

Home Demonstration Work

(By MISS CATHLEEN WILSON, Home Demonstration agent.)

We are cognizant of the fact that Agriculture is the basis of all wealth, prosperity and luxury. If only the tillers of the soil are free, everybody will prosper and be free and prosperous. Happy is the land where those who cultivate the soil own it. Patriotism is born in the woods and fields, by the lakes and streams, by the crags and plains. But where there is no social life regnant among rural folks, where education is neglected, where social contact is prohibited by an unadjusted individualism, where all is left to chance, accident and mistake. Everything will be done in the wrong way and the result will be work and waste, weariness and want. The women of Cabarrus county are waking to the realization of this great fact and they have set their hands to the task of training the younger generation on the farms today, with girls and boys clubs, home economic clubs and other efforts. It is my privilege and pleasure as County Home Demonstration Agent, to be associated with them in this wonderful undertaking.

Change For the Better.
Before home demonstration work began in North Carolina our rural population was isolated, like a group of desert dwellers harboring their old customs and superstitions, their individualism and suspicions, their ignorance and fear. This is not untrue even now, but a great change is taking place. To link up the country with the town and city, to infuse into our rural folk a true spirit of social contact and co-operation in the solution of their mutual problems, to make home life on the farm more beautiful and attractive in every way is the aim and mission of home demonstration work and the efforts of the women of Cabarrus county.

Began in 1910.
Home demonstration work began in North Carolina in a very meagre way in 1910. Since then all projects show a gradual shifting of emphasis from the more practical lines. For example, from phases of work in food preservation and preparation have unfolded the foods and nutrition program, which relates itself to the whole science of healthful living. No longer is clothing considered as a means only of meeting the immediate needs of the family wardrobe, but rather as a permanent help to the farm woman in handling with efficiency her whole problem of clothing the family, as this relates itself to economy, comfort, beauty and health through a mastery of the clothing-badget.

There is an old adage to the effect that one-half our people do not ever know how the other half live. There is much truth in the statement. Right here in Cabarrus county when I organized a woman's club in a certain community and informed the women we would meet in the homes, one woman asked for the club to meet with her and another woman spoke up, "I am so glad for the club to meet with you, I have never been in your home." One feature of the club

work is the social hour, another is the study of the different phases of home making, such as foods and nutrition, clothing, home improvements.

In foods and nutrition a study was made in food selection, a better balanced diet, school lunches, food preservation and at each meeting a demonstration of some kind in the preparation of a dish was made.

In clothing we took up design, color lines and actually did sewing. Also made paper dress forms. All day meetings in the Fall and Spring were held for each woman to make a hat, about one hundred hats were made.

Kitchen Campaign.
Our home improvement program was carried on in a countywide kitchen campaign. This campaign began April 1st and ended with a county club rally on May 26th. Prior to this time in preparation for the campaign, Miss Martha Creighton, the district agent, and I made talks in various sections of the county, the subject being the "Better Kitchen."

At this time cards for enrollment in the campaign were given out. These cards were filled out and returned to me. The first week in April, Miss Creighton and I visited the kitchens, scoring them as they were without any improvement. To each woman we made suggestions as to how she might lighten her labor and save steps by re-arranging her equipment, making each working surface the right height, and doing many other little things to make a kitchen more attractive and efficient workshop. The women then had until the last week in May to work. At that time they were visited when the final score was made and the prizes awarded.

Twenty-five kitchens were entered in the contest. The improvement made in them was most surprising. Gray kitchens and white kitchens seemed most popular. They were really the most attractive rooms in the house.

One little girl remarked that since her mother had improved her kitchen every other room in the house seemed shabby and that now she would have to make them as beautiful. One of the women who entered her kitchen in the contest said, "Miss Wilson, I am not going to stop with this kitchen, but am going clear through to the front of the house."

Perfect Kitchens.
Three women, Mrs. Goodman, Mrs. Petrea and Mrs. Rumble, had kitchens which scored perfect at the end of the campaign. They did not receive prizes, however, because of the fact that they did not have so much improvement to make. Perhaps the most interesting



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Home Demonstration Agent.

kitchen was that of Mrs. D. B. Mabry, who won the first prize, a beautiful four-burner oil stove, donated by the Standard Oil Company, of Charlotte. The first visit to her home showed a very neatly furnished kitchen. The owner of the farm from whom Mr. Mabry rented had built the house as cheaply as possible. Rough unplanned lumber was used for walls and flooring, and there was no screening. The kitchen was also used for a dining room as the house was too small to make a separate dining room possible.

Mrs. Mabry had said she would enter the campaign provided the landlord would ceil the kitchen and put down another floor. A few weeks afterwards she visited my office and almost in tears told me she would have to drop out because the landlord would not ceil the kitchen and she knew she could not paint unplanned lumber satisfactorily. After we made a few plans she went home determined to improve her kitchen.

Concord Marble Works Do Large Business
The Concord Marble Works, owned by A. D. Frieze and H. T. Utley, is one of the best known firms in granite and marble monuments, headstones and tablets in the state, doing a state-wide business and having a reputation for artistic work. The best qualities of marble quarried are used exclusively, a large stock being carried on hand at all times in the building owned by the firm on South Church Street which is 35x100 feet, giving plenty of working room.

Mr. Frieze is a member of the Junior Order of American Mechanics, a Knight of Pythias, a Woodman of the World and attends the Presbyterian Church. Mr. Utley is a Woodman of the World, married, with seven children, and attends the Presbyterian Church. Monuments of the Concord Marble Works are to be found over the graves of many leading citizens of Cabarrus as well as in most of the cemeteries of the state.

were dainty white cheesecloth curtains. The windows and doors had been screened by Mrs. Mabry with the help of her husband. With the exception of this, she had done it all alone. The result was that she had a pretty kitchen as can be found anywhere in the land a very small cost. The linoleum was the most expensive thing in the room, and the price of this had been covered with the egg money.

Make Farm Life Attractive.
All this and more, the women of Cabarrus county are trying to do for the uplift of rural life. We are preaching the doctrine that farm life must be more attractive and we are demonstrating how it can be done. We are working to add the comforts of the town to the beauty of the fields. The sociability of the city we are trying to render possible in the country. This gap between the rural people and the city must be filled in. Farming has been made repulsive. Farmers have been unsociable and their homes have been lonely. They have been wasteful and careless. They have not been proud of their business.

I am happy to relate that we have made some progress. But there is much more to be done to educate our rural population to the point now enjoyed by our city friends. When the life of the farmer and his wife and children is such as I have described, the cities and towns will not be filled with want; streets will not be crowded with wrecked rogues, broken bankers and bankrupt speculation. The fields will then be tilled and the villages almost hidden with trees and vines, filled with a happy and industrious people. Happiness should be the object of life and if farm life can be made really happy, the children will grow up in love with the meadows, the streams, the woods and above all, the old homestead. Around the old plantation will cling forever the happy memories of delightful years.

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To be dissipated is to use the first half of your life to make the second half miserable.

Believe it or not, the least fatiguing thing in life is work.

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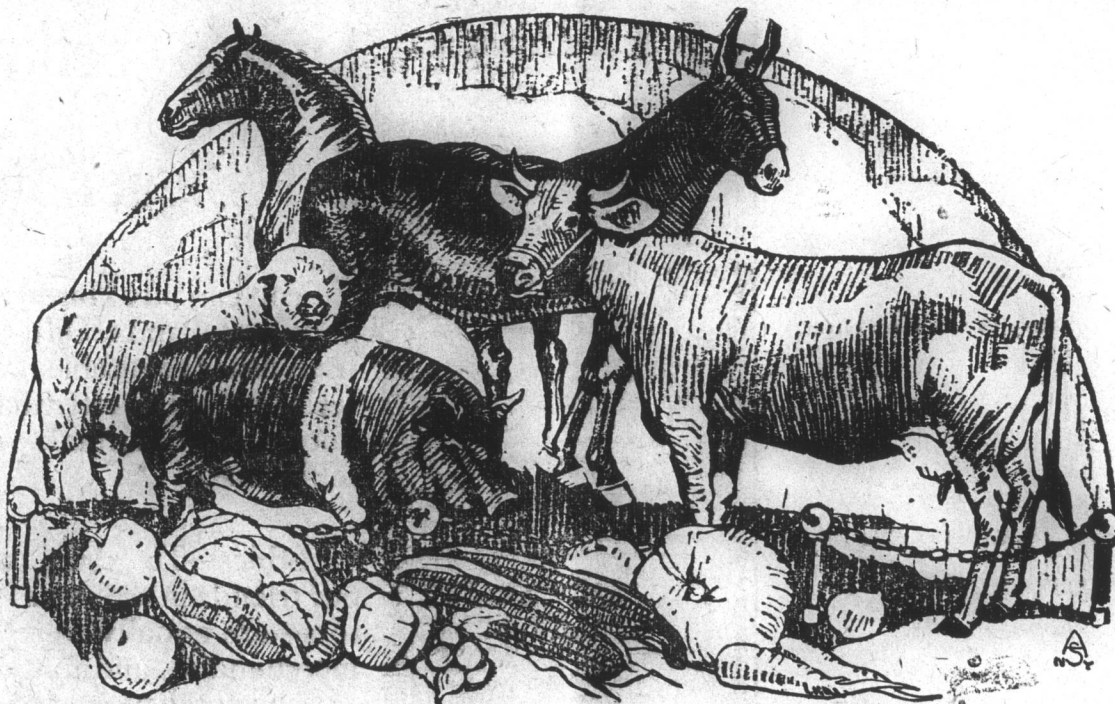
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