

# HOME DEMONSTRATION News

NORTH CAROLINA FEDERATION OF HOME DEMONSTRATION CLUBS

Volume 2

N. C. State College, Raleigh, N. C., March, 1955

Number 4

## My Trip to United Nations

"Making a plan work" was one of our goals in 1954 and this is how it all came about.

We wanted to send a delegate on a study tour of the United Nations. This was decided after hearing Mrs. Brown Pace give a report on the planning meeting held in Waynesville in January 1954 for the County Citizenship Chairman. Mrs. Pace was to be the delegate for the trip but was unable to make the trip. The executive board of the County Council had a meeting to decide on someone to take her place and I was the fortunate one selected. After making arrangements for my husband and three school children for a week, I was happy to say I could make the trip. This was a trip I will never forget. We had a wonderful time, every day and every night we were going places and seeing sights you couldn't forget. I met club women from all over North Carolina, as 69 of our counties were represented on the Tour. Our hostesses for the trip were four wonderful folks; Miss Ruth Current, Miss Nell Kennett, Miss Eleanor Mason and Miss Jean Anderson from the Staff at State College. Mr. Bullock, of the Bullock Tours had charge of the tour, he made the reservations and planned with our advisors our entertainment. In Washington and New York we visited places of interest. We toured the U. N. Building, attended the General Assembly session, heard interesting talks by four famous speakers, Mrs. Eleanor Roosevelt, Mrs. Eleanor Roberts, United Nations observer for Associated Country Women of the World, Dr. Frank Graham and Dr. Chas. M. Eichelberger, Director of American Association of U. N. These were informative and

we felt they were the highlight of our U. N. Tour.

After returning from the Tour I visited each of the Clubs and gave an illustrated report of my trip. I have also talked with other groups besides our home demonstration clubs.

The clubs were very interested in the work of the United Nations and as one club member remarked "Your report will make the programs I've seen about U. N. on TV more interesting."

Visiting the clubs gave me a wonderful opportunity to meet all the women in the county who had been so generous in helping to raise funds for the Tour.

The Transylvania County Home Demonstration Club members cooperated in having three "Bake Sales" in order to raise money for the Delegate Fund. There were three different sales held, one on Decoration Day, one 4th of July and one the day before Thanksgiving.

This was a wonderful experience, —one I'll never forget. The fellowship gained from such a trip cannot be over estimated.

Mrs. Roy H. McCall  
2nd Vice President  
Transylvania County Council

## Music in Pasquotank

American Music was the theme of the 1954 music project in Pasquotank County. The project was planned by the State Music Chairman, County Music Leader. The project consisted of month-by-month report. With the Music, Recreation, Education, Citizenship, Health, and Community Service in charge—subjects discussed were Church Music, Spirituals, folk songs, jazz, songs of romance, patriotic songs, Thanksgiving and Christmas songs.

The leaders were trained at the  
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## Nineteenth District Club Corner

On the map District Nineteen is a small corner of "Ye Ole North State," but when you look at the number of home demonstration clubs and their work, the corner becomes large and important.

We are very proud of the work done by our club women in the past, and as one club president put it, "There's more work for each officer and project leader now than ever before."

True, but we are reaching more homes and helping to develop more and better leaders each year.

Also, we are creating more interest in national and world affairs, by having delegates attend National Council Meeting, United Nations Tours, and other conferences of civic and world affairs, then giving reports at District, county and club meetings.

At the National Council Meeting in Washington, we heard short reports from each state. These were informative and inspiring, offering suggestions and a challenge for better programs in the future.

Some states gave prizes for best County Council and Community programs for the year.

Many states have cooperative programs with 4-H Clubs. The mothers furnish adult leaders and the 4-H girls baby-sit for the mothers to attend other important meetings.

One state organized club for aged, proving, "That if you are right with God, the world and yourself—old age is an accomplishment."

With new ideas and our district's needs in mind, we are looking forward with hope and faith to a great year in club work.

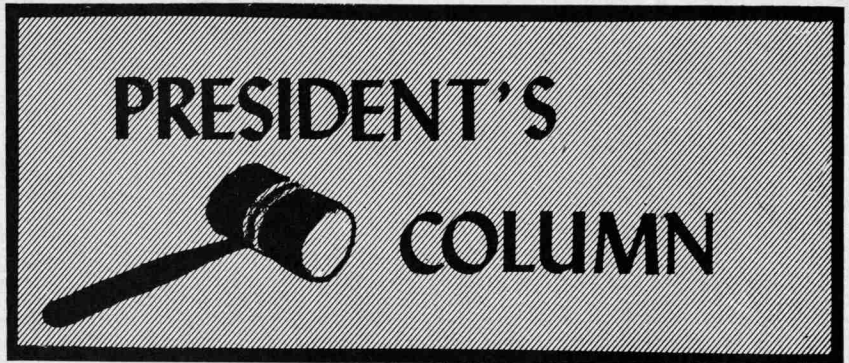
Mrs. C. M. Foster,  
Secretary, District No. 19

## HOME DEMONSTRATION NEWS

Published quarterly by the North Carolina Federation of Home Demonstration Clubs. Application pending for second class entry at Post Office, Raleigh, North Carolina. Published four times a year—March, June, September, and December. Subscription rate \$.50 per year. Second class mail privileges authorized at Raleigh, North Carolina as of June 25, 1954.

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### MENTAL HEALTH WEEK

The North Carolina Federation of Home Demonstration Clubs is cooperating in the plans for Mental Health Week which is to be observed nationally the week of May 1-7.

The purpose of the week is to make every citizen aware of his stake in mental health. Ways in which the citizen can work through mental health associates to create better mental health conditions will be presented in programs of various sponsoring organizations. Emphasis will be laid upon the needed facilities to adequately deal with the problem of mental illness in the state.

The North Carolina Federation of Home Demonstration Clubs is emphasizing that good mental health is a family affair and is of primary interest to homemakers.

### Recreation School in Mecklenburg

Around 175 leaders representing Home Demonstration, 4-H Clubs, Girl Scouts, Boy Scouts, Schools, Grange, and Church organizations from four counties, successfully completed a three-night recreational training course under the direction of Mr. Lonnie Powell, Recreation Specialist, from the North Carolina Recreation Commission.

All of the Home Demonstration clubs in Mecklenburg were represented. The leaders learned informally many games which will really add much to their meetings and family get-togethers.



Hello Clubwomen:

What a privilege this is to speak to you through this column and tell you what's on my mind. Ever since my term of office began last November, I have been more and more convinced Mrs. Graham was not "talking through her hat" when she so often referred to how wonderful our club women and Extension folks are and what a thrilling experience it is to know them. Even though I feel I am "weighted and found wanting" for this president's task, it is a most rewarding experience to me.

Our Home Demonstration group was well represented at Chapel Hill at the Adult Education and World Affairs Conference in February. It was a joy to see so many of you and to sense the enthusiasm. Certainly we are forwarding Adult Education when we give our service in club work. As one man said, in a buzz session, we club women can have as much influence toward educating adults as the trained experts.

Most of you have heard of the

"Kwik Grip" project the Federation has launched to increase the fund for the Home Demonstration House. Don't you think this fund has been dragging long enough? Let's devise some means of fulfilling our promise to try to get one dollar per member. The total contribution so far is about \$11,000. And we would love to have \$50,000 by Farm and Home Week, which begins June 21. There's some good news coming about the House! So let's work on that dollar per member or the sale of "Kwik-Grips"—or both.

As the weather warms up and we get the fever for gardening, let's give some thought and effort to growing a more beautiful home-sight and community. Many of are still cleaning up after Hazel's visit and now we must plant trees to replace the last ones. Why not, "plant a rose where there's not a rose," as well as a tree.

This is the season for reading too, before we get too busy with Spring and Summer affairs, and say "I don't have time." How many books on our 1955 book list have you already read? I can say, only five. Miss Sallie Hill of the "Progressive Farmer" writes that she is very much interested in our reading program and "should be so happy to know which books get the highest votes" in our group.

Our Executive Board Meeting will soon be here. We're looking forward to a grand get-together and a solution to all our problems. If you have any suggestions, let us have them.

May we all pray together, work together, and play together in our clubs and with other groups this year for finer homes and citizens and communities.

Yours in service,  
 Fannie Gibson

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January County Council meeting for the monthly reports they were to give.

The project was concluded with a musical pageant presented at the Fall Federation meeting, November 11 in the Agricultural Building. The history of the United States was depicted with music presented by the County Chorus and with scenes put on by the clubs. Mrs. W. P. Eves was narrator and eleven clubs presented scenes typical of the period in history. The scenes were as follows: Indian Scene, Salem Club; Pilgrim Scene, Four Fork Club; Colonial Scene, Marcia Albertson Club; Pioneer Scene, Fork Club; Cowboy Scene, Riverside Club; Negro Scene, Providence Club; Patriotic Scene, Nixonton Club; Jazz Scene, Corinth Club; Wedding Scene, Frances Winslow Club; Home Scene, Mt. Hermon Club and Christmas Scene, Newland Club. The chorus was under the direction of Mrs. Vernon James and the pianist was Mrs. John Barth. The Bayside, Marcia Albertson and Salem Clubs entertained at a tea which carried out a musical motif.

Mrs. Vernon James  
State Music Chairman

## Plans for District Number 11

Although spring is looming ahead of us, the club women of the 11th District are too busy to give much thought to that ever popular "Spring Fever!" About this time every year we find ourselves in the midst of planning our District Federation meeting. We will have our meeting at the YMCA in Elkin on April 21st, and will again be luncheon guests of the Kiwanians there.

Club leaders representing Alleghany, Ashe, Surry, Yadkin and Wilkes, held a district planning meeting February 3rd, with our own Miss Arant assisting. Every committee chairman attending this meeting, left with definite plans to carry out in her county. We feel that our county and district program will benefit greatly from this meeting. Every leader knows what she is expected to do and will require less assistance from her Home Agent.

The spring District Federation Meeting is a big occasion for us! Our

## Seventeenth District Activities

Wake County has done outstanding work in their Health Program. 38,388 people over fifteen years of age were X-rayed during the seven weeks survey.

Realizing the need for a Civil Defense Program, thirty-six leaders were trained in schools.

The clubs in all three counties have cooperated in health programs. Wake, however, did an outstanding job by collecting about five thousand dollars.

The Music leader in Johnston County has been busy and the clubs voted to recommend to the legislators that the State Music Program be retained as is.

At the January Meeting of the County Council a representative of a local newspaper spoke on news articles.

In Wayne County this month each member is inviting a non-member to be her guest to increase understanding of the work and membership.

The Achievement Day Program was dedicated to the twenty-five year members, and in the afternoon a tea was given in their honor.

Mrs. C. B. Strickland,  
Chairman, District No. 17

county choral groups are busy practicing numbers. Women from every county are working on interesting reports. Many other are working out necessary details; while all of us are looking forward to hearing Mr. D. W. Colvard, Dean of Agriculture, State College, who will be our guest speaker.

Mrs. John R. Church,  
Chairman

## News From Canada

The writer of an article in the *Maritime Farmer* believes that farmers' wives are the freest and happiest women on earth. Yet, she says, despite the advantages of modern farms we often read of the drudgery, monotony and loneliness of their lives. Whether farmers' wives inspired the articles, or the articles inspire the wives she does not know! Farm women are grateful for the sympathy they get in consequence from their town sisters and no doubt place the magazines where their hus-

## News from the Seventh District

As a part of the Home Demonstration Program in the five counties of the 7th Federated District, the following plans are underway in the respective counties:

**ALEXANDER**—The Achievement Day Program featured the International Relations Study made by each club. This study is now being continued for 1955.

**BURKE**—Home Demonstration women are working on securing an Assistant Home Agent and improving H.D. office equipment.

**CALDWELL**—Since one H.D. club house was erected two years ago, other clubs are raising money for this purpose.

**LINCOLN**—A special interest meeting on "Savings and Investments" is being planned as a follow-up on a previous meeting on "Doing Business at the Bank."

**CATAWBA**—H.D. Council adopted thirteen recommendations for the clubs. Two of these stressed the 5—Home Dem—10 on 12—6920 B leadership program: (1) one project leader on each program, and (2) careful selection of each project leader.

Mrs. W. G. Dellinger,  
Chairman, District No. 7

bands will see them! But she feels they are inconsistent. They grumble about the sweeping, scrubbing and dusting, when they detail their work (for effect!), while complaining that their houses are too small. They sigh about the washing and ironing but say they "never have any clothes"!

She suggests that milking cows, even if they do not enjoy it, is at least a change from the kitchen and she notices that most women spend more time than they need feeding hens because they are proud of their flock! She is sure that even when they have a family and a few hired men to look after, farmers' wives have more time to read and care for their hair and complexion than the average single girl working in the city:

"We get a lot of sympathy because of our loneliness. . . . "We need to stop complaining and make our lives what we wish."

## Rug Making in Currituck

Mrs. Robert Walker, County Arts and Crafts Leader, started something when she taught rug making in Currituck County!

She taught classes to many clubs showing them how to use old or new woolens, and to use a special braider which was found to be most satisfactory.

Some are making rugs for their entire homes.

Mrs. G. F. Shackley said her rug making hobby has drawn her family closer together than ever, as they all enjoy making rugs with her.

Mrs. J. H. Patrick has just started and she says her husband and children join in with her, all having fun together.

Besides buying strips of woolens from factories, the women have learned to salvage the best parts of worn garments, have them cleaned, and use the reverse sides.

Mrs. Buck Ownley bleached an old blanket, dyed it, cut away worn parts, and is making a beautiful soft rug for her home. She commented, "This is the nicest thing I've ever done in my life and everyone should have a hobby as it has made all my other farm work easier to do."

## A Message From The President of A. C. W. W.

As we stand on the threshold of a New Year, my thoughts fly to my homeland and my dear family, but I am made happy by the thought that although 12,000 miles divide us, we look forward to our reunion and find satisfaction in the fact that my travelling is perhaps helping to cement the friendships which bind us together as members of A. C. W. W.

Matthew Arnold wrote, "if women ever learn to work together, they will be a power for good such as the world has never seen."

In our membership of A. C. W. W. we are learning to work together to foster international understanding, and to give consideration and thought to the problems of women throughout the whole world. May the power for good which our friendship

## Plans for Health Programs

On February 16, 1954, the health leaders of Franklin County held a training-planning meeting in Louisville. They invited representatives of four different health agencies, including the county health doctor, to discuss the needs in their fields and to tell what they had to offer in services.

After these discussions the leaders considered the needs in the county and in the light of previous discussions decided that during 1954 they would stress physical examinations. As a result of their efforts, sixty-two women and two men had physical examinations. Two women in this group have had operations for conditions which might have led to cancer.

It was also part of their long-time plan to have a Home Nursing Instructors Course in February of 1955. Twenty women took advantage of this course on February 7-12. They in turn are busy now giving this very practical course to the women in the local communities. The first class was organized in Mapleville community with ten members present for the first meeting and others planning to join later. Some groups are taking two days and finishing the course quickly while they can't get outside to work.

Stress on the physical examination is to be a continuing program even as new plans are undertaken. The Home Nursing Course by its very nature is a continuing program.

Mrs. M. M. Person  
Chairman District No. 15

engenders help us to a better world. Twenty-five years have passed since A. C. W. W. was inaugurated, twenty-five years of spreading and growing. Last year five new Societies were accepted to membership. We face the new year with hope for a still greater spread of knowledge, understanding and service.

Alice Berry

**FARM AND HOME WEEK**  
**JUNE 20-23**

## News from Duplin

Leaders have been responsible for many nice things which have taken place in Duplin County last year.

Music leaders planned a "Church Music Workshop" which was attended by 185 leaders. Delegates to U. N. gave a U. N. Luncheon and inspired many clubs to observe U. N. Day.

Two new clubs were organized. Ninety new members were added to the 28 clubs. Eighty made perfect attendance last year and 12 members were awarded 5 year pins.

The County Council sponsored a Housing Tour. Homes visited were in the Scott's Store area and showed what influence Home Demonstration can be for graceful and hospitable living in the county.

Thirty-two reading certificates were given, a County Talent Show presented and recreational and family nights held in every club once or twice during the year.

Various clubs reported doing many things, such as: cleaned and repaired a community building, erected a "Welcome" sign to town, held flower shows and a garden tour, raised money for community building by working cured tobacco and serving meals, landscaped two parsonages, purchased piano and chairs for Community Building, planted dogwood trees and cleaned roadsides, served food at homes of bereavement, gave showers for those whose homes were burned, etc.

Clubs led or assisted with community drives or campaigns for worthy causes.

No other group in our county can boast of doing so many things in such nice ways.

Mrs. David Williams,  
Chairman, District No. 27

## Safety Suggestions From New Zealand

Never take medicine in the dark and seal poisons with adhesive tape' are two good rules for all ages! Slipping mats too, especially at head or foot of stairs, also cause accidents to everyone. Keep stairways clear' means don't dump things on them which you intend to carry up later! 'Springtime Safety' points out that

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## Follow the Leader

To play this game there must be someone to follow, and a good game must have a good leader.

Leadership is one of the biggest potentials of home demonstration club work.

Helping each generation prepare for self-selected participation in American and world life sounds like a big undertaking, and it is. But like waves spreading out from a single stone dropped in a pool, leadership spreads from one training others, from community to county, state and country.

As long as we live we have the privilege of growing. We can learn new skills, engage in new kinds of work, make new friends and devote ourselves to new causes.

Home demonstration club leaders are doing a wonderful work training others of all ages.

One thing to remember, especially with young leaders, is not to make it too easy for them. A man who raised butterflies as a hobby once tried to help one by splitting the cocoon with his thumb nail. That butterfly could never use his wings. Give young or new leaders a chance to develop certain qualities such as vision, imagination and courage, remembering each time they face a difficulty and master it, their wings are stronger.

A good leader learns to be a *real* person, not a perfect one—as the making of a great personal life includes deficiencies, mistakes, and even failure at certain things.

One of the greatest kindnesses a good leader can pass on to others is good cheer and courage. A noted physician once said, "Praise is not only gratifying—it is the source of fresh energy which can be measured in the laboratory."

Mrs. C. M. Foster,

Secretary, District No. 19

Note: Mrs. C. M. Foster, Secretary District Number 19 gave these suggestions on how to play the game.

## District Music School

A Music School for the 21st District was held at Dortches Baptist Church in Nash County, and conducted by delegates to the State Music Workshop at Catawba College:

## "Today's Home Builds Tomorrows World" is the theme for National Home Demonstration Week which will be observed throughout the United States, Hawaii, Puerto Rico and Alaska—May 1-7.

The morning program began with Mrs. J. J. Ellen discussing "Correct Instrumental Accompaniment" for Sunday morning worship service, using Hymns of Praise, Faith and Rededication as examples with audience participation. Her discussion covered music for all types of services held in the church. She suggested that we encourage our choirs to use robes to give a more uniform appearance and worshipful atmosphere, and displayed inexpensive robes in either white, wine or black with a simple pattern and suggestions as to how they could be obtained.

"Choir Organization and Repertory" was covered by Mrs. M. M. Brown discussing the Director and his responsibility, Types of Choirs, How to Organize and Rehearsals. Choir members were picked from the audience for the demonstration of "Behavior of Choir in Church." They were robed, directed and accompanied according to lessons learned earlier in the morning. Interest was keen and the questions asked kept the group busy past the scheduled time for lunch.

A delightful lunch was served in the club house by the Dortch Home Demonstration Club women. During this time the record made of the Concert given by the women at the State Music Workshop was played for the group.

The afternoon session was very informal and a great deal of fun with everyone learning to conduct by universal methods. Familiar songs were used for practice in Time, Rhythm and Tempo. A simple, unique and enjoyable demonstration was given as to how better understand rhythm. "Green Singing" was discussed and demonstrated with the Correct use of the Basic Vowel Sounds. Mrs. Ellen's lesson on how to build chords and use them gave one the feeling of "Learning to Play in one Easy Lesson." So much interest was shown that the agents are planning another school of this kind in the near future.

Mrs. R. C. Brown,

Chairman, District No. 21

## Health Committee Gains Momentum Every Year in Clay County

As the great eagle pauses in its flight to renew its strength, so has the Home Demonstration Health Committee of Clay County paused, *and planned*, in order that momentum might be gained in its zeal for accomplishments in this field.

From the lowly beginning of a very small group of women who got together to make bandages for the Cancer Home in Lumberton, it has grown until there is a well-equipped Loan Closet, a regular all-day monthly meeting and an active interest in the local Crippled Children's fund.

It is heartening to note that the women's organizations in the various churches are actively supporting this worthy project. It has become more than a Home Demonstration project—and that is good!

In communities Health is also stressed as a project. The Chatuge Home Demonstration Club has an apron which is being autographed by anyone in the community wishing to make a contribution to the Polio fund. Later this apron will be used as a gift to a crippled shut-in.

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a good spring clean, including a good throw-out, reduced risk of fire. It says: "Plan to dispose of all rubbish which may be a fire hazard in your home and on your property. Many of us have a lop-sided sense of thrift which causes us to hang on to things in the vain hope that we may be able to use them sometime! It may not be Spring with you now and we don't all live in wooden houses, but there's a lot you could get rid of to reduce the diet of insects, like moths, which spread from some of our accumulations!

Floors too can be slippery for all and New Zealand Home and Country admonishes us once more, asking:

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## Are You Telling the Story?

How can the Home Demonstration Club story best be told to those unfortunate ones who haven't heard? Gossip is one sure fast traveling way. Women are always being accused by the opposite sex, and sometimes by other fair maidens as well, of spreading gossip. Never be ashamed, ladies, of spreading gossip about *good* Home Demonstration work. Know what you are talking about and talk. Let the world know what you think and how much your work means to you. North Carolina now has 1,829 Home Demonstration Clubs, and is 46,353 members strong. Remember the old saying, You can fool all of the people some of the time and some of the people all of the time, but you can't fool all of the people all of the time. No, we Home Demonstration women aren't being fooled, 46,353 women can't be wrong. We know a good thing when we see it, and we will work (and fight if necessary) to keep it.

Club Women, all over the state, and out of the state, National Home Demonstration Week is coming up very soon. The first week in May to be exact. Please be ready for it. If you haven't all ready made your plans, do it at your next club meeting. It would be wonderful if every club in North Carolina would celebrate or observe National Home Demonstration Week in some unique way. Talking, working, or both—spreading the good news. We all know our clubs are the best in the world, but using our 4-H motto, "To Make the best better," why be satisfied until we have done just that. Our membership as well as our good work could be doubled in no time at all.

Mrs. W. D. Pleasant,  
State Publicity Chairman

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"Do you and your family immediately wipe up any spilled grease or fat?"

Some of these suggestions are about small things, frequently overlooked when the more obvious precautions about electric equipment, unguarded fires and storage of firearms are already the subject of care and common sense.

## Mecklenburg Home Demonstration Curb Market

The Home Demonstration Curb Market is one of the most worthwhile projects any rural organization could sponsor. Through this organization, children have received education, homes have been remodeled, new homes have been built, essential medical treatments have been made available, recreation has been provided, better clothing has been provided, and the city customers have been provided better products which make for better health.

Many surplus products have been used, which might have otherwise been wasted had there not been a market.

The market sellers receive many benefits from this organization in a social way. They become friends with each other as well as friends with the city people who buy at the market.

This Home Demonstration Curb Market is now housed in a building which is owned entirely by the Home Demonstration Federation of Home Demonstration Clubs. Each Home Demonstration Club has stock in this building and plans are underway to enlarge this building and make it into a Federation Building which will provide a central meeting place for many club activities and demonstrations. A complete demonstration kitchen is being planned for this building.

The twenty-four Home Demonstration Clubs are now contributing to the building fund. Most of the clubs have given around \$100 this year.

The present building is free of any indebtedness, but is inadequate for the many county-wide activities in which the Home Demonstration Clubs participate. A long time dream will truly come true when the present plans are completed.

Mrs. J. C. White,  
Chairman, District No. 9

## Looking From The Highway

1. Plant a lawn around your house and keep it mowed.
2. Put out some shrubs or flowers around your house and a few trees in the yard to give shade.

## Broadening Our Horizons

"One important phase of our program is having Cherokee County delegates attend National, State and District affairs" is the way one leader recently evaluated the Home Demonstration program. She continues, "It broadens our horizons by giving us a closer contact with our state, national and foreign affairs."

During 1954 the Cherokee County Council was represented as follows: Mrs. B. E. Warner, Rt. 2, Murphy, represented District One, at the National Home Demonstration Council, Washington, two delegates, Mrs. Clay Hopwood Hiwassee Dam, and Mrs. Frank Hogan, Brasstown, profited by the U.N. Educational tour. They were sponsored by the County Council with the cooperation of civic, service and church groups. Mrs. J. F. Smith represented District One at the State Home Demonstration Executive Board and was sponsored by the District Federation.

These leaders have shared their enthusiasm and information. Because of the excellent job Mrs. Dallas Mc-Known did as a follow-up to the first U.N. Tour in assisting with district and county training schools for International Relations and Citizenship leaders, she is now serving as State International Relations Chairman. She assisted in making it possible for the Cherokee County Council to send two delegates on the U.N. tour this year. Since they returned in October twenty-two programs have been given with an attendance of 730.

The County Council feels that our Health Plans are one of the most important phases of our local program for 1955. At the January Council meeting a three point health program was planned: First, actively work for the enactment of State Legislation requiring the Enrichment of Cornmeal; second, for community Home Demonstration clubs to serve as hostesses and sponsors for the four Bloodmobile visits in 1955; and third, to assist with the mass X-ray survey in April. Under the guidance of County Health Chairman, Mrs. J. N. Hill, Murphy, and the cooperation of all Home Demonstration Clubs, this should prove to be a profitable and successful year.

Mrs. B. E. Warner