

NEWS LETTER

Vol. 5

Raleigh, N. C., January, 1950

No. 1

Plan to Make 1950 a Year of Accomplishment

The book of 1949 is closed and we have written some parts of our lives in it—a great part from some, less from others, but surely something from all. The measure of our personal contributions depends upon how we have lived, what we have experienced, whom we have met or loved or lost, what we have started or ended.

Our success in our Districts or our local clubs cannot be measured by what we have done or given to the work, for the full harvest does not come in a lifetime. One sows, another reaps.

The resourcefulness of Home Demonstration work has only been scratched on the surface. Our pioneers have done a wonderful job so now is our day, our opportunity to carry forward the work so that many future generations will reap the benefits and rural life will come into its own as planned from the foundation of the work.

As we turn the pages of 1950 may we demonstrate beauty in all its simplicity, of life in the country and make it so attractive that 85 per cent of our girls and 87 per cent of our boys will not want to leave the farms—according to a survey by Dr. S. C. Mayo of State College.

Now is the time to make definite plans for Federation Meetings in the spring. If these meetings are well planned in advance with definite dates set, the Federation officers, speakers and others attending these meetings could arrange their time so as to get in as many meetings as possible. Let's work in close contact with our District Agents so there will be no conflicting dates.

May we cooperate to make 1950 the happiest sort of a year and lift the ideals and achievements of our pioneers a little higher than we found them.

Sincerely,
Mrs. H. M. Johnson
Chairman of Districts
N. C. Federation of H. D. Clubs

Annual Meeting of the
North Carolina Federation of
Home Demonstration Clubs
Thursday, August 3, 1950

A Message From Your President

We have just completed another successful year in Home Demonstration work in North Carolina. As an organization we can look back upon it with pride and a great degree of satisfaction because of our many accomplishments. You have given much of your time and money to make home life more satisfying, and to make your neighborhoods and communities better places in which to live. Your leadership has been an inspiration to others. You have given material aid to those in foreign lands and yet the need is greater today than ever before.

We, as Home Demonstration Club women, shared in many worthwhile activities. Last year we contributed \$3,141.00 to the U. N. Appeal for Children; \$9,370.04 to the March of Dimes; \$12,715.23 to the Red Cross; \$150.35 for T.B. Seals and \$5,877.98 to the Cancer Drive.

Your friendship with rural homemakers in other lands has been strengthened through 1,883 letters and 1,225 packages, valued at \$13,813.00 which were sent to different countries. Let's continue this excellent work and include these projects in our program for 1950. This is our responsibility and each person has an opportunity to share with others in these worthwhile causes.

Your president, together with eighteen district chairmen and delegates, attended the National Home Demonstration Council Meeting in Colorado Springs, Colorado in October. I was also privileged to attend the State Family Life Conference in Raleigh, November 15-16.

Each New year presents a challenge to us. We want to continue our work in improving home and community life here at home and in building world friendship with rural women in other lands. As county, district and state leaders, and as club members we need to strengthen our organization by studying our Year Book and our plan of work for 1950. Let's work to reach all of our goals. We are asking every county to increase its membership by 100 new members. May I ask you to continue to encourage more women and especially the young homemakers to join our Home Demonstration Clubs. (Continued on Page 2)

DON'T TELL A SOUL

Hear ye! Vice-Presidents, psychologists tell us that reverse action is instinctively followed when an imperative statement is made. Thus, Vice-Presidents of every North Carolina Home Demonstration Club, "Halt." Now see the 1950 membership goal—one hundred new members in every county in the state—is a very definite task. Very definite and positive plans must be made and those plans carried out in order to accomplish this goal.

Vice-Presidents, you are the personnel officer, the enlistment of every prospective member in your community is your task. As your Captain, may I offer a few suggestions;

1. A Kick-Off Meeting.

In every county, the County Council Vice-President should meet and organize all local club vice-presidents. This group should plan a survey or a census taking in each community of all eligible women.

2. A "Go-Getters" Club.

All vice-presidents plan to mobilize each home demonstration club woman into active service for a definite membership rally month. Conduct an all-out drive that blankets every area in North Carolina. Visit every newcomer in the vicinity and invite each of them to the club.

3. A Home Makers Club.

Try to organize a Junior Club of young married women with a well informed, enthusiastic Senior Club woman to sponsor it.

Vice-presidents, let's make a concerted effort to hit the target, by being the first to reach the goal. Remember, the more we do for our organization, the more we do for ourselves.

"A winner never quits,
A quitter never wins."

North Carolina is a garden rich in limitless possibilities. If we cultivate these possibilities, the words "Home Demonstration Work" will be wafted from Manteo to Murphy, North and South. If psychologically we do the reverse, we will not "Tell a Soul."

Mrs. P. P. Gregory
First Vice-President
N. C. Federation of H. D. Clubs.

NEWS LETTER

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PRAYER FOR THE NEW YEAR

By ST. FRANCIS OF ASSISI

This prayer, reprinted from "Words to Live By" was written 700 years ago, but it expresses simply and beautifully, a way of life for our times and all times.

Lord, make me an instrument of Thy Peace.

Where there is hatred, let me sow love.

Where there is injury, pardon.

Where there is doubt, faith.

Where there is despair, hope. Where

there is darkness, light. Where

there is sadness, joy.

O Divine Master, grant that I may not so much seek to be consoled as to console; to be understood, as to understand; to be loved as to love; for it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to Eternal Life.

MARCH OF DIMES

Home demonstration club members will again support the annual drive for the March of Dimes, which begins this month.

During 1949, club women contributed \$9,370 to this fund and it is necessary that a greater effort be made this year. Because of the severe epidemics of 1948 and 1949, the National Foundation is rapidly exhausting its funds, as are the state and county chapters. There were fewer cases last year than in 1948 but we still must support the Foundation which is doing research work in search for a prevention or a cure for Infantile Paralysis.

PRESIDENT'S MESSAGE

(Continued from Page 1)

And may I encourage you to take advantage of the Reading Program in your Home Demonstration Clubs. Please contact your education leader and county librarian about some good books to read during the winter months, and don't forget to give a review of the books you read. The 1950 Reading List includes so many good books which you will enjoy.

I feel assured that you will continue your interest and your cooperation in helping to make 1950 one of the most worthwhile years in Home Demonstration Club work. And I will be very happy to see you at Farm and Home Week in August.

With my best wishes to each of you for a successful club year, I am

Yours sincerely,

Mrs. J. S. Gray, President
 N. C. Federation of Home
 Demonstration Clubs.

Letter Friend Program

We, as North Carolina club women are becoming more interested in world peace and world friendship. One way we can help to spread friendship is by writing letters to people in foreign lands. This year a State Letter Friend Chairman has been appointed so that a more extensive program can be carried on in all sections of the state.

The idea of Letter Friends originated and is carried on through the Associated Country Women of the World, with headquarters in London. This plan provides an international correspondence which now involves several thousand country women in many lands. In the United States, we have a National Letter Friend Chairman who is Mrs. Ernest Tyler of Crooks, South Dakota. In order to start a Letter Friend program in your county, I would recommend that you appoint a chairman to handle the correspondence for the county. If she will write to me, I will send application blanks for those who want to write to club women in other countries. She will then send these blanks back to me, properly filled out and I will forward them direct to the National Chairman, who works through the London office, of the A.C.W.W. When final information is received, you will be notified of the name and address of your Letter Friend.

Home Demonstration club women in about thirty counties in the state are enjoying international friendships formed through Letter Friends and we hope that many more will join with us in 1950. Application blanks will be

sent on requests. On these you check the country you prefer to write, age group, number of children in family, occupation of family and interests and special hobbies. This should make it very interesting to write to a woman in another country with your same interests.

Please let me have your requests and let's keep on building friendships throughout the world.

Mrs. W. R. Langdon,

State Letter Friend Chairman.

The following is a copy of the letter received by Mrs. Mack Ussery of Richmond County just before Christmas.

November 15, 1949

Kispest

Dear Sister in Jesus:

I have received your kind letter and your package. I am so very grateful for your beautiful gift. I shall never be able to repay you for your kindness, but I shall pray for you, dear Sister, that the dear Jesus may reward you a thousand times. The things that you sent me and my three girls are wonderful, things that are impossible to get here.

Let me thank you again for your kindness and wish you a Merry Christmas and a Happy New Year.

With my best wishes,

Mrs. Arthur Kemeny

A. Kemeny, Kispest, Iglo'u 8,
 Magyarorszag.

THE FAMILY HAS A JOB TO DO

It is imperative that we make and keep the rural home and community a fit place for the nation's leadership to grow up in. The job isn't the women's job alone, it is a family job.

The first experience in living with others is in the home, and it is here that we get our fundamental training in the art of human relations. Perhaps the basic stumbling block to human development and harmony among people is prejudice. It is basic because it is interwoven with so many other problems. The cure for prejudice is knowledge. One job of the farm family is to make a frontal attack on prejudice. We can reduce it in our homes by insisting that information precede judgement—never the reverse.

Farm people have worked long and earnestly for recognition and economic equality. We have come a long way toward our objectives. We must guard our liberty—not tomorrow or sometime in future years, but today while we still have it. Every one of us has a tremendous responsibility—a job to do.

Mrs. Haven Smith,

The Nations Agriculture.

U. N. APPEAL For Children

This project will be continued and the need is even greater today. The UN Appeal for Children is a world-wide appeal for contributions from private individuals and organizations to supplement the United Nations International Children's Emergency Fund.

After the war, physical devastation and economic dislocation prevented many countries from adequately taking care of the needs of their children.

UNICEF keeps going the flow of supplementary foods such as cod liver oil and high vitamin foods to about 5 million undernourished children, nursing and pregnant mothers in Europe and Asia. It is working to save the coming generation from malnutrition. We know that well nourished children develop into normal, healthy, self-reliant children. It is to the best interests of the UN to see that all children have the best possible chance. Sickly children make a sickly nation and such a nation is just as much a drain upon the world community as is a sickly, devitalized family a drain upon the town in which you live. Relief for children is a task to be pursued in all circumstances and at all costs.

UNICEF contributes to the meal, ordinarily a school lunch, the protective foods necessary for children—milk, meats, fish, fats and fish-liver oil. This contribution is matched, by the government of the assisted country mainly in the form of bread or cereal products, potatoes and other vegetables, sugar and whatever other suitable foods are available locally. This supplementary meal amounts to 400-600 calories, a small but important amount of a child's daily needs.

Programs are under way or will soon be developed for Asia's children who make up half of all the world's children.

The program for 1950 is concentrated on the following major undertakings:

1. **Anti-tuberculosis vaccination** and other TB control measures.
2. **Practical short-term training and equipping** of child health and welfare workers with emphasis on building up teams to work in the towns and villages.
3. **Malaria control demonstrations.** The method used is to rid dwellings of mosquitoes by DDT.
4. **Nutrition demonstrations.** These demonstrations will follow the



MISS MARGARET CLARK



MRS. VELMA BEAM MOORE



MISS KATHERINE MILLSAPS



MRS. GRACE POPE BROWN

FOUR NORTH CAROLINA HOME AGENTS CITED FOR SERVICE

Their Combined Service Represents 64 Years

The above home agents were recognized at the National Home Demonstration Agents' Association meeting in Chicago, December 1 for their outstanding service of 10 or more years. Miss Millsaps has served as home agent in Scotland, Edgecombe and Alamance Counties for the past 24 years. Mrs. Brown has a total of 16 years service as home agent in Hertford and Surry Counties. Mrs. Moore has been home agent in Person and Clay Counties 11 years. Miss Clark has served rural families in Carteret, Sampson and Johnston Counties for 13 years.

child feeding programs of the Philippines. Malnutrition is one of the most serious problems. Shortages of the right kinds of foods are but one part of the problem. The people need to make better use of available foods. UNICEF is bringing in powdered milk, meat and cod liver oil and the government is matching these supplies with rice and vegetables to provide a nourishing meal for some 18 thousand badly undernourished children. A good part of the vegetables is to be grown

by the children themselves.

5. **Yaws control.** The first yaws control program to be assisted by the Fund will be undertaken in Indonesia where UNICEF is working with a joint committee representing both the Dutch and Republican controlled areas. Yaws is a disfiguring and crippling disease that particularly attacks young children. In the majority of cases a single dose of penicillin will cure yaws and the miracle of this drug is nowhere more amazing.

In Appreciation of Home Demonstration Club Work

Our Home Demonstration Club is one and one-half years old. It has been such a short year, but a year of progress and results.

I have tried to remember, as I think, back to that Friday afternoon, May 7, 1948, some of the most outstanding things our community has accomplished. First, a group of interested neighborhood women met in Mrs. J. B. Womble's home and organized a Home Demonstration Club, with twenty-six charter members. The membership has now grown to forty-eight.

Then another step forward was made when we decided to name our community "North Nashville," our club to have the same name. We wanted to get away from being called the "Little Neighborhood Between the Creeks."

We have such a lovely community, attractive old homes and many new modern homes. Our new club house, built by community cooperation, a church, stores, and the long awaited telephone, is beginning to come a little closer. With this advancement, I think it's well for us to acquire our new name of North Nashville. I'm sure for many years to come, our community will continue by its new name.

At first people asked, "Where is this North Nashville?" But it didn't take very long for everybody to find out about us—especially with Mrs. Effie Vines Gordon complimenting us so many times at County Council meetings and other places. She was always telling the ladies, what her "Knee Baby" Club was doing—so you see, word gets around where women are concerned.

We, the women of the North Nashville Home Demonstration Club, would not forget to thank the men of our community again for so generously giving of their time and to all those who have contributed in other ways, making it possible for our community to have a meeting place for wholesome recreation and educational purposes.

We shall always be grateful to Mr. J. B. Womble for his untiring efforts to see the job finished. To him belongs much honor. He can well be called the "Father" of our club.

Our first community get-together last year was held in June in observance of Fathers' Day. This was a picnic supper—approximately sixty-five persons were present for the most

enjoyable occasion. This was the first such coming together this community had ever known. Neighborly visiting had been decreasing for several years, now we have found that Home Demonstration Club was the tool needed to bring neighbors more closely together. I am sure that I can speak for our community, and say that we have all known our neighbors better the past year. Since our club was organized last May, not many weeks have passed but what neighbors have gotten together often for a friendly chat and to discuss plans for our club building. Thus we have more ideas in common, visit a neighbor who is sick, or send a cheerful greeting card. We have just learned to work together.

We find ourselves bursting with pride, to have such a fine new club building, on this—our first anniversary, but those first meetings that were held in club members' homes served as a golden chain which has linked us together.

Our home agents meet with us regularly, always bringing us the latest and best information on any number of home making problems. Our lessons are always timely and very interesting. Attending these regular meetings gave me a splendid opportunity to know neighbors better in their homes. It also gave the hostess a chance to acquire poise and charm in entertaining her guests. It brought neighbors into my home who would not otherwise have come. Why, there were homes in this community that many of us hadn't visited in many years.

The Home Demonstration Club is helping us to become better citizens through the practice of citizenship rules. A lesson—"Your Government and You" prompted a study of County Officials and their duties. The object of this was to make us more responsible and active citizens, helped us to open the windows of our minds to clearer thinking, thus developing character and citizenship.

I have been a club member only one year, but have learned the golden opportunity offered to the rural women. I have had the privilege of seeing actual demonstrations on sanding and refinishing floors, preparing a meal, stressing the use of green and yellow vegetables in the daily diet, serving a meal out of doors, buffet style, hints on pickle making, planning the yard, and knowing your shrubbery, proper selection of furniture and flower arrangement. Many others are to come, as each month offers a demonstration fully as interesting and just as beneficial as the month before.

I could write on and on, and never over-emphasize the enchantment that is attached to Home Demonstration Work. I am proud to belong to such an organization that promotes community pride, and helps me to learn to be a more efficient home maker. That golden chain that linked us together from our first meeting is still wound about us. Our attendance has been about 90 per cent during the past year—and anytime, when from 20 to 25 women join together to think of better ways for better living, some helpful information, some stimulating idea, is bound to come my way.

Yes, being a member of the Home Demonstration Club is worthwhile.

Mrs. W. T. Dawson

—North Nashville H. D. Club, Nash County.

HEALTH FOR DEMOCRATIC LIVING IN 1950

In our program for 1950, let's make North Carolina a place safe for democratic living, a place of secure homes, where children are free to grow strong of body and courageous of mind.

"It is only in homes where love abides and where security from want and need that children can grow and develop to make a place for themselves in a democracy," says Miss Elin Anderson, Rural Health Specialist for the Extension Service of the United States Department of Agriculture in Washington, D. C.

Several health bills have been introduced in Congress but little progress has been made in granting special aid to rural communities because there has been "so little voice from rural areas." In many rural communities there are no modern medical services, too few health services and inadequate hospitals.

Miss Anderson says that there are still 100,000 children born each year without medical attention. And there are 13 million of the Nation's children living in isolated communities, far from the large cities where modern medical services are to be found.

"What a wonderful opportunity we have. The women of Home Demonstration Clubs have always pioneered in fields to improve home and community living. We can help build a world where our children may grow through love and security from want and fear to be mentally and physically ready to take their places in the community," Miss Anderson says.

Mrs. J. C. Castleberry

President, Wake County Council