

NEWS LETTER

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Raleigh, N. C., May, 1947

No.1

Today's Home Builds Tomorrow's World



NATIONAL HOME DEMONSTRATION WEEK

Mrs. Edison Davenport, past president of the North Carolina Federation of Home Demonstration Clubs, calls the attention of the 56,000 home demonstration club members and their friends to the significance of the week, May 4-11.

Another week has been added to the calendar; not in days, but in causes to be celebrated.

Of all the weeks set aside for observing this or that crusade, none is more important or more far reaching than National Home Demonstration Week, instituted by the National Home Demonstration Club Council at its annual meeting in Columbus, Ohio in November 1945.

Although only two years old National Home Demonstration Week is observed enthusiastically by club women in the twenty eight states belonging to the National Council. For the week of May 4-11 all join forces to proclaim their gratitude and faith in a home service that reaches from the most humble tenant home to the most prosperous and influential home in a rural community.

Among the many benefits achieved through the cooperation of Home Demonstration Club women and County Home Agents sent out by the Extension Service are: better sanitation, better nutrition, more attractive and economically-run homes and happier healthier families. These homes are presided over by women who have discarded the name "housewife" for the much more fitting name of "homemaker." Homemaking to Home Demonstration Club women is the most worth while of all professions.

In North Carolina alone this week more than 56,000 club women are mobilizing to join the National Procession of Home makers. Over all the marching lines proudly floats a banner, bearing the motto "Today's Home Builds Tomorrow's World."

"With apologies to an unknown author, we would like to express these words of appreciation and praise for the work and influence of Home Demonstration Club women through out North Carolina.

"They did not waste the day or lose it;

For I'm sure it was well spent.

For they did leave a trail of kindness

But not a scar of discontent.

And when they close their eyes in slumber

I do think that God will say,

You have earned a good tomorrow

By the work you did today."

Invest in the Future of a Broad Health Program

Our Health Program in home demonstration work is nearing the half-way mark for 1947. Are our accomplishments keeping pace with the march of time? Are we familiar with the local health services in our community or county? Have we utilized these services in tubercular, pre-school, immunization or planned parent-hood clinics? These are only part of the projects of the 1947 home demonstration program in coordination with the public health department. With the Extension and Health Departments working together, and with farm families working with both of these, there are many health problems which can be solved in the family and community.

The 1947 program that relates directly to demonstration work is "Foods in Relation to Health," "Sanitation in Relation to Health," and "Housing in Relation to Health."

Perhaps we as club women feel we can do little to lift the health standard in North Carolina in general; perhaps we think we can do little towards securing more hospital beds, nurses or doctors for our county, but we can express the need as we see it and our interest as an organization and we can look after the health of our individual families.

We know that poor nutrition comes partly from poorly planned meals, and incorrect preparation of foods, causing them to lose precious food value. If we want better health for our families we can plan and produce a year-round food supply. We can plan and prepare our meals by our lesson sheets that have been given us at club meetings. Sometimes, we allow valuable information to collect in our recipe files, intending to use them later and then forget about them, going on in our same old style of canning, preserving, planning and preparing foods. To check each day's menus by the Basic 7 Group is a wise and thoughtful procedure.

Maybe we are too prone to fill the child's lunch box with his likes and whims instead of what his body actually needs. If we have hot lunches at school, it is our duty as parent and school citizen to show our interest in

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 demonstration club women.

Greetings

The week of May 4-11 has been set aside as National Home Demonstration Week—a time when we give well-deserved recognition to the homemakers of North Carolina, who translate Home Demonstration Work and study into comfortable homes, nutritious meals, more healthful living and happier communities. Rural homemakers are sharing this observance with sister club members throughout the 48 states, Alaska, Hawaii and Puerto Rico. With the theme, "Today's Home Builds Tomorrow's World," Home Demonstration Club Women will show that their homes will build tomorrow's world.

—Verna Stanton,
 Assistant State Home Agent.

Homemakers Creed

As homemakers we will strive to
 Have our organization foster the
 highest
 Ideals in home, church, school, and
 public life;
 Have our homes reach out in service to
 The communities and help unite the
 people;
 Have cooperation and progress the
 Leading forces in our communities;
 Study the best ways to do everyday
 work
 That we may find joy in common tasks
 well done;
 Be kind beyond the standard of
 charity
 Avoid thoughts and words that con-
 demn;
 Be more thoughtful than love re-
 quires;
 Maintain the highest ideals of Christ-
 ian life.

The Meeting of the Associated Country Women of the World

On March 22 at a meeting of the Executive Board of the North Carolina Federation of Home Demonstration Clubs at which Mrs. Glenn Duncan, President, presided, Mrs. George Apperson, First Vice-President, was selected to represent the Board in Amsterdam at the international meeting of homemakers from seventeen countries where 70 organizations will be represented. Reservation has been requested for Mrs. Apperson and four other delegates from North Carolina. Mrs. Apperson gives us some idea of the program for this important meeting in the following article.

"Farm women from many parts of the world are turning their thoughts to the Triennial Conference of the Associated Country Women of the World, which is opening in Amsterdam, Holland, on Sunday afternoon, September 7th, of this year.

The conference will get under way officially on Monday, September 8th. Aside from the Association's regular business, there will be interesting and entertaining features on the program—a film on "Rebuilding Holland," will interest visitors, a reception by the Amsterdam Municipality, the observance of "Dutch Day" September 11th, a concert in Concertgebouw, and a farewell dinner on Saturday evening, September 13th. These will be some of the delightful occasions for those who attend.

Amsterdam is Holland's largest and most important city, as well as one of the chief trading centers of Europe. Perhaps it is most famous in other lands for its diamond cutting industry; the skill of the Dutch craftsmen is unparalleled. This picturesque old city is cut into more than ninety islands by canals that drain the land and make possible the existence of a city below the level of the sea.

After a week's conference in Amsterdam, the delegates who can remain for the second week will be entertained by the Dutch Country Women's Association. There will be excursions to farms and visits in farm homes for as long as a day or two. This will enable the visitors to become more thoroughly acquainted with the home life of Holland's rural people, and to make friends with these neighbors of ours across the Atlantic.

We have heard since our years in grammar school of the immaculateness of the Dutch housekeeper, of the tedious care spent on each square foot of Dutch soil, much of which has been

wrested from the sea, and we are familiar, too, with the story of the wonderful tulip and hyacinth bulbs grown there and exported. Beside this, Holland grows and exports many of the same crops as we do here in this country. Dairying is important, and Dutch cheese is famous the world over. Holland is, indeed, primarily, an agricultural country and therefore it seems a most logical place for the meeting of the Associated Country Women of the World.

England and France are included in the American delegate's itinerary. September first to fifth is to be spent in England, seeing places of interest in city and countryside. Three much-looked-forward-to days will be spent in Paris, and one day, the last on the Continent, in Cherbourg. On September 29th, more than a month later, the American delegates will return to New York and from there to their homes. As they return, they will bring with them, without a doubt, a better understanding of their fellow farm women of other countries; a keener insight into their underlying differences and similarities, and a greater desire to put forth more effort to improve farm and home conditions in our own land.

Because of the fact that Holland's national wealth, as well as her source of income were depleted and in many cases wholly destroyed during the war, the countries sending delegates to the Amsterdam Conference are urged to contribute to the expenses of putting on the splendidly planned program. A special "Tulip Day" in the clubs, or a program on Holland, at which a silver offering is taken, have been suggested by international officers of the A. C. W. W. at a recent meeting in London. Since we have been little touched by the hardships of war as compared to Holland, it seems only fitting and proper that North Carolina Home Demonstration Club Women make their donations as generous as possible. After all, it is our organization and our meeting and we want to feel that we have a definite part in it.

—"Christian Living Begins at Home."

Read again:

Matt. 7; 24-27—Home Life on Firm Foundations.

Eph. 5; 25-33—As Christ Loved the Church.

Eph. 6; 1-4—Parents and Children.

Prov. 31; 10-31—A Noble Wife and Mother.

HOLLAND PREPARES

You will be interested in selections from a letter written by Mrs. Reika Oud of Holland who gives us an insight into the organization of rural women in that country 18 years ago and their anticipation of the international meeting. "In 1929, through the influence of the National Council of Women, a lady from Friesland, Mrs. Wiersma, visited a congress in London. She heard there about the splendid work in Canada, England, etc. With great enthusiasm she returned to Holland and with a small commission of other interested women began to prepare for the organization of countrywomen here. In October, 1930, in Utrecht, 120 women from all the provinces, except Limburg, met and the association of farm women and other countrywomen came into being. The aims were the same as in other countries—through lectures, short courses and demonstration—to educate the countrywoman for her important task of bringing up her children and performing her many and varying duties, and especially to encourage her to feel the necessity that besides her duty to home and family, she has a duty towards the community; that her cooperation is necessary to improve conditions for the country people.

"That the time was ripe for such an organization was proved by the rapid growth. By 1940 they had 14,000 members.

"In February, 1947, we count over 25,000 members in our groups. Our name has been shortened to "The Countrywoman's Organization," we have a well-edited monthly magazine.

"Before the year closes delegates from many countries hope to travel to the Netherlands to meet one another in Amsterdam and to discuss the future of our international organization, the Associated Country Women of the World.

"With renewed appreciation of what freedom means, our countrywomen are preparing themselves to take part in the maintenance of that freedom, for the sake of the children, for whose presence in this turmoil we are responsible.

"We will open our minds and hearts to one another, our realistic, practical way of dealing with matters will be of great use in forming our plans.

"To the question, 'Do you realize your task of helping in every way to bring about successful international cooperation?' I hear a great choir of many women's voices and in many languages giving a determined 'Yes'."

National Home Demonstration

Mrs. W. C. Pou of Iredell County, who was for three years director for the 13 states which compose the Southern Region, brings advanced information and a challenge to each of the 100 counties in North Carolina to be represented at a National meeting to be held in the fall.

October 7-10, 1947 is the date set for the National Home Demonstration Council Meeting. The place—Jackson's Mill, West Virginia State 4-H Camp. It is still too early to have even a tentative program but we can be sure that it will be one of interest and inspiration, measuring up to the programs of former national meetings. West Virginia is the home state of our national president and it is so fine that the national meeting is coming this year to the president, Mrs. J. Wayne Reiner's home state. So fine too that it is coming so near North Carolina, affording our women such a wonderful opportunity to attend. Between 450 and 500 women attended the national meeting in Omaha, Nebraska last November. Three from North Carolina were in attendance. They were Mrs. Henry Middleton, Warsaw; Mrs. Edison Davenport, Mackeys; and Mrs. W. C. Pou, Elmwood. Women, let's have a large delegation at the national meeting at Jackson's Mill this fall. It may be years before the national meeting will come this near to us again. Don't miss this opportunity to get the biggest thrill and inspiration of your life. One of the nicest parts of the national meeting is the contact with people from all sections of the United States. Although problems are basically the same all over, the approach is different, and we find many new and good ideas in our talks with other delegates.

Even though it's too early to tell you about the program for the national meeting this fall, I can tell you something about the place of meeting which the West Virginia people think is one of the nicest spots in the world.

The 4-H Camp at Jackson's Mill where the meeting will be held is the first of its kind in the world. The camp consists of about fifteen cottages built by the different counties in the state, and then became a part of the campus under the maintenance of the West Virginia University. There is a large assembly hall, a dining hall, fashioned after Mt. Vernon, The Century of Progress Building which was erected to house the West Virginia exhibit of the Chicago Century of Progress Fair, and many other inter-

esting buildings. There is also a swimming pool, an amphitheatre and many other features we will want to see and know about. The camp is kept up for the use of rural groups. If there is a vacant date during the year, civic groups many times are accommodated. But the rural youth comes first, the adult rural organizations come next. Many times National Youth Groups meet there, and there has been at least one meeting of the National Education Association. The Navy took over during the war, and used the camp grounds for an areal training ground for officers.

A speaker at the National Meeting last fall said, "Just as the atom bomb has pushed our country into the foreground of political leadership, so it has pushed the women of America into a place of decision. You cannot hide behind the security of distance on lonely farms—there are no more lonely farms." We were told that farm women leadership is a world need. Women if we are to be leaders, helping to decide the future of America we need, and must have a strong national organization where we can pool our thinking for the best interests of the nation and human welfare. Won't you begin planning right now for a delightful vacation in the lovely hills of West Virginia attending the 1947 National Home Demonstration Council meeting?

SECOND CELEBRATION

The following are some of the publications which will carry stories relating to Home Demonstration Work in May:

The Country Gentleman—May issue. Division of Extension Information supplied material on Home Demonstration Work.

Extension Service Review—April-May issue. Article, "How's Your Quiz Rating on Home Demonstration Work?"

Southern Planter—May issue. Feature article, "Home Demonstration Work—With an Accent on Tomorrow." Also editorial.

What's New in Home Economics—March issue. Article, "Home Demonstration Work as a Profession." May issue—Article, "Paging All Home Economists."

Farm Journal—May or June issue. Choosing building sites as viewed by a Southern State Home Demonstration Agent.

Progressive Farmer—May issue. Features Southern State Home Demonstration Council presidents.

In Memoriam**Mrs. Henry M. Middleton**

Mrs. Henry M. Middleton died on Wednesday night, April 9, after suffering a Cerebral Hemorrhage at Bear Marsh Baptist Church, just as she had finished delivering a memorial address at the Eastern Association W. M. U. meeting.

Mrs. Middleton has been one of Duplin County's most outstanding Home Demonstration Club women for 25 years. She has been President of her local Home Demonstration Club, President of Duplin County Council, Chairman of State Home Beautification Program, Recording Secretary of State Federation of Home Demonstration Clubs. In 1935, Mrs. Middleton broadcast during Farm and Home Hour from Washington, D. C., and in 1940 Mrs. Middleton went to New York to attend the Congress for Democracy.

In answering the question, "What is your definition of a home?" (In the Master Farm Home Makers Work Sheet), Mrs. Middleton wrote, "Home is a sacred name for a house, and one of God's Institutions, a place where we obtain happiness, health, food, imagination and character. Last, but not least, a place where the sweetest flowers on earth grow, the children that God has entrusted to our care."

The beautiful shrubs which Mrs. Middleton planted around the homes of Duplin County will remain a living tribute to Mrs. Middleton.

MRS. R. E. CAPEL, JR.

In the passing of Mrs. R. E. Capel, Jr., Home Demonstration Work in the Fifth District and her home county of Anson has suffered a distinct loss.

Mrs. Capel, by profession a teacher, possessed qualities of leadership to a large degree. She was a faithful member of the Gullidge Home Demonstration Club, and had held all offices in the club at various times and was serving her second year as President of the Fifth District at the time of her death February 10, 1947.

She loved young people and for many years was sponsor and leader of the 4-H Clubs in the Deep Creek High School.

Her influence for good and worthwhile achievement has been and will continue to be a guiding light in the lives of these girls and boys. To a fine degree Mrs. Capel possessed the desirable characteristics of courage, character, culture and citizenship. She ex-

FARM & HOME WEEK

Announcements have been sent out to men and women in regard to the Farm and Home Convention which is to be held August 25-29 at State College in Raleigh. A broad program has been prepared from which you can select the subject which will be of the greatest interest to you.

The men can choose between these studies: hay driers and cotton ginning; tobacco production problems; breeding, disease control, and production of hogs; milk production and mastitis control; the agricultural outlook; planning the farm business; sweet potato production, processing, and utilization; poultry management and diseases; and better management of North Carolina forests.

The women can choose between these studies: facts about health and medical care; mobilizing community resources for health; ideas for home decoration; making down comforts from feathers; when is a dress a good buy; distinctive dress; developing character in children; preparing children for a happy marriage, and introducing your speaker and blueprinting your speech.

Bring your problems with you and ask for practical answers. One simple problem solved may be worth hundreds of dollars to you. And then, too, you can make Farm and Home Week a pleasant vacation with plenty of fun. Evenings are given over to recreation.

Every county council president and one representative from each club are asked to be present at the State Council meeting on the morning of August 28. These representatives will discuss the business of the state organization and vote on matters of importance.

emphified the teaching and high ideals of Home Demonstration work in her home life, in her community and church work, and her activities in the N. C. Federation of Home Demonstration Clubs.

Mrs. Capel was cheerful and optimistic and all who came in contact with her were impressed by these traits. Of her it may be truly said—

"On the road of life's adventure our various paths touch and cross. Sometimes the meeting and passing is in the valley, sometimes on the upland but each contact, each smile and handclasp is an adventure that makes the way richer, fuller and more worthwhile."

INVEST IN THE FUTURE

(Continued from Page 1)

seeing that adequate and wholesome meals are served each day. Perhaps if we were to check closely enough, we might find that our boy or girl is using lunch money for ice cream, candy or drinks instead of hot lunches. Is he throwing good food in the garbage can? If the parent would explain how the State Lunch Program functions, a child might change his perspective. He might say that he pays for his lunch, therefore he has a right to do what he wants to with it. But does he pay for all of it? No, not in money, but in growth which he either gives to or takes from his body.

Sanitation in Health deals with safe and adequate water supply, safe disposals of waste, safe and proper care of milk and cleanliness in home, barns and surroundings. It calls for ridding our farmsteads of obnoxious insects and rodents. It calls for our insistence that our lunch rooms and public eating places be Grade A. It calls for checking of our churches, schools and community buildings for safe water supply, clean buildings and sanitary waste disposals.

Housing in Relation to Health deals with safe and adequate water, lighting, heating systems; well arranged and convenient rooms for work, play and rest; attractive and conveniently located lawns, barns and out-buildings. By using long-range planning, many of these imminent problems can be solved one at a time. Small beginnings make for big improvements.

Each community has its own problems that might be solved if its citizens cooperate. Maybe what is needed is a telephone or electric line; a rat eradication campaign; mosquito or fly control program, road beautification project, public playground equipment or any or all of the clinics sponsored by the Health Department.

When 1947 closes we would like for our communities, our families and ourselves to show improvements because of our interest and work in Home Demonstration Health Program supporting the North Carolina Good Health Program. It is up to us farm women. Do we meet the challenge?

*"He who has Health has Hope
He who has Hope has Everything."*

—Mrs. Glenn Duncan, President,
N. C. Federation.

**Remember Farm and
Home Convention
August 25 to 29**