

HOME DEMONSTRATION

News

NORTH CAROLINA FEDERATION OF HOME DEMONSTRATION CLUBS

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Number 3

The Spirit of a Club

When the cats are away the mice will play but it was in more of a mood of earnest endeavor that the members of the Elkton Home Demonstration Club (Bladen County) met for their February program without their home agent. It was the first time one young member played the piano accompaniment for the song. Indeed most of the women took part in the meeting. The demonstration showing how to use more milk in main dishes was given by the dairy leader as she prepared and cooked barbecued hamburgers (with dry milk as one ingredient) in an electric skillet on the living room table. Perhaps, however, the women will carry with them even longer than the milk recipes the spirit of helpfulness and co-operation exhibited in the meeting.

Mrs. W. J. Elkins,
Publicity Chairman

Plans In Rockingham

Where are we now? And where are we going next? These were the two questions home demonstration women of Rockingham County asked themselves at the third quarterly County Council meeting.

Project leaders reported the progress made during the last six months and discussed with the group phases of improved homemaking which were needed in the near future.

The District Home Agent Miss Anamerle Arant, who was present for this Council meeting, complimented the women on their outstanding work on improved practices in homemaking.

Mrs. Fred Jones, District Chairman, and her committees are busy studying program plans for the district meeting next year which will be held in Rockingham County.

Mrs. J. R. Taylor, Reporter
District 12

From A Dream to Reality

The Bladen Union Home Demonstration Club had a dream—"A Community House"! We had talked about it for quite a while, but there didn't seem to be anything that we could do. We didn't have any money in the treasury and we could not see a way to make any. We did not give our dream up even though it looked as if the dream were fading.

One night a little over two years ago the men in our community formed a Ruritan Club. Almost every home demonstration club member's husband joined. Of course there were others. The women went to work. The men had to be fed and the home demonstration women fed them at their monthly meetings. Each member of our club was asked to contribute to the supper so that our checks would be clear profit. From this our treasury began to grow.

It wasn't long before the men began to talk about a community house and the women helped them talk! Several of the members offered land for a building site for a community house and a committee was formed from both clubs to choose the most suitable site. Each of the members of the Ruritan Club who offered a site for the building had a wife in the home demonstration club, so never underestimate the power of a woman!

A site was selected and the men went to work and so did the women. The women asked for and received donations for the community house in equipment and money. Many friends and business organizations donated money and appliances. The kitchen was completely equipped by the women. A stove and hot water heater were donated by business firms. A sink was given by a club member. Fifty dollars worth of kitchen utensils were donated. The club

Thirty Years Attendance at Farm-Home Week

Among the club women from Northampton County attending Farm Home Week at State College in Raleigh, August 5-8 was Mrs. Eldridge Martin of the Lasker-Dusty Hill Home Demonstration Club. 1957 sessions was the thirtieth year that she has attended. Since Mrs. Martin is a farmerette from the peanut, cotton and corn section of the state, she has always managed to attend classes in agronomy. Mrs. Martin is recognized by people in her county as a very efficient farmer.

Mrs. Samuel Johnson of the Seaboard Club in Northampton County each year supplements her family income by selling vegetables from her garden. During this year she has cleared well over \$100.00 through her sales. Mrs. Johnson recommends this to any one who has space for a large garden and enjoys gardening.

women bought the dishes, silver, refrigerator and material for cabinets and paneling. The chairs were bought by us also, and a cash donation was given to the men to help finish the rest rooms. We sold flavoring to buy a forty-eight cup coffee maker. We are planning to buy draperies. This fall we are going to set out shrubbery.

We don't call it a "club house" but "The Community House". It is used for both of the clubs meeting once a month, church socials and a harvest day have also been held there. The community uses it when any community activity is to be held. It has been used for showers and even a cake cutting. Anyone in the community is welcome to use it!

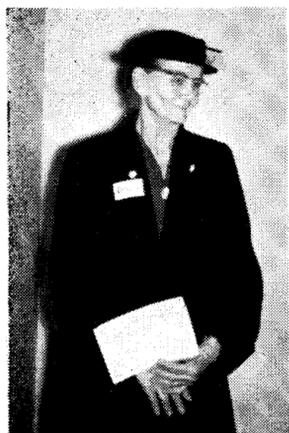
We are looking forward to seeing our young people use it more. We think that planned and organized recreation by the parents is good for
(Con't on page 3, col. 2)

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Mrs. F. E. Bristow

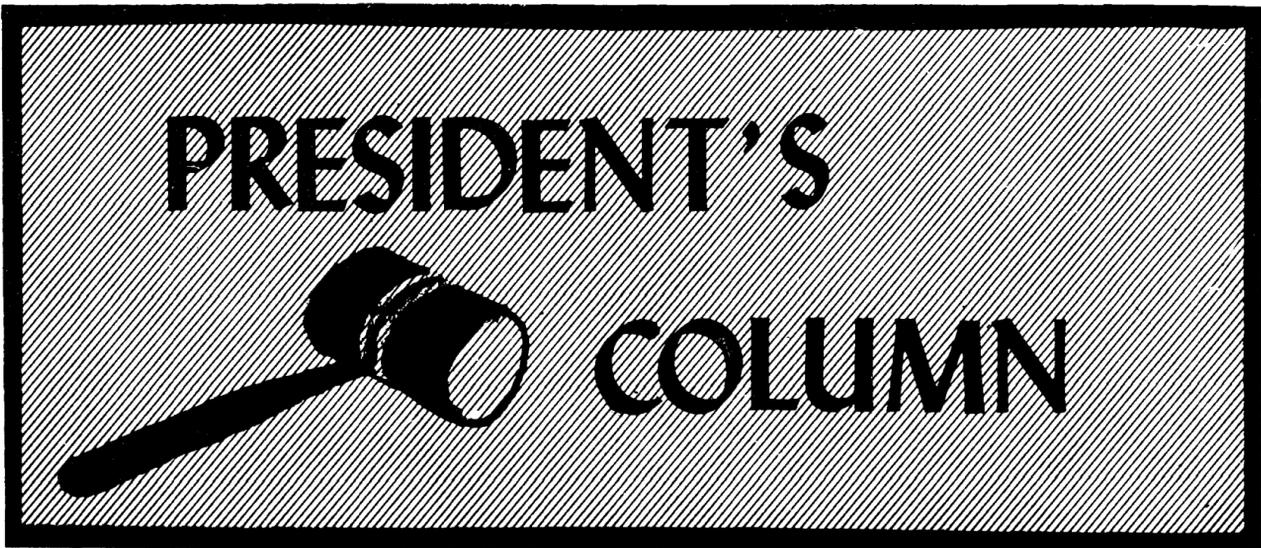
Mrs. F. E. Bristow of the Lasker - Dusty Hill Home Demonstration Club in Northampton County has made an unusual record in attendance of Home Demonstration Club meetings. At the 1956 Achievement Day she was presented a certificate for 42 years of perfect attendance.

In an article on "What Home Demonstration Club has Meant to Me," Mrs. Bristow stated, "I haven't missed a meeting since club work began in 1916. It isn't so much the record I'm proud of but the knowledge that I have gained through my attendance." No organization can function without a leader, neither can one function without faithful members.

Even before Extension work began in Northampton County Mrs. Bristow was a member of the "Tomato Club" a predecessor of the Home Demonstration Club. Mrs. Bristow is not only a charter member of the organization but she is also the first president of the Dusty Hill Club.

Several years ago she and her daughter-in-law compiled a history of the activities of the Dusty-Hill Club.

Mrs. Verne Alden of Kansas was elected President of the National Home Demonstration Council at the annual meeting in Columbus, Ohio. The 1958 meeting of the Council will be held in Kansas.



Greetings:



Training Center.

The highlight of the conference was the afternoon the North Carolina delegates and two friends visited the Training Center named for North Carolina, due to the \$1300 sent last year to Ceylon through UNESCO. Lady Coomaraswamy, Chairman of UNESCO, arranged for the young woman, who was in charge of arranging for the North Carolina center, to take us out to visit.

Mr. and Mrs. Saminika, a lovely young couple, came for us in their car and two hired cars to take us.

We left the city streets of Colombo and came to paved roads but narrow; then we turned into a one-way dirt road very narrow and eight miles from Colombo, our Village Training Center, Madievela, located amid a native community with native people and homes amid tropical trees and plants.

When we arrived, everyone was there to meet us—all in native costume and ready. The aged, the young, and even babies were there. When we arrived the grass was wet with fresh rain, and a bit muddy.

The land was given by a man who lived by the building; the building was constructed by the people; the equipment given by North Carolina through UNESCO. There were wide openings for doors; the walls were just one-half way up the side; and

the building had a good cement floor.

Mrs. Berryhill cut the string of flowers across the entrance.

The Friendship Lamp was lighted by all of the group.

In the middle of the floor was a wide board and a fire was built on this board. A round clay pot one-half full of milk was placed over the flame and watched by the group until it boiled over. When the milk boiled, they all laughed and yelled for joy because the milk had boiled over on the proper side of the pot to bring good luck to the new building and the people.

The young girls danced and sang for us outside on the grass.

We were invited in to have tea. The invitation was given by offering a glass of water to Mrs. Berryhill. She was supposed to drink it, but we were not sure that the water had been boiled, so she didn't drink it.

There was one room at the far end of the building—a very narrow room. In this room there was a type of cabinet, a long table and a number of straight chairs.

The table was covered to keep the flies off the food.

The table was filled with a variety of native foods and as many of the people who could crowd in came and stood over us.

It was very hot in this small room, but finally an old, old man kept pushing in until he reached the table. When he reached the table, he stood right over us putting food on our plates. Someone called him "Grandpa", and he just put more food higher and higher on my plate. They expected us to eat what they put on our plates. We were thankful for the delicious bananas.

After the tea, Mrs. Berryhill, because she was president when this \$1300 was sent to Ceylon, made a short speech. Our guide translated it for the people.

Their leader made a speech and it was translated for us.

We gave them a copy of our North Carolina Cook Book and also our Year Book.

We returned to Colombo and there we had another tea at the lovely home of the charming young couple.

The women of Ceylon are to be praised for their way of self-improvements during the last twenty-five years.

Because we are so blessed there is an obligation for us to do more and more. This was a day we will never forget because we left knowing the Training Center meant much to the people of the community and thankful we had had the privilege to contribute to the equipment for the women; and all of us hope and pray we can ever do more to help these women learn some of the simple, basic rules for caring for and feeding their families.

I wish each of you could have been with us.

Sincerely,
Juanita Proffitt

Blueberries on TV

Mrs. Billie Blanchard, a very attractive and talented member of the Rose Hill H. C. Club in Duplin County, appeared on "Cooking Can Be Fun" to demonstrate making cool summer desserts. This TV program is designed to help homemakers enjoy planning and preparing their family meals. Since Mrs. Blanchard and her husband grow blueberries on their farm, she gave the recipe and prepared for the viewers a lemon blueberry pie, according to the recipe given below. During the program, Mrs. Blanchard mentioned the fact that she has made a collection of blueberry recipes. There has been so much interest shown that some of her other recipes have been given on following programs.

Lemon Blueberry Pie

- 1 Cup Condensed milk
- 1/2 Cup lemon juice
- 2 Egg yolks
- 1 Cup blueberries

Stir lemon juice well into milk.

Beat egg yolks and add to milk mixture. Add blueberries. Pour mixture into baked pie crust. Top with beaten egg whites and brown in oven (or top with whipped cream).

Mrs. J. B. Stroud
Publicity Chairman

(Con't from page 1, col. 3)
them and we plan to work toward this.

In building and planning the community house we have been brought closer together. We have learned to work with one another. Better understanding has come out of this project. Our community has been drawn closer together. We also have learned to play with our neighbors and children.

There are still a few things that need to be done to our community house, but can anyone blame us for being proud?

Mrs. Joe Butler
Mrs. Leslie Willis
Bladen County

Report On International Relations

Home Demonstration Club Women of Stokes County are indeed fortunate in having Mrs. John Bray of Walnut Cove as County International Relations Leader, because she can bring them first hand information about foreign neighbors. She not only attended the United Nations this past year and brought back a report of her trip, but she even made a trip abroad last year. Therefore, her talks, pictures, and exhibits have been even more interesting because we know she has traveled abroad and knows whereof she speaks. Mrs. Bray made this trip abroad with an old school friend she had not seen since her graduation from Lewis Gale School of Nursing in Roanoke. At a class reunion they renewed their old friendship and decided that it was time they saw some of the rest of the world. They visited in nine countries on their trip which included Germany, France, England, Austria, Italy, Switzerland, Luxemburg, Holland and Belgium.

Mrs. Bray says her most interesting, as well as most disturbing, experience occurred at the time they were trying to get on a train. When they crossed the Rhine they were trying to get tickets to get a boat-train. Nobody could speak English. Everyone spoke either French or German. There was no one to help carry heavy luggage. "We were really getting frantic," Mrs. Bray reported, "because it was almost time for the boat-train and nobody could understand what we wanted. Finally somebody

wrote out in French what we wanted and we succeeded in getting our tickets just in time to catch the train," sighed Mrs. Bray. When they were trying to get heavy bags on the train, Mrs. Bray says that when she heard someone say "Can I help you, lady?" and turned around and saw an American G.I. she was never so happy to see anyone.

Mrs. Bray has many activities. She does private nursing now. She has done private nursing in the Baptist and City Hospitals in Winston-Salem, the Hugh Chatham Hospital in Elkin and the Hoots Memorial Hospital in Yadkinville. She is the president of the Walnut Cove Home Demonstration Club. She organized and was the first president of the Walnut Cove Book Club. She is also advisor of the Waynut Cove Business Womens Circle of the Baptist Church.

Mrs. Bray has two children, John Bray, who is now in the Air Force stationed in Alabama. Her daughter, Carol Bray Bailey, is a Home Economics graduate with a Master's Degree in Foods and Nutrition. She has just recently had her third child, a boy, which is Mrs. Bray's first grandson.

Mrs. Bray is very generous with her time in giving talks about her trips. She is an interesting speaker and has given eleven talks to approximately 565 people on the United Nations tour and on her trip abroad. In some of her meetings these two talks are combined.

The women of Stokes County feel very fortunate in having such a versatile, wide awake woman for their International Relations Leader.

Mrs. H. E. Carter
Stokes Publicity Chairman

National Home Demonstration Council

Twenty-nine home demonstration club members attended the National Home Demonstration Council meeting on the campus of Ohio State University at Columbus, Ohio, September 8-11. The group went by chartered bus to Natural Bridge, Virginia and to Luray where they spent the night at the Minslyn Motor Inn. From there the trip took them to Winchester; Cumberland, Maryland; to Columbus, Ohio.

Membership Campaign

Orange County is experiencing a "work-away-from Home" boom as many counties are. Many of the Home Demonstration women have felt the need to supplement their farm income and have taken jobs in industry and other places. This move to industry meant that our Home Demonstration Club membership was being affected.

In order to give our members who are working away from home an opportunity to be active Home Demonstration Club members and to increase our membership, the county council members voted in January to adopt suggestions for a year-long membership drive. This drive was unique in that it concentrated on one group each month.

In February we tried to visit the inactive members. We took them bulletins and gave them a special invitation to come to Home Demonstration Club meetings. We reminded them of the time for the meetings and took them to the meetings.

New-comers to the community were given a very special invitation to attend Home Demonstration meetings. We felt that the Home Demonstration Club was a good place to learn to know our neighbors better.

In April the young mothers were invited to the Home Demonstration meetings. Baby sitters were provided. This plan has worked fine in some communities.

Our seniors in High School were invited to be our guests in May. We know that these girls are our future members.

We thought especially of the women working away from home in June. Many of our clubs have been having their leaders' meetings at night. These night meetings get those women who can not attend meetings during the day to go to the Home Demonstration Club every other month. This plan has worked so well that most of the Home Demonstration clubs in the county are using it.

As yet we have not experienced any great results, but we are gaining new members and we have aroused interest among the inactive ones.

We are still pushing our campaign and believe that it will show good results at the end of the year.

Mrs. Harold Walker
Vice President
Orange County Council

Hickory Nut Gorge Home Demonstration Club Activities

"A community can do anything it wants to" is the motto used by many community development organizations. The women of the Hickory Nut Gorge home demonstration club believe this too. They are working hard to raise \$6,000 to buy the spacious "Copper Kettle" restaurant and recreation center to be used for a community center. If the women can raise \$1,000 this year the owners of the center will match this amount leaving only \$4,000 to be paid over a period of years—interest free. The building is well equipped with dishes, large food freezer, and all the necessary equipment for quantity cookery. Furniture includes a piano, bedroom suites, chairs, tables, etc. One large rustic room is attached to the building where the annual Hickory Nut Gorge home demonstration flower show is held.

The club women have been busy this summer preparing and serving dinner for \$1.25 per plate each Friday night. Last Friday evening 120 people were served. Each dinner had brought approximately \$100 into the club treasury.

The community center will fill a definite need in this community which is approximately 25 miles from a shopping center. A home demonstration curb market has great possibilities as a part of the community undertaking. Club women are already selling their jellies, preserves and crafts in a small section of the building and have plans to work toward a better market next year. The "Hickory Nut Gorge Center" is located on Hwy. 74 approximately halfway between Asheville and Hendersonville. This highway is heavily traveled during the summer months; therefore, we believe that a home demonstration curb market could be very successful in this area.

We are enthused about such a tremendous undertaking but believe along with the people whose idea it was to try to buy the center that a home demonstration club can do anything it wants! If hard work and cooperation make for success this building will be paid for and owned by the women of Hickory Nut Gorge home demonstration club.

News From Northampton

Two of Northampton County's home demonstration clubs united for a four-day training school on emergency care of the sick and injured. It all started when the county home agent Miss Lela Melvin and two club members attended the Ninth Annual Rural Health Conference in Raleigh, October 11, 1956. One of the conference speakers mentioned the importance of Red Cross Home Nursing courses being taught in each community. A few days later Miss Melvin contacted Mrs. Paul Calvert, County Red Cross Supervisor, and asked her to attend the County Council meeting of home demonstration clubs in Jackson.

A report of the Rural Health Conference was given by the County Health and Safety Chairman, Mrs. Jay Britton of Conway.

Mrs. Calvert stressed the importance of Northampton County becoming organized for Civilian Defense, and a must for Red Cross Home Nursing throughout the county.

The Council members voted to sponsor such classes and a training school was held in the Milwaukee Community Building May 27, 28, 29, and 30 with 17 persons from Milwaukee Community and 5 persons from Conway attending. Mrs. L. C. Marshall from Enfield was secured as teacher.

The group helped in securing supplies for the class such as: single beds, sheets, pillows, pillow cases, blankets, spreads, wash basins, towels, bath cloths and numerous other things to work with were supplied from the County Red Cross Chapter in Jackson.

During the week, four members of the class acted the part of a patient, and all other members of the group participated in carrying out the instructions given by Mrs. Marshall in caring for the patient.

As a result of these four days of training in emergency care of the sick and injured, Northampton County has 17 qualified Red Cross "Nursing Assistants", who are prepared to help in any emergency or disaster that should take place in this county.

Mrs. Marshall told the group that it is the first class to be taught under the new Emergency Care of the Sick and Injured.