

Along the Way

Emily Killeto

Home demonstration clubs have been active in Duplin for about 70 years. These clubs have yielded great influence in Duplin home life styles and health care.

Even though the organization of home demonstration clubs was not formally recognized until 1917, Duplin women had one club in the Rockfish area, according to the May 16, 1940 issue of THE DUPLIN TIMES. The

Duplin County Commissioners allocated \$250 for canning demonstrations in Duplin. The canning projects were the official beginning of home demonstration organization in Duplin, the article "History of Extension Work in the County of Duplin" stated. No demonstration work took place in Duplin before 1917, but the Rockfish Home Demonstration Club was organized in 1914. The club began under the supervision of Rockfish resident Mrs. W.B. Register. The Rockfish Home Demonstration Club had 10 members and began at a quilting party in Mrs. Register's home.

The first home demonstration agent was hired in Duplin during 1917. The agent was Lucy M. Cobb and she worked two years. Cobb's efforts were concentrated in organizing groups known as "tomato clubs." After two years, Cobb left Duplin and was replaced by Helen Thomas in April of 1919. During the remainder of 1919, two more home demonstration agents worked in Duplin but failed to stay. Several years passed and Ruth V. Ebron was hired as Duplin home demonstration agent in September of 1923. Ebron's priority was to re-activate the home demonstration clubs and form organizations for young boys and girls.

Within a year, seven home demonstration and 12 young boys and girls clubs had been organized by Ebron and a county council was selected from the groups. By the time Ebron left in 1928, she had helped organize 11 women's home demonstration and 14 young peoples' clubs.

Carolyn Garrison began as the Duplin home demonstration agent during March of 1928 and helped the county council furnish and decorate a "Rest Center" on the first floor of the jail building in Kenansville. The Duplin County Commissioners donated the center and the Council equipped the "rest center" for use as a lounge, reading room and nursery.

The Duplin County Federation of 4-H Clubs was organized in March of 1929 and members observed an Achievement Day in November. Boyce Brooks of the Calypso 4-H Club was named vice-president of the State 4-H organization, and he later served as president and was named to the State 4-H Honor Club, along with Duplin's Larry McLendon.

Home demonstration clubs took on a project of home decorating and furnishing during 1930. The following year Duplin's 12 clubs concentrated on home management projects. Garrison resigned in December of 1932 and was replaced by Pratt Covington McSwain in January of 1933. McSwain began work in Duplin by organizing a yard improvement tour in which 50 participated. Food conservation projects were among McSwain's priorities. Pressure canners were placed in all home demonstration clubs in cooperation with the National Relief Program in order to assist in conserving surplus fruits and vegetables. In addition to placing pressure canners in all Duplin demonstration clubs, a canning leader was appointed in each commu-

nity.

The clubs took on clothing projects during 1934. The number of home demonstration clubs had grown to 17 with 600 members and the county had six 4-H clubs and one service club of about 80 members. McSwain left Duplin and was replaced by Jamey Martin in 1936. Martin worked in Duplin about two years and Hattie

Pearl Mallard came as home demonstration agent during January of 1939. The number of members had decreased from 600 to 408 in the home demonstration clubs by 1940. The 4-H program had gained a new club, bringing the total to seven clubs and 580 members. Home demonstration clubs selected home beautification as their major project in 1940.

Health Official Cautions On Flu

It's the "cold and flu" season again, and residents of Duplin County are once more being urged to take this often epidemic disease seriously, according to Joe Costin, director of the local Health Department.

The influenza alert is particularly important for older people and those who are vulnerable because of lung or heart diseases or diabetes. Such people should check with their physicians about being immunized by vaccines.

Costin placed emphasis on the infectiousness of colds and flu and suggested common-sense precautions to prevent the illness from spreading. Needless exposure in large groups of people should be avoided, he said. Sneezes and coughs should be covered with a handkerchief or tissue. If infection strikes a family member, those tending the patient should be sure to wash their hands, and tissues should be disposed of in a paper or plastic bag that is frequently replaced. Serving food and beverages in paper and plastic disposable plates, cups and bowls, used only once by one person and then discarded, can help reduce the risks of cross-infection.

When cold germs or flu viruses get into the nose and mouth of susceptible per-

sons, infection may occur, producing such symptoms as fever, chills, headache, dry cough and aches in the back, legs and arms.

Bed rest for the patient is important in the treatment of colds and flu. Costin pointed out, along with keeping warm and drinking plenty of fluids. But if the symptoms persist and the illness is severe, consult your family physician, he advised.

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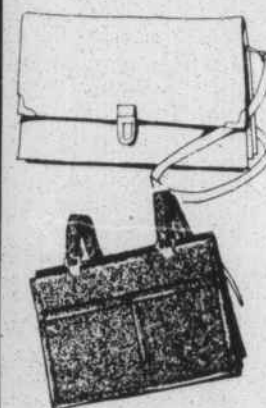
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