

# HOME DEMONSTRATION

# News

NORTH CAROLINA FEDERATION OF HOME DEMONSTRATION CLUBS

Volume I

N. C. State College, Raleigh, N. C., September 1954

Number 2

## Health and Safety Program, 1955-1956

### A. Objective:

To interest all rural people in improving and maintaining a higher standard of health for their families and to cooperate with all agencies in their programs for the improvement of community health.

### B. Program:

1. Work closely with the Legislative Committee in sponsoring legislation to provide for corn meal enrichment.

2. Cooperate with the Civil Defense program as it relates to Health and Safety.

a. Take Home Nursing Courses

b. Take First Aid and Safety

c. Each County Health Chairman contact the County Civil Defense office for information on what needs to be done and help inform all club health chairmen of these needs, and plan for cooperative work.

d. Take advantage of any opportunity for learning about mass feeling.

3. Continue to stress the importance of physical examinations.

a. Make an effort to learn what to expect of a good physical examination.

b. Encourage and make plans for members to go in groups to clinics when practical or to see one's private physician.

c. Set goals for number of members to receive examinations.

d. Encourage all members of family to form habit of having regular physical checkup.

4. Work to create interest in the Rural Health Conference and promote attendance of rural men and women at the Conference.

This copy of the "Home Demonstration News" includes programs of the State Committees for 1955-1956. Each county is asked to study these carefully and include them in next year's program.

### 5. Other suggestions:

a. Continue to work with Volunteer Agencies. Emphasize the importance of the educational phase of the programs and not just to serve as collectors of funds.

(1) TB Association

(2) Crippled Children's Society

(3) Cancer Society

(4) Heart Association

(5) Red Cross

(6) Polio Foundation

b. Know Health Department

c. Learn correct use of insecticides

d. Make Family Health Plan

e. Study the work of the Mental Health Society

f. Learn the advantages of Hospital and Medical Insurance

g. Continue to work on weight control under the leadership of Extension Nutritionists

h. Select and work on special problems according to county needs. (Contact County Health Department about these.)

i. Emphasize safety in the home, on the farm, and on the highways.

j. Work for better home and community sanitation

(1) Choose topics in line with special community needs and problems.

### C. Recommendations

1. County Health leader work with home demonstration agent to plan and hold training meeting for club health leaders.

2. County Health leaders contact

various organizations for helpful literature and compile these for reference.

(a) Assist club health leaders in getting information and encourage them to compile a set of reference material.

3. Each county select and work on problems in line with its needs.

(a) Set goals which can be reached.

Mrs. Fernie Laughinghouse, Chairman, Pantego

Mrs. C. W. Womack, Currie

Mrs. Russell Vick, Route 3, Nashville

Mrs. Conway Sharpe, Taylorsville  
Mrs. Mary M. Deyton, Route 1, Green Mountain

Mrs. Clyde Roberts, Route 1, Hillsboro

*NOTE:* District Chairmen will send further information from time to time and will notify counties of the date for the State Rural Health Conference.

## Report of The Citizenship Committee

Theme: Citizenship in Action

### Objectives:

To make all our people more conscious of the fact that we have responsibilities as citizens and to help get people to assume those responsibilities.

### Goals:

1. To make our citizens, Home Demonstration Club Women in particular, better informed citizens.

2. To realize the importance of our Civil Defense program and participate actively in the program.

3. Have representation at important citizenship meetings, both national, state and local.

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**HOME DEMONSTRATION NEWS**

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**Officers**

President.....Mrs. Charles Graham  
First Vice-Pres....Mrs. E. P. Gibson  
Second Vice-President

Mrs. J. C. Berryhill

Recording Secretary

Mrs. Charles Benson

Corresponding Secretary

Mrs. L. J. Cannon

Treasurer.....Mrs. J. B. Wooten  
Verna Stanton, Editor, State College

**News From District 12**

What are we doing? The activities of the 12th District are so varied, a deep breath is needed before one begins. With that pause come admiration and pride in rural women and the causes for which they are standing, striving, and accomplishing.

In Rockingham, cooperation with various civic groups in countywide improvements, with see-and know-how tours, is outstanding.

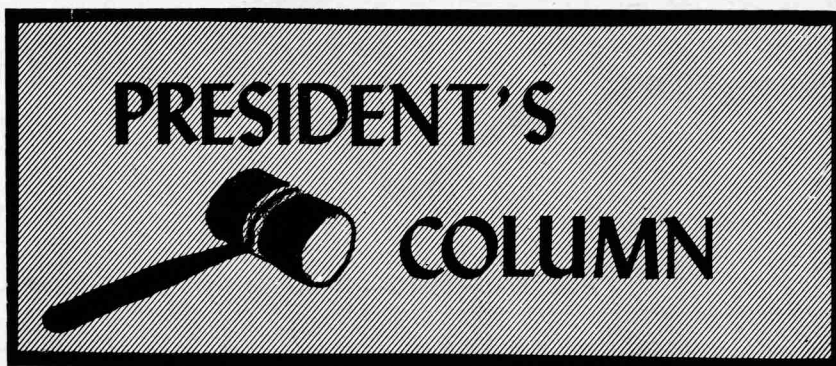
Guilford's interests include clothing and craft workshops, culminating in leader-planned clothing review and tea at Woman's College. A Craft Festival is forthcoming.

Randolph has concentrated on entertaining foreign students and sponsored outstanding speakers on world affairs.

Not to be minimized are the interests in music and chorus participation; good to better reading stressed; leader training for 4-H assistance; vegetable variety in the home garden to variety in balanced meals; health and safety reminders; recognition of outstanding girls in home economics among high school graduates by neighboring home demonstration clubs; church attendance; participation in community progress and good government.

These then are among the many interests the club women and their leaders are engaged in doing. God Bless them and their work.

Mrs. Gilbert R. English  
Chairman, District 12



Hello, again!

You are perhaps surprised to hear from me since Mrs. E. P. Gibson of Laurel Hill was elected and installed as our new Federation President at Farm and Home Week. Actually the state officers officially remain in office until after the National Home Demonstration Council meets—this year in Washington, D. C., October 31-November 4.

Since my last letter to you, the 46th Annual Farm and Home Week has been written into history. To the hundreds of us who attended all or part of the week, it was a never-to-be forgotten "education vacation." It was so grand to see and shake hands with many of you whom I had met at your District meetings. Our State Council meetings was well attended by enthusiastic club women who were eager to know what our State Federation is doing. The various State Chairmen gave splendid reports of the year's work. Several counties made contributions to our Home Demonstration Building Fund which now totals \$10,167.96. The following officers were installed for the coming

year: President, Mrs. E. P. Gibson; First Vice-President, Mrs. J. C. Berryhill; Second Vice-President, Mrs. Ralph Proffitt; Recording Secretary, Mrs. J. P. Morgan; Corresponding Secretary, Mrs. D. T. Ayscue; and Treasurer, Mrs. Charles Gough. Under such leadership our work shall go marching on.

The climax of the entire week came with the performance of "Green A' Growin'," the story of the 40 years of home demonstration work in North Carolina. Approximately 6,000 people thrilled to the story of love which was presented so beautifully by the dozens of actors. I know that I can speak for all of you when I say that our deepest appreciation goes to everyone who had a part in its success, and especially to the counties of Madison, Mecklenburg, Durham, Anson, Johnston, Sampson, Pamlico and Currituck, who presented the various scenes.

In my next letter to you I shall tell you of the National Council meeting. How proud I shall be to represent such women as you!

Always your friend,  
Cornelia Graham

**International Friendship**

Members of the Hyde County Council of Home Demonstration Clubs were hostesses to the group of Foreign Agricultural Workers in Hyde to observe Farmers Home Administration procedures in the county, at open house at the Mattamuskeet Lodge, New Holland, on Thursday night, July 23.

Mrs. W. W. Watson, Hyde County Council President, welcomed the guests and gave a report of Home Demonstration Club work in Hyde County. The visitors were very much impressed with Mrs. Watson's report

and some of them requested information on Home Demonstration Club work to take back to their respective countries. During the program visitors from Bolivia, Formosa, Free China, Trinidad, and Indonesia, told of farming conditions in their own countries.

After the program, punch and cookies were served by Home Demonstration Club members to approximately 300 guests.

The countries represented were Bolivia, Cuba, Greece, Italy, Panama, Trinidad, Indonesia, China, Nicaragua, and British Guiana.

Mrs. C. E. Morris  
Chairman District 24

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4. Every county carry out at least one recommendation regarding the citizenship program.

### CITIZENSHIP PROGRAM

#### Understand It:

Be an informed voter. Know your local election laws, registration requirements, your state's laws regarding jury service for women, the difference between grand jury and petit jury, etc. Encourage eligible voters to register to vote. Suggest you secure an attorney general, judge, outstanding attorney or a panel of such public officials to assist in giving information. Stress the importance of informed individual voting in *all elections*, whether primary, general, special or school board. Qualifications of various candidates for office, their previous records, their present platforms, etc., should be presented on a non-partisan basis. Be careful to adhere strictly to the non-partisan policies of our National Council and State branches; for example, by inviting all candidates to speak, or answer identical questions given each in advance. Study both sides of issues involved. Urge attendance at meetings of municipal council, school board, State Legislature.

2. Cooperate with International Relations Committee to follow up Chapel Hill meeting in February.

3. Urge citizenship chairman and all that possibly can to attend Chapel Hill meeting February 9, 1955.

#### Cherish It:

1. Encourage observance of "Citizenship Day" on September 17th each year.

2. Help set up special shelves of books in public and school libraries. Plan displays for conferences, conventions, fairs, meetings, etc., all aimed at making the general public more conscious of the meaning, the privileges and responsibilities of citizenship. We recommend that an exhibit in each county be made showing number of potential voters and number registered to vote. This could be put on at a County Fair or other county meeting.

3. Help to sponsor, or at least get to know, the IFYE (International Foreign Youth Exchange) students and other foreign students; entertain them in your homes, have them speak at meetings, etc.

1. Cooperate with all committees promoting citizenship.

2. Citizenship leaders take the initiative in promoting and developing civil defense:

- a. Ground Observer
- b. Home Nursing
- c. First Aid

3. Cooperate with International Committee in continuing to promote tour to United Nations on October 4, 1954, and the support of the United Nations program.

4. State Citizenship Committee recommends that the new State Citizenship Chairman be sent to National Citizenship meeting.

5. Study the stabilization of our economy against inflation and depression; especially study the farm problems and their relation to the whole country.

6. Develop concern for the conservation of all our natural resources.

Mrs. Dale Phillips, Hayesville (Western)

Mrs. E. L. Murph, 903 West Avenue (S. West.) Kannapolis

Mrs. A. B. Lainer, Rose Hill, (S. Eastern)

Mrs. W. N. Reid, R-2, Elon College (N. West.)

Mrs. W. L. Askew, Eure (Eastern)

Mrs. S. B. Pate, Advisor, New Bern (Eastern)

Mrs. T. J. Benthall, Chairman, (N. Eastern) R-3, Ahsokie

## Education Committee Report-1955-1956

### Objective—

To support youth and adult educational programs enriching the lives of rural people. In particular cooperate with those programs related to schools, libraries, churches, worthwhile organizations and agencies, and other educational media. To further strengthen Home Demonstration Club work by educating our own membership and others as to the real aims, purposes and scope of our organization.

### Suggested Goals—

1. Promote the Library and reading program in every county in North Carolina with at least 25% of the club membership actively participating.

2. Every club woman study and know the goals and purposes of the Home Demonstration Organization.

3. Encourage club women to be alert and open minded as to facts and policies affecting educational systems today.

4. Promote some plan for assisting high school boys and girls in the selection of a career and a vocational guidance program.

5. Encourage high school students to attend college and inform them of financial aid available as scholarships, loans, etc.

6. Encourage the organization of a county committee to make recommendations for raising the standards of materials being sold on newsstands, also radio and television programs being broadcast.

### Recommendations—

1. Continue present plan for awarding reading certificates. Recommend that each county develop a plan for recognizing women who carry on a good reading project after having received the Advanced Reading Certificate.

2. That education leaders be responsible for informing club members and prospective members as to the goals and purposes of Home Demonstration work and the values to be derived from membership.

3. That training schools be held for county and club education leaders on a county, federation district, or district basis with the district library supervisor and district agent as instructors.

4. We recommend that summer-time practical educational courses with adequate faculty be made available to rural adults through the rural schools for the advancement of adult education.

5. A list of scholarships and loans, statewide and local, be made available to educational chairman.

6. That a committee of club women with the county school superintendent and County Board of Education, educational facts and policies relating to education and also encourage the appointment of a vocational guidance director for each high school in the county.

7. That a committee from the home demonstration organization encourage the formation of a county com-

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 mittee to study ways and means for raising the standards of reading materials being sold on newsstands and the type of radio and television programs being broadcast.

The committee suggests that the counties select from this report the part or parts that will best meet county needs to incorporate into their 1955-56 programs.

#### EDUCATIONAL COMMITTEE

Mrs. W. E. Graham, Chairman,  
 Jackson Springs, N. C.

Mrs. C. E. Reitzel, Route 1, Statesville, N. C.

Mrs. Vernon Hall, Route 2, Candler, N. C.—Box 197

Mrs. John Hurdle, Durant's Neck, N. C.

Mrs. Osco Ward, Piney Creek, N. C.

Mrs. C. E. Thompson, Macon, N. C.

## International Relations Program, 1955-1956

### I. Objective:

To further international friendship and understanding.

### II. Goals:

#### A. United Nations Promotion

1. Encourage each county to send 2 delegates, if possible, on United Nations Study Tour.

a. To work out definite plan to assist delegates in bringing United Nations information back to their counties.

(1) Radio and Television

(2) Talks-civic—organizations, churches, countywide meetings.

(3) Newspaper articles—news letters.

2. Cooperate with other agencies in carrying out a county or district program on United Nations, especially observance of United Nations Day.

a. Encourage special studies and programs of United Nations and related agencies.

b. Understand our participation in North Carolina of the United Nations program.

3. Each county plan an observance of United Nations Day.

4. Continue to publicize United Nations through all media available.

5. Recommend to Mrs. Eleanor Roberts that United Nations material

be sent to clubs in simpler and less technical form.

B. Better understanding of work of our international organization—ACWW

1. Strive to understand role North Carolina club women have in ACWW and CWC.

a. "Pennies for Friendship"

b. Letter Friends

c. Start Exchange Programs

d. Send delegates to each Triennial Conference

e. Subscription to magazine, *The Countrywoman*

f. The International Relations Project Leaders in each club secure from each club member a report on their activities for the CWC report.

2. Participate in Essay Contest sponsored by ACWW on "How the Organization to Which I Belong is Contributing to World Peace."

C. Plan to have more emphasis on International Relations at Farm and Home Week.

1. An outstanding speaker on International Relations at Farm and Home Week.

2. A study group on United Nations at Farm and Home Week.

D. Larger representation of our home demonstration club members at annual World Affairs Conference in Chapel Hill.

E. Work out plan for entertaining foreign students in rural homes of North Carolina at some time during the year.

F. Promote the exchange of visitors and students, both adult and young people, between this and other countries.

G. Each county have a Plan of Work on International Relations.

1. Plan in each county and /or district for training International Relations leaders for their specific duties.

Mrs. Dallas McKown, Chairman,  
 Oak Park

Mrs. V. H. Waumett, Cleveland,  
 Route 2

Mrs. Edgar Draughon, Route 1,  
 Fayetteville

Mrs. Henry Kennedy, Route 2,  
 Thomasville

Mrs. Jack Speight, Route 1, Stan-  
 tonsburg

Mrs. W. W. Watson, Lake Landing

NOTE: From this overall state

## Publicity Program—1955-56

### A. Objectives:

1. To work with local newspaper editors in order to arrive at an agreement for the use of the home demonstration news. Let the editors know that we are eager to work with them.

2. To round out our Home Demonstration Club news with feature articles of human interest, thereby more nearly reaching all rural people with the values of home demonstration work.

3. To make the best possible use of all public relations facilities to tell the home demonstration story.

4. To stress the importance of a good public relations program on a county, state, and national level.

B. Program—Develop a year-round program to tell the story of Home Demonstration Work. We suggest the following methods:

1. The county publicity chairmen come together on a Supervisory District basis for a Publicity Training School to be held by the district Publicity Chairman and Miss Jean Anderson.

2. Each county publicity chairman write an overall story at the end of each month telling about the demonstrations given at the clubs in her county and how the women are using the information gained at the demonstrations. She will need the cooperation of each club publicity chairman to write an effective followup story.

3. More club members write feature stories of good home demonstration work.

4. Be sure that every feature and news story is sent to all papers in the county.

5. Encourage more of the counties to have their own news sheet to be edited by the county publicity chairman or some other home demonstration club member.

6. Encourage each county to keep a Publicity Book.

Plans are being made whereby each Federated District and each State

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program, it is the hope of this committee that each county will formulate its own program using as many of these suggestions or any others that meet the needs and interests of its people.

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Chairman will be given an opportunity to send news to the "Home Demonstration News" twice each year. Members of the State Publicity Committee will notify the District and State Chairmen of the date their news articles are due for the paper. The District Chairman may write the article or ask someone in one of the counties in her district to write it.

An outline of this plan will be mailed to each member of the State Publicity Committee. Each member of this committee is a member of the "Home Demonstration News" Committee.

### C. Recommendations:

The Publicity Committee recommends that the County and Club Publicity Chairman work together in carrying out the suggestions of the State Publicity Committee in the counties, or adapt the State Committee program to meet their own county needs.

#### Chairman:

Mrs. W. D. Pleasant, Star Route, Danville, Va.

Mrs. J. H. Gillette, Stella

Mrs. H. C. Edwards, Mars Hill

Mrs. George Davenport, Rt. 8, Charlotte

Mrs. David Williams, Rose Hill

Mrs. Robert Starling, Rt. 3, Box 636, Greenville

## Greene County Organizes Home Demonstration Chorus

"If you'll Sing and Smile and Pray You'll Make happiness every day,"

That is just what the 13 Home Demonstration Clubs of Greene County are striving to do. A Greene County Home Demonstration Chorus was organized in February, 1954, with 84 women signing up for membership. After a few practices some of this number dropped out. The chorus settled down to a well rounded 65.

Under the very capable directing of Mrs. W. A. Pollard, Jr., of Farmville this chorus can be shaped into something great: something that Greene County and North Carolina as a whole can well be proud of.

There are no accomplished singers in this chorus, just plain every day

farm women, ranging in age from 20 to 80 years.

The first program for this chorus was a TV appearance which was on March 29, 1954 at WNCT Greenville. The chorus had a very prominent place on the 22nd District Federation program on April 8th at Maury School in Greene County, and also participated in the WPTF Home Demonstration Choral Awards Contest and was heard on station WPTF in Raleigh on June 5. The chorus also sings at county events.

The purpose of the Home Demonstration Chorus is to promote improvement in church music, organization of church choirs, community sings, music festivals and a closer harmony in the home.

Mrs. Gilbert Jones  
Publicity Chairman

## Guest Home—Robeson County Project

Last fall the Home Demonstration clubs of all races of Robeson County began work on guest rooms where relatives and friends might stay while visiting patients in the Cancer Institute. These rooms were located in the vacant portion of the old County Home, in the same area as the Cancer Home.

Rolling up their sleeves, the women went to work scrubbing, painting and refinishing old furniture.

The white clubs set up three bedrooms, a bath, and a kitchenette. The Negro and Indian clubs each settled on a reception room, two bedrooms and a bath. Twin beds and a dresser were put in each guest room.

A general fund from the three races supplied money for necessary plumbing and electrical wiring.

In the clubs, linen showers were announced and a contribution of sheets, bed spreads and dresser scarves piled up for the guest rooms. In the white and Indian section a hot plate has been installed as well as a small amount of kitchen equipment.

Anyone who wishes to see this project may obtain the keys from Miss Hilda Clontz, Robeson County Home Demonstration Agent, or from the North Carolina Cancer Institute.

Mrs. I. M. Hobbs  
Chairman, District 18

## 20th District News

District 20 has many things of which to be proud. We had a wonderful representation at Farm and Home Week. Besides the many who were there for the week, several counties chartered buses for Thursday. Pamlico County was glad that she had one of the nine principal parts in the Pageant, Green A' Growin'. All who were at Farm and Home Week, meeting and talking with other club members, have returned with renewed interest, enthusiasm, and new ideas.

Our 4-H'ers have also renewed their interest through 4-H Club Week. How very proud we are of Sara Sugg who was crowned Queen of Health Improvement! We want to congratulate Mr. and Mrs. Sugg for having had two state winners. Sara's older sister, Betty, was State Dairy Food's winner a few years ago. We are also proud that Catherine Richardson was one of the 15 4-H'ers in the state who had a part in the talent show.

Participating in another youth activity is Mrs. Wilmer Mallard, past chairman of District 20. She is hostess to Doreen Smyth who is I.F.Y.E. delegate from Northern Ireland.

Such a chronicle as this is a fitting close to a year's work!

Mrs. Sam Swindell  
Chairman, District 20

## "The Women Speak"

"The highest and most brilliant act of the mind is to look at, listen to, and consider a *new* idea. Integrity to your own soul demands that you be open-minded." Woodrow Wilson said it—425 ladies in the Fourteenth District are proving it. Nineteen Durham County Clubs contribute to their monthly paper "The Women Speak." News, favorite recipes, household hints, bits of humor, messages of inspiration, club histories and news of coming events are only some of the things found there. In its small way it is helping each woman to grow in knowledge; it is building goodwill and better understanding. It extends the paper handshake of friendship to all and helps us realize that in the big things of life we are as one.

Mrs. W. H. Vanderbilt  
Chairman, District 14

## Values of Home Demonstration Work

Harnett County Home Demonstration Club Women have found that publicity through the media of newspaper articles and radio programs has been useful in creating intensive interest not only among our club members but of the general public as well in special projects of Home Demonstration Club Work.

During National Home Demonstration Week, each of the eighteen Clubs in the County participated in observing National Home Demonstration Week with publicity highlighting all club and county activities. Club women also stressed international relations and gave much publicity to their entertaining of twelve foreign students who visited in their homes, attended and spoke at their club meetings, had open house in their respective communities. Each club in the County is striving to complete our County publicity goals this year, which is to have news articles of all club activities during the year and to give a radio program over the Dunn Station.

Club women are realizing through Home Demonstration Work that they are gaining new visions—their horizons expanding and that this is a new era of opportunity and development. They are learning that the great beacons of Home Demonstration Work are to strive constantly, to grow, and develop as individual leaders of their community and society as a way to help themselves, and how to face their neighbor's problems, their own, their community, and the entire nation and world.

As County Council President and a member of the Oakdale Club, Home Demonstration Work has truly been of a great help to me and a continuation of my education. It has given me the opportunity to serve as leader in my club, community, and county. This has made it possible for me to widen and enrich my friendship in my county, district, and state.

When we organized the Oakdale Club I was elected Secretary and Treasurer. Then I thought I could never get up before a group of people and say a word. I was scared to death, but as time passed I improved and

now it isn't too hard even to preside at a meeting since I've been President of my club, Vice President of County Council, and now President.

The next thing I like about club work is that we have a visit with neighbors and friends at club, county, district, and state meetings. I would not see them near as often since people think they are just too busy to go visiting these days. It just doesn't matter how much work I have to do I always lay it down when it's time for a club meeting.

I like people, and I just like to meet new ones. Through special interest meetings, county council, Farm and Home Week, and all other meetings, one learns so many new people, their way of doing things better and easier, and to me this is wonderful.

I enjoy every demonstration we have and learn so much from them and put as many as possible into practice.

I realize that my attitude and appreciation of families have been wonderfully enriched and have helped me make my home a better place in which to live. From the Family Life demonstration, I have learned how to handle my children's problems better and easier. My husband and I learned to work and play with our three children and we've tried to be an understanding mother and father. If they have problems they come and discuss them and by doing this, we are closer to them than we would be if they were scared to say a word about the things that they don't know how to handle.

I really enjoy the Family Life programs, it was through one of these programs that my husband was influenced to become a Christian and joined the same church to which our daughters and I belonged. To me this will always be an outstanding demonstration.

Again, I'm proud that I belong to one of the best and largest rural organizations in the world, and it challenges one to strive for improvement.

Mrs. Delmar Ennis  
President,  
Harnett County Council

## Notes From The Sixth District

Our trip to Boston we will never forget. Well planned, good companions, and some of the best speakers available in our United States.

Attendance at Executive meeting in Raleigh gives one insight into the many problems facing our organization, as well as knowledge of its magnitude.

Polk County is really set to accomplish something in the future.

Rutherford County won first place in our State Challenge program for 1953.

Having a bus load of forty (40) women, Gaston County was first in attendance at Farm and Home Week in 1954.

Mrs. C. L. Nichols

## News From British Columbia, Canada

Mrs. Philip Douglas, Publicity Convener of Women's Institutes, visited Whaletown last year to present a life membership to Mrs. Tooker, a Charter Member with 32 years service—"In snow or rain or hail or heat she walked the long miles from her little home in Coulter Bay over our roads with her little gasoline lantern in her hand to get home by. And she never misses anything the Women's Institutes puts on. Bless her warm heart and long may it beat!"

Mrs. Douglas's own home is a two-mile walk, or row, to town. She says, "It is the most isolated place I have ever lived in and the hardest from the point of view of climbing and the distance from garden, orchard and henhouse. But we love it."

When Mrs. Douglas returned home from the A.C.W.W. Conference in Toronto it was nearly Christmas time. She writes, "For us it will mean so many good things; water whispering at our door, wind in the pines; a fir tree to stay with us for a little while. Perhaps it will be warm and sunny, as last year, with stars in the sky as well as stars on the fir."

**National Home Demonstration Council Meeting**

**October 31-November 4**

**Washington, D. C.**