

HOME DEMONSTRATION

News

NORTH CAROLINA FEDERATION OF HOME DEMONSTRATION CLUBS

Volume 2

N. C. State College, Raleigh, N. C., September, 1956

Number 3

Fall Programs in Alexander

The Alexander County Home Demonstration Clubs are stressing International Relations in their autumn programs.

For the September Club meetings the program will be highlighted by an educational film of one U. N. Country with a study and discussion of the customs, conditions and other things of interest about the country. The International Relations Leader of the club will prepare a characteristic food dish of the nation.

On October 24 in observance of United Nations Day the American and the United Nations flags will be flown at post offices. In the churches of the county special prayers for peace in the world and Divine Guidance in United Nations affairs will be expressed on the previous Sunday, October 21. Each club will give a U. N. Day devotion at its regular October meeting. Devotional thoughts are being assembled by the County International Relations Leader.

To further international friendship and understanding the various clubs exchange letters with women in foreign countries, promote UNESCO projects, contribute to the "Penny for Friendship" and the U. N. Appeal for Children funds. Each club in the county plans to send a CARE package overseas. For the County Fair one club will have an exhibit stressing the influence of the U. N. in promoting world peace.

The delegate on the educational U. N. tour this fall will report at the Home Demonstration Achievement Program in November and will write a news story on the U. N. To supplement the talk at the Achievement Program will be the color film "Assignment Children" which is a live story of how the contributions to the

U. N. Appeal for Children Fund are used.

Project of District Number 27

In June of 1955 the 27th District of Home Demonstration Clubs held an executive meeting in Duplin County at which time there was a discussion on adopting a Korean girl. Each of the women went to her own county and discussed the Korean orphan. Meanwhile a committee was working on the possibilities and selection of such a child.

At the 27th District meeting in April of 1956 the women of Duplin, Cumberland and Sampson counties voted to adopt a Korean girl. To clothe and educate. A committee was appointed to work out the details of this project. The Education, International Relations, Citizenship and clothing leaders of all clubs in the 27th District will serve on the Korean girl project committee.

On August 29th a luncheon was held for the incoming and retiring District officers, the county council Presidents and the home agents at the home of the District chairman. Promotion of activities for fall and the new year of work were planned. Plans of the Representative to the National meeting were heard. Plans for the delegate to United Nations tour in November were discussed.

Mrs. W. I. McLamb, who is from the 27th District and representing the Southeastern District at the ACWW meeting in Ceylon, told of her plans for the trip.

The 27th District is looking forward to a very progressive and good year.

**State Committees Meeting
State College, October 10
Executive Board and Board
of Directors Meeting
State College, October 24-25.**

National Conference on Citizenship

The Eleventh National Conference on Citizenship will be held at the Statler Hotel in Washington, D. C. September 17-19. The theme of the Conference, "The Voting Citizen", is very timely this year. Some of the speakers are Thomas D'Arcy Brophy, Past President, American Heritage Foundation; Justice M. Chambers, Congressional Medal recipient; Charles P. Taft, Mayor of Cincinnati and Philip Klutznick, National President B'nai B'rith.

The following delegates will represent the home demonstration organization at the Conference: Mrs. W. D. Ketner, Mrs. L. H. Hensley, Mrs. James Luther, Mrs. C. C. Shotts, Mrs. T. R. Smith, Mrs. W. C. Roberts, Mrs. R. L. Searle, Mrs. J. E. Simmons, Mrs. Wilbur Worthington, Miss Estelle Daniel, Mrs. A. B. Lanier, Mrs. Harry Arndt, Miss Verla Griffin, Mrs. L. K. Halsey, Mrs. H. L. McLeod, Mrs. A. A. Howell, Miss Florence Cox, Mrs. Eloise Everhardt, Mrs. W. D. Sugg, Mrs. J. Allan Edminster.

Here and There in the 23rd District

Summer days are passing fast. Canning, freezing, preserving and pickling have kept our 23rd District homemakers busy.

4-H Club camps and individual club picnics keep our home agents and assistant farm agents scurrying from Manteo to Murphy.

Our thoughts now turn to National Home Demonstration Council and the meeting in San Antonio, Texas. Wish I could be with you ladies. Remember our trip to Chicago. My love and best regards to each of you. Happy landings to our Ceylon delegates!

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HOME DEMONSTRATION NEWS

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Officers

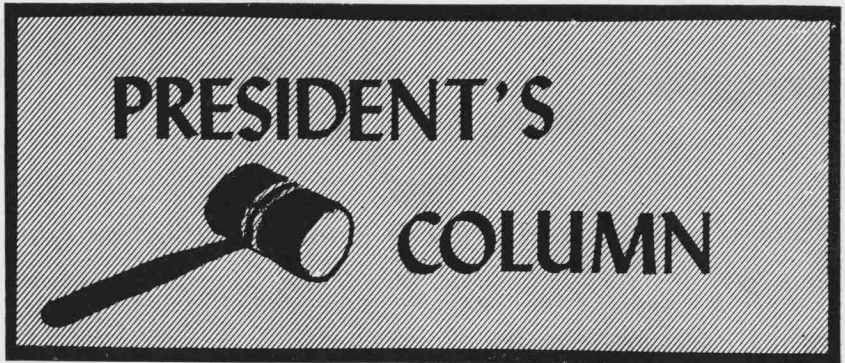
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 VERA STANTON, *Editor* State College



Mrs. J. H. Williams

In the passing of Mrs. John Herron Williams, on July 7th, 1956, the Home Demonstration Clubs of Union County lost one of their most devoted members and the oldest club member of Union County. Up until about a year before her death at the age of 98, Mrs. Williams attended the meetings at Rock Rest Club. When the first Home Agent organized the first club in Union County in 1935 the meeting was held in Mrs. Williams' home. Always a gracious hostess, a friend to all and a promoter of all work that helped humanity, she was anxious to have Home Demonstration come to Union County to help farm people have more abundant living.

It is with deep regret that we gave up one of our most loyal, cooperative and inspiring members. Mrs. Williams, her daughters and granddaughters, have all worked faithfully to uphold high ideals in club work. Mrs. Williams memory will help to sustain us and inspire us to higher goals.



Greetings:

Well, the end of our year as your officers is fast drawing to a close, but again I say we have been so happy to serve you this past year.

You should have been with me on my first plane ride to Chicago. It was fun and a wonderful experience—plane late—missing connections—arriving late for meeting—but exciting.

The meeting was well attended and our own Mrs. George Apperson, Chairman, had things well in hand.

Now, we are excited making plans to fly to San Antonio, Texas for the National meeting in September. There will be quite a number of our District Chairmen going together with Miss Verna Stanton, Mrs. Charles Graham and your President. We are looking forward to a wonderful trip and a good meeting.

Before you hear from us again through this column, "be the good Lord willing", we'll be winging our way across the ocean to Ceylon for the International Meeting. Wish it were possible for each of you to go with us—but we'll be thinking about you. May we have your good wishes and prayers for a safe journey.

Have you been busy this summer freezing, canning, etc. for the winter months ahead. It has been a wonderful summer for most of us.

Hope each of you have been busy getting the mail box improvement started in your neighborhood and that it will be finished before the winter months.

Have you ever stopped to wonder What a stranger, passing by, Might say about your house and yard?—

Well, here's a game to try. Next time you're in your auto, Coming home from church or store,

Instead of turning in your drive, Ride down the road some more. Ride slowly, looking at your house,

Your yard and driveways, too; Does what you see delight you now, Or, don't you like the view?

If what you see delights you, Then I envy you, my friend, But, if the sight displeases you, This sound advice I send.

Begin to plan this very day Improvements you should make, Then put your plans in motion With some paint, a hoe and rake. And then you'll say, "why, this is fun, I like this work just fine;" And soon you'll be so proud to say, "This pretty place is mine!"

Lee Redden Berryhill
 President.

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Miss Jacqueline Williams, Hertford County Home Agent, took a Y.M.W. (Young Men and Women Group) on an educational tour of Washington, D. C. and near-by points of interest including a boat trip down the Potomac to Mount Vernon, home of George Washington, often called "the father of our country".

"Every wise women buildeth her house but the foolish plucketh it down with her hands." Proverbs 14:1. As we look backward over the past months, may our house have been kept on a firm foundation. May we remember daily the Giver of All Good Gifts.

Mrs. D. T. Harmon
 Chairman, District 23

Delegates to the 8th Triennial Conference which will be held in Ceylon, December 5-15, 1956



Miss Ruth Current
State Home Demonstration Agent

Mrs. J. C. Berryhill, Route 8, Charlotte, Mecklenburg County, has held the offices of club and County Council president, chairman of District No. 9; second vice-president, first-president, and president of The North Carolina Federation of Home Demonstration Clubs.

For her service to and participation in community and county activities, Mrs. Berryhill was selected in 1953 as Mecklenburg County's first Woman of the Year in the recognition program for home demonstration club members.

In addition to home demonstration activities, Mrs. Berryhill has actively participated in other organizations. She held the offices of department chairman and treasurer of the Charlotte Woman's Club, Past Worthy Matron of both the Eastern Star and White Shrine, and Church Circle Leader.

Mrs. Berryhill was a delegate to the National Home Demonstration Council in Chicago in 1955 and to the Country Woman's Council in Chicago in 1956.

(Picture on Page 2)

Mrs. Ralph Proffitt, of Bald Creek, Yancey County, has held all offices in her local club and County Council. In District No. 4, she has served as secretary, vice-chairman and chairman. In the state organization, she is first vice-president after serving a year as second vice-president.



In addition to home demonstration activities, Mrs. Proffitt is a regular participant in all community affairs. She is a member of the Bald Creek Women's Society of Christian Service, the Asheville District Board, serving as zone chairman for twenty-five churches, and chairman of Girl Scout Troop.

The Proffitts are noted for the famous Proffitt's Sugar Cured Country Hams which are not only enjoyed by North Carolinians but are sent to many parts of the country.



Mrs. L. B. Pate, of Route 2, New Bern, Craven County, second vice-president of The North Carolina Federation of Home Demonstration Clubs, has held all offices in her local club and been a leader in many projects. In the county, she has been chairman of Health, Publicity, and Citizenship; secretary, vice-president and president of the County Council. She has also served as secretary, vice-

chairman, and chairman of District No. 20.

Mrs. Pate represented North Carolina at the National Conference on Citizenship in Washington, D. C. in 1951. In 1952, she participated in the Citizenship Panel at the National Home Demonstration Council in Raleigh and later held Citizenship Workshops in the Eastern District. She was a delegate to the World Affairs Conference in Chapel Hill for five years and went on the Study Tour to United Nations.

Other organizations to which she belongs are PTA, Farm Bureau, New Bern Woman's Club, Garden Club, Executive Club, County TB Association, County Safety Council, and the N. C. Mental Health Association. She is also a leader in the various activities of the Baptist Church.



Mrs. W. I. McLamb, of Garland, Sampson County, has been an active club member for several years. She has served as Community Service chairman, project leader in Foods and Nutrition and in Family Life, 4-H Club Leader, vice-president and is now president of the Sampson County Council.

Mrs. McLamb served as president of the PTA for two years, is a member of the Grange and of the Women's Society of Christian Service, having served as district president five years. As president, she attended the National Family Life Conference in 1954.



Mrs. Chas. W. Gough, of Yadkinville, the treasurer of The North Carolina Federation of Home Demonstration Clubs, has held the offices of club president, president of the Yadkin County Council, County Music Chairman, and chairman of District No. 11. She has also been president of the PTA, counselor to the Girls' Auxiliary, Church Choir Director, Director of County Chorus, member of the County Library Board and second vice-president of the Hospital Auxiliary.

Mrs. Gough has attended State Executive Board meetings regularly for two years in the capacity of treasurer. She also represented the Northwestern District at the National Home Demonstration Council meetings in Raleigh in 1952 and Biloxi, Mississippi, in 1950.

A Motorist's Prayer

By Dr. Hyman Judah Schachtel

Hear my prayer, O Lord!
I am a car driver and I am afraid!
The streets of my city are slaughter-runs.
The highways of my beloved country are
death's rendezvous
Because of the folly of young and old behind the wheel,
Because of the violence of selfishness in the driver's seat.

I don't want to be a killer, Lord!
I want to live and help live!
I want to be a law-abiding American!

But it is so easy to forget caution—
So easy to step on the gas—
To drive faster, ever faster, till safety is beyond recall.

Help me to remember when I am at the wheel

That I am my brother's keeper.
Grant me the sense to obey the traffic laws.
Make me to understand that my own life and the lives of others are in my hands to protect or destroy.

Inscribe upon my mind and heart Thine ancient teaching—

"Love thy neighbor as thyself," which when forgotten can lead to tragedy.



Mrs. R. B. Starling, Route 3, Greenville, Pitt County, has been an active leader in many activities and organizations. In home demonstration work she has served as club president, leader of various projects and chairman of several committees. County offices held were vice-president and president of the Council. She also served as county project leader and chairman of several county committees and is a member of the County Choral Club. Other offices held are second and first vice-chairman and chairman of District No. 22. At present she represents the Northeastern District on the State Publicity Committee.

She went on the U. N. Study Tour in 1955 and represented her district at the ACWW meeting in Toronto, Canada, in 1953. Her international relations interest includes 64 Letter Friends in 24 different countries with whom she corresponds regularly.

Mrs. Starling is a leader in Sunday School and other church activities, PTA, the Eastern N. C. Art Society, and American Association of University Women.

Miss Helen John Wright, Home Demonstration Agent in Mecklinburg County will also attend the meeting in Ceylon.

I respect the man who knows distinctly what he wishes. The greater part of all the mischief in the world arises from the fact that men do not sufficiently understand their own aims. They have undertaken to build a tower, and spend no more labor on the foundation than would be necessary to erect a hut.

Greenland's Icy Mountains

We have news for you of the Greenland Countrywoman's groups, the Foreningen i Gronland.

It seems they now have thirteen groups. One of them, in Godhavn, has ninety members. They meet in the winter months, that is to say, from September to April, for in the summer everyone is too busy to attend meetings. So far they have not been able to have a national meeting where all the groups can take part. Transport is still a major problem, since many of the group can only be reached by boat in summer and dog sledge in winter, and 84 per cent of Greenland is covered with ice all the year round. It is a hard, cold and difficult country, but the women are undaunted, and are enlarging their group activities all the time, and keeping up with the changing face of life.

For instance, they have asked for, and are getting, lecturers on nutrition. In the old days the Greenlanders ate what they could catch or grow, and they can't grow much in that climate. In fact, it is only in the south that vegetables can be grown at all. Today they have more and more bought food available, and this inevitably brings a change of eating habits. Too many races have had their stamina ruined by too sudden a change in diet, and the Greenland women, wiser than some, have asked for expert advice on this.

P.T.O.

Relaxation: An Art

A famous novelist said that when she was a child she met an old man who taught her one of the most important lessons she ever learned. She had fallen down and cut her knees and hurt her wrist. The old man who picked her up had once been a circus clown. As he brushed her off, he said: "The reason you injured yourself was because you don't know how to relax. You have to pretend you are as limp as a sock, as an old crumpled sock. Come, I'll show you how to do it."

That old man taught the children how to fall, how to do flipflops, and how to turn somersaults. And always he insisted, "Think of yourself as an old crumpled sock. Then you've got to relax!"

You can relax in odd moments, almost anywhere you are. Only don't make an effort to relax. Relaxation is the absence of all tension and effort. You never saw a tired cat, a cat with a nervous breakdown, or a cat suffering from insomnia, worry, or stomach ulcers. You will probably avoid these disasters if you learn to relax as the cat does.—R & R Magazine

International Relations

One of the things that home demonstration women of the 15th District have enjoyed this year has been the International Relations program. There were five International Relations leaders of the 15th District to go on the United Nations tour. These have informed others through county federations, radio, television, news articles, and exhibits. These five delegates have spoken for more than 50 events.

There are 129 women participating in the Letter Friends program.

Three counties have had monthly programs of some foreign country which were very interesting.

Nine women in our district have entertained foreign visitors this year.

The International Relations program has helped us to understand better our foreign neighbors and made us appreciate and love our own country more.

Mrs. R. T. Critcher
Chairman, 15th District

News From Johnston

Home demonstration women in Johnston County are taking a vacation trip to Western North Carolina on August 24, 25 with Bullock Tours of Kinston.

The group will leave by chartered bus from Smithfield for Blowing Rock and Boone. While in Blowing Rock, the women will visit "the rock" and other places of interest. Attendance at the pageant, "Horn In The West," will come the first night.

The group will leave Boone for Asheville via the Blue Ridge Parkway, one of the most beautiful drives in North Carolina as well as in the United States. The women will go on to the Great Smoky Mountain National Park, Soco Gap, Newfound Gap and the Cherokee Indian Reservation to visit the many Indian Curio Shops.

The second night the group will witness the pageant, "Unto These Hills". On August 26 the tour will include visits to the fabulous Vanderbilt Estate and the Dairy Home of Charlotte.

**National Home Demonstration
Council, San Antonio, Texas
September 23-26.**

The Role of the Home Demonstration Clubs in the School Issue

As a mother of two boys speaks to the many members of the Home Demonstration Clubs in North Carolina, I am thinking of the one great purpose of schools in our nation today. I am concerned for our children, and how we can help boys and girls become fully fit for satisfying participation in the life of a free society. Our world needs well informed young people to stimulate productive plans for a calm, peaceful world of tomorrow.

Many children come from the rural areas of our state and nation, and club women need to be better informed to answer their questions on our problems in the school issue. Leadership fitness is a big problem. The mechanization of living and developing with the children today is up to the parents. Are we living with them? Do we work and play with them in every day life enough.

There are serious shortages of both professional and volunteer parents who care enough for young people to guide them in making decisions. The future of our schools must be a vast thought in the minds of all people, but the rural women of today hold the key to a large share in responsibility of solving this great problem in the school issue. We need to study to be informed about it, and plan programs to gain constructive knowledge to give assistance where it is needed.

Our leaders have inquired about our feelings on this important topic. Will you take it as a program, and project and give of your best to develop and improve our schools everywhere?

Mrs. Joe G. Chaney
Chairman, District No. 9

Mrs. Eisenhower's Sugar Cookies

½ cup butter
1 cup sugar
2 egg yolks
1 tbsp. cream
1 tsp. vanilla
½ tsp. baking powder
2 cups flour

Sweden

In Sweden the aims of the A.C.-W.W. certainly open doors on aspects of life that the ordinary members of our Husmoders organization have not been in touch with before. Swedish people have not long been used to travelling; our country is so long that it is quite a journey before you even get out of it; especially if you happen to live in the North. We have kept to ourselves—there have been some contacts with the other Nordic countries, but thinking internationally has not been common—as has no doubt been the case in many other places.

The UN organizations and agencies have opened our eyes to seeing the world from a global point of view; through the A.C.W.W. we were able to grasp this idea. The fact that there are millions of homemakers and mothers all the world over whose problems are fundamentally the same as ours—that we are all more alike than unlike has been revealed to us through the A.C.W.W.

The world of the ordinary housewife is a world of her own; it turns round her home; her husband and her children. It is not easy for her to follow the international events; the washing and the cleaning and cooking naturally become more important to her. But the A.C.W.W. brings the world to her in a way that she can grasp and follow; she knows she shares her problems with sisters of different races and creeds—that there is so much to have in common whether we are living in Sweden or in Ceylon; or on one of the big continents.

The message of A.C.W.W. about tolerance and understanding is beginning to dawn upon us and the Swedish housewives are beginning to get that feeling of true internationalism.

Cai Lönnegren

Cream butter and mix well with sugar; add beaten eggs. Sift together flour, baking powder and salt—add this mixture to the above alternating with the cream. Add vanilla. Chill for one hour. Roll and cut. Sprinkle with sugar before baking. Bake in a moderate oven (350 or 375° F.) for 10-12 minutes.

God Gave Us

God gave us hills,
white hills in the moonlight,
And lacy gray shadows
That quiver and run;
And light, fluffy snowflakes
that sift in the dusklight,
To a world veiled in stillness
as night is begun.
God gave us waters,
ice-bound and frozen;
God gave us little white
tracks in the snow;
And little fat sparrows
that sleep in the church-tops,
And bells that peal out
To the stillness below.
God gave us Christmas
and bright wreaths of holly;
Taught us, like Jesus,
to bless and forgive;
Filled all our hearts
with that peace universal;
And God gave us love
and the spirit to give.
Author unknown

What Do We Plant?

What do we plant when we plant the tree?
We plant the ship which will cross the sea;
We plant the mast to carry the sails;
We plant the plank to withstand the gales,
The keel, the keelson, the beam, the knee:
We plant the ship when we plant a tree.

What do we plant when we plant the tree?
We plant the house for you and me;
We plant the rafters, the shingles, the floors;
We plant the studding, the laths, the doors,
The beams, the siding, all parts that be:
We plant the house when we plant the tree.

What do we plant when we plant the tree?
A thousand things that we daily see;
We plant the spire that out-towers the
crag;
We plant the staff for our country's flag;
We plant the shade from the hot sun free—
We plant all these when we plant the tree.
—Henry Abbey

How To Do It

To find happiness you must be willing to ignore what life owes you and to think about what you owe life.

Stop complaining and start praising—
Stop looking for friendship and start being friendly—

Stop pining for things you have not and be content with what you do have—

Stop looking for someone to help you and devote yourself to helping others—

Stop concentrating on what you've accomplished and think of what others do for you.

News From Germany

Three years ago the first mobile advice unit for countrywomen began touring the country of Nordeheim, Westfalen. It proved so popular that similar units are now operating, with equal success, in other parts of Germany. Little models of very modern kitchens, with numerous mechanical gadgets, and of farmhouse living rooms are on show, as well as the best types of sewing machines, weaving looms, garden tools, pest controls and electrical gadgets. A family medicine chest and books are also included.

The units stay in each place for six to eight weeks, long enough for courses of lectures to be arranged covering all fields of country life. Practical classes are held in cooking, sewing, weaving, preserving, growing and forcing soft fruits; care of babies, hygiene and poultry keeping. Countrywomen, young and old have thus been introduced to the latest achievements in science to make their daily lives easier and more enjoyable.

A writer in *Land und Frau*, the countrywomen's magazine, points out that although young rural workers are supposed to be dissatisfied with country life they show more interest in agriculture than most other young people show in their respective professions. They attend courses and lectures in their free time, and after a 14-day trip abroad one party was sorry they had not brought back more "professional stimulation!" "What young people on the land regret are insufficient opportunities to widen their knowledge."

The article, however, suggests that they do experience difficulties in their relationship with their parents. The patriarchal system seems to them out of date, as well as many other aspects of village and community life. "Changes have to take place, but for fear the younger generation might take decisions which would not please, the parents often do not encourage them to decide matters for themselves."

OVERSIGHT

By Virginia Ree Mock

My newly decorated home

I wanted friends to see

Until they cast those pointed looks

At un-remodeled me.

How to Live 365 Days a Year

This book by John A. Schindler is on the reading list. Maybe these ideas will help you live more fully now - and will make you want to read the entire book.

Important Points to Watch in Living

1. Keep life simple.
2. Avoid watching for a knock in your motor.
3. Learn to like work.
4. Have a good hobby.
5. Learn to be satisfied.
6. Like people.
7. Say the cheerful, pleasant thing.
8. Turn the defeat of adversity into victory.
9. Meet your problems with decision.
10. Make the present moment a success.
11. Always be planning something.
12. Say "Nuts" to irritations.

For Happier Family Life

1. Simplicity in living and simplicity in enjoyment.
2. The idea of the family enterprise.
3. The idea that the family is part of the human enterprise.
4. A family attitude for turning defeat into victory.
5. An atmosphere of affection, mutual respect, and regard.
6. A general tone of kindly cheerfulness.
7. Reasonable, firm, yet pleasant discipline.
8. A feeling of mutual confidence and security.
9. An atmosphere of enjoyment
- RIGHT NOW.

Mrs. Pat Nixon's Chocolate Butter Cookies

1 lb. butter or margarine
1 cup sugar
2 eggs
1 tsp. vanilla
4 cups flour
2 sqs. melted chocolate or
½ cup cocoa

Cream butter and sugar. Stir in melted chocolate. (If using cocoa, combine with flour.) Add well-beaten eggs, extract and flour. Mix well. Then chill, roll and cut. Bake in 400 degrees oven for 10 or 15 minutes. Yields approximately eight dozen.