

## HOME DEMONSTRATION CLUBS

1939

HALIFAX COUNTY HOME DEMONSTRATION CLUBS

SECTION F

## COUNTY COUNCIL MEETING



A County Council meeting of the Home Demonstration Clubs of Halifax County, banquet style under the Better Homes Program. The meeting was held in the Club House dining room at Halifax.

## SCHOOL CANNING DAYS FOODS &amp; NUTRITION IN HALIFAX COUNTY

By Blanche Hardee  
Hardraee Club President

In many communities over the county, during the summer months, are held what we club women call "School Canning Days". Here the women of their respective Home Demonstration Clubs meet bringing just loads of fresh vegetables, such as are required for soup mixture or perhaps it may be apples for making apple sauce for use in school in winter, or in some instances, snapbeans or peas. These products are graded and put up according to the standard for proper canning, using the bulletin furnished free by the Agricultural Extension Service of State College, Raleigh.

This most splendid service of canning for hot school lunch for most every school in Halifax County was started on a county-wide basis in 1926 by Mrs. Hazel E. Wheeler, in order to insure a hot dish for every child and not those only able to pay for his serving each day, as had been the custom in the one or two communities having had this project heretofore.

Women like to get together for social purposes, where they may indulge in bits of gossip or talk over their problems. We have found our women in the Hardraee community most helpful and hospitable on canning days. They open their

homes to the club members who meet there to can, often serving a real picnic dinner or other delightful refreshments. Many of us have enjoyed these days in the homes of the following members of Hardraee Club: Mrs. Tom Sexton, Mrs. S. A. Whitley, Mrs. B. A. Whitley, Mrs. Joseph Lewis, Mrs. B. O. Bobbitt, Mrs. J. R. Locke, Mrs. N. Braswell, Mrs. S. L. Bennette, Mrs. S. E. Hardee and others.

During the years that have passed since this work of canning for hot school lunch was inaugurated, many hundred cans of soup mixture and other choice vegetables have been canned and used. As a result, we doubtless have a healthier and happier childhood all about us. Such days as above described are frequent summer scenes with the various Home Demonstration Clubs—all using about the same method of procedure, except that some conduct their cannings at the school buildings. Long may these canning days survive!



Mrs. E. W. Dickens, Jr.  
County Foods and Nutrition Leader

The foods and nutrition work in Halifax County had made very little progress when Mrs. Hazel E. Wheeler began her work as Home Demonstration Agent in this county. Planning meals, three times a day three hundred and sixty-five days to a year, that were pleasingly varied and properly balanced was truly not an easy task for the rural housewife. Mrs. Wheeler worked enthusiastically with the farm woman's clubs to develop new, better and more appetizing methods of preparing and serving foods that would make a balanced diet.

Many things which had been a puzzle to the housewife and which had been considered too difficult and only to be undertaken by experts were explained step by step and illustrated so plainly that planning a properly balanced diet was found not only simple to work out but very enjoyable results were produced. To hold the interest in this work a variety of contests and expert demonstrations were held, at frequent intervals.

Going a step further, and not content that a balanced diet at home be sufficient to attain the proper growth and development of the child, special work in "Balanced School Lunches" was given. Realizing the effect of overweight and underweight in retarding the progress of the child school cannings were held during the summer months, by the individual

clubs assisted by Mrs. Wheeler. The women met on an appointed day with a surplus of corn, beans, tomatoes, okra and carrots to be made into soup mixture, canned and stored for winter use. The following winter a bowl of hot soup supplemented the school child's lunch. The children were weighed each month and the weight record of each child showed much progress. Today each child has the advantage of a hot dish to supplement his cold lunch. The foods and nutrition leaders throughout the county assist with this project.

The diet and its relation to the mental and physical efficiency has played an important part in the time that has been given to the foods and nutrition study. Take pellagra, for example, a disease that usually follows the prolonged use of an unsatisfactory diet. Much work has been done through the cooperation of the Health Department and Home Demonstration Agent to prevent this disease. The homes of those suffering from pellagra were visited and a diet prescribed that would lead to the eradication of the disease and also recommended a diet that would prevent the occurrence of it.

A few of the many lessons given that would lead to better health through diet were, "Building Body Resistance to Disease", "Foods That Build Red Blood", "Blood Pressure and Diet", "Diet and Its Relation to a Healthy Mouth", and "Feeding in Children's Diseases".

When we think of entertaining whether at home or for a community activity the first problem that usually confronts us is what shall I serve. This has been so skillfully worked out in our foods study that each rural club woman experiences a thrill of genuine pleasure and satisfaction in knowing how to serve foods daintily and appropriately.

The first banquet undertaken by the club women was given in 1929, in the masonic building in Enfield. This was a most delightful four course banquet, honoring our husbands and friends. Mrs. N. L. Stedman, president of the council, made a most gracious toast mistress. B. F. Brown of State College was speaker for the occasion.

Again in February, 1930 the women of Halifax County Federation observed "Live at Home" week as designated by Governor Gardner. They gave a "Live at Home" banquet using only foods grown in the county on the menu. Mrs. Jane S. McKimmon and James Gray were speakers. Those enjoying the hospitality of the club women were their husbands, the county officials and their wives and the teachers as invited guests. This banquet was served in the Coca Cola plant by the Halifax Jr. club girls.

A lovely dinner in honor of Mrs. N. L. Stedman was given December 1934, by the members of the county council in the county club house. Mrs. Stedman, who had been president of the Federation since its organization was leaving to make her home in Florida.

At the close of each year's work the foods and nutrition leaders arrange and serve the "Achievement Day Dinner" to the county and local club officers, the major project leaders and invited guests.

The foods and nutrition work this year is centered around the entertainment at the county council luncheon hour. The luncheon is so arranged and served that it is a demonstration that can be used by the individual clubs. The luncheon for the first council meeting was served buffet style from the tables in the dining room, of the county club house. The valentine idea prevailed throughout the entire luncheon. Nandina berries and silver foliage were used on the main serving table where white candles burned in red glass holders.

The luncheon of the spring council meeting was served banquet style. The club color scheme of green and gold was carried out in the food and decoration. Mrs. R. L. Applewhite, president of the council, served as Toast Mistress for the "Better Homes" dinner program which was as follows: "Home and Child Attitudes," Mrs. R. C. Josey, Jr.; "Books in the Home", Mrs. S. B. Pierce; "Music in the Home", Mrs. Heath Lee; "Nature's Gift to North Carolina", Mrs. C. E. Matthews; "Home of Charm", Mrs. F. W. M. White; Toast "Home", Mrs. Quentin Gregory.

At the present time a "Halifax County Home Demonstration Cook Book" is most ready for the press. Mrs. Wheeler asked the club women to contribute their favorite "tried and true" recipes for use in this book. After these were received they were typed, grouped and distributed among the clubs, each club receiving a chapter to classify. These will be for sale by each club; members who contributed a number of recipes will receive a book free. The women have been very interested in this book and are anxious for it to be completed. This publication is probably our biggest Foods Project for 1938. Articles from some of our foods leaders are published elsewhere in this issue.

READ THE ADS  
Along With the News