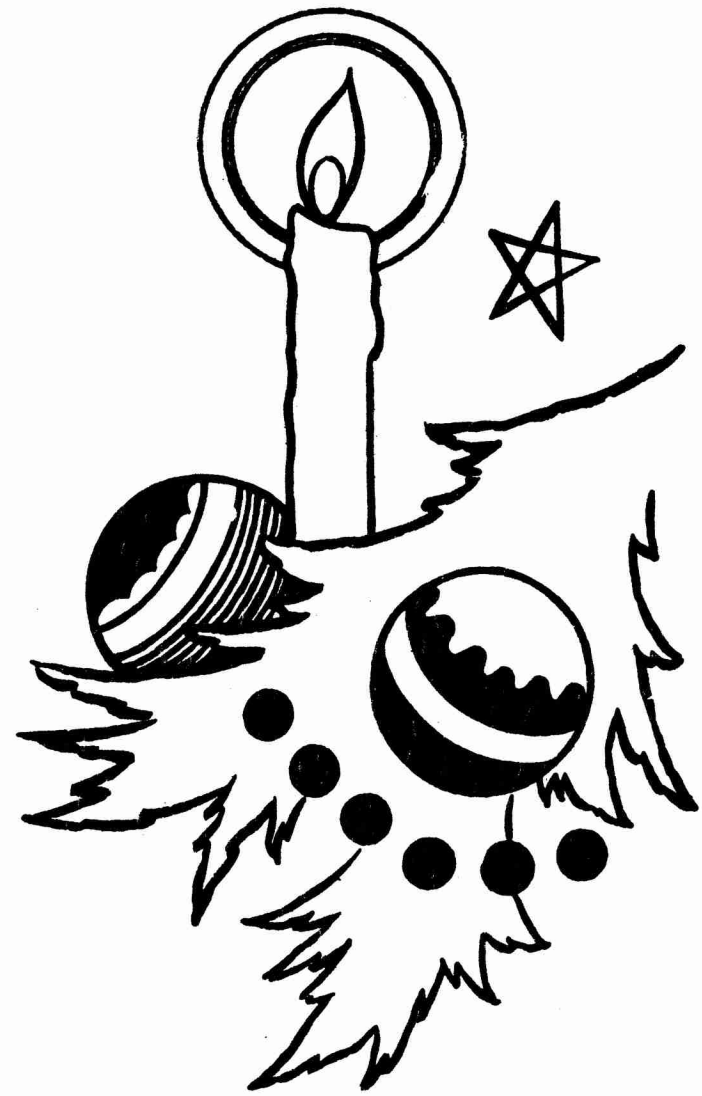


Green 'n' Growing



Miss Ruth Gurrent
101 Eicks Hall, State College
Raleigh, N.C.



Volume 6

December

1960

Decisions

Each one of us starts life with different talents, capabilities and powers. What we do — what we become, depends on the decisions we make. Life is the accumulation of these decisions.

Throughout the years, Home Demonstration has been helping women the world over to make decisions to help themselves and others by developing their different talents and powers and by using them to the extent of their capacity.

We, here in North Carolina, have our greatest challenge. Which way shall we go? One direction leads to open doors of service and friendship to others. The other — well, the decision is yours to make. Will you “Hold High the Torch?”

HOLD HIGH THE TORCH

You did not light its glow —
'Twas given you by other hands, you know.
'Tis yours to keep it burning bright,
Yours to pass on when you no more need light;
For there are other feet that we must guide,
And other forms go marching by our side;
Their eyes are watching every smile and tear
And efforts which we think are not worthwhile,
Are sometimes just the very helps they need,
Actions to which their souls would give most heed;
So that in turn they'll hold it high
And say, “I watched someone else carry it this way.”
If brighter paths should beckon you to choose,
Would your small gain compare with all you'd lose?
Hold high the torch!
You did not light its glow —
'Twas given you by other hands, you know.
I think it started down its pathway bright,
The day the Maker said, “Let there be light.”
And He once said, who hung on Calvary's tree —
“Ye are the light of the world.” . . . Go! . . . Shine — for me

Author Unknown

Prayer: O, God, we turn to Thee who is the sure guide and the secure foundation upon which we build. Help us to keep a faith strong enough to face each day with an expectant heart. Give firmness to our thinking. Give us courage to be our best. Kindle within us the flame of holy purpose that thrusts aside all that is low and base

We look to Thee as we face the decisions and the duties of this day. May we be willing to trust your leadership in this great on-going program. Steady the steps that waver and help us see the path which we are to follow. *Amen.*

Green 'n' Growing

Home Demonstration News Magazine

CHARACTER

CITIZENSHIP

COURAGE

CULTURE



VOLUME 6

DECEMBER, 1960

Green 'n' Growing

A magazine for women who believe that "Today's Home Builds Tomorrow's World."

To inform, inspire, develop, strengthen and correlate the work of home demonstration clubs and the Agricultural Extension Service in their efforts to assist women in promoting higher standards of living, in understanding themselves, their families and their neighbors and in promoting creative leadership.

SUBSCRIPTION RATES: \$1.00 a year in the U. S. A. Mail all correspondence to Dorothy Vanderbilt, Editor, 3301 Chapel Hill Rd., Durham, N. C. Telephone 7-3141. This publication carries authoritative notices and articles on Home Demonstration. No responsibility is assumed for statements of contributors. Manuscripts and photographs will be returned only if accompanied by return postage. We can not assume responsibility for their safety.

Advertising rates on request. Advertising copy must be received by the 10th of the preceding month. Write—Mrs. A. M. Snipes, Ronda, N. C. Advertising Manager.

GREEN 'n' GROWING, published monthly by Home Demonstration Clubs of N. C. Second class mailing postage paid in Durham, North Carolina.

HATS OFF

To all the officers, committees and agents who have worked and given so much of their time, talents and inspired leadership.

To the many women who have worked so faithfully to get advertising, subscriptions, news, etc., for our magazine.

To our advertisers for their belief in our Home Demonstration Program.

TO YOU, OUR SUBSCRIBER.

We wish each and every one a very Merry Christmas and a New Year filled with happiness.

* * * * *



Dear Subscriber:

We know you have wondered why you have not received a copy of *Green 'n' Growing* since your July issue. Let us fill you in.

Some of you will remember that in November 1958, the Executive Council voted to publish a Home Demonstration Club magazine. At that time, it was the feeling of this group that an organization 40,000 strong should have means of communicating directly with its members. A magazine would also provide that invisible bond that helps an organization stay strong and growing. Surely every club member would want to have a part in this undertaking.

The first magazine was issued January 1959. Subscriptions came in gradually and for 19 months we kept working and hoping for more. Those who subscribed seemed to enjoy the magazine but there were not enough. We had a total of 5,000 but 20,000 were needed to put it on a paying basis. Of necessity this is the last issue of our magazine *Green 'n' Growing* for the present. This decision was made by the Executive Board of Home Demonstration Clubs upon these recommendations of the Public Relations Committee.

We, the State Public Relations Committee, recommend that:

1. *Green 'n' Growing*, Home Demonstration News Magazine, be discontinued at the present time because of lack of enough subscriptions and the active support by the majority of H. D. women of North Carolina.
- II. The unexpired subscriptions be refunded from state funds, when available, in the amount of 8c per copy *not* issued. That the desire for return of said funds to be so indicated by the return of the request blank in the last issue of *Green 'n' Growing*.
- III. The last issue should be done as soon as possible and contain as much information as necessary to explain the situation to the subscribers, District Agents, County Home Economics Agents, County Council Presidents, County Public Relations Chairmen, and members of the Administrative Staff.

These recommendations are submitted after much deliberation, discussion and prayerful thought.

Mrs. R. Albert Bell, N. E.
Mrs. Hugh McHargue, S. W.
Mrs. E. B. McGuire, N. W.
Mrs. R. E. Neeley, S. E.
Mrs. W. H. Vanderbilt, Ch'm.

The need to square shoulders, take stock, and stand squarely are experiences of groups as well as individuals from time to time. Such time has come in respect to suspending *Green 'n' Growing* Magazine. Home Demonstration is built on faith, cooperation, goodwill, learning and serving as a unit although its component parts are spread across the land; therefore, from such trial and travail can come the foundation upon which a future success can be achieved. There is no doubt that what has been gained as experience, and seems lost today, can count as an asset in some successful tomorrow.

Mrs. Gilbert English
Mrs. H. C. Little
Mrs. David Williams
Mrs. T. Spencer Dean

How wonderful to have so many friends across this great state! It has been a joy, a privilege and a challenge to work with you these past years. (I wouldn't be human if I didn't admit that there were also times of worry, tears and hairpulling — My own of course.)

There are many things I want to say in this last letter to you. Things like — Merry Christmas! Come to see me! How are the children! . . . But most of all, I would like for us to think and act together.

These times demand the best thinking of which we are capable, vigorous action, unswerving devotion to our cause and a desire to serve.

Home Demonstration is calling women into places of leadership — women with ability and a willingness to serve. As all of us go about our work let us remember three important words which apply to members and leaders alike. These words all start with 'I' as do the actions start with 'I' (You and Me).

The first word is (I will) **IGNITE** . . . set aflame, spark, brighten. Enthusiasm is contagious. Use yours!

Second, **INSTRUCT** . . . with patience for the unconcerned, belief in our work, with constancy in our sense of responsibility.

Third, **INSPIRE** . . . our spirits, motivate our energy, guide our head, hands and heart in service.

A new year will soon open more doors. Let's accept the challenge and go forward.

Love and best wishes

Dot Vanderbilt



COOK BOOKS FOR CHRISTMAS

Give a thoughtful, long-lasting gift for Christmas! What could be better than our own *Favorite Recipes, Old and New*, compiled by North Carolina Home Demonstration Clubs? It will be used long after Christmas and every time it will recall warm memories and wonderful food.

To be sure you get them in time for Christmas giving, Please Place Your Order Immediately! Your County Home Economics Agent may have them or you may order small quantities direct from:

Mrs. Margaret Walker
101 Ricks Hall
State College Station,
Raleigh, North Carolina

Price is \$1.00 plus 10c each for mailing. Don't forget to include your name and correct mailing address.

* * * *

"A club that sees itself as a sponsor rather than a recipient will flourish."

"Every morning I will say there's something good along my way. God sends love to me."

Dr. Jane S. McKimmon

"Preparing for the Challenge of Change" Theme of the National Meeting

Editor's Note: Every year the National Meeting seems better than the years before. This year was no exception! Here are only a few highlights given by delegates. Their names are at the end of this article and they will be more than happy to share their experiences and inspirations with you. Just ask them!

* * * * *

This was the 24th Annual Meeting of the National Council of Home Demonstration Clubs. There were more than 3,200 delegates in attendance coming from 39 states and Puerto Rico. They represented more than 7½ million homemakers who work through the educational program of the Extension Department of Land Grant Colleges, U.S. Department of Agriculture and county governments. Delegates attending from North Carolina were:

Mrs. Joe Chaney, Wingate; Mrs. David Williams, Rose Hill; Mrs. C. L. Sloan, Calypso; Mrs. D. C. Wicker, Winston-Salem; Mrs. Reid Overman, Elizabeth City, Rt. 1; Mrs. Obed Castlloe, Winterville; Mr. and Mrs. P. O. Bulluck, Battleboro; Mrs. J. T. Spivey, Beaufort, Rt. 1; Mrs. John Leeuwenburg, Wilmington; Mrs. Walter Shaw, Evergreen; Mrs. Clarence Bunn, Pikeville, Rt. 2; Mrs. J. B. Calhoun, Jr., Laurinburg, Rt. 3; Mrs. James C. Harris, Warrenton, Rt. 3; Mrs. C. M. Aldridge, Burlington, Rt. 2; Mrs. Joe E. Meador, Reidsville, Rt. 3; Mrs. Herbert Bare, Glendale Springs; Mrs. Joe Talley, Sanford, Rt. 1; Mrs. Melvin Mills, Marshville, Rt. 3; Mrs. Bill Scoggins, Mt. Ulla, Rt. 1; Mrs. Jethro Hoyle, Drexel; Mrs. Muriel McIntyre,

Columbus; Mrs. Sam Thompson, Spruce Pine, Rt. 2; Mrs. Richard Landon, Weaverville, Rt. 1; Mrs. L. F. Saltz, Flat Rock, Rt. 1; and Mrs. John Reagan, Whittier, Rt. 2.

Miss Current and Miss Mary Harris, western district home economics agent, accompanied the group to Wisconsin.

* * * * *

North Carolina delegates 'proudly wore as identification tags a pair of "tarheels" made by Mrs. W. Taylor Long of Blanch, North Carolina.

* * * * *

YOUR DECISION?

Burton W. Kreitlow, Professor of Agriculture and Extension Education in his speech "Your Responsibility for Continued Learning," said that effective adult education is just as important as an effective space program. For a society to best meet the challenge of these times it must forever be seeking answers — both individually and worldwide. You have to be willing to roll up your sleeves to provide leadership for "total living" not just your individual specialities.

Mr. Kreitlow also said that our big decision may need to be — "What kind of 'family room' do you want for yourself, your neighbor and the nation? Do you want a room in a home or in a concrete cave? Do you want a family room that puts *family* in focus — a friendly, loving, cooperative one that can be God Centered, Or do you want a family room that puts *survival* in focus — of concrete and steel, with pick

axe and a six week's supply of food. A family room centered on God-of-War.

"Our most fatal mistake as a nation can be ignorance — blind, selfish, me-centered ignorance. Isn't it time that we strike out boldly towards a continued learning that meets the crucial issues of the day, that challenges young homemakers and their families towards citizenship responsibility, that building the foundation, sets the stage and provides the motor of public leadership that will bind together a higher form of human society?"

* * * * *

HOMEMAKERS' CHORUS

For the second time in five years the Wisconsin Homemaker's Chorus performed at a National Home Demonstration meeting. This year nearly 250 voices joined for this special appearance. The University Extension Music Department holds five training festivals in the state each year and the entire chorus sings at Farm and Home Week.

* * * * *

40 YEARS . . . YOUNG OR OLD

"What of a Woman's World?" was the topic used by Miss Martha Peterson, Dean of Women, Wisconsin University. Today, women of forty find their children in school and living their own lives. What is she going to do with the other forty years of her life? She must learn to make a happy combination of the demands to be wife, mother, wage earner, volunteer worker, etc. "If a woman is to meet the demands of our time, her

career must be handled as well as her home responsibilities; and if the woman herself is to be happy, she must be doing something consistent with her abilities," said Dean Peterson. "Women must also talk to their daughters about the demands of society and the need for a good education, the need to develop potential and their personal obligation to make the most of that potential."

* * * * *

ATTENDS WISCONSIN MEET —

Shown below leaving Raleigh for Wisconsin to attend the National Home Demonstration Council Meeting are (left to right) Mrs. David Williams, Rose Hill, newly installed president of the N. C. Home Demonstration Clubs; Mrs. C. L. Sloan, Calypso; and Mrs. J. B. Calhoun, Jr., Laurinburg, Rt. 3.



“EMBROIDERY IS TO SEWING AS POETRY IS TO PROSE”

So said the card that was tucked in every guest towel that was given as a take-home-favor to the national delegates. Done in red and white, the University's colors, the towels represented the skill of many nationalities and each included the name and address of the lady who made it. They stitched at club meetings, or during a quiet moment at home because they wanted a bit of Wisconsin tucked into each home and memory. What a wonderful way to share their state's heritage, make new friends and create warm memories!

* * * * *

“All the flowers of tomorrow are in the seeds of today.”

C. M. Ferguson
Director of Extension

* * * * *

RECEIVES NATIONAL AWARD
Mrs. Gilbert English, Trinity, who is the state president of home demonstration clubs, is shown (left) presenting the national health award to Mrs. Reed Wilson, Lawndale, who is the state health chairman. Mrs. Callie Hardwicke, southwestern district agent, looks on.



N. C. HOME DEMONSTRATION CLUBS RECEIVE NATIONAL HEALTH HONORS

By Maidred Morris

The North Carolina Home Demonstration Clubs received National Home Demonstration Council health award recently at the national meeting in Wisconsin.

The Elin Anderson certificate award is made annually to the state home demonstration organization having the most outstanding health program during the previous year. Health is one phase of the five-point program of work of the National Home Demonstration Council. This year North Carolina tied with New Mexico for the honor.

North Carolina Home Demonstration Clubs, whose state president is Mrs. Gilbert English, Trinity, received the award on the basis of their outstanding cooperation with county and state health associations in rural health conferences.

Following the delegates return to the state, Mrs. English presented the award to Mrs. Reid Wilson, Lawndale, who is the state health chairman.

Mrs. Wilson says, “We must work to provide and maintain good health for ourselves and our families. Our club women have become health conscious through the various demonstrations and activities given in clubs designed for promoting and maintaining good family health.”

ACWW SPEAKER

Mrs. Geerda Van Beekhoff, Netherlands, President of the Associated Country Women of the World, a world-wide organization of rural women, spoke about society's responsibilities for the peoples of the world. She also discussed the “free the world from hunger” campaign.

1961 YEARBOOKS

Some changes have been made and we think you will like them. The book is more of a handbook than before. Tho it is the same small size as last year it contains some added features.

Four new sections are titled: District Representation on N. C. H. D. Organization Executive Board — 1962-1967; Cooperative Extension Work; Extension Home Economics Objectives; County Home Economics Program of Work.

Please read carefully on page 17 under 'Home Demonstration Clubs' the term of office for club officers, when they are elected, and when they begin to serve as officers.

Change in Project Leaders --'Home Gardens', 'Home Poultry', and 'Home Dairy' project work has been combined in one to be known as 'Home Food Supply'.

A major change has been made in the section titled 'Duties of Officers, Committee Chairmen, and Club Members'. The basic duties for each has been outlined and should be studied carefully by home agents, officers, committee chairmen, and club members.

Also note change in section titled 'Order of Business For Club Meetings'. Please study carefully the change in the order of business for club meetings and encourage club presidents to follow it.

There are more changes and omissions not mentioned here. Please Study Your Yearbook Carefully! Know it thoroughly. It is meant to help!

* * * *

"Everything in the home today is controlled by a switch except children."

B. W. Kreitlow



The Supply Home Demonstration Club which has 12 members has made quite a name for itself during the past year. For the project the members decided to help others. At Christmas they made favors for the people of the County Boarding Home and patients in the local hospital. They also made baby blankets for the hospital. One of the most enjoyable activities of the club was their preview of Easter fashions in the spring.

Mrs. Albert Parker

Avery County Bank

A HOMETOWN INDEPENDENT BANK

Newland, N. C.

Phone RE 4331

UNITED NATIONS TOUR

One hundred and seventy-four Home Demonstration Club women from North Carolina went on the United Nations Study Tour in October. (I was the delegate from Durham County.) We were thrilled with the sight of the beautiful structures on the East River with the colorful flags of 99 member nations waving before it. We were challenged and inspired by the many talks and visits to the various chambers and by the scope of the U. N.

After visiting all these busy places, I was thankful for the small Meditation Room which we visited last. From the pressure of the hour one can take a few steps and find one's self in this small room surrounded with silence. The only light is a glow from the illumined top of a six ton, polished block of Swedish iron. People of all faiths find their way here to say a prayer for world peace. I felt compelled to add my prayer to those already made here and to those which will be made in days to come. I remembered this quotation from the Bible: 'Be still and know that I am God', *Psalms* 46: 10.

Mrs. J. R. Hildebran
Durham County

* * * *

IN MEMORY OF MRS. ELIZABETH TUTTLE

Home Demonstration members and the Home Economics Association felt a deep personal loss in the death of Mrs. Elizabeth Tuttle, Forsyth County Home Economics Agent. She was loved by all who knew her.

She kept her line of rectitude
With love's unconscious ease;
Her kindly instincts understood
All gentle courtesies.
The dear Lord's best interpreters
Are humble human souls;
The Gospel of a life like hers
Is more than books or scrolls.

John Greenleaf Whittier

NOTE OF THANKS

"To our friends and the publishers of *Green 'n' Growing*, we wish to extend our good wishes and appreciation for our wonderful 5 days in New York City. They were the happiest and most exciting of our lives. The memories will linger long after your subscriptions expire, but our love for you will never end. Thanks to all of you who made our trip possible and may God bless every one of you."

Clara and Malcolm Buchanan
Broadway, N. C.

* * * *

Green Hill Club, Rutherfordton, paid for draperies in their club house and the balance on the H. D. House fund by baking good cakes and selling them in nearby Spindale and Rutherfordton. The newspapers and radio announced the sale one week in advance.

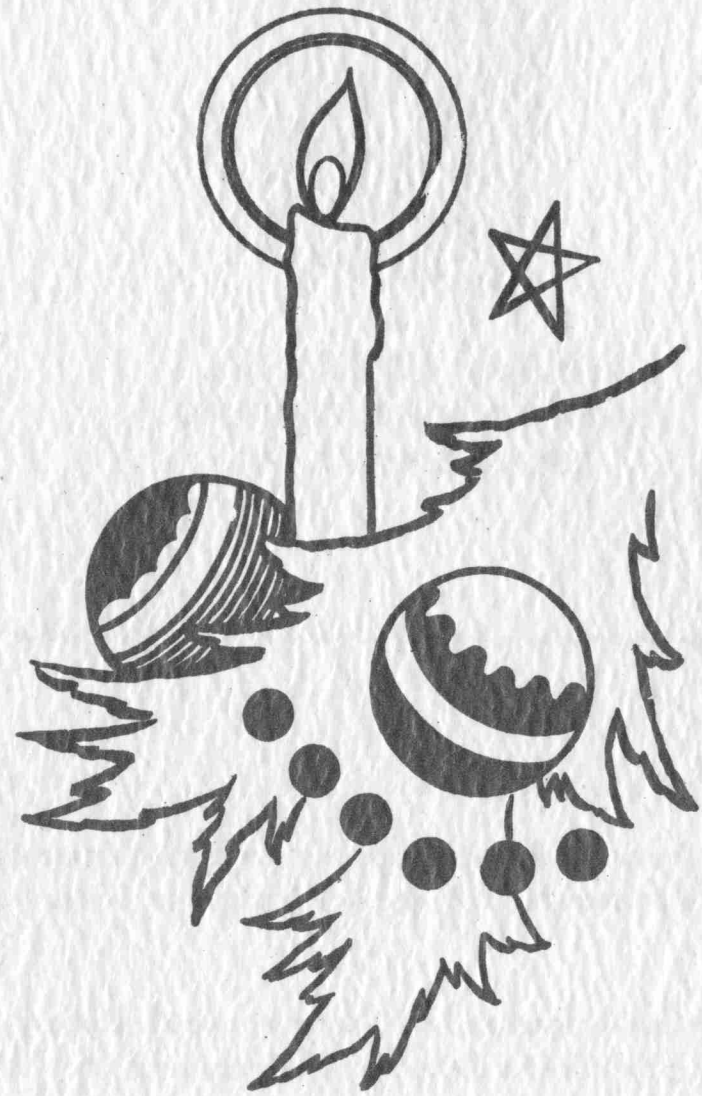
Mrs. Max Tolleson

* * * *

Mrs. F. E. Bristow of Conway, Northampton, has not missed a Home Demonstration Club meeting in 46 years. Not only has she been a faithful member but also very active. Although Mrs. Bristow is now 75 years old, she likes to work in her garden and do other household chores. She says, "As long as I keep my mind and hands busy, I am a much happier person."

* * * *

Distinguished service citations were awarded to four Home Economics Agents at the National H. D. Agents Association Meeting in Chicago. Agents honored are: Miss Emily Ballinger, Warrenton; Miss Nellie Jo Carter, Robbinsville; Miss Lenore Crouser, Windsor; and Miss Elizabeth Williams, Greensboro. These girls richly deserve these citations and we are so happy for them.



Miss Ruth Current
101 Eicks Hall, State College
Raleigh, N.C.

Green 'n' Growing



Volume 6

December

1960

Compliments of



FARM JOURNAL
FARM JOURNAL BUILDING
PHILADELPHIA 5, PA.

Do you want your *Green 'n' Growing* subscription money returned? If so, please fill out the blank at the bottom of the page and return to *Green 'n' Growing* by December 20, 1960.

A check to cover refunds requested will be sent to each County Council Treasurer to be distributed by the Public Relations Chairman and the Treasurer. These checks will be sent as money is available.

Name

Street

City State

County

Decisions

Each one of us starts life with different talents, capabilities and powers. What we do — what we become, depends on the decisions we make. Life is the accumulation of these decisions.

Throughout the years, Home Demonstration has been helping women the world over to make decisions to help themselves and others by developing their different talents and powers and by using them to the extent of their capacity.

We, here in North Carolina, have our greatest challenge. Which way shall we go? One direction leads to open doors of service and friendship to others. The other — well, the decision is yours to make. Will you "Hold High the Torch?"

HOLD HIGH THE TORCH

You did not light its glow —
'Twas given you by other hands, you know.
'Tis yours to keep it burning bright,
Yours to pass on when you no more need light;
For there are other feet that we must guide,
And other forms go marching by our side;
Their eyes are watching every smile and tear
And efforts which we think are not worthwhile,
Are sometimes just the very helps they need,
Actions to which their souls would give most heed;
So that in turn they'll hold it high
And say, "I watched someone else carry it this way."
If brighter paths should beckon you to choose,
Would your small gain compare with all you'd lose?
Hold high the torch!
You did not light its glow —
'Twas given you by other hands, you know.
I think it started down its pathway bright,
The day the Maker said, "Let there be light."
And He once said, who hung on Calvary's tree —
"Ye are the light of the world." . . . Go! . . . Shine — for me

Author Unknown

Prayer: O, God, we turn to Thee who is the sure guide and the secure foundation upon which we build. Help us to keep a faith strong enough to face each day with an expectant heart. Give firmness to our thinking. Give us courage to be our best. Kindle within us the flame of holy purpose that thrusts aside all that is low and base

We look to Thee as we face the decisions and the duties of this day. May we be willing to trust your leadership in this great on-going program. Steady the steps that waver and help us see the path which we are to follow. *Amen.*

Green 'n' Growing

Home Demonstration News Magazine

CHARACTER

CITIZENSHIP

COURAGE

CULTURE



VOLUME 6

DECEMBER, 1960

Green 'n' Growing

A magazine for women who believe that "Today's Home Builds Tomorrow's World."

To inform, inspire, develop, strengthen and correlate the work of home demonstration clubs and the Agricultural Extension Service in their efforts to assist women in promoting higher standards of living, in understanding themselves, their families and their neighbors and in promoting creative leadership.

SUBSCRIPTION RATES: \$1.00 a year in the U. S. A. Mail all correspondence to Dorothy Vanderbilt, Editor, 3301 Chapel Hill Rd., Durham, N. C. Telephone 7-3141. This publication carries authoritative notices and articles on Home Demonstration. No responsibility is assumed for statements of contributors. Manuscripts and photographs will be returned only if accompanied by return postage. We can not assume responsibility for their safety.

Advertising rates on request. Advertising copy must be received by the 10th of the preceding month. Write—Mrs. A. M. Snipes, Ronda, N. C. Advertising Manager.

GREEN 'n' GROWING, published monthly by Home Demonstration Clubs of N. C. Second class mailing postage paid in Durham, North Carolina.

HATS OFF

To all the officers, committees and agents who have worked and given so much of their time, talents and inspired leadership.

To the many women who have worked so faithfully to get advertising, subscriptions, news, etc., for our magazine.

To our advertisers for their belief in our Home Demonstration Program.

TO YOU, OUR SUBSCRIBER.

We wish each and every one a very Merry Christmas and a New Year filled with happiness.

* * * * *



Dear Subscriber:

We know you have wondered why you have not received a copy of *Green 'n' Growing* since your July issue. Let us fill you in.

Some of you will remember that in November 1958, the Executive Council voted to publish a Home Demonstration Club magazine. At that time, it was the feeling of this group that an organization 40,000 strong should have means of communicating directly with its members. A magazine would also provide that invisible bond that helps an organization stay strong and growing. Surely every club member would want to have a part in this undertaking.

The first magazine was issued January 1959. Subscriptions came in gradually and for 19 months we kept working and hoping for more. Those who subscribed seemed to enjoy the magazine but there were not enough. We had a total of 5,000 but 20,000 were needed to put it on a paying basis. Of necessity this is the last issue of our magazine *Green 'n' Growing* for the present. This decision was made by the Executive Board of Home Demonstration Clubs upon these recommendations of the Public Relations Committee.

We, the State Public Relations Committee, recommend that:

1. *Green 'n' Growing*, Home Demonstration News Magazine, be discontinued at the present time because of lack of enough subscriptions and the active support by the majority of H. D. women of North Carolina.
- II. The unexpired subscriptions be refunded from state funds, when available, in the amount of 8c per copy *not* issued. That the desire for return of said funds to be so indicated by the return of the request blank in the last issue of *Green 'n' Growing*.
- III. The last issue should be done as soon as possible and contain as much information as necessary to explain the situation to the subscribers, District Agents, County Home Economics Agents, County Council Presidents, County Public Relations Chairmen, and members of the Administrative Staff.

These recommendations are submitted after much deliberation, discussion and prayerful thought.

Mrs. R. Albert Bell, N. E.
Mrs. Hugh McHargue, S. W.
Mrs. E. B. McGuire, N. W.
Mrs. R. E. Neeley, S. E.
Mrs. W. H. Vanderbilt, Ch'm.

The need to square shoulders, take stock, and stand squarely are experiences of groups as well as individuals from time to time. Such time has come in respect to suspending *Green 'n' Growing* Magazine. Home Demonstration is built on faith, cooperation, goodwill, learning and serving as a unit although its component parts are spread across the land; therefore, from such trial and travail can come the foundation upon which a future success can be achieved. There is no doubt that what has been gained as experience, and seems lost today, can count as an asset in some successful tomorrow.

Mrs. Gilbert English
Mrs. H. C. Little
Mrs. David Williams
Mrs. T. Spencer Dean

How wonderful to have so many friends across this great state! It has been a joy, a privilege and a challenge to work with you these past years. (I wouldn't be human if I didn't admit that there were also times of worry, tears and hairpulling — My own of course.)

There are many things I want to say in this last letter to you. Things like — Merry Christmas! Come to see me! How are the children! . . . But most of all, I would like for us to think and act together.

These times demand the best thinking of which we are capable, vigorous action, unswerving devotion to our cause and a desire to serve.

Home Demonstration is calling women into places of leadership — women with ability and a willingness to serve. As all of us go about our work let us remember three important words which apply to members and leaders alike. These words all start with 'I' as do the actions start with 'I' (You and Me).

The first word is (I will) **IGNITE** . . . set aflame, spark, brighten. Enthusiasm is contagious. Use yours!

Second, **INSTRUCT** . . . with patience for the unconcerned, belief in our work, with constancy in our sense of responsibility.

Third, **INSPIRE** . . . our spirits, motivate our energy, guide our head, hands and heart in service.

A new year will soon open more doors. Let's accept the challenge and go forward.

Love and best wishes

Dot Vanderbilt



COOK BOOKS FOR CHRISTMAS

Give a thoughtful, long-lasting gift for Christmas! What could be better than our own *Favorite Recipes, Old and New*, compiled by North Carolina Home Demonstration Clubs? It will be used long after Christmas and every time it will recall warm memories and wonderful food.

To be sure you get them in time for Christmas giving, Please Place Your Order Immediately! Your County Home Economics Agent may have them or you may order small quantities direct from:

Mrs. Margaret Walker
101 Ricks Hall
State College Station,
Raleigh, North Carolina

Price is \$1.00 plus 10c each for mailing. Don't forget to include your name and correct mailing address.

* * * *

"A club that sees itself as a sponsor rather than a recipient will flourish."

"Every morning I will say there's something good along my way. God sends love to me."

Dr. Jane S. McKimmon

"Preparing for the Challenge of Change" Theme of the National Meeting

Editor's Note: Every year the National Meeting seems better than the years before. This year was no exception! Here are only a few highlights given by delegates. Their names are at the end of this article and they will be more than happy to share their experiences and inspirations with you. Just ask them!

* * * * *

This was the 24th Annual Meeting of the National Council of Home Demonstration Clubs. There were more than 3,200 delegates in attendance coming from 39 states and Puerto Rico. They represented more than 7½ million homemakers who work through the educational program of the Extension Department of Land Grant Colleges, U.S. Department of Agriculture and county governments. Delegates attending from North Carolina were:

Mrs. Joe Chaney, Wingate; Mrs. David Williams, Rose Hill; Mrs. C. L. Sloan, Calypso; Mrs. D. C. Wicker, Winston-Salem; Mrs. Reid Overman, Elizabeth City, Rt. 1; Mrs. Obed Castlloe, Winterville; Mr. and Mrs. P. O. Bulluck, Battleboro; Mrs. J. T. Spivey, Beaufort, Rt. 1; Mrs. John Leeuwenburg, Wilmington; Mrs. Walter Shaw, Evergreen; Mrs. Clarence Bunn, Pikeville, Rt. 2; Mrs. J. B. Calhoun, Jr., Laurinburg, Rt. 3; Mrs. James C. Harris, Warrenton, Rt. 3; Mrs. C. M. Aldridge, Burlington, Rt. 2; Mrs. Joe E. Meador, Reidsville, Rt. 3; Mrs. Herbert Bare, Glendale Springs; Mrs. Joe Talley, Sanford, Rt. 1; Mrs. Melvin Mills, Marshville, Rt. 3; Mrs. Bill Scoggins, Mt. Ulla, Rt. 1; Mrs. Jethro Hoyle, Drexel; Mrs. Muriel McIntyre,

Columbus; Mrs. Sam Thompson, Spruce Pine, Rt. 2; Mrs. Richard Landon, Weaverville, Rt. 1; Mrs. L. F. Saltz, Flat Rock, Rt. 1; and Mrs. John Reagan, Whittier, Rt. 2.

Miss Current and Miss Mary Harris, western district home economics agent, accompanied the group to Wisconsin.

* * * * *

North Carolina delegates 'proudly wore as identification tags a pair of "tarheels" made by Mrs. W. Taylor Long of Blanch, North Carolina.

* * * * *

YOUR DECISION?

Burton W. Kreitlow, Professor of Agriculture and Extension Education in his speech "Your Responsibility for Continued Learning," said that effective adult education is just as important as an effective space program. For a society to best meet the challenge of these times it must forever be seeking answers — both individually and worldwide. You have to be willing to roll up your sleeves to provide leadership for "total living" not just your individual specialities.

Mr. Kreitlow also said that our big decision may need to be — "What kind of 'family room' do you want for yourself, your neighbor and the nation? Do you want a room in a home or in a concrete cave? Do you want a family room that puts *family* in focus — a friendly, loving, cooperative one that can be God Centered, Or do you want a family room that puts *survival* in focus — of concrete and steel, with pick

axe and a six week's supply of food. A family room centered on God-of-War.

"Our most fatal mistake as a nation can be ignorance — blind, selfish, me-centered ignorance. Isn't it time that we strike out boldly towards a continued learning that meets the crucial issues of the day, that challenges young homemakers and their families towards citizenship responsibility, that building the foundation, sets the stage and provides the motor of public leadership that will bind together a higher form of human society?"

* * * * *

HOMEMAKERS' CHORUS

For the second time in five years the Wisconsin Homemaker's Chorus performed at a National Home Demonstration meeting. This year nearly 250 voices joined for this special appearance. The University Extension Music Department holds five training festivals in the state each year and the entire chorus sings at Farm and Home Week.

* * * * *

40 YEARS . . . YOUNG OR OLD

"What of a Woman's World?" was the topic used by Miss Martha Peterson, Dean of Women, Wisconsin University. Today, women of forty find their children in school and living their own lives. What is she going to do with the other forty years of her life? She must learn to make a happy combination of the demands to be wife, mother, wage earner, volunteer worker, etc. "If a woman is to meet the demands of our time, her

career must be handled as well as her home responsibilities; and if the woman herself is to be happy, she must be doing something consistent with her abilities," said Dean Peterson. "Women must also talk to their daughters about the demands of society and the need for a good education, the need to develop potential and their personal obligation to make the most of that potential."

* * * * *

ATTENDS WISCONSIN MEET —

Shown below leaving Raleigh for Wisconsin to attend the National Home Demonstration Council Meeting are (left to right) Mrs. David Williams, Rose Hill, newly installed president of the N. C. Home Demonstration Clubs; Mrs. C. L. Sloan, Calypso; and Mrs. J. B. Calhoun, Jr., Laurinburg, Rt. 3.



"EMBROIDERY IS TO SEWING AS POETRY IS TO PROSE"

So said the card that was tucked in every guest towel that was given as a take-home-favor to the national delegates. Done in red and white, the University's colors, the towels represented the skill of many nationalities and each included the name and address of the lady who made it. They stitched at club meetings, or during a quiet moment at home because they wanted a bit of Wisconsin tucked into each home and memory. What a wonderful way to share their state's heritage, make new friends and create warm memories!

* * * * *

"All the flowers of tomorrow are in the seeds of today."

C. M. Ferguson
Director of Extension

* * * * *

RECEIVES NATIONAL AWARD
Mrs. Gilbert English, Trinity, who is the state president of home demonstration clubs, is shown (left) presenting the national health award to Mrs. Reed Wilson, Lawndale, who is the state health chairman. Mrs. Callie Hardwicke, southwestern district agent, looks on.



N. C. HOME DEMONSTRATION CLUBS RECEIVE NATIONAL HEALTH HONORS

By Maidred Morris

The North Carolina Home Demonstration Clubs received National Home Demonstration Council health award recently at the national meeting in Wisconsin.

The Elin Anderson certificate award is made annually to the state home demonstration organization having the most outstanding health program during the previous year. Health is one phase of the five-point program of work of the National Home Demonstration Council. This year North Carolina tied with New Mexico for the honor.

North Carolina Home Demonstration Clubs, whose state president is Mrs. Gilbert English, Trinity, received the award on the basis of their outstanding cooperation with county and state health associations in rural health conferences.

Following the delegates return to the state, Mrs. English presented the award to Mrs. Reid Wilson, Lawndale, who is the state health chairman.

Mrs. Wilson says, "We must work to provide and maintain good health for ourselves and our families. Our club women have become health conscious through the various demonstrations and activities given in clubs designed for promoting and maintaining good family health."

ACWW SPEAKER

Mrs. Geerda Van Beekhoff, Netherlands, President of the Associated Country Women of the World, a world-wide organization of rural women, spoke about society's responsibilities for the peoples of the world. She also discussed the "free the world from hunger" campaign.

1961 YEARBOOKS

Some changes have been made and we think you will like them. The book is more of a handbook than before. Tho it is the same small size as last year it contains some added features.

Four new sections are titled: District Representation on N. C. H. D. Organization Executive Board — 1962-1967; Cooperative Extension Work; Extension Home Economics Objectives; County Home Economics Program of Work.

Please read carefully on page 17 under 'Home Demonstration Clubs' the term of office for club officers, when they are elected, and when they begin to serve as officers.

Change in Project Leaders --'Home Gardens', 'Home Poultry', and 'Home Dairy' project work has been combined in one to be known as 'Home Food Supply'.

A major change has been made in the section titled 'Duties of Officers, Committee Chairmen, and Club Members'. The basic duties for each has been outlined and should be studied carefully by home agents, officers, committee chairmen, and club members.

Also note change in section titled 'Order of Business For Club Meetings'. Please study carefully the change in the order of business for club meetings and encourage club presidents to follow it.

There are more changes and omissions not mentioned here. Please Study Your Yearbook Carefully! Know it thoroughly. It is meant to help!

* * * *

"Everything in the home today is controlled by a switch except children."

B. W. Kreitlow



The Supply Home Demonstration Club which has 12 members has made quite a name for itself during the past year. For the project the members decided to help others. At Christmas they made favors for the people of the County Boarding Home and patients in the local hospital. They also made baby blankets for the hospital. One of the most enjoyable activities of the club was their preview of Easter fashions in the spring.

Mrs. Albert Parker

Avery County Bank

A HOMETOWN INDEPENDENT BANK

Newland, N. C.

Phone RE 4331

UNITED NATIONS TOUR

One hundred and seventy-four Home Demonstration Club women from North Carolina went on the United Nations Study Tour in October. (I was the delegate from Durham County.) We were thrilled with the sight of the beautiful structures on the East River with the colorful flags of 99 member nations waving before it. We were challenged and inspired by the many talks and visits to the various chambers and by the scope of the U. N.

After visiting all these busy places, I was thankful for the small Meditation Room which we visited last. From the pressure of the hour one can take a few steps and find one's self in this small room surrounded with silence. The only light is a glow from the illumined top of a six ton, polished block of Swedish iron. People of all faiths find their way here to say a prayer for world peace. I felt compelled to add my prayer to those already made here and to those which will be made in days to come. I remembered this quotation from the Bible: 'Be still and know that I am God', *Psalms* 46: 10.

Mrs. J. R. Hildebran
Durham County

* * * *

IN MEMORY OF MRS. ELIZABETH TUTTLE

Home Demonstration members and the Home Economics Association felt a deep personal loss in the death of Mrs. Elizabeth Tuttle, Forsyth County Home Economics Agent. She was loved by all who knew her.

She kept her line of rectitude
With love's unconscious ease;
Her kindly instincts understood
All gentle courtesies.
The dear Lord's best interpreters
Are humble human souls;
The Gospel of a life like hers
Is more than books or scrolls.

John Greenleaf Whittier

NOTE OF THANKS

"To our friends and the publishers of *Green 'n' Growing*, we wish to extend our good wishes and appreciation for our wonderful 5 days in New York City. They were the happiest and most exciting of our lives. The memories will linger long after your subscriptions expire, but our love for you will never end. Thanks to all of you who made our trip possible and may God bless every one of you."

Clara and Malcolm Buchanan
Broadway, N. C.

* * * *

Green Hill Club, Rutherfordton, paid for draperies in their club house and the balance on the H. D. House fund by baking good cakes and selling them in nearby Spindale and Rutherfordton. The newspapers and radio announced the sale one week in advance.

Mrs. Max Tolleson

* * * *

Mrs. F. E. Bristow of Conway, Northampton, has not missed a Home Demonstration Club meeting in 46 years. Not only has she been a faithful member but also very active. Although Mrs. Bristow is now 75 years old, she likes to work in her garden and do other household chores. She says, "As long as I keep my mind and hands busy, I am a much happier person."

* * * *

Distinguished service citations were awarded to four Home Economics Agents at the National H. D. Agents Association Meeting in Chicago. Agents honored are: Miss Emily Ballinger, Warrenton; Miss Nellie Jo Carter, Robbinsville; Miss Lenore Crouser, Windsor; and Miss Elizabeth Williams, Greensboro. These girls richly deserve these citations and we are so happy for them.

Compliments of



FARM JOURNAL
FARM JOURNAL BUILDING
PHILADELPHIA 5, PA.

Do you want your *Green 'n' Growing* subscription money returned? If so, please fill out the blank at the bottom of the page and return to *Green 'n' Growing* by December 20, 1960.

A check to cover refunds requested will be sent to each County Council Treasurer to be distributed by the Public Relations Chairman and the Treasurer. These checks will be sent as money is available.

Name

Street

City State

County