

In Rowan one of the club presidents brings the community together twice a month for song and play evenings. The attendance averages 100 men, women and children, practically all of whom take part. "The leader has developed from a timid little farm woman to a real live wire."

The Guilford home agent says: "There are six community clubs in Guilford County with a membership of 750 men, boys, women, and girls. Some of these clubs meet twice a month while others meet only once. In these clubs funds have been raised for needed purposes and entertainments have been provided for both young and old. Four community clubs got behind the community fairs this fall. Pleasant Union Club raised several hundred dollars for 1921 and bought a number of chairs for the community auditorium, installed lights, and built a stage. This stage has been used a number of times for community plays, etc."

### WOMEN'S HOME DEMONSTRATION CLUBS

Programs for the 544 women's clubs include: health, food, gardening, beautifying premises, poultry work, dairy work, clothing, household furnishings and conveniences, household management, and income earning features.

Programs for the 539 girls' clubs include: cookery (care, selection and preparation of food), sewing (plain, dress design, home millinery), poultry, household furnishing, basketry, club encampment of boys and girls, and income earning features.

Enthusiastic interest has been shown in all of these programs as will be attested by the attendance. Not every club can compass all the subjects outlined in one year but each makes its selection and does its part in carrying out plans.

The health work was carried on through co-operation with the county health officer and the county nurse. The New Hanover agent reports:

"The county nurse and I planned county-wide visits to the rural schools where we weighed and measured the children. Undernourished children were given special attention by us through personal visits to the mother. We suggested remedial diets and gave a list of foods to the parents showing amounts needed by the child during the day. We also placed food charts in every rural school explaining food and its uses in the body."

### NUTRITION

Work in nutrition was carried on in practically every woman's club.

In Davidson county where a new woman's club had just been formed, the members asked to have instructions in how to plan well-balanced meals and how to know the symptoms of malnutrition. They gladly bought copies of Rose's "Feeding the Family" and made it possible for the nutrition specialist from the State College for Women to come to them for a lecture on malnutrition. The result of this work is plainly to be seen in the health of the families and also in the efficient way in which these club members assisted the county agent in putting on a child feeding booth at the county fair. They weighed and measured children and talked with understanding of the proper diets to be given.

In 1921, 2341 demonstrations in the care, selection, and preparation of food with special emphasis on nutrition were given by the home agents. Nutrition booths, a detailed account of which will be given under fairs, were established at community, county, and state fairs. Better bread campaigns blessed North Carolina in 16 counties in 1921 and in 10 counties in 1920.