

HOME DEMONSTRATION

Home demonstration extension was conducted under the supervision of the State home agent, assisted by the subject matter specialists, the district home agents, a home agent-at-large, and the county home agents.

Comments by the State agent, and brief reports from the subject matter specialists indicate the excellent results secured last year in this work.

The counties organized for home demonstration work in 1937 stretched from the Atlantic Ocean to the western mountain section. In the 77 counties organized for white home demonstration work were 1,114 clubs with 28,456 adult home demonstration club members and 20,584 4-H club girls.



HOME AGENTS AND HOME DEMONSTRATION SPECIALISTS, AGRICULTURAL..
EXTENSION SERVICE.

Home demonstration work was planned not only to aid the rural family have a better home life, with an adequate diet and suitable clothes, but also to help rural people in their relations with others, to develop better communities, to foster the finer things of life, and to make agriculture a way of life as well as a way of making a living.

The year's program was outlined cooperatively by the specialists, the district agents, the county home agents, and local members of the county home demonstration club councils, with the state home agent offering helpful suggestions. An effort was made to provide for each organized county the type of program it needed. It has been customary for a county to select one project as its major objective for a period of two or three years, then follow this with another project. The major projects last year were foods and nutrition, clothing, house furnishings, and home

management. Other projects were also carried where the club members felt they were needed. Some of these additional state-wide projects were rural electrification, community recreation, rural libraries, and marketing, home beautification and the like.

The Jane S. McKimmon Loan Fund was established in 1927 by members of the home demonstration clubs to aid worthy rural girls in completing their college education in home economics. The fund was valued at \$8,763.99 at the end of the year. Girls repaid \$797.23 in 1937, and new contributions amounting to \$1,041.65 were deposited to the loan fund account. Nineteen rural girls have received assistance from this fund, eight of whom have finished college and have repaid or are repaying their loans.

Farm and Home Week at State College each summer is noted for the large number of women who attend. In 1937, there were 1,234 women present from over the State—a record-breaking attendance. The women heard outstanding speakers, attended classes of the woman's short course, held the annual meeting of the State Federation of Home Demonstration Clubs, and 60 certificates were presented to women who had been present and attended classes each day at four of the annual short courses.

There are 83 community buildings in North Carolina in which home demonstration clubs hold their meetings and where other community activities are held. Some of these were newly built last year, and others were remodeled from old school houses, dwellings, or churches. The WPA and the ERA aided in the erection or remodeling of many of these club houses.

Discussing the year's work, the State home agent said:

"Help has been given individuals, clubs, and communities through club meetings, home visits, and community meetings. Attitudes have been improved. Many, many families have taken a new lease on life. They have new visions, new thoughts, new incentives and refinements.

"We have a better groomed rural people. They are healthier and more ambitious. Better balanced and more attractive meals are served. Many homes have been made more comfortable and attractive by refinishing furniture, making colorful slip covers, rehangng pictures, adding suitable curtains and improving the walls."

FOODS AND NUTRITION

Two specialists and an assistant devoted full time to work in foods and nutrition last year with two of these specializing in food selection and preparation, and the other in food preservation and marketing. White home agents devoted 22.1 percent of their time to foods and nutrition; that is, 15.7 percent to food selection and preparation and 6.4 percent to food preservation. They also gave 3.4 percent of their time to home and commercial gardens, which made a total of 25.6 percent of the agents' time devoted to this work with food projects.

Food Selection and Preparation. The foods and nutrition program was closely related to all other projects having to do with an adequate diet on the farm. One objective was to see that every farm family had a year-round garden. Stress was also laid on food conservation, marketing the surplus, and the selection and preparation of balanced meals. Time also

was given to instructional work in the food projects carried on by 4-H Club girls. Cooperation with the WPA, PWA, TVA, NYA, and FSA added impetus to the program.

In addition to these activities, the specialists devoted considerable effort to other fundamental extension activities having to do with the production of a variety of adequate food on every farm; the adoption of those food selection habits which would tend to keep the family free from ailments caused by a faulty diet; the planning of meals suitable to meet body needs; serving properly meals which were well prepared; budgeting the family food supply; keeping records of food costs and encouraging a higher standard of living generally on the farm.

The foods and nutrition program was conducted in 77 counties, with 4,939 4-H club girls enrolled in food selection and preparation, and 10,075 adult women studying foods and nutrition as a major project.

Six leader-training schools were held for the 4-H club girls, and 90 for leaders in adult clubs. There were also 4,471 method demonstrations given by the specialists and by trained leaders. During the year, 146,066 home gardens, of which 34,696 were year-round gardens, were reported in 94 counties.

The records show further that 11,783 farm families served better meals as a result of extension work in foods and nutrition; 7,435 families adopted improved practices for home-packed lunches; 302 schools, involving 59,240 children, followed recommendations for hot dish or school lunches; corrective diets were adopted by 6,146 persons; 2,104 families budgeted food expenditures; 5,043 families followed recommendations in buying food, and 8,097 families produced and preserved food for home use according to a food supply budget.

Food Conservation. Home agents and the specialist gave 1,213 method demonstrations in food preservation in 67 counties, and 375 demonstrations were given by trained local leaders. Forty-two training schools for leaders and club members were conducted to teach safe methods of canning meats, fruits, and vegetables, at which the attendance was 2,069 persons. Six group schools for 30 home demonstration agents were held by the specialist to give intensive training in making marmalade, fruit paste, and crystalized fruit for market. Local leaders were given demonstrations in the utilization of raspberries, cherries, strawberries, cucumbers, and watermelons.

The 77 home agents and 941 local leaders aided 26,186 farm families in 1,125 communities with their food preservation problems. These families and 5,571 4-H club girls preserved 4,661,974 containers of food valued at \$737,500. Two canning contests for the women and one for 4-H club girls were entered by 4,988 women and by 4-H club girls from 56 counties.

CLOTHING

Home demonstration work in clothing was conducted last year by one specialist and an assistant. The white home agents spent 16.5 percent of their time in this work.

Some phase of the clothing program was carried out in practically every county in which a home agent was employed. Clothing was a major

project for the women in 15 counties and for the 4-H club girls in 40 counties.

The program was adapted to the needs of the women and girls in the different counties, giving consideration to the fact that in some counties the women make most of the clothes for their families, while in other counties some different clothing problem may be paramount. Lessons in construction, cutting, fitting, finishing, selection, and buying were popular. Interest was also shown in better grooming practices, care of the clothing, and the importance of personal appearance.

This project was presented with the help of 1,292 local leaders, and 90 leaders' schools were held for adults and 26 for 4-H club girls. There were 1,564 dresses modeled in 159 county dress revues for home demonstration club women, and 824 dresses modeled in 40 county revues for 4-H club girls. Two 4-H State revues were held, one at the short course in the summer and the other in October to determine who would represent the State at the National 4-H Club Congress in Chicago. Thirty-nine counties reported 1,398 clothing exhibits at fairs, and three counties put on special exhibits in six store windows. Home demonstration clothing exhibits were also made during Farm and Home Week and at the State Fair.

Nearly 10,000 club women followed recommended practices in use of patterns, pattern alterations, cutting materials, fitting, and finishing garments. Club women made 47,143 dresses, 3,616 coats, 38,544 undergarments, 34,207 children's garments, 2,940 men's garments, and 951 hats. The 4-H club girls made 7,217 dresses and 24,659 other articles. There were 16,201 garments remodeled, 13,064 garments dry cleaned at home, and 1,519 hats remodeled. Better practices in the care of clothing were followed by 5,468 women; in cleaning, by 4,334 women; in mending by 3,781 women; in storing, by 3,358 women; and in remodeling, by 5,251 women.

As a result of the various clothing enterprises, North Carolina farm families were saved a reported \$193,500.

HOME MANAGEMENT

The home management specialist had one assistant. White home agents gave 15.6 percent of their time to home management and house furnishings, and 3 percent of their time to home health and sanitation, all of which fell within the sphere of the home management program.

The specialists, home agents, and local leaders conducted 963 home management and 3,127 house furnishings method demonstrations during the year. Ninety-eight leader-training schools were held. There were 174 result demonstrations in home management and 283 in house furnishings at which were held 156 meetings.

The home management specialist also gave part of her time to the handicraft, rural electrification, 4-H club, and agricultural engineering projects in cooperation with the other extension workers engaged in these lines of work.

As a result of the home management and house furnishings program, 3,806 kitchens were rearranged or otherwise improved; 4,031 families followed recommendations in obtaining labor-saving equipment; 2,716

families adopted recommended laundering methods; 5,577 families adopted better methods of caring for their homes; 2,134 families were assisted in making home-made equipment; 1,272 women followed a recommended schedule for home activities; 283 4-H club members kept personal accounts; 835 families kept home accounts according to a recommended plan; 918 families budgeted expenditures in relation to income; 2,260 families were assisted in developing home industries to supplement their income, and 2,636 families followed recommended methods of buying things for their homes other than food and clothing.

There were 4,100 families who were assisted in using timely economic information as a basis for readjusting family living other than those reported to the foods and clothing specialists; 7,602 families were assisted in making adjustments in home-making so as to gain a more satisfactory standard of living; 3,066 families were assisted in making adjustments that provided more time for rest and leisure activities; 5,854 families improved their selection of household furnishings; 5,124 families followed recommendations in repairing, remodeling, and refinishing furniture; 4,845 families followed recommendations in improving windows; 5,102 families followed recommendations in improving the arrangement of rooms other than kitchens; 4,992 families improved their treatment of walls, woodwork, and floors, and 4,645 families applied good principles of color and design in improving the appearance of rooms.

It is estimated that the home management program resulted in a savings of \$31,350 to North Carolina farm families, and that the house furnishings program saved them \$42,100.

Home health and sanitation projects were carried out in 991 communities with the assistance of 707 voluntary local leaders; 9 result demonstration and 781 method demonstration meetings were conducted, and 15,625 4-H club members were enrolled in this health and sanitation work. Over 11,000 persons had health examinations on recommendation of the extension workers or as a result of participating in health contests; 12,374 persons improved their health habits; 8,837 improved their posture; 14,161 adopted positive methods of disease prevention through immunization to typhoid, diphtheria, and smallpox; 2,340 families adopted better home nursing procedure; 3,527 families installed sanitary out-houses; 2,090 homes were screened according to recommendations; 5,627 families followed recommended methods of insect control, and 19,205 individuals directly improved their health as a result of the work done.

There were 393 dwellings constructed and 1,504 dwellings remodeled according to plans furnished; 669 sewage systems, 1,418 water systems, 94 heating systems, 9,049 lighting systems installed; 13,690 home appliances were obtained, and 1,016 sewing machines were repaired.

HOME BEAUTIFICATION

One of the district home agents gave a part of her time to supervising the home beautification program. To this work also, the white home agents devoted 6.4 percent of their time.

The home beautification program embraced five phases: home improvement, church improvement, landscaping school grounds, improving club rooms and other public places, and roadside improvement. The plans

involved cleaning up entire premises, painting homes and outbuildings, making open lawns, foundation plantings, propagating shrubs, using native shrubbery, planting trees and flower gardens, improving walks and drives and making out-door living rooms. In all of this, an effort was made to secure efficient results at the least expense possible.

During the year, 15,770 women and 3,613 girls were enrolled in home beautification projects. Club women carried out 17,871 projects which contributed to the cleaning up of home grounds; 3,347 improvements were made in outbuildings and 3,676 in home exteriors; 1,167 homes were underpinned; 3,575 houses had new or improved foundation plantings; 515 new gardens were started; 1,601 grounds had the service area screened from public view; 784 new lawns were planted and 1,272 old lawns were improved; 890 new or improved walks were reported along with 819 new or improved drives; 11,751 trees were planted; 1,912 fruit trees were set for landscape purposes; 16,480 shrubs were planted; 50,527 bulbs were set out; 1,527 new accessories were added to existing out-door living rooms and new out-door living rooms were made for 775 homes; 96 county-wide plant exchanges were held and 601 clubs held local plant exchanges in which 7,614 women participated.

Provisions were made for out-door recreation for children and grown-ups in 682 cases; 264 home grounds were laid out according to plans approved by the specialist; local clubs improved 245 church grounds, 104 school grounds, and 60 club house grounds; 494 dump heaps and 179 billboards were removed; 60 filling stations and similar places along highways were improved; 641 mail box sites were improved, and 52 miles of roadside were beautified by removing signs and planting shrubs and trees.

MARKETING

The home demonstration marketing program was directed by the specialist who also gave a part of her time to food preservation.

There were 40 home demonstration curb markets in the State where 1,562 producers sold regularly. The total value of their wares amounted to \$337,681 and additional sales amounting to \$266,930 were made to merchants, hotels, institutions and individuals, bringing the total sales of surplus commodities by farm women to \$604,611. The objective of this phase of extension work is to provide a channel through which farm women can convert farm products into cash thus adding to the farm income and thereby raising the standard of living. In 1937, new markets were organized in Johnston, McDowell, and Orange Counties.

Farm women sold \$26,119 worth of home-made handicraft articles, and made 9,752 such articles for home use. Some women used the copper from captured whiskey stills to make bowls, trays, and other useful metal articles. Long leaf pine, honeysuckle, witch-hazel, and oak splints were woven into baskets, mats, and fans. Native cotton and wool were woven into towels, bags, luncheon sets, and bedspreads.