

NORTH CAROLINA

ROCKINGHAM COUNTY ANNUAL REPORT HOME DEM. 1930

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1.

HOME DEMONSTRATION WORK

I.

1930

NARRATIVE REPORT

MARJORIE HOLMES

ROCKINGHAM COUNTY

II.

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III.

STATUS OF COUNTY EXTENSION ORGANIZATION.

The Home Demonstration Work is carried on in this County by the Home Demonstration Agent, cooperating with the County Federation of Home Demonstration Clubs. The County Federation consists of the officers of the sixteen Womens' Clubs of the County with a membership of 73 women. The meetings are held quarterly. This organization plans the work for the Clubs and reports of each Clubs activities are given at the Federation meetings.

The work in the Field is carried on through the Womens' and Girls' Clubs. There being 16 Womens' Clubs with a membership of 428. Three Girls' Clubs with a membership of 70.

For two years the County Commissioners have refused to support this work, but the rural population were reluctant to give up the work. So the womens' Clubs set to work to make their money and together with the generous help of Mr. and Mrs. Jeff Penn and Mr. and Mrs. Charlie Penn and Mrs. Lily C. Mebane, the work has been carried on without the aid of the County Board.

Though it may have seemed a hardship at times, it has been a tie that has bound our Club work together, and by putting more into Club work the women have gotten more out of it.

IV.

PROGRAM OF WORK.

This year's work was a continuation of last year's Foods & Nutrition program. Our aims have been to make Foods & Nutrition practical to every day living.

The following is the program from month to month:-

- I. Cuts of Meat, location of cuts, how to cook and can them.
- II. Yeast Breads.
- III. Improving the Home Grounds.
- IV. Desserts.
- V. Vegetable study, how to cook them to retain food value.
- VI. Salads and Salad Dressings.
- VII. Food Conservation.
- VIII. Supper Menus and Summer Time Beverages.
- IX. Pairs.
- X. Invalid Cookery.
- XI. Miscellaneous.

Aims-

- I. To carry out the Live-At-Home Programs.
- II. To control Pellagra through diet.
- III. To grow year round gardens.
- IV. Can the surplus.
- V. One month devoted to improving home grounds.

HOME GARDENS AND HOME BEAUTIFICATION

Year Round Home Gardens have been encouraged as a method of carrying on our Nutrition program and also to fulfill our "Live-At-Home Program". Gardens were discussed at many meetings.

Timely garden notes were sent out and the Home Garden manual was given to each Club member. The Demonstration columns in the three County papers have carried garden notes and suggestions.

We had a tour to a plantation during our Short Course, where the gardener demonstrated transplanting of small plants, preparing soil, etc.

Beautification of Home Grounds was demonstrated one month during the year and special emphasis was given it also at our Short Course.

Twelve home grounds have been improved and three others are in the process of following out the landscape plan. Two Clubs have improved their church yards and one Club has planted their consolidated school grounds.

Four hundred booklets on "How to Plant the Home Grounds" were distributed and I feel the women are becoming more "yard minded".

MARKETING

Our Curb Market is just a little over a year old. We have this market each Saturday morning at a Warehouse, which has been most cooperative in giving us space, heat, and shelter. Our market sold \$1,549.63 last year, which is far from being what we would like for it to be. Only about twelve regular producers contribute to this market. Each member sells her own produce.

The Home Agent supervises the market and gets prices for same, using Cash and Carry prices.

Demonstrations and talks have been given to the women in business ethics, grading and packing for market.

We had a specialist from the Division of Markets to talk to the producers on Grading and Packing for Market.

Our market is yet young and it needs a great deal of supervision, as well as advertising.

FOODS

Food Preparation

This has been our major project carried by the 18 Womens' Clubs with a membership of 428 and the five girls' Clubs with a membership of 82.

The girls work has been done by the Agent, while the women have elected two leaders from each Club to attend Leaders' Schools under the supervision of Miss Thomas, State Food and Nutrition Specialist.

The Food Leaders have been of great assistance to the Agent. In most cases, they have attended the meetings well and have carried the information back to their respective Clubs. The leaders have also given demonstrations to women that would not attend the Club meetings.

The Bason Club women, for example, have given 10 Bread Making demonstrations. Other Clubs have given several.

The Apple-Clarke Club has organized a Mill Club in their District and are helping the Mill women to prepare better food and utilize what they have.

The Mapleview Club has had two demonstrations in Food in their community with the tenant farm women.

The Plan of work for Foods and Nutrition is under the Program of work for year, page #4.

FOODS

Food Preparation & Nutrition

This was the principal project studied during the year and as a result 28 women will get awards of merit for the successful completion of two years of food study and nutrition.

There were a good many more women who should have received awards, but due to their neglect in keeping records cannot receive these awards. It was most difficult to get rural women to keep records.

We also have six newly organized Clubs, which could not compete for these awards of merit.

Below is a paper on what the Foods and Nutrition program meant to one Club woman:-

"What the Food & Nutrition Program has meant to me as an Individual".

(By Miss Myrtle Wilson)

"The writer has not had the pleasure of sharing in the entire program of the Club this year, but I have shared in enough of it to sincerely wish that every homemaker in the County could have had the good things that it contained- or probably it would be more accurate to say- I wish they had realized what they were missing by not being a Club member and going to the meetings along with our ambitious Club women.

Every woman in the County that did not take a part in the Food and Nutrition program that the Home Demonstration work has sponsored this year, and that did not interest herself in the things therein has cheated not only herself, but her family as well. Is there a homemaker in Rockingham County that does not want to do everything possible for the good health of her family? I venture to say- No- there is not, yet many of them simply compel themselves to believe that they haven't the time to go to the Club meetings, which teach them through Food Specialists furnished by their County and State, the value of the family health and how to care for it. This year the Food and Nutrition program taught me, before I left the County, things that I shall value all my life, for not only did it teach me how and what to cook, but it taught me what I should eat, and now I find myself eating things that once I refused because I said: "I did not like them."

Ladies, how many of you knew before you studied this year's food program that you threw away almost all the food value of the Irish potato if you peel them before cooking? Just how much did you know about vitamins A, B, C, & D. anyway? Oh yes- our County can boast of as good homemakers and as good cooks as any county, but since learning more about vitamins A, B, C, & D, I for one have learned the truth of the old adage that "Beauty does not make the pot boil". I mean by this that so many of the pretty meals we cook probably are like that - so far as food value is concerned. An Irish potato is much fluffier when cooked if peeled before it is cooked, but then it has only two food elements, while if not peeled before cooking it has sixteen food elements. That is why I say we cheat our families health when we do not know these things.

I have mentioned the potato just as one of the many instances by which I was benefitted by the Food and Nutrition program. Some of the many other things taught us was that raw and dried fruits are much more valuable in their vitamins if served thus. The old way of cooking and serving fruits in pies, etc. are much more trouble and a great loss of time and food value. Another thing I learned from the program is just how raw is a yellow banana? At one meeting with our food specialist this year we put one in an oven and baked it, the amount of raw starch that oozed out of it in the cooking process explained why so many mothers look at a banana when it is placed before their children as if it were a bear.

As I've said before, I am only mentioning a few things on what the program has meant to me this year, one reason I do not mention more is that I was not in the County all the year. Another is that it is impossible to name all the good there was in it. I just want to say that when more of Rockingham's homemakers learn the value of these programs and become interested in vitamins A, B, C, & D, then we will see the appalling fact that 25% of the County's school children are undernourished disappearing, for we know that it is not that the children do not have enough to eat, but because they do not get the proper foods served in the proper way, and there is in my opinion no excuse for this when these things are taught within reach of every woman in the County. I say these things because to briefly state what the program this year has meant to me as an individual is just to say I found it good enough even for the short time I was there that I want to see every homemaker in my home County getting the full benefit of such programs."

FOOD CONSERVATION

This year we have placed special emphasis on Canning, realizing that a drought was sweeping over the greater part of the United States. One Club put on a booth at the Fairs, consisting of 67 varieties of Rockingham grown products.


One Club member, Mrs. William Cummings, together with her family, canned 10,000 cans of tomatoes and beans. They use most of this for supplying customers and selling at the Curb Market.

Many canning demonstrations were given over the County and are still being given in the canning of meats.

Our canning exhibits this year far exceeded those of previous years and received many favorable comments and were the means of people purchasing steam pressures for canning non acid vegetables.

A canning school was held in the center of the County. Canning in tin and glass, by the hot water method, and steam pressure were given. Also demonstrated the use of the sealer.

Seventy-five cans sent to National Canning Contest.



ACHIEVEMENT DAY

Our first County-wide Achievement day was held at Wentworth, our County Seat, which was the culmination of two year's food work.

An interesting program was planned and carried out. A copy of the program is attached hereto.

The crowd was estimated to be about 500 and beside our Club members and teachers, we had quite a number of town folks and husbands of Club women.

Two of our honorary members, Mrs. Jeff Penn and Mrs. Lily C. Mebane were present and gave a short talk. Miss Myrtie Keller, former Home Demonstration Agent of this County, was also present and the women were happy to see her again.

The Smyrna Club received attendance prize. They are a new Club with only fifteen members, but thirteen of them were present. Some Clubs had a great many more present, but we judged on a percentage basis. A pretty scrap book was presented to this Club.

Twenty-eight members received certificates. This was our first graduating class. A great many more had done the work successfully, but failed to keep records.

Mrs. Jane S. McKimmon was the chief attraction at this meeting. She gave an interesting talk on "Live at Home" program and stressed the food essentials for good health. We were all so happy to have her with us.

Mrs. Major Smith paid a fitting tribute to the donors, who have made Home Demonstration Work in this County possible.

**ACHIEVEMENT DAY
EXERCISES**

OF

Home Demonstration Clubs

Rockingham County

WENTWORTH HIGH SCHOOL

December 3rd, 1:30 P. M.

1930

PROGRAM

Song: Invocation

Club Collect

Prayer.....Dr. George R. Brown

Violin Solo.....Mrs. Benton Stacy

Brief Reports:

Apple-Clark	Happy Home
Bason	Intelligence
Bethany	Mapleview
Bushy Mountain	Midway-Monroeton
County Line	Herman-Bethlehem
Double Springs	Mt. Carmel
Rocky Springs	Ruffin

Smyrna

Address.....Mrs. Jane S. McKimmon

Vocal Solo.....Miss Mamie Jones

Tribute to our Honorary Members.....Mrs. M. T. Smith

(Mrs. Jeff Penn Mrs. Lily C. Mebane Mrs. Charlie Penn)

Presentation of Certificates.....Mrs. Jane S. McKimmon

Award of Attendance Prize

Invocation

As we come together
May Thy blessings rest
On our Clubs, O Father
On each welcome guest.

Give us joy in service
Grant that we may see
As we help each other
We are serving Thee.

Club Collect

Keep us, O God from pettiness; let us be large in thought,
in word, in deed.

Let us be done with fault-finding and leave off selfseek-
ing.

May we put away all pretense and meet each other face to
face without self-pity and without prejudice.

May we never be hasty in judgment and always generous.

Teach us to put into action our better impulses, straight-
forward and unafraid.

Let us take time for all things; make us grow calm, serene
and gentle.

Grant that we may realize it is the little things that create
differences; that in the big things of life we are as one.

And may we strive to touch and to know the great com-
mon woman's heart of us all; and O Lord God, let us not for-
get to be kind.

List of Graduates

Mrs. J. W. Irving	Wentworth
Mrs. Henry Stallings	Wentworth
Mrs. Mae Duke Gunn	Reidsville R. 4
Mrs. Garfield Wilson	Wentworth
Mrs. Bessie Withers	Reidsville
Mrs. Jack Saunders	Wentworth
Mrs. M. T. Smith	Reidsville
Mrs. P. B. Wright	Madison R. 2
Mrs. T. F. Humphreys	Wentworth R. 1
Miss Laura Sharp	Wentworth R. 1
Mrs. J. S. Carter	Madison R. 1
Mrs. J. E. Carter	" "
Mrs. J. B. Joyce	" "
Mrs. O. B. Forbes	" "
Mrs. C. K. Webb	Madison
Mrs. J. M. Conry	Rockwell
Mrs. G. M. Ross	Wentworth R. 1
Mrs. A. O. Joines	Summerfield
Miss Alma Moore	Wentworth R. 1
Mrs. R. P. Mitchell	Reidsville
Mrs. Fred S. Walker	Reidsville R. 1
Mrs. Elmo Moricle	Reidsville
Mrs. F. L. Combs	Reidsville R. 1
Mrs. J. S. Turner	Reidsville R. 1
Mrs. Fred Jones	Reidsville R. 1
Mrs. Harry Griffith	Ruffin
Mrs. H. P. Brown	Reidsville R. 4
Mrs. C. C. Griffin	Summerfield

COMMUNITY ACTIVITIES AND MISCELLANEOUS

Fairs

The County Fair is held at Leaksville and at this Fair seven of our Clubs had project booths, representing some phase of Club work that they had studied during the year. The booths were, as follows:-

Apple-Clarke Club- Food Conservation
Bason- Tuberculosis
Bethany- "Live-At-Home"
Midway-Monroeton- Marketing
Ruffin - Beautification of Home Grounds
Mapleview- Health and Sanitation
Herman-Bethlehem- The Road to Health

These booths showed a great deal of thought and work. They were neat and attractive. The posters were forceful in carrying good points. To give a brief idea of these booths:-

Apple-Clarke- Food Conservation. 67 varieties of Rockingham County grown products. Contained a variety of meats, poultry, vegetables, and fruits packed in standard cans of the same size showing methods of canning each.

Bason- Tuberculosis booth. A representative sleeping porch consisting of sanitary bed, bed table, tray set up for patient, sputum cups, sanitary drinking cups, and posters representing foods necessary to treat Tuberculosis, methods of eradicating Tuberculosis, and preventive measures. Literature given out.

The Marketing booth carried a good lesson. On one table there were dirty eggs in a tin bucket, children poorly dressed, butter in a fancy round mold, vegetables poorly graded and in all kinds of containers. In contrast to this was another table where eggs were properly graded and in cartons, butter in cartons, cottage cheese, lard, sausage, etc. in nice waxed cartons. Vegetables graded and in uniform containers for marketing. Their posters were also attractive with an attractive exhibit of canned products for market, both in tin (with labels) and glass.

The other booths carried similar lessons. In addition to the above mentioned booths, at the Harvest Jubilee here in Reidsville we had an attractive Arts & Crafts booth, where all the Clubs exhibited baskets, trays, book ends, vases and placques.

Fairs (Cont'd)

Also had an attractive milk booth with a mechanical cow , giving milk and the milk man taking milk to the homes and healthy boys and girls running out to play and men and women rushing to work. This attracted a great deal of attention and two of our Club women stayed in this booth all the time, giving out literature on preventing pellagra, milk for baby, and also giving milk to poor children to drink. They sold chocolate milk for benefit of Club.

We had a fine exhibit of canned products and clothing. This was also very nicely displayed and attracted a great deal of attention. Hundreds of people visited the warehouse where these booths were on display.

The Chamber of Commerce sponsored the Jubilee and planned all kind of entertainment for rural people for two days, offering generous prizes for different events. They also paid generous prizes to the Clubs for the booths.

COMMUNITY ACTIVITIES & MISCELLANEOUS (Cont'd)

County Short Course

The County Short Course is held annually for the benefit of Club folks and any others, who wish to come. The short course has been growing in popularity and numbers, since its organization five years ago. The following program was given:-

Reidsville, N. C.
Feb. 25, 1930.
COOPERATIVE EXTENSION WORK

IN

NORTH CAROLINA
AGRICULTURE
NORTH CAROLINA COUNTRY AND
UNITED STATES DEPARTMENT OF
AGRICULTURE, UNIVERSITY

Dear Folks:-

AGRICULTURE AND HOME ECONOMICS

STATE OF NORTH CAROLINA

Following is a program for our Annual

EXTENSION SERVICE
HOME DEM. WORK

Winter Short Course to be held at the Wentworth High School March 4th to 6th, inclusive. Specialists have been secured to handle the subjects, which will be presented, and we trust that you will be able to attend all of these meetings. The hours will be from 10:00 to 3:00 each day. As on last year, we are asking that you bring a school lunch and, if agreeable, it will be spread in picnic style. Those who have attended, are very strong in favor of having it served in this way. We feel like every day at the Short Course will be well worth the time spent, as the subjects will be of interest to every farm man and woman.

PROGRAM

TUESDAY, MARCH 4th.

- 10:00 to 10:30- Devotional- Rev. M. S. Husko.
10:30 to 12:00- Joint Session- Poultry and Poultry Management, Mr. C. F. Parrish, State Poultry Specialist.
12:00 to 1:00- Lunch
1:00 to 3:00- Meal Planning for the Family, Miss Mary B. Thomas, State Nutrition Specialist.
1:00 to 3:00- Improving your Tobacco Crop, Mr. B. Y. Floyd, State Tobacco Specialist.

WEDNESDAY, MARCH 5th.

- 10:00 to 10:30- Devotional- Rev. M. T. Smathers.
10:30 to 12:00- Joint Session- The Dairy Cow, Mr. A. C. Kimrey, State Dairy Specialist.
10:30 to 12:00- Food and Health, Miss Thomas.
12:00 to 1:00- Lunch.
1:00 to 3:00- Simple Desserts- Miss Thomas. This meeting is just for the Food Leaders.
1:00 to 3:00- Home Care of the Sick, Miss Lydia Gilbert, Reidsville Community Nurse.
1:00 to 3:00- Fertilizers for Tobacco, Mr. Floyd.

THURSDAY, MARCH 6th.

- 10:00 to 10:30- Devotional- Rev. J. H. Dollar.
10:30 to 12:00- Visit to Garden and Greenhouse at the Chingua-Penn farm where Mr. Gordon will demonstrate Transplanting and Pruning.
10:30 to 12:00- Those interested in Water Systems may have conferences with Mr. A. T. Holman, State Agricultural Engineer.
12:00 to 1:00- Lunch
1:00 to 3:00- Improving the Home Grounds, Miss Georgia Filand, Landscape Gardener.
1:00 to 3:00- Soil Erosion- Mr. Holman.

Looking forward to seeing you

March 4th to 6th, we are,

J. S. Walker
County agt.

Sincerely yours,

Maryon Holman
Home Agt.

COMMUNITY ACTIVITIES & MISCELLANEOUS (Cont'd)

County Federation and Its Activities

The County Federation consist of the officers of the sixteen Womens' Clubs in the County with a membership of 73. The Federation meets four times a year and transacts the business of interest to all Clubs, such as selects the subjects for study, plans for County-wide meetings, and takes care of finances for carrying on Demonstration work.

Outstanding activities of Federation this year:-

1. Appeared before County Commissioners on two occasions and when they refused to give them the appropriation the Clubs together with Mrs. Charlie Penn and Mrs. Lily C. Nebane made up the money to carry on the work until January when we will have a new board and most probably an appropriation.

2. Sponsored a County-wide picnic in July honoring our benefactors Mrs. Jeff Penn and Mrs. Lily C. Nebane. Four hundred attended this picnic. Program is attached.

3. Sent twodelegates from Federation to Farm and Home Week.

4. The Federation maintains a Loan Fund of \$250.00 to assist in the Education of worthy Club girls or daughters of Club women. Two girls have borrowed from this fund this year. One girl \$75.00 for a business course. She has now completed her course and is at work and will soon repay the money. The other, a daughter of a Club woman, borrowed \$150.00 to attend a Teachers' college.

We have not been able to increase this fund this year as the women have had their hands full paying expenses of Home Demonstration work.

5. The Federation sponsored the Winter Short Course held at the County Seat.

6. Promoted the County-wide Achievement day where 28 women received awards of merit for completing two years of food work. Many others should have received certificates, but failed to keep a record of their work, which is a requirement.

PROGRAM FOR COUNTY PICNIC

Song: "The More We Meet Together", led by Miss Chance.

Welcome: Mrs. Fred Jones, President of County Federation.

Introduction of honor guests: Mrs. J. S. Turner.

Talk: Mrs. Penn

Talk: Mrs. Hobans

Works of appreciation to Editors of County Papers.

Stunt, in charge of Mrs. M. T. Smith

Introduction of Mr. Upton G. Wilson

Song: "American the Beautiful" or "Carolina", led by Miss Chance.

Reports from Clubs on past year's work.

Apple-Clarke

Basen

Bethany

Brushy Mountain

Double Springs

Intelligence

Mapleview

Mizpah

Mayodan

Midway-Monroeton

Herman-Bethlehem

Mb. Carmel

Rocky Springs

Ruffin

Smyrna

Talk by Dr. Johnson on Farm and Home Dem. Work

Dismiss group.

Blessing

Supper

Stunts during supper

Closing remarks of appreciation by Miss Holmes

COMMUNITY ACTIVITIES & MISCELLANEOUS (Cont'd)

County Federation (Cont'd)

7. The Federation is very fortunate in having as honorary members Mrs. Jeff Penn, Mrs. Lily C. Mebane, and Mrs. Charlie Penn, who are so largely responsible for maintaining the work in this County.

COMMUNITY ACTIVITIES & MISCELLANEOUS (Cont'd)

Home Demonstration Corner in Local Papers

For fourteen months now we have been carrying a Demonstration corner in each of the three County Papers.- The Weidsville Review, The Madison Messenger, and the Leaksville News. This corner is devoted to programs for following week, timely recipes, garden notes, writeups of meetings, written by reporters of clubs, and any local achievement of special note that Club women have done.

I feel these corners have done much to promote the work in this County and I find the town women are reading them as well.

These Editors have been so very cooperative and give us a great deal of space. The Madison Messenger puts the Demonstration corner in the center of the first page.

COMMUNITY ACTIVITIES & MISCELLANEOUS (Cont'd)

Welfare Work

Due to the fact that the farmers have received such low prices for tobacco and crop failure and droughts have been prevalent, also since the Board of Commissioners refused to do much to help the poor, we have been urging the Clubs to make over old clothing, make new garments, and help the poor to utilize to better advantage what they had.

Garden seed, plants, clothing, food, and medicines have been supplied by our Clubs to the unfortunate in the different communities. Two of the Clubs held quiltings and made quilts for needy. One hundred and ninety-four yards of new material was distributed and made into garments, beside what some of the Clubs bought and different women furnished.

I haven't time or space to tell what all the Clubs have done along this line, but will attach the report of the Maplevue food leaders, which is representative of what the Clubs have done.

This line of work is growing and I feel the Club women are catching the spirit of helpfulness. I am anxious to get our leaders to help improve standards of living in their respective communities.

Report of Welfare Work of Maplevue Club

\$20.00 in cash to poor (for medicine and necessities)
 4 group meetings for sewing
 2 group cookings in neighborhood, 12 women attended one meeting, 6 women the other (Bread Making dem. given)
 2 visits to County Home for the purpose of helping sick and advising about cooking for aged.
 Food Leaders loaned pressure cooker to 3 families.
 Mrs. Wray- supplied with food and clothing for children.
 Mrs. Strader and five children- cared for during winter.
 Mrs. Smith, keeper of County Home- taught her to can peas, corn, etc.
 Mrs. Flynn- made 10 garments for children, taught to cook.
 " John Flynn- helped her with cooking.
 Edna Martin, orphan- clothed her and helped her to do better housekeeping.
 Mrs. Rakestraw (boarding house keeper)- taught cooking.
 Mrs. R. McCollum- helped with nourishing children.
 Mrs. Durham- tenant farm woman- made clothes and encouraged.
 Mrs. Wetmore- mother of 9 children, gave baby clothes.
 Mrs. Alley- visited and advised about sickness.
 Mrs. Carroll- house burned, gave much clothing, etc.
 Mrs. DeLancey- invalid, fed, visited, and helped with sewing.
 Elizabeth Purcell (negro)- sick- bought medicine for.
 William Galloway (negro)- old, found work for and helped financially.
 Andrew Carter (negro), food, medicine, and advice.
 Lou Carter, gave clothing, food, etc.
 Adkins family (5)- helped with money, food, and work.
 Hair-lipped boy - visited 2 times and tried to persuade parents to have him operated upon.
 Lame Girl- visited and tried to persuade them to have her operated upon, as we could finance this.
 Food Leaders drove 455 miles, furnished car and gas in interest of Food and Welfare work.
 Two school boys (Strader's) furnished with lunch for one school year.
 One (M. Wetmore) girl, helped by giving her board, so she can go to High School.
 A mother (Mrs. Comer) of ten children and an honorary member of Maplevue was visited often, both at home and in the hospital when she lost her infant.
 Pellagra patient, Mrs. P. R. Mitchell, furnished with many green vegetables during summer.
 Much milk and some butter given to worthy negro family in need.
 Negro orphans (Galloway's) given clothes and food at times.
 Made an effort to have negro child of 6 months treated for Tuberculosis, but it died at age of 6 months (Cecil Percell)
 Little dainties sent to Paralyzed man, who had to be taken to County Home last month (Mr. Ellington).
 Tried to cheer a paralyzed woman (Draper) unable to walk.

Report of Maplevue Club (cont'd)

Helped college boy(State College) in a small way, such as giving him underwear, shirts, and encouraging him to go on.

A World War Veteran(Johnson) home from Oteen with Tuberculosis visited and will still be on our list for fruit and flowers.

Loaned young mother(Mrs. Water McCollum) back on how to feed her small child. She was almost too ignorant to take any advice.

Made some dresses for 3 little girls(Carroll's) whose mother is dead.

Too^{care} of 2 little girls(Carroll's) for a time this summer.

Had some washing done for motherless girl, who had no idea of washing(Martin).

Gave food to child with spinal trouble and tried to get parents to have child operated on(Leaksville) Food for old white woman(Hall) who had to be at Court for a murder trial.

Visits made to Tuberculosis(Vaughn) mother and child of 10. Did not help her much, but will keep on visiting them.

Allow old man at County Home to spend day at Club home about once a month.

Many hours spent on trying to make condition better for undernourished school children(Wentworth)

Talks made to parents on child care and welfare of children.

Crippled girl and brother(Smith's) who had never attended school were carried in on auto every day and are now reading and very happy. (Mrs. Gibbs, teacher)

Canned fruit taken to widow with five young sons, (Weeks).

"Boy with Rabbit" given to a grade to make them happy. (Miss Hundley's).

Toys given to 3 children who had nothing (Adkins).

Christmas treat given to negro children who had no father(Martin's).

Much fruit given to Aunt Patsy, an old darkey, almost 100 years old.

Cream, etc. to an old lady, who was bed ridden. She has since died.

An old afflicted white man and his negro servant, who was also very feeble, lived next door to one of our Club members and she has made them comfortable for many years at a very small expense and sometimes no funds at all.

Negro given medicine.

Gann's given cloths. Helped them find market for truck. Very worthy woman and children, who were very much overworked. I feel like we were made stronger and the Gann's happier by our contact.

When the President of our Club lost her house by fire, most of Maplevue helped carry out furniture and carried water to her house and nearby houses.

Report of Mapleview Club (Cont'd)

We had a common misfortune and it brought out the best in all of us. Many little attentions were paid to her by our Club Members.

Two members gave a day of their time to help another in moving.

We did the poor ~~of~~ the County a good deed when we helped to put out the Co missioners, who were unwilling to help the needy.

Visited man crippled with rheumatism(Mr. Dockery) will help more.

Helpless woman(Mrs. Pearson) visited. Will see later.

COMMUNITY ACTIVITIES AND MISCELLANEOUS (Cont'd)

Pellagra

Fifteen pellagra patients have been visited by the Home Agent and advised about their diet. In most cases these patients and all of them happened to be women, live in out of the way places in the County and difficult for me to get to them. However, I have been back to check up on five of them and found some improvement in their health.

One woman, whom I visited the first trip, her feet were broken out and so sore that she could not wear shoes. I asked her to try yeast, which she did, and she is much better. She now can wear shoes.

Many other pellagra diet lists were sent to Pellagra patients and pellagra has been discussed at every Club, its cause, cure, etc., bringing out the importance of having an all year round garden to prevent it.

V.

RECOMMENDATIONS

Summing up the needs of the County, as I see it after a year's work here, the following program I wish to stress this year:-

1. Grow a living first.
2. To continue the Foods and Nutrition program for another year with special emphasis on the undernourished child.
3. Continue the "Live-At-Home Program"
 1. Year round Gardens.
 2. Chickens on every farm.
 3. At least one cow for every family.
 4. Meat.
4. To emphasize in every Club the work for leaders that they may carry higher standards of living to the tenant farm woman and others in their respective communities.
5. Home Improvements and extend this to Community Improvements.

VI.

SUMMARY

I. Foods & Nutrition was the major project for the year. Emphasis placed on the nutritional side of it. Thirty Food Leaders, 2 leaders from each Club, helped promote this program.

II. Food Preservation was stressed during the summer. One public demonstration in the use of the steam pressure and the canning in tin for commercial purposes, using the sealer was given.

III. The first County-wide Achievement Day was held in the County this year. Twenty-eight women received their awards of merit for completing two years of Food and Nutrition work. A great many more had done the required work, but failed to keep their records.

IV. A County Fair held at Leaksville, where 7 Clubs had project booths. A Community Fair held at Madison. A Harvest Jubilee held at Reidsville, where 8 Clubs had booths.

V. A three day County Short Course was held for Club folks.

VI. The County Federation of Home Demonstration Clubs functioned four times during the year, transacting the business for the County work.

VII. Demonstration News Corners are carried in the three County papers.

VIII. Community Work was done by all the Womens' Clubs, such as sewing for needy, helping with Nutrition problems, sickness, and supplying garden seed and food.

IX. One member of the Apple-Clarke Club received the loving cup at the State Short Course in crop judging contest.

X. About 75 women sent cans to the National Canning Contest.

XI. A County-wide picnic was held by the Federation, honoring our honorary Club members Mrs. Mebane and Mrs. Jeff Penn.

XII. Two girls, one a Club member, and one, a daughter of a Club woman, borrowed money from County Loan Fund for educational purposes.

Summary (Cont'd).

XIII. The County Commissioners did not make an appropriation to carry on Demonstration work, so the County Clubs, together with Mr. and Mrs. Jeff Penn, Mrs. Lily C. Nebane, and Mrs. Charlie Penn, have carried on this work for the past two years.

XIV. Two delegates sent by County Federation to Farm and Home Week at Raleigh.

XV. Curb Market organized in June, 1929. Sales from December, 1929 through November, 1930 were \$1,549.63.



One of many such families
our clubs have been helping.
Sewing for them, showing them
how to make bread & do other
things. She has nine children

A seventeen year old Mother.
The clubs are trying to help
with such cases. Giving advice
on care of baby, information
on feedings, etc.



Mrs Tom Humphrey.



The Bason club has sewed
and quilted for this family.
Garden seed, food & cloth
supplied during the past year.



A club leader, wearing
a dress made from
bran sacks, dyed with
straw. She has made
over & made many new
garments for the
poor.

The first demonstration
meeting of Mt Carmel
club, organized five
months ago. They
are growing big
leaves & found in
interest & number.



Home Demonstration News

Home Demonstration Agent

Tuesday, July 1—The Midway-Murkerson Home Demonstration club will meet at the home of Mrs. H. Y. Stuenkel. The demonstration for this day will be selected.

Wednesday, July 2—The Mapleview club will meet at the home of Mrs. J. H. Allen, Courtland Place. The demonstration to be selected.

Thursday, July 3—The Bacon Home Demonstrating club will meet at the home of Mrs. T. L. Webb. Plans of canning and canning for fair will be given.

Friday, July 4—The Brushy Mountain Home Demonstration club will meet with Mrs. Alex Verma. Canning is the subject for the afternoon.

STATE SHORT COURSE

I hope a large number of the club women are planning to attend farm and home work at State College, Raleigh, July 28 to August 1, inclusive. We will put the program in the paper the first of July for this meeting. We making your plans now and those that have gone before I am sure will want to return this year.

The following poem was read by Mrs. A. J. Walker Moore on June 11 at the Mt. Herman-Bethlehem church:

"The Modern Farm Woman"
(By Elizabeth Clarke Hardy)
She doesn't boil soup out of doors,
If you please,
Nor wear heavy-woolsey or calfskin boots;
Nor do up her hair in a tight little bun.
For believe me, she's captured the
up-to-date bug.

The spinning-wheel hums in the
afternoon no more,
It has passed with the loom and
the dye-pot of yore,
And today has modern inventions
by heart.

And she has housekeeping with
science and art.
She fastens her clothes with a
velvet pin,
And stands on her rooms with a
vacuum lid,
So she's plenty of time between
housekeeping scenes,
To send the "best sellers" and late
magazines.

She can lat and embroider, can
cook and crochet,
She can serve you a meal in the
refrigerator;
And she knows all the secrets of
puff and pan,
And stews and mince meat and
sugar cream cake.

She has her own bank book, her
will she has
So she can budget up in the kiln-
night way;
She "manages" her hair and she
presents her nose,
And is natty and chic in her up-
to-date clothes.

She drives on the ropes in her
automobile,
With her foot on the brake, and
her hand on the wheel,
She is something ahead, and she'll
never turn back,
For her headlights are on, and her
wheel all track.

MR. HERMAN-BETHLEHEM CLUB MEETING

(By Mrs. E. H. Walker, Reporter)
The Herman-Bethlehem club held its May meeting with Miss Ada Wilson. The scripture reading was the beautiful Psalm by Mrs. Net Stuenkel. The club officer was reported in wisdom, followed by singing "Old Folks at Home." Both hall was decorated with salad and vegetable plates.

Mrs. Holmes gave a talk on some famous art paintings. The mother of the art was discussed by Mrs. E. C. Moore. Mrs. E. W. Pugh read "Twilight." "Harry O' the Windy" was read by Mrs. Gordon Mitchell. "The Horse Fair" by Mrs. W. D. Gammann. "The Age of Innocence" by Mrs. J. W. Gammon. Mrs. J. Walker Moore read a poem "The Modern Farm Woman."

A very helpful demonstration on salad and salad dressings was given by Miss Holmes.
Miss Holmes was a blue elephant in an elephant dressing contest for the best one and Mrs. Howard King the leader.
The hostess, assisted by Mildred and Aggie Marie Watts and Evelyn Watson, served delicious ice cream, cake and candy.

ENTREPRENEUR CLUB MEETING

(By Mrs. E. H. Walker, Reporter)
The Entrepreneurs Home Demonstration club met June 12 with Mrs. E. H. Walker as hostess.

The meeting was called to order by the president, Mrs. J. E. Carter, and the meeting was opened by all singing the hymn, after which the president, Mrs. Carter, called the roll and read the minutes of

last Mrs. Rose Williams as a member and feel sure that there are others that will be added to our roll soon.

Mrs. J. E. Carter reported the district meeting at Friedens church, Guilford county, June 2, as being a success and also the county picnic given in honor of Mesdames Pugh and Holmes May 23.

Miss Holmes made a splendid talk on preparing exhibits for county and community fairs, encouraging all to work together to make the fairs a success and to can and prepare foods for home use. This is one of the goals Miss Holmes has set for us this year to plant and then can the things that cannot be raised during winter so that the heat of the family may not suffer at any time during the year for nourishing foods and by so doing to carry out the "live-at-home" program.

Mesdames J. E. Carter, J. E. Wilson and C. E. Shelton gave readings on "Art Appreciation," which were very interesting. After which Miss Holmes gave a splendid demonstration on salads and salad dressings, making one meat salad and two vegetable salads and also making three kinds of dressings. These were enjoyed very much and we feel sure there will be lots of raw vegetables served this year, thereby saving time as well as food value.

During the social period the hostess served cake and cream, after which the meeting adjourned to meet with Mrs. Rose Williams in July.

Miss Annie Goodley, Mrs. J. L. Wilson and Mrs. Julius Stewart were among the visitors present at this meeting.

APPLE-CLARK CLUB MEETING

(By Mrs. R. F. Mitchell, Reporter)
The Apple-Clark club met on June 17 with Mesdames Martin and Perkins at Mrs. Martin's home on Lawrenceville avenue.

There were 25 present and some time was spent in planning the picnic supper to be served the Rotary and Kiwanis clubs on July 1. (All Apple-Clark members are urged to be at Thompsonville school house at 4 o'clock and if plans have not been made for the lunch you are to carry be sure to make it fried chicken and individual pies.)

The "Old Refrain" and "The Beauty" were given as victrola selections.

Mrs. J. W. Bennett and Miss Holmes discussed Art Appreciation and showed copies of some of the well known pictures and told us something of the artists who painted them. Miss Holmes could tell us about seeing some of the originals in Rome and other places.

The afternoon's demonstration was: Salads and salad dressings. Miss Holmes showed the three principal kinds of dressings, viz: Mayonnaise, French and cream salad dressing. She then showed a few of the combinations that may be used in salads and the dressing for each.

Our club member, Mrs. J. D. Walker, brought flower slips for all the rest of us.

The meeting decided to put in another order for extracts as the first one was satisfactory.

The end seems to be in sight of our financial obligation of last year. Our county loan fund is becoming popular now, so other funds will be needed.

After refreshments and a few other discussions—the immediate next meeting in July for 200-300 members scattered in spite of the rain.



Mrs. Jane S. McKinnon

ACHIEVEMENT DAY EXERCISES IN THE COUNTY

(By MRS. M. T. SMITH, County Federation Reporter)

The club women of this county are looking forward to their first Achievement Day December 3rd at Wentworth high school. A program of unusual interest will be given at this time. We were fortunate in getting Mrs. Jane S. McKinnon to address for the address of the day. She will speak of some of the achievements of the modern woman.

A musical program will be given by Mrs. J. E. Allen and Miss Marie Jones of Beldenville and Mrs. Benton Stacey of Ruffin. Each one of the sixteen clubs of Rockingham county will have snappy reports of progress made during the past year. Mrs. Fred Jones, President of the Federation, will hold the chair and direct the exercises.

Coming as a fitting climax for this occasion about fifty women will receive certificates in food and nutrition work. These certificates will be issued from the state department and approved by Miss Holmes. Since this work covers a period of two years it will be impossible for many of the members to graduate but they will be expected to be present and take part in the exercises.

All friends of home and farm demonstration work, as well as those interested in the advancement of women, and especially every member of the many book clubs, garden clubs, and other civic organizations will be welcome on this happy occasion.

Home Demonstration News

(By MARJORIE HOLMES, Home Demonstration Agent)

BEAT THE MEN



Mrs. Fred S. Walker

Mrs. Fred S. Walker, of Reidsville, was awarded the silver trophy cup offered annually by the Children Nitrate of Soda Educational Bureau, in the crop identification contest staged by Prof. W. H. David. Mrs. J. I. Wagner, of Olinville, was second. Third place was won by J. J. Hackney, of Rynum, who was 36 points below Mrs. Wagner. The contest was really between the two ladies, with Mrs. Walker winning by a fraction.

FAIRS

There will be no club meetings from the 15th through the rest of the month, except the one on Madison Route 3 the 29th, due to the fact that the fairs will be running for two weeks. I hope all the club members will take an active part to make the Madison, Reidsville and Leaksville fairs a big success. We are counting strong on these fairs and hope the exhibits will far exceed any previous year. If each club member will do her duty there is no doubt but that these fairs will exceed previous years in educational value and also in a monetary value for the exhibitor. The following committees have been placed in charge and in case any one cannot serve, please get some one to take your place or notify the home agent. We would like the committees in charge of the Harvest Jubilee on Tuesday for checking in the products as they are brought in, to come early.

For Monday, September 22, all day or part of the day, to help with the decorating of the warehouse, covering tables with paper, and decorating booths, the following committee is asked to come:

Mrs. E. M. Pitts, Mrs. A. G. Smith, Mrs. J. R. King, Mrs. S. E. Jarrett, Mrs. William Ward, Miss Ruth Stevens, Mrs. E. R. Powell, Mrs. R. A. Hill, Mrs. Elmo Morrie, Mrs. Alfred Nance, Mrs. Jesse Carter, Mrs. C. H. Pettigrew, Mrs. Bob Griffin, Mrs. Dewey Brown, Mrs. L. E. Stadler, Mrs. Jeff Garrett, Mrs. R. H. Terrell.

Tuesday, September 23, committee to look after clothing department:

Mrs. Fred Jones, Mrs. Lester Combs, Mrs. J. P. Carter, Mrs. J. V. Moore.

Committee for bread, cakes, etc.: Mrs. Jack Saunders, Mrs. W. B. Timberlake, Mrs. Ed Anderson.

Committee for canned products:

Mrs. Fred Walker, Mrs. J. S. Carter, Mrs. J. T. Irving, Miss Annie Bennett.

Committee for arts and crafts

booth:

Miss Marguerite Jarrett, Mrs. Gordon Mitchell.

All the club members who have made baskets, trays, book ends, placques and yams in club work, are asked to bring them to the Harvest Jubilee on Tuesday, September 23, to enter in the arts and crafts booth.

REPORT OF MEETING OF NEW CLUB

(By Miss Fessie Nance, Reporter)

The farm women of Rockingham county organized a demonstration club Friday afternoon at 2:30 o'clock at the home of Mrs. A. C. Knight.

The club elected a president, secretary and reporter, which we hope will take a great part in the club.

Miss Holmes talked about home demonstration work. She also urges the people to can every can of food they can possibly get for this winter because it is going to be very scarce.

At the conclusion of the meeting delicious refreshments were served by Mrs. A. C. Knight.

The meeting was enjoyed very much and we are inviting all the friends and citizens of the community to attend the next meeting.

REPORT OF DOUBLE SPRINGS CLUB MEETING

(By Mrs. J. J. Webster, Reporter)

The Double Springs club held its regular monthly meeting at the home of Mrs. Jesse Thomas August 27, with twenty-eight in attendance.

The meeting was called to order by the president, Mrs. John H. Newman. Roll called by Miss Ida Lewis. Miss Lewis also gave a reading in scripture. After the collect and all business being over the hostess gave a silver contest which was interesting and enjoyed by all. The prize going to Miss Kate Roberts, a beautiful potted plant.

Miss Holmes gave us splendid recipes on drinks, such as grape juices, etc. Also told us how to make our pickles successfully and made an interesting talk on food conservation, urging every one to can their surplus, even if just one can at a time. If there isn't enough canned products in Rockingham this year, it certainly will not be Miss Holmes' fault. She has made it plain to everybody the necessity of canned goods in our every day menu and also how to can and preserve them to our advantage.

After the meeting was over Mrs. Thomas gave all members flower slips of different kinds.

Every one reported a good time and hope to meet with Mrs. Thomas again.

The club was honored with three visitors: Mrs. Ed Irvin, Mrs. Tom Hicks and Mrs. Geo. Martin.

The next meeting will be at the home of Mrs. T. B. Lindsey Saturday, September 12.

Mrs. Lindsey is a community and Christian worker in the church. She is planning to do the best she can to show the people just how vital the club work is to us, also the social side of it. All members are asked to bring baskets and all of their family that can come at 4 p. m. We also extend an invitation to the Apple-Charles club and hope to see all of you there. We are expecting lots of good things to eat and to hear a lot of things, good music too, so what more can be asked—just this—that we had more like Mrs. Lindsey in our community.

Home Demonstration News

MISS MAJORIE HOLMES, Home Demonstration Agent

PROGRAM FOR COMING WEEK

Monday, December 4—Mayden.
These Girls' Club—Food preparation and nutrition.
Tuesday, December 5—Bethany.
Miss Mable McCullum—demonstration, Christmas sweets.
Wednesday, December 11—J. Wilson.
Mr. Herman-Bethlehem, Christmas sweets, 3 o'clock, Dryden Women's club, Christmas sweets.
Thursday, December 12—Dan Valley.
—Mrs. Lauten.
Friday, December 13—Intelligence.
Mrs. J. E. Wilson, demonstration, Christmas sweets.

On December 16 at 1:30 in the office of the home demonstration agent there will be a meeting of the program committee for the purpose of making out the year books for the year's home demonstration work. The following committee please be present at this meeting: Miss Mary Orloff, Mrs. Jack Saunders, Mrs. R. F. Mitchell, Mrs. A. D. Hopkins and Mrs. W. A. Johnson. The County Federation decided that we would take back as our major project for the coming year, so that the club women, who successfully complete the two year's food work, will be entitled to certificates of credit for this work. Let each club member check up on herself by the score card in her year book and complete work required in this year's program.

The awards of merit will be given at a county achievement day next November and each club woman will want this credit. Attend each meeting during the coming year and as I hear so many excuses of women, who are afflicted with (hurryitis) will commend the following to them:

"TOO BUSY TO LIVE"

She hadn't time to greet the day,
She hadn't time to laugh or play
She hadn't time to wait awhile,
She hadn't time to give a smile;
She hadn't time to glean the news,
She hadn't time to dream or muse;
She hadn't time to train her mind;
She hadn't time to be just kind;
She hadn't time to see a job,
She hadn't time to write her folk;
She hadn't time to help a cause,
She hadn't time to make a pause;
She hadn't time to join a row,
She hadn't time to give a vote;
She hadn't time to sing a song,
She hadn't time to right a wrong;
She hadn't time to send a gift,
She hadn't time to practice thrift;
She hadn't time to exercise,
She hadn't time to scan the clock;
She hadn't time to feed a cry,
She hadn't time to say good bye;
She hadn't time to study peace,
She hadn't time to suppress rage,
She hadn't time to go glared,
She hadn't time to serve her God;
She hadn't time to lend or give.

She hadn't time to really live,
She hadn't time to read this verse,
She hadn't time—she's in a hurry.

PELLAGRA

Thirteen hundred people died each year of Pellagra in North Carolina alone. There are many in Rockingham county suffering from this disease, some just showing the first symptoms.

It's cause—wrong feeding.

It's cure—right feeding.

1. Pellagra is a disease that usually shows itself by a strange kind of breaking out on the skin, very much like sunburn. The person with pellagra usually suffers loss of appetite, indigestion, diarrhoea, nervousness, sore mouth, low spirits, burning of the hands and feet and general weakness.

2. It is not "craziness."

3. It is caused by eating the wrong kind of food and can be prevented and cured by the right kind of food. A diet limited for a long period to corn bread, soft riding flour, bread, grits, rice, fat meat and molasses will bring on pellagra. Plenty of milk, lean meat, eggs, beans, peas and vegetables added to the diet will prevent it.

4. Persons having symptoms of this disease should be under the care of a good doctor with a diet of fresh milk, lean meat, eggs, vegetables and peas is also helpful.

5. More gardens, chickens and cows and use of products from same in both city and country will reduce number of cases. Year round gardens with kale, spinach, collards, cabbage, turnips, etc. will help materially.

By error of the printer credit was not given to Mrs. R. F. Mitchell for the writing of the article in last week's issue about Mrs. J. S. Turner. We wish to correct this and give Mrs. R. F. Mitchell credit for that article.

HERMAN-BETHEHEM CLUB

(Mrs. Earl Wagner, Reporter)

The Herman-Bethlehem Women's club met November 13 with Mrs. Ernest Fisher. Fourteen members were present and seven new ones joined. The meeting was called to order by the president and a short program was rendered. Mrs. Young and Mrs. Anderson gave an interesting report from the meeting that appeared at Waverly several weeks ago where they were taught to make baskets and book-bags.

After a business meeting Mrs. Holmes gave a very helpful and interesting demonstration on preparing and packing a school lunch.

During a social hour delicious refreshments were served.

The club will meet the second Wednesday of each month.

Home Demonstration News

(MISS MAJORIE HOLMES, Home Demonstration Agent)

FAIRS

One of the clubs has decided on project, booths for the County Fair and Harvest Jubilee. We want these booths to be representative of our work and to be a real club project rather than for a few members of the club.

In planning now for these booths also plan for individual exhibits. Grains and such a can of baby foods, carrots, radishes, beans, etc., as they come in the garden, follow directions as prepared in State causing bulletin in order to have standard plans.

Last year only two farm exhibits were put on at the Buckingham county fair. This is an exhibit put on by individual farmers and their wives consisting of field, garden, orchard and culinary products. The first prize for such an exhibit is \$50.00, which is certainly worth working for. We hope to have more competition in this class this year.

INCIDENTALS

We have a few splendid new bulletins on "Pressure Cooking." Any one desiring one of these bulletins, send to Home Agents Office for same.

We also have a few durn jelly glasses, the four ounce standard jelly glasses to use for Fair exhibits.

DOUBLE SPRINGS CLUB

(Mrs. J. J. Webster, Reporter)

The Double Springs club held its regular monthly meeting at the home of Miss Kate Roberts with Mrs. J. J. Webster as joint hostess.

The meeting was called to order by Mrs. J. T. Irving, our president being absent.

After the club song and collect Mrs. J. P. Thomas gave a splendid well prepared paper on importance of greens in the every day menu.

Then we were invited to the kitchen and dining room where Miss Holmes showed us how to cook delicious cream dishes without meat, in the everyday diet. Every one enjoyed the demonstration very much, especially the ones in our community that cannot eat meat.

After the business session, the club enjoyed a coffee. Mrs. Irving winning the prize, a pretty cooking apron.

The hostess then served delicious home made ice cream with strawberry short cake and Dr. Williams' food cake.

Mrs. Robert Talbot, Miss Miss Emma Glenn Roberts a re-

cent bride of the Double Springs club, was honored with a shower by the club members, receiving many pretty and useful gifts.

It has not yet been decided on where our club will meet, but will be announced in the local papers.

We hope to welcome all of our members and as many visitors as can come.

ALL YEAR ROUND GARDEN

(Mrs. Jones Carter, Magistrate club)

The importance of an all year round garden both from an economic and a health standpoint, has not been generally recognized.

Home grown vegetables can be made an important means of reducing the family budget in homes. Recent discoveries in the field of human nutrition have shown the value and absolute necessity of fresh vegetables in the diet. If good health is to be maintained.

North Carolina is favored with a climate that makes possible the all year round garden.

If sufficient attention to planning the garden and to making plantings at current times, fresh vegetables may be had every day in the year.

A much more complete and satisfactory supply of fresh vegetables can be secured by the use of hot beds and cold frames for growing winter vegetables and for starting early crops and if due consideration is given, in storing vegetables for winter use. Sauer Kraut is very delicious and can be stored away for winter.

Why are vegetables so essential in the diet? The value of vegetables in the diet is dependent upon small quantities of special nutrients. They are valuable too for the bulk they give the diet, their appealing qualities, their flavor and appearance, and variety, which they make possible. The amount of protein, fat, and carbohydrates contained in vegetables are much smaller than in staple foods, such as bread, meat, and cheese. The mineral matter, which is found in vegetable food, is varied in character. The mineral substances which the body requires, is more abundant in vegetables than in most other kinds of food, and if for any reason the body lacks these foods for a time, diseases may result.

To insure normal and regular passage of food through the digestive tract, a certain amount of indigestible supporting materials

is desirable.

Dr. E. V. McCollum of Johns Hopkins hospital has demonstrated the value of different types of vitamin carriers, and the importance of these essential food substances in the well being of man. The three essential food elements are vitamins A, B and C.

Different vegetables and different parts of vegetables contain amounts of the essential substances. Leaves of vegetables constitute an important source of A, while seeds, tubers, fleshy roots and leafy foods contain B, C is abundant in vegetables, fruits, and fresh milk. Leaves of plants are carriers of vitamins, and most all seeds and greens are valuable in maintaining health.

Such vegetables as cabbage served as cole slaw, collards, lettuce, spinach are vitamin carriers. These should be raised in every garden.

Carrots are important and can be served in a variety of ways. They have been grown in our gardens in a very limited extent and have been entirely unappreciated.

Tomatoes are valuable, both when raw and canned. They will take the place of such fruits, as lemons and oranges. Tomato juice is very valuable for babies.

The diet has an important relation to physical and mental efficiency. Early aging and low vitality follow the prolonged use of

unsatisfactory diet.

There are lots of people in the state of North Carolina who are living largely on diets which are made entirely from wheat, corn, corn meal, rice, peas, beans, potatoes, sweet potatoes, turnips, and muscle meat. Unless supplemented with large amounts of leafy vegetables, a diet of this type is unsatisfactory for the nutrition of man. When it is understood that the presence of these essential elements is necessary in the diet to induce healthy growth and condition in the adult, it is realized that vegetables supply the elements in varying amounts. The importance of vegetables in the well-balanced diet will be appreciated and the value of the vegetable garden will be realized in this state.

The home garden can be made an agency in raising the standard of public health by stimulating the habit of eating more freely of green leafy vegetables than is now practiced in the state of North Carolina.

Do you have the Home Garden Manual that tells you what to plant each month in the year? If not, write to office of the Home Agent and get one.

Home Demonstration News

(MISS MAJORIE HOLMES, Home Demonstration Agent)

PROGRAM FOR NEXT WEEK

Tuesday, March 11, Bethany club will meet with Mrs. J. T. McCollum, Demonstration for the afternoon, "Improving the Home Grounds." We want a report from all those who attended the short course this week.

Wednesday, March 12, the Herman-Bethlehem club will meet with Mrs. Elmer Thomas. She and Mrs. Bondurant being joint hostesses. The meeting will be a yard improvement program.

Thursday, March 13, the Midway-Monroeton club will meet with Mrs. John Wetmore. Demonstration for the afternoon, "Improving the Home Grounds."

Friday, March 14, the Intelligence club will meet with Mrs. O. B. Forbes. Demonstration for the afternoon, "Improving the Home Grounds." Study and booklet "How to plant the home grounds."

Reflect: If all the club members were just like me, what kind of a club would our club be.

SUGGESTIONS TO CLUBS

1. Clubs can secure a selected collection of books from North Carolina library commission and keep these three months. Your only obligation is to take care of books and pay postage each way.

2. Each club should keep accurate records of work done, so that they can make report of same for state and county records.

3. Have an objective and work toward it.

4. Plan now for your achievements.

5. Decide on what booths you will put on at the fair, so that you may study and work for that goal all year. Also make it a club project rather than the work of a few.

6. Stress the live-at-home program in your club and community and encourage more gardening.

7. Food leaders gather non-club members together and give demonstration to few in own kitchens, especially to the women, who live on your farms, and in your neighborhood.

8. We want each club to make a study of their community and find out their needs and report at club meetings.

9. Let's make our clubs a living asset in our community and take part in promoting all community work.

10. Take a look at the church year in your community. Does it look as if no one worshipped there?

BETHANY CLUB MEETING

(Mrs. J. T. Stewart, Reporter)

The Bethany Home Demonstration club held its February meeting with Mrs. A. O. Jones. The meeting was called to order by the president. After which a short business session was held. The regular club program was carried out. Mrs. Jones gave an interesting talk on February's great men. Mrs. J. M. Curry gave a report of the food leaders' school, which had been previously held at Wentworth.

The demonstration given at this time was yeast rolls, which was given by Miss Holmes. These rolls were eaten and enjoyed by all present, who learned the club members and all the members of the Bethany school family.

After the meal, host Mrs. Jones gave delicious refreshments. Miss Jones also gave an interesting address.

which was in keeping with the Valentine season. Miss News-Reynolds was successful recipient.

BASON HOME DEMONSTRATION CLUB MEETS

(Mrs. G. C. Moore, Reporter)

The January meeting was held at the home of Mrs. T. P. Humphreys. Miss Holmes demonstrated the cooking of fish meals, using the Bason pressure cooker. We also talked of the work for this year.

The February meeting was held at the home of Mrs. H. J. Humphreys. Miss Holmes' report was about the acceptance of the year program and especially emphasized the live-at-home program.

The food leaders, Mrs. P. B. Wright and Mrs. C. R. Webb, gave a splendid demonstration in the making of yeast rolls, buns, etc.

Miss Laura Sharp read an interesting paper on "Famous Men Born in the Month of February."

The meeting adjourned to meet the first Thursday in March with Mrs. J. M. Webb.

One of the most interesting features of the short course at Wentworth was the work given by Miss Mary Thomas, nutrition specialist.

On Tuesday Miss Thomas spoke to about 4 women on the importance of well balanced meals. If we are to be well nourished and healthy certain kinds of foods must be eaten. The work you do, your age and the time of year have some part in what we shall eat. The food we eat may alter the moods in the wheel of good health. If these meals do not have the proper proportion of vegetables, fruits, etc., then our spines are weak and we become sick from lack of some element that the body needs.

1. Our food must build and repair body tissue.

2. Furnish heat and energy.

3. Regulate the works inside the body.

4. Make us grow and keep us well.

Not only must our food keep us well but we must as far as possible eat what we eat. A well balanced menu for a day in March included these foods:

Breakfast—Water, canned cherries, cracked wheat, milk, hain, biscuits, coffee or cocoa.

Dinner—Turnip salad cooked with hot oil and poached eggs, corn bread, butter, mashed potatoes, raw onions, apple pie, buttermilk.

Supper—Cream of tomato soup, bread and butter, cake, honey, milk.

One of the important factors in food planning is to be sure that each adult gets one pint of milk each day and every child gets one quart of milk each day.

On Wednesday dinners in relation to food were studied. Buns (there are many kinds of potatoes in the country) the best of a potato, butter, was explained. A meeting will be given this evening on a good diet of vegetables, milk, eggs, fruit will cure it. Wheat is often helpful. The afternoon was spent with the food leaders. Miss Thomas made delicious food every farm woman can make from home products. From pie, plan from homemade corn, cranberry, baked custard, rice, and sweet butter were made. The guests of April Miss Thomas and her family. The food was delicious and satisfying. The food was

Home Demonstration News

(MISS MAJORIE HOLMES, Home Demonstration Agent)

PROGRAM FOR NEXT WEEK

Monday, February 24—Mayoan—3 Girls clubs—8th and 9th grade—"Charley's" 6th grade—Biscuit Contest—7th grade—"Biscuit Contest."

Tuesday, February 25—The Ruffin Home Demonstration club will meet with Mrs. J. W. Chandler and Miss Bess Chandler. Demonstration for the afternoon—"Quick Yeast Rolls."

Wednesday, February 26—The Double Springs club will have its regular meeting with Miss Sallie Carter. Any one having flower seeds, garden seeds or shrubbery of any kind to spare, please bring it and we will have an exchange. The new year books will be given out and a community service committee appointed to look after needs of community.

Thursday, February 27—The Dan Valley club will have its regular meeting. Demonstration—"Quick Yeast Rolls."

Friday, February 28—The home agent will spend the day with the demonstration yards in the country, preparatory to having Miss Piland, who is a landscape gardening specialist with the state department of education, visit them. We would like to have a demonstration yard in each club.

LEST WE FORGET

Some of the clubs are doing a splendid piece of community work. They are visiting the homes in their respective communities and are finding a great many things that they did not know existed. For example, needy children, who do not have proper clothing that they may attend school. Any one having good second hand clothing they do not need, please get in touch with one of the club presidents and they will see that they get into good hands.

The following is a letter sent to Mrs. J. S. Carter, of the Intelligence club, from a woman who has a family of twelve children who was very much in need and to whom Mrs. Carter sent a box of clothing. Extracts from the letter:

"I got the things you sent me and I was so pleased to get them. I send many, many thanks to you for them and I wish you could have seen the little ones smile when they saw the things. They just clapped their little hands and laughed. I can see every thing you sent, can make the little boys some shirts to fit them out of the shirts you sent. I am sending you a picture of part of my children, etc. Please remember me and my little ones in your prayers."

Other letters have also been received and we feel this work is highly worth while. The Mapleview and Beacon clubs are making new garments for some needy in their communities. I hope all the clubs will take an active part in community work.

The following is a splendid paper written by Mrs. H. G. Dallas and read at the Herman-Bethlehem club the past week:

Famous Men Born in February

Considering that February is the shortest month of the year, and is not noted for equability of conduct or warmth of temperature, she has been kind to us in her production. She is such a little mother to produce such big boys. Three of the tallest men known among great men, Washington, Lincoln and Daniel Boone. "So it isn't by size that we win or we fail."

If she had contributed no one else but Charles Dickens, she would have been more than most of months. He is the supreme story-teller of the world, the greatest artist and proclaimer of humanity. His range is as wide as not wider, and much more intimate, than that of Shakespeare.

There's Charles A. Lindbergh to her credit, born February 4. The living ideal of every school boy. After all the destinations pinned on his coat by admiring governments the world over, he has kept his head. A more modest bearing, manner, kinder, simpler character and a more unaffected presence no kid of the great multitude ever displayed. Our boys and girls have before them a stirring, inspiring vision of real manhood. He represents to us all that we could wish—a young American at his best. Never was America more proud of a son.

Charles Lamb, the greatest humorist of his day was born February 8.

We have John Ruskin as an illustration that genius rises above money. He was also born the 8th of February. Thomas Edison was born February 11. The story of his life is the story

of light on darkness.

Daniel Boone was born the 11th of February. He was one of our most daring pioneers.

February 12 gave us Abraham Lincoln. And what might well be called the "Lincoln Trail" encircles the globe. The ideas, ideals and inspiration of his life have made him just as much an ideal for young Japan and young China as he is to England and America. The Lincoln Stories in England are very numerous and in significant locations. It has taken the southern States a long time to appreciate him but we are fast beginning to know that he was our greatest friend, and could his life have been spared, what a different story of "Reconstruction Days" there would be to remember! It was his soul purpose to save the union. To me it is quite apparent that certain great men who rise at certain crises in the world's history are molded for the occasion. Lincoln's birthday is now a legal holiday in twenty-eight states, ranks next to Washington's.

Both Lincoln and Washington were alike in their power of endurance and their capacity to take punishment. Washington may again be compared with Lincoln in that his education was very limited.

George Washington was regarded as one of the wealthiest men of his time. He refused to accept pay for his military services. He was abused without mercy during the war. His capacity to endure was the basis of his true greatness. Although he was unanimously elected president of the United States he had his difficulties as much as our own president of today. We are told that his letters to Congress are some of the most moving documents in all history. I ran across these lines of Elizabeth Browning, written long ago, and couldn't help but think how very appropriately they apply to great men all down the ages:

"A great man (who was crowned one day)

Imagined a great deed:
He shaped it out of cloud and clay,
He touched it finely till the seed
Possessed the flower; from heart to brain

He fed it with large thoughts humane,
To help a people's need;
But he stood back before the sun
The world is many—I am one."

My great deed was too great,
God's fruit of justice ripens slow,
Men's souls are narrow, they must grow.
My brothers, we must wait."

A man must be dead a long time before he becomes supremely great.

SCHEDULE FOR SHORT COURSE

WENTWORTH HIGH SCHOOL

Tuesday, March 4th, 10:00 to 10:30

Devotional—Rev. M. G. Haste.

10:30 to 12:00—John Gordon—Poultry and Poultry Management, Mr. C. F. Parrish, State Poultry Specialist.

12:00 to 1:00—Lunch.

1:00 to 3:00—Meal Planning for the Family—Mrs. Mary E. Thomas, State Nutrition Specialist.

Wednesday, March 5th, 10:00 to 10:30

Devotional—Rev. M. T. Smith.

10:30 to 12:00—John Gordon—The Dairy Cow, Mr. A. C. Kinney, State Dairy Specialist.

12:00 to 12:30—Food and Health, Miss Thomas.

12:30 to 1:00—Lunch.

1:00 to 2:00—Simple Desserts—Miss Thomas. This meeting is just for the Food Leaders.

1:00 to 2:00—Home Care of the Sick, Miss Lydia Gilbert, Reidsville Community Nurse.

2:00 to 3:00—Fertilizers for Tobacco, Mr. Floyd.

Thursday, March 6th, 10:00 to 10:30

Devotional, Rev. J. H. Dellar.

10:30 to 12:00—Visit to garden and greenhouse at Chingpa-Vein farm where Mr. Gordon will demonstrate transplanting and pruning.

12:00 to 12:30—Those interested in water systems may have conference with Mr. A. T. Holman, State Agricultural Engineer.

12:30 to 1:00—Lunch.

1:00 to 2:00—Improving the home grounds, Miss Georgia Piland, Landscape Gardener.

2:00 to 3:00—Sed Ewelen, Mr. Holman.

MAJORIE HOLMES,

Home Demonstration Agent

F. S. WALKER,

County Agent

BACON HOME DEMONSTRATION CLUB MEETS

The October meeting of the Bacon home demonstration club was held at the home of Mrs. G. C. Moore. There was a real good attendance at this meeting, also three visitors. After the devotional Miss Holmes read us an interesting little poem: "Home Little Pig." Several members talked on the subject, "Tactful Child Feeding," also "The Art of Preparing Invalid Cookery." The club decided to entertain the Bethany school faculty on Wednesday evening following our meeting. They were entertained at the home of Mrs. C. C. Griffin.

During the evening the faculty and other visiting friends were served delicious Brunswick stew prepared by Mrs. T. B. Wright and other members of our club.

Miss Holmes gave an excellent demonstration, Invalid Cookery and Child Feeding. All the members were delighted with this demonstration as it was so often needed in our homes.

During the social hour Mrs. Moore served tempting refreshments. The next meeting of the club will be at the home of Miss Laura Sharpe.

CLUB MEETS

The Maple View club met Wednesday, October 4, at the school house, with Mrs. J. W. Irving as hostess.

The president, Mrs. D. L. Williams, called the meeting to order, after which she had reviewed the Lord's Prayer and the creed. The secretary called the roll and read the minutes. The treasurer made her report. Mrs. Williams reported on arts and crafts. Mrs. Smith reported on food teacher's work.

Following the routine business Miss Holmes gave a demonstration of candy making, serving the candy later. At the conclusion of the meeting Mrs. Irving served coffee and sandwiches.

We were glad to have Mrs. Kerley as a new member, and Mrs. Comer, Mrs. Tuttle and Mrs. Johnson as visitors. We hope they will soon join us.

The next meeting will be at the school house the first Wednesday in January with Mrs. Saunders as hostess.

Curb market at Pennix's warehouse Saturday morning, 8:30 to 11. The following articles will be for sale: Eggs, buttermilk, green, cake, candy, canned goods, preserves, flowers, sugar, krusel, cheese pies, meat, peaches, butter and doughnuts. Attend this market and buy fresh produce.

There will be an old time Fiddler's Convention at Bethany consolidated school Friday night, December 28, at 7:30 o'clock. Admission 25 and 50c. This convention is sponsored by the Bacon Home Demonstration club. There will be first and second cash prizes awarded on violin, banjo, guitar and mandolin. Come and bring your friends. Local musicians are invited to attend and participate.

CLUB MEETS (Continued)

The Minneh club has held its last two monthly meetings with Mrs. F. W. McCollum and Mrs. Addie McCollum, respectively.

Both meetings were well attended and interest in club work in the community is growing, for we have just begun to reach some of the many who need it most. Without our home demonstration agent and her leadership we cannot meet this need. There are many families in every community who are not reached for financial reasons, by newspapers, magazines and the radio that can and will be greatly benefited by our community club work. It tends to draw each and every club woman closer together and makes us see and realize the great need of our neighbor, and makes us want to do more for those who are less fortunate. We cannot and never will accomplish this end unless we are banded together in some organization with an efficient leader, as we now have in our community clubs in Rockingham county, namely Miss Holmes. This is the only thing and the one great need that we farm women are asking in our county, and we do hope that our commissioners can realize this and lend a helping hand to one of the greatest needs in Rockingham county.

MAPLEVIEW CLUB MEETS

(Mrs. E. C. Stallings, Reporter)

The regular meeting of the Mapleview Home Demonstration club was held at the home of Mrs. J. H. Allen, Courtland Place, Reidsville, with Mrs. Brown and Mrs. Gurne just business.

Our president not being in our community last week resigned and the vice president, Mrs. Miss Della Quinn, presided.

The meeting was opened with song and collect, after which Mrs. Timberlake called the roll and read the minutes of last meeting which were approved.

Such business, old and new, was discussed during the afternoon. The club discussed ways and means of making some money. We also decided to have a first Harvest Jubilee and a booth at the county fair.

Mrs. Carlfield Wilson and Mrs. Henry Stallings were elected delegates to Raleigh for farm and home week beginning July 28 to August 1.

For our demonstration Miss Holmes made salad, stew and dressing—making salmon, cucumber and tomato salad, also cold stew.

After the business was adjourned for a social hour. The hostesses served delightful homemade peach cream with cake and mint.

The club adjourned to meet the first Wednesday in August at the home of Mrs. Annie McMichael at Wentworth.

There are fifteen women's clubs in the rural communities of Rockingham county and two others to be organized at an early date, according to a statement from Miss Margaret Holmes, home demonstration agent. These clubs are doing much to bring about improvements both in the social and economic life of the rural communities and the women are very responsive to their co-operation with the demonstration agent and the result is that many rural homes have modern equipments equal to those in the city.

The Midway-Libertyville Home Demonstration club will not meet Tuesday, March 4, on account of the short course at Wentworth. However, they will meet Thursday, March 12, at Mrs. John Weinmeyer's. The demonstration will be paid talk.

CLUB MEETING

Bethany Home Demonstration club held its March meeting at the home of J. F. Baker.

The meeting was called to order by the president. After the roll was called and the regular routine of business was discussed and disposed of there was a discussion on ground improvement. Several of the club women are improving their home grounds, therefore this was a very interesting demonstration to them. The club is also planting some shrubs on the Bethany school grounds.

The club adjourned to meet in April with Mrs. J. T. McCollum, but owing to sickness in Mrs. McCollum's home it will meet with Mrs. J. D. Pearson on April 8. During the social hour Mrs. Barker served delicious salads.

CLUB MEETING

Miss Holmes, the home demonstration agent, met with the ladies of Pleasantville and Smyrna communities Friday at the home of Mrs. Ann Pink, after the purpose of organizing joint club.

Miss Holmes called the meeting to order and gave an outline of some of the work the club is to do after which members were introduced and officers were elected as follows:

President—Mrs. Pink Carter.
Vice president—Mrs. Eva Halsey.
Secretary and treasurer—Mrs. W. C. Smith.

Reporter—Mrs. C. W. McMillan.
The club was given the next Smyrna.

The ladies then served delicious refreshments after which the meeting adjourned to meet again the 21st of February with Mrs. Pink Carter.

SIXTEENTH HOME DEMONSTRATION CLUB

Women of the Happy Home community, who were interested in a home demonstration club, met at the home of Mrs. Arthur Powell, near Ruffin, Thursday.

Miss Margie Holmes gave a brief talk on the purpose of the clubs, pointing out facts in general. Fifteen industrious, eager women became the first members of the new club. The Happy Home club, is the sixteenth of this type to be formed in Rockingham county.

The officers for the club are as follows:

President—Mrs. E. M. Pitts.
Vice president—Mrs. W. W. Stevens.

Secretary—Mrs. William Ward.
Reporter—Miss Gussie W. Jones.

The next meeting will be held on July 14, at 2 o'clock, at the home of Mrs. E. M. Pitts. The women and young ladies of the Happy Home community are cordially invited to attend.

Lemonade and cake were served to the guests by the hostesses, Mrs. Arthur Powell and Mrs. Gussie Hill. The new club members returned to their homes looking forward to the next meeting.

THE MT. HERMAN-BETHLEHEM CLUB

The Mt. Herman-Bethlehem club held its regular monthly meeting with Mesdames Frank Anderson, E. C. Moore and W. D. Gammon at joint homes. One new member was added to the club, bringing the membership up to forty.

The program was as follows: Scripture, Matthew 26; Mrs. Nat Anderson sang, "Church in the Willowood;" roll call preceded with garden hints from each member.

Mrs. A. R. Williams, Mrs. W. K. Youngs and Mrs. Gammon were appointed to plan the booth for the fair to be held this fall. Reports of the short course held at Westworth in March was given.

Poem, "A Boy and His Stomach," Mrs. Luther Burton; reading, "Digestion of Carbohydrates, Proteins and Fats," Mrs. Gordon Mitchell; talk, Mrs. H. G. Dumas. After this Miss Holmes gave a demonstration on poultry raising, which was enjoyed by all.

During the social hour Mrs. Gammon and Mrs. Moore conducted an interesting meeting, "an autumnal woman." Mrs. Hugh Griffin, of Raleigh, was the prize. The lucky was to Mrs. Will Duncan.

The ladies served ice cream and candy.

Welfare Achievements

How Miss Marjorie Holmes, home demonstration agent in Rockingham County, without any aid from the Board of County Commissioners, but with the aid of sixteen farm women's clubs, boasting a membership of 500, and other public spirited citizens of the county, has accomplished wonders in welfare work among rural homes, is the basis of an interesting story published on the Journal's Farm Page this morning.

The same Board of Commissioners which refused to appropriate a penny for home demonstration work in the county has also been reluctant to provide funds for welfare work among its less fortunate citizens, with the result that many would have suffered but for the work of the home demonstration club women, who collected and remade old clothes, bought many new garments and also secured food, medicine and cash, all of which went to the needy.

After reading the account of the situation in Rockingham County, as described by Upton G. Wilson on the Farm Page, one can but guess the shame which should visit itself upon the County Commissioners who have left undone a humanitarian work which the women of Rockingham have done without outside aid.

Surely an omnipresent Providence uses the comforting hand of women to do his work which the callous hands and hearts of men are unwilling and unfit to do.

Hinton-Salem Journal

EXHIBITS WERE THE BEST EVER SHOWN AT FAIR

There are sixteen home demonstration clubs in the rural communities of Rockingham county, according to a statement by Miss Marjorie Holmes, home demonstration agent. All of these had exhibits in the New Pinnix warehouse in Ridesville during the Jubilee days, Wednesday and Thursday, and no exhibits attracted more attention and brought forth more favorable comments than those put on by these ladies.

Along the length of the warehouse on the west, booth after booth was arranged for the display of canned goods, sewing, handicraft, kitchen equipments, new homes and home environments as compared with those of our grand parents, the Ruffin club drawing the contrast in these home conveniences, the exhibit taking down the second prize.

The Bethany club had a display of 67 different Rockingham county products, farm and garden, which attracted much attention, the exhibit capturing the first prize, \$20 in cash. The Midway-Monroeton club won third prize for the display.

The Mapleview club had an attractive display on sanitation and health in the home, the treatment of the dreaded disease of cancer.

The Herman-Bethlehem club won the fourth prize on the display showing the two roads from the home, one to health, happiness and success, and the other to the cemetery crowded with people suffering from cancer and tuberculosis which might have been cured had the disease been detected and treated in time.

The exhibits of pies, cakes, rolls and cookies by the country women caused many visitors to pause and gaze with a watchful eye at the displays of good things to eat.

The Chincqua-Penn dairy with the big cow standing on top of the world, then below in the turn saw the process of milking going on, attracted much favorable attention, and caused visitors to remain long at the booth to watch the process.

The sewing exhibits at which were shown scores of ready-made garments for every member of the family from the tiny baby to the grandmother.

Farm products from various parts of the county, from the dairy, poultry, pigs, hogs, watermelons, cantaloupes and everything in the eatery were all of a very fine quality.

Miss Holmes Fine Work In Coun^{ty}

(By UPTON G. WILSON)

Under the leadership of Miss Marjorie Holmes the home demonstration club of Rockingham county, though denied support by the board of commissioners, are bringing to a close one of the most successful year's work in their history.

Not since she came has the county contributed a cent to club work, the expense of the work having been borne by the clubs themselves, aided by public-spirited citizens of the county and a number of civic organizations.

Miss Holmes came to the county two years ago, succeeding Miss Myrtle Keller.

Sixteen Clubs

In the county at this time sixteen home demonstration clubs, with approximately 800 members, are actively functioning. That these clubs and their memberships are a power for good in the county is obvious, but their work will be mentioned somewhat in detail.

Among subjects of study this year have been nutrition, conservation of food, including all phases of canning, sanitation and cleanliness, beautification of homes, proper diet for diabetics and food habits calculated to prevent pellagra. The making of home gardens has also been stressed.

The work of the clubs and their ever widening influence have probably resulted in the growing of hundreds of gardens and the canning of thousands of quarts of vegetables, fruits, etc. above the usual number of gardens ordinarily planted and the normal amount of food customarily canned. But for the unprecedented drought Rockingham county housewives would no doubt have faced the winter with the bottled pantries and cellars they have ever known.

Fills 14,000 Cans

A member of one of the clubs in the county has filled more than 10,000 cans with fruits, vegetables and berries. She will sell much of this, of course, as her family cannot consume it all.

In studying nutrition and the proper preparation of food the housewives of the county have probably saved themselves thousands of dollars in doctor bills, to say nothing of the better nurtured and stronger children they are raising. It is becoming axiomatic that home demonstration club families are healthy families.

Not content with learning more about foods and their preparation themselves, they are making their knowledge available to others. The slogan of the workers

bread and milk."

Visits In Homes

Discussing another "case," Miss Holmes said: "I visited a woman the other day who has nine children. They have two rooms, three beds for the eleven of them, not enough dishes to go around and only three chairs. Not a sign of any bed clothing on the beds—just old straw mattresses.

"The woman could read and was glad to get some bulletins on canning, gardening and caring for the baby. She did not even have soap for washing the baby and the flies were awful. She is a sweet sort of person but she surely does need help."

It was in living up to the slogan of taking home demonstration work into every home that Miss Holmes visited the homes mentioned here. She has visited many other homes in which conditions were almost as bad. Not only she, but the nearly five hundred club members in the county are missionaries of light, fighting bravely against ignorance and improper food habits.

Relief work being done by the clubs is merely an adjunct to their educational work. When they find persons unable to help themselves, they endeavor to help them. And busy farm women that they are, many of them with large families of their own, much that they do represents real sacrifices on their part.

Develop Leaders

A by-product of home demonstration work, so to speak, is the development of leadership qualities among club women in every part of the county. Rockingham county has farm women, and more than a few, who can lay aside their house dresses, don becoming and modish gowns and with poise and grace, and using good diction, address an audience on any subject of interest to women.

Mrs. J. S. Turner, of Hillsville, a farm woman who daily delivers vegetables, milk and other farm products to a large number of customers, is one of the most charming speakers of her sex to be found in the state. She has on more than one occasion addressed gatherings of persons from all parts of North Carolina, with much credit to herself and to the education and delight of her audiences.

Another speaker of distinction is Mrs. J. S. Carter, of Madison, who is president of the County Federation of Clubs. Mrs. Carter is a plain farm woman who does her own housework and feeds her chickens.

From Whence Comes All The Opposition?

(By UPTON G. WILSON)

With the final refusal of Rockingham county's commissioners to make a budget allowance for home and farm demonstration work, it would be interesting to know from whence came the opposition that fixed the commissioners in their determination to ignore these projects.

The importance of the work has been well presented to the commissioners on a number of occasions and so far as this writer is aware it never has been seriously opposed, not publicly at least. Friends of the work have boldly used the press to express their views, but if enemies of it have done so I have failed to see their objections.

This being true, it may not be out of work to ask if the board of commissioners of Rockingham county is that in fact or merely a rubber stamp for some man or men who dictate measures from behind the scenes. The board, it appears, is never willing to make a decision in public, but must wait until it has obtained the advice or consent of some person or persons whose identity remains hidden.

This writer freely admits the honesty of the present board. He believes the members of it are sincerely interested in the welfare of Rockingham county but he just as sincerely believes they have made a stupid mistake in refusing to include home and farm demonstration work in the current budget. The expense of the work is as nothing compared to its benefits.

It ought not to have been necessary for citizens of the county to appeal to the board for continuance of the work, for its value is so apparent that intelligent men should not have to be told of its merits. Citizens do not have to go to Washington to tell members of this board of education of the importance of schools, and schools are no more important than home and farm demonstration work.

That farmers of Rockingham county do not know all there is to know about their work is apparent to any observer, and it is just as apparent that the members of Rockingham county do not know all there is to know about food values and the preparation of food. Poorly cultivated fields and undernourished children furnish proof that knowledge is lacking in both of these important vocations.

Farm demonstration teaches better methods of farming and home demonstration teaches better methods of cooking and food selection, as well as proper diet, and who ever undertakes to deny that additional knowledge along these lines is needed is but poorly informed. The county's two greatest needs are better farming and better cooking.

Nothing is more fundamental than good farming and good cooking. For man to exist he must first make his food and then cook it. If he doesn't grow it he can't cook it and if he can't cook it he might as well not grow it. For him to be thoroughly efficient he must not only know how to grow food but must know how to prepare it.

It is no reflection on individuals to say that they are not good farmers or good cooks, just as it is no reflection on the child to say that it can't read if it has never been sent to school. None of us know until we learn or are taught. And good farming and good living ought to be taught the same as reading and writing and arithmetic.

To say that Rockingham county is unable to afford home and farm demonstration work is to affirm intelligence. What the county can't afford is to be without the work.

The county governing body which refuses to provide for home and farm demonstration work says by its action that the taxpayers, farmers and working class must deliver more to master. They place a higher value on money than they do on good health and thrift.

Rockingham Home Demonstration Agent Does Wonderful Work With Farm Women

Miss Marjorie Holmes
Completes Successful
Year's Program
Is Denied Support
Of Commissioners

Rockingham Home Demonstration Work Is Varied

Clubs Pay Own Way
Aided by Public-
Spirited Citizens

By UPTON G. WILSON

Under the leadership of Miss Marjorie Holmes the home demonstration clubs of Rockingham County, though denied support by the Board of Commissioners, are bringing in a clean line of the most successful year's work in their history.

Not alone she came but the county contributed a cent to club work, the expense of the work having been borne by the clubs themselves, aided by public-spirited citizens of the county and a number of civic organizations.

Miss Holmes came in the county two years ago, succeeding Miss Myrtle Keller.

Home Clubs
In the county at this time sixteen home demonstration clubs, with approximately 100 members, are actively functioning. That these clubs and their memberships are a success, but their work will be more successful in the future.

Among subjects of study this year have been nutrition, conservation of food, including all phases of canning, sanitation and cleanliness, beautification of homes, proper diet for children and food habits calculated to prevent disease. The making of home gardens has also been stressed.

The work of the clubs and their ever widening influence have probably resulted in the growing of thousands of gardens and the raising of thousands of quarts of vegetables, fruits, etc., above the usual number of gardens ordinarily planted and the normal amount of food customarily raised. But for the unprecedented drought Rockingham County housewives would be able to have saved the winter with the best-filled pantries and cellars they have ever known.

Food Waste
A member of one of the clubs in the county has filled more than 10,000 cans with fruits, vegetables and berries. She will sell much of this, of course, as her family cannot consume it all.

In studying nutrition and the proper preparation of food the housewives of the county have probably saved themselves thousands of dollars in doctor bills, to say nothing of the better nurtured and stronger children they are raising. It is becoming automatic that home demonstration club families are healthier families.

But not content with learning more about food and their preparation themselves, they are making their knowledge available to others. The women of the county in Rockingham County are "Take Home Demonstration Knowledge Into Every Home." As that is possible to do to make this slogan effective is being done. The message of better living is being carried into every home by word of mouth and through the press of the county.

Among newspapers the home demonstration center in the three papers of the county—the Madison Farmer, the Hatterville Review and the Lockville News—is one of the most popular features.

Women eagerly read this part of the paper to learn what the clubs are doing and what new food recipes are being offered.

Food Exhibits
At the county fair at Lockville and at community fairs at Madison and Hatterville the work of the clubs has been featured, and much favorable comment elicited from spectators. Virtually all grades of food on record, poultry, swine, etc., have been won by demonstration club members. One member won fifty prizes on canned products at the three fairs.

For the work done with forwarding the gospel of better food, but has been extended to the point of the unfortunate and needy.

The joint Board of Commissioners, which refused to appropriate a penny for home demonstration work, has also been reluctant to provide funds for similar work, with the result that money would have been needed but for the work of home demonstration club women, who collected and donated old clothes, brought home new goods and also secured food, medicine and some cash, all of which went to the needy. Literally hundreds of garments were given to those in need of them.

Welfare Work
To each club one woman was assigned to receive and distribute old clothes and other donations, with a campaign being conducted through the press of the county for the same.

The organization functioned almost perfectly and members in all parts of the county were helped.

With such unemployment, poverty and low prices, the club women agreed to receive many more during the approaching winter and are already preparing to meet them. Those with vegetables refusing when they have no need for them are asked to send it either to Mrs. J. B. Carter, president of the County Federation of Clubs, Madison, N. C., or Miss Marjorie Holmes, 506 N. demonstration agent, Hatterville, N. C.

In speaking of one woman who was aided by the Home Demonstration Club, Miss Holmes said, "She and her 12-year-old boy are the support for the family, her husband being paralyzed. She will have four children to go to school this winter, three girls and one boy, and is appealing for clothes to dress them for school. I asked her what she feeds her children and she said their principal diet is bread and milk."

Clubs in Homes
Encouraging another club, Miss Holmes said, "I visited a woman the other day who has nine children. They have two rooms, three beds for the eleven of them, and money coming to go around and only three chairs. Not a sign of new clothes on the beds—just old straw mattresses."

The woman could read and was glad to get some instruction on canning, so I gave her a book and told her to write the letter and the time were awful. She is a woman not much better than the average poor woman.



From left to right: 1. Mrs. J. S. Turner, of Hatterville, preparing to start on her daily round of delivering milk and vegetables. Mrs. Turner is a farm club woman. 2. A mother and two children that farm club women in Rockingham County are helping. 3. Mrs. T. P. Humphreys is a leader in farm club work in the county. 4. Mrs. Holmes is taking the message of better living.

Hatterville - Salem Journal

Association of light, fighting bravely against ignorance and improper food habits.

Home work being done by the clubs is merely an adjunct to their educational work. When they find persons unable to help themselves, they endeavor to help them. And how farm women that they are, and many of them with large families of their own, must that they do not make any sacrifice on their part.

Develop Leaders

A by-product of home demonstration work, so to speak, is the development of leadership qualities among club women in every part of the county. Rockingham County has farm women, and more than a few, who can lay aside their house drudgery, don becoming and modern gowns and with poise and grace, and using good diction, address an audience on any subject of interest to women.

Mrs. J. A. Turner, of Hatterville, a farm woman who daily delivers vegetables, milk and other farm products to a large number of customers, is one of the most charming speakers of her age to be found in the State. She has on more than one occasion addressed gatherings of persons from all parts of North Carolina, with much credit to herself and to the education and training of her audience.

Another speaker of distinction is Mrs. J. B. Carter, of Madison, who is president of the County Federation of Clubs. Mrs. Carter is a club farm woman who does not only housework and much else but

RURAL WOMEN OF COUNTY HOLD MEETING HERE

(By HENR. M. F. SMITH)

Business of importance to the women of rural Rockingham was considered at the Federation meeting held at the municipal building, in Heidsville, last Thursday. Forty delegates representing the four hundred members of home demonstration clubs listened to reports and made plans for future program. Two new clubs, one at Stokesdale, and the other at Mt. Carmel were introduced to the meeting. The youngest club, Mt. Carmel, had ten members present.

Splendid work is being done through this department. Outstanding among the things accomplished during the past three months were school yards planted in shrubbery; cemeteries cleaned off and beautified; two libraries put in circulation; live-at-home program carried out; gardens planted; yards remodeled; county home visited; better food served. Aside from the regular meetings food leaders are holding bread baking contests thereby bringing the art of good bread making within the reach of every woman. Never have the women been so interested in the helpful demonstrations given by Miss Majorie Holmes.

The demonstration clubs are co-operating with Upton G. Wilson and Miss Glidewell in relieving the suffering of many farm families. About 500 garments have been distributed. Many provisions, seed and money have been distributed to those whose crops were a failure.

Mrs. Fred Jones, president, read a letter from Miss Keller congratulating the clubs on the progress they are making in their club work. In June the local women will attend a meeting of home demon-

stration clubs from Oudford, Abnott and Rockingham at Friedman's church.

August will be vacation month so all will go to N. C. C. W. and take a recreation course as guests of the College.

Mrs. B. P. Mitchell was elected to attend to the finances until Mrs. J. S. Turner gets home from the hospital.

The curb market chairman, Mrs. William Cunningham, reported that the market is growing, last month's proceeds being about \$200. She stressed selling A-1 products, in nice packages, pure, fresh, and at cash and carry prices. In Heidsville this 100 per cent American market is run by the women of our own farms with prices the cheapest. They appreciate the patronage of the city people and ask their continued support.

The federation went on record as thanking the Madison Messenger, the Lenoir News and the The Heidsville Review for their wholehearted co-operation, making it possible to spread the news of the club work all over the county.

At an early date a live-at-home picnic will be given in honor of Mrs. Jefferson Penn and Mrs. H. Frank Mahan. These two public-spirited citizens have been untiring in their efforts to do something for the farm people of Rockingham. It is in recognition of their splendid support that this complimentary picnic will be given.

BEAT THE MEN



Mrs. FRED S. WALKER

Mrs. Fred S. Walker, of Heidsville, was awarded the silver trophy cup offered annually by the Children Bureau of State Educational Bureau in the crop identification contest, staged by Prof. W. H. Darst, Mrs. J. J. Wagner of Glenville, was second. Third place was won by J. J. Hackney, of Hyrum, who was 20 points below Mrs. Wagner. The contest was really between the two ladies, with Mrs. Walker winning by a fraction.

COMMUNITY WORK IN OLD ROCKINGHAM

(By MRS. M. T. SMITH, County
Federation Reporter.)

"Open mine eyes that I may see"—this theme runs through a beautiful pageant and it may also be the living thread that binds our home demonstration club work together.

We were impressed with the needs of our rural communities so the 14 clubs in the county put a new department in their course of study. Miss Holmes, co-operating with Upton O. Wilson and Miss Lucie Oldwell, our welfare officer, inspired the club women to take a part in community service work. Poor crops, diseases, low prices, tobacco, storms, and other conditions greatly increased Miss Oldwell's work and at the same time the amount of money allowed for her work was cut down. She said that many worthy families would have suffered if the demonstration clubs had not come to her aid.

Ever since I moved to Rockingham county nine years ago I have felt the need of some organization that would do something for our sick and helpless in the county. Leakville, Reidsville, and Madison have their community clubs, but there has been no fund to relieve a farmer, who has his crops destroyed by storm or who is unfortunate enough to have sickness in the family.

Our Mapleview club was shocked to find that one of our school children had almost starved. I do not say that this might not have happened in any of our schools. The boy stopped school because he said he got sick. One of our club members, who was a neighbor of the boy, investigated and found a deserted mother with five children living in a hut. The oldest child was about nine, the youngest, pretty twins, were two. For a year two of us gave the two boys a dinner at school. Their teacher became interested and got help from time to time from Mrs. Leath's Sunday school class. Through a long, cold winter this member of our club helped to keep these people alive by giving them milk. Even then they barely existed. About Easter Miss Oldwell moved them to the county home and later got a place on the farm for the family. They do not live out there now, but in the Midway-Middletown neighborhood and they will keep up with them. I am telling you this to let you know our eyes were opened. If we could turn you to some of these places, you would deny yourself some pleasure in life.

Kind of the people we have chosen by rain, disease and poverty live off of the good word. The family I just spoke of lived on a road that was impassable in bad weather. How would you like to live and milk down a road's end on an old abandoned barn where a member blizzard had ruined the young for several seasons. When was a family of six. The father was a very good worker but his

wife had been sick. We cheered her up and our club got and spent four afternoon's sewing for her and others. Every time we sewed we had a good crowd and if we could get some clothes we would sew some more. When we dressed these little girls in their pretty gingham dresses I think the club members were really prouder than the children. They found stockings, belts, and slippers and shoes for them to wear.

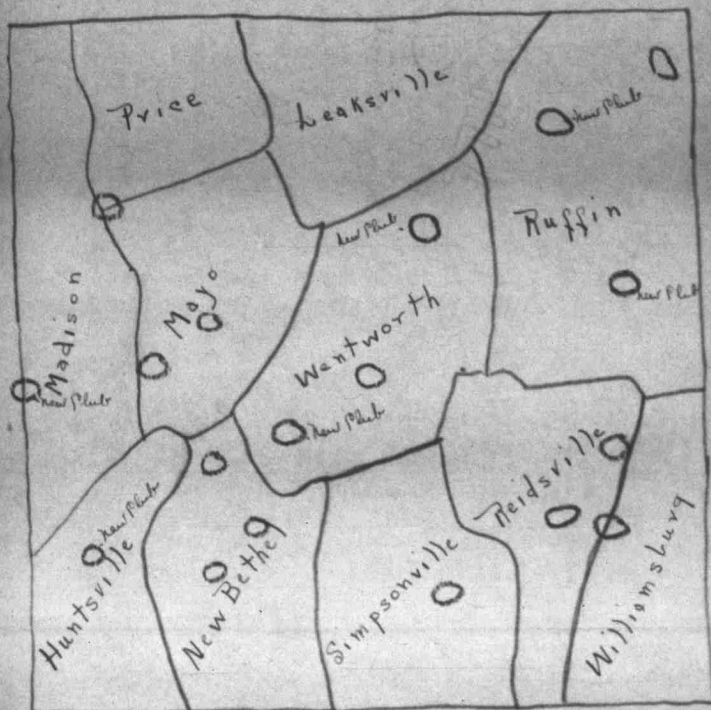
One of our honorary members, teacher in a one-teacher school, has done much for the children. Every morning she carried a little crippled girl to school, also a nine year old boy who had never been to school. She also sees that the children attend school, so that we do not have the pitiable problem of overgrown children in the lower grades. At Christmas these children took home over a hundred articles made of wood—poetry flower stands, clocks, toys, chairs, etc.

A young mother was given sheets and clothes for the infant. Colored people have been given work, clothes and food. The husband of one of our members let a colored farmer have the money to get a doctor for his wife, thereby saving her life and that of the infant. We feel that we can never christianize Africa until we learn how to treat the black man of our back door by giving him labor and human treatment.

A motherless little girl was befriended. To the young clubs I might say, have two people in charge of your welfare work. If it had not been for the encouragement of my co-worker, Mrs. Alfred Nance, many times I would have given up because of lack of courage. You need a car at your disposal. I have driven 100 miles in the interest of our work since last September. We have given out 130 garments, old and new; \$30 worth of food, butter, milk, canned fruit and vegetables, \$15 in cash, one cat, three pairs of old shoes, two pairs of new shoes. Fifteen families have been helped; work has been found for the unemployed and money loaned to them. Hermon-Bethlehem and Bacon clubs and Miss Holmes have given us articles to be distributed.

Today we have calls for clothes and food and nothing to give. We are now waiting for those with seeing eyes and sympathetic understanding hearts to help us. Any articles can be sent to Miss Holmes, Mrs. Alfred Nance or Mrs. M. T. Smith.

- Map of Rockingham County -



○ - Women's Clubs

○ - Girls' Clubs

No Club work done in Leakesville Township,
due to the fact that the Mills have
Welfare Workers, Nurses, and Club work.

COOPERATIVE EXTENSION WORK

IN

AGRICULTURE AND HOME ECONOMICS

STATE OF NORTH CAROLINA

NORTH CAROLINA STATE COLLEGE OF
AGRICULTURE AND ENGINEERING,
NORTH CAROLINA COURTESY AND
UNITED STATES DEPARTMENT OF
AGRICULTURE, COOPERATIVE

EXTENSION SERVICE
HOME DEM. AGENT

Reidsville, N. C.
Nov. 25, 1930.

Dear Club Member:-

The first County-wide Achievement Day meeting will be held at Wentworth High School December 3, 1930 at 1:30. At this time you are going to have the rare opportunity of hearing Mrs. Jane S. McKimmon, the Mother of Home Demonstration Work in North Carolina. Mrs. McKimmon is an inspiration to any Club woman and a fine speaker.

An attendance prize will be offered to the club having the largest representation present. A brief report of the outstanding things each Club has done during the past year will be given by the Club Presidents.

I shall be very disappointed if all the Club members are not present. You need the inspiration and help that this meeting will give you. Mark the date on your calendar.

Cordially yours,

Marjorie Holmes,
Co. Home Dem. Agent.

ME/CC

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF NORTH CAROLINA

NORTH CAROLINA STATE COLLEGE OF
AGRICULTURE AND ENGINEERING
NORTH CAROLINA COUNTY AND
DISTRICT OFFICES DEPARTMENT OF
AGRICULTURE, COOPERATION

EXTENSION SERVICE
HOME DEM. AGENT

Reidsville, N. C.
August 20, 1930.

Dear Citizens:

This County has been so richly blessed with a fine growing season and an abundance of fresh fruits and vegetables in the face of an almost universal drought.

Our problem now is to dispose of these fruits and vegetables. The chain stores do not buy much locally grown food stuffs and the farmer has no outlet for his surplus except a house to house canvass.

We have a curb market in the Pinnix Warehouse each Saturday morning from 8:30 to 11:00 where you can get fresh home grown vegetables and fruits, butter, eggs, cakes, canned products, chickens, etc. at cash and carry prices.

Last Saturday we had a lovely market, but we need the cooperation of the town people to make this market a success. We want this market to be a real asset to this community, and of material benefit to both town and county people. Will you visit this market Saturday A. M.?

Very truly yours,

Marjorie Holmes,
Co. Home Dem. Agt.

MH/CC