

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,

to attract the attention of the mother, and also to make the teacher feel that she had a part in the contest, which she surely did.

While the biscuits were baking I always had the girls present to give me their names, addresses and ages on a slip of paper, whether they intended to join or not. This gave me a good record of the girls over the county. Then, upon returning to the office each night a circular letter was sent out to each girl impressing them with the idea of joining the contest. This was carried out after each visit. When the enrollment cards were received from the schools a record book was sent to each member in which she was required to write down the results of her bread baking for at least six times. It was interesting to read the records of these little girls. Some would say, "Mother says my bread is better than hers", others would tell why their biscuits were not good, the stove was too hot, or the baking powder was not good. During the entire time I emphasized the importance of a good leavening agency. More than 300 mothers changed their brand of baking powder using a better powder in every instance.

At the close of the contest at Lexington, although it was the coldest day of the year, more than 500 people were present. The Court House was filled. Many fathers and mothers were there. The program for the day included an address from the State Home Demonstration Agent and an inspirational talk on club work by the Club Leader of the State. 559 girls enrolled in the contest, and carried on the project as was directed. Many girls and women used the recipes who did not join. 2,500 recipes for making bread were given out. 217 brought biscuits to the county contest and 65 schools held the try out contests. More than 1500 people were reached and the first and second prize winners of the county entered the State Biscuit Contest, where one won the first prize and the other won fourth.

58 demonstrations in making biscuits were given in Bladen County and 41 in Cumberland, 500 girls and boys in each county being enrolled in the contest. After the demonstration is given at the school house, a township contest is held and then the winners are brought to the county seat and the winner has a chance to enter the state contest at the State Fair.

The following is the report of the Durham County Bread Campaign: "The first of April we began our bread campaign. Rolls for the women and biscuit for the girls. I have given 20 demonstrations of each. Reaching all county schools but three. This campaign for Better Breads was the second one held in the county. A member of the Board of Commissioners who was present at the December meeting of the County Council when plans for 1922 were being discussed asked that another campaign be put on as he felt that the first county wide instructions for better breads was worth more to the county than all the money it ever put into demonstrations work.

The following comes from Rockingham County: "The subjects taken up in foods this year have been biscuit campaign for girls; yeast breads with women; school lunches with Women's Clubs; balanced meals with women and girls; steam pressure cookery of meats and vegetables; fireless cookery of meats and vegetables; cake baking; cooked and uncooked icing; candy making; and table serving.

The things that the women have liked most were cooking with the labor saving fireless and pressure cookers; balanced meals, and cake decoration.

The girls have been most interested in biscuit work; candy making, and table service. At the fairs this fall could be seen results of each of these lines of work. Better bread on display-hence better bread in the home. One girl wrote in her record of work in the biscuit campaign, "My very first biscuits were better than those we usually have. Papa said, they were the best he had ever eaten.