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4-H food V-mail to war front

MARVIN JONES, War Food Administrator

With another record harvest now in sight I want to congratulate every 4-H member for your part in this national achievement. You and your club leaders have not failed those on the fighting front.

Today food is in the war. Every cow you milk is war work. Every weed you pull is war work. All of you are in the war from the youngest 4-H'er to the oldest. Many of you have not only met but exceeded your goal of Feeding a Fighter as well as yourselves. Food you raise is your V-mail to the fighting fronts.

Sometimes you may feel that what you individually accomplish is small compared to what needs to be done. Maybe it is. One drop of water won't generate much power. But the combined millions of drops flowing through the generators at Grand Coulee or Boulder Dam sends power surging to airplane factories and shipyards. Similarly, I like to think of your combined energy helping to keep that steady flow of food energy going to all parts of this Nation and to the many fighting fronts.

In November, we embarked on a Food Fights for Freedom educational campaign. Its main points are: "Produce and Conserve, Share and Play Square."

You in 4-H are already producing food. You are conserving food. There is no more active group of young people in the whole country when it comes to canning and storing the surplus from your Victory Gardens.

But conserving food means more than that. It means the prevention of avoidable waste as well. When I remind you how much food is wasted I'm sure you'll be on the alert to prevent it. Did you know that if we could just cut out half of our yearly food waste, that saving would be more than all the food we are sending to our allies this year? If we waste just one slice of bread in every American home for 1 week, the total would be 2 million loaves of bread a week. Now for the "Share and Play Square" part of this Food Fights for Freedom Campaign. Sharing and playing square has always been ingrained in your 4-H Club work.

I know that every one of you 1,700,000 boys and girls in 4-H will put your shoulder to the wheel and help in this

Nation-wide drive. All the hard work you have done on the farm and in the home takes genuine gumption. That's what Hitler and the war lords of Japan didn't count on. Your achievement this year is another one for the historical record on how badly they guessed. And this record will be an incentive to you in spurring you on to an even greater achievement next year. All power to you in the 4-H Clubs of America.—From a broadcast to 4-H Club members during National 4-H Achievement Week.

A bit of food "logistics"

M. L. WILSON, Director of Extension Work

We have now reached a stage in the war where, if we are to meet all food needs, certain things must be done in addition to increasing food production. To understand why these things must be done, everyone should have a clear picture of our Nation's food policy. This policy is directed toward four important goals.

The first is to see that our fighting men are properly fed. We want them to have the best food and the quantity of food which nutritional science tells us a combat soldier requires for the tough jobs he has to do. That means liberal amounts of protective foods such as meat, fats and oils, milk, and canned goods.

The second goal is to make sure that the home front is supplied with an adequate diet. As the armed services get priority in the way of protective foods, and as millions of our civilians are doing much harder physical work than before the war, there has been a demand greater than the supply for some of the important foods. This has required regulations of civilian supply—such as rationing.

As a third goal we stand ready—after our armed forces and civilian population have been adequately cared for—to help our allies feed their fighters and workers so that their fighting ability and efficiency will not be impaired. tary advantage and a responsibility we hold—as a civilized nation—to a starving world. Whatever food can be spared above goals one, two, and three will be sent to the peoples freed from the Axis yoke, until they have had a chance to reestablish their own food production.

Each of the goals I have mentioned is becoming more important as the war progresses. Increased efficiency of production methods is the most likely way of attaining all four goals. This makes careful planning, preparation, and organization of extension programs extremely important in the coming year. Careless waste of food must be avoided if we are to meet the goals set for us.

To bring these facts to the attention of each of the 125 million civilians, there was launched in November—on a Nationwide scale—a great educational program known as Food Fights for Freedom. Each citizen is being given the opportunity to learn facts about food so he may act in accordance with national needs.

Food Fights for Freedom is a campaign for the duration. Farmers and rural people have the greatest stake in its success. Early next year, the advertising and promotional part of the campaign will stress what farmers are doing in the way of food production, will urge more and better Victory Gardens, and even more conservation through home food preservation than that of this year.

The fourth goal combines both mili- pre

Mississippi harvests war crop of trees

Timber farmers of Mississippi have added thousands of dollars to their income, and at the same time have protected their valuable woodland crops for future cuttings by following organized production and marketing practices advocated by the Mississippi Extension Service.

Although trees have not been considered by many as a crop, they are Mississippi's next-best, second only to cotton; and Extension has gone all out in keeping farmers informed of market demands for forest products.

Two extension forestry marketing specialists have been employed to assist Monty Payne, extension forester, and J. S. Therrell, assistant forester, in helping farmers to market sawlogs, poles, piling, pulpwood, naval stores, and other forest products.

The United States Forest Service is cooperating with the Mississippi Agricultural Extension Service in two marketing projects in south Mississippi. County Agent G. L. Beavers, who has headquarters at Lucedale, is assisting farmers in George, Greene, Jackson, and Wayne Counties; and E. G. Roberts, marketing specialist, with headquarters at Brookhaven, is working in Lincoln, Lawrence, Walthall, and Pike.

This marketing program has proved valuable not only to farmers but to in-

dustries. A mill owner in Greene County needed some logs at once to keep his mill in operation. Mr. Beavers helped him to locate some timber on the woodland of a farmer. The lumberman offered \$8 stumpage for 150,000 board feet of timber. At the suggestion of Mr. Beavers, the farmer cut and logged the timber himself and received \$17 a thousand for the logs delivered at the mill.

As it cost the farmer only \$6 a thousand board feet to cut and deliver the logs, he actually received \$11 stumpage, or \$450 more profit than if he had sold the timber on the stump. In addition, the farmer and his farm labor received \$6 a thousand for their labor.

Select Trees To Be Sold

Managing timber properly to get the greatest income is accomplished by selective cutting. To make the most from a tree crop, foresters urge farmers to keep a good stand of trees on the land at all times and to select the trees to be sold, leaving the best to build up their crop just as they build up their flock of chickens or herd of cattle.

The War Production Board asked the Extension Service to help stimulate the production of pulpwood. With the exception of one mill, all of the pulpwood mills buying wood in Mississippi, at the

Logs from a farm in Greene County being scaled at the mill. Farmers having equipment are encouraged to do their own logging as they receive double the price for logs delivered at the mill.



request of Mr Payne, have sent their buyers to the county agents. These buyers have left with the agents their names, addresses, the name of the company they represent, the railroad shipping points in the county at which they receive wood, the price they will pay farmers for the wood delivered at the shipping point, cut and penned in the farm woods, and per-unit stumpage.

To date, 233 farmers in the 8 south Mississippi counties have requested the assistance of foresters through the county agents. Of this number, 205 have already been given assistance with the proper harvesting and marketing of forest products on 67,866 acres; and they have sold \$98,258 worth of forest products through this service during the past 5 months.

In addition to the two "4-county marketing projects," the Extension Service, through the county agents and extension foresters at State College, are assisting farmers of the other 64 counties in finding markets for their forest products and in harvesting their timber according to good forestry practices. Farmers wanting information on harvesting and marketing should make contact with their county agent.

Trees Planted on Mississippi Farms

Before farmers realized that they could grow more timber per acre and greatly increase their farm income by selective cutting of trees, they had clearcut their woodlands annually. As a result there are more than a million acres of forest land lying idle today in Mississippi because no seed trees were left, and fire destroyed what reproduction was present when the area was cut over. This vast area of land will have to be replanted to get it back into production. The Extension Service is assisting farmers in getting this done. County agents take orders for trees, and an average of 6 million have been planted each year for the past 3 years on the farms of Mississippi. Of this number, approximately 2 million tree seedlings have been planted annually by 4-H Club boys.

More people attended demonstrations in tree planting this year than ever before. Under the supervision of the extension foresters, 145 demonstrations were held with 2,060 persons present. A total of 1,070 4-H Club boys and a few farmers planted trees donated and distributed by a Laurel corporation, in 13 south Mississippi counties.

For the past 6 years this corporation has donated pine tree seedlings to 4-H "clubbers," in cooperation with the county agents, club agents, county rangers, and corporation and extension foresters.

Window exhibits teach nutrition

MRS. LAURA I. WINTER, Assistant Home Demonstration Leader, Kansas

Early last January the windows of a vacant store on Main Street in Ellsworth, Kans., attracted much attention. The store had twin windows. In one was displayed an exhibit of gardening and food preservation in Grandmother's time; in the other, the garden and food preservation of 1943. A large figure of Uncle Sam stood in the 1943 window, indicating the need for 20 million gardens for Victory.

A slogan, "They did it in 1889—We will do it in 1943," completed the story of the determination of women all through the years to hold and preserve the home front.

Under the leadership of the Ellsworth County home demonstration agent, Miss Helen Loofbourrow, who is also chairman of the county nutrition committee, planned window exhibits were started in December 1942 and will continue through May 1944.

Eighteen county organizations are responsible for planning and preparing these exhibits. Two committees assist, one on exhibits and the other on publicity.

Each organization was given a specific month for which to prepare an exhibit, and all have assumed their responsibility.

The publicity committee arranged with all newspapers of the county to print, once a month, an article on nutrition which would tie in with the current exhibit. These articles were prepared by home economics teachers and by the home demonstration agent.

Ellsworth, with 2,227 people, is a town typical of the Middle West. It is the county seat of Ellsworth County, which has a total population of 9,855—an average-sized county in northwest Kansas.

In December 1942, the exhibit was prepared by the home economics class under the direction of its teacher, Miss Esther Moyer. The display made a comparison of rationed foods in the United States and in Great Britain. In one window stood a large John Bull holding streamers running to the rationed foods in Great Britain. In the other window Uncle Sam held streamers leading to the foods then rationed in the United States. This part of the display attracted attention to foods not yet rationed, and showed comparative values of foods rationed in both countries. A news story entitled "Share the Meat," prepared by the home demonstration agent, supplemented the exhibit.

The exhibit in March was prepared by

the Walther League of the Emanuel Lutheran Church. It compared the point value of processed foods with the no-point value of the same amount of home-canned foods.

The Rotary Club, by means of appropriate posters, pointed out the nutritive value of unrationed foods. Eggs and poultry were used in one window and cereals in the other. A news story— Conserving Food Values in Vegetables written by Miss Esther Spenser, home economics teacher in Kanopolis, was used in connection with this exhibit.

Wheat products were featured in the June exhibit, prepared by the Lions Club. Wheat straw lined the back and one side of the window, and threshed wheat covered the floor on which sacks of enriched flour, loaves of enriched bread, and cereals, were placed.

In August, the local Red Cross chapter under the slogan, "Now is the time," emphasized the planting of fall gardens, preparation of root vegetables for storage, preservation of surplus food, and planning the school lunch. A news story, Storage of Root Vegetables, was prepared by the assistant home demonstration agent at large, Lucille Rosenberger.

Window exhibits have helped to enroll Kansas men and women in the Food for Freedom program.

The war program in Ellsworth County might well be repeated, with variations, in many counties in the West. It shows one way in which local people can cooperate with public workers on the home front in winning the war.

lowa fire chiefs have rural tie-up

■ Iowa farms need not lack some protection against fires, according to W. H. Stacy, Iowa extension specialist in rural sociology. Cooperative action by farm folk in many Iowa communities has provided fire equipment which has saved many buildings from being added to the 1,000 or more annually that burn down on Iowa farms. Approximately four out of every five Iowa fire chiefs have reported making fire-protection arrangements with local organizations of farmers.

In one of the most effective farmers' associations, farmer members purchased \$15 shares in a fire truck and pay \$1 annual service fees. The town houses the rural community truck with its other fire-fighting equipment and arranges for a fire squad to go out when called. In 12 years, the truck has traveled 2,263 miles. Charges of \$30 are assessed when trips are made to farms of nonmembers.

Some Iowa communities have voted township taxes for the purchase of firefighting equipment. Fairfield township in Buena Vista County is an example of a community where this action was taken. Farmers voted 84 to 2 to levy a 1-mill property tax for 2 years, the money to be used in purchase of a fire truck. The truck is housed and operated by the Albert City fire department.

Many Iowa fire insurance companies help to support community fire-fighting service in two ways. They usually lower their rates where the fire risk is reduced by fire-fighting equipment. They also help to maintain rural service in several Iowa communities. A charge of \$25 a call is common.

"Good will service" is maintained by businessmen in many communities. Volunteer firemen in Hornick, a town of 300, go wherever called with ladders, chemicals, and pumping equipment. Where charges are made by such fire departments in small towns, they range from \$5 to \$25. A few charge only for chemicals used. The fire department in Laurens answers all calls and makes a charge for actual expense.

Even communities where one of the arrangements mentioned does not seem feasible the farmers can have some protection by assembling kits of fire-fighting equipment. Several families keep buckets, axes, barrels, sacks to be wet and used in fighting grass and weed fires, and even chemical extinguishers, at a farm near the center of the community. Arrangements of this kind have been furthered by neighborhood leaders in a number of Midwest communities. Some neighbors have worked out definite plans for spreading the word by telephone whenever a fire breaks out. The protection afforded by even these simpler arrangements is of great value.

■ A record number of exhibits were shown at the Fulton County, Ind., 4–H Club and Adult Fair this fall. These included 697 girls' and 421 boys' individual 4–H Club exhibits, as well as 198 adult exhibits, according to Indiana State 4–H Club officials.

Teamwork saves vital war food crop in Maine

Right into the heart of America's great potato land, Aroostook County, Maine, went 1,600 farm workers from Kentucky, Arkansas, Oklahoma, and West Virginia to help harvest the alltime record crop of 71 million bushels of Maine potatoes.

Leaving their own farms during a slack season, these southern workers joined thousands of Maine farm and city workers, 600 Boy Scouts, a few Canadians, 300 Jamaicans, about 700 soldiers, and other helpers to save the bountiful crop of potatoes.

In the spring Maine farmers had responded to their Nation's demands for more potatoes by increasing their acreage by 23 percent to a record of 192,000 acres for the State. This large acreage, coupled with prospects for a record yield and the lateness of maturity, worried the farmers. Killing frosts were 10 days to 2 weeks later than usual, and farmers did not see how they could possibly harvest the "spuds" without more help than they could get at home.

In normal times Aroostook farmers get extra help from other sections of the State and from Canada. With several thousands of Maine workers, including farmers, in the armed services and employed in war industries, a real crisis ex-

isted. When the farm labor committee, Farm Labor Supervisor Smith C. McIntire, and the three Aroostook County agents-Verne C. Beverly, B. M. Jordan, and C. A. Worthley-knew that they had mobilized all the help available in Maine, they figured how many more workers would be needed. They gave this information to the War Food Administration in Washington. Through the Extension Service, county agents in the four southern States recruited workers who were transported to Maine by the Office of Labor of the War Food Administration and placed on Aroostook farms by the county agent's office.

When the job was done, plans were made to return the workers to their home States. About 500 of this number were scheduled to pass through Washington on the return trip. Accordingly, as an expression of gratitude, arrangements were made for them to stop over for several hours at the Nation's Capital on their return trip on October 21, where they saw Congress in session and were congratulated by more than a dozen prominent Senators, Congressmen, and War Food Administration officials.

In a short ceremony on the Capitol steps, Senator Ralph O. Brewster, Senator Wallace H. White, and Congress-

Mrs. Alice Davis, Lovely, Ky., presented a bushel of choice Maine potatoes sent by Governor Sumner Sewall, of Maine, to Judge Marvin Jones, Administrator of the War Food Administration. (Left to right) Senator Alben W. Barkley, of Kentucky; Mrs. Davis; Judge Jones; Senator Wallace H. White and Senator Ralph O. Brewster, of Maine.



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man Frank Fellows, of Maine, expressed to the group the profound thanks of the people of Maine for the help given in saving this vital war food crop.

Greeting the group from their home States were Senator Alben W. Barkley, Congressman A. J. May, and Congressman John M. Robsion, of Kentucky; Senator Elmer Thomas and Congressman W. E. Disney, of Oklahoma; Senator H. M. Kilgore, of West Virginia; Senator Hattie W. Caraway and Senator John L. McClellan, of Arkansas; and Senator John Thomas from Idaho.

Speaking for the group, Senator Barkley congratulated the workers for the patriotic war job they had done in Maine at a time when work on their own farms was slack.

War Food Administrator Marvin Jones accepted from the group a bushel of potatoes, sent by Governor Sumner Sewall, of Maine, and presented by Mrs. Alice Davis, 71-year-old widow from Lovely, Ky. Judge Jones congratulated the farmers, including the Maine potato growers, for this year's tremendous potato production, and told the southern workers that the way they had helped harvest Maine's bumper potato crop was a splendid example of the kind of teamwork that brings victory. "Nothing is more important than food," he explained. "It is as essential as the air we breathe. Right now, it is more important than ever because it is a weapon of war."

Col. Philip G. Bruton, Director of Labor in the War Food Administration, likened the returning workers' stop-over at the Capital to a celebration of a victory.

In paying tribute to Mrs. Davis and other southern workers, Senator Brewster said:

"Mrs. Davis truly typifies the spirit of American womanhood in demonstrating her prowess by picking 63 barrels of potatoes in a single day. This was her record. She averaged 55 barrels for every day that she labored to help win the war through a more ample food supply. Mrs. Davis went to Maine with three nephews and three cousins and there found the happy association of service in Maine farm homes.

"Mrs. Davis herself is a farmer and owns and operates a 10-acre farm in the mountains of Kentucky. She is now going back home to dig her own patch of potatoes and harvest her corn and then to plant her winter crop of vetch and clover, which she will have plowed under in the spring as a foundation for another crop.

"America may well pause to pay tribute to this personification of American womanhood, as we renew our faith in the ability of our women to carry on for a total victory and a lasting peace."



Marvin Jones, War Food Administrator, thanked the 500 people from Kentucky, Arkansas, Oklahoma, and West Virginia, who attended a ceremonial of appreciation on the Capitol steps, for helping to harvest the potatoes in Maine. Seated at the left of Judge Jones with Congressman Frank Fellows, of Maine, are Roy Garrett, Pine Ridge, Ark.; William Newman, Ceredo, W. Va.; Mrs. Alice Davis, Lovely, Ky.; and Christopher Wiese, Spavinaw, Okla. who were selected as leaders for their States for the return trip.

Not only did the southerners pick potatoes, but some loaded barrels of potatoes onto the trucks in the field. Clifford Shotwell, Versailles, Ky., who loaded potatoes picked up by other workers, loaded 20,800 barrels during his month's work in Maine.

Many entire families were in the group. Among them were Sam Hensley, Warfield, Ky., his wife, and two sons, 14- and 15-year-old 4-H Club boys. During the month they picked enough potatoes to take home \$400 above board and other expenses. Christopher Wiese, Spavinaw, Okla., saved more than 2,000 barrels of potatoes and headed home with \$228 clear.

Some of the men were carpenters and helped build or repair potato storage houses. Potatoes are stored in just about every available place. Lack of storage made it necessary for potatoes to be shipped in bulk to other potato areas for grading. A few potatoes were stored temporarily in pits which were dug in the side of hills through the cooperation of the State Highway Department.

Eager to get back home to do work waiting for them, and tired from their back-bending job of picking up potatoes, the southern workers had the satisfaction of having helped do a vital war job. They had picked many thousands of barrels of potatoes and earned good wages while doing the neighborly thing of helping farmers through a crisis.

Since the Arkansas workers returned, County Agent Kenneth S. Bates, Mena, Ark., has written to Verne C. Beverly, county agent of Aroostook County, as follows:

"All of the workers from Polk County have returned from your State by now. Without an exception they were all well pleased with the potato-harvest work in your State.

"I have asked a number of the workers as to the amount of money they were able to make in this harvest. They have given me a report ranging from \$150 to \$335 with an average of about \$200 for each individual.

"The workers said that you folks really treated them swell and they were well pleased with the living conditions while in your State."

Among the workers from Canada were 64 students of the Oka Agricultura School and the Oka Veterinary College at Oka, Quebec, who went to Maine under the direction of Dr. Francois Levesque. These boys, between the ages of 19 and 28, are allowed by the Canadian Selective Service to get their military training at college. The boys were excused from their schools for 2 weeks to help their American neighbors harvest their potato crop.

Of the 620 Boy Scouts who worked in Aroostook the 60 who were housed in the high school building at Fort Fairfield were typical. Their directors, Harold Marland, of a Massachusetts council, and Bertrand Wood of two Connecticut counicils, said that they believed that Scouting had "grown up" and that this mass movement of potato picking was one of the biggest things that had happened in scouting. The boys worked well in Aroostook, picking potatoes. They also joined in such community activities as putting on skits and singing at community sings, singing in the churches, and serving as altar boys. They were invited to a Rotary Club meeting where they talked about Scouting. The Rotarians became "Boy Scouts" for one meeting and learned knot tying and other craftsmanship practiced by the Scouts.

The 620 Boy Scouts worked 19 days in Aroostook and picked 306,459 barrels of potatoes. The high individual record was 1,045 barrels by Fay Fong Yee, a Chinese boy of Gloucester, Mass.

The appreciation that Maine feels for the splendid assistance given is expressed in statements by Extension Director Arthur L. Deering of Maine, and from farmers of Aroostook.

Director Deering said: "Every potato gathered on an Aroostook farm by our neighbors from the Southern States is a potato saved from freezing. Aroostook farmers went ahead and raised the largest potato crop in history as a patriotic duty and then found it impossible to harvest the crop with the depleted local labor supply. This movement of farm labor from one part of the country to another to save a food crop proves what teamwork can do in a great emergency."

Milton Smith, Mapleton, Maine, chairman, Aroostook County U. S. D. A. War Board, and grower-shipper of certified seed potatoes, commented: "I had 10 men from Arkansas and 10 New England Boy Scouts in my picking crew. They did a wonderful job. Help this year from other States saved our potato crop. I believe that we will need pickers from other States next year and would like to speak for workers from Arkansas now."

And, Frank W. Hussey, Presque Isle, president, Aroostook County Farm Bureau, said, "Aroostook farmers are deeply appreciative for the assistance given by our friends from Kentucky, Arkansas, and other Southern States. We planted the largest acreage and have had the largest yield of potatoes in history. Digging was delayed for 2 weeks because the plants were not ripe. Without southern help, we could not have harvested the crop."

By Dorothy L. Bigelow, editorial assistant.

■ North Dakota hatcheries have approved a plan to encourage poultry production by 4-H Club members and other youth organizations by making it easier to buy high-quality chicks. Baby chicks will be supplied at wholesale prices to members of youth organizations.

Farmer delivers surplus to canner

Organized home canners utilize surplus perishable crops that the farmer is unable to sell

ELIZABETH M. BERDAN, Home Demonstration Agent, Bergen County, N. J.

The inspiration for the farmer-tocanner sale plan in this county came one afternoon when I was making a home visit at a farmhouse and watched the farmer return from his wholesale market with a truckload of spinach which he proceeded to dump into the refuse pile in his barnyard and then give orders to plow under several acres of the most luscious green spinach I have ever seen. He reported that the price he could get for the spinach would not pay for the actual expense incurred in raising it; hence his orders for plowing under.

Many home canners had complained to me that they could not buy at their local markets vegetables picked within the time limit recommended by good canning practices, as much of this produce was delivered through wholesale markets in New York City, Newark, and Paterson.

After talking over this matter with our county agricultural agents, W. Raymond Stone and Roy Bossolt, a "steering committee" was formed consisting of the chairman of the Bergen County Women's Advisory Committee, a farmer representative from the county farm board, a representative of the State Victory Garden Committee, and the extension agents. After several meetings of this committee, a workable plan was evolved. Special credit for the plan that was finally adopted should go to the farmer representative.

Communities within easy driving distance of each producing area were listed and a volunteer leader asked to take charge of the project in each of these communities. The county agents contacted the growers, giving them the details of the plan and asking them to telephone the county office immediately if they found themselves with a surplus, and to advise the agent how much of each product they had to sell, its quality and price. Immediately upon receipt of this information, my office telephoned the volunteer leaders in the communities nearest the reporting farmer, telling them the amount of the product available, the variety, and the price. Our responsibility ended with this exchange of information.

In selecting volunteer leaders, no one pattern was followed. In some of the smaller communities, the local nutrition chairman assumed this responsibility; in some of the others, the chairman of the local parent-teacher association served. In several communities, the consumer information chairman of the Defense Council handled the job. One community had a very active AWVS office manned by volunteers, accessible to the telephone at all times; and home canners in this community were asked to register. Only those who registered were notified of the supply of these available surplus commodities.

When the volunteer leader received the information from my office, she called her home canners and determined how many bushels of these products were wanted. She then got in touch with the farmer who had reported the products and made definite arrangements for delivery and prices to be charged. Because many of the farmers so reporting such crops lacked the facilities for carrying on a retail business, it was necessary to pool the community orders. The leader placed the pooled order, the farmer made delivery at a designated place in each community, received his money, and went on his way rejoicing, with little loss of time.

One community leader was furnished with funds with which to pay the farmer immediately upon delivery. It was arranged that home canners cooperating in the plan would pay for their produce in advance and then be permitted to call for their order at any time during the day that was convenient for them. In some communities, local Boy and Girl Scouts were called upon to send out notices, stating when such produce was to be delivered and also to help in unloading and loading, as well as in delivery to individual homes.

One large producer growing beets for a dehydrating plant found himself with a large quantity of smaller beets not usable at the plant. After we had notified the volunteer leaders in the surrounding communities, so many orders poured in for these beets that he had to apportion the amounts among the communities asking for them. He sold more than 1,000 bushels at better than wholesale prices.

In Hackensack, the county seat, the plan bogged down a bit, due to the number of requests for large quantities of produce that could not be filled by in-

dividual growers. Next year, the chairman in this community is planning to district the town and assign a chairman to each district. Thus it will be possible to handle the orders more satisfactorily.

Although the plan as first set up was meant to take care of the problem of surplus commodities that could not be sold readily, it was soon put into reverse. Home canners demanded an opportunity to buy absolutely fresh produce, surplus or no, with the result that there seemed to be no unsalable surplus commodities, and the crops were picked according to orders of home canners.

Several growers found themselves unable to pick and prepare the vegetables for sale. The local volunteer leader thereupon assembled a group of home canners in her community, and they went into the fields and picked their own vegetables.

The whole program has been considered one of our successful efforts in bringing together producers and consumers without benefit of many intermediate agencies. The farmer was able to sell his product at better than wholesale price without the additional loss of long-haulage cost and market fees. At the same time, the consumer-canner was able to buy absolutely fresh quality products at much less than average retail prices. Consumer buyers who have cooperated in the program have achieved a better understanding of the producing and marketing problems of farmers. The farmers have a better understanding of the requirements and needs of consumers. Next year, some of these farmers have decided to plan their production on the basis of advance orders received from their consumer friends.

All reports are not in, so it is impossible to give a complete account of the accomplishments of the families that participated in this cooperative program. However, those that have been received tell a thrilling story. One small community reported that 300 bushels of tomatoes, 48 bushels of snap beans, 60 bushels of carrots, and 2,000 ears of corn were received from nearby farmers and distributed to local home canners. An estimate of the amount of food canned through this project in this one small community was 5,600 quarts.

The whole program, of necessity, was an emergency one; many changes might be made if a similar plan is developed next year. For example, in communities where only a restricted list of home canners was serviced in 1943, many women outside the group insist upon being included in next year's planning. This year's experience is considered only a feeler for a much larger organization and a closer tie-up between farmers and home canners.

As soon as the canning season is over, we are planning a meeting of the volun-

teer leaders who have functioned as local chairmen in this project in order to receive reports and make more definite plans for operating the program in 1944.

Town folks can on shares food grown by farm families

Town families have teamed with 50 farm families in Florida to fill the pantries of both with canned foods in an arrangement that has proved highly satisfactory to both groups. In most cases, the farm families have produced the food, and town families have canned it, each taking half for its share. Arrangements have been made through the offices of home demonstration agents, and equipment, in canning centers or owned by the agents, has been used.

In a number of counties, thousands of cans of fruits, vegetables, and meats are now supplementing the food supplies of the industrious and cooperative families. Twelve canning centers have operated in Duval County, in which is located Jacksonville, the State's largest city. Others have operated successfully in both highly urbanized and largely rural counties.

In Madison County, a general farming and tobacco area, 65 town residents canned a good part of the total of 15,000 pints of products preserved at canning centers in Madison and Greenville.

At the request of the home demonstration agent, Bennie Frank Wilder, county commissioners agreed to have a canning center erected in Madison. The work was completed in May and the center opened June 1.

But before it opened, teachers of vocational agriculture and home economics met with the agent and the county home demonstration council and drew up rules regulating the use of the center. Miss Wilder held a canning school in Madison and invited women from town who planned to can, either for themselves or on a share basis.

The local weekly paper carried announcements of the plan and printed Miss Wilder's request that housewives who planned to can at the center register at the home demonstration office. Registrants listed their products for canning. Farm families registered products they were growing and wished to have canned.

Evalina Raider, vocational home economics teacher, instructed and supervised at the canning center. After the first month a second center was opened in Greenville for 2 days each week, and Miss Wilder supervised in Madison on those days, while Miss Raider was in Greenville.

The county commissioners had purchased five large pressure cookers and four tin-can sealers in 1942. Some of this



equipment, together with one cooker borrowed from the State home demonstration office and three owned by the county home agent, was used in the center. Most of the movable equipment was used in homes at night and on days when the center was not in operation, with the result that another 15,000 pints of food were canned outside the center.

A somewhat similar plan was followed at Boynton, a small beach town in Palm Beach County. Beginning on a 50-50 basis 2 years ago with a small group, the plan grew in 1943 until 53 town families and 40 country families were cooperating. Home demonstration clubs, women's clubs, and garden clubs combined to make the plans and acquired a building near the local farmers' market. Town officials installed sinks (improvised from washtubs) and furnished tables and benches.

As no one woman could give her entire time to supervision, several volunteers were trained and served on alternate days. One person was assigned to contact farmers and arrange for products. A secretary-treasurer kept books for the center and checked the amount paid by each. The center charged 1 cent a can for fuel, water, and other things used.

At the beginning of this canning season, each of the 53 families gave 50 cents to a fund for the purchase of a small reserve of supplies. The town families furnished cans for their half of the products, the country families for theirs. Volunteer supervisors met frequently with the home agent, Mrs. Edith Y. Barrus, to check the quality of their products and to learn improved methods and procedures. Rules followed were clear but simple.

So successful was the plan that many other communities will follow it during the next canning season.

And wherever town families canned on shares with rural families they contributed to the farm-labor situation by releasing farm families to do other farm work which they knew better than anyone else how to do.

At a special ceremony during their recent 4-H achievement days, Dickey County, N. Dak., 4-H Club members dedicated a service flag to the 77 former 4-H Club members from the county now in the United States armed services. The flag contains 1 large blue star on a white background with the number "77" in blue below to indicate the number of boys honored.

School and civic leaders and representatives of the Boy and Girl Scouts assisted the 4-H members and their county and State representatives with the dedication service.



Extension agents join fighting forces

News from extension workers who have gone from the farm front to the fighting front is gleaned from letters they have sent to former coworkers. The roll call continues from last month the list of extension workers serving in the armed forces and lists additional names received since the first list was made up.

From the Aleutians

The Kiska "party" is over, and things have calmed down a little.

It's too bad that the Japs got away in the fog, because our side was ready to slaughter them. But it just goes to prove the truth of the stories about the Aleutians' weather. A man could go A. W. O. L. (if he had anywhere to go) and he wouldn't be missed in the fog, rain and mud for goodness knows how long. I tell you, not even a hardy extension worker would venture out in some of the weather we have up here.

But, back to the Kiska deal. It was mighty good to see friends and acquaintances come back unharmed after telling 'em goodbye and wondering if you would ever see them again. I'll never forget the grim look on the faces of a long line of soldiers I saw march down the road, not 100 yards from where I am now writing, as they passed by on their way to the ships that would take them out west. And the happy-go-lucky Canadians who watched our movies on Booby Traps and Kill or Be Killed seemed eager for the chance to get back at the Japs for what they did to some of their buddies at Hong Kong and Singapore. And the amphibious forces who are so tough that one of them asked me in all seriousness if it was true that they would be put in a concentration camp and taught their manners all over again before they would be allowed to return to their families and friends in the States.

I've forgotten whether I ever told you about my trip out here from Dutch Harbor on a comparatively small ship that would roll and pitch in a millpond, I believe. And, brothers and sisters, she did do some rolling and pitching in the icy waters of the Bering Sea. Fortunately, I didn't miss any meals or lose any, but one morning it was touch and go for awhile as to whether the fish would get a meal. The ship I was on was doing convoy escort duty, and the morning I almost hugged the rail a general quarters alarm was sounded. I piled out of the bunk, and by the time I could find my life jacket and get out on deck the excitement was about over. It turned out to be a report from one of the merchant ships in the convoy that she had sighted a floating mine. She was afraid we had run into a mine field. But our ship investigated and found that the object sighted was an aviation buoy which had broken loose along the shore. The general quarters alarm was to break out the gun crews and give them some practice shooting at the buoy. And the boys were good, too; but they should have been, because one of their guns had a Jap flag painted on it to show that they knocked down a Jap plane at Pearl Harbor on December 7, 1941. After all this excitement, I forgot all about being threatened with seasickness; I guess it was scared out of me.

Our work up here is very interesting, but there's no rest for the weary. The workday starts at 8 a.m., and runs well into the night, 7 days a week-and I don't mean maybe. I don't think I've been back to my living quarters before 10 or 10:30 at night more than three or four times since I've been out here. And I haven't taken a full day off since I've been in Alaska. Nobody else does, so why should I? So far this month we've lent 587 films (and don't forget those same 587 films came back in and had to be checked and stowed away). We keep 17 movie projectors busy, using them to show films, lending them out, and servicing and repairing them when they are returned.



One night recently I showed in the crew's quarters aboard a P.C. where the men were packed in so tightly that I almost had to ask a couple of guys to hold their breath while I got my arms into position to change the reels. One kid who was actually hanging from the pipes overhead finally asked me how many more films I planned to show. He said: "I don't want you to stop because I'm enjoying them, but I don't think I can hold this position much longer." They are hungry for movies after weeks at sea. One night we showed twice aboard one ship in order that the full crew could see the pictures, and then another ship tied up alongside asked the operator if he would show for them. So he bundled up his equipment at 10:30 at night and went over to the other ship and showed until nearly midnight.-John Fox, formerly assistant extension editor, North Carolina.

WYOMING

- Capt. George W. Boyd, extension agronomist, Army.
- Capt. Wm. Chapman, county agent. Army.
- Capt. Burton W. Marston, 4-H Club leader, Army.
- Maj. Robert Mylroie, county agent. Army.
- Lt. Col. A. W. Willis, extension economist, Army.

DELAWARE

L. A. Stearns, extension entomologist.

IDAHO

- Boyd Baxter, Semhi County agent, Army.
- Frances Gallatin, State clothing specialist, WAC.
- Lt. C. Arthur Gustafson, assistant extension economist, Army.
- Walter Schoenfeld, Bannock County club agent, Army.

IOWA

- Lt. O. E. Adamson, Audubon County club agent, Army.
- Pvt. Junior Earl Allen, Warren County club agent, Army.
- Ensign Thomas S. Baskett, specialist in entomology, Navy.

Pfc. E. E. Behn, club agent, Clay and Buena Vista Counties, Army.

- Pvt. Terese Bodensteiner (W. R.), home economist, Ringgold County, Army. Lt. Maurice W. Boney, Wayne County
- club agent, Army. Ensign Helen Bowers, U. S. C. G. R.,
- college clerical staff, Navy.
- 1st Lt. Loren Brown, Poweshiek County agent, Army.
- Cpl. Merritt Canaday, Page County club agent, Army.
- Ensign Cecil C. Carstens, Dubuque County club agent, Navy.
- Ensign Louis Champlin, information specialist, Navy.
- Pfc. Charles L. Clark, Franklin County club agent, Army.
- Lt. (j.g.) Robert C. Clark, specialist in rural young people's activities, Navy.
- Lt. William H. Collins, specialist in horticulture, Army.
- A/S Stanley V. Davidson, Lee County club agent, Air Corps.
- Lt. Joseph W. Davis, Jr., Iowa County club agent, Army.
- J. Harrison Donald, secondary flight instructor, Washington County club agent, Air Corps.
- Pfc. J. E. Ellis, Clinton County club agent, Army.
- Julia Faltinson, home economist, Pocahontas County, WAVES.
- A/C Robert C. Fincham, Hamilton County club agent, Air Corps.
- 1st Lt. Thomas J. Gleason, county club agent, Dubuque County, Navy.
- 1st Lt. Grover H. Hahn, Clayton County agent, Army.
- 1st Lt. Ellis Hicks, specialist in entomology, Army.
- Pvt. Robert J. Howard, Boone County club agent, Army.
- Pvt. Richard Hull, radio specialist, WOI, Army.
- Ensign Donald D. Jackson, information specialist, Navy.
- Cpl. H. H. Jones, Calhoun County agent, Army.
- Lt. Lyle A. Jones, Clayton County club agent, Air Corps.
- Lt. Vincent F. Kelley, Wapello County club agent, Air Corps.
- Lt. H. R. Koch, Mitchell County agent, Marines.

Cpl. Kenneth B. Kramer, O'Brien County agent, Army.

- Lt. Norman Kulsrud, Humboldt County club agent.
- Pvt. Kenneth R. Littlefield, Sac County agent, Air Corps.
- Ensign Earl A. Lyon, club agent, Allamakee and Winneshiek Counties, Navy.
- Ensign Robert Russell Lyon, Wapello County club agent, Army.
- Pvt. Harold C. May, Ringgold County agent, Army.
- Lt. James F. McKenna, Webster County club agent, Air Corps.
- Pfc. Chelsea W. McKinley, college clerical staff, Army Air Ground Crew.
- Sgt. Paul E. McNutt, Plymouth County agent, Army.
- Ensign F. J. Meade, Jr., Kossuth County club agent, Navy.
- Sgt. Arvid F. Miller, Decatur County agent, Army.
- Lt. (j.g.) Alfred T. Mitchell, specialist in radio, WOI, Navy.
- Capt. Edward L. Molln, Delaware County agent, Army.
- Lt. Francis E. Persinger, Black Hawk County club agent, Army.
- Cpl. Paul Peterson, Henry County club agent, Army.
- Lt. Phil H. Poland, Shelby County club agent. Army.
- Lt. William S. Roche, club agent, Benton and Tama Counties, Coast Guard.
- Ivan Tyler Salmons, Q/M 3/C, Ringgold County agent, Navy.
- Pfc. Lorne Sonley, specialist in economics, Army.
- Capt. Lauren K. Soth, specialist in economics, Army.
- A/C C. L. Strong, Jefferson County club agent, Air Corps.
- Leo Sturgeon, Butler County (in training), Army.
- Ensign Robert A. Thompson, Boone County agent, Navy.
- Cpl. Thomas S. Warner, specialist in dairy industry, Army.
- Maj. Karl Wester, specialist in dairy industry, Army.
- Pfc. Robert W. Wilcox, specialist in economics, Army.
- Pvt. Richard A. Williams, Keokuk County agent, Army.
- Keith E. Williby, college clerical staff, Air Corps.

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City and country join in food campaign

St. Louis County, Mo., has winter backlog of home-grown, home-canned foods

Full shelves of canned food acquired without expenditure of ration points now form a reassuring nutritional backlog for some 50,000 families in St. Louis County, Mo., as a result of this year's extension campaigns in home gardening and canning. No campaign ever had better cooperation from other agencies, business groups, and local leaders, say the county extension agents, Mary L. Summers and Paul M. Bernard.

Starting early in January, Bernard and the assistant county agricultural agent, Herbert Rolf, organized a series of garden classes and carried them to completion in cooperation with the county unit of the American Red Cross and the Federated Garden Clubs. These classes covered the large urban areas of the county and were supplemented by widespread distribution of circulars on gardening and insect control purchased from the College of Agriculture by publicspirited persons.

Full support of the gardening campaign was forthcoming also from the schools of city and county, neighborhood leaders, and the home economics extension clubs throughout rural St. Louis County.

Following close upon the heels of the winter courses in preparation for gardening, an equally ambitious program of training for home canning was organized by the county home demonstration agent with the help of the county nutrition committee, the Red Cross, the county food-preservation committee, community leaders and other interested persons.

In 107 food-preservation classes, more than 12,000 homemakers were given systematic training by Mrs. Summers, and Miss Ruth Shank, the chairman of the county food-preservation committee. Miss Shank, who is home service representative of a St. Louis County gas company, worked closely with Mrs. Summers throughout the season and lent the facilities of her office for the purposes of the campaign.

So great was the interest aroused by the food-preservation classes and the local leaders thus trained, that the offices of both Mrs. Summers and Miss Shank were besieged for weeks by calls for additional information. For many days it took 1 person's time in each of the 2 offices to answer telephone calls. A total of 3,636 telephone calls were received, and 907 women came in person to talk over canning plans and problems.

By invitation, Mrs. Summers conducted two canning classes in the auditorium of a St. Louis department store. These classes had a total attendance of 1,900 homemakers.

When the points at which canning classes were taught were marked on a spot map of St. Louis County, it was found that every homemaker in the county could have attended one of the classes without traveling more than 5 miles from home.

More than 48,000 circulars from the college of agriculture on home gardening and food preservation were purchased by cooperating agencies and individuals to speed the educational processes of the campaign.

Food-preservation classes in urban areas were set up and publicized by Red Cross, OCD block, and zone leaders. Those in the open country were arranged and announced locally by the neighborhood leaders in food preservation known as canning aides. Home economics extension clubs sponsored these classes in many instances.

Special leader-training meetings were held for some 75 representatives of the Federated Garden Clubs, who carried the newly acquired information back to meetings of their respective clubs.

Home economics teachers in the St. Louis city schools volunteered to assist in the campaign and attended a training meeting conducted especially for them by Flora L. Carl, extension nutritionist from the University of Missouri College of Agriculture. Teachers so trained later conducted canning classes in the city, and one of them supervised a canning center during the summer.

An important contribution was made by the St. Louis County Farm Bureau, which assumed the responsibility of testing pressure-cooker gages at their office in Clayton. This was the only place where testing was done, and 287 pressure-cooker gages were tested. Many women bringing their cookers to be tested were also given during the same visit, instruction in safe operation of the cookers. A cooking school was held by one of the city newspapers, the Daily Globe-Democrat. A feature of the program was a food-preservation section in which Miss Carl gave demonstrations in canning fruits and nonacid vegetables, and the processes of salting and brining.

Three St. Louis radio stations gave time for six broadcasts in which questions on canning were answered.

Recently, a cross-section survey of the county was made to check on results of the home gardening and canning campaigns. By interviews with homemakers in different sections of the county, representing typical families in both urban and rural areas, records were taken to show the results obtained by both experienced and amateur canners.

Amateur canners were found to have canned on an average: Tomatoes, 59 quarts; green beans, 33; sauerkraut, 7; vegetables other than green and yellow, 25; peas, 5; asparagus, 10; and fruit, 41. The average total was 180 quarts per family.

The experienced home canners had canned an average of—tomatoes, 71 quarts; green beans, 35; sauerkraut, 26; asparagus, 23; peas, 23; carrots, 18; other vegetables, 27; and fruit 141. The average was 364 quarts a family.

At the time these interviews were made, many homemakers were still canning, some were preserving food by drying and brining, and nearly all were busy with preparations for storing root crops and other vegetables in fresh condition. All showed a keen interest in getting more information on the care and utilization of home-grown foods for better nutrition.

Negro women study safety

A series of safety meetings emphasizing what can be done to improve conditions in Negro farm homes have been held by North Carolina Negro home demonstration agents.

Amelia S. Capehart, Negro home agent in Pitt County, N. C., stated that stove clinics were being held in the communities, and that each club member was checking and repairing her stove, with special attention being given to flues.

In a community check-up on 706 Negro farm families, she found 112 families with sufficient milk, 204 with enough hogs for meat, and 162 with sufficient poultry. The garden campaign had given good results and 448 were reported with plenty of fresh vegetables. Only 24 families had no garden, and 134 were without any canned food.

The Pitt County program for Negroes in 1944 will be based on this information.

Family testifies for 4-H Clubs

Let a criticism of 4-H work fall on the ears of the Maurice McCormick family of Wyoming County, N. Y., and the family is ready to "go to bat" for 4-H. Let the criticism reach them that only the more well-to-do children can get anywhere in 4-H, and they are ready to present their story refuting such an idea.

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Their story goes back to 12 years ago when a fire destroyed their dairy barn, livestock, and much equipment. It left the parents with a rather small farm not one of the best of the county, plenty of courage, and five children, two of whom were old enough for 4–H work.

The late A. A. McKenzie, at that time county 4-H Club agent, started with the children and the waste acres. The State Conservation Department offers 1,000 free trees to 4-H members, and all of the 5 children have had their trees. The 5 acres they were planted on were valued at \$100. Last year, the family refused \$1,000 for the plantation. They have marketed \$300 worth of Christmas trees and can market double that amount without injuring the plantation. The family has bought and planted 17,000 trees, putting to productive use 22 waste acres.

When John L. Stookey became 4-H Club agent in 1935, he helped the family to take advantage of a summer colony at a nearby lake. A strawberry patch has developed into a well-cared-for bed producing 1,500 to 2,000 quarts of strawberries a year. In 1936, sweet corn for sale was tried. They now produce nearly 3,000 dozens a year to meet the summer residents' demands. Willing to try new things, their corn varieties now include the best ones of early, mid-, and lateseason corn.

In 1937, I became 4-H Club agent and had the opportunity of working with this family for 6 years. The family needed more income and more living from their own farm. They were already on their way toward these goals.

One daughter had gone to work for herself, so the family garden became the main responsibility of Marguerite and Dorothy. Three years ago, Dr. A. J. Pratt, State 4-H crop specialist, ranked their garden as one of the very best in the State. From mid-June to November, it provides fresh vegetables for the family, and 200 or more quarts for canning.

Every few years, blight would hit their potato crop—then it would be a lean winter, for potatoes were their main source of income. Now Bob, the oldest boy, wanted to grow quality potatoes to win some ribbons for himself and to help win trophies for his county, but disease and insects played havoc with his plans. The suggested solution was to join the potato spray ring organized by the farm bureau. On slightest provocation, Mr. McCormick will now tell how the extra profits of 1 year of spraying will pay his farm bureau membership for many, many years—and Bob raises prize potatoes—not only prize ones but potatoes that when graded and packed in special sacks bring premium prices on city markets.

Three years ago, a poultry enterprise under Bob's and his mother's management started to bring not only more income but more and better food for the family table. A dairy herd has gradually been rebuilt, with Bob and young Gerry—now with 3 years' 4-H membership back of him—investing in some purebred heifers and a bull whose daughters should improve the herd.

They had their own small fruits, a wealth of vegetables, milk, poultry products, potatoes, and a home gradually made more attractive and with more conveniences. No wonder the family was one of the winners of the Better Living From the Farm Contest conducted by the 4-H and sponsored by the county bankers' association in 1941.

Much of the childrens' 4-H project earnings have had to go into the family financial pool, but that has not had a deterring effect upon their 4-H work. All have earned trips, won contests, and had prize exhibits. The family worked together for the welfare of all.

Working together meant working with the 4-H Club. Fertilizer and spraying demonstrations, soil-erosion control experiments, trying new varieties, and participating in contests served not only to keep up their interest in 4-H but were a source of learning. The parents' interest and cooperation in these things were not only for the children but were a sincere "thank you" for what 4-H had done for them all. They estimate that 4-H has helped add at least \$600 to their yearly income, not counting extra profits from spraying.-Wilbur F. Pease, county 4-H Club agent in Suffolk County, N. Y., formerly in Wyoming County, N.Y.

Club members meet in South Pacific

Capt. George Ridgeway, former Ohio 4-H Club member, returning from a 9-month tour of duty with the marines in the South Pacific, stopped at Jackson in his home county to tell Floyd Henderson, agricultural agent, that 4-H Club work is not forgotten at the fighting fronts.

He told Mr. Henderson that a group of former 4-H members serving in the South Pacific decided to hold a Club meeting on one of the islands last summer, and a general invitation to all former members in the area was sent out. British residents of the island offered facilities for the meeting.

The marine captain said there was considerable doubt about the number of club members in the area and there also were a great many difficulties in obtaining leaves and transportation. On the day of the meeting, 350 marines, sailors, and soldiers were able to lay down their fighting tools long enough to attend.

Potato interests pay tribute

Two statements proposed by the potato industry committee and approved by the Maine U. S. D. A. War Board at a meeting in Bangor, Maine, during the first week of November, commend the railroads of Maine and the Extension Service for assistance given in meeting Maine potato harvest emergencies this fall. On the aid that Extension Service gave to the farm labor needs of Maine, the statement said:

"The potato industry of Maine deeply appreciates the contribution made by the Farm Bureau and Extension Service and allied agencies toward meeting the labor situation this fall.

"Never in the history of the industry were the farmers faced with a more difficult situation in regard to labor. To the day of beginning digging, no man could be sure where his crew was coming from, or at what price.

"The Extension Service came to the rescue in a way that exceeded all expectations. We appreciate their efforts and apologize for the 'cussing' they have taken.

"This meeting wishes, therefore, to recognize their continuing efforts and extend our thanks for their contribution."—From Fort Fairfield Review, Fort Fairfield, Maine, Nov. 10, 1943.

On The Calendar

- American Association for the Advancement of Science, Cleveland, Ohio, December 27–January 2.
- National 4-H Club Radio Program, Farm and Home Hour, Blue Network, January 1.
- National Council of Farm Cooperatives, Chicago, Ill., January 5–6.
- American National Livestock Association, Denver, Colo., January 13–15.

One Way

4-H Clubs sell many bonds

F. L. NIVEN, County Agent, Powell and Deer Lodge Counties, Mont.

4-H Club members of Powell and Deer Lodge Counties in western Montana have given up their junior fair and numerous other activities for "the duration" as part of their contribution to the war effort. But, in place of these interests, they have found a new, worthwhile activity that not only boosts the sale of war bonds and stamps effectively, but at the same time affords a new and enjoyable recreation in the form of community gatherings.

This new activity started last March 15, when members and leaders of the Bighole 4-H Club at Fishtrap, in a large stock-raising community, sponsored a Victory Auction Social—an old-fashioned basket supper dressed up to meet the times. The evening's events started with a brief, patriotic program, planned—and parts of it even written by members of the club.

After the program, the gathering, which was exceptionally large for this isolated community, enjoyed an old-time dance until midnight. Then the basket suppers, prepared by the women and girls of the community, were auctioned off to the highest bidders.

. Thirty-four basket suppers were sold for \$1,872, the most expensive basket bringing \$750. This money was all converted into stamps or bonds and then returned to the purchasers.

Later, eight clubs in the vicinity of Anaconda (Clover Club, Willing Workers, West Valley, Rocky Mountain Girls, Lost Creek Ranchers, 4-H Flash, Shorthorn, and Happy-Go-Lucky) sponsored a similar sale. However, because of rationing they auctioned off, sight unseen, "white elephant" items that no longer had a use at home. The sale was held in a community of copper-smelter workers where practically all the family wage earners were already contributing 10 percent or more through the pay-roll deduction plan. Notwithstanding this fact, the 54 sales totaled \$388.55 or an average of \$7.20 a package.

This same plan was again carried out by the Canning Maids and Happy Hour Clubs at Ovando, a farming and livestock community. This time 63 sales were made totaling \$3,652, but in this instance the sale did not stop with the completion of the evening's program. The members have been actively selling bonds ever since and had added another \$1,941 when their last report was received—a total of \$5,593.

To help create more interest at the auctions, a large thermometer was constructed on which were listed, as thermometer graduations, 25 items of military equipment and the cost of each. All sales were added to the preceding total as soon as the sale was completed, and the thermometer column was raised to show total sales up to that time. The thermometer even included a boiling point near the top that served as a goal for the evening. The boiling point was exceeded by several hundred dollars.

During the annual Anaconda Victory Garden Show, the Anaconda clubs recently came back to add to their record. Club members, with the assistance of leaders, conducted a bond booth during the show and, at the show's conclusion, assisted in auctioning off first-prize vegetables and fruits to the highest bidders. Results, another \$2,800 worth of bond and stamp sales recorded on the thermometer.

To date, these clubs have piled up a total of \$10,653.55. To this will eventually be added the purchases made by individual club members when total sales for the year are computed.

Gardens up North

The Alaskan Extension Service sponsored a cooperative market for Fairbanks Victory gardeners. It was a nonprofit organization to benefit small gardeners and large consumers, most of whom are the large construction companies. The market was organized to encourage production, prevent waste, and conserve shipping space. A small service charge was made, and all surplus funds were returned to the producers. Mrs. Peter Grandison, leader of the first 4-H Club organized in Alaska, a garden club, was a member of the market committee.

Many Victory gardens were produced in towns along the coast in southeastern Alaska this year. At Sitka, Skagway, and Haines, gardens were seen in every back yard. Families, many of whom were natives, had excellent gardens in Craig, Klawock, Hoonah, Metlakatla, and Saxton. Many Alaskan families had plenty of fish, vegetables, and small fruits for use during the growing season and plenty to can and store for the long winter months. At Eagle River near Juneau, 50 acres of land was plowed and seeded to potatoes, cabbages, and other vegetables.

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Newsboys pick tomatoes

Responding to the cry of extra help wanted, seven newsboys in Frankfort, Ky., went to the rescue of Farmer John M. Jones, Franklin County. Mr. Jones had 10 acres of tomatoes ripen at the same time that all his labor was busy harvesting tobacco. Calling the office of Farm Agent R. M. Heath, he learned of the newsboys who had offered their services for such an emergency. During the next few hours, they saved a valuable food crop by picking 140 hampers of tomatoes.

Oregon finds fire-fighting profitable

Oregon farmers have joined with other citizens in thorough organization to prevent fires the past 2 years, and with marked success, reports Arthur S. King, in charge of the emergency rural fire control project for the Oregon Extension Service. Records kept by the State fire marshal's office show a distinct drop in rural insured fire losses in 1942 over 1941. The most significant reduction occurred in fires damaging farm equipment, livestock, and produce such as hay and grain. This is a strong indication that the farm fire program was effective last year, and early reports indicate an even greater reduction in losses this season.

A total of 1,011 farm fire-fighting companies were organized in the State this year. These companies enrolled 10,900 men to provide some degree of protection for approximately 90 percent of the farms in the State. Mr. King estimates that about one-third of the companies could be considered efficient fire-fighting organizations. Another third were organized to the point of being of material help in controlling fires, and the remainder gave some leadership in fire prevention.

to Do It

The farm fire crews this year have been given especially effective cooperation by town and city fire departments and regularly organized rural fire districts. This is in addition to the continued support of the Forest Service, Grazing Service, State Forestry Department, and fire protective associations.

4-H Club sponsors school lunch

"Give up our lunchroom? Never!" "But unless somebody sees that there's food" . . . "Somebody'll see that we have food all right! Plantersville girls' 4-H Club of Grimes County, Tex., will help"so said the votes of all the 16 members, whose ages range from 9 to 12 years.

Each girl agreed to plant enough extra vegetables so she would have food to fill 100 cans for the lunchroom. Florence Sebastian and Frances Imhoff were chosen as garden demonstrators. They set to work; Florence with a half-acre garden, Frances with an acre.

Other people of the community got busy on the job, too. Before the canning season, the PTA and the school superintendent got the lunchroom ready for work, and the 4-H'ers did a good job of assisting with mops and brooms. A county sealer, canner, and retort were placed in the lunchroom. The retort was put on a wood furnace built for the purpose near the rear entrance to the building. Every Wednesday, the superintendent, the 4-H sponsor, PTA members, and 4-H Club girls gathered at the school and canned. The lunchroom pantry has 3,391 cans, plus an equal proportion of potatoes, onions, pumpkins, and cushaws. August 4 was set aside as chicken day, when every school child brought a hen from the home flock to can. The county home demonstration agent supervised the boning and canning. Plans are being made to purchase a beef for canning. The school goal is 5,000 cans.

The club girls' gardens were successful, too, as 12 of the 16 girls more than reached their goals. Helen Lowis led the list with 203 cans for the lunchroom. and Grace Greenwood, club president, is a close second with 186. The three Swonke sisters canned 104 each. The girls who failed to make the goals were prevented from doing so because of illness or some other good reason, or they had moved from the community.

The widow's hay crop

Biblical times gave us the story of the widow and her mite, but modern times give us the story of how the county agent's might saved the widow's hay crop.

It was out in Panguitch, Utah, that Joseph Muir, Garfield County agent, learned in September that Widow Alexander, whose husband had died suddenly, had 25 acres of alfalfa hay standing in the field and no one to harvest it. Now Joe's a good Christian as well as a good county agent, so he decided to do something about it.

First, he went to the county attorney who had previously told, in Joe's hearing, a few stories about his hay-loading prowess when he was a younger man. He challenged the attorney to make good his "crack" about his skill, and the challenge was accepted. From the attorney's office, Joe went to the superintendent of schools, the postmaster, representatives of the Farm Security and the Soil Conservation Services, and other friends in

important positions, and told them of Widow Alexander's plight. Joe recruited nine hay hands. The recruits made a game of the hay harvest. The county agent helped to mow and rake the hay; then the nine white-collar boys came in and piled it, and the fun began.

Now members of the hay-pitching crew laugh when they tell of covering up the county attorney on the load and demonstrate the kind of stack Joe Muir made. and guffaw when they reenact the antics of the man who operated the Jackson fork. They all disagree on who did the most work, but agree that the end of the day brought a tired crew to supper; but Widow Alexander's hay was harvested without cost to her. In fact, the spokesman for the Christian gentlemen said to Widow Alexander when she offered to pay them for their labors: "Glad to do it . . . nothing at all . . . go buy yourself a bond."

WLA dairy workers

Members of the Women's Land Army are proving their worth, as shown by a story from a Hopkinton, Mass., farmer. The bacterial count of the milk from this farm began to drop steadily, and the milk inspector decided to see what new methods were being employed, for the change was certainly in the right direction.

Upon investigation, he found that the farmer was employing two women, members of the Land Army. These girls were taking entire charge of the dairy, milking, separating, and pasteurizing. The extremely low bacterial count was due to the scrupulously clean barn, milking equipment, and milk house. "They see dirt," says the farmer, "where a man never would."

Soldiers' wives pick cotton

In Union County, N. C., a group of 20 soldiers' wives, under the leadership of Miss Ruth Robbin, USO director in Monroe, went out to the farm of A. M. Secrest near Monroe and picked cotton. These women, 15 of whom had never seen cotton growing before, represented 17 different States. In the afternoon, they were carried to a nearby gin to observe cotton ginning. Plans were made the same day to pick more cotton the following week.---T. M. Mayfield, assistant agent, Union County, N. C.

Fight six fires

Rural volunteer fire fighters in Ottawa County, Mich., have extinguished six blazes that threatened wildlife and reforested areas since an organization and equipment were obtained in April.

Conservation Officer Forrest Lavoy reports the fires occurred in Grand Haven, Port Sheldon, and Spring Lake townships of the West Ottawa soil conservation district. None of the fires resulted in serious damage.

Township fire chiefs and their crews are supplied with fire-fighting equipment. This includes pumps, axes, shovels, and first-aid supplies stationed at central spots in the various townships.

AMONG OURSELVES

JAMES D. POND, assistant extension forester in New York State since 1935, resigned his position on October 31.

Mr. Pond's contagious enthusiasm in the 4-H and vocational agriculture forestry work has advanced the work and greatly increased its accomplishments. In his years of helping 4-H Club forestry, forest tree plantings by 4-H members have averaged nearly a million trees a year.

As chief observer of the Ithaca station of the Aircraft Warning Service, Mr. Pond has performed a useful wartime service. As an adviser to troops of Boy Scouts and Girl Scouts, he has more than done his bit. Through the years before this war, Mr. Pond was the active leader of 4-H Adirondack trips which were sponsored through the county 4-H agents. He made these trips memorable to all who participated..

A native of Crown Point, N. Y., he received his bachelor of science degree in 1928 and the master of forestry degree in 1934 from Cornell University.

From 1928 to 1931 he cruised and mapped timber for the Canadian International Paper Co. and for the Empire Forestry Co. of Albany. He became Washington County 4-H Club agent in 1931, and in 1933 became instructor in forestry at Cornell. In 1935 he became extension instructor in forestry, with full charge of forestry work with 4-H Clubs and students of vocational agriculture.

MRS. RENA CAMPBELL BOWLES of Bangor, Maine, has been appointed assistant extension foods specialist in Maine to handle nutrition problems in urban areas and other areas where war industries have developed. Proper meals while on duty present one of the major dietary problems of war workers. Mrs. Bowles conducted a similar program for the Extension Service last winter.

This type of extension activity will be carried on in cooperation with administrators of war plants, with local organizations, and with the Citizens' Service Corps.

D. C. DVORACEK, on a year's leave from his position as extension economist in marketing in Minnesota, has joined the Economics Section of the Federal Extension Service. He will specialize in livestock, wool, and grain-marketing problems, with particular reference to the war effort and post-war adjustments.

Mr. Dvoracek is a graduate of the University of Minnesota with a B. S. degree in animal husbandry and an M. S. degree in agricultural economics and rural sociology. Prior to his 13 years as extension economist in marketing in Minnesota, he was a county agent for $7\frac{1}{2}$ years and an instructor in high-school agriculture for 6 years.

KATHLEEN FLOM has been appointed State 4-H agent in Minnesota. She has progressed from national trip winner in 4-H work to county club agent. and on to her present position as club agent in the State office of the Agricultural Extension Service. She is a native of Delhi, Minn., where she started her 9-year career as a 4-H member. Later, she divided her time between her duties as 4-H Club agent in Nobles County and her scholastic work at University Farm. After receiving her B. S. degree in 1942, she returned to Nobles as home demonstration agent. After a year in that work, she received her promotion to the State 4-H Club staff.

ELMER M. ROWALT, a former extension worker, and more recently deputy director of the War Relocation Authority, died recently at his home in Silver Spring, Md. He was a graduate of Ohio State University and served as extension editor in New Hampshire from 1928 to 1930 and as assistant extension editor in Ohio from 1930 to 1935. In 1935, he came to the Soil Conservation Service of the U. S. Department of Agriculture.

Mr. Rowalt's bulletin, Soil Defense in the Piedmont, was the first attempt to develop a regional bulletin of this type and blazed the way for a later series of such regional publications. He also prepared the first bulletin on soil conservation districts. In 1939, he joined the Office of Land Use Coordination where his administrative ability had much to do with the successful development of that work. He was made deputy administrator of the War Relocation Authority when it was established in 1942 and was active in developing the policies in handling the difficult problem of the Japanese relocation. His ability and winning personality brought him many friends, both in Washington and throughout the country.

PARKER O. ANDERSON, Minnesota extension forester, has been granted a year's leave of absence to accept a wartime forestry assignment in Ecuador, South America. He reports to the Office of Economic Warfare in Washington, D. C., preparatory to leaving for South America where he will engage in supervising the cutting and handling of strategic forest products. Mr. Anderson has been extension forester for the Minnesota Extension Service since 1926.

MARION PARKER of Beverly, Mass., for 25 years a leader of 4-H Clubs, died in July. Her first group started in 1918 at the Beverly Health Center as an outgrowth of the children's community garden work. Miss Parker then continued as a local leader, summer and winter. contacting 200 to 300 4-H members each year. Her projects included work with boys and girls in foods, clothing, handicraft, child care, canning, and nutrition. One of her aims was to help the club member to make the most of what he had. Scores of girls and young women owe their economic level of living, even their marital happiness, to some adjustment that Miss Parker has helped them to make.

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L. D. KELSEY, formerly of the New York State extension staff is now head of the agricultural division of the Balkan mission of Office of Foreign Relief and Rehabilitation Operations and is setting up headquarters in Cairo. His responsibilities cover the agricultural rehabilitation in the Balkan nations in which the first step is an estimate of agricultural resources left to these countries and of their needs to start once again.

WILLIAM H. ZIPF goes to the Ohio Extension Service as assistant editor. He is a graduate of Ohio State University, and has had experience as field editor for the American Fruit Grower; extension editor, Delaware; information agent for the Farm Credit Administration in Louisville, Ky.; and, until he took his present position, associate farm program director for WLW broadcasting station.

HELEN CHAMPNELLA was recently appointed assistant extension editor in West Virginia. Miss Champnella is a recent graduate of West Virginia University with a B. S. degree in journalism.

Farmers get building plans

That many farmers are planning to have new houses or other buildings as soon as war restrictions are removed is indicated by the number of building plans asked of the Kentucky College of Agriculture and Home Economics.

In the first half of this year, a total of 1,240 requests for building plans were received by the department of agricultural engineering. This compares with 1,580 requests received in all of 1942 and 1,682 requests received in 1941.

Interest is high in about all kinds of new buildings on farms, the college reports. Some farmers are earmarking war bonds to pay for new buildings or for remodeling or for new equipment.

Oregon boys and airls harvest for victory

A study made in September of the Victory Farm Volunteers program in Marion County, Oreg., highlights the success of the platoon system. It is the story of a well-planned and well-supervised program for boys and girls who lived at home and worked by the day on nearby farms. Dr. Fred P. Frutchey of the Federal Extension Service, who made the study with members of the Oregon Extension Service, gives us his observations, based on interviews with 73 boys and girls, the farmers employing them and some of the parents.

No food went unharvested because of lack of farm labor this year in Marion County. In this fertile Willamette Valley some 8,000 Victory Farm Volunteers hired out by the day and pitched in to gather in the crops—principally strawberries, raspberries, loganberries, boysenberries, onions, beans, hops, prunes, and nuts. These young workers, half of them boys and half girls, averaged ten 8-hour days of work in all, 80,000 days spent harvesting foods.

The results have pleased the farmers, the children, their parents, and local authorities. All want the program repeated next year.

Nearly 500 boys and girls worked in platoons averaging about 35 workers. Growers hiring platoons were better satisfied than they were with the work of the independents who did no work in platoons. Some growers felt the platoon workers were even better than the usual adult labor. One platoon harvested 35 tons of cherries and berries. One picked 9 tons of gooseberries in 2 days.

The platoon groups were supervised from the time they left town until their return. Any dissatisfaction of the growers or youth was handled by the platoon leader whose job was to see that the food was harvested and not wasted, and also that the young workers were properly taken care of. The independents had no such influence on their work, and, in some cases, dissatisfaction on the part of both grower and youth was never adjusted. Some boys and girls who worked independently for a while joined the platoon later, and liked it better. The discipline of the platoons seemed too strict at first for some, but they grew to like it.

The platoon groups, of course, had the advantage of care during transportation,



in which safety practices were strictly followed. The grower paid for the transportation which included the licensed driver and liability insurance. In the platoons, the leaders upheld the wage standards by seeing that the young workers were paid on time. In some cases trouble arose between the independents and the growers, and there was no one to mediate the differences.

The amount the boys and girls earned per day was exceptionally high in comparison with wages earned by workers in other States. One 14-year-old girl earned \$11.90 in one day picking 70 boxes of prunes at 17 cents a box. This was unusual of course, but the average highest amount earned in a day by those interviewed was about \$5.50. It was estimated that the average platoon member earned between \$150 and \$200 during the summer.

Members spent their money for school clothes, bonds, and miscellaneous things they wanted. Many put some away for expenses during the school year.

Parents interviewed were decidedly in favor of the platoon work under its good supervision. They felt that the wellorganized work experience helped their children to develop good work habits.

The boys and girls seemed to appreciate the educational advantages of their farming activities: Many mentioned, "Learning to work steady," as being important. Some said they learned, "What farming is like." Others considered their work as a contribution to the war service. Many of them said they valued the new friendships made. Most of them thought the farm work was good for them; it kept them "out of trouble in town."

According to the Salem juvenile officer, juvenile delinquency in that locality was considerably reduced while the urban boys and girls had been working on the farms. His records showed that when the boys and girls were not occupied, the juvenile complaints coming to his office were five or six a day. During the summer when the boys and girls were doing VFV work, only one or two complaints a week came in.

The good cooperation of the Marion County schools in the recruitment and selection of the Victory Farm Volunteers was an asset to the program, according to J. R. Beck, Oregon farm labor supervisor. The county superintendent of schools sent questionnaires to all schools to register boys and girls for farm work during the summer. The registration lists were turned over to the VFV county assistant farm labor supervisors and the United States Employment Service which was cooperating on the farm labor program.

The platoon leaders were school teachers, who selected the workers from the registration lists and throughout the summer built up a good working platoon.

A significant part of the VFV dayhaul program was given to the training of platoon leaders. Eight 2-hour meetings were held every 2 weeks to discuss their job. The first meeting was called at the request of the leaders. Vocational agriculture teachers were present and served as consultants in these discussion meetings. Growers and cannery representatives were also called into the meetings. The aim was to give the leaders a full picture of their job. Leaders were also taken into the fields and worked under the instruction of the farmer. The training given the leaders paid for itself during the summer.

The program, Food for Victory, was taught in the rural and city schools of the county as a part of the social studies or English course in grades 5 to 12. Each pupil was given a copy of the material.

Training at Schools and Farms

After the VFV's were taught in school how to do farm work, they were shown how when they arrived at the farm. The first day on the job, each boy and girl was trained in farming skills by the farmer or platoon leader. After starting work, further instructions were given them by their platoon leader.

The growers who realized that the workers were younger than formerly had more success with the youth labor. The VFV's in platoons were placed on farms where the grower acceptance was good. Those boys and girls working independently, of course, worked on farms of their own choosing.

When working on farms, the children brought their own lunches which they ate in the fields or orchards. Packing a good nutritional lunch for those youngsters was considered from the health angle. Mrs. Mabel C. Mack, of the Oregon Extension staff, prepared a special leflet for the mothers.

Russel M. Adams, State VFV assistant farm labor supervisor, is preparing a VFV handbook for Oregon from the experiences of this summer and materials used.

The once-over

Reflecting the news of the month as we go to press

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PAID ADVERTISING for emergency labor help was discouraged by the extension editors attending the St. Louis, Mo., regional labor conference, November 11, 12, and 13. They felt that if the situation was critical enough for advertising, it should be a front-page story and that was the best place for it.

SWAPPING STORIES on ingeniou

of getting out farm help for eme. harvest crises was popular at the St. Louis conference where 15 States were Louisiana's represented. Ouachita Parish worked with the Negro preacher to get out 1,600 workers on short notice. Tennessee worked with one draft board on the 4-F's so effectively that 33 of the 34 who received letters were at work the next day, and 53 others, who evidently had listened in on the grapevine, applied for work. Two thousand five hundred car drivers from Detroit, Mich., deposited their A books with their ration board and got enough gas to get up to the cherry orchards. After the county agent certified that they had given 3 full days of work, they could get gas to come back.

REGIONAL LABOR CONFERENCES were also held in Denver, Colo., November 15, 16, and 17; in Berkeley, Calif., November 19, 20, and 22; and in Richmond, Va., December 2, 3, and 4.

RURAL HANDICRAFTS AND REHABIL-

ITATION.—The New England conference on rural arts and handicrafts held at Worcester, Mass., on November 19, was of Nation-wide importance because the Exhibition of Contemporary New England Handicrafts, in connection with which the conference was held, marks the first time that a leading art museum gave endorsement to rural handicrafts by including them in the exhibition.

The close link between rural handicrafts training and post-war rehabilitation was high lighted in a talk by Director M. L. Wilson in the following words:

"We are convinced that the field of rural handicrafts occupies an important place in our wartime and post-war training program. More is being done by doctors in the field of occupational therapy now than for the casualties of any previous war. Thousands of persons trained in handicrafts have become a reservoir of skilled workers from which the American Red Cross, the USO, and similar agencies are drawing volunteers ... Beyond the immediate war need, we shall face a much greater challenge in the broader field of rehabilitation. This need will occur in the latter stages of the war, during the demobilization period, and in the critical years of transition f om war to peace."

POINT MILK PRODUCTION PRO-

PAM FOR 1944 developed at regional conferences held during the first half of December, gives the "What to Do" and "Why" of the 8 points. Representatives of the War Food Administration, the Extension Service, Bureau of Dairy Industry, and the National Dairy Industry Committee took part in the conferences. Extension workers from the States included extension directors or other administrative workers, editors, dairy specialists, and farm management and agronomy specialists. A circular listing these 8 points and why each is important is being prepared and will be available for distribution by State Extension Services.

POPULATION DENSITY OF UNITED STATES MAP has been issued recently by the Bureau of the Census. This map shows the population density by minor civil divisions, 1940. It is 41 by 100 inches and is available for purchase from the Superintendent of Documents, Government Printing Office, Washington 25, D. C., at 40 cents each.

EXTENSION SERVICE REVIEW

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EXTENSION SERVICE U. S. DEPARTMENT OF AGRICULTURE WASHINGTON 25, D. C. M. L. WILSON, Director REUBEN BRIGHAM, Assistant Director



IN FARM EQUIPMENT CAMPAIGN State extension services will furnish subject matter, conduct various extension activities, and cooperate with organizations offering to coordinate their programs to help farmers utilize fully their farm machinery, equipment, and structures. On farm machinery, the Extension Service has done this work for the past 2 years extensively. The program this year not only will include farm machinery but will emphasize other farm equipment and farm buildings required in the war food program. It will also urge the full utilization of machinery as well as it maintenance as emphasized in the slogan, "Keep Your War Equipment Fit and Fighting." Conferences were held December 7-9 for extension workers who attended meetings of the American Society of Agricultural Engineers and of the Farm Structures Institute at the LaSalle Hotel, Chicago, Ill., December 6-10.

CONNECTICUT PLACED 14,345 WORK-ERS on farms from May 15 to September 25 through the extension emergency farm labor program. Included are 849 year-round workers and 13,496 seasonal workers. Of the latter group, 9,071 were boys and girls. About 900 boys and girls were housed in labor camps during summer. There has been practically no loss of any crop because of lack of labor. The biggest problem continues to be the need for full-time workers.

CONSUMERS' GUIDE FOR DECEMBER has a lead article explaining the Federal Milk Conservation Program more simply than anything we have seen to date. That alone makes the magazine worth while, but in addition there's a festive article on First Aid to Santa Claus, which incidentally makes use of some Extension Service material, a double-page spread of cartoons on Christmas food supplies, titled Merry Christmas Eating, and an excellent story on the first food clinic in the world. You may still get a free subscription to Consumers' Guide by writing to Food Distribution Administration, Washington, D. C.