

No. county wide campaigns teaching use and value of milk.....	11
No. city campaigns teaching use and value of milk.....	3
No. counties where proper school lunches have been demonstrated	18
No. counties where bread campaigns have been held.....	25
No. county campaigns for use of pressure cooker.....	5

#### METHODS

Methods of instruction are:

First, through systematically planned lecture demonstrations given by the home agent, specialist, and by local demonstrations or leaders she has trained. These are given to women and girls at their club meetings which are held fortnightly or monthly.

Second, through county wide campaigns with or without the cooperation of farm agent, schools, county health officers, and welfare officer.

Third, at community, county and state fairs through demonstrations and educational exhibits.

Fourth, through circular letters, bulletins, papers and periodicals.

#### STORIES OF RESULTS

The Forsyth home agent says, "In one school where I was holding a club meeting I found a very pale little girl who looked as if she might have tuberculosis and upon inquiry I found she had lost her mother from this disease. It happened that the lesson for the day was on soups and I demonstrated cream of tomato and all the children, including this little girl, were delighted with it. On my way home I stopped to see her sister and told her to have the stove ready the day of my next visiting and I would go an hour earlier and stop and show her how to make other milk dishes that this child might get as much milk in her diet as possible. The sister told me later that the little brother said he wished he were bigger so he could hold more soup; and 'father thinks there is nothing like it'. The little girl has improved much and is really drinking the

"father thinks there is nothing like it." The little girl has improved much and is really drinking the whole milk every day now."

In December 1921 the Rowan women and girls took up the study of foods. Each club and some of the individual members purchased copies of "Feeding the Family" by Mrs. Rose. At the club meetings in December, January, February and March, the clubs discussed feeding the family from the youngest to the oldest.

The Brunswick home agent in her rounds in mid ~~summer~~ visited a home where she found a six year old girl, who had never waled. She was not surprised when she found that bacon, grits, corn bread and coffee was her principal diet. The agent talked over the situation with the parents and urged them to purchase a cow. The father promised that he would when they got the stock law. At a later visit the home agent said that she did not know the pretty little girl who met her and who was able to walk by holding on to the banister. The little baby boy was also a rosy cheeked healthy looking fellow. The mother replying to the remark of the home agent that the children must be drinking milk, said, "Yes and I give you the praise for the cow".

In Greene county a woman told the agent that her heart quaked when she thought of what in the years past she had fed her children.

Better and more nourishing school lunches have been given special attention in 18 counties and the women's and girls clubs in the communities have heartily cooperated in helping to forward the project.

Anson county <sup>sends</sup> sneds this report:- "We held campaigns in the school communities last winter to promote the hot school lunch. Two of the schools where a great many children were brought in from rural sections on trucks, put the hot lunch on for ten weeks. At Morven the Woman's Club bought an oil stove, pats, and serving pitcher for each room. The children furnished cups which were supplemented with cups and sponns

secured by the home agent. The children brought milk from home or a small amount of money for cocoa, which was served four days in the week. Vegetable soup with rice was served on Wednesday. The High School girls were detailed in squads to prepare the lunch. The first week it was attempted the agent assisted in working out recipes and amounts. She also visited the schools during the period to note the success of the plan. At Lilesvill the plan of the hot lunch was financed by the Woman's Club, supplemented with things brought from home. Each teacher with the aid of the larger girls prepared the hot soup for her own room. As the school room stoves were flat on top this could be easily done. The children enjoyed it immensely and all the town children wanted to stay too. In the summer 250 quarts of soup mixture and tomatoes were canned by mothers and donated for winter lunches.

In Halifax county the agent who undertook home demonstration work the first of June has this to say; "Soon after I came to the county the rural supervisor said she would <sup>like</sup> like for me to talk before the county teachers conference on "School Lunches". I was very glad for it ~~gave~~ gave me an opportunity to meet the teachers besides getting this question before them. I made definite plans for the talk putting special emphasis on the serving of one hot dish at the noon hour. I outlined a plan by which such a program <sup>would</sup> would be possible and also how necessary supplies and utensils might be obtained.

In two of the schools the girls are doing the work under the supervision of the teacher. <sup>and</sup> They have the <sup>at</sup> work so divided that it takes only two or three at a time from classes. When the girls are on duty they plan their menus and see that the supplies are on hand.

In once community a woman gives all the milk needed and some of it is sold for three cents a glass. This money is used to buy other supplies. A very small sum is charged for the lunch, only enough to make expenses

In another place the children bring a great many of the supplies from home, such as potatoes, canned tomatoes, milk, eggs and etc. and no charge for the hot dish is made.

I have not, however, let the hot lunch receive all the attention. I have talked almost as much about the cold lunch brought from home and one teacher said there had been a wonderful change in the kind of food being put in the lunch boxes of the children. Several of the women's clubs have asked me to demonstrate the cold lunch and method of packing to them before school started and this is one demonstration that every one seemed to enjoy. In most of these places I gave them printed copies of menus to be used in the lunch box and in these menus I tried to put things which I knew were to be had in the majority of country homes.

The teachers realize the importance and value of the nourishing lunch and have been willing to cooperate in any way that they possibly could to make the scheme a success!

The home agent in Beaufort county in cooperation with the county agent put on a Live at Home Campaign. The importance of the family cow was first stressed. The farm agent talked on permanent pastures and the home agent on the value of milk in the diet. 16 community meetings were held where we talked to the parents. One old fellow was heard to say, "Well, I guess she was right, and I will have to get a cow for the children". The next phase of the campaign undertaken was the garden work. The home agent talked about the importance of vegetables in the diet and tried to interest the people in a year round garden. Government seed were distributed.

In cooperation with the county nurse and the home demonstration club women of the communities the home agent is trying to impress upon children and mothers the necessity of proper feeding. This they do by measuring and weighing rural school children noting results and finding out just what are their food habits. Remedial diets are suggested

and the value of milk and vegetables stressed.

In Wayne County the home demonstration agent prescribed a wholesome diet for certain underweight children whose interest developed after the weighing and measuring by the county nurse. This was done in seven schools where scales were installed.

In New Hanover County the home agent and county nurse weighed 728 children in 12 rural schools. Of this number 176 were up to normal while 552 were under or overweight. Talks on food with the use of food charts corrected many of the bad eating habits among the children and with the consumption of more milk has brought them up to normal weight.

In the three "Milk for Health" campaigns which were put on by the Division of Home Demonstration and the Division of Animal Industry cooperating the assistant state home demonstration agent relates the following: "In 1922 the Division of Home Demonstration work in cooperation with the Division of Animal Industry put on milk for health campaigns in three cities--High Point, Greensboro, and Raleigh. In High Point over 3,000 children were reached, in Greensboro and vicinity 6,848 children and something like 3,000 adults, and in Raleigh 3,500 school children heard the lectures and saw the demonstrations. A survey which was made as a part of the "Milk for Health" weeks in the three North Carolina cities shows the following:

	Greensboro	High Point	Raleigh
Drinking tea or coffee	36.7%	42%	49%
Not drinking milk	22%	13%	20%
Drinking milk regularly	56%	60%	51.9%

In Greensboro we found that work had already been done in weighing and measuring the school children at the beginning of the school year. A certain per cent of both white and colored children <sup>were</sup> found underweight. Continuing along this line at the close of the active part of the campaign we put on a feeding experiment. Twenty children all of them at least six pounds underweight and one as much as 25 pounds were selected and given one one pint of milk per day for eight weeks. They were weighed and checked every two weeks. At the end of the experiment period we found an average gain of 3.73 pounds, which does not show all the results by any means as each teacher reported improved physical condition and more mental alertness. The Poster Contest was a part of each city campaign. Prizes were offered for the best milk poster from the Primary, Intermediate, and High Schools and much interest was aroused in this way. The publicity given in these campaigns was all that could be desired. Both the morning and afternoon papers carried articles for which we provided the material and some of the stores inserted lines about the value of milk in their regular advertisements.

The financial side of the campaign was looked after by the Chamber of Commerce cooperating with local organizations and individuals. Since I had been delegated to look this work I went, in each case, to the town one week before the actual campaign. The time was spent in getting the cooperation of the Mayor, Board of Health, City School Superintendent, Chamber of Commerce or Board of Trade, Medical Association, Woman's Club, Parent Teachers Association and any nurses or hospital officials in the town. During this week a member of the Animal Industry Division came in and looked after the local dairy situation. Following this preliminary work, Mrs. McKimmon sent out four additional demonstration agents for the week of the campaign. These agents with myself followed a schedule by which we spoke to every child of school age both white

and colored, in the town and to adults in clubs, factories, mills, laundries, etc."

Nutrition work was carried on in cooperation with the Division of Animal Industry at the State Livestock Meeting at Elizabethtown City. Here with the help of the local home agents a demonstration was given on each of three days. These showed three balanced meals for children of different ages, stressing the use of milk and milk products. A demonstration on weighing and measuring was also given for the school children.

#### BREAD CAMPAIGNS

Campaigns for better bread in every rural home have been carried on in 25 counties in 1922.

The plans for a Better Bread Campaign for Davidson County were all made in October, just after the fair season closed. First the cooperation of the County Commissioners was asked. They agreed to finance the campaign in two ways. To pay for all printed matter and to finance all demonstrations. A very good list of prizes was secured, the four grand prizes being trips to the State Short Course for girls and two trips to the 1922 State Fair, both held at Raleigh, N. C. Two business men and the four banks of the county gave these trips.

The agent says - "After getting my material together an itinerary was made out for November, December and January which included one demonstration in each school of the county, 72 in all. Extra time was taken for second visits to many of the schools. In 69 of the 72 schools the agent made and baked the biscuit with the pupils following the directions which had been given them at the beginning of the meeting. After the demonstration each girl was given an enrollment card which she was to carry home with her, ask her mother if she should enroll and return it to the teacher next day, who sent them to the office. This was done for three reasons: to eliminate the joiners by "lifting the hand", who usually stop at that,