

FOOD PRESERVATION

Number of Counties reporting food preservation.....	53
Number of women enrolled.. 10,107 Number completing...	6,743
Number of girls enrolled.. 5,481 Number completing...	2,895
Number method demonstrations given.....	1,053
Number result demonstrations started or under way.....	15,040
Number result demonstrations completed.....	12,254
Number of individuals adopting improved practices in preserving fruits and vegetables this year.....	8,734
Number of individuals adopting improved practices in preserving meats this year.....	1,500
Total number of homes adopting improved practices rela- tive to food preservation work reported.....	6,836

The preservation of food in North Carolina is based on the needs of the family for an adequate supply of fruits and vegetables to supplement the fresh products from the winter garden.

A budget of canned foods, arranged by the Nutrition and the Garden Specialists, provides for a variety of fruits and vegetables for the average family that will insure a balanced diet when combined with other foods. A planting schedule is included also in the leaflet.

The Cumberland County Agent reports: "There were eleven clubs with 234 members in food preservation, and 75 reported the work completed. Seventeen meetings in food preservation were held and at all the leaders assisted in the demonstrations. Demonstrations were given in making kraut, canning vegetables, fruits and fruit juices, and in making jelly and preserves.

There was an abundant fruit crop and the women did more canning for home use all over the county than has been done for years. Cedar Creek and Gray's Creek held all-day canning meetings, the other clubs preferred the afternoon meetings as usual.

"Mrs. J. A. Averette of Cedar Creek Club says, 'I would not take one hundred dollars in cash for what I learned at that one meeting for it has been worth that much in my home.' With her pantry well supplied with canned vegetables and a good winter garden she says, 'I will not have to buy a thing to boil all winter. I would not go back to the old way of canning for anything.' She is so enthusiastic over what she has done that she cannot see why everybody does not boost home demonstration club work. Her husband was a 'doubting Thomas' until she showed him, but after eating her home canned beans and okra he said, 'I never thought I would see anything like this', and he is now as ready for her to attend the club meetings as she is eager to go; in fact, he makes a way for her to get there. Mrs. Averette is a true extensionist also, in that everything she learns she passes on to a sister who cannot attend meetings.

"There were sixteen girls' clubs with an enrollment of 462 members. Those under fourteen years of age were required to help their mothers with the home canning. Those over fourteen were required to can at least six jars of fruit and six jars of vegetables alone. There were 111 girls who completed the work and reported 6,388 jars. Others did the work but did not report. During the summer the girls met with the women for the food preservation demonstrations."

The Agent from Rockingham County reports the following:

"Food preservation work has been done in all of the eleven women's clubs and in one girls' club. The fourteen girls have assisted with the home canning, while 113 women report improved practices in canning and preserving. All of the other members have done a certain amount of food preservation. The 113 reporting give the following information:

Fruits and vegetables canned.....	19,853½ qts.
Meats canned.....	291 "
Jelly and preserves made.....	3,257 "
Fruit juices made.....	1,045 "
Pickles made.....	2,351½ "
Fruits and vegetables dried.....	2,735 lbs.
Meats cured.....	33,190 ". "

The Craven County Agent writes: "The annual 'canning revival' in each of the sixteen women's clubs came when the summer gardens were at their best, June 15 to July 15. The principles of preserving food were reviewed at the meetings by the home agent or the leaders, or both. New club members, club visitors, and women who never seem to remember from season to season, need the reminders they get. It is strange how these 'canning bees' give interest in home canning. The pantry shelves of women who come to the meetings have more jars and a greater variety of fruits and vegetables on them. All club women were enrolled in the various food preservation methods. Reporting in one form or another, there were 398 who had done food preservation work."

The Agent from Alamance reports: "Food conservation has been stressed this season, due to a large crop of fruits and vegetables

and also because canning work has been somewhat neglected in the past two or three years. All-day canning meetings were held in several of the clubs. The women brought together their fruits, vegetables, and chickens, and they were graded and canned under the supervision of the agent.

"The incentive offered for this canning work was a club contest at the Mebane Fair. Prizes were offered for the best club exhibit of canned products consisting of the following:

- 6 quarts vegetables
- 6 pints vegetables
- 6 quarts canned fruits
- 6 pints preserves
- 6 pints pickles
- 6 pints canned meats.

"Demonstrations in the use of the steam pressure cooker, sun-cooked preserves, and vegetables, were given."

In Robeson County nine hundred gallons of fruit and vegetables were canned at the county home and five hundred gallons at the hospital.

Food preservation work was done in nineteen communities in Beaufort County in 1928 with 282 women and 103 girls doing the work. Fruits, vegetables, meats, fish, pickles, preserves, and jellies were canned, showing a total of 19,690 quarts.

In Cleveland County 29,973 quarts of products were canned and 52,075 pounds of meat cured. At the annual Peach Show in Richmond County the Agent put on an exhibit of peach products and gave demonstrations in the preservation of peaches.

In Guilford County a leaders' school in food conservation with

demonstration in jelly and jam was held in June, and in July the Agent and leaders gave similar demonstrations in all of the clubs. Miss Frances Summers canned more than 800 number ten cans of vegetables for a hotel, using a commercial steam pressure canner.

In Stanly County nine clubs with an enrollment of 123 selected some form of food preservation for their work during the summer. Some of the clubs asked for canning of fruits and vegetables, but most of the work was done with pickles. One of the clubs missed the work in jelly making last year and they were given a demonstration in that. A number of jars were packed for exhibition and these were placed in one of the banks in Albemarle, on a stand provided for the purpose, so that the people in the county might see some of the canning that was done.

"The Agent from Northampton writes: "Food preservation was carried on in the eleven women's clubs with 75 entering and the same number completing.

"This being a very good year for canning, quite a large number of cans were put up in the county. There were 4,518 quarts of fruits and vegetables canned, 771 quarts of jelly and preserves. 187 quarts of fruit juices, 102 cans of meat and fish, 954 quarts of pickle, 27,574 pounds of meat cured, and 364 pounds of fruit and vegetables dried."