

FOUR-H AND SERVICE CLUB WORK

The year, 1938, was the best year in the history of 4-H club work. There was a revived interest among farm and home agents and among club members themselves.

Girls' 4-H club work in 83 counties was supervised by home demonstration agents. We like for the agents to give at least fifty per cent of their time to this part of the extension program and in some counties they do; in others they do not.

The 4-H boys and girls are keeping step in the forward movement of extension work. If you would read in detail of the work they have accomplished, the 1938 narrative report from L. R. Harrill and Frances MacGregor, State 4-H Club Leaders, will furnish every detail of the accomplishments of 4-H boys and girls in North Carolina.

Clubs and Membership

There were 939 Four-H clubs with a membership of 622 boys and 26,341 girls and 39 Service Clubs with 376 young men and 854 young women, a total of 28,123 boys and girls directly under the supervision of the home demonstration agents. This was in addition to the home agent's work with farm women so one can readily see the tremendous amount of work accomplished by a single home agent in 1938. In only four counties was there an assistant to relieve the home agent of a part of her heavy program.

Foods and Nutrition

Fifty-nine counties reported 8,064 girls enrolled in foods and nutrition with 5,108 completing the project.

The work for girls was based on Extension Circular 209, "Food Preparation for 4-H Club Members," and on Club Series #5, "The Junior Homemaker" - a demonstration project book for older 4-H club girls.

The first of these publications contains three units of work, Breakfast, Lunch, and Supper or Dinners.

Health Records

The 4-H boys and girls in North Carolina are health conscious and their parents are becoming health conscious, too.

We do not like our method of selecting the healthiest boy and girl but until a better one is found we will continue and we are getting results.

Sixty-four counties reported 15,522 girls keeping health records. Of this number 9,629 were completed; thirty-one counties reported 3,455 boys keeping health records with 2,185 completing.

The Health Departments in 71 counties were most cooperative in our health work with 4-H club members.

Free Health Examinations for 11,743 Club Members

The doctors and public health nurses in 83 counties gave free physical examinations in county and district contests. One girl and one boy from each of the five districts was selected to enter the State Health Contest. These ten state contestants were examined by the Raleigh doctors on the first day of 4-H Short Course and the state King and Queen of Health determined.

State Health Winner's

Ruth King Mason, Iredell County 4-H club girl, scored highest in the State and was crowned Queen of Health. She also was sent as North Carolina's representative to the National Club Congress in Chicago to enter the National Health Contest. There she placed in the blue ribbon class. Clifford Ousley of Harnett County was crowned State King of Health.

Health is a part of every 4-H project - foods for health, clothing for health, room improvement for health - and good health rules are included in every program.

Posture

Team demonstrations in posture, "Standing Up to the World," etc., have been the means of creating good posture mindedness among both adults and 4-H club members. Team demonstrations have been presented before women's clubs, Achievement Day programs, Federation and Grange meetings, Etc.