

# Home Demonstration Work Started In Durham In 1915

Program Began As a Tomato Club — Movement Now  
Covers Multitude Of Subjects, From Furniture  
To Food And Nutrition

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4/24/38

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Home demonstration work was begun in Durham county in 1915 in the form of a tomato club. Great progress has been made in the 23 years. We have seen Durham county go forward and take its place in the state line, then into the national line. There were no great leaps made, but steadily step by step the work has taken hold here and there until we feel safe upon the ladder, that leads us to security.

Good planning has been responsible for this success. The long planning are the same and will re-time objectives and the basis of main so for several years. (1) A comfortable, convenient and livable home which will give satisfaction and where children may find security and happiness. (2) A wide awake cooperative county where men, women and children plan together for community development and recreation. Not only have we stressed more comfortable and convenient homes but also more beauty outside of the home. Such improvements did not cost a great deal, but the change in appearance was amazing and they are homes now of which to be proud.

Demonstrations in floor and wall finishes, refinishing and arrangement of furniture, making slip covers, curtains, and built in cabinets have made this possible.

Food and nutrition is a subject that has claimed a great deal of attention and has as its goal; (1) The production of the family food supply according to the food budget with a surplus for the curb market. (2) A year round garden. (3) Standard poultry flock. (4) Milk and butter supply. (5) Meat animals as needed, and the selection and preparation of food to prevent deficiency diseases and to maintain health. Food conservation follows this very closely with thousands of quarts of fruits and vegetables being canned

each year.

The long time clothing program contemplates a wardrobe for the farm family so planned and selected that it will improve appearance, give confidence and poise, protect health and keep within the bounds of the family's income. Personal hygiene and grooming have done their share to improve the women's appearance.

The establishing of a curb market is a great asset to the work. It enables the farm woman to sell her surplus and the money thus earned saves many homes from mortgages, it educates boys and girls, pays taxes, installs water and lights and provides for a few of the luxuries as well as the essentials of life for a large number of farm families.

Tours, both inside and outside the county have been enjoyed. The practical help and inspiration the women have received from them has been of inestimable value. Home demonstration work can not be valued in dollars and cents. We can see the tangible good, but the intangible values can not easily be estimated.

It has taught a lot of the women self confidence, courage, reliance, rudiments of parliamentary procedure, the appreciation of good books, to enlarge the circle of friends and experiences, and the joy of service. We might say that club work has greatly dignified farm life in Durham county.