

MILK

The great value of milk in the diet was taught not only at the club meetings but in seven county-wide and two city campaigns.

From the Cumberland Agent comes the following: "Although we may not be turning the world upside down accomplishing great things, some little incident makes us see that we are perhaps reaching the homes of the county in a way that will bear fruit in the next generation long after the home agent has gone to her reward. During my 'Drink More Milk' campaign I visited the rural schools of the county and talked to the children about the importance of drinking milk if they wished to grow into strong, healthy men and women. I told the boys their part in having this very necessary food was to care for the cow, grow good pastures, have a comfortable, clean stable for her feed her properly, and *do the milking*. Then I'd add, 'If you boys do all this and then do not have plenty of good milk and butter you can blame the girls.' Their part is to properly care for the milk in the home by straining at once, cooling as quickly as possible, washing all utensils properly, etc. I told the children of the fat, protein, minerals, and vitamins in milk and what each of these did in making our bodies strong and able to resist disease. I had attractive charts to illustrate and in every one of the 24 schools where I gave this talk I had the closest attention from the children.

The following letter was sent out preceding a milk campaign in an eastern county where cows are not as abundant as they might be:

"We want you to be present at the 'Dairy Schools' which are to be held at various points in New Hanover County. The North Carolina Animal Industry Division, the New Hanover Health Department, the New Hanover Board of Education, and the Farm and Home Demonstration Agents for the county cooperating.

"You cannot fail to appreciate the need for a more extensive use of milk as food when you realize that one quart of milk is equal in food value to any of the following:

- 8 eggs
- 2 pounds of chicken
- $\frac{3}{4}$ pound of beefsteak
- $\frac{4}{5}$ pound of pork

"You will see from the program below that these meetings will be of immense value not only to the person who has a family cow but also to the dairyman as well. Come and give us your support in making the meetings a success.

Sincerely yours,

Florence Jeffress, Home Dem. Agent.

J. F. Herring, Farm Demonstration Agent.

"Program of Dairy Schools:

- 'Value of Milk in the Diet'.....Mr. A. C. Kimrey,
Animal Industry Division, Raleigh, N. C.
- 'Use of Milk in Cooking'.....Miss Florence Jeffress,
Home Demonstration Agent.
- 'Feed and Care of the Family and Dairy Cow'....Mr. A. C. Kimery,
Animal Industry Division, Raleigh, N. C.
- 'Pastures and Crops for Roughage'.....Mr. J. P. Herring,
Farm Demonstration Agent.
- 'The Relation of Milk to the Prevention of Disease' Dr. J. A. Hamilton,
County Health Officer."

City milk campaigns were held both in Winston-Salem and in Asheville, the Home Demonstration Division co-operating with the Division of Animal Industry. A representative from each division went to the town two weeks ahead of the campaign arranging the form of co-operation which the city organizations and the milk producers and distributors were so glad to give. The mayor, board of health, city school superintendent, chamber of commerce or board of trade, the woman's club, medical association, hospital officials and nurses, all joined with the extension forces to make the campaign a success. The campaigns were financed locally by interested organizations or individuals. After the preliminary work four additional demonstration agents came in for the week of the campaign. These agents, together with the one in charge, made talks to all the school children, both white and colored, and also to groups in factories, mills, and laundries, on the value of milk as a food.

In Winston-Salem 9947 people were reached directly. A survey was made of 5647 school children and it was found that 2198 received milk daily, 2123 drank no milk and 2427 drank tea and coffee. The health authorities who worked with the extension forces weighed and measured 1899 white children and found that 16 per cent were underweight. Similar records were made with 1806 colored school children and 15 per cent were found to be underweight. The average consumption of milk in Winston-Salem before the campaign was figured to be less than one-fourth of a pint per person per day. Accurate figures taken about two months after the campaign closed were found to show a 40 per cent increase in the consumption of milk for the city and in some cases a reduction in price as a result. A class of twenty underweights was used as follow-up work to show the value of milk in the diet. Each child was given one quart of milk a day. Records have not yet been received from this experiment.

PRESERVATION OF FOODS

In spite of the devastating drought of 1921 a good record was made in canning, preserving, etc. Reports state that 816,373 containers were filled with fruits, vegetables, meats, preserves, jellies, jams, pickles, fruit juices, etc. The estimated value of these products is \$381,747.40.

No.	containers	filled	with	vegetables	and	fruits	600,310			
"	"	"	"	jams,	preserves,	etc.	72,193			
"	"	"	"	jellies			31,866			
"	"	"	"	juices			19,139			
"	"	"	"	pickles			56,955			
"	"	"	"	meats	&	meats	canned	with	veg.	7,574
"	"	"	"	soup	mixture		14,864			
"	"	"	"	vinegar			13,318			
"	"	"	"	macedoines			154			
				Total			816,373			

One thousand one hundred and ninety four demonstrations in the preservation of foods were put on by agents.

HOME CURED MEATS

With the assistance of specialists from the Animal Industry Division, agents have given special instructions in curing meat to club women and girls. Home agents have assisted the specialists to demonstrate the making and cooking of sausage and other products at the State Live Stock Asso-