

As a project this year, the women of the Cowee Home Demonstration Club have been taking surplus army blankets and hemming them for the first graders of Cowee School. (Staff Photo)

Watauga Club Strives To Live Up To Creed

You have been hearing of Watauga club for a long time. Why would the article prepar-women say, "We ed by the women say, have been organized a short time"? The original Watauga club grew so large the women made two clubs, Ridgecrest and Watauga. At the first Watauga meeting the women asked how to organize a community 4-H club. They appointed their 4-H leaders, Mrs. Frank Morgan and Mrs. Claude Beeco. What more Claude Beeco. What more werthwhile activity than to help the younger girls! These women believe the national slegan for "Home Demonstration Week," May 4-10, "To-day's Home Builds Tomor-World".-Mrs. Florence

Goes By Creed

Organized only a short time, the Watauga Home Demonstration Club has strived to live up to the creed, "Today's Home Builds Tomorrow's World." Consisting now of 16 members, the

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LIMITED TIME ONLY

CE SLASHED

Believe In Fairy Tales?

If Faith And Hope Are Strong Enough, Love Will Conquer

At the Citizenship workshop held by Mrs. Cecil Parker some time ago, citizenship leaders were asked to write articles for the local paper. Miss Adelaide Brewer, of Iotla club, not only volunteered to do her part; she solicited the talent of her father, who wrote the following peom, "Our Duty". We are happy the Brewers could help us remember "Today's Home Builds Tomorrow's World". — Mrs. Florence Sherrill,

Our Duty

A fair land of worth and beauty Is this favored land of ours As yet unspoiled by alien hands Or control of selfish powers.

By planned cooperation We must strive to keep this true,

we progress these changing

From old ways to the new.

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As a tribute of love and affection for their state home Demonstration agent, the Home Agents' Association of North Carolina in December, 1927, established this loan fund, to be called the Jane S. McKimmon Loan Fund, and to be used to aid rural girls in attending college to pursue their studies in home economics. Later, this policy was broadened to include loans to rural girls desiring a college education in any field.

All applicants for loans must be rural residents of North Carolina, who are able to present SEE NO. 5, PAGE 20

Loan Fund **Established** To Aid Girls

Did you know North Carolina home demonstration club women are sponsoring loan funds for the youth of the state? Many homemakers realize what improved educa-tion can do for our homes of tomorrow. So here in Macon County a part of annual club dues, which are 50c a year, help support these loan funds. Truly educated home-makers will help "Today's Home Build Tomorrow World". Mrs. Emma R. West, former teacher, tells about the loan fund. - Mrs. Florence Sherrill.

Help Themselves

"Help Youth Help Itself" is what the Jane S. McKimmon Loan Fund has endeavored to do for 25 years. This loan fund has been one of the outstanding achievements of the North Carolina Federation of Home Demonstration Clubs

This fund is in charge of a committee known as the Jane S. McKimmon Educational Loan

Management Has Helped Farms Grow

Homes Are Safer; Resources Better;

Efficient home management helps "Today's Home Build Tomorrow's World". Mrs. Mary B. Justice, county home management leader, believes in the utilization of all our resources. Such leaders recommend the keeping of family living accounts, the homemaker being a partner in the family business affairs, and that the homemaker study the use of her time. Mrs Justice's article will make the homemaker resolve to do a better job. — Mrs. Florence Sherrill.

Home Management

Home

We have found more resources we had ever dreamed of. We have made great progress to conserve woman power by the wise use of planning to conserve this power.

Every member in the family has been enrolled in a campaign to make farm homes a safer place to live. It would allast 20 years.

Improve Health

Family Healthier

we observe "National Demonstration Week", let us stop and take inventory agement and family economics.

most be impossible to name the conveniences that farm homes have been able to obtain in the

We have improved the health SEE NO. 6, PAGE 20

Health-Safety

Are Musts Of

Better World

At a program planning com-mittee meeting, a home demonstration club woman suggested that club members study saftey. The suggestion included home accident prevention, as well as highway safety. It's sad, but true; statistics tell us that last year 28,000 persons were killed due to accidents in the home, and injuries for the same year totaled over four million! When Olive Hill and Oak Dale club women were asked to choose their title, they felt that everyattention should brought to an ageless problem. Mrs. Vera Rogers, vice-president of the club, agreed to be spokesman for the group. — Mrs Florence Sherrill

Health And Safety

Long before a person is born, until the day he dies, health and safety must be practiced if a better world of tomorrow is to be built. Many cases where children are born with a physical handicap might have been prevented had their mothers had the proper nutrition and medical care they needed.

On the other hand, each individual, whether he is aware of it or not, makes a choice as to on the project of home man- his health, to guard it as the greatest physical asset he can ever have, or to endanger it by available to farm families than indifferent living and trust there will always be doctors, medicines, or operations to restore it after it wastes too far away.

Sensible Course

The sensible course from any viewpoint is to conserve and maintain health to the best of one's knowledge. Thus, periodic check-ups and adequate diets can do much to correct the small leak in the dam that holds your resevoir of health, in preference to trying to rebuild the dam after your strength and energy have washed away.

It is becoming more apparent that a prolonged inadequate diet lacking in the proteins, minerals, and vitamins the body needs for growth and repair produces a variety of borderline ailments.

Safety Practices

Safety practices in the everyday living greatly contribute to the health of all. The body that each person lives in is one of God's greatest creations, but the most perfect body in the world can be sadly maimed many times for life by an accident, not the least being traffic accidents. Accidents involving children are high on the list. Statistics show they are their own worst traffic hazards. So many times it is not a speeding or drunken driver involved, but a careful one that a small child darted in front of, without the driver's notice until it was too late.

What can we do about this? In part, small children should be well supervised and more responsible ones instructed in traffic rules, about traffic lights. etc., and taught to look before

WHY PAY DOCTOR? -

Mrs. Lawrence Patton, foods and nu trition leader, is shown giving her dem-

It's Never Economical To Pinch Food Dollar

Last year Patton community development organization was awarded the prize for the best home food supply. Little wonder when there are leaders like Mrs. Lawrence Patton serving as county foods leader. Mrs. Patton believes that the nutrition program of the home demonstration clubs is one of the most vital. Read her convincing story. — Mrs. Florence Sherrill.

Proper Foods

"Today's Home Builds Tomor-row's World." Yes, indeed our homemakers of today, as al-ways, play an outstanding part in the health of our citizens of walking regardless of the traffic

Mrs. Vera Rogers (Olive Hill—Oak Dale Club)

tomorrow. In food and nutrition especially, for without proper food a family or nation cannot be physically strong. It is never economical to pinch the food bill. Usually we have to make up for what we save in doctor bills if our family is not fed properly.

(Staff Photo)

Time In Kitchen

Doubtless to say the biggest percentage of a homemaker's time is spent in the kitchen, and well it may be for it is there she plans, prepares, and serves her family three meals a day. The job of feeding the family may well be one of the most important things that the mother has to do, for the strength and fitness of our citizens of tomorrow depend on NO. 1, PAGE 16

We are proud

of the Home Demonstration ladies of Macon County, and for the fine inspiration they have given us all. Their untiring work in building character in our families, churches and schools, and communities has been a great contribution toward making Macon County a better place to live.

Contraction of the Contraction o

We join with many others in saying Thanks and Congratulations for a good job well done.

The Carolina Pharmacy

CONGRATULATIONS

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America's Finest, HOUSE PAINT

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To the Home Demonstration Clubs of Macon County,

Their Leaders and Their Members From Your Pittsburgh Paint Dealer

oun Proof

Franklin, N. C.

PER GALLON

PITTSBURGH PAINTS keep that

Homemakers . . . Builders

That's a part of the contribution of the Home Demonstration Clubs of Macon County and other communities throughout the county.

The fact that Macon County is an outstanding place to live is proof that our club ladies have done an exceptional job since the beginning of their organization here.

CONGRATULATIONS

SOSSAMON FURNITURE CO.



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"IN ANY LANGUAGE . . .