

NEWS LETTER

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NO. 4

Vesper Service

Dr. Robert B. House, Chancellor of University of North Carolina, Chapel Hill, N. C., was guest speaker for the Vesper Service on Sunday night, October 26th. Dr. House spoke on "The Good Life," and sounded the proper notes on his mouth harp, and played several old tunes. To illustrate; the pioneer he played "Oh Susanna"; hard work "Casey Jones"; enjoyment "Inky-Bo—Come From Behind That Chair, You Rascal You," and "Just Because She Made Those Goo Goo Eyes At Me."

Dr. House stressed life has a tremendous secret. We must search for the instrument, and learn to do what we love to do through practice because few of us are "naturals." Love is a secret of living, and life has a standard. The standard of life is religion. The dinner bell, school bell, and church bell must be closer geared together.

Poetry is as practical as plowing, and plowing as beautiful as poetry. We need to plow to make a place in life.

Education is an instrument. A man can't start "where he ain't"—he must "start where he is."

A good life embraces the globe and peace must begin in the individual, at home, and spread to the community, the church, the nation. We must have a general frontier, a "bed rock."

An old colored man said to Dr. House, "We all got burdens, but spirit is the only thing that will move the burden."

We write our own individual ticket to freedom. We must work together, work with faith, and have an understanding heart.

Mrs. Ralph T. Proffitt
4th District Chairman

Letter Friends

We are so happy to report that our Letter Friend Program has grown so very large and is still growing. Mrs. Tyler tells us that there are Letter Friends in all forty-eight states. We hope through these friendships with women of other countries that the club women will have a big part in helping to bring peace to the world.

In the panel discussion on International Affairs it was brought out that Letter Friends is one of the most important ways of telling the people of other lands of our mode of living. This

is a means of binding us together, and of helping us to have a better understanding of the people in other countries.

On Thursday morning, during National Council meeting, the Letter Friend State Chairmen enjoyed a breakfast together in the Sandhill room of the S and W Cafeteria. Mrs. Tyler, National Chairman, presided over a short business meeting.

At the time of this meeting North Carolina had 416 Letter Friend connections. Mrs. Tyler said that Russia is the only country with which she had tried to get Letter Friend connections and failed.

We hope in the next year that North Carolina will more than double the number we have now.

Mrs. James P. Turlington
International Relations Chm.

Pennies For Friendship

When we send our "Pennies for Friendship" to our State Treasurer, we may think, "My! What good will a few pennies do?" However, our pennies help finance a wonderful International organization known as Associated Country Women of the World. Without "Pennies for Friendship," A. C. W. W. could not carry on its work. They are used to promote letter friends for members, finance the Triennial Conference, run the Central office, send representatives of Country Women to meetings of the United Nations, and many other phases of A. C. W. W. work. Home Demonstration Club women are not the only contributors to "Pennies for Friendship." All and any organizations of Country Women may support A. C. W. W. with their pennies.

Mrs. Godfrey Drage, A. C. W. W. Member of Honor, suggested their plan to raise funds for A. C. W. W. It enables thousands of Country Women to make a personal contribution to A. C. W. W.

Let us hope and plan in the year ahead to continue with our "Pennies For Friendship." Our contribution to A. C. W. W., who is doing such a wonderful job of building International friendship and understanding between women of all nations, helps promote "Peace on Earth" which we so sorely need.

Mrs. W. A. Kopp
19th District Chairman

Development And Influence Of Extension Service Abroad

"The leadership of rural women is being felt throughout the world, as nothing helps people as quickly as feeding their hungry people," reported Dr. M. L. Wilson, Director, Extension Service, Washington, D. C.

In West Europe, Extension work in Agriculture is gradually taking roots. India is a country of many different languages and cultures. Twenty-eight Extension workers spent several weeks studying in our country and have recently gone back to put into practice the things they learned. We tried to show them how to put this information to work in the homes. One of the first jobs is to raise the standard of living and get conveniences needed for the homes.

Japan is also a country of many cultures. In 1948, farming practices were raised and legislative aid began. The leader in this work was educated in America. One-half million 4-H club workers and a large number of Honor Demonstration Clubs are carrying on this work.

In 1951, a plan was begun for helping women. One instance is in Pakistan where there is a college of Home Economics to train leaders.

An Italian woman who studies in the United States says, "It is good when women can ask for what they want. Someday in Italy we will do the same."

A German woman said, "We do not realize the fine family life as do Americans." She likes the Democratic way of living and how freely the American woman speaks in open meetings. She also says, "I will put this into practice when I go home."

A wonderful understanding can come about from farm women of different countries working together intimately. This has meant much to work abroad.

"Women throughout the world will gradually rise to their proper places in the home and the world, as we promote good reading and establish buildings for young women to study Home Economics. Through this process of working together and understanding each other, we hope for a peaceful condition throughout the world," said Mr. Wilson.

Mrs. T. J. Allen, Jr.
18th District Chairman

NEWS LETTER

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RECEPTION AT THE MANSION

One of the highlights of the National Home Demonstration Council which met in Raleigh last week, was the reception given by Governor and Mrs. Kerr Scott on Oct. 27th, for the delegates who attended from thirty-nine states, Puerto Rica and Canada.

Miss Ruth Current, State Home Agent, and other prominent Home Demonstration officers, state officials and National Council members assisted in entertaining. Among those were: Mrs. H. M. Johnson, State Federation President, Mrs. R. L. Yancey, President elect, Miss Madge Reece of the U. S. Dept. of Agriculture in Washington, Miss Jennie Williams, National Council President, and many others.

The mansion was decorated throughout with fall leaves and flowers. The dining room table had yellow chrysanthemums and yellow candles in crystal holders. Delicious punch was served from both ends of the table, with cakes and mints, by delegates from North Carolina.

A delightful musical program on the harp was presented by Mrs. Emily R. Kellam of Raleigh.

The upstairs of the mansion was also opened to the visitors. A delegation from Puerto Rica presented Governor Scott with a hand made Puerto Rican Flag, during the evening. The ladies at the reception wore evening dresses, making a colorful picture that will long be remembered by those attending. In all the groups mingling

together, farm women could not be distinguished from society women, showing that Home Demonstration work has had a far reaching effect on many people in many ways.

This event was indeed one of the most colorful and enjoyable because groups could mingle and chat with people from all parts of the United States. The Governor and his charming wife made a lasting impression on the out of state and home state visitors with their charming ways and gracious hospitality.

Mrs. Wade Howey
9th District Chairman

Health and Safety

Some of the outstanding subjects on the panel discussions of health and safety were: cerebral palsey, foot care, arthritis, smoking and its relation to cancer, and ways of getting women to take physical examinations.

Our article, entitled "The Ageless Age," in April's *Farm Journal* stated that "We are what we are because of what we ate ten years ago." Middle age needs more proteins to combat degenerate diseases because the diet affects health and mental outlook. We were left with this question ringing in our ears, "Are we going to build more and larger hospitals or spend our money in an effort to prevent illness?" Also guidance centers with trained personnel in schools, industries, and communities can be a great help.

Some of the subjects discussed on the safety panel were: (1) Safety can best be accomplished by education in the homes and schools (2) home is the scene of most accidents. This is a vital part of Home Demonstration work. Families should work as a unit in recognizing safety around the home.

Statistics show that in last year 17 million persons were involved in automobile accidents with 37,300 of these persons killed and 1,000,000 injured. These accidents cost a total of \$3,000,000.

A program is being planned by the Foundation for: (1) Elimination of road-side hazards, (2) driver education in the high schools, (3) Adult driver education, (4) elimination of shrubs and trees obstructing vision, (5) traffic enforcement in rural communities, (6) adequate and uniform traffic signs, (7) organized work with Safety Councils in each community.

In closing, Mrs. O. J. Smyrl emphasized the need to bring the safety program down to the individual so that we may have public support.

Mrs. A. H. McCall
16th District Chairman

Plans and Projects

The purpose of this panel was to afford an opportunity for the members to present their plans and projects to the Home Demonstration Council. The following were presented:

Mrs. G. I. Gangnes, North Dakota, explained the Peace Garden Project. This garden lies astride the boundary line of U. S. and Canada and is called "North American's living lesson of good will." This project is financed by contributions, either from individuals or organizations.

Dr. Clara Tucker, Louisiana, presented the interesting project concerning the Pakistan College, which is sponsored by Food Foundation. She suggested we give books to the library and that each person or county label book given.

Mrs. Frances Sawyer asked for UNICEF-United Nations International Children's Emergency Fund. Each contribution will be matched by the country receiving help.

Mr. E. W. Alton, Washington, D. C. solicited support to the National 4-H Club Foundation which is sponsoring basic research concerning developmental needs of youth, training leaders in Human Relations skills and attitudes, National 4-H Club Center, International Farm Youth Exchange, Citizenship and character building.

Mrs. Elizabeth Beeson, representing Unesco in New York City, elaborated on the gift coupon program whereby we might aid and hear directly from recipients.

Consideration will be given the above projects and decisions made on ones which merit the support of Home Demonstration Council.

Mrs. H. C. Little
7th District Chairman

RURAL MUSIC PANEL

The Panel was composed of N. C. State Music Committee with Mrs. Vernon James as moderator.

Mrs. J. C. Dodson told how the music program in North Carolina was started. One club member from each of the six extension districts was appointed as a State Music Committee. Music leadership schools were held to train county music leaders by voluntary services of professional music teachers. Each county leader held special interest meetings to interest all the women in the program. North Carolina wanted a music program in order to give an outlet for emotions, to provide self expression, relaxation, beauty, hope, and inspiration for daily living.

Mrs. John Bennett told us how the programs were financed. Each county

financed the music program in its own way. The work is done almost entirely on a voluntary basis. Once the people become informed and interested, the financing is easy. Each of the hundred counties paid \$5.00 to the state music fund.

Mrs. O. G. Richardson gave development of church music phase of program. One aim of the music program for 1952 was better music in rural churches. Everyone who wants to sing should be used in church choirs. This should include adult and youth choirs. The best source for good music is the church hymnal. Next to good singing, choirs should be properly dressed. Choir robes add the necessary dignity for a worship service. It is helpful in getting choirs started to have a few interested persons from various churches join in one group for training and singing together. Rural church music schools have been of great value in training leaders to organize choirs.

Mrs. Broadus Jones told how to get the men started. Some counties interested the men by singing carols at Christmas parties. We realized how necessary men's voices are to choirs, even in unison singing. We need their voices for more wholesome singing. Most women know ways to interest men in community projects, so why not use those methods for choruses and other music? Men of all ages have been invited and made to feel welcome. They really love to sing. The music program has been a bright spot for many older men.

Mrs. George Smith discussed how choruses and choirs have been used. Choruses are used at county meetings, district meetings, and at state meetings. Churches have invited them to sing. The choruses have been invited to sing at community and county activities. Nineteen county choruses entered the WPTF Radio Contest.

Group singing as well as the choruses from the different counties of state and a few from other states gave spice to the National Council Meeting. They also gave a breathing spell between the greetings and speech making that are always a part of a convention.

Mrs. J. Paul Davenport gave a summary and evaluation of the music program. Two thousand one hundred seventy-one people have sung in choruses or attended music training schools. Five hundred eleven church choirs have reported more inspirational worship programs, which has raised the standard of congregational singing. Twenty thousand copies of the State song book made suitable music available. In 1951, there were nine organized county choruses; in 1953 our aim is to have one hundred, or one in each county.

Mrs. James, the moderator said, "It has been said when people sing together, they stretch out their arms to one another in love and understanding. If all peoples would sing together, it would do more to bring understanding and peace than all the visits of statesmen. In N. C. we sing together, and we hope you catch the love for a rural music program as we have."

Mrs. B. C. Clifton
27th District Chairman

FAMILY RELATIONS

In a panel discussion on Family Relations which was held in Memorial Auditorium during the National Council Meeting, Mrs. Lynn Perkins introduced the theme for the panel, "What We Can Do."

The universal aims seem to point to encouragement of study of family relations. Mrs. John Ramsay of Wisconsin stated in their study, they feel that a mother's life is divided into seven professions essential to good home making and the following were essential for children in the home:

- (1) A place where parents agree on matters of importance effecting them.
- (2) Affection, understanding and a sense of security.
- (3) A place to play indoors and outdoors.
- (4) A place where friends may assemble.
- (5) A place where family members respect each other and their rights.
- (6) Parents have high regard for and cooperate with the school.
- (7) Recognition and reverence for God and the teachings of the church.
- (8) Parents need to be example of justice, tolerance and honesty.

Another Family Life Leader suggested:

- (1) Leadership training, preferably of husband and wife teams.
- (2) Discussion methods with teen-age groups included.

Parents should realize they are preparing children for a life outside the home.

Mrs. Dixon Cashwell from North Carolina, a teacher and mother of 12 children, advocates a short range program and a long range program. Her "Now" program consists of study groups of parents and teen-agers together. In the long range program she recommends that every teacher have a course in family relations. She also feels that the 6th grade is the time for sex education and beginning the study of teen-age problems.

Mrs. Wallace Goodwin
25th District Chairman

Teamwork Toward Peace

When we speak of teamwork, we at once are thinking of working together thinking together, and cooperation, but first we must learn to understand and love each other, our neighbors, our state, our country, and the people in other lands across the seas. There are many ways we can do this.

For our friends in other lands, we share such as Letter Friends, Pennies for Friendship, Exchange Programs, Friendship Gifts, and when we contribute to these causes, we are sure that we are working together toward Peace.

Recently, we shared our home with an International Farm Youth Exchange student from Luxenburg, Lisy Tonsaint. She became a member of our family during her stay in our home. She was one of the finest girls I ever met, a genuine and unaffected girl, and as she left us to return to her homeland, she left a feeling of good will in America. After spending four months in our states, we feel that we understand her and her county. Therefore love and friendship are the results of her visit.

Dr. Hornell Hart, head of Duke University Sociology Department, speaking to over 2,000 National Home Demonstration Council members recently said "World peace can be guaranteed when all the nations learn to achieve world government through consent of the governed—Government by consent means freedom."

When men and women of good will are willing to work together to build creative peace throughout the world, we may expect results.

Mrs. George W. Bryan
17th District Chairman

Citizenship

It was my happy privilege to attend the Sixteenth Annual National Convention of the Home Demonstration Council of the United States.

It was very interesting to know that 38 states are working together on a Citizenship program, that we hope will reach around all the world.

Mrs. David Foster of Oklahoma told us how they, as club women in her state, were working to find a way to help all age groups, boys, girls, and adults, to inform them of their responsibilities as citizens.

However, Mrs. Will S. Dickinson of Virginia told us being a good Citizen was not enough. We have to be Christian Citizens, and vote for Christian leaders of our nation. We must train our young boys and girls in a

Christian home so they may become leaders of our land.

To be better Citizens we must understand our county, our state, and our neighboring countries. This we can accomplish by understanding our own people, and the people among all nations.

Mrs. Charles Benson
24th District Chairman

Greetings From Canada

Greetings were brought from 85,000 Women's Institute members of Canada to the Country Women's Council. Mrs. Hugh Summers, President of Federated Women's Institutes of Canada, told of the objectives of these Institutes which are similar to those of our Home Demonstration Clubs. Special objectives in 1951 were a study of the United Nations organization, and Soil and Food Conservation "because two-thirds of the world is always hungry and country women are in a position to do something about soil conservation and food production."

They are concerned with helping to establish good relationships with people of other countries and with "our great responsibility toward helping to form, as country women, the same public opinions."

The Triennial Conference of the Associated Country Women of the World is to be held in Toronto, Canada, at the Royal Hotel, August 12-23, 1953. Mrs. Summers, speaking for the women of the Canadian Women's Institutes, extended an invitation to this Conference and stated, "We can care for all delegates and as many contributing members as ACWW sends." August 21st will be Canada Day and a block of 2,000 seats in Maple Leaf Garden will be reserved for American visitors.

The Canadian women join with the women of the United States of America and all persons of good will everywhere in working to establish a world whose foundations are built on peace.

Mrs. R. G. Trasper
Guilford County

Friendship Around The World

Nothing has promoted a stronger good will feeling toward our foreign countries than a better understanding of International Relation. This was indicated in many of the Reports given during the National Home Demonstration Council meeting in Raleigh, October 27-30, 1952.

Letter Friends, the number one way to bring the countries closer together have brought a personal touch to thousands. South Dakota reports 8,000 Letter Friends alone. The Exchange

of Friendship parcels and the Exchange of Students have also made the link stronger and a better understanding. This was demonstrated when students from India, South America, Germany, and China told of their problems. Each expressed their appreciation for the opportunity of being in the United States, each plead for Moral Rights, more courage, and a better understanding.

Another friendly contribution has been "Pennies for Friendship," which totaled more than \$12,000 this year. Therefore, to strengthen the Friendship around the world, would be, to have more Letter Friends, more Pennies for Friendship, more visits to the United Nations, and more visits to other countries. Surely it rests on our shoulders to understand their problems and needs, but what they want most is peace. Therefore, we must join hands with our neighboring countries around the world and show our true Friendship.

Mrs. Paul Long
14th District Chairman

Rural Reading

During the National Home Demonstration Council meeting in Raleigh, N. C., Mrs. J. Homer Remsberg, of Middleton, Maryland, was moderator for a profitable panel discussion on Rural Reading, with seven others taking active parts.

Some important ideas and suggestions radiating from the panel were:

1. Newspaper book reviews, of interest to homemakers, encourage more abundant reading.
2. Book depositories in rural stores or homes help where libraries are not available.
3. The North Carolina State Library Commission prepares a list of 100 approved books for Home Demonstration reading.
4. We should learn our needs, and inform congressmen. Encourage them to vote for the Library Service Bill.
5. Home Demonstration book clubs encourage many to read, and profit from discussions.
6. Bookmobiles service rural areas. A new modern one was on display.
7. Children are our hope of tomorrow. If we encourage them to enjoy good reading habits, it will pay high dividends.
8. Reading is the deepest well from which we may draw information. Enjoy it.

Mrs. Robert B. Starling
22nd District Chairman

Economic Instability

Speaking on Economic Instability, "Our Number One Threat to Freedom," at the Sixteenth Annual National Home Demonstration Council, Dr. C. Brice Ratchford, State College Agricultural Economist, compared the highest prices in 152 years—those of today—with those of the "best bargain years" 1896.

It's up to us to decide whether the measures we've had so far have cost more in freedom than they are worth. Housewives generally strongly advocate controls over prices, wages, and materials to control inflation, but this method probably only postpones inflation. This happened after World War II when heavy war savings burst onto the market competing for cars, furniture, homes, and other goods—these things were not on the market for a long time.

Besides helping some people, while hurting others, inflation makes people regard savings as foolish, places a premium on going into debt today, and may change people's attitudes toward work and production. All of these could lead to disastrous results, pointed out Dr. Ratchford.

Mrs. Jack Fries
8th District Chairman

Women In Civil Defense

Civil defense begins at home was the important idea in the Civil Defense Panel. The home is the basic unit of the community and the unit on which defense of the home front must be built.

We must be prepared to protect our homes. First, clear all fire hazards. Should an Atomic Bomb fall firemen say "A clean building seldom burns." Next fix a home shelter in the basement that is free from danger with enough food and water for 3 days, all first aid supplies and a radio but no telephone.

Set up a community center to care for aged, sick, children and pregnant women. Register everyone and use identification tags, arrange transportation.

So you see we must be informed, volunteer and keep this knowledge active. Keep up morale and have recreation centers.

Emphasis on women's participation in Civil Defense is necessary because it is anticipated that at least 80 per cent of the volunteer work at a local level will fall on their shoulders in case of enemy disaster.

Mrs. J. Mack Smith
26th District Chairman