

# NEWS LETTER

Vol. 3

Raleigh, N. C., October, 1948

No. 4

## RURAL WOMEN MEET IN TULSA

Two meetings of much interest to rural women in North Carolina were held in Tulsa, Oklahoma, October 4-8.

The National Home Demonstration Council convened on the evening of October 4th and concluded its program on Thursday, October 7th, at noon.

The first session of the United States Country Women's Council was held at a luncheon meeting on Thursday, October 7th. This conference closed at noon on Friday, October 8th.

The President of the National Home Demonstration Council, Mrs. J. Wayne Reiner, presided over the sessions for that conference. The theme of the meeting was "The Rural Woman—A World Citizen."

For the delegates reaching Tulsa by noon on October 4th a tour was arranged to the Will Rogers Memorial in Oklahoma City.

The Governor of Oklahoma, The Honorable Roy J. Turner, brought greetings at the first general session.

Three rural women spoke on three phases of the theme of the meeting—Mrs. O. J. Smyrl of Kentucky, on "Home and Community;" Mrs. Orville E. Miller, Indiana, on "State and Nation;" and Mrs. Ernest Tyler of South Dakota on "International."

Dr. Henry G. Bennett, President of Oklahoma A. & M. College, Stillwater, Oklahoma, spoke to the group on "Building a Better World Neighborhood."

Family and Community Relationships discussed by Dr. Regina Westcott of the University of Arkansas.

Other programs of much interest to the rural women gathered at Tulsa were: The World Health Organization—Dr. Henry R. O'Brien, U. S. Public Health Department.

International Relations—Mrs. Wald Stephens, Oklahoma City.

Humanity Faces the Atom—Mrs. Harold Bogert, American Cancer Society.

Mrs. Glenn Duncan of Chatham County, Past State Federation President, is the Health Chairman of the National Home Demonstration Council. She compiled a report of the work being done to improve health conditions in North Carolina and the thirty-one other states belonging to the National Home Demonstration Council. (Cont'd. Page 6, Col. 3)

## OCTOBER ISSUE

This issue of the North Carolina Federation News Letter will be given to delegates' accounts of two meetings of great interest to Home Demonstration Club members in North Carolina.

These meetings are The National Home Demonstration Council Meeting and The Country Women's Council of the United States of America.

## National Home Demonstration Council

The purposes of the National Home Demonstration Council as stated in the Constitution are:

1. To further strengthen, develop, coordinate and extend adult education in Home Economics through the Cooperative Extension Service of the U. S. D. A. and the Land Grant Colleges.
2. To provide opportunity for homemakers in home demonstration groups to pool their judgment and experience for the progressive improvement of the home and community life.
3. To offer a means by which homemakers may initiate, interpret and promote extension projects of national importance in the protection and development of the American home.

## National Program

Please study the National Program to determine if North Carolina and your club are carrying out the program as adopted at the meeting of the National Home Demonstration Council in Tulsa, Oklahoma on October 7th.

## Attends National Conference

The representatives from North Carolina were happy to have Miss Ruth Current, State Home Demonstration Agent, to attend the National Home Demonstration Council Meeting. Miss Current's comments were: "It was one of the best meetings I have ever attended. It is one of the few meetings I have ever attended where there was a rush for the front seat at every session!"

## The 1949 National Home Demonstration Program

The National Home Demonstration Council included many of the phases of the 1948 Program for the coming year, including two additions of special interest—To stress the Family Life Program and the spiritual life in the homes.

The following program was adopted at the National Council meeting in Tulsa, Oklahoma. County plans of work should be correlated to include as many plans of this Program as is practical:

1. Promote a study of the world food situation as it relates to international understanding and world peace. Relate this study to fulfill our responsibilities in obtaining world peace.
2. Study and interpret the objectives and purposes of U. N. O., giving emphasis toward the study and support to certain programs with U. N. O., namely, UNESCO and FAO.
3. Promote a health program with particular emphasis on some definite health problem, such as—
  - a. Health as it is affected by housing;
  - b. Health as it is affected by nutrition;
  - c. Health as it is affected by medical facilities and service.
4. Study proposed legislation as it affects the rural family, both from the national and international standpoint.
5. Give emphasis to safety—
  - a. In the home;
  - b. On the farm;
  - c. On the highway.
6. Work toward interesting young women in training for professions closely related to rural welfare, particularly home demonstration work.
7. Develop a year-round information program to tell the story of home demonstration work.
8. Include programs on Family Life.
9. Stress importance of spiritual life in homes.
10. Cooperate with other agencies in programs of interest to rural people.
 

Ruth Current  
State Home Agent

## NEWS LETTER

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All subscriptions to the North Carolina Federation News Letter expire in December, 1948.

Send in subscriptions for 1949 by December 15th, to Mrs. Eva U. Person, Treasurer, Route 2, Louisburg, N. C. It will be of great help to the Treasurer if subscriptions from each county are sent in at one time and if one check is sent in to cover all subscriptions from the county.

### IMPORTANT! TO COUNTY COUNCIL PRESIDENTS

Would the North Carolina Federation News Letter be of assistance to you and club presidents in your county during the year 1949? If so, send subscriptions for officers from your county and any individuals who might wish to subscribe to Mrs. Eva U. Person, Treasurer, Route 2, Louisburg, North Carolina, by January 1st, 1949.

Gov. Roy Turner of Oklahoma said to the delegates at the National Home Demonstration Council Meeting "The day of land frontiers has passed, but we face a new frontier as fraught with hazard and responsibility as any faced by American pioneers. Just as our farm families formed the vanguard in all our great pioneering efforts, so do they now form the vanguard of hope we hold for the world today—hope for peace and a better way of life for all of our people."



**Mrs. Sayre Re-Visits Europe**

Mrs. Raymond Sayre of Ackworth, Iowa, President of the Associated Country Women of the World, was guest speaker at a banquet on Thursday evening of the National Home Demonstration Council meeting. Mrs. Sayer's topic, "Europe Re-visited" brought us a picture of the situation in Germany today as she saw it. Mrs. Sayre says: "The basic problems still exist—trade, tax, currency and food production.

"The Marshall Recovery Program will have to go on much longer than was expected at first. The people in Germany do not want charity. They want assistance now. Food production is much improved over last year, but they have never been able to produce a sufficient amount for their own use and have always had to import food. These people cannot eat if they cannot trade. Channels of trade must be kept open. It is felt that food will be a problem for at least another decade.

"Two-thirds of the votes in Germany are women's. The young women are morally and spiritually uprooted. They know nothing but insecurity. The group of women between twenty-five and 50 years of age are torn between war guilt and defending themselves. They cannot think their own thoughts. They have gone in on their own selves. They are also terribly insecure.

"The women of fifty years and above are the only group who have ever known security, and they are the only group of women there who can be depended on now to bring security again.



**MRS. RIEHA OUD**

### Visitor From Holland

Mrs. Rieha Oud of the Rural Women's Organization of Holland will visit North Carolina in November. She will speak to Home Demonstration Club members and their families and friends in Greenville, Goldsboro, Mocksville, and Asheville, and is expected to attend a meeting in Louisburg.

Mrs. Oud's visit to the United States and to North Carolina will be a means of extending friendship and mutual understanding in America and Holland.

Mrs. Oud speaks excellent English and is a good speaker and a charming person. The North Carolina delegates to the National Home Demonstration Council meeting in Tulsa, Oklahoma, recently, had the privilege and pleasure of meeting and hearing Mrs. Oud. They were deeply impressed by her talks and were delighted with her personally. The Home Demonstration Club members and their families will enjoy meeting and hearing her.

(Cont'd. from Col. 2)

"The greatest human problem in Germany today is the children who have never known the influence of a normal home. Many children do not know who they are."

Mrs. Sayre asks club women to keep informed on National and International Affairs, and to support the United Nations Program.

Mrs. Sayre suggested that it is impossible to make people over, but that we can learn to live together with differences.

## REPORT OF NORTH CAROLINA FEDERATION OF HOME DEMONSTRATION CLUBS, OCTOBER, 1948

The North Carolina Federation of Home Demonstration Clubs feels that 1948 has been an outstanding year. Rural women have been working to make home life better, to keep their families in good mental and physical health, and to provide comfortable and attractive homes.

The health program launched by the Agricultural Extension Service and the State Health Department has had the cooperation, support, and interest of The North Carolina Federation of Home Demonstration Clubs. Meetings have been held in 1670 home demonstration clubs on the subjects: Food as it relates to health, Sanitation as it relates to health, and Housing as it relates to health. Three hundred forty-six (346) meetings have been held on the world food situation and how we may share our food with others. We have cooperated with the government's request for food production and food conservation.

Much emphasis has been given to safety in the home, on the farm, and on the highway through 4-H and home demonstration club meetings.

National Home Demonstration Week observance brought out the fact that 40,669 club women are working through 1670 home demonstration clubs under the leadership of 162 efficient home agents to make North Carolina homes better places in which to live. Rural women were made conscious of their needs; they were given inspiration and a better understanding of the scope of their organization. As a result of the observance, new members were added to many clubs.

Contributions to the Jane S. McKimmon Educational Loan Fund for the year amounted to \$1796.99. Eleven girls who are preparing themselves for home economics in standard colleges in the State, are being assisted by this fund. Seventy-eight girls have been assisted through this fund since it was started in 1927.

Five delegates from our home demonstration clubs attended the meeting of The Associated Country Women of the World in Amsterdam last September and as a result club women in North Carolina have become more keenly interested in international affairs. Two hundred seventy-four (274) follow-up talks were made on



Mrs. George Apperson, N. C. President gave the State report at National Conference.

the Amsterdam Conference. Local people with international experience have shared that experience with club members in many communities in the State. One thousand six hundred and four (1604) friendly letters have been written to women in Europe. Home Demonstration Club Women have contributed \$508.01 to the Penny for Friendship Fund from October 1947 to October 1948. Two thousand one hundred fifty-three (2153) packages weighing 36,955 pounds and valued at \$19,888.00 have been sent to Holland, France, and England. No more appealing service has been opened for rural club women than their contribution of \$1565.16 sent to the United Nations Appeal for Children.

The Marshall Plan and World Organization of Mothers of All Nations was endorsed by the Executive Board of the North Carolina Federation of Home Demonstration Clubs.

This has been a busy year and a good year. While all of our goals have not yet been reached, club work has gone forward at a steady pace. Our women are not only studying and working to improve local conditions but they are informing themselves about national and international affairs, keeping ever in mind that one of the coveted goals for which we must work is peace in the world.

### Building a Better World Neighborhood

Dr. Henry G. Bennett, President of Oklahoma A. & M. College, known as the "Flying College President" spoke to the Council about "Building a Better World Neighborhood." Having served on two world conferences on food, Dr. Bennett is an outstanding authority on world affairs as they relate to Rural America.

Developing the theme of the Convention, "The Rural Woman—A World Citizen," Dr. Bennett declared: "Today the rural woman of America takes her place as an important factor in the world. Not only is this significant for her because of what it implies of more leisurely living, richer experience and higher thinking; but equally because she is the personification before all women everywhere of what the application of democratic ideals to social affairs can bring about. . . . She proves to the stricken womanhood throughout the world, faltering on the verge of despair and shrinking from reality in horror, that life for womankind can be noble, gentle, decent and effective."

The rural woman can help to build for future peace and neighborliness by developing in herself and her community an attitude of friendliness, sympathy and mutual trust. We must advance in the understanding of manners and customs of people of other nations, as well as exercising discrimination in judgment—examine all proposals in the light of reasonableness.

"The farm is the source of food and fibre, and these are the foundations of social life. It is in the rural families of America that the formation of the public will can be most safely based."

In conclusion, Dr. Bennett stated "The one basis for human life is hope. The will to achieve is the basis of human survival. To build a better world neighborhood we must in sincerity and in truth accept the kinship of all people as our solemn duty and obligation. There comes but one answer to peril of human annihilation: Unite or Die!" Rural women must join people of good will everywhere while there is yet hope for building a world neighborhood.

## REPORT OF NATIONAL HOME DEMONSTRATION COUNCIL HEALTH COMMITTEE, OCTOBER, 1948

In order to receive enough information for a National Health Report a questionnaire was sent to each State President and State Home Demonstration Agent in the National Home Demonstration Council asking for information on what had been done in each state on the three main Health Objectives set at the National Meeting in 1947, namely: Housing in Relation to Health; Food in relation to Health; and Medical Facilities and Service in Relation to Health. Full reports could not be secured until the annual Extension Statistical Reports are made at the end of the year. And much work in this report was done in 1947. However, this report will give a general idea of how well the National Health Objectives have been followed in each state Health Program and the estimated figures will give the trend of importance health measures adopted.

**Housing in Relation to Health:**—From the replies to the questionnaires it was found that the problems of Housing in Relation to Health are practically the same in all the states of the National Home Demonstration Council. The most outstanding problem was the lack of a safe and adequate water supply; sewerage disposal and bathroom facilities became a part of this problem because of the need for running water. Fifteen out of twenty-four states listed this as their major housing problem.

**Foods in Relation to Health:**—Foods in Relation to Health has been an important factor in the Demonstration Club Work throughout the Nation.

In order to determine what foods needed to be stressed in meal planning and food conservation, sixteen states reported a Dietary Survey had been made within the past year or two. The results of these surveys showed the need for green and yellow vegetables at the top of the list, with milk second, and Vitamin C foods third.

In order to acquaint the farm people with the importance of foods in the daily diet, 18,068 meetings were held with approximately 288,000 persons in attendance. Nearly 900 exhibits were set up in State and County Fairs, community and council meetings, store windows and schools. These exhibits featured Basic Seven foods, Winter gardens, school lunches, Vitamin C foods, family food supply and freezer lockers.



Mrs. Glenn Duncan is Chairman of Health Committee of the National Home Demonstration Council—Excerpts from her annual report are given on this page.

A thousand seven hundred ninety-four (1,794) newspaper articles were published and 898 radio talks and programs were given by members of various Extension Staffs or specialists and club women.

The most distressing factor shown in the report on foods for health is that the lack of milk, Vitamin C, and yellow and green vegetables is found in the states that have or can have an abundant supply of each of these necessary foods.

**Medical Facilities and Services:**—Secretary of Agriculture, Clinton Anderson, said to the American Medical Association on January 7th, 1948: "Rural medical service won't be attained for one hundred years at the present rate. More than city folk, farmers suffer from anemia, malnutrition, defective vision, tooth decay, hernia, and child birth injury. Typhoid fever is three times as high; Diphtheria twice as high. Tuberculosis and syphilis are migrating from city to country. Farm infant mortality is one-fourth higher and maternal mortality is one-third higher than in the cities.

Medical facilities and service in relation to health have also been stressed as an important phase in the health program of all the states of the National Home Demonstration Council.

Cooperation with Public Health Departments and other health agencies has done much to educate as well as secure needed legislation for health.

North Dakota has a Health Planning Committee with members from lay and professional organizations with a Health Planning Specialist on the Extension Staff. Florida has been instrumental in organizing county-wide Health Committees. It also has a Health Improvement Specialist on its Extension Staff who will work to coordinate the activities of the State Board of Health, State Improvement Commission, and the Extension Service for the betterment of the health of the rural people. Mississippi is on the verge of employing a Specialist in Health Education.

Wyoming's Medical Care and Health Facility Survey resulted in widely publicized health data throughout the state.

Oregon is making preparations for a State Health Committee.

North Carolina Home Demonstration Clubs acquainted the people with facts relative to the number of rejections for military service. County dietary surveys were made. A joint health program of the Agricultural Extension Service and the State Board of Health included programs on food, sanitation and housing.

Indiana also has had successful cooperative activities with the State Board of Health and other health agencies. Twenty-five counties in Indiana cooperated with the State Veterinarian on the problems of diseases transmitted from animals and humans.

Alabama clubs sponsored clinics and special nursing courses under the auspices of The Health Department.

There is a close cooperation between the Extension Department, the Health Department, and the State Medical and Nursing Associations in Ohio. A program has been established for acquiring and maintaining doctors and nurses in rural areas. Some counties in Ohio have set up a Nurse Recruitment and Loan Program.

In many states attention has been turned to cancer programs. Oklahoma promoted a state-wide study of Cancer Control. In Milwaukee County, Wisconsin, the objective was for each

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## NORTH CAROLINA REPRESENTATIVES ATTEND MEETING



Reading from left to right: First Row: Mrs. W. H. Garrison, Chairman Thirteenth District; Mrs. Norman Johnson, Chairman Seventeenth District; Mrs. A. L. Smith, Chairman Twenty-Sixth District; Mrs. Eva U. Person, Treasurer of N. C. Federation of Home Demonstration Clubs; Mrs. George Apperson, President of N. C. Federation of Home Demonstration Clubs; Mrs. Esther G. Willis, Advisor to N. C. Federation of Home Demonstration Clubs; Mrs. Dewey Bennett, Forsyth County delegate; Mrs. Hope Powers, Norfolk, Virginia, former Currituck County club member: Standing: Mrs. Leroy Clark, Durham County delegate; Mrs. L. M. Butts, Halifax County delegate; Mrs. R. B. Robinson, Halifax County delegate; Mrs. T. W. Lloyd, Durham County delegate; Mrs. T. W. Strader, Chairman Twelfth District; Miss Ruth Current, State Home Demonstration Agent; Mrs. George West, Craven County Council President; Miss Margaret Myers, Currituck County Home Demonstration Agent.

### Can Cancer Be Controlled?

"Cancer is no respecter of persons; neither is it contagious, inherited or a disgrace" stated Mrs. Harold Bogert of the American Cancer Society, Inc., Denver, Colorado, at the National Home Demonstration Council meeting held in Tulsa, Oklahoma, October 4th through October 7th.

Mrs. Bobert stressed the fact that it was our duty to educate the people back home, especially in the rural sections, we've always had cancer and we're inclined to suffer in silence. One should not be afraid to see the doctor at regular intervals and have an examination, and the doctor should tell the truth if signs of cancer are found.

Mrs. Bogert went on further to say, "If we were educated to the ways of treatment and the necessity of taking it in time, 50% to 75% of the deaths that occur from cancer could be prevented. The cause of cancer is not known, but three methods of cure have been found. Treatment by surgery,

x-Ray and radium are all successful if used in time."

All articles published on cancer treatment and control are the results of proven tests. The Home Demonstration Club members attending the conference were urged to use all material that is available from the American Cancer Society and to study with our people through community organizations the modern and successful way to meet the problem of cancer that faces us.

It was felt, also, by Mrs. Bogert that with twenty million rural people in our midst, it was the duty of the women of the home demonstration clubs to take the lead and really do something in combating cancer. What will you do in your county to bring information to the people on the modern and successful way to meet the problem of cancer?

Mrs. L. M. Butts  
Halifax County  
Halifax, North Carolina

### God Walks

The red and green and golden leaves  
Came swirling down today  
God washed and swept them from the  
trees  
In brilliant floods and gay.

He walks among His trees each day  
And paints them with a brush,  
In bright and lovely tints and hues,  
Gay as the song of the thrush.

God walked upon His earth today;  
He made it, oh, so fair,  
But man may walk among the trees  
And find his Maker there.

By Anne Apperson  
Mocksville, N. C.

"The farm still continues to be the bulwark of that spirit of individualism and independence which has shaped American Democracy from its beginning," Dr. Bennett said.



### President of The Country Women's Council U. S. A.

Mrs. Spencer Ewing of Bloomington, Illinois, is the President of the Country Women's Council of the U. S. A.

Mrs. Ewing is a dynamic person who has served as President of this organization since 1944.

She was in charge of the arrangements of the trip which seventy-five delegates from the United States took to attend the meeting of the Associated Country Women of the World in Holland in 1947.

Through its standing committee the Country Women's Council has promoted Letter Friends, Pennies for Friendship, Exchange Programs, and The Country Woman magazine.

Mrs. George Apperson, President of the North Carolina Federation of Home Demonstration Clubs, was happy to report \$508.49 contributed to the Penny for Friendship Fund, 2,153 packages sent to rural homemakers in other lands, and 1,604 Pen Friends established to whom North Carolina Home Demonstration Club members write. These letters will give the club members a greater understanding of the rural homemakers' problems in other countries.

(Cont'd. from Page 4)

homemaker to attend the Cancer Detection Center. Kansas reports every unit participating in the Cancer Control Education Program.

There has also been widespread cooperation in sponsoring the TB units, X-rays immunization clinics, campaigns and fund raising drives for the

### Community Unity Needed

One of the most interesting talks at the National Home Demonstration Council meeting held in Tulsa, Oklahoma, during the week of October 4th-7th was given by Dr. Regina H. Westcott, Professor of Social Psychology, University of Arkansas, on "Family and Community Relationships."

Home is where one's interest centers, but no home can be built within itself alone. Community planning and unity are needed. Well-trained leadership is one of the needs of today. To become a good leader one must first create a relationship between the individuals, get the interest of all concerned and then plan programs with community group that will be worthwhile to youth and adult alike.

Dr. Westcott stressed the fact that we should try to develop our school and Church life and the spirit in other organizations so we might be able to draw the youth into meaningful activities. Our program should be planned for worthwhile results. Our young folks should be given the responsibility of planning these programs with our help. Adults should see that buildings are made available for recreation and programs for the youth of our communities.

As adult leaders we should set the social standard of the community, using the home as a get-together place and should lead as a group and not as individuals.

Genuine group leadership is the wealth of a true relationship among people. The good in others is appreciated and we feel our responsibility as a group because we care as individuals.

Mrs. R. B. Robinson  
Halifax County  
Littleton, North Carolina

promotion of better health of rural people. Medical facilities are used more extensively.

In addition, 358,175 homes have been affected because of insect control programs and 265,871 families reported rodent control measures.

Health is fast becoming the outstanding keynote of our nation. That is as it should be for America needs to be mentally and physically alert if it is to hold top place as a leading nation in world affairs.

Mrs. Glenn Duncan, N. C. Chm.  
Mrs. E. Guy Collins, Ind.  
Mrs. Earl Gosweiller, Md.  
Mrs. Tom Hunter, Wyo.  
Mrs. M. F. Gran, Fla.

(Continued from Page 1)

cil. This report showed the health needs of the nation, and how home demonstration club women could help in improving conditions.

Mrs. George Apperson of Mocksville, President of the North Carolina Federation of Home Demonstration Clubs, gave a report of accomplishments of the 40,670 home demonstration club members in North Carolina for the past year.

Mrs. Eva U. Person of Louisburg served on the Publicity Committee.

Club members and leaders attending the conference from North Carolina were Mrs. George Apperson, Mocksville; Mrs. Eva U. Person, Louisburg; Mrs. A. L. Smith, 528 S. Stratford Street, Winston-Salem; Mrs. W. H. Garrison, R-2 Burlington; Mrs. Dewey Bennett, 1149 S. Hawthorne Road, Winston-Salem; Mrs. T. W. Lloyd, 109 Leon Street, Durham; Mrs. T. B. Strader, R-3, Durham; Mrs. Leroy Clark R-5, Durham; Miss Margaret Myers, Home Agent, Currituck; Mrs. R. B. Roberson, R-2, Littleton; Mrs. L. M. Butts, R-2 Halifax; Mrs. Norman Johnson, R-2, Benson; Mrs. George W. West, Dover. Miss Ruth Current, State Home Demonstration Agent, and Mrs. Esther G. Willis, Advisor to the North Carolina Federation of Home Demonstration Clubs, accompanied delegates.

The United States Country Women's Council convened in Tulsa on October 7th, immediately following the closing of the National Home Demonstration Council. Many of the delegates who attended the National Council meeting also represented North Carolina at the Country Women's Council which is a branch of the Associated Country Women of the World. The President, Mrs. Spencer Ewing, presided at this conference.

Mrs. Raymond Sayre, International President of the Associated Country Women of the World, was also on the program. Her subject was "Loking Ahead."

### What Is CROP?

Christian Rural Overseas Program (Known as CROP) is an organization through which rural people may contribute of their products for overseas relief. Donations such as seed cotton, peanuts, soy beans, live stock, dairy products are being requested for hungry and displaced persons in Europe.

This program will be fully explained by the Churches throughout the Nation. Mrs. George Apperson, our State Federation President, feels sure that Home Demonstration Club members and their families will want to take part in this program.