

HOME DEMONSTRATION

News

NORTH CAROLINA FEDERATION OF HOME DEMONSTRATION CLUBS

Volume 4

N. C. State College, Raleigh, N. C., December, 1957

Number 4

Planning Your Blueprint For A Happy Future

Pioneer homes of our nation were established with all members taking responsibility in proportion to ability. Today, parents, particularly the wife and mother, set examples of thrift, saving, industry and dependability before children. It has been reported that 80% of the buying is done by the women. Also the homemaker does much of the investing and saving, so upon us falls much of the responsibility for what kind of future we will have. This is true because how we spend and save determines, not only the future happiness of ourselves and our families, but plays a large part in the economic health of our nation.

Wise spending and saving call for planning. A plan is needed for both spending and saving—this might be called "A Blueprint for a Happy Future".

If there is no plan for our spending, these gremlins may get us:

The Nibblers—the dimes, quarters and even dollars that we fritter away without thinking, each one small in itself, but they add up to a lot in a year.

The Gobblers—the big expenses that we pay once or several times a year like taxes, insurance, payments on loans or mortgages, or when we need a new sofa or freezer or some other piece of equipment.

The Sledgehammers—the unexpected things that happen like sickness or losing our jobs suddenly.

If there is no plan for savings, there may not be money for:

Family Care—which includes good food and comfortable living.

Education of the children—perhaps the most important thing we want for our children is to equip

them with a good education—college or professional training, if they are inclined that way.

Our Own Home—We might call owning our homes the great American dream.

Travel—All of us have a desire to see this wonderful country of ours, or to see how the other half of this world lives. We want our children, too, to enjoy the advantages of travel.

Retirement—All of us look forward to a happy and independent retirement. We want to have enough, not only so we won't be a burden on others, but so that we can enjoy doing, perhaps for the first time in our lives, just what we want to do.

Some Other Dream—Whatever our dreams, we'll need to save to make them come true. Some of us may say, "I can't afford to save." But do we ever stop to think that if we plan our spending and saving, we are actually increasing our family's income—not only do we get more of the things we really want for our money, but our savings are actually earning dollars for us!

We will increase our family's income through a safe investment and at the same time will be making our future more secure by helping to keep our community and our nation economically strong. So let's plan our spending and our saving wisely and build that happy future for ourselves and our families. The United Savings Bonds are the ideal investment for the big things in our lives. They offer many advantages to the family.

Mrs. L. B. Pate
First Vice-President

Vesper Service

An impressive Vesper Service Sunday evening, September 8, marked the opening of the twenty-first annual meeting of the National Home Demonstration Council. This service was held in the beautiful Mershon

Auditorium at Columbus, Ohio. The theme "Lift Thine Eyes" was carried out in both the sermon and music. When Dr. Roy Burkhart of the First Community Church of Columbus said in his sermon, "Lift up thine eyes to the sky and realize the immensity of the universe," I am sure he struck a responsive chord in the hearts of everyone present, especially the twenty-three women from North Carolina who had for the most part of two days literally been "lifting their eyes" to the hills and silently worshipping their Creator as they traveled through the mountains to reach Ohio. Dr. Burkhart further said, "If we will lift up our eyes and see, we will open our ears to hear and then it will follow our hearts."

The three choral numbers "The Lord's Prayer," "Lift Thine Eyes" and "Ponis Angelicus" were beautifully rendered during the service.

At the close of the service, Dr. Burkhart pronounced the benediction and I am sure everyone who attended left with uplifted hearts and a greater determination to let Him reign supreme in their life.

Mrs. Howard Long
District No. 23

Opportunity

Mr. C. M. Ferguson, Administrator, Federal Extension Service, using the theme "That which is in thine hand is opportunity" stated that four things do not return—the spoken word, the spent arrow, time past, and neglected opportunity. He pointed out that program projection is a great opportunity and can become the most valuable education yet. He said, "There is a great deal each of us can do about opportunities of today. And we can do even more to take advantage of those of tomorrow if we think—plan ahead."

Mr. Ferguson ended his talk by

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HOME DEMONSTRATION NEWS

Published four times a year March, June, September, and December by the North Carolina Federation of Home Demonstration Clubs at N. C. State College, Raleigh, North Carolina. Subscription rate \$5.00 per year. Second-Class Mail Privileges Authorized at Raleigh, North Carolina.

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(Con't. from page 1, col. 3)

quoting from R. R. Hayward in *The Uplift*:

"I believe in tomorrow because it is unspoiled. I have not, nor has anyone, yet written on it with the grimy finger of folly or selfishness or sin. No wars have been fought in Tomorrow. No lie has been told, or dishonest deed done, in Tomorrow. No man has treacherously failed a friend in Tomorrow.

"Tomorrow is one clean, beautiful day, the day on which dreams come true, on which the impossible things will yet be done, on which I shall have the nerve and the will to be and to do that which was too much for me in the grim battle of Today.

"I believe in Tomorrow."

Mrs. Fred E. Jones
 District No. 12

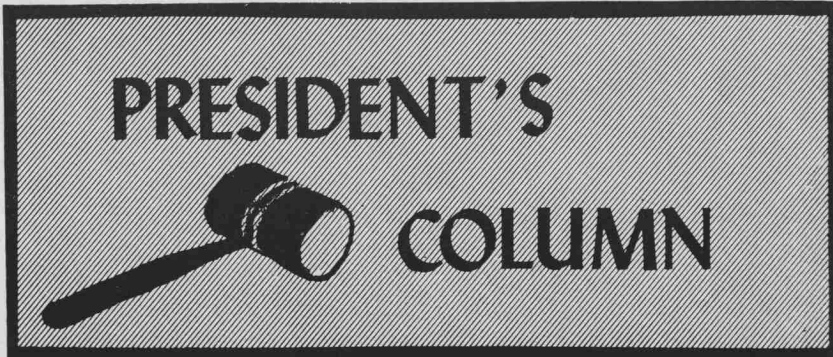
Families Are Opportunities

One of the highlights of the meeting was the talk made by Mrs. Serena Vassady, a native of Hungary, now living in Lancaster, Pennsylvania. She held her audience spellbound as she related her experiences in Hungary during World War II.

"What is that in thine Hand?" "Opportunity, responsibility and achievement," emphasized Mrs. Vassady. "When the Lord becomes the center of our lives, His life will shine through opportunity, shine through our responsibilities, and our achievement will be through His glory."

Mr. and Mrs. Vassady, with their three children, survived the horrors of World War II. They had just built a new home in Hungary when the Russians marched into their country and destroyed their beautiful home.

(Con't. on page 3, col. 1)



As this year of our home demonstration work draws to a close, I feel our women in all parts of our grand state join me in looking forward to a new year — another year of home demonstration club work with sincere determination.

It has been a busy year. Some of us have traveled many thousands of miles. We attended spring meetings, the conference in Ceylon and home 26,000 miles, and still traveling—telling of the trip to Ceylon. I attended the Country Women's Council meeting and the National Home Demonstration meeting in Columbus, Ohio, in September. Both were wonderful meetings. Your District Chairmen will tell you of the National Home Demonstration Council meeting.

We have much to look forward to in our new president, Mrs. L. B. Pate. Her sincere interest, enthusiasm, many years of club work, and the broadening experiences of her world tour give her the latest information on women's work and world conditions and have so perfectly prepared her for her office as your new state president.

We tell you with sincere pride we know we have the best Home Demonstration Organization in North Carolina or in any place in all the world, and we wish to make it even greater this coming year.

Thank you for the privilege to work with you this past year.

Wishing each of you a happy holiday season and a good year in club work.

Sincerely,
 Juanita Proffitt.

Southern Regional Reports

Mrs. Charles Graham, Southern Regional Director, presented her report at the National Council Meeting at Columbus, Ohio, "Southern Style." In a most charming manner she opened with "Good Morning to you all" and in well chosen words expressed appreciation to everyone who had made the meeting so enjoyable. The Southern state presidents were stylishly dressed and as each was introduced she presented in the allotted time the phase of work which had been most outstanding in her state. As the women proceeded there was not a dull moment. At one time during the report a Southern lady arose to say that she understood that in the past Mrs. Graham had been an English teacher but she had noticed that she had mispronounced a word and smiling, she continued by saying, "Mrs. Graham said 'You all' but it is 'Y'all.'" This brought out quite a cheer from the members of the deep South.

Mrs. R. W. Harris
 District No. 15

President's Message

In the President's message, Mrs. Homer Remsberg expressed her deep appreciation to the ladies who had served so faithfully under her leadership. She also expressed her gratitude at having had the privilege of serving as President of the National Home Demonstration Council and representing the National Home Demonstration Council at so many different and varied committee meetings. She hoped that something had been accomplished during her tenure of office and felt sure we would continue to progress under our new leader.

Mrs. George B. Nye
 District No. 18

Delegates To The National Home Demonstration Council Meeting

Columbus, Ohio
September 8-11, 1957



Front Row: Mrs. Obed Castelleo; Mrs. R. W. Harris; Mrs. Roy Cathey; Mrs. Ralph Proffitt; Mrs. Charles Graham; Mrs. Claude Jeffreys; Mrs. Herman Kennicke!
Second Row: Mrs. Mack Hall; Mrs. Rufus Hager; Mrs. Cleo Finger; Mrs. Tom Ferguson; Mrs. Delmer Ennis; Mrs. George Nye; Mrs. T. C. Lawrence; Mrs. Homer Latham
Third Row: Mrs. C. M. Billings; Mrs. Howard Long; Mrs. C. W. Spruill; Mrs. Allen Harper; Mrs. H. D. Robertson; Mrs. Sam M. Garren
Fourth Row: Mrs. Rufus Brewer, Sr.; Mrs. J. B. Torrains; Mrs. Howard Franklin; Mrs. Jesse Snead; Mrs. John Leeuwenburg; Mrs. Fred E. Jones; Mrs. Dewey Jenkins

(Con't. from page 2, col. 1)

They had to flee and went many weeks without a crumb of bread. When they did at last get a loaf of dark bread, they were afraid to eat it for fear it wasn't real. She said "Our eyes filled with tears just looking at it."

Mrs. Vassady urged all homemakers to seriously consider life as an enormous opportunity. "Our families are opportunities," says Mrs. Vassady. She challenged all of us to be grateful for opportunities and not take life for granted.

Mrs. Vassady said, "This is my first encounter with the National Home Demonstration Council and I regard it as a privilege."

Mrs. Rufus Hager
District No. 6

Tour To General Motors Plant and Wonders of the Modern World

One of the many nice things planned for the delegates to the National Home Demonstration Council was the tours. I had the opportunity of being one among the three buses of women to tour the huge General Motors Plant. This took about one hour and fifteen minutes of steady walking up and down aisles of big machinery. This plant made only parts. There were 4,137 men and women employed. In this huge plant 38,000 different door locks, seat springs, washers, chrome and other parts were made.

There was also a cafeteria, clinic and office payroom for the employees.

We also stopped by the Great Northwestern Shopping Center, which is one of the largest in the United States. There we saw the "Wonders of the Modern World" in miniature. They included the Taj Mahal (India's and the world's most famous temple), Eiffel Tower, Niagara Falls, Carlsbad Caverns, the Grand Canyon, Pyramid of Cheops and Spinx, Trevi Fountain (three coins in a fountain) and the Leaning Tower of Pisa.

We feel that the youth of today have wonderful advantages and opportunities in preparing for the many vocations open to them.

Mrs. J. B. Torrains
District No. 27

Music Report

What is more lovely than a rose?

What could be more lovely than beautiful music mixed with millions of roses?

On the lovely Sunday afternoon while strolling through the Park of Roses, the largest municipal rose garden in the world, we listened as a German Club presented a program of inspirational music. The men's chorus sang first, followed by the ladies' chorus, ending with combined chorus of 150 voices, singing "Beautiful Ohio" as we left the garden.

For the Sunday night vesper service, the Wayne County, Ohio Chorus furnished musical responses and a cross pantomimed "The Lord's Prayer" as sung by the chorus.

During each day session, music leader, Mrs. Ralph Dunkle and accompanist, Mrs. Dick Tootle, both of Ohio Home Demonstration Council, led the assembly in singing different state songs and other familiar tunes.

Ohio night community singing was led by Mr. John Smith of WOSO-TV, featuring songs by Ohio composers.

Two special features of the week were the inspiring musical program by the Montgomery County Chorus from Indiana, and the ladies' trio on Wednesday morning. One selection of the trio which made a hit was, "When it Comes to Music, Make Mine Country Style."

The North Carolina group sang on the way to Columbus but after living together for a week we really felt like singing on our way home.

Mrs. T. W. Ferguson
District No. 11

Responsibility

Dr. Jerome D. Folkman, Rabbi, Temple Israel, Columbus, Ohio, said, "Responsibility is the price of opportunity. The more extensive the opportunity, the more developed our sense of responsibility becomes. In some countries, opportunity is restricted so there is no need for individual responsibility, but in our society opportunity is unlimited and our sense of responsibility has to be great. We teach responsibility by allowing people to accept opportunities within controls and these controls should be expanded." Dr. Folkman

continues, "Most homes, churches, and schools are doing a good job and should receive good publicity; 94 to 96 out of 100 juveniles ARE NOT delinquent—publicize them instead of the few who are delinquent—as a means to combat juvenile delinquency."

Dr. Folkman said children 13 and 14 years of age should be made responsible for their acts. He told of his married daughter asking them for dinner and her mother wondering if she knew how to prepare a good meal. She used her knowledge, and her books, and her meal was an achievement.

Responsibility an education—The little girl said, "Mother, I can make Brownies." The mother thought her Brownies could not be equaled, but the little girl made Brownies that were as good.

A responsible young mother was told she could not live to see her child grow up. She taught her child to stand on himself and do for himself. She was cured and now he is a credit to her and his town.

Most parents and teachers are doing a good job of their responsibility and should make headlines. Dr. Folkman said the church school teachers should be well trained as they have a wonderful opportunity and a great responsibility for the hour they have our children once a week. Most churches are conscious of that, I feel.

Mrs. S. M. Garren
District No. 3

Our Own Tour

The guide on our bus tour Sunday afternoon was Miss Dorothy Lawrence, Home Management Specialist, Ohio Extension Department. We North Carolina women enjoyed the tour.

Dorothy, a native of Gates County, is a graduate of Woman's College of the University of North Carolina. Proud of her? Yes, we are! Her mother, Mrs. Theron C. Lawrence, was one of our North Carolina delegates.

We viewed the spacious campus, drove through one of the best residential sections to the First Community Church, a large expensive edifice where 29 different denominations make up the membership.

The highlight of the tour was the Park of Roses which is located in the city's largest park, Whetstone, which comprises 100 acres. The Park of Roses covers 35 acres where over 3200 plants of more than 425 varieties grow.

The sun was shining brightly upon the vast beds of varicolored blooming roses that show to us "that a Power beyond the ability of man actually makes the roses grow. Every rose is an autograph from the hand of God on His world about us."

We returned to Canfield Hall impressed by the bigness and beauty of "Beautiful Ohio."

Mrs. Roy M. Cathey
District No. 9

Publicity Workshop

The Publicity Workshop was chiefly concerned with self-improvement in giving publicity to home demonstration work. Newspapers, radio broadcasts, television, and tape recordings were means used in publicizing the work.

"News is news only when new; don't let it get stale and then try to give it to the public," we were urged. The first few sentences should give the story, then the details must be given in an effective, appealing manner in order to catch the eye and hold the interest. "As you describe the personality, let that personality be very dominant, don't bring in others," we were told.

Rules to be used in writing better articles are: look for stories that have local readership, include names of local knowledge, avoid uninteresting details, make statements to the point and not too long.

We were asked to keep carbon copies of our articles sent in, note changes made in published articles and try to determine what the editors are looking for.

Miss Sallie Hill of the Progressive Farmer reminded the members to strive for a sense of humor in their articles. "Have a twinkle in your pen," she urged, "also let your articles be informative, as people are usually down on that which they are not up on." In giving publicity to the National Home Demonstration Council, she insisted that the meatier part of the program be emphasized, not just the fun and social side. In a per-

sonal conversation with the North Carolina members of the workshop, she said she hoped that club members would seek out interesting stories and, if so, she would be glad to cooperate with us in publishing them.

A group of delegates from different sections of the United States had lunch at the Deshler-Hilton Hotel and were interviewed in a radio broadcast covering forty states. Mrs. Allen Harper, Tarboro, North Carolina, was the representative from Eastern United States.

Mrs. Allen Harper, Tarboro,
District No. 21

Mrs. Obed Castelleo, Winterville,
District No. 22

Business Session

The business session of the Council was held in Mershon Auditorium, Wednesday afternoon, with Mrs. J. Homer Remsburg, President, presiding.

The regular form of business was carried out. A discussion of selection of national colors was dispensed with since all states have their individual colors. It was decided to keep this arrangement.

The action for presenting the program of work was that each state present in full her highlight events of the year.

During the business session, the election of President, Treasurer, and Eastern Director was as follows:

President: Mrs. Verne Alden,
Wellsville, Kansas

Treasurer: Mrs. Sevend Overgaard,
Millard, Nebraska

Eastern Director: Mrs. A. Carl Nelson,
Wilmington, Delaware

Prior to elections, each candidate's accomplishments were given.

An invitation from the State of Kansas was extended to the National Council to meet with them in October, 1958 and this was accepted. Oregon extended an invitation for 1959.

Our business session was concluded with an inspirational meditation by Mrs. Jay Lawrence, Council Treasurer. She stressed that, "Stewardship is the giving of time, love, and hope, for a faithless steward is a worthless one. Life is not the candle, nor the flame: It is the burning."

Mrs. Dewey Jenkins
District Number 20

Our Bus Trip

A most congenial group of twenty-two club members left North Carolina September 6 for Columbus, Ohio. We traveled by chartered bus, going by way of Roanoke, Natural Bridge, Greenville, and often on the Skyline Drive. This winding one hundred mile drive over Virginia's beautiful Blue Ridge Mountains is a never-to-be-forgotten experience. The drive, through an altitude of 4,049 feet when our ears started popping, affords expansive views of forests, pasture lands, and hollows.

We reached Luray in time to go on a conducted tour through Luray Caverns. After seeing the beautiful caverns, I was not surprised to learn that more than three hundred thousand people visit this world famous attraction each year.

We spent the night at Minslyn Motor Inn which was very nice and comfortable, and left Luray at 7:00 the next morning for Winchester. This was in the apple country and an immense red apple was displayed in a prominent place in Winchester.

It pays to advertise, for some of the ladies went to a market and bought apples and peaches to eat while traveling along.

We crossed the Ohio River at Wheeling and reached Columbus about 7:00 that evening. We had dinner at Howard Johnson's Restaurant, then on to the University, registered and were settled in our rooms in the dormitory in time to get a good night's rest.

After four days of programs, tours, attending dinners, banquets, etc., we started to North Carolina on Thursday morning, September 12, by way of Chillicothe, Ohio.

Returning by Jackson, West Virginia, which is outstanding for the amount of coal it produces, we traveled for miles along the banks of the beautiful Ohio River and came back on the Turnpike Driveway. We saw the imposing Capitol Building in Charleston, West Virginia, with the beautiful fountain on the grounds. At the Blenco Glass Company, we were very much impressed by the lovely patterns in crystal and learned they were exclusive reproducers of Williamsburg patterns.

The devotionals on the bus im-

pressed me very much. Mrs. Mack Hall led the one on "What Is That In Thine Hand?" Mrs. S. M. Garren's was on "Thankfulness." On Friday, we stopped for devotional at Brushy Mountain and Mrs. Rufus Hager used "Our Mountain Top Experiences."

We spent Thursday night in Bluefield, West Virginia, at the Hotel West Virginian and our stay there was nice indeed. If you have been to Bluefield, then you can understand when I say we began climbing mountains. We climbed and climbed, looked down and the city was far below us. We were above the clouds, and the clouds hovering in between the mountains was one of the most awe inspiring sights I've witnessed in my whole life.

It was a wonderful trip; one I'll never forget and I feel very grateful for the privilege of attending the National Home Demonstration Council meeting.

I could not close this account of our trip without extending our heartfelt thanks to the very efficient, capable, and careful driver, Thomas Dark, for getting us safely back to dear old North Carolina.

Mrs. Rufus Brewer, Sr.
District No. 14

Health and Safety Workshop

The Health and Safety Workshop at the National Home Demonstration Council Meeting in Columbus, Ohio, Sept. 9, 1957, was conducted by Mrs. O. G. Rushing, Chairman of Health and Safety, Shawnee, Oklahoma. This was a luncheon meeting attended by 84 women from many states. The table decorations were Health and Safety suggestions, such as medicine bottles properly labeled, also traffic safety illustrations, which were very attractive and educational. This meeting was very informal; we had no scheduled speakers—the women attending presented their ideas and suggestions under the very capable leadership of Mrs. Rushing.

After much discussion, the following recommendations were suggested:

HEALTH:

1. Stress necessity of medical examination each six months.
2. Cooperate with Civil Defense in Home Nursing Course.

3. Home Demonstration Club women have blood typed and file kept in local hospital files.
4. Educate the public to the need of three polio shots.
5. Continue to cooperate with exist- in health agencies, as Heart, Cancer, Tuberculosis, Polio and Mental Health.

FARM AND HOME SAFETY:

1. Give specific emphasis to the prevention of falls.
2. Stress program of prevention of harvest accidents for adults and children.
3. Fire prevention.

TRAFFIC SAFETY:

We think of traffic safety as our No. 1 problem. We therefore recommend that we as Home Demonstration Club women continue to promote and encourage continued education in traffic safety.

1. Stress program of pedestrian training—as pedestrians are very careless.
2. Uniform traffic laws for all states.
3. Continue pilot screening tests in cooperation with American Optometric Society and Highway patrol.
4. Driver training—Using Courtesy, Caution and Common Sense.

Mrs. Homer Latham
District No. 8

Mrs. H. D. Robertson
District No. 26

International Affairs Workshop

The International Relations Workshop held at the National Home Demonstration Council Meeting in Columbus, Ohio, September 8-11, was a luncheon meeting presided over by the National Chairman, Mrs. R. P. Matchett of Kentucky.

"Buzz sessions" were held to evaluate the present program which consists of "Pennies for Friendship," "Letter Friends," "Exchange Programs," "International Peace Garden," "UNICEF Greeting Cards," "UNESCO Gift Coupons," "International Day," and "IFYE Programs."

Outstanding accomplishments by the different state representatives were reported.

Mrs. John Leeuwenburg, Wilmington, and Mrs. Cleo Finger, Lincoln- ton, represented the North Carolina Federation of Home Demonstration Clubs at the workshop.

Participation in A.C.W.W. projects was pressed, together with cooperation with U.N. and other agencies in the community. Support of the IFYE program was to be encouraged, and it was suggested that hospitality be extended to foreign visitors and students.

Mrs. John Leeuwenburg
District Number 19

Mrs. Cleo Finger
District Number 7

Citizenship and Civil Defense Workshop

Following "buzz sessions," at which time those attending the Citizenship and Civil Defense Workshop members discussed what should be included in the Program of Work and how to activate and implement it, the following suggestions were offered:

1. Encourage active participation in *all* civic responsibilities.
2. Urge the study of laws, legislation and structure of government.
3. Promote interest in understanding and using the services and facilities of libraries and library programs.
4. Encourage every family to educate their members in self-protection, home protection, and to prepare emergency first-aid kits and supplies of food in case of *any* type of disaster.
5. Urge individuals and clubs to cooperate with established civil defense organizations or other agencies doing civil defense work.

To implement this program, the following suggestions were given:

1. Organize citizenship courses and workshops.
2. Conduct classes to study the structure of local and county government, county budgets and social security for farmers.
3. Assist members to vote in *all* elections by providing transportation and a baby sitter service.
4. Become aware of and acquainted with the needs, problems, and joys of today's youth and provide

leadership for youth groups such as 4-H Clubs.

5. Assist and cooperate in the extension, expansion, and interpretation of library facilities.
6. Conduct or cooperate in Home Protection courses in first-aid, home nursing, canteens, Grandma's Pantry, etc.
7. Plan trips to points of civic interest such as the State Capitol.

Indiana reported on a 3-day Citizenship School which was conducted on their college campus. Mr. W. E. Stuckey, a member of the Extension staff of Ohio, presented a plan which Ohio is preparing for Emergency Disaster Control.

The Workshop was closed with this quotation from a leaflet which was used in a Colorado Workshop:

A BETTER YOU

"Your task—to build a better world,"
God said.

I answered, "How?"

The world is such a large, vast place,
So complicated now.

And I so small and useless am,
There's nothing I can do."

But God in all His wisdom said,
"Just build a better YOU."

Mrs. Mack Hall

District No. 2

Mrs. Claude Jeffreys

District No. 13

Family Life Workshop

At the Family Life Workshop, the question was asked "How can we help on the national, state and community level? It seems that all across the nation we have the same problem, "Reaching the ones who need the training most."

Delegates from Illinois, North Dakota, West Virginia, Vermont and Ohio sat with us at the round table at lunch to discuss what was being done in their states in family life.

At the close of the discussion, a skit was given using the "Road Signs":

SLOW: If we slowed down our family would be happier and we would have more family life at home.

SPEED LIMIT: Nature gives us a governor and we should use it. We all are geared, so let's put ourselves in low instead of high.

CURVE: Slow down, put on the brake, can we always see them? A bit of warning can help us live longer.

WATCH FOR CHILDREN: See that our children get the food and love that it takes for wholesome growth. Teach them the signs of life.

DETOUR: This sign could mean rough road ahead, adapt and adjust to changes that might mean death in family, sickness or maybe mother going to work.

SCHOOL AND CHURCH: We need to work closely with these so our children will get the right training and get prepared to go out into the world when they are old enough.

ALTERNATE ROUTE: Change of road, something may come up that would upset the plans for building a new house or putting off a vacation.

RAILROAD: A slow sign, right of way to go into a new subject or start a new project.

STOP: COME to a complete halt.

1. Stop feeling sorry for yourself, there's always some one else worse off than you.
2. Stop expecting people or club to be perfect.
3. Stop trying to carry the load alone; let God and family help.
4. Stop worrying; it might not happen.
5. Stop putting off tough jobs.
6. Stop working all the time; take time for play and fun with the family.

Mrs. Delmer Ennis
District No. 10
Mrs. Charlie Spruill
District No. 24

Report From Central, Eastern, And Western States

I consider it quite a privilege to be able to represent the 25th District of the North Carolina Home Demonstration Clubs at the National Home Demonstration Council meeting at Ohio State University, Columbus, Ohio.

Reporting on the Central, Eastern and Western states would take quite a lot of space if I were to give all of the interesting things that they re-

ported. However, I will only mention a few that had projects that to me seemed outstanding or something that might be good for some of the other states to try.

Trough a Leadership Program, Illinois feels that they have better citizens and better leaders which give them a feeling of being "grown up."

Indiana is very proud of its choruses. Research in home economics is being stressed.

Michigan has 83 counties with all participating in a Highway Safety Project. Their theme is "Blueprint for Homemakers".

Missouri is reaching more of its young homemakers as a result of definite plans for programs to interest them. There have been 49 new clubs organized. Before this, only 10% were under 35.

In South Dakota, through a Safety Program, fatalities have decreased. 18,000 club members have studied the driver's manual. Seven minutes at each meeting were devoted to the manual.

Delaware, with only three counties, has placed emphasis on education. Each county gives a scholarship of \$300.00 each year to encourage students to study home economics.

Maine has had a long-time Home Beautification Program.

Massachusetts is seeking to understand the people of the world by learning of the foods of people of different countries. They also have a new state news letter.

Vermont sends letters to all new parents, thereby winning many new members through their new Human Relations Specialist.

New Hampshire has a Family Life Specialist. (I found that a lot of the states didn't have one). They are studying "The People We Live With."

In Maryland club work is so interesting that its members take off time from work to attend.

Idaho reports a loose leaf handbook, thereby saving the expense of a completely new book each year.

West Virginia has a "Purposeful Reading" program with 11,000 taking part.

In Washington, they reported on a state-wide 4-H program, realizing that the youth of today are the citizens of tomorrow.

Mrs. Theron C. Lawrence
District No. 25

The Picnic

Everybody loves a picnic! The Ohio women made us all happy by having a chicken barbecue with all the trimmings in the "field house" on the campus. It was fun seeing two thousand women in a two acre enclosure polishing off chicken bones and enjoying the fellowship of so many with a common purpose.

After the meal was over, many old familiar songs were sung by the group and some joined in games. Surely a good time was had by all.

Mrs. Herman Kennickell
District No. 4

Christmas Everywhere!

Christmas, Christmas, blessed name,
To rich and poor you mean the same—
In every land beneath the sun
All Christian hearts just think as one.

But peace on earth cannot be bought—
It lies within the way you're taught.
So let glad tidings fill the air—
Today is Christmas everywhere!

C. B. Searles

Ideas for the Holidays

Christmas Fruit Balls

1 cup dried figs	1 cup walnuts
1 cup pitted dates	1 cup pecans
¼ cup seeded raisins	4 tablespoons lemon juice
6 maraschino cherries	½ teaspoon grated orange peel
2 cups blanched almonds	

Grind fruits and nuts through food chopper and mix. Add juice and orange peel and mix thoroughly. Form into small balls. Roll balls in granulated sugar. Keep in a cool place.

Compote

1 pound cranberries	2 oranges and 1 lemon, sliced thin and cut in small pieces
2 cups sugar	
½ cup water	

Combine the above ingredients. Boil 5 minutes or until the cranberries have burst. Let stand (the longer the better) and serve cold in compote dishes as accompaniment to meat course. Note: To add variety, add a cup of diced pineapple, or half a cup of canned cherries, before cooking the mixture. Almost any fruit can be added.

Program of Work, National Home Demonstration Council—1957-58

I. CITIZENSHIP AND CIVIL DEFENSE

Goals—Citizenship

1. Educate the individual to his citizenship responsibilities in a Democracy and encourage his active participation.
2. Recognize that training for citizenship begins in the home through example and precept.
3. Continue to stress the importance of training leaders in citizenship through conferences and workshops.
4. Urge the study of needs and problems of the public schools, attacking the problems and not the schools.
5. Work toward the extension and expansion of library services in rural areas.
6. Promote all phases of conservation: water, soil, forest, wild life and national parks.

Goals—Civil Defense

1. Urge individuals and clubs to cooperate and/or volunteer their services with established Civil Defense organizations, or other agencies engaged in Civil Defense activities.
2. Encourage every family, as a basic unit of defense, to educate their members in self protection, and prepare emergency First-Aid kits and supplies of food and water.

II. FAMILY LIFE

Goals

1. Promote a strong Family Life Program through worship, work and recreation together.
2. Stress serious parenthood responsibility by example set in home, community and business relations.
3. Cooperate with state and local agencies that assist families with counseling, guidance, and family life material available.
4. Encourage leadership in the community in 4-H and other youth work by recruiting leaders, providing meeting places, transportation, recreation, scholarships and demonstration material.

III. HEALTH

1. Continue to cooperate with exist-in health groups such as Heart, Cancer, Polio, Tuberculosis, Mental Health and others.
2. Stress the need of a family or personal physician.
3. Encourage members to have a complete physical examination periodically.
4. Provide opportunity for community participation to extend our influence beyond the members.
5. Urge everyone under 45 years to take the polio vaccine.
6. Urge members to have blood typed.

IV. SAFETY

Home and Farm

1. Cooperate with existing local and state safety organizations.
2. Continue to stress the prevention of falls.
3. Emphasize fire prevention.
4. Educate to eliminate harvest accidents.

Traffic

Provide and encourage

1. Greater acceptance of individual responsibility for safer driving and walking.
2. Traffic laws which conform with the nationally recommended Uniform Vehicle Code.
3. Driver education in our schools.
4. Refresher courses for adult drivers.
5. Use of the vision screening test in every county.

V. INTERNATIONAL RELATIONS

1. Urge participation in projects of ACWW—Letter Friends, Pennies for Friendship, Exchange Programs.
2. Cooperate with other agencies in community to carry out special programs and activities to aid other countries.
3. Stress importance of understanding the United Nations and its specialized agencies, participate in various projects
4. Support IFYE program
5. Extend hospitality to foreign visitors and students
6. Encourage friendship and understanding among women of all countries.

VI. PUBLICITY

1. Provide wider information cov-

erage for home demonstration work throughout the year—not just during National Home Demonstration Week.

2. Use the annual meeting of the National Home Demonstration Council as a news peg on which to write more homemaker delegate success stories which describe home demonstration work and increase public understanding of the program.
3. Arrange more well-planned exhibits for National Home Demonstration Week, and at other appropriate times, with the accent on educational aspects of the program.
4. Improve knowledge of national and international programs as conducted through N.H.D.C. and A.C.W.W. through material supplied at local club levels in State and county handbooks. Broaden acquaintance with organization officials and learn their various duties and responsibilities.
5. Promote more subscriptions for National Notes, encourage the reading of this publication, and reporting about it at club meetings.

There'll Always Be A Christmas

There'll always be a Christmas
To bring us hope and peace,
And nothing can destroy it . . .
The joy will never cease.
Whatever are our problems,
Whatever we must face,
We gain a new perspective
Within this time of grace.

There's always be a Christmas
Though every dream may fail;
It's something we can count on
Through each December trail.
The twinkling trees, and Santa;
As carols flood the air,
With church bells ringing gaily—
While people kneel in prayer.

There'll always be a Christmas
Because upon this day
Was born the blessed Jesus
Who came to light our way

Hilda Butler Farr