was your regular program adjusted to meet the emergency?
 2. Include a good story or two on Victory Projects such as Conservation of food, Victory Gardens, and others.
 3. Number of citizenship programs given.
 4. Contribution of club members to campaigns.
 5. Participation of club members in Red Cross, Canteen, Filter Center, or other such services.
- XXII. Looking to the Future
- A short outlook - survey of conditions, showing prospects of club work.

Note: When making your report, if you will make an extra copy it will serve as a county record of 4-H Club Work. When records are called for yours will be ready.

NORTH CAROLINA HOME DEMONSTRATION AGENTS

February 16, 1942

Dr. Jane S. McKimmon, Assistant Director Extension, Raleigh, N. C.

Ruth Current, State Home Demonstration Agent - - - - -	Raleigh
Mrs. Estelle T. Smith, Assistant to State Agent- - - - -	"
Pauline Smith, Northeastern District Agent - - - - -	"
Anamerle Arant, Northwestern District Agent- - - - -	"
Mrs. Esther G. Willis, Southwestern District Agent - - - - -	"
Anna Rowe, Western District Agent - - - - -	"
Verna Stanton, Southeastern District Agent - - - - -	"
Mrs. Cornelia C. Morris, Extension Economist in Food Conservation	
and Marketing- - - - -	"
Ruby Scholz, Asst. Ext. Economist in Food Conservation & Marketing - -	"
Mary E. Thomas, Extension Nutritionist- - - - -	"
Sallie Brooks, Assistant Extension Nutritionist- - - - -	"
Willie N. Hunter, Extension Specialist in Clothing - - - - -	"
Julia McIver, Assistant Extension Specialist in Clothing - - - - -	"
Pauline E. Gordon, Extension Specialist in Home Management and	
House Furnishings- - - - -	"
Elizabeth Williams, Asst. Extension Specialist in Home Management	
and House Furnishings- - - - -	"
Frances MacGregor, Assistant State Leader in 4-H Club Work- - - - -	"
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Eleanor H. Mason, Chief Clerk - - - - -	"
Mrs. Nelle Meacham, Secretary - - - - -	"
Douglas Hand, Secretary - - - - -	"
Frances Thompson, Secretary - - - - -	"
Mary W. Nelson, Secretary - - - - -	"

NORTHWESTERN DISTRICT

<u>County</u>	<u>Home Agent</u>	<u>Address</u>
Alamance	Katherine Millsaps	Graham
Alamance	Mildred Marshbanks, Assistant	Graham
Caswell	Margaret Montgomery	Yanceyville
Chatham	Flossie Whitley	Pittsboro
Davidson	Mrs. Evangeline T. Thompson	Lexington
Durham	Lorna Langley	Durham
Durham	Helen Lanning, Assistant	Durham
Forsyth	Mrs. Elizabeth L. Tuttle	Winston-Salem
Forsyth	Alice Falls, Assistant	Winston-Salem
Franklin	Lillie Mae Braxton	Louisburg
Granville	Virginia Wilson	Oxford
Guilford	Addie Houston	Greensboro
Guilford	Neil Kennett, Assistant	Greensboro
Orange	Woodward Byars	Hillsboro
Person	Grace Lee Allen	Roxboro
Randolph	Annie J. Burgess	Asheboro
Rockingham	Grace E. Holcombe	Reidsville
Stokes	Pauline Craft	Danbury
Surry	Mrs. Grace Pope Brown	Mt. Airy
Vance	Mrs. Hattie F. Plummer	Henderson
Vance	Josephine Ranes, Assistant	Henderson
Wake	Mrs. Maude P. McInnes	Raleigh
Warren	Mrs. Faye Thompson Coleman	Warrenton
Wilkes	Annie Laurie Herring	Wilkesboro
Yadkin	Irene Brown	Yadkinville

SOUTHWESTERN DISTRICT

<u>County</u>	<u>Home Agent</u>	<u>Address</u>
Alexander	Mrs. Agnes Watts	Taylorsville
Anson	Mrs. Rosalind Redfearn	Wadesboro
Anson	Doloris Hunsucker, Assistant	Wadesboro
Cabarrus	Mrs. Mary Lee McAllister	Concord
Caldwell	Atha Culberson	Lenoir
Catawba	Mrs. Marie C. Matheson	Newton
Catawba	Wylie Knox, Assistant	Newton
Cleveland	La Una Brashears	Shelby
Davie	Florence Mackie	Mocksville
Gaston	Lucile Tatum	Gastonia
Gaston	Elizabeth Randle, Assistant	Gastonia
Iredell	Anne Tucker	Statesville
Iredell	Elizabeth Francis, Assistant	Statesville
Lee	Cornelia Simpson	Sanford
Lincoln	Anne Benson Priest	Lincolnton
Mecklenburg	John Wright	Charlotte
Montgomery	Martha McKinnon	Troy
Moore	Flora McDonald	Carthage
Polk		Columbus
Richmond	Mrs. Anna Lea Harris	Rockingham
Rowan	Lorraine Bowden	Salisbury
Rutherford	Sue Koon	Rutherfordton
Stanly	Gladys Hamerick	Albemarle
Union	Mrs. Pratt C. McSwain	Monroe

NORTHEASTERN DISTRICT

Beaufort	Violet Alexander	Washington
Beaufort	Mrs. Margaret McL. Gilbert, Asst.	Washington
Bertie	Clara Robertson	Windsor
Camden	Mrs. Mary Teeter Knight	Camden
Chowan	Rebecca Colwell	Edenton
Currituck	Mrs. Virginia E. Brumsey	Currituck
Dare	Sadie Hendley	Manteo
Edgemcombe	Mrs. Eugenia Van Landingham	Tarboro
Gates	Ona Patterson	Gatesville
Halifax	Mrs. Hazel E. Wheeler	Halifax
Halifax	Lydia M. Deyton, Assistant	Halifax
Hertford	Florence Cox	Winton
Hyde	Iberia Roach	Swan Quarter
Martin	Lora E. Sleeper	Williamston
Nash	Mrs. Effie Vines Gordon	Nashville
Nash	Katie Niblock, Assistant	Nashville
Northampton	Mrs. Gertrude Finch	Jackson
Northampton	Annie E. Harris, Assistant	Jackson
Pasquotank	Callie Charlton	Elizabeth City
Perquimans	Frances Maness	Hertford
Pitt	Verona Lee Joyner	Greenville
Pitt	Edna Kirby, Assistant	Greenville
Tyrrell	Mary Blanche Strickland	Columbia
Washington	Mrs. Mary M. Darden	Plymouth
Wilson	Lois Rainwater	Wilson

SOUTHEASTERN DISTRICT

<u>County</u>	<u>Home Agent</u>	<u>Address</u>
Bladen	Mrs. Lillie L. Hester	Elizabethtown
Brunswick	Genevieve Eakes	Southport
Carteret	Dorothy Banks	Beaufort
Craven	Jessie Trowbridge	New Bern
Cumberland	Elizabeth Gainey	Fayetteville
Cumberland	Mrs. Rubye Gossett, Assistant	Fayetteville
Duplin	Mrs. Marie Dawson Brace	Kenansville
Duplin	Norma Lee Tyndall, Assistant	Kenansville
Harnett	Maude Searcy	Lillington
Hoke	Josephine Hall	Raeford
Johnston	Mrs. Rachel Everett Hart	Smithfield
Johnston	Ruby Pearson, Assistant	Smithfield
Jones	Mrs. Mary Anna Clifton Dixon	Trenton
Lenoir	Mrs. May Stroud	Kinston
Lenoir	Marguerite Vause, Assistant	Kinston
New Hanover	Ann Mason	Wilmington
Onslow	Ruth Rhyne	Jacksonville
Pamlico	Doris Shuler	Bayboro
Pender	Mrs. Dorothy Howard Morehead	Burgaw
Robeson	Mary Huffines	Lumberton
Robeson	Margaret Cromartie, Assistant	Lumberton
Sampson	Margaret E. Clark	Clinton
Sampson	Mrs. Lila Pearce, Assistant	Clinton
Wayne	Gertrude Bundy	Goldsboro

WESTERN DISTRICT

Alleghany	Margaret Lawhorne	Sparta
Ashe	Mrs. Gorda C. Boney	Jefferson
Avery	Mrs. Georgia Piland Cohoon	Newland
Buncombe	Mrs. Mamie Sue Evans	Asheville
Burke	Mrs. Laura T. Russell	Morganton
Cherokee	Mrs. Alline R. King	Murphy
Clay	Mrs. Edith Barrier McGlamery	Hayesville
Clay	Velma Beam	Hayesville
Haywood	Mary Margaret Smith	Waynesville
Henderson	Ruth H. Dicks	Hendersonville
Jackson	Margaret Martin	Sylva
McDowell	Jean Steele	Marion
Macon	Mrs. Florence S. Sherrill	Franklin
Swain	Mrs. Geraldine P. Hyatt	Bryson City
Transylvania	Annabel Teague	Brevard
Watauga	Elizabeth Bridge	Boone
Yancey	Dorothy Turner	Burnsville

NEGRO HOME DEMONSTRATION AGENTS

Mrs. Dazelle F. Lowe - - - - - Negro District Home Agent
A. & T. College, Box 67
Greensboro, N. C.

Wilhelmina R. Laws - - - - - Negro Subject Matter
Specialist
A. & T. College,
Box 117, Greensboro, N. C.

County	Home Agent	Address
Alamance	Ruby W. Thomas	Graham
Anson	Mrs. O'Neill Henry	Wadesboro
Bertie	Mrs. Pennie P. Battle	Windsor
Craven	Mrs. Mariette M. Carrington	New Bern
Durham	Mrs. Estelle T. Nixon	Durham, Box 1202
Edgecombe	Mrs. Hazel Scales Parker	Tarboro
Guilford	Mrs. Rosa V. Winchester	Greensboro
Halifax	Ruth V. Whitworth	Halifax
Hertford	Mrs. Onnie Smith Charlton	Winton, Box 61
Johnston	Mrs. Lucy Hicks Toole	Clayton, Box H.
Martin	Mrs. Cleopatra A. Tyner	Willaimston
Mecklenburg		Charlotte, Box 1205
		Beattin Ford Road
		Rich Square, Box 62
Northampton	Mrs. Fannie T. Newsome	Hillsboro
Orange	Ruby Crews	Roxboro
Person	Annie Mae Tuck	Greenville
Pitt	Amelia Stanford	Lumberton
Robeson	Mrs. Eula Baker Watts	Reidsville
Rockingham	Willette Townes	Salisbury
Rowan	Mrs. Annie T. Johnson	Raleigh, Arcade Bldg.
Wake	Mrs. Bertha M. Edwards	Warrenton
Warren	Mrs. Annie B. Branche	Goldsboro
Wayne	Mrs. Lillian A. Woodhouse	Wilson
Wilson	Mrs. Jane Amos Boyd	

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JULY 6, 1942

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Moore	Flora McDonald	Carthage
Polk	Gladys Hamrick	Columbus
Richmond	Mrs. Anna Lee Harris	Rockingham
Richmond	Sadie McCall, Acting Asst.	Rockingham
Rowan	Lorraine Bowden	Salisbury
Rutherford	Sue Koon	Rutherfordton
Stanly	Mrs. Pratt McSwain	Albemarle
Union	Ruth Mason	Monroe

NORTHEASTERN DISTRICT

Beaufort	Violet Alexander	Washington
Beaufort	Christine Schroy, Assistant	Washington
Bertie	Clara Robertson	Windsor
Camden	Mamie Chambers	Camden
Chowan	Rebecca Colwell	Edenton
Currituck	Mrs. Virginia E. Brumsey	Currituck
Dare	Sadie Hendley	Manteo
Edgecombe	Mrs. Eugenia Van Landingham	Tarboro
Edgecombe	Athlea Boone, Assistant	Tarboro
Gates	Ona Patterson	Gatesville
Halifax	Mrs. Hazel E. Wheeler	Halifax
Halifax	Lydia M. Deyton, Assistant	Halifax
Hertford	Florence Cox	Winton
Hyde	Iberia Roach	Swan Quarter
Martin	Lora E. Sleeper	Williamston
Nash	Mrs. Effie Vines Gordon	Nashville
Nash	Katie Niblock, Assistant	Nashville
Northampton	Mrs. Gertrude Finch	Jackson
Northampton	Annie E. Harris, Assistant	Jackson
Pasquotank	Callie Charlton	Elizabeth City
Perquimans	Frances Maness	Hertford
Pitt	Verona Lee Joyner	Greenville
Pitt	Edna Kirby, Assistant	Greenville
Tyrrell	Mary Blanche Strickland	Columbia
Washington	Mrs. Mary M. Darden	Plymouth
Wilson	Lois Rainwater	Wilson
Wilson	Nell Maness, Assistant	Wilson

SOUTHEASTERN DISTRICT

<u>County</u>	<u>Home Agent</u>	<u>Address</u>
Bladen	Mrs. Lillie L. Hester	Elizabethtown
Brunswick	Genevieve Eakes	Southport
Carteret	Dorothy Banks	Beaufort
Craven	Jassie Trowbridge	New Bern
Cumberland	Elizabeth Gainey	Fayetteville
Cumberland	,Assistant	Fayetteville
Duplin		Kenansville
Duplin	Mrs. Norma T. Yolverton, Asst.	Kenansville
Harnett	Maude Searcy	Lillington
Hoke	Josephine Hall	Raeeford
Johnston	Mrs. Rachel Everett Hart	Smithfield
Johnston	Ruby Pearson, Assistant	Smithfield
Jones	Mrs. Mariana Clifton Dixon	Tronton
Lenoir	Mrs. Sarah H. Cox	Kinston
Lenoir	Marguerite Vause, Assistant	Kinston
New Hanover	Ann Mason	Wilmington
Onslow	Ruth Rhyne	Jacksonville
Pamlico	Doris Shuler	Bayboro
Pender	Mrs. Dorothy Howard Morehead	Burgaw
Robeson	Margaret Cromartie	Lumberton
Sampson	Margaret E. Clark	Clinton
Sampson	Helen Whitlock, Assistant	Clinton
Wayne	Gertrude Bundy	Goldsboro

WESTERN DISTRICT

Alleghany	Margaret Lawhorne	Sparta
Ashe	Mrs. Gorda C. Boney	Jefferson
Avery	Mrs. Georgia Piland Cohoon	Newland
Buncombe	Mrs. Marie Sue Evans	Asheville
Burke	Mrs. Laura T. Russell	Morganton
Charokee	Mrs. Alline R. King	Murphy
Clay	Mrs. Edith Barrier McGlamery	Hayesville
Clay	Velma Beam	Hayesville
Haywood	Mary Margaret Smith	Waynesville
Henderson	Ruth H. Dicks	Hendersonville
Jackson	Margaret Martin	Sylva
McDowell	Jean Steele	Marion
Macon	Mrs. Florence S. Sherrill	Franklin
Swain	Mrs. Geraldine P. Hyatt	Bryson City
Swain	Helen Higdon, Assistant	Bryson City
Transylvania	Annabel Teague	Brevard
Watauga	Elizabeth Bridge	Boone
Yancey	Dorothy Turner	Burnsville

NEGRO HOME DEMONSTRATION AGENTS

Mrs. Dazelle F. Lowe - - - - - Negro District Home Agent
A. & T. College, Box 67
Greensboro, N. C.

Wilhelmina R. Laws - - - - - Negro Subject Matter
Specialist
A. & T. College,
Box 117, Greensboro, N. C.

<u>County</u>	<u>Home Agent</u>	<u>Address</u>
Alamance	Ruby W. Thomas	Graham
Anson	Mrs. O'Nell Henry	Wadesboro
Bertie	Mrs. Pennie P. Battle	Windsor
Craven	Mrs. Mariette M. Carrington	New Bern
Durham	Mrs. Estelle T. Nixon	Durham, Box 1202
Edgecombe	Mrs. Hazel Scales Parker	Tarboro
Guilford	Mrs. Rosa V. Winchester	Greensboro
Halifax	Ruth V. Whitworth	Halifax
Hertford	Mrs. Onnie Smith Charlton	Winton, Box 61
Johnston	Mrs. Lucy Hicks Toole	Clayton, Box H.
Martin	Mrs. Cleopatra A. Tynor	Williamston
Mecklenburg	Mrs. Eula Baker Watts	Charlotte
Northampton	Mrs. Fannie T. Newsome	Rich Square, Box 62
Orange	Ruby Crews	Hillsboro
Person	Annie Mae Tuck	Roxboro
Pitt	Amelia Stanford	Greenville
Robeson	La Senia McCrimmons	Lumberton
Rockingham	Willette Townes	Reidsville
Rowan	Mrs. Annie T. Johnson	Salisbury
Wake	Mrs. Bertha M. Edwards	Raleigh, Arcade Bldg.
Warren	Mrs. Annie B. Branche	Warrenton
Wayne	Mrs. Lillian A. Woodhouse	Goldsboro
Wilson	Mrs. Jane Amos Boyd	Wilson

NORTH CAROLINA HOME DEMONSTRATION AGENTS

September 1, 1942

Dr. Jane S. McKimmon, Assistant Director Extension, Raleigh, N. C.

Ruth Current, State Home Demonstration Agent - - - - -	Raleigh
Mrs. Estelle T. Smith, Assistant to State Agent - - - - -	"
Pauline Smith, Northeastern District Agent - - - - -	"
Anamerle Arant, Northwestern District Agent - - - - -	"
Mrs. Esther G. Willis, Southwestern District Agent - - - - -	"
Anna Rowe, Western District Agent - - - - - The Courthouse	Asheville
Verna Stanton, Southeastern District Agent - - - - -	Raleigh
Mrs. Cornelia C. Morris, Extension Economist in Food Conservation and Marketing - - - - -	"
Ruby Scholz, Asst. Extension Economist in Food Conservation & Marketing - - - - -	"
Mary E. Thomas, Extension Nutritionist - - - - -	"
Sallie Brooks, Assistant Extension Nutritionist - - - - -	"
Willie N. Hunter, Extension Specialist in Clothing - - - - -	"
Julia McIver, Assistant Extension Specialist in Clothing - - - - -	"
Pauline E. Gordon, Extension Specialist in Home Management and House Furnishings - - - - -	"
Elizabeth Williams, Asst. Extension Specialist in Home Management and House Furnishing - - - - -	"
Frances MacGregor, Assistant State Leader in 4-H Club Work - - - - -	"
Rose Ellwood Bryan, Home Demonstration Agent at Large - - - - -	"
Eleanor H. Mason, Chief Clerk - - - - -	"
Douglas Hand, Secretary - - - - -	"
Frances Thompson, Secretary - - - - -	"
Mary W. Nelson, Secretary - - - - -	"
Selma Bender, Secretary - - - - -	"

NORTHWESTERN DISTRICT

<u>County</u>	<u>Home Agent</u>	<u>Address</u>
Alamance	Katherine Millsaps	Graham
Alamance	Mildred Marshbanks, Assistant	Graham
Caswell	Louise Homewood	Yanceyville
Chatham	Flossie Whitley	Pittsboro
Davidson	Mrs. Evangeline T. Thompson	Lexington
Durham	Lorna Langley	Durham
Durham	Ruth Butler, Assistant	Durham
Forsyth	Mrs. Elizabeth L. Tuttle	Winston-Salem
Forsyth	Alica Falls, Assistant	Winston-Salem
Franklin	Lillie Mae Braxton	Louisburg
Granville	Virginia Wilson	Oxford
Guilford	Addie Houston	Greensboro
Guilford	Nell Kennett, Assistant	Greensboro
Orange	Woodward Byars	Hillsboro
Person	Mrs. Kethleen Capps Barham	Roxboro
Randolph	Anne J. Burgess	Asheboro
Rockingham	Grace E. Holcombe	Reidsville
Stokes	Pauline Craft	Danbury
Surry	Mrs. Grace Pope Brown	Mt. Airy
Vance	Mrs. Hattie F. Plummer	Henderson
Vance	Frances Wilson, Assistant	Henderson
Wake	Mrs. Maude P. McInnes	Raleigh
Wake	Marjorie Freeman, Assistant	Raleigh
Warren	Eleanor Barber	Warrenton
Wilkes	Annie Laurie Herring	Wilkesboro
Yadkin	Irene Brown	Yadkinville

SOUTHWESTERN DISTRICT

<u>County</u>	<u>Home Agent</u>	<u>Address</u>
Alexander	Ruth Clapp	Taylorsville
Anson	Mrs. Rosalind Redfearn	Wadesboro
Anson	Doloris Hunsucker, Assistant	Wadesboro
Cabarrus	Mrs. Mary Lee McAllister	Concord
Caldwell	Atha Culberson	Lenoir
Catawba	Mrs. Marie C. Matheson	Newton
Catawba	Wylie Knox, Assistant	Newton
Cleveland	La Una Brashears	Shelby
Cleveland	Sarah Amelia Gainey, Asst.	Shelby
Davie	Florence Mackie	Mocksville
Gaston	Lucile Tatum	Gastonia
Gaston	Elizabeth Randle, Assistant	Gastonia
Iredell	Mrs. Anne Tucker Page	Statesville
Iredell	Elizabeth Francis, Assistant	Statesville
Lee	Cornelia Simpson	Sanford
Lincoln	Anne Benson Priest	Lincolnton
Mecklenburg	John Wright	Charlotte
Montgomery	Martha McKinnon	Troy
Moore	Flora McDonald	Carthage
Polk	Gladys Hamrick	Columbus
Richmond	Mrs. Anna Lea Harris	Rockingham
Rowan	Lorraine Bowden	Salisbury
Rutherford	Sue Koon	Rutherfordton
Stanly	Mrs. Pratt McSwain	Albemarle
Union	Mrs. Ruth Mason Ippelito	Monroe

NORTHEASTERN DISTRICT

Beaufort	Violet Alexander	Washington
Beaufort	Christine Schroy, Assistant	Washington
Bertie	Clara Robertson	Windsor
Camden	Mamie Chambers	Camden
Chowan	Rebecca Colwell	Edenton
Currituck	Mrs. Virginia E. Brumsey	Currituck
Dare	Sadie Hendley	Manteo
Edgecombe	Mrs. Eugenia Van Landingham	Tarboro
Edgecombe	Athlea Boone, Assistant	Tarboro
Gates	Ona Patterson	Gatesville
Halifax	Florence Cox	Halifax
Halifax	Estelle Edwards, Assistant	Halifax
Hertford	Lydia Doyton	Winton
Hyde	Iberia Roach	Swan Quarter
Martin	Lora E. Sleeper	Williamston
Nash	Mrs. Effie Vines Gordon	Nashville
Nash	Katie Niblock, Assistant	Nashville
Northampton	Mrs. Gertrude Finch	Jackson
Northampton	Annie E. Harris, Assistant	Jackson
Pasquotank	Celesto Spivey	Elizabeth City
Perquimans	Frances Maness	Hertford
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Pitt	Edna Kirby, Assistant	Greenville
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Wilson	Lois Rainwater	Wilson
Wilson	Nell Maness, Assistant	Wilson

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Craven	Jessie Trowbridge	New Bern
Cumberland	Elizabeth Gainey	Fayetteville
Cumberland	Eleanor Southerland, Asst.	Fayetteville
Duplin		Konansville
Duplin	Mrs. Norma T. Yalverton, Asst.	Konansville
Harnett	Maude Searcy	Lillington
Hoke	Josephine Hall	Raeford
Johnston	Mrs. Rachel Everett Hart	Smithfield
Johnston	Ruby Pearson, Assistant	Smithfield
Jones	Mrs. Mariana Clifton Dixon	Trenton
Lenoir	Mrs. Sarah H. Cox	Kinston
Lenoir	Marguerite Vause, Asst.	Kinston
New Hanover	Ann Mason	Wilmington
Onslow	Laura Beatty	Jacksonville
Pamlico	Doris Shuler	Bayboro
Pender	Mrs. Dorothy Howard Morehead	Burgaw
Robeson	Margaret Cromartie	Lumberton
Sampson	Margaret E. Clark	Clinton
Sampson	Helen Whitlock, Assistant	Clinton
Wayne	Gertrude Bundy	Goldsboro

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Avery	Mrs. Georgia Piland Cohoon	Newland
Buncombe	Mrs. Mamie Sue Evans	Asheville
Burke	Helen Lanning	Morganton
Cherokee	Mrs. Alline R. King	Murphy
Cherokee	Mary Cornwell, Asst.	Murphy
Clay	Buena Brown	Hayesville
Clay	Velma Beam	Hayesville
Graham	Elizabeth Craft, Asst.	Robbinsville
Haywood	Mary Margaret Smith	Waynesville
Henderson	Ruth H. Dicks	Hendersonville
Jackson	Margaret Martin	Sylva
McDowell	Jean Steele	Marion
Macon	Mrs. Florence S. Sherrill	Franklin
Swain	Mrs. Geraldine F. Hyatt	Bryson City
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Warren	Mrs. Annie B. Branch	Warrenton
Wayne	Mrs. Lillian A. Woodhouse	Goldsboro
Wilson	Mrs. Jane Amos Boyd	Wilson