

NUTRITION

No. of counties reporting work in Nutrition 39
No. of clubs 738 Membership 22,213 No. women completing 4,859
No. of girls completing 7,519 No. of boys completing 3,373
No. balancing family meals for first time according to approved
methods 4,898 No. preparing better school lunches for the first
time 11,026 No. schools induced to serve hot dish or school lunch
for first time 54 No. of homes carrying out improved practices
in child feeding for first time 1930 No. of homes adopting im-
proved practices in nutrition work 10,183.

Foods and Nutrition was the major project for women in four-
teen counties in 1927. The relation of food to health was empha-
sized by work in food selection, food preparation, corrective diets,
and child feeding. The entire program was closely tied up with the
production of an adequate food supply on every farm. In counties
adopting this work as the major project schools for leaders were
held. The leaders received instruction in practices which they
carried out in their own homes as community demonstrations and
aided in their respective communities in arousing an interest in
better food and health habits.

The Food Survey proved an effective means of calling the
attention of each home maker to the garden, orchard, dairy, poultry
yard, and showed them that the lack of the essential foods caused
nutritional problems which might be corrected by an adequate diet.
It also provided the home agent with information regarding the nu-
tritional needs of a large number of homes in the county and enabled
her to do more constructive work.

From Sampson County comes the following: "Sometimes busy

farmers do not feel the need of the year-round garden, but so eager was Mrs. Edward Seay of Turkey to have a fall garden that she refused to go with her husband on a vacation trip until after the garden was planted. When the family returned several weeks later Mr. Seay was convinced that his wife had been wise in her demands as the garden had flourished and fresh vegetables were available."

The agent continues, "It is most gratifying to have women and girls report they have bought cows, planted year-round gardens, that they are eating less meat and more fruits and vegetables, and, better, that several are being cured of indigestion and constipation."

The Nash County Agent reports, "An interesting piece of work has been the feeding and guidance in feeding a family of six with pellagra. The doctor who visited the case with the agent declared the food had done more than all his medicines. Local market men gave beef; club women of Dertches and women on the curb market gave vegetables; and the neighbors contributed milk; and the commissioners bought the medicines that were necessary. This family had only twenty dollars each month to live on for a long time and had not obtained the essential foods."

From several counties come reports similar to the following: "We find the mothers giving much more time and thought to the food for the younger children. The babies are weighed frequently and their diet planned carefully."/

"The children are drinking more milk. Since more vegetables and cereals are included in the diet they seem to be making better progress at school."

"My husband is beginning to eat a greater variety of food."

One agent says, "The women have responded well. Some of their

most interesting work has been making posters showing the different classes of food and their place in the diet, and illustrating well balanced meals. One woman said she worked until twelve o'clock one night to finish her poster in order that she might bring it to Elizabethtown to the nutrition school for Miss Thomas, the food specialist, to see. I think she was rewarded for her faithful work for Miss Thomas pronounced it very good and it was one of the prize winners. The clubs had extra meetings to make their posters. One club became so interested they made theirs the second time. The last showed improvement in the work. They were interested in scoring their families' health habits and I believe many have been taught to put into practice many things vital to their health which they never thought of before.

"Every home demonstration woman in Bladen County reads the Health Bulletin sent out from Raleigh by the Health Department. This has been helpful to them in their work this year.

"Mrs. Annie Council of Oakland club says, "We had studied food preparation but had tried to postpone or ward off entirely the study of nutrition, thinking it not so essential and feeling sure it would prove uninteresting.

"Mysterious leaflets appealingly inviting were sandwiched into our notebooks every month with coaxing requests for answers to be in readiness by the next meeting. Discussions on nutrition were handed us with an appetizing demonstration and our favorite magazine or recipe to accompany it, and by the time a request came for posters to be made by each club, Mrs. Hester had led us blindfolded into the most interesting and instructive year's work we have ever had."

In a Chowan County club the women bought a new scale so that the teachers could keep up the weighing and checking of underweights.

In several counties so interested were the club women in the hot lunch at school that they held canning bees at which time soup mixture and vegetables were canned for the lunch room. In twenty-two counties fifty-four schools served the hot lunch for the first time. In some of the counties mimeographed sheets giving suggestions about the lunch brought from home were sent to every home represented in the schools.

Nutrition work was carried on in twenty schools of Duplin County through the study of school lunches. The agent prepared and packed a school lunch in each school, thus teaching the importance of an adequate lunch to more than a thousand school children. Two hundred children reported practices along this line. The teachers in the schools throughout the county were very helpful in carrying out the better school lunch idea. In one school prizes were given to the room that made the best health or food posters, showing the value of a good lunch. The women's clubs have been interested in the nutrition work in the schools and two of them furnish milk for undernourished children who were unable to buy milk.

In Pitt County a definite nutrition program is carried on in all the schools. The agent says, "In this work the teachers are required to give twenty minutes each day to a supervised lunch period, at which time the children are taught what makes a balanced lunch, and why we should eat it. The quality of the lunches all over the County is improving. Fountain probably has the best conducted lunch hour and on the whole the best lunches. Statistics show a smaller percentage of retardation in Fountain than in any other school in the County.

"Each teacher is supposed to keep a height-weight chart and weigh the children each month. Some of them failed to send in their

chart at the end of the year. Some children moved in and others moved out, so we found when we tabulated results from the charts we had complete record of 1,616 children. At the beginning of the school year 420 children or 25% were more than 10% underweight. At the end of the school year 185 children or 11.5% were more than 10% underweight. We attribute this gain to better lunches and improved health habits.

"To create a greater interest in good food habits an interesting experiment with white rats was carried on by the children of Belvoir School. They took six white rats from the same litter at thirty days of age. They were placed in three cages. All were given the same cage feed of meal and salt, and all the water they would drink. In addition two were given coffee, two candy, and two milk. They were watched carefully and weighed each week. For the first week the candy rats gained rapidly, then they began to drop back. The milk rats gained steadily until at the end of the eight weeks' test they had gained more than twice as much as the others. Arlene Parker, a sixth grade girl, won first prize at the County Commencement on a Health Story, using the rats and telling of their experiment, calling attention to the differences in the eyes, the fur, and the disposition of the rats. She closed by displaying a quart of milk and telling the foods to be derived therefrom, and with a plea for more milk. The judges said it was one of the most effective pieces of work they had ever seen."

In November 1926 a Milk for Health Campaign was held in Davison County and in the spring of 1927 some work was done on the follow-up. The agent says, "it was found that a 20% increase in the consumption of milk had occurred in Thomasville and a 30% increase in Lexington.

In one school where a milk feeding demonstration was conducted and each child who was ten per cent or more underweight was given one-third quart of milk each morning at first recess, malnutrition was reduced from 33% to 19%. Provision was made for each child to have the milk on Saturday and Sundays.

Another interesting result of the Milk for Health Campaign has been the number of milk bottles visible in the class rooms of the schools. About 35% of the children in the elementary grades bring milk to school, and before our campaign they were seldom seen.

NUTRITION - GIRLS

Demonstrations in the preparation of the essential foods, attractive posters, pictures of strong, healthy, well developed girls, and the food selection and health habit score cards have been the means of interesting the club girls in good food and health habits. The girls have displayed keen interest in being up to normal.

Rockingham County reports, "In one group of the Mayodan school twenty-four girls were weighed and measured. Out of the twenty-four fourteen were ten per cent or more underweight. In most cases these girls did not drink milk or like leafy vegetables. They agreed to improve their food and health habits and at the close of school all but two were up to normal weight."

The Richmond County Agent says, "Each club girl was weighed and measured at the beginning of the project and then through the year. They were checked several times on Food Selection and Health Habits. These scores were kept in the Food for Health booklet which each girl made. They studied a group of foods and had demonstrations in the preparation and the girls collected pictures from the current magazines of this particular group of foods. Then when they finished

the study of the group they pasted these pictures in the booklet. In this way the girls learned many foods which they had never know and also much about how to serve foods. The booklets were bright and interesting and the girls took much interest in them.

"Our county physician gave most of the underweight girls a physical examination and in ninety-five percent of the cases we found bad tonsils. Some had bad eyes and others had diseases we could do nothing with. In all cases we told the children the trouble and tried to prevail upon their parents to remedy them. We were able to get about ten per cent of this done but in many cases the parents could not afford it and in others they just would not. In many cases this underweight was due to several causes, such as not enough rest and poor health habits or poor food selection. In very few cases, if any, was it due to a lack of food, but rather to a lack of the right kind of food.

"We did much to encourage good food selection and health habits and in practically every case the children gained faster than the normal rate. I saw one little girl last week that I had not seen since early summer and she had gained so I hardly recognized her. When we began last fall she was twenty-five per cent underweight and now she has grown several inches and is up to standard weight. When I saw her, I said, 'Why Margaret!!' and she said, 'Mrs. Harris, you started me to gaining, and now look at me!'"

The agent of Wash County says, "One interesting piece of work was the adopting of an undernourished group of thirteen children in the Bailey School. The woman's home demonstration club furnished money for lunches and gave milk, while the club girls prepared the lunches and saw to the feeding. These children were also required to

lie down thirty minutes each morning between first recess and dinner. Their charts were kept and as they were brought to normal weight others took their places. It was very gratifying to see how well they responded to this right feeding."

In Alamance County the work in nutrition has been conducted with women in two clubs. The agent says, "In these clubs we prepared school lunches and discussed the daily food rules, the members each being given a copy of the daily food essentials as a guide for planning their meals. Each woman told about what she usually served at home for breakfast, dinner, and supper. We all then discussed this woman's menu and made changes where necessary. Each woman decided to follow the daily food rules as nearly as possible, and as a result we have four different homes preparing better balanced meals and serving better school lunches."

The following report comes from Wake County. "Along with the bread campaign nutrition is being carried on. In all the adult clubs taking part in the campaign talks are being made on food and its use to the body, and the ultimate value of meal planning. Charts and pictures are being used to show the members what is meant by the different food stuffs. Suggested menus are also given, made from foods on the farms and what the farm people actually have at hand. It is emphasized to them the importance of feeding the body properly.

"The use of milk is being stressed in every group. In some communities nearly every family has a cow and the members are being told the great value of milk in their meals in the preparation of foods and for drinking. Wherever possible milk is being used in giving yeast bread demonstrations.

"The use of butter instead of so much meat is spoken of, also. These talks are being given to both adults and juniors. The women are openly confessing that they are glad to learn how to plan their

meals. One member of the Lovely Hill club said, "I want to know about these things and I wish all the members would meet us so they might hear it also."