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AGRICULTURAL EXTENSION SERVICE

State of North Carolina

PLAN OF WORK

19 42

Period covered January 19 42 to January 19 43
(Month) (Month)

Name of project: Home Demonstration Work

Covering work to be done by State Agent and staff

Percentage of time to be devoted to project: 100%

Date submitted: April 13, 19 42. Signed: Ruth Current, State Agent
Project Leader

Date approved: _____, 19 ____ . Signed: _____
State Dir. of Ext.Wk.

Date approved: _____, 19 ____ . Signed: _____
Director of Ext.Work
U.S. Department of Agriculture

PLAN OF WORK

1942

HOME DEMONSTRATION WORK

in

NORTH CAROLINA

Ruth Current
State Home Demonstration Agent
Raleigh, N. C.

FOREWORD

How to render the greatest service to the largest number of people was uppermost in the minds of the home demonstration workers when the time came to plan the program of work for 1942.

There were obstacles in the way, many of them. First, we knew that we could not follow our old methods and procedure of planning major and minor projects, special interest meetings, regular club meetings and meet successfully the emergency calls in the National Defense program without making changes, many of them.

Already home demonstration County Councils had met and made their tentative month by month plan of work according to the needs of the people as they saw it. These plans were in the hands of the agents and the annual Agents' Conference dates were announced when plans of work would be checked and approved by district agent and specialists.

Why not a blanket program of work for 1942 based on total defense? The staff agreed.

Director Schaub approved the idea, and three days prior to the Agents' Conference twelve home demonstration agents were called in to plan with the specialists a unified program of work for the whole farm family. This plan was approved unanimously by the Home Agents' Association on the first day of their annual conference.

RECOMMENDATIONS FOR PROCEDURE

1. Organized training schools (one-day schools) for agents by specialists to present two monthly subjects.
2. Organized training schools (one-day schools) for leaders by agents to present two monthly subjects.
 Either the agents present the subject to the clubs, or the leaders give it. The agents decide which they will give themselves and which the leaders will give.
3. Club women will list the names of all the non-club members in their communities not being reached by any agricultural agency, and each club member will be responsible for certain non-club members.
 In this way all non-club members are taken care of and there are no duplications in invitations to club meetings and assistance given.
 At Outlook meeting in January women are asked to check with list of names to find which are being helped by various agencies.

 Each club member takes it upon herself as a patriotic duty to reach one or two non-club members in her community, carrying information from the club meeting, or seeing that the non-club members have an invitation to attend the club meetings. (Applies to both white and Negro)
4. Home assignments and club questionnaires for club members will be attached to lesson sheets. These will serve as a quick and easy method of checking on work done each month.
5. One or more outstanding result demonstration to be conducted in each club community. Specialists will visit these demonstrations. These demonstrations might serve as a valuable part of Achievement Day programs.
6. Recommendations to be worked out in order that the demonstration will come within one hour.
7. Leaders might hold one or two special interest meetings in addition to the regular monthly demonstration.
8. Recognition should be given on Achievement Day to women who have not missed a club meeting. Oftentimes if a club member cannot get to meeting on day it is held in her regular club, she can go to meeting of club in adjoining community.
9. Publicity should be given in local paper concerning plans for club meetings.
10. Agents should take advantage of opportunities to speak at civic club meetings.
11. Special interest meetings should be good publicity.
 (Specialists will continue to give special interest meetings.)
12. Newspaper articles telling of accomplishments of one woman or one family.
13. Leaders tell over radio what they are doing with non-club members.
14. Instead of having club reports at district meetings or county meetings, turn in with report short stories from each club of what leaders have done--some special work. Select outstanding stories and let club woman tell her own story (three from each club).
15. Agent pass on to club members preferences for reading--magazine articles.
16. County and State papers carry blanket publicity sent out from National and State offices.

A SUGGESTED STATE-WIDE PROGRAM FOR HOME DEMONSTRATION WORK FOR 1942

(For the Whole Farm Family)

Theme: "Thrift and Health for Better Living"

- January Family Plans for 1942
(An Outlook meeting for Farm Family Living)
- February Living Above the Safety Line
 - A. The Nutritional Situation
 - B. What We Shall Do About It - food production, meal planning, food preparation and preservation.
- March My Clothing Needs
 - A. Inventory - what have, what need, how get.
 - B. Minimum essentials of wardrobe.
- April Future Security Through Conservation
 - A. House Furnishings and Equipment.
 - B. Garden and farm equipment.
- May The Staff of Life - Whole Grain Products and Their Use
 - A. Cereals.
 - B. Breads (a Bread Campaign)
- June Home Care of the Sick

Demonstration: Home practices, Equipment, and Diet
- July Food Preservation

Canning demonstration, Fruits and Vegetables (peaches, string beans, tomatoes, and soup mixture)
- August Planned Recreation
- September Wise Use of Time and Money

Trends in income and buying habits, investments for future security; weighing of choices and values.
- October Clothing Clinic - Care, repair, cleaning, laundering, spot and stain removal, storage, Remodeling, making over. Seasonal Suggestions.
- November Building Strong Sturdy Bodies - preparation of protein dishes.
- December Housing, Repairs and Improvements for Happier Living - (roofs; steps, screens, doors, windows, porches, storage, fire hazards, painting, heating, weather stripping, foundations)

HOME DEMONSTRATION WORK - 1942



- 94 Counties having white home agent
- 6 Counties to be organized with white home agent in 1942
- X

 20 Counties having assistant white home agent
- 8 Counties to be organized with assistant white home agent in 1942
- 1 County with assistant home agent working with T.V.A.
- 2 Counties to be organized with assistant agent working with T. V. A. in 1942
- X

 23 Counties having Negro home agent
- 3 Counties to be organized with Negro home agent in 1942

The plan of work for home demonstration club work in North Carolina has been changed to meet the needs of rural people as they face the war time problems that are going to affect the home and community life of every farm family and how they can best serve in the national defense program.

Plans have been made to mobilize all farm people for total defense. Extension workers will not and cannot do the job alone but are cooperating with other agencies working with farm people. There is unity of thought and purpose. Farm people are ready to serve at home and help others.

Objectives:

1. To develop among rural people desirable ideals and standards for farming, homemaking, community life, citizenship, and a sense of responsibility for their attainment.
2. To develop rural leadership.
3. To encourage on every farm systematic planning and production of an adequate supply of food for the family and feed for the livestock from both health and economic standpoints.
4. To increase the net income of the individual farm and farm home through more efficient production and marketing.
5. To give rural people a desire to attain something to live for as well as with.

Situation:

There are 100 counties in North Carolina. Of this number 94 are organized in home demonstration club work. Twenty-one of the 94 counties have assistant home agents, making a total of 115 white home demonstration agents.

Twenty-three counties are organized for Negro home demonstration work. Three new counties were organized in this work in 1941.

The State is divided into 5 districts:

Northwestern District - all 20 counties are organized
 Southwestern District - all 20 counties are organized
 Northeastern District - 20 of the 21 counties are organized
 Southeastern District - 18 of the 20 counties are organized
 Western District - 16 of the 19 counties are organized (Six of
 the 16 counties appropriated for home demon-
 stration work in 1941)

There were 7 new counties organized and an increase of 10
 assistant home demonstration agents in 1941. Our goal was far surpassed.

Personnel:

The staff is composed of:

- 1 State Home Demonstration Agent
- 1 Assistant to the State Home Demonstration Agent
- 5 White and 1 Negro District Home Agents
- 8 White and 1 Negro Subject Matter Specialists (four of
 these are assistant specialists)
- 1 State Leader of Girls' 4-H Club Work
- 1 Home Demonstration Agent at Large

Two changes were made in the State staff in 1941. An assistant
 to the State Agent and an assistant to the Economist in Food Conservation
 and Marketing were added. No changes will be made in the State staff in
 1942 unless emergency funds are provided for additional specialists in
 foods, nutrition, and conservation work.

Supervisory Methods

The training of local leaders will be the direct responsibility of county farm and home agents but the district agents will assist them with plans and arrange for conferences and demonstrations with specialists who will meet the groups of agents and leaders when necessary for leader training meetings.

District Agent will assist in the following:

1. Organization and policies.
2. Maintaining county appropriations in all counties and in securing additional appropriations for supplies and stenographic assistance in certain counties.
3. Program planning both for 4-H Club Work and for women's clubs and achievement days.
4. In securing better offices in certain counties and better equipment for all.
5. In securing assistant home agents for all counties if State and federal funds are available for offset to county appropriations.
6. In securing home agents for the six unorganized counties.
7. County and District Federation programs.
8. Health contest work with 4-H clubs.

My Job to assist with the following:

1. Policies of organization.
2. To try to keep the morale of the staff on as high a plane as possible; to have cooperation and unity of thought and action.
3. To take what comes in a work-a-day stride without becoming too much upset and confused.
4. To hold monthly staff conferences for pooling ideas, unifying efforts, hearing reports from specialists and district agents, and discussing in general home demonstration and 4-H club work.

- 8
5. To be sure that every staff member is conscious of the job that Extension workers have been asked to do.
 6. Assist in making budgets for State and county workers.
 7. Represent home demonstration work at State meetings, district and county-wide meetings, short courses and meetings of other agencies.
 8. Assist district agents in selecting home agents.
 9. To keep in touch with and cooperate with the program of other home economics agencies.
 10. To keep up with pertinent materials that come to the office and are important to the program of work.
 11. To detect needs and try to see opportunities for home demonstration staff, State and field, to serve.
 12. To help keep home demonstration work before the public through newspaper and magazine articles, radio, talks to civic clubs and other organizations, and through reports.

Cooperate with All Agencies

The finest relationship has existed among all government bureaus and agencies during the past year. We are expecting this relationship to continue. The cooperative spirit between Farm Security Administration, Works Progress Administration, National Youth Administration, Vocational Home Economics, the Health Department, Tennessee Valley Authority, Rural Electrification Authority, Agricultural Adjustment Administration, E. A. E. makes for better and more far reaching work.

National Youth Administration girls have assisted with the supervision of the cotton mattress program. They have been assigned to home demonstration offices to check records, assist in making demonstration kits, etc. In turn we have supplied subject matter material to them and checked some of the material that they compiled for use in the N. Y. A. centers. Our specialists have given talks and demonstrations in the N. Y. A. centers.

STATE PROCEDURE IN ALL PROJECTS

I. Participation of Farm People in Program in 1942:

- 1. Number home demonstration clubs - 1,740.
- 2. Approximate number non-club homes to be reached - 19,214.
- 3. Number volunteer local leaders - 16,740.
- 4. Number whole family groups (farm-home demonstrations)- 365.

II. Procedure and Teaching Methods:

- 1. Training schools for agents conducted by specialist.
- 2. Training schools for leaders conducted by agents, except in some few counties where specialists will assist.
- 3. One or more result demonstration in every home demonstration community, specialist to assist with these demonstrations.
- 4. Special interest meetings will be conducted in counties requesting them.
- 5. News articles written for State and county papers.
- 6. Weekly radio program giving timely information on home demonstration work.
- 7. Specialists will attend local club meetings to observe the technique and demonstration methods home agents are using in presenting their subject.
- 8. Kits, bulletins, exhibits, charts, circular letters, outlines, films, slides, and posters will be used to make program worthwhile and interpretive.

FOODS AND NUTRITION

Plans are being made to reach every farm in North Carolina in 1942 carrying information that will aid the people in raising the whole family living standards. The health of the farm people is the first concern of all Extension workers. Therefore, a production of an adequate food supply and its relation to health will be emphasized by everyone.

We will encourage conservation of food to meet the family needs and marketing of the surplus, stressing thrift and good food-buying.

<u>Problem</u>	<u>Solution</u>
Approximately one-third of the 1,650,500 people living on the 278,276 farms in North Carolina are underfed. Anemia, pellagra, tooth defects, constipation, underweight, indigestion and general poor health are caused by inadequate diets and food poorly selected, planned, and prepared. There are:	Urge the production of an adequate food supply on every farm in North Carolina from both health and economic standpoint.
without gardens - 31,149 farm families	Have more demonstration gardens and attention called to these gardens.
without cows - 98,460 " "	Every farm produce enough and a surplus of milk and milk products, poultry, vegetables,
without hogs - 86,604 " "	fruits; plan better meals; make available more information
without chickens - 33,154 " "	regarding relation of food to health, meal preparation, and conservation of food to meet needs.
Less than 2% of the farm people produce beef and veal for home consumption.	
To create a <u>desire</u> for <u>health</u> and for good wholesome foods among rural people is one of the greatest problems.	

ProblemSolution

Once people want health and food, a great problem will be solved.

Too few home agents - the ones we have are trying to do the job of four or five workers.

A big help would be to have more home demonstration agents who could work often with the whole farm family. More home visits would help.
More time would be released for training leaders that they may train others.

Bulletins and Leaflets to be used - between 50,000 and 75,000 copies will be printed:

The Home Garden - Food for Freedom
Live Above the Safety Line by Eating the Right Food
Canning Budget for North Carolina
Whole Wheat for the Whole Family
Home Grown Sweets as a Substitute for Sugar
Soybeans for the Table

Visual Aid - charts, posters, slides.

In addition, the following subjects will be included in the foods and nutrition program. Material on these subjects is available in the office of the nutritionists.

Adequate Food Supply:

Year-Round Garden
Fruit Supply
Food Preservation
Adequate Milk Supply
Adequate Poultry Supply
Home Grown Meats
Grain, Cereals, and Molasses
Adequate Storage

Food Preparation:

Meal Planning and Serving
Best Methods of Preparation
Meat and Vegetable Cookery to save Nutritional Value
Whole Wheat Breads
Food for Health
Meals for the Family
Good Meals at Low Cost
Soy Beans
Build and Maintain Health by Common Sense Methods
Refrigerator Storage

For goals, methods, and procedure see the 1942 Plan of Work

in Foods and Nutrition by Mary E. Thomas and Sallie Brooks.

*Kinds and Varieties and Amount of Seed to Plant for Five Persons

Kinds	Varieties	Amt. seed to plant for five persons	Feet of row for five persons
Beans, Bush Lima	Henderson Bush, Woods Prolific, Baby Fordhook	2½ lbs.	250
Beans, Pole Lima	Carolina Sieve, Challenger	2½ lbs.	250
Beans, Bush Snap	Stringless Black Valentine, Stringless Greenpod, Bountiful	5 lbs.	375
Beans, Pole Snap	Kentucky Wonder	2½ lbs.	200
Beets	Early Wonder, Crosby's Egyptian	2½ ozs.	125
Cabbage (seed)	Jersey Wakefield (early)	1 oz.	250
	Danish Ball Head (late)		
Carrots	Chantenay, Imperator	2½ oz.	195
Corn (seed)	Golden Bantam	1 lb.	250
Cucumber (slicing)	Clarks Special, Kirby	2½ ozs.	50
Lettuce	Big Boston, New York No. 12	1 oz.	200
Okra	White Velvet, Perkins Mammoth	2½ ozs.	75
Peas (field)	Crowder, Cowpeas	2½ lbs.	500
Peas (garden)	Laxton's Progress, Laxtonia	2½ lbs.	400
Peppers	California Wonder	½ oz.	100
Onion (sets)	Silverskin, Ebenezer, Yellow Globe Danvers	5 pints	100
Spinach	Aberian, Dwarf Blue Scotch	2½ ozs.	250
Squash	Yellow Crookneck, Long Scud	2½ ozs.	250
Sweet Corn	Yellow Crookneck, White Bush	2½ lbs.	50
Mustard	Golden Cross Bantam, Joana	1¼ lbs.	500
Tomatoes	Southern Giant Curled	5 ozs.	500
Turnips	Pritchard, Rutgers, Marglobe	½ oz.	750
	Purple Top (for greens and roots)	5 ozs.	300

* In addition to the above list of vegetables 5 pecks of Irish potatoes of either Cobbler, Green Mountain or Sequoia should be planted and 500 slips of the sweet potato.

DECEMBER 1941

FOLDER NO. 51

THE HOME GARDEN

Food for Freedom

THE HOME GARDEN and FOOD FOR FREEDOM

Prepared by
H. R. NISWONGER, *Extension Horticulturist*
and

MARY E. THOMAS, *Nutrition Specialist*
North Carolina State College

The U. S. Department of Agriculture has asked for an increase of 10 per cent in the number of farm gardens in North Carolina for 1942 in the Food For Freedom program, along with an increase in the production of livestock, milk, eggs, and other farm products.

Why a Home Garden

"From the point of view of nutrition, we need to consume many more vegetable crops, especially the green and leafy vegetables, so rich in minerals and vitamins. We need to eat more certain fruits and more tomatoes," says Claude R. Wickard, Secretary, U. S. Department of Agriculture.

With the rapidly increasing costs of food supplies, we need to save all we can by producing as much of our food as possible at home; therefore, it is necessary to put forth every effort to produce an abundance of vegetables for home use.

FOR HEALTH EAT VEGETABLES

Vegetables are classed as one of Nature's best health foods. They furnish valuable material for building and regulating the body, and for promoting growth and health.

Green vegetables, such as mustard, turnip and beet tops, collards, green cabbage, kale, spinach, green beans and green peas, are especially important as a source of minerals, vitamins, and roughage. They have liberal amounts of iron necessary for building red blood cells, and of calcium for building bones and teeth. They contain an abundance of Vitamin A needed to build up a resistance to disease, to prevent colds and night blindness. The greener the vegetable, the higher is its iron and Vitamin A content.

Dried peas and beans supply iron, phosphorous and protein.

Tomatoes and yellow vegetables such as carrots, sweet potatoes, yellow turnips, yellow squash and yellow corn rank with the green leaves as good sources of Vitamin A.

Practically all vegetables supply Vitamin B, needed for good appetite, good digestion, and good nerves.

The tomato ranks as one of the best protective foods. Fresh or canned, it is outstanding as a source of Vitamin C. This vitamin cannot be stored in the

body and must be supplied daily if teeth, gums and blood vessels are kept in good condition. Irish potatoes, raw leafy and raw root vegetables are good sources.

Vegetables, especially the green leaves and tomatoes, supply the pellagra-preventive Vitamin G. The woody or fibrous part of vegetables furnish roughage which is needed in the diet to aid digestion and to help in the elimination of waste from the body.

Potatoes are rich in energy food: Irish potatoes in starch and the sweet potatoes in starch and sugar.

CAN THE SURPLUS

The above home garden should yield enough surplus to meet the requirement of canned products for a family of five.

Canning Budget for a Family of Five

Vegetables	Quarts	Vegetables	Quarts
Beans—String	20	Greens	5
Beans—Lima	5	Okra	5
Beets	10	Peas—Garden	10
Carrots	5	Soup Mixtures	30
Corn	5	Tomatoes	60
Dried Vegetables	50 lbs.	Dried Fruit	40 lbs.

Approximate Quantity Per Bushel of Some Vegetables

1 bu. tomatoes	24 No. 2 cans
1 bu. tomatoes	18 No. 3 cans
1 bu. beans	20 No. 2 cans
1 bu. beans	14 No. 3 cans
1 bu. peas	25 No. 2 cans
100 ears of corn	30 No. 2 cans
No. 2 can	measures 1½ pints.
No. 3 can	measures approximately 1 quart.
100 lbs. of fresh fruits and vegetables	will make around 10 lbs. of dried fruit.

References:

The Farm and Home Garden Manual, N. C. Extension Circ. No. 122.

Growing Early Vegetable Plants, N. C. Extension Circ. No. 231.

Canning Fruits and Vegetables, N. C. Extension Circ. No. 223.

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I. O. SCHAUB, DIRECTOR
STATE COLLEGE STATION
RALEIGH

DISTRIBUTED IN FURTHERANCE OF THE ACTS OF CONGRESS OF
MAY 8 AND JUNE 30, 1914

Live above ...

THE SAFETY LINE

IN NORTH CAROLINA

By Eating the Right Food



THE PLEDGE OF HEALTH

"I pledge, on my honor as an American, that I will do all I can to build myself and my family and my neighbors into stronger and healthier Americans as God meant us to be."



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STATE COLLEGE STATION
RALEIGH

. . . See That Your Family

BUILDING BETTER HEALTH MEANS EATING THE RIGHT FOOD.



Try to Have These Foods in Your Family Meals Every Day:

MILK—1½ pints to 1 quart for children.
1 pint or more for adults.



TOMATOES, ORANGES, GRAPEFRUIT, RAW CABBAGE or OTHER RAW VEGETABLES or RAW FRUITS—1 or more servings.



LEAFY, GREEN or YELLOW VEGETABLES—
1 or more servings.



POTATOES—(Sweet or Irish)—1 or more servings.



DRIED BEANS, PEAS, SOY BEANS—
2 or 3 times a week.



OTHER VEGETABLES AND FRUITS—
2 or more servings.



EGGS—1 each day, or at least 3 or 4 per week.



MEAT, FISH, POULTRY, CHEESE—
1 or more servings.



CEREALS AND BREAD—
2 or more servings of whole grain products or enriched flour.



SWEETS AND FATS—Use butter or other vitamin-rich fat every day. Use other fats and sweets in limited amounts to satisfy the appetite. Count fatback, salt pork, and bacon as fat—not as meat.



WATER—6 to 8 glasses.

Babies, children, pregnant and nursing mothers need fish-liver oil, direct sunshine, or vitamin D enriched foods.

Lives Above The Safety Line

MEAL PLANNING FOR HEALTH AND VIGOR

Meals to build strong bodies must include the foods listed in this folder. Prepare them to save food values and serve in an attractive way. Each member of the family will have to eat them, of course, in order to be well-fed. Every American must make it his job to know the foods that build a strong sturdy body, then he must learn to eat and enjoy them.

A Good Distribution of Food for the Day:

Breakfast—Fruit, cooked whole grain cereal with milk, eggs or meat (several times a week). Whole wheat bread, butter, milk.

Dinner—Meat (or meat substitute), potatoes, a green or yellow vegetable, a raw vegetable, bread and butter, milk or fruit dessert, milk.

Supper—One or more vegetables cooked with milk or prepared as a raw salad, cream soup or chowder, or by other methods. Whole wheat bread, butter, stewed or fresh fruit, milk.

MAKING FOOD MONEY GO FURTHER

If you cannot afford all the foods listed in this folder, here are a few suggestions that will help you feed your family well.

1. Use the amount of milk listed even if you use dried or evaporated or buttermilk.
2. Use as nearly as possible the listed amount of green and yellow vegetables and tomatoes. Dried fruits are economical. Use plenty of fruits and vegetables in season; can and store for winter.
3. Use inexpensive meats and meat substitutes. Liver is the best buy among meats and pork liver costs less than other kinds. Fresh fish and canned salmon give good value for their cost. Dried peas and beans especially soybeans are good meat substitutes.
4. Save all fat drippings to use in cooking.
5. Use molasses and honey or brown sugar.
6. Use whole grain products for breakfast cereal, flour, meal, and grits.
7. Cook at home. Home cooked foods cost less than prepared foods.

SUGGESTIONS FOR PREPARING FOOD

1. Serve a raw vegetable or fruit daily.
2. Cook vegetables in skins when possible. If vegetables are peeled, be sure to peel thin as much food value is found in or near the skin.
3. When boiling vegetables, start in boiling water using little (about an inch deep in vessel). Tender leafy vegetables will require less water or none, as enough usually clings to the leaves when they are washed. Beans, potatoes, and other root vegetables will take more water.
4. Cook vegetables only until tender. Most vegetables will be tender in 5 to 20 minutes.
5. Serve all the pot liquor from cooked vegetables and all liquid from canned vegetables.
6. Do not use soda in cooking vegetables as it destroys part of the food value.

GOOD FOOD AND HEALTH HABITS

1. Eat at the same hour every day. Do not eat between meals.
2. Learn to like many different foods. Never say you do not like a food until you have tried it.
3. Eat slowly and enjoy your food.
4. Do not over-eat, especially of sweets and meats.
5. Get your quota of sleep and rest, work and play, fresh air and sunshine.
6. Keep happy—have some interest outside your home.

FOOD AND NATIONAL DEFENSE

Farm people have an important job to do—to help keep Americans strong and healthy, first by supplying food for their own needs, then by growing additional food for their neighbors wherever they may be.

You Can Do Your Part in National Defense By:

1. Planning and producing enough foods for the growth and health of your family.
2. Planning, preparing, and serving wholesome, healthful meals.
3. Learning to enjoy eating the right foods prepared in the right way.
4. Making a study of your food and health habits, and making improvements where needed.
5. Being thrifty in the preparation and use of food.
6. Canning and storing enough food for winter months.
7. Getting your money's worth in food value when buying food.

SUGGESTIVE DISCUSSION QUESTIONS

1. With a surplus of food in our country, why are one-half of our people poorly fed?
2. What effect does a poor diet have upon an individual? Upon a community?
3. Could all farm families in this community produce good diets? If not, what must be bought?
4. Could the money spent for food be more wisely spent?
5. What is the chief reason for anyone's living below the safety line in this community? Is it unsanitary conditions about the home? Not enough food? Not the right food? Poor food habits? Or what?
6. When do people enjoy having you around—when you are well or when you feel ill?
7. Are you able to do the best work when you have a cold or other physical ailment?

HOME ASSIGNMENT

1. Make a food supply plan to meet my family needs.
2. Plan meals to include each day foods listed on Page 2.
3. Prepare vegetables according to recommendations.
4. Pay more attention to serving attractive meals.
5. Check the food habits of each member of my family. Help them to overcome any bad food habits they may have.
6. Select one or more families who do not produce adequate food for home use and interest them in producing it.

By MARY E. THOMAS, *Extension Nutritionist and*
SALLIE BROOKS, *Assistant Extension Nutritionist*

The Pledge of Health—courtesy Women's National Emergency Committee.

Whole Wheat for the Whole Family

By

MARY E. THOMAS, *Extension Nutritionist*

SALLIE BROOKS, *Asst. Extension Nutritionist*

Wheat is one of the cheapest, yet most wholesome foods that we have. It can be grown on North Carolina farms and be prepared at home for use as breakfast cereal and as flour for bread with a home-owned mill, or ground at the local mill. Small mills for home use, operated by hand or by an electric motor, can be purchased for a nominal sum.

Whole wheat products retain all the food value of the grain of wheat. They are an excellent source of energy, minerals, and vitamins. They are especially valuable as a source of vitamin B₁ (thiamin), which is needed for good appetite, good digestion, and steady nerves. They also contain iron, calcium, phosphorus, riboflavin and nicotinic acid—all needed for good nutrition.

Clean wheat, free of dust and foreign matter, is necessary for good whole wheat products. To avoid contamination by insects and mice, wheat should be removed from the bin early in the season. If kept through hot weather it should be treated to destroy insect pests. The following method is recommended. Spread wheat in a thin layer in a pan. Place pan in the oven and heat for two hours at a temperature of 125 to 140 degrees F. Store in tight containers.

To Clean Wheat—Place wheat in a large shallow vessel, add water to cover and stir. Most of the chaff and other impurities will rise to the top. Pour this water off. Repeat the washing until wheat is clean. Look over the grains, removing undesirable ones. If grain is to be cracked for breakfast cereal or ground for flour, spread grains in a thin layer on clean papers or pans, and dry in the sun, in a warm room, or in a slightly warm oven with the door left open. Wheat must be thoroughly dry before grinding. Another method, where suitable equipment is available, is to run the wheat through an ordinary fanning mill or seed cleaner equipped with proper sieve.

BREAKFAST CEREALS

To Cook Whole Wheat—For each cup of washed wheat, add 1½ cups of cold water. Soak over night. In the morning add 3 cups of water and 1 teaspoon of salt for each cup of wheat. Boil gently for 3½ hours or until tender and no uncooked starchy flavor is present. If necessary, add more boiling water to complete the cooking. Slow cooking without stirring gives the best product. One cup of uncooked wheat makes about 2½ cups of cooked wheat. The **Pressure Cooker** will shorten the cooking time. Use 1½ cups of water and 1 teaspoon of salt for each cup of soaked wheat. Cook

at 15 pounds pressure for 1½ hours. It is economical to cook a large amount of wheat at one time and use it in a variety of dishes.

Cracked Wheat—In order to save time and fuel in cooking the wheat, crack or crush cleaned wheat in a hand grinder. Stir 1 cup of cracked whole wheat cereal into 2 cups of boiling water and mix thoroughly. Add 1 teaspoon salt. Cook slowly for 30 or 40 minutes stirring occasionally. To vary the flavor parch wheat grains slightly before grinding.

Homemade Wheat Nuts—Sift together 3½ cups whole wheat flour, 1 teaspoon soda, 1 teaspoon salt. Add ¾ cup molasses or honey, and enough buttermilk to moisten. Spread in shallow pans and bake in a moderate oven. Let cool and then crumble. Place in oven and bake until brown. Grind in a food grinder using the coarse blade. Store in dry cereal boxes or jars until ready to use.

Cooked whole wheat may be used in soups, meat loaves, scalloped dishes, and desserts.

BREADS

For tender, delicious whole wheat breads use freshly ground flour made of good, clean wheat. The wheat germ, which is especially rich in vitamin B₁ (thiamin), does not keep well. Keep whole wheat flour cool and dry, in a closed container and use it within a few weeks after milling. Measure whole wheat flour without sifting, then sift it with the other dry ingredients but do not throw away the bran as it contains most of the minerals found in the wheat. Mix the bran left in the sifter with the sifted dry ingredients before adding the liquid. Using some white flour, (¼ to ½), instead of all whole wheat flour makes a lighter bread. The practice of adding some white flour may be gradually eliminated as the family cultivates a taste for whole wheat breads. The more whole wheat flour used, the more nutritious the bread. Use level measurements in the following recipes.

WHOLE WHEAT BISCUITS

2 cups whole wheat flour	¾ teaspoon salt
1 teaspoon baking powder	3 tablespoons fat
¼ teaspoon soda	About ¾ cup of buttermilk

Mix dry ingredients. Cut fat into flour mixture. Add milk slowly, just enough to make a soft dough. Place dough on a slightly floured board and roll lightly to ½ inch in thickness. Cut out, place in biscuit pan and bake in a hot oven, (400 degrees F.), for 12 minutes. For tender, flaky whole wheat biscuit, lard is a good fat to use.

WHOLE WHEAT MUFFINS

1 cup whole wheat flour	2 tablespoons honey or molasses
1 cup white flour	1 egg
3 teaspoons baking powder	¾ to 1 cup milk
¾ teaspoon salt	2 tablespoons melted fat

Measure and sift dry ingredients together. Mix in with spoon any coarse flour which does not go through sifter. Stir into mixture the well beaten egg, milk, melted fat, and molasses. Stop stirring when all the dry ingredients are just dampened. Fill greased muffin pan ¾ full and bake in hot oven, (400 degrees F.), 20 to 25 minutes.

WHOLE WHEAT NUT BREAD

1 cup whole wheat flour	$\frac{1}{2}$ teaspoon salt
1 cup white flour	$\frac{1}{2}$ cup chopped nuts—pecans, peanuts, or walnuts
$\frac{1}{2}$ cup sugar	2 tablespoons fat
3 teaspoons baking powder	1 cup milk
1 egg	

Mix and sift dry ingredients, add nuts. Combine melted fat, beaten egg and liquid. Blend dry ingredients with liquid ingredients until smooth and well mixed. Fill greased loaf pan two-thirds full and let stand for 10 minutes. Then bake in a moderate oven (325-375 degrees F.) for 40 to 45 minutes.

BOSTON BROWN BREAD

1 cup whole wheat flour	1 teaspoon salt
1 cup white flour	$\frac{1}{2}$ cup brown sugar
1 cup corn meal	$\frac{1}{2}$ cup raisins (chopped)
2 teaspoons soda	2 cups sour milk
	$\frac{1}{2}$ cup molasses

Mix and sift dry ingredients, and add the raisins. Add the combined liquid ingredients and stir until well mixed. Fill greased molds about two-thirds full, cover and steam for 3½ hours. After taking from water remove cover, place in warm oven for 10 to 12 minutes to dry out. If steam pressure cooker is used, place molds on rack in cooker with 3 cups water. Close cooker, but leave petcock open and steam for 15 minutes. Close petcock and cook 1 hour at 15 pounds pressure. When removed from cooker follow directions given above for drying out loaves.

WHOLE WHEAT COOKIES

$\frac{3}{4}$ cup fat	$\frac{3}{4}$ teaspoon ginger
$\frac{2}{3}$ cup sugar	$\frac{1}{4}$ teaspoon cinnamon
1 cup molasses	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup sour milk	3 cups whole wheat flour
1 teaspoon soda	1 cup white flour
1 teaspoon baking powder	

Cream fat and sugar together. Add molasses and milk and mix well. Sift dry ingredients together and add to the molasses mixture. Mix well and chill. Roll dough thin and cut in rounds or strips. Bake on greased cookie sheet in moderate oven (325 to 350 degrees F.). The dough when chilled may be sliced as ice box cookies.

WHOLE WHEAT ROLLS

1 cup liquid yeast	2 tablespoons molasses or honey or sugar
$\frac{1}{2}$ cup scalded milk	$1\frac{1}{2}$ cups white flour
1 teaspoon salt	$2\frac{1}{2}$ to $3\frac{1}{2}$ cups whole wheat flour
2 to 4 tablespoons fat	

Scald milk and add sugar, lard and salt. Cool to lukewarm, add liquid yeast and enough white flour (about $1\frac{1}{2}$ cups), to make a drop batter. Beat until smooth and bubbles appear on surface. Add whole wheat flour—enough to make a moderately stiff dough. Put on board and knead thoroughly. When smooth place in a greased bowl, cover and set in a warm place. When almost doubled in bulk, put on bread board and knead lightly. Shape into rolls. Place in greased pans and set in a warm place to rise. When almost doubled in bulk, bake in a hot oven (400 degrees F.).

WHOLE WHEAT BREAD

Use recipe for Whole Wheat Rolls. After the first rising shape into two small loaves or one large loaf. Place in a greased loaf pan, and set in a warm place to rise. When almost double in bulk, bake in a moderate oven (325 to 375 degrees F.) for 50 to 60 minutes.

Liquid Yeast—Boil eight medium sized Irish potatoes until done, and mash them so there are no lumps. Add one quart of luke warm water, one-half cup of sugar, one level tablespoon of salt, and one cake of good yeast (compressed or dry). Put this mixture in a bowl, cover and set in a warm place for several hours.

At the end of that time stir thoroughly, pour into quart jars, filling each jar about two-thirds full and put tops in place but not on tightly. Keep in a cold place and use when it is twenty-four hours old. This yeast is good for several days if kept in a cold place.

Compressed Yeast—If compressed yeast is used in the above recipe for rolls instead of liquid yeast, substitute 1 cake of compressed yeast dissolved in $\frac{1}{2}$ cup of luke warm water. Add $\frac{1}{2}$ cup of milk in addition to the $\frac{1}{2}$ cup called for in the recipe.

BAKED PRODUCTS SCORE CARD

1. General appearance	20 points
(a) Shape	5
(b) Size	5
(c) Crust	10
2. Flavor	35 points
(a) Taste and Odor	35
3. Crumb	30 points
(a) Texture and Grain	15
(b) Moisture	10
(c) Color	5
4. Lightness	15 points
TOTAL	100 points

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Vegetable and Fruit Canning Budget

Name _____ Club _____

There are six to eight servings to one quart.

The amount of canned vegetables and fruits needed for one person is given below. Multiply this amount by the number in your family; write this figure in the blank column and you will have your Family Budget for canned vegetables and fruits.

Canned Vegetables	Number Quarts for One Person	Number Quarts for Family of _____	Canned Fruits	Number Quarts for One Person	Number Quarts for Family of _____
Asparagus	1		Apples	3	
Beans - String	5		Blackberries	3	
Beans - Lima	1		Dewberries	2	
Beets	2		Huckleberries	2	
Carrots	1		Cherries	1	
Corn	1		Grapes	2	
Soup Mixture	6		Peaches	4	
Okra	1		Pears	4	
Peas - Garden	2		Plums	2	
Tomatoes	12		Fruit Juices	1	
Total	32 Qts.			24 Qts.	

If all of the above varieties are not available, can more of those that are. Be sure to have at least 32 quarts of vegetables and 24 quarts of fruit for each member of the family. In addition, the following products are recommended.

Product	Number Quarts for One Person	Number Quarts for Family of _____	Product	Number Quarts for One Person	Number Quarts for Family of _____
Kraut	1		Preserves	2	
Pickle	1		Jam	2	
Relish	1		Jelly	1	
Meats - Canned	10				
Dried Vegetables	10 lbs.		Dried Fruits	8 lbs.	

FOOD CONSERVATION - MARKETING - HANDICRAFTS

Food conservation is a year-round project and is a part of every white and Negro home agent's plan of work. This year emphasis will be placed on conserving food for good nutrition and what the right foods, well selected and prepared, will do in making our people physically and mentally fit for national defense.

Objectives:

1. A food production, preservation, and utilization program designed to meet the health needs of the family, release cash for other items in the management programs, and provide a surplus to market to increase farm income.
2. A canned foods budget of fruits, vegetables, and meat supplemented by a year-round garden and more foods dried, frozen, stored, cured, and brined to release canning supplies and equipment for war purposes.
3. Better care of existing canning supplies and equipment to prolong their use. Better storage facilities.
4. Improved facilities for marketing. Permanent building planned and equipped to meet all market and sanitary requirements. Uniforms and health certificates required for all producers.
5. The development of useful, standard handicrafts for home and personal use and to meet requirements of gift shops.

Year-Round Gardens:

Year-round gardens will be urged to prolong the season for fresh vegetables in order to reduce the volume of canned food required for good nutrition and to produce foods for our allied nations.

Drying, Brining, Freezing:

Our plans include more drying of fruits and vegetables. Freezing of many different foods in some sections of the State will further reduce the demand for the canning supplies and equipment.

Available Materials on Hand:

Home canning will not suffer among home demonstration club women. There are now in use 8,524 pressure cookers, 1,366 of which were bought in 1941, and more than 7,000,000 glass jars. Some of these jars will be used twice or three times during the year - early in the season for fruits and vegetables and late for apples, meats, and in some sections (mountains) for sweet potatoes.

Every effort will be made by home demonstration agents to reach, with Farm Security Supervisors, Home Economics Teachers, trained local home demonstration leaders and others, every farm family with food conservation information recommended for the State as our part in the national conservation program for defense.

Curb Markets:

There are 50 farm women's markets in the State supervised by the Extension Economist in Food Conservation and Marketing, Mrs. Cornelia C. Morris, and her assistant, Ruby Scholz. These markets are under the direction of the home agent and are operated for the benefit of farm women as a means of supplementing farm income. The 1940 census shows that the gross income per farm family in North Carolina is \$790.00. Last year more than 2,000 farm women produced and sold \$458,101.92 worth of garden products on the 50 curb markets. Other sales to merchants, hotels, institutions (report from 60 counties) totaled \$419,373.87 or a grand total of \$877,475.79.

The standards of living are on a higher level in hundreds of farm homes as a result of the curb marketing program in North Carolina.

There are year-round gardens with a variety of vegetables, better poultry and dairy products, home baked bread and cakes. Food is better prepared for sale and for the farm family.

The specialists and agents will continue working on standard products.

Problem

Solution

1. The growing of money crops has precedence in some sections of the State, creating a serious problem in the production, preservation, and utilization of fruits and vegetables.

1. We must reach the men. Emphasize with the whole farm family the economic and health value of growing garden, an orchard, poultry and livestock. It is a patriotic duty to produce food for family health.

2. Substandard products.

2. Training schools will be held for home agents and leaders to demonstrate standard products, and train market sellers in standardizing all market products.

3. Lack of storage facilities.

3. Give home food storage demonstration in homes in every club. Discuss the need for adequate storage and supply blue prints.

4. To interest farm people in

4. More publicity through local

improving their income through marketing of home products and handicrafts.

papers; present facts and figures on what marketing has meant to certain families and counties. Have successful market families talk marketing to groups such as County Councils, Agricultural Boards, clubs, etc.

Training schools and demonstrations given in crafts for those interested in order to hold high standards.

Work with individuals and groups.

5. Enforcement of market rules and regulations.

5. Get market sellers to see the wisdom of following rules and regulations - (1) Makes for higher standards and best for all concerned, (2) Price controlled.

6. Housing.

6. Interest county and city officials in curb market and need for adequate housing for best results. Tour to neighborhood where market housing is good.

Reference Material Used in 1941:

Jelly, Preserves, Jam and Pickle - Ext. Circ. #113
 Canning Fruits and Vegetables - Ext. Circ. #223
 Home Canning of Fruits and Vegetables and Meats - FB #1762
 Simplified Methods for Home and Community Canning - Ext. Mis.P.#39
 Growing Cucumbers for Pickling - FB #1620
 Making Fermented Pickles - FB #1438
 Making Vinegar in the Home and on the Farm - FB #1424
 Killing and Curing Meat on the Farm - Ext. Folder #34
 Pork on the Farm - Killing, Curing, and Canning - FB #1186
 Canning Meats - Ext. Folder #48
 Community Food Preservation Centers - Misc. Pub. #472
 Drying - FB #984
 Suggestions for Fair Premium Lists and Score Cards
 Vegetable and Fruit Canning Budget
 Food Preservation Requirements for 4-H Club Girls - Club Series #2
 Drying Kieffer Pears and the Use of the Dried Product - Circ.#450

Additional Material to Supplement Listed Bulletins and Leaflets - 1942:

- a. Bulletins and Leaflets -
- Equipment Survey for Leaders' Use
 - Food Essentials and Canning Budget
 - Drying Fruits and Vegetables
 - Brining and Pickling
 - Handicraft Leaflet
- b. Visual Aids -
- Charts
 - Slides
 - Standard Jar Packs
 - Standard Handicrafts

CANNING BUDGET

FOR

NORTH CAROLINA

Can by a budget to provide variety in the diet and more healthful meals for the family.

Approximate Quantity Per Bushel of Some Vegetables and Fruits

1 bu. tomatoes	24 pints
1 bu. tomatoes	18 quarts
1 bu. beans	20 pints
1 bu. beans	14 quarts
1 bu. peas	20 pints
100 ears of corn	30 pints
1 bu. apples	20 quarts
1 bu. peaches	20 quarts
1 bu. pears	25 quarts
1 bu. cherries	25 quarts
1 bu. blackberries	30 quarts

References:

- Drying Fruits and Vegetables.* U. S. Dept. of Agriculture F. B. No. 984.
Simplified Methods for Home and Community Canning. N. C. Ext. Misc. Pamphlet No. 39.
Canning Fruits and Vegetables. N. C. Extension Circular No. 223.
Canning Meats. N. C. Extension Folder No. 48.
Jelly, Preserves, Jam and Pickle. N. C. Extension Circular No. 113.
Storage for Canned Foods. N. C. Extension Folder No. 47.

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CANNING BUDGET

(6 Non-Productive Months)

The amount of canned foods needed for one person is given below. Multiply this amount by the number in your family. Write this figure in the third column and you will have the Canning Budget for your family. If all varieties listed below are not available, can more of those that are. Be sure to have at least 32 quarts of vegetables and 24 quarts of fruits for each member of the family.

For Western North Carolina where the growing season is limited to three or four months, increase the amount conserved by one-half or more.

Name of Product	No. Qts. for One Person	No. Qts. for Family of	Remarks
Vegetables			
Asparagus	1		
Beans—String	4		
Beans—Lima	1		
Beets	2		
Carrots	1		
Corn	1		
Greens	1		
Okra	1		
Peas—Garden	2		
Soup Mixture	6		
Tomatoes	12		
Total Vegetables	32		
Fruits			
Apples	3		
Blackberries	3		
Dewberries	2		
Huckleberries	2		
Cherries	1		
Grapes	2		
Peaches	4		
Pears	4		
Plums	2		
Fruit Juices	1		
Total Fruits	24		
Additional Products			
Meats—Canned	10		
Kraut	1		
Pickle	1		
Relish	1		
Preserves	2		
Jam	2		
Jelly	1		
Dried Vegetables	10 lbs.		
Dried Fruits	8 lbs.		

HOUSE FURNISHINGS AND HOME MANAGEMENT

Economic Status

The average gross income per farm family in North Carolina is \$790.00; the average amount spent for family living is less than \$400.00.

In 1942, farm families perhaps will have more money but prices will be higher and there will be a shortage in many things.

With uncertain, upset conditions farm families should not put all of their income in current living.

Old debts should be paid, farm business built up, and some savings laid aside.

Food for Freedom Campaign

Every farm family in North Carolina was asked to participate in the Food for Freedom Campaign in 1941 and they will be called upon again in 1942. This request for increased food produced will call for more effective use of farm and home resources, but with the extreme shortage of labor on the farm the mother and homemaker will find her duties both inside and outside of the house.

Conservation of Time, Labor, and Health

Farm people are just beginning to have a few of the necessary labor-saving devices. Refrigerators, washing machines, irons, and now for the duration manufacture of these will have to cease. So conservation of labor saving devices, farm and home work planned and organized so as to conserve time, labor, and most of all health.

Adjustment in Program for 1942

The home management and house furnishings specialists have planned their work, based on the State situation and trends, , into the

correlated State-wide plan of work.

<u>Problem</u>	<u>Solution</u>
<p>1. Lack of farm and home management and economic information.</p>	<p>1. To help farm families see how good farm and home management can help them in an economic and financial way:</p> <p>Present economic information to whole farm family.</p> <p>Hold discussion groups.</p> <p>Family planning through Family Councils.</p> <p>Farm and home unit demonstrations.</p> <p>Farm and home record keeping.</p>
<p>2. Higher prices, curtailment in production of farm and home equipment,</p>	<p>2. Present information on curtailment of farm and home equipment and higher prices that will face farm people.</p>
<p>3. Getting farm people to save what they have.</p>	<p>3. Demonstrate care, repair, and upkeep of farm and home appliances, and care and upkeep of furniture .</p>
<p>4. (1) Labor shortage</p> <p>(2) How to increase production of most farm and food crops with a shortage of labor.</p>	<p>4. (1) Information presented and discussion of wise use of time and making time schedules.</p> <p>(2) Making adjustments and finding new ways of doing things; using time schedules; every member of family feeling the responsibility.</p>

(3) Problem of good management if the job is done.

(3) Whole family cooperate.

Family councils.

Working by a plan.

5. Priorities restricting farm building program. Farm family faces problem of keeping home convenient, comfortable, and attractive so as to build morale and physical and mental health.

5. Help farm families see the importance of house in relation to morale and health. Demonstrations and discussions on minor repairs and inexpensive home and farm improvements, using to best advantage what they have. Result demonstrations.

Objectives:

1. To assist farm families in obtaining and using economic information in making adjustments in their financial management.
2. To develop skill in conservation, care and repair of household equipment, labor-saving devices and also information affecting production of household equipment.
3. To encourage farm families to use their time to a better advantage.
4. To encourage farm families to practice better buymanship.
5. To assist farm families skills in making home comfortable, attractive, and convenient so that each member may develop sound physical and mental health.
6. To reach and work with more low income farm families as individuals.
7. To train more leaders.
8. To have more result demonstrations.

Subject Matter Material Prepared in 1941:

The Cotton Comfort - Home Mgt. Leaflet #68
 Tables and Frames for Making Cotton Comforts - unnumbered
 The Mattress Goes to the Living Room and Home Built
 Studio Couch - unnumbered
 Home Built and Remodeled Beds - Home Management Leaflet #66
 Care and Use of Electrical Appliances - unnumbered
 How to Use and Care for the Electric Refrigerator - unnumbered
 The Farm Family Faces 1942 - Ext. Misc. Pamphlet No.57
 Care of the 4-H Girl's Bedroom - Ext. Misc. Pamphlet No. 54
 Arrangement of the 4-H Girl's Bedroom - Ext. Misc. Pamphlet No.56
 The 4-H Girl's Dressing Table Unit - 4-H Room Imp. Leaflet #10

Subject Matter Material to be Prepared in 1942:

Family Plans for 1942
 Future Security Through Conservation
 Wise Use of Time
 Housing, Repairs and Improvements for Happier Living

Visual Aids:

Film strips
 Slides
 Furnishings and equipment in miniature and full-size.

FARM AND HOME VISITS

Date _____ County _____

Name of homemaker visited _____ Address _____

Approximate location of farm home _____

Check estimated income of family: Low _____ Medium _____ High _____

Number adults in household _____ Children 20 and under _____ List ages _____

Was there 4-H Club participation during past year? Yes _____ No _____

Was there participation of any adults in extension during past year? Yes _____ No _____

Purpose of visit _____

Needs expressed by homemaker _____

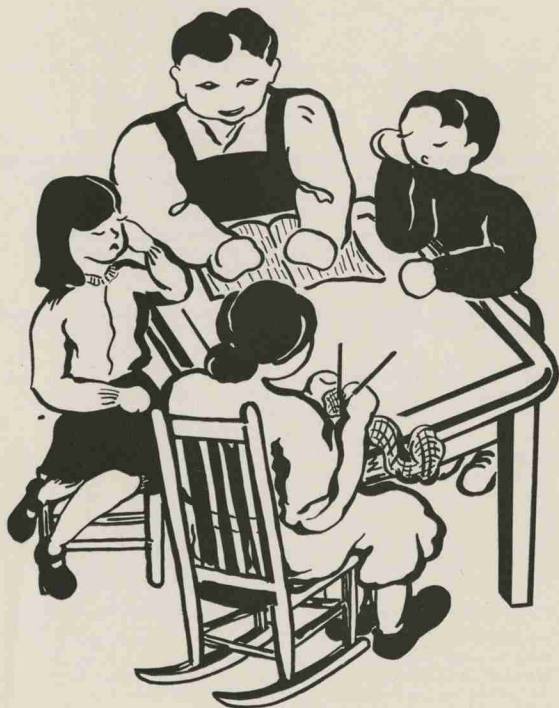
Needs observed by home agent _____

Suggestions or assistance given by home agent _____

Plan for follow-up _____ Date work was done _____

Extension Services of the U. S. Department of Agriculture and the State Land-Grant Colleges cooperating

The Farm Family Faces 1942



JANUARY, 1942

EXTENSION MISCELLANEOUS PAMPHLET NO. 57

NORTH CAROLINA STATE COLLEGE OF AGRICULTURE AND ENGINEERING
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I. O. SCHAUB, DIRECTOR
STATE COLLEGE STATION
RALEIGH

DISTRIBUTED IN FURTHERANCE OF THE ACTS OF CONGRESS OF MAY 8 AND JUNE 30, 1914

THE ADAMS FAMILY PLANS FOR 1942

Characters: Father (age 48)—Harry Adams
Mother (age 40)—Ann Adams
Daughter (age 15)—Mary Adams
Son (age 17)—Tom Adams

Time: 7:30 in the evening

Place: Family living room

Father: Ann, don't you think we had better talk over some of our plans tonight if we are to get any of the things that we are hoping for in 1942?

Mother: Harry, what do you mean?

Father: Today I was in town and sold our pigs and cows for a good price. The 15 pigs brought \$165.00 and two cows brought \$175.00. That sounds like a lot of money but when I went to buy the things you asked me to get, I found that prices had also gone up. That is not the only shoe that is going to pinch us, either. John told me today that he could not help us with our farm work any longer as he has to leave next week for his period of training in the army.

Tom: I am sorry that John is going to leave because I had hoped to get a job in town this summer on the new defense project and make some money for my college expenses.

Mary: Tom, you wanted to go to town to work and I wanted a complete new spring outfit and father says everything is costing more money. I know if John is leaving we will have to help with the farm work—that looks bad for us.

Mother: Let's not worry, children. Don't cross bridges before you come to them. I am sure we can work out something. Just today at our Home Demonstration Club meeting Miss Kelly talked about how a family could achieve a good living if they planned and operated their farm and home on sound business principles. She said that this is the year to pay off old debts and by no means make new ones, but that one should be laying aside, saving for the uncertain future.

Tom: That's right, but did she tell you how to pay debts and save too?

Mother: Miss Kelly said that the Home Records will help a family get ahead. The Records will help them to get more value for what they spend, and get more of the things they want. Dad, you have been keeping the Farm Record since you have been getting the AAA payments and doing the soil conservation program. What do you think about our keeping a Home Record this year?

- Mary: Edith Mason says her shoes and stockings cost more last year than anything else. She knows just what everything cost because her family keeps a record of all they make and everything they spend.
- Father: I think we should keep records and if we are going to operate our farm and home on a business basis we should begin by taking stock of what we have and seeing what we have to base our plans on.
- Mother: By the way, Miss Kelly gave me a Home Account Book today.
- Tom: That's good. Where shall we start this Adams Family Business?
- Father: We have to know what we have first. Mother, can you and Mary take an inventory of all the household equipment, clothing and foods that we have? Tom and I will take an inventory of the farm equipment, stock, and poultry.
- Mother: Not only should we take stock of what we own, but also of what we owe.
- Father: I have been keeping something from you and now I am going to tell you. There is a mortgage on the farm. All the interest has not been kept up on it and it is due in September. However, it is the only debt I owe.
- Mother: Harry, why didn't you tell us before? We could have been helping you all these years. Don't forget that refrigerator that I bought on the installment plan.
- Tom: Dad, I wonder what each one of us can do to help meet that mortgage in September and pay those monthly installments. Maybe it will be best for me to stop school and get a job on that new defense project.
- Father: No, Son, I believe that if we all work together we can pay off the debt on the farm and refrigerator and put something aside for your college expenses.
- Mary: Let's plan for what each of us can do.
- Mother: Mary, what do you think you could do to help?
- Mary: We keep reading about prices going up, and every time we go to the store to buy a pair of hose or a piece of goods, we find that this is true. I have been thinking about what I can do to help our family offset some of these increases. I am sure I could make more of our clothing at home since I have been carrying clothing as a 4-H project for five years. I will be glad, as my part in this family program, to make the larger part of our clothes and be responsible for their care. I'll even see that they are patched and darned, and the buttons all sewed on, but, Tom, don't you think you could polish all the shoes for the family?
- Mother: That's fine, Mary. Now, Tom . . .

Mary: Wait a minute, Mother, there's something else I want to say. Since I am going to do much of the home sewing, I want us to take our sewing machine to the clinic which Miss Kelly has arranged. A man from the sewing machine company will be there to help club members put their machines in order. I want a sewing nook—a place where the machine, ironing board, work basket, pattern bag, and everything to work with will be together. That will save me a lot of time.

Mother: You are right about the sewing machine and a place to work. This matter of clothing the family is an important one. It is important to health, happiness, success, and all of us need to give it much thought. I think Mary's part in our program will help us to stretch the clothing dollar.

Tom: While Mary is patching and mending the clothes, I guess I could begin mending the steps, patching the roof and repairing that chimney that you have been talking about for so long.

Father: Then on the first rainy day we can work on the storage bins in the basement and the storage shelves for canned food that your mother has been wanting for several years.

Mary: Don't forget that Tom and I need clothes closets in our rooms. Those clothes I make and patch I want well cared for.

Tom: Dad, we should build an implement shed to protect our farm tools and the tractor.

Father: That is something for us to think about, Son, because we don't know when we would be able to get another tractor, even if we had the money. And we will need it all the more now since we will be short of help and have been asked to increase production of food in order that we may help feed the world.

Mother: For my part, I should take the family food supply and see that we really have adequate food. I am sure we can reduce our grocery bill by growing almost everything we need right here on the farm. We need more of the protective foods we are hearing so much about—milk, eggs, lean meat, fruits, vegetables and whole grain products—these will help us improve our health, thereby reducing our doctor's bills. You remember we had too many colds last winter. One of my new year resolutions this year is to put into practice thrift and better food preparation practices that I have been learning all these years at Home Demonstration Club meetings.

Tom: That sounds like we are going to have food and good food at that. I suggest that we grow enough to have a surplus to sell on the curb market to help pay off that mortgage in September.

Mother: Don't forget the kitchen. I need better kitchen cabinets there because some added convenience would certainly make my work easier and give me more time for helping with the farm work—

that I will have to do especially if we start selling on the curb market. I expect to fill the canning budget—300 jars. I am glad that we bought our aluminum pressure cooker last year; it makes my work so much easier. They say the new steel pressure canners are just fine. They are lighter, stronger and easier to clean.

Father: Now that we have the home needs pretty well taken care of, I want to take as my job the lead in seeing what can be done to the farm in order to put it on a sound paying basis. We must plan carefully to improve our soil in order to increase our production. By analyzing our farm record we shall be able to locate the leaks and find which enterprises—I mean by that poultry, dairy, raw crops, grains and curb marketing—will bring us the greatest returns in increased cash incomes.

By carrying out this plan, I am sure that it will enable us to have better health and happier living. I believe it would pay every family to talk plans over together and let each member have a part in the plans and work. With the emergency that we are living in now each person has a responsibility and a definite work to do.

QUESTIONS TO BE USED AS A GUIDE IN PLANNING FOR 1942

More careful planning is needed to help the farm family achieve a better and happier life. More thrift and cooperation are necessary than at any time in recent years.

To achieve this better living and happier home life, it is necessary for us to build up the health, finances and morale of every member of our family. Now that we are beginning a new year, we should take stock of our family, community, State and National situations, and make a plan so that we may use it as a guide in attaining a better family living in 1942.

In order to help the farm family do better planning for 1942, the following questions are suggested for family discussion:

1. a. What were the sources of cash income for your family in 1941?
b. Which source of income has brought you the largest returns?
2. If you have not kept a record of your income or expenditures, and cannot answer the above questions list the reasons why.
3. a. During what months is your income higher? Why?
b. How does this affect your plans for buying?
4. During what months is your expenditure greatest? Why?
5. Do you think your expenditures for 1942 will be more or less? Why?
6. 1942 is a year when one should **not** go into debt. Why?

If you are in debt, through installment buying, mortgage, illness, etc., what are your plans to remove this indebtedness?

The health of the members of your family depends largely upon the protective foods—milk, lean meat, eggs, fruits, vegetables and whole wheat products—that should be used each day in their diets.

7. Do you produce the amount of milk, lean meat, eggs, fruits, vegetables and whole wheat products that are necessary in order to meet the requirements of the Daily Food Essentials?
8. In planning the meals for your family, do you use the Daily Food Essentials chart?
9. What are you doing to encourage the members of your family to cultivate a taste for essential foods for which they have a dislike?
10. In the past year have you bought any foods that you could have grown at home?
11. Did you fill your canning budget?
12. How may you improve your storage space to better protect home produced foods and provide greater convenience for the homemaker in preparing meals?

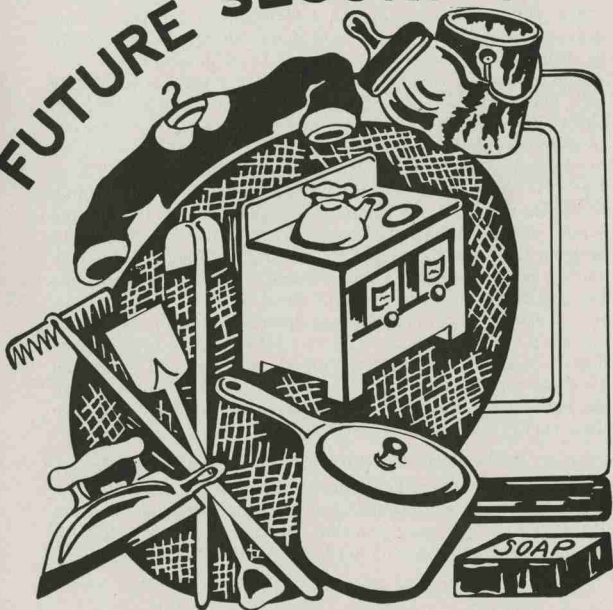
In 1942 many farm families may have slightly higher incomes. It may be advisable to use some of this cash to make simple repairs and improvements on the house with family labor.

13. What minor repairs around the house could be made with small expenditures?
14. Have you checked your house for fire hazards?
15. Is the household and farm equipment so cared for that it will give the best service and longest use?
16. Would it be advisable to make your clothing at home or buy it ready-made? Why?
17. How can better planning reduce your clothing cost?

HOME PRACTICES

1. Take an inventory of food supply, clothing and household equipment.
2. Set up at least three goals for the betterment of your family that could be accomplished within a year.
3. Plan ten ways by which your family can improve the health, finances and morale.
4. Keep records of income and expenditures.
5. Plan and produce an adequate food supply.
6. Encourage a family council.
7. Contact families not reached by other agencies and give them assistance in food preservation methods.

FUTURE SECURITY



**THROUGH
CONSERVATION**

Future Security Through Conservation

PAULINE E. GORDON

*Extension Specialist in Home Management and
House Furnishings*

ELIZABETH WILLIAMS

*Assistant Specialist in Home Management and
House Furnishings*

The future security for the individual, or for the nation, demands among other things that homemakers take better care of their clothing, household materials and equipment.

Our country—now at war—needs many materials commonly used in making household goods—aluminum, steel, rubber, tin, paper, electric power, wool, silk and others. Not only does our country need these materials, but it needs the skilled labor used in converting these materials into manufactured goods. Therefore, it is necessary to take the best care possible of all clothing, household materials and equipment because today only a limited supply can be obtained for household use. With the shortage of labor on the farm, increased demand for the production of food, and the many demands on the homemaker's time and energy for her part in the activities brought about by war, it is necessary that she see that all household equipment which she now owns and the pieces that she may be fortunate enough to acquire, give longer use and better service. Properly adjusted and well cared for equipment not only gives longer life to the equipment, but to the homemaker as well. The proper care of equipment will save time, energy and household goods.

KITCHEN UTENSILS AND EQUIPMENT

The homemaker who keeps her working tools and furnishings in good condition will not only conserve vital materials, but will also save time and energy, so that she may be free to help with the many demands made on her by war activities.

Kitchen Stove—Wood or Coal

One of the greatest enemies of the kitchen stove is rust.

1. Avoid rust by:

- a. Having a well fitted joining of the pipe at the flue.
- b. Keep surface of the stove and oven dry at all times.
- c. Remove immediately any rust spots that may be formed by scouring with a very fine steel wool. If a stove is not to be used for any length of time, it should be either polished thoroughly with a good stove polish or greased.

2. Do not pack in too much fuel as it should not extend beyond the lining of the fire-box.
3. Remove ashes and soot frequently.
4. If a hot water tank is connected to the range, be sure to keep the ashes away from that part of the grate which is to heat the water.

Kitchen Stove—Oil



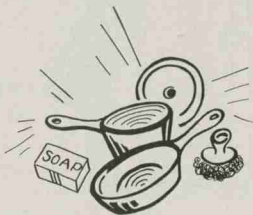
1. An oil stove should be placed on a level surface.
2. Regulate the oil so that it burns with a blue flame.
3. A piece of asbestos placed on the oven will increase its efficiency.
4. Always clean immediately if food spills on the burner.

Pots and Pans

1. Each pot and pan should be hung on a special peg or have a special place on a shelf.
2. Handle all metal utensils gently; some will take rough handling but none is improved by it.
3. Aluminum should be cleaned with steel wool or with a paste of whiting powder and vinegar. In cleaning avoid the use of soda, lye, ashes and strong scouring powders because they slowly eat the aluminum away.

Aluminum utensils which are warped or bulged may be straightened by placing a wood block over the bulge and hammering back into shape.

4. To clean enamelware use a mild alkaline cleaning powder. Boiling a weak solu-



tion of soda and water in a pan will remove burnt food. Coarse abrasives scratch off the enamel.

5. To remove burnt food from tin, fill the pan with water, add soda and heat for a few minutes. Avoid scouring tinware—it wears away the thin tin covering and leaves the metal underneath open to rust. Dry carefully all tin utensils and keep in a dry place.

Knives

1. Keep knives well sharpened.
2. Keep knives in knife rack when not in use so that blades will not come in contact with other metals.
3. Use knife only for the purpose for which it was made.
4. Remove knife from water as soon as possible. Wash blade thoroughly, then the handle, rinse and dry immediately.
5. Never heat a knife blade in a flame for this destroys the temper. Dropping a knife, leaving it on a hot stove, or putting it in hot grease destroys the edge more than ordinary use.
6. Keep knife blade clean and bright. If the metal is not stainless steel, scour occasionally with fine whiting mixed to a soft paste with soap jelly applied with a cork.

Refrigerator



1. Plug the extension cord of a refrigerator directly into a convenient outlet that is adequately wired. **Never connect the refrigerator to an extension cord that has been connected to a double socket in a drop cord.**
2. Place your refrigerator where there is free circulation of air, at least $2\frac{1}{2}$ inches from the wall. Do not place in an open porch or on an outside wall, and be sure that it is level.

3. Food should be placed in the refrigerator so that air can circulate around it freely.
4. Never put hot food in the refrigerator. Only those foods which have to be kept cold in order to be preserved should be placed in the refrigerator.
5. Food should be kept covered to avoid loss of moisture and formation of frost on the coils. Defrost the cooling units before the ice on it is $\frac{1}{4}$ inch thick.
6. Open the refrigerator door only when necessary and close quickly.
7. Follow instructions for temperature control for food preservation as well as quick freezing. Remember to turn back the control after quick freezing.
8. At all times keep inside and outside of the refrigerator clean.
9. If motor runs more than one third of the time, have it checked by a service man.
10. Study the instructions sent out by the manufacturer and then follow carefully.

Washing Machines

1. Follow the manufacturer's directions at all times, especially for size of load, washing period and oiling of motor.
2. At all times keep the washer clean. Metal tubs should be kept dry and a little water should be kept in wooden tubs.
3. Pressure on the rollers should be released immediately after using. Clean the rollers with a damp cloth. If they are stained, wash them with kerosene and then with soapy water. Rinse well and dry.
4. The washing machine should be kept in a dry place. Avoid keeping it in an open porch. A wash house is an excellent place for laundry equipment and it may be used conveniently for many other purposes.

HOUSE FURNISHINGS

Furniture

The care and repair of furniture determines its length of usefulness as well as its appearance.

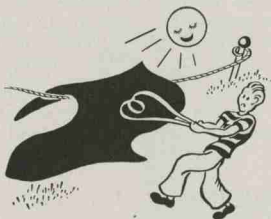
1. Wax protects furniture. Two thin coats of wax are better than one heavy coat. Furniture that has been scratched may

- be rubbed with a solution of 2 tablespoons linseed oil, 1 tablespoon turpentine and $1\frac{1}{2}$ tablespoon tincture of iodine before waxing.
2. Repair furniture at once if needed. Weak chair rounds, etc., not only cause furniture to be useless, but may cause accidents.
 3. Use a stepladder to stand on—not furniture.
 4. Slip covers protect upholstered furniture and make unsightly pieces of furniture attractive.
 5. Clean upholstered furniture by brushing and dusting. Some upholstered pieces may be cleaned by the dry suds method.

Rugs and Carpets

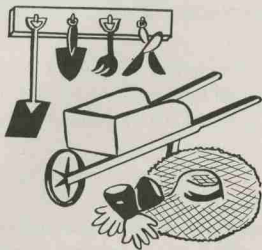
1. Clean rugs thoroughly. Dirt embedded in rugs and carpets wears them out quickly.
2. Avoid beating and shaking rugs—it breaks the fibers.
3. Clean up immediately any substance which is spilled on a rug.
4. Remove spots as soon as possible.
5. A pad or even newspapers placed under a rug prolongs its life. A rough, uneven surface causes a rug to wear out very quickly.

Cleaning Rugs



Many rugs can be cleaned with the dry suds method. Satisfactory results depend upon care. Make a thick suds with a little water. After you've tested it on a small corner to be sure the colors of the rug are fast, spread the lather on a small part of the rug at a time with a soft cloth or brush, using a circular motion. Scrape the lather off with a dull knife or spatula, then wipe up the remaining suds with a dry cloth. Rinse several times with a cloth or sponge, but be careful **never** to soak the rug. Always keep the back of the rug dry. Wipe with a dry cloth, brushing threads in the original direction.

Garden Tools



Rust is perhaps the worst enemy of tools. Tools when not in use should be kept in a tool house where they will be dry. An oily cloth should be kept handy, so that tools may be occasionally wiped off with it. Sweet oil is excellent for this purpose, and vaseline will do. But do not use linseed oil.

1. Keep in good repair all handles.
2. All tools with blades such as lawn mowers, shears, spades, scythes, should be kept sharpened.
3. Motors and all moving parts should be kept oiled.
4. Hang up all tools possible. For convenience each tool should have its own place of storage.
5. After using, the garden hose should be drained, breaks repaired and stored in tool house on a turn rack.

SAVE WOOL FROM MOTHS

1. Dry cleaning or washing in a strong solution of neutral soap kills all forms of moths, but it doesn't make anything moth resistant. Fabrics thoroughly cleaned can be protected by wrapping immediately in well-sealed and unbroken paper or cardboard box provided all openings are sealed tight. Gummed paper stripping or Scotch tape can be used for sealing.
2. For extra protection, add a small amount of flake naphthalene or paradichlorobenzene to the fabrics before wrapping to destroy any moths which might have been in the material.
3. Woolen clothing and woolen bedding not packed away during the summer should be brushed and sunned frequently.

4. Tight chests, trunks, and boxes will protect clothing from moths if one pound of naphthalene or paradichlorobenzene flakes are sprinkled between folds of material and all openings are sealed tight.
5. Most cedar-lined house closets and cedarized bags are no protection unless all openings are sealed tight and articles placed in them are entirely free of infestation. These containers do not kill moths.
6. Upholstered furniture covered in materials woven with wool or other animal hair stands less chance of being infested if it is kept clean and brushed frequently. The same thing applies to rugs. Thorough house-cleaning destroys many larvae which develop from eggs laid in cracks and crevices where wool lint and hair have collected.
7. During the summer, slip covers on upholstered furniture should be removed frequently and the furniture cleaned to help check moth damage. If moth larvae are feeding beneath the covers brushing does no good and the furniture should be fumigated or sprayed heavily.

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UNIVERSITY OF NORTH CAROLINA
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U. S. DEPARTMENT OF AGRICULTURE, CO-OPERATING
N. C. AGRICULTURAL EXTENSION SERVICE
I. O. SCHAUB, DIRECTOR
STATE COLLEGE STATION
RALEIGH

CLOTHING

Situation and Trends:

How to stretch the clothing dollar to cover all the needs of the family in view of rising prices on ready made clothes and materials by the yard?

The government has taken over cotton, wool, rayon and other fibers for defense purposes. This may greatly affect the wearing qualities of clothing materials.

Different kinds and types of clothes will be needed as women take over the work on the farm formerly done by men.

There are over 100,000 families in North Carolina (white and Negro) who have less than \$100.00 per year to spend for clothing.

Objectives:

Clothing demonstrations will be planned to give help to farm women based on the above situations. Two demonstrations will be given on the following subjects:

- 1. My Clothing Need- make a clothing plan
- 2. Clothing Clinics

The specialists will show the importance of systematic and careful planning and care for clothing; how to use to the best advantage the clothing on hand.

To help women and 4-H girls in the State realize that clothing has a part to play in the national defense program. Each can help by:

- 1. Taking care of clothing
- 2. Realizing the economic changes that are taking place and cope with them
- 3. Information given on the supply of each raw material
- 4. Being informed and discriminating in making clothing purchases.



+ PLANNING

= THE WARDROBE

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My Clothing Needs

By WILLIE N. HUNTER and JULIA McIVER

Extension Clothing Specialists

Clothes play an important part in our lives. They are necessary from the standpoint of health and happiness. One of the biggest problems the home-keeper has is making the money available for clothing stretch to fill the many needs. The family must be warmly clad in winter, and appropriately dressed the year round for school, church and other gatherings. Thoughtful planning, good buying and much sewing at home will help in the successful solution of the problem.

A good start in solving this problem is to make a clothing plan. A plan for the wardrobe covers several years. Articles such as coats, suits, and some dresses are used more than one year. A well-planned budget makes one avoid hit-and-miss buying.

Start your clothing plan by asking yourself a few questions.

1. What are the occasions for which clothes are needed? Your plan will probably call for clothes for home, work, general wear, church, afternoon, evening, and rest.
2. Inventory all clothing on hand. Decide what can be done to bring old clothes up-to-date in line, design and color. Note their condition—some will need very little work, while others may have to be re-cut and made over; some may be so badly worn that it will not pay to spend time and effort in working them over.
Plan how each garment may be used. Use inventory form at the back of this publication.
3. Color.
Select a color around which you wish to build your plan—a basic color for the main articles of clothing. The coat is usually the most expensive garment and the one worn most. It should be a staple color such as black, brown, gray or navy. These colors combine well with other colors. Other garments do not have to be the same color, but should blend.
4. Study what is new. Consult the fashion books; window shop; know the new colors, fabrics and lines.
5. Know yourself, your figure, your coloring, and what lines and colors you can or cannot wear.
6. How much money is there for clothing?
Studies show that some people get along on very little while others take much more. The smaller the amount of money, the more need for careful planning and manipulating the clothing allowance.
Studies show us that 10 to 20 per cent of the family income is allotted for clothing. This amount is to be divided between outer clothing, underclothing, accessories, and upkeep. If the cash income is \$1000 a year, then \$100 to \$200 can be spent for clothing. With \$100 to spend

on clothing, about \$30 would be used for father, \$30 or a little more for mother, and \$40 for the children. The age of children, occupation, and standards of living influence the division.

With pencil and paper begin your plan by making out a list of the actual necessities for your summer wardrobe, and for your winter wardrobe. Needs for the wardrobe will probably run something like this:

For Summer	For Winter
Coat or	Coat or suit
Light weight suit	Sweater
Dresses for home, aprons, smocks	Dresses for work, aprons, smocks
Dresses for street, church	Dresses—general or best
Dresses for afternoon	Blouses—skirts
Foundation garments	Foundation garments
Underwear and rest garments	Underwear
Accessories	Accessories
Play or sports clothes	Rain coat—galoshes
Shoes, hose	Shoes, hose, gloves

Next, decide how many of each type of garment is actually needed. Needs vary with different individuals; some women can keep their supply of house dresses up by adding two new ones a year, while others require four or more. Sufficient underwear for frequent change is needed.

Go back to your inventory and see how many of these "actual needs" are already on hand; then list on the chart the articles you will have to buy.

Decide which garments you will buy ready made and which ones you will make at home.

In planning the wardrobe, do not fail to take into consideration its upkeep. Some fabrics shed dirt easily, while others do not. Some fabrics clean easily; some materials wrinkle and crush badly. Some fabrics are loosely woven and wear quickly, thereby requiring constant mending; some stretch, some fade. Manufacturers of fabrics and of garments are giving more and more information with their goods. Read the labels, ask merchant for information before buying.

Coat: The coat is the most important garment in the wardrobe. It is the part of the wardrobe seen most often. It should be smart and of as good material and cut as will fit the purse of its buyer. It should be a staple color, one that will combine with others.

If the coat is one from last year, look it over carefully to see if any of the lines need changing to give it a newer look; see if any other remodeling is necessary, such as new lining, buttons, pockets. Allow for cost of remodeling in your plan.

Before buying a new coat, do some good comparative shopping. Look at new coats. See what they cost; note materials, designs, workmanship. Next look at patterns and materials. Compare costs. When the budget allows only a small amount for a coat, never consider one with fur or cheap decoration. Let all of the money go for fabric. Money will go further if put into mate-

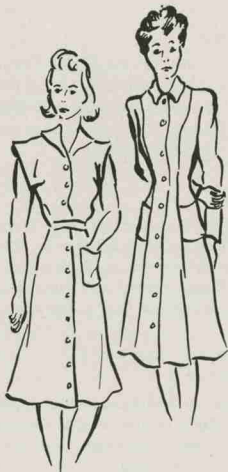
rial and made at home. A good coat will last 5 or 6 years or more. If the budget permits only one coat, a spring coat might be considered. For winter an extra inner lining could be added, or a sweater could be worn underneath.

Planning the wardrobe enables one to avoid having to buy both a winter and spring coat the same year. It also enables one to alternate a suit along with either a summer or winter coat.

Dresses For The Wardrobe

The purpose for which the dress is to be used determines the material to be used. For the house dress, prints, gingham, chambray or other cotton materials are most suitable. For general wear, select wool, silk, rayon, as well as some cottons and linens; for better dresses wool, silk and rayons; for afternoons or party dresses, voile, organdie, swiss, chiffon, sheer woolens, silks, or other materials.

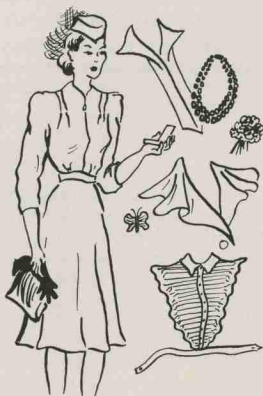
House Dresses



A woman should look as neat and trim at home as anywhere else. There is no excuse for dowdiness. Her family is more important to her than anyone else in the world. She should be careful of her appearance at home.

How many house dresses are needed per year? How many from last year may be used again? Shall they be made at home or bought ready made? What material will be most suitable for house dresses? Consider the design for comfort, appearance, and easy laundering.

Best Dress



Consider the material, design and color for the best dress. It must fit in with the rest of the wardrobe. It is the dress that you will wear more than any other. A basic dress, that is, one of simpler design that will allow changes of accessories, is a good choice. It should be a solid color, preferably dark, and of the best material your allowance will permit.

General Wear

A dress, or suit, or perhaps both, will be needed for general wear. If suit is chosen, then comes the question of blouses. What material will be best? Select color that will go with coat and other articles, especially the accessories. Usually for a general wear suit or dress, a dark shade of some solid color is most usable. Keep in mind the carry-over possibilities.

Underwear

Types and numbers of undergarments vary with individual needs. Include in your plan the number of each type or brand, and the number to be added. Compare costs of ready-mades with those made at home. A slip is a part of the foundation for the dress. It should be of good cut and well fitted. A slip cut on the straight grain is usually more comfortable than a bias one and lasts longer.

Foundation Garments

Good foundation garments are necessities for health as well as appearance. Select the best the budget will allow. Have several, so that they may be kept clean. Whether this garment is a corset, corselette, girdle, and brassiere is an individual matter. It should be well fitted.

Rest Garments

Rest garments should always be included in the wardrobe plan. Select a house coat or kimono for lounging and a bathrobe for winter. For sleeping, we need gowns or pajamas, and a bed jacket. List the number needed, the number on hand, the number to be made, and their cost.

Work Clothes

The Bureau of Home Economics has recently designed some excellent work clothes for women—aprons, coverettes, mechanic's suits, overalls, and slacks. Most of these designs will be available at pattern counters.

Play Clothes

Many plans will need to include clothes for sports, such as bathing suit or beach clothes.

Party Dress

If needed, include a party dress. In selecting an evening dress, consider the style. A dress of this type is seldom worn as much as other garments in the wardrobe; so, if possible, select a design which will carry over or will have make-over possibilities.

Accessories

Plan carefully for accessories. One's dress or suit may appear entirely different, or serve for different occasions by the choice and change of accessories.

Accessory-Buying Suggestions

Shoes: Purchase with care, keeping in mind comfort, health, appearance. Good shoes are the most economical ones. The shoe should be built on the last that suits the foot. Be sure they are long enough. They should never make the foot conspicuous. Avoid highly decorated shoes as they call attention to the feet. Stout women should avoid high French heels, as they make a woman look top heavy. The oxford with medium heels gives more comfort for daily wear, while the pump is usually selected for dressier wear. Black, blue and brown are standard colors for shoes, with white coming in for summer. Various seasons rush in other colors. One must keep in mind her basic wardrobe color, and her budget when tempted to go off on a color flare in shoes.

Hose: Plan for hose to use at home, for general wear, and dress up. There will be service weight, semi-service, and sheer to select from. Summer colors are usually lighter than winter. Ask your sales lady for the season's best shades. Select those that blend best with your clothes.

Hats: The hat is another important article in the wardrobe. Know the styles of the season, but select the hat that is becoming to you. A conservative, good quality felt or straw will carry over several seasons, while a fad hat goes out with the season.

Handbags: Some seasons these tie up in color and fabric with shoes, or gloves. Sometimes it is with the hat. Shapes and styles in handbags vary—know these.

Gloves: Kid or fabric, they may match in color or be in contrast.

Scarfs, handkerchiefs, bouttonaires: These often give just the right touch of color. Know how to use them. Use costume jewelry cautiously.

Upkeep of the wardrobe is an important item in the clothing plan. Care of clothes is important from the economic as well as personal appearance standpoint. Pressing, cleaning, spot removal, repairing must be considered.

Summary

In summing up, know yourself and principles of good dress. Plan well. Twice a year, spring and fall, go over your wardrobe. Keep in mind that a few garments well chosen, of good quality, make up a much more satisfactory wardrobe than many cheap garments. Know your most becoming colors—plan your wardrobe with a definite color scheme in mind. Know the amount of money that may be spent for clothing. The women with limited income will choose staple colors for her carry-over garments, such as suits or coats. Avoid a complete outfit in one color with everything in the same shade.

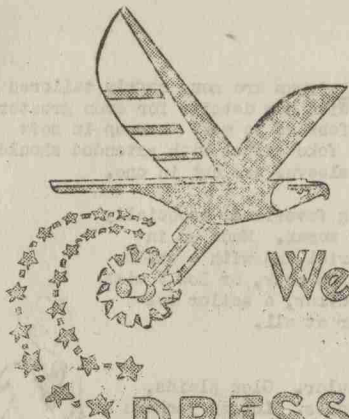
Don't expect your wardrobe plan to become workable in one season. It will take several to get it underway. Determination and skill will be required to carry it out successfully. Skill in using what you have, old garments, sacks, and other materials on hand. Skill in sewing; home sewing is one of the best economies in stretching the clothing dollar. It enables one to get more for their money, and aids in keeping wearing apparel in good condition. It enables mother to cut down her old coat for little sister, and dad's trousers for brother. Skillful, efficient buying will be necessary. Every dollar must give full returns. Ask questions about the fabrics and garments bought. Read the labels. Know whether they are color fast, non-shrinkable, or whether they will stand many washings and hard water.

The wardrobe plan will enable one to have appropriate clothes for every occasion. It will also enable one to make their clothing money go further, so begin now on your wardrobe plan, try it and see if it does not save you time, worry and money.

The following blanks will assist you in making your wardrobe plans. On page 9 list clothing on hand at present. On the next page, list garments needed.

SOME QUESTIONS THE HOMEKEEPER SHOULD ASK HERSELF CONCERNING CLOTHING

1. What are you going to do with this demonstration, "My Clothing Needs?"
 - (1) Will you have a plan for your own clothing needs?
 - (2) Will you make use of everything you have on hand that is usable?
 - (3) Do you read labels and ask for information about materials and garments?
 - (4) Will you make a clothing plan for each member of your family?
2. How much money was spent for clothing in 1941? Could this money have been spent to better advantage?
3. How will the clothing money for 1942 be distributed among the family members? What should we buy?
4. Do we get satisfaction from our clothing purchases? If not, who is responsible, the manufacturer, the merchant, the advertiser, or we, ourselves? What kind of help do we need to improve our buying practices?
5. Would clothing plans and records help?
6. Which garments bought ready made or made at home gave good service, which did not? Why?
7. Have we sufficient storage space for clothing of each member of the family—closet, drawer? If not, what can be done about it in 1942?
8. Is the sewing machine in good condition?
9. Have we a convenient place arranged for sewing where equipment and tools are all together?
10. Do we know what we can actually save by making garments at home?
11. In your plan, make an estimate as to length of time you expect certain garments to last. Check at end of year.
12. Do you know what sizes you and other members of your family require in dresses, suits, shoes, hose, hats, and patterns?



We, the women...

DRESS FOR DEFENSE

Colors - Bold, brave American Navy is designed for Victory. Wear it from head to toe with a splash of Torch Bright Liberty Red or white. Color is everywhere - high, brilliant color, orange reds, bright greens, bright, bright yellows, vivid blues, followed by the lovely soft pastels.

Fabrics - Cottons will embody Piques, Percales, Searsuckers, Chambrays, Poplins and broadcloths, and such sheer materials as Batiste, Lawn, Demity and Novelty Flecked Sheers.

Rayons for dress wear we find sheer Alpacas, Failles, Rayon, Jersey and Blends with crepe finishes.

Rayons for sportswear are Spun Rayons such as Gabardine.

Nubby fabrics, Sport Reps and Crisp Sheer Spun Rayon fabrics.

Woolens will be for coats and suits--Twills, Flannel, Shetland and Crepe.

Silhouette - Has rounded edges at all points from the shoulders to the hemline. Fullness still quite obviously in the picture but controlled at all strategic points, such as shoulders, waistline and hips.

Cooperative Extension Work in Agriculture and Home Economics - State of North Carolina. Special Service in Furtherance of Acts of Congress May 8 and June 30, 1914.

I. O. Schaub, Director -

Miss Willie N. Hunter

Miss Julia McIver

Extension Specialist in Clothing

Silhouette



The New Shirtwaist types are more softly tailored than last year. With new details for even greater comfort, and new fabrics to make them up in soft shirtwaist type. Yoke effect with extended shoulder line, or yoke and sleeves are cut in one.

Middies - Spring favorites, especially for the younger woman. Made up in almost any material and with a choice of necklines--crew neck, or low V with an open shirt collar, a sailor collar or no collar at all.

Suits are popular. Glen plaids, checks, monotoes. Longer jackets or short boxy ones. Wrap-around skirts. Contrasting blouse or dicky. Feminine touch in dainty frill of white or pastel. Ensembles--jacket and dress or fitted coat and dress.



Shirtwaists to the front!



INSIDE

THE

SILHOUETTE

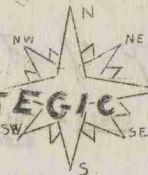
Anders weigh!



Suited for Action!



STRATEGIC POINTS

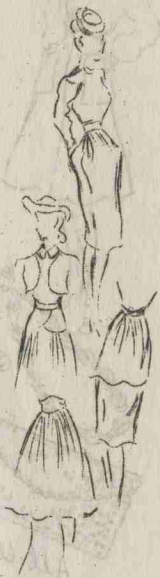


Necklines - For afternoon, the deep V or the heart shaped with its soft draping. For tailored buttoned to the throat is of greatest importance and the square neckline for those who find it becoming.

Shoulders and Sleeves - Shoulders and sleeves show interesting changes. Many sleeve treatments include kimona, saddle or raglan and the natural set-in sleeve.

Waistlines - The dropped yoke waistline gives the illusion of a lowered waistline. There are set-in belts, about 2½ inches wide.

Skirts - Have variety in width. They are slim, straight, gored, full, draped, peptop, pleated, peplum and tunic. They are slightly longer.



On Top of it all —



Coats - Tailored day-time coats, raglan sleeves.

Side-Tie Surplice Coat--Casual or Dressmaker.



DECORATIVE DETAILS

Bands of grosgrain around collar, cuffs and hem is new.

Scallops - self-trim.

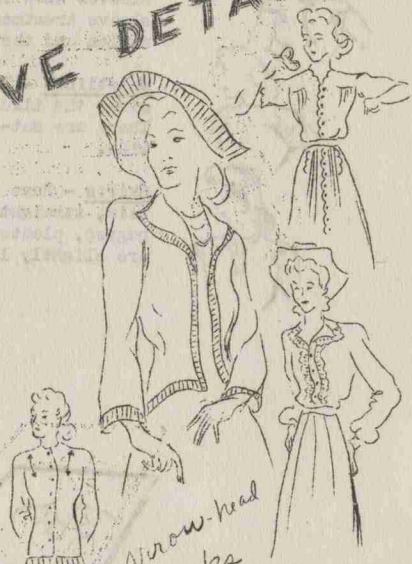
Piping - The contrast of bright piping will enliven a dark dress.

Ruffles - are used in many ways.

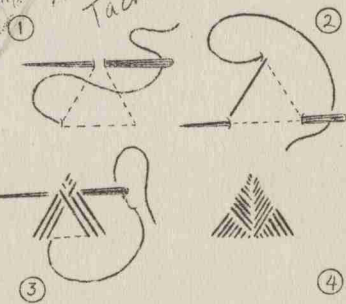
Arrow head tacks are used on heavier material to hold pockets or the pleats in position.

Belt and necklace of wool yarn.

Hand bag and belt - wool tassel.

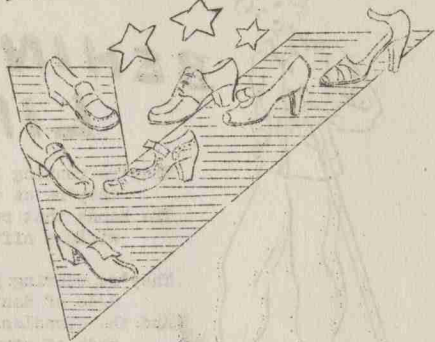


Arrow-head Tacks



"Walk and save your tires."

We see more walking shoes with good comfortable heels and soles thick enough to keep your feet off of the ground. Whether or not you are in uniform you will be working longer hours and tramping more, so shoes that are neat, unobtrusive and comfortable will be a sound investment.



"The Slag is passing by —"
HATS OFF



Redingote Sailor

This is a medium sized sailor over which is posed a rippled apron to contrast in color and fabric. The idea is to tie it up with the usual basic redingote which means a monotone woolen coat line with the print of the dress. It is obvious that the variations which the Redingote Sailor suggest are endless.

go straight Ahead in a
 "Bumper Bin"



Set it
 "Smack" on your
 head



BEHIND THE LINES



They're running farmers' tractors--
they're at a factory bench--
The hands that rock the cradle
wield a nifty monkey wrench.

They're wearing pants and jumpers
made of denims and of drills--
And the dirndlest-looking dirndls
made of sturdy cotton twills.



For women working for defense or taking the places of men who are in the service, here are some costumes designed by the Bureau of Economics, U. S. Department of Agriculture.

"To fight a war, men need guns and planes and ships and tanks. To win a war, men need inspiration----hope----courage. For courage is a spark kindled in the hearts of men battling for all they cherish----mirrored memories of the women they love----brave, calm-eyed, proudly beautiful.

"It takes courage, too, to smile in the face of danger----to sing----to dance. But lightness of heart and beauty of dress, are today -- as always -- woman's greatest contributions to the spirit of her country at war."



HOME BEAUTIFICATION

There is need for home beautification programs in the national defense effort. This has been recognized by leaders everywhere as a must for morale. Flower beds and lawns will not be destroyed to grow vegetables but will continue to give relaxation to those who have need for such at any time, especially during an emergency when people should have just what flowers and well kept premises will do for them.

The home beautification program will continue in North Carolina in 1942.

LIBRARIES

Home reading is planned for home demonstration club women in 1942. A Book Review Certificate will be awarded to those women who read and review three books from a selected reading list. The reviews will be given at call meetings of the club, during recreation period of regular club meetings, and in some instances before groups other than home demonstration club women. The reviews must be given orally.

Last year 468 women received the award. We do not anticipate an increase over this number in 1942 because time for reading will be given over to defense activities and to extra duties which women will be called on to do on the farm.

The attached reading list will be sent to every home agent and public librarian in the State.

Cooperation Miss Marjorie Beal, Secretary and Director of the State Library Commission, has compiled the reading lists since the beginning

N.C. State College of Agri.
& Engineering & U.S.Dept.
of Agriculture Cooperating

COOPERATIVE EXTENSION WORK IN
AGRICULTURE & HOME ECONOMICS
STATE OF-NORTH CAROLINA

Ruth Current, State
Home Demonstration
Agent

GOOD READING FOR HOME DEMONSTRATION CLUBS

1942

Prepared by Miss Marjorie Beal, Secretary and Director
N. C. Library Commission

THE WORLD TODAY

- | | |
|-----------------------------------|-----------------------|
| Berlin Diary | Shirer, William |
| Come Wind, Come Weather | Du Maurier, Daphne |
| Dawn Watch in China | Home, Joy |
| Let No Wave Engulf Us | Altschul, Frank |
| Mein Kampf | Hitler, Adolf |
| Mission to the North | Harriman, Florence |
| My New Order | Hitler, Adolf |
| My Sister and I | Van Der Heide, Dirk |
| Problems of Modern Europe | Jackson, John Hampden |
| Toughen Up, America! | Heisler, Victor G. |
| Two-Way Passage | Adamic, Louis |
| A Thousand Shall Fall | Habe, Hans |
| The White Cliffs | Miller; Alice Duer |
| You Can't Do Business With Hitler | Miller, Douglas |

PLACES AND PEOPLE

- | | |
|---------------------------------|--------------------------|
| The Forgotten Village | Steinback, John |
| Home by the River | Rutledge, Archibald |
| Living Where Jesus Lived | Ross, Emma Jewell |
| Neighbors to the South | Goetz, Delia |
| Reveille in Washington | Leech, Margaret |
| Salud: A South American Journal | Banning, Margaret Culkin |
| Tar Heels | Daniels, Jonathan |
| Williamsburg, Old and New | Hawthorne, Hildegarde |

ON THE HOME FRONT

- | | |
|---|-----------------------------------|
| And Beat Him When He Snoozes | MacMurray, Claire |
| Clothes With Character | Craig, Hazel Thompson |
| Consumers All | Gaer, Joseph |
| Desk Drawer Anthology | Longworth, Mrs. Alice (Roosevelt) |
| Feeding Our Old-Fashioned Children | Aldrich, Charles Anderson |
| For Daughters and Mothers | Parker, Mrs. Valoria (Hopkins) |
| Garden Clubs and Spades | McKinney, Laurence |
| Old Patchwork Quilts and the Women
Who Made Them | Finley, R. E. |
| Parties - A Good Time at Your Party | Fisher, Helen Stevens |
| Personal Problems of Everyday Life | Travis, Lee Edward |
| Primer of Economics | Chase, Stuart |
| Sewing for the Home | Picken, Mary Brooks |
| Weekend Companion | Breen, Mary |
| Your Child Meets the World Outside | Boettiger, Elizabeth F. |
| Personality Development
(At least two of the 5 books) | Estelle B. Hunter |
| Etiquette | Emily Post |
| Practical English & Effective Speech
(At least 3 of the 15 read and
book review on one of them) | Estelle B. Hunter |

PEOPLE WORTH KNOWING

Big Family	Partridge, Bellany
Country Schoolma'am	Lutes; Mrs. Della (Thompson)
Father and His Town	Barry, Richard Hayes
I'd Live It Over	Cloman; Mrs. Flora (Smith)
Introducing Charles Dickens	Becker, May Lamberton
Miss Sue and the Sheriff	House; Robert
My Theodosia	Seton, Anya (Mrs. Hamilton Chase)
No Life for A Lady	Cleaveland, Agnes Morley

Stories

All That Glitters	Keyes, Frances Parkinson
Book of Caludia	Frankon; Rose
The Dem	Ellison, Earl Jerome
Days Are As Grass	Kelly, Wallace McElroy
The Days Grow Cold	Anderson; Barbara Tunnell
The Family	Federova, Nina
The Fighting Littles	Tarkington; Booth
The Good Shepherd	Gunnarsson, Gunnar
Green Centuries	Gordon; Caroline
Keys of The Kingdom	Cronin, A. J.
L. Baxter, Ledicus	Stouman, Knud
Lanterns on the Levee	Percy, William Alexander
Miss Granby's Secret	Farjeon, Eleanor
Mr. and Mrs. Cugat	Rorick, Isabel Scott
Mrs. Appleyard's Year	Kent, Louise Andrews
Mr. Friend Flicka	O'Hara, Mary
Nine Lives	Rosman; Alice Grant
Not Just To Remember	Colver; Alice Ross
New Voyager	Prouty; Olive Higgins
Our Miss Boo	Runbeck, Margaret Lee
Saratoga Trunk	Ferber, Edna
The Snow Goose	Gallico, Paul
Some Lose their Way	Liddon, Eloise
The Storm	Stewart, George
There's One in Every Family	Eisnberg, Frances
These Are My People	Sanborn, Ruth Burr
They Came To A River	McKay, Allis
They Went On Together	Nathan, Robert
Tory Oath	Pridgen, Tim
The Venables	Norris, Kathleen
The Winds of God	Bachelor, Irving
Windswept	Chase, Mary Ellen

of the project. She signs the certificate with the State Agent and Home Agent. Miss Beal attends Achievement Day programs, appears on radio programs, and writes articles encouraging farm people to read more and read good books and magazines.

The public librarians, too, are cooperative. They try to have on the library shelves those books on the reading lists. They attend club meetings, give book reviews, and encourage the valuable program.

In the State are 33 bookmobiles. Ten of these belong to W.F.A. and six are reconditioned school busses. There are 65 county libraries in the State.

BETTER ENGLISH

In connection with the reading project, there goes a unit for Better English. This will be offered to club women in 1942. See general recommendations for Better Speech and month by month suggestions on the following page.

FARM AND HOME WEEK, 4-H SHORT COURSE, OLDER YOUTH CONFERENCE

It is hoped that the State-wide programs will find a place on the 1942 calendar but with the shortage of tires, labor, must farm programs, year around college activities, conservation of what one has, it is doubtful whether the above annual programs will be had. But plans are being made for them just the same. All programs will be based on the needs of the hour as conditions and situations will affect the whole farm family.

STATE FAIR

It is planned. Should the plans materialize I suppose the entire State home demonstration staff will cooperate. Exhibits will be on nutrition, conservation, and thrift management.

General Recommendations For Better Speech

1. The study of Better Speech be made a minor cultural project in home demonstration clubs who~~m~~ desire such a program.
2. The Better Speech project should be presented first to the County Council by a Leader, followed by the home agent's discussion, in such a manner that it may be approved. Each club may decide whether it will be included in their program or not.
3. The project should be started in the most progressive group, then others will ask for it.
4. The education chairman or a well-selected leader in each local club should have charge of the Better Speech program for six or eight meetings during the year.
5. From 5-15 minutes be allotted this subject at each monthly meeting.
6. Each club carrying this project purchase a set of Better Speech books and a dictionary.
Encourage as many members to purchase these as possible.
7. Leaders school for Education Leaders may be held quarterly. This group should work out a lesson to be used as a foundation for remarks at club meetings.
This material can be mimeographed and sent to local leaders.
8. That the Better Speech program be included in the Reading Project. In counties where this project is underway, the committee recommends that the home agent continue her program as planned. This committee would like to have a copy of any plan being used now so as to develop a program that will meet the needs of the entire State.

Verna Stanton, Chairman
Katherine Millsaps
Marie C. Matheson
Eugenia Van Landingham
May Swann

Suggestions For A Better Speech Program

Month By Month Program

At Council meeting or when planning for a year's program of work, outline the Better Speech Program, giving reasons for having it and set up definite goals.

LESSON I- 10 Minutes

"Why Better Speech is Included In This Year's Program", by Education Leader. Comments by home agent.
Five simple definitions of the word "Enunciation".
Dialogue on Page 6 in Lesson I may be given incorrectly and correctly by two club members.
Suggest correct posture and breathing.

LESSON II- 15 Minutes

Explain fully the meaning of telescoping words. Provide each person with a copy of Enunciation Exercise on Page 7 in Lesson I. Enunciation Leader give correct Enunciation then leads group in the exercise.

LESSON III- 10 Minutes

Leaders present to members six words often mispronounced. (These may be printed on individual sheets of paper.)
Define each word briefly, use it in a sentence, pronounce correctly. Suggest that one word, about which there is doubt, be brought to next meeting.
Better Speech question box- questions answered at next meeting.

LESSON IV- 10 Minutes

Give simple definition of pronunciation.
List six words for pronunciation. Review words studied previously.
Include one new word with definition and use.

Lesson V- 15 Minutes

Education Leader reports briefly on some book from reading list. Include six words from book for pronunciation. Review words studied previously.
Include the use of one or two new words.

LESSON VI- 10 Minutes

Present six "Speech Faults" used locally that are important; Example: "Taken". Refer to page 16 Lesson I.
Give correct form and use - Review rapidly words studied previously.

LESSON VII- 5 Minutes.

Present six words for pronunciation and use. Review words studied previously.

LESSON VIII- 10 Minutes

Present six words for pronunciation
Review all words studied
Ask for reports of what has been done in each club

At Achievement Day, a blue ribbon award will be presented those learning correctly the pronunciation and use of a minimum of twelve words.

References: A new Self Teaching Course in Practical English and Effective Speech; A good dictionary; radio programs; magazine articles.

NEGRO WORK

There is one Negro District Home Agent and One Negro Subject Matter Specialist. They serve in the same capacity to the Negro home agents as do the white specialists and district agents to the white home agents.

At present there are 23 counties organized in Negro work. Three will be organized with a Negro home agent in 1942: Nash, Richmond, and Granville.

The Negroes will carry the State-wide program and the Negro home agents will be trained by the white and Negro specialists. Subject matter material for the Negroes will be changed slightly to better meet their needs. The white and Negro specialists together will make these changes.

The Negro farm and home district agents and subject matter specialist will attend the monthly staff conferences of white workers and will have the privilege of taking part in any discussion that is of concern to them.

Close supervision will be given the district agent and subject matter specialist by the State staff.

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