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29 p.

SUGGESTIONS AS TO THE EXHIBITION OF METHODS AND RESULTS OF EXTENSION WORK AMONG FARM WOMEN AND GIRLS IN THE UNITED STATES, BY THE STATES RELATIONS SERVICE OF THE UNITED STATES DEPT OF AGRICULTURE, AT THE BRAZILIAN CENTENNIAL EXHIBITION.

We believe that such an exhibit could profitably cover a floor space of 600 to 800 square feet in which could be exhibited panels of photographic enlargements and display cases for transparencies illustrating a dozen or more phases of extension work with farm girls and women. Such panels and cases would hold from eight to ten enlargements or transparencies each from 8 x 10 to 16 x 20 inches inclusive of appropriate explanations of the work translated into Portuguese.

Specimens of the products of work done by women and girls in this country and equipment used by them might also be secured if funds can be provided by the Brazilian Commission. Some of the lines of work which might be presented are as follows:

Gardening
 Canning
 Poultry work
 Butter and milk work
 Meat work
 Beautification of the home grounds
 Housefurnishing, including furnishing of the girl's own room.
 Clothing
 Home hat making
 Hot school lunch
 Child feeding
 Household equipment

together with maps and charts showing the organization, distribution, and financing of the work.

Miss Birdseye, the Extension Agent of the States Relations Service, who kindly drew up the plans, suggests the above floor space and estimates two thousand dollars (\$2000.) expense and though I hope it may not prove necessary, she might be able to suggest a way of reducing that. She believes the exhibit can be prepared in six weeks if a decision is reached soon.

TEXTO DETERIORADO E/OU
 ENCADERNAÇÃO DEFEITUOSA

Damaged text.
 Wrong binding



Solicitar ao

Secretary of Agriculture Wallace
U. S. Department of Agriculture and
Washington D. C.

curio pelo

States Relations Service.

de material para Exposição

referente ao trabalho feito para a população rural feminina

Home Extension and Demonstration Work with girls and

women.

I Photographies e montagens de fotografias transparentes
luminosas sobre os seguintes assuntos:

Jardinagem

Gardening

Preparo de Conserveiras

Canning

Conserveiras de carne

Meat Work

Criação de galinhas

Poultry

Estética do Lar

Redeification of the Home Stomds

Aparelhamento do lar

Household equipment

móveis

Housefurnishing

costura, tecidos etc

clothing, home millinery

Alimentação das crianças

child feeding

II Mapas demonstrativos dos processos empregados na organização,
demonstrações e ornamentos



Trabalho apresentado a Exposição do Centenario da Independencia de 1922 apud Conselho Nacional de Mulheres da Noruega pela Sr. Bertha Lutz, delegada honoraria da Noruega.

NORWEGIAN WOMEN'S WORK FOR HEALTH DURING 26 YEARS

-----oOo-----

During the latter nineties conditions in Norway were in many ways difficult and uncertain. Amongst other things there was a lack of nurses and a lack of materials for use in sickness and the country was badly prepared upon the whole if epidemics or other misfortunes should occur. It was owing to the pressure of these conditions that some ~~NORWEGIAN~~ influential Norwegian Women formed THE NORWEGIAN WOMEN'S HEALTH ASSOCIATION, in February 1896.

Slide No. 1) Many believed that the women here undertook a
Mrs QVAM) task beyond their power but the women themselves had confidence in their cause and in their leader, the wife of the then Prime Minister QVAM, and this lady during the whole time, with skill and prudence has been Chairman of the Association.

On the basis which from the first moment was laid for the Association's work, the united work of women has strengthened and increased, so that ~~XXX~~ at the present moment there is hardly a corner in this extensive country where the N.W.H.A. is not known and appreciated.

The Association's work is -

1. To provide sick materials for the field service

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Health Work

- and emergency materials for help during big accidents in time of peace.
2. To educate nurses and Red Cross Sisters at the school of the Health Association.
 3. To extend a practical knowledge of ordinary hygiene.
 4. To work for well organized sick help in town and country.
 5. To work for the extinction of tuberculosis and in this connection to provide for consumptives and ~~weak~~ ^{weak} children.
 6. To further knowledge on cancer and mitigate the spread of the disease.

The N.W.H.A., now counts ~~476~~ ⁴⁷⁶ (four hundred and seventy six) local sections spread all over the country, with altogether 66,000 members. The central board's offices are in Kristiania and these are administered exclusively by women.

NURSING

This was one of the things that the founders of the Association had most at heart. A course for nurses was therefore at once initiated at the Government Hospital in Kristiania. Course followed course in rapid succession and in 1904 the Association was able to buy a large property in Kristiania which was arranged as an independant Nurses training home. Here now

Slide No. 2)
Nurses training)
home in Kristia)
nia)

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Health Work

Slide No.3
Training Home in
~~KRIKXIANIA.~~
Trondhjem

35 nurses are annually trained, distributed over two courses and up to the end of 1921 altogether 624 Red Cross Sisters had been trained. As the demand for trained nurses increased during later years it was found that this single home could not satisfy the demand. There was in 1919 therefore another training centre formed near Trondhjem, and in 1920 still a further

Slide No.4
Training home in
Stavanger

one founded by the Stavanger Health Association near Stavanger. It is now hoped that these three centres can work together for sometime when Norway will be well provided with Red Cross Sisters.

In 1899 there was added on the Health Association's programme the FIGHT AGAINST TUBERCULOSIS, the biggest people's disease in Norway, and this work has been and is still the principal task of the Association. Its yearly expenses for tuberculosis alone is more than 700 contos of reis. The Norwegian tuberculosis law of 1900, stipulates the putting into hospitals of all contagious persons, and it was a matter of course that the Health Association's work, once having put the fight against tuberculosis on its programme, was to try and find place for the sick. Little by little the Association erected sanitoriums, nursing homes and sick homes round about the country, and specially worked for this FIGHT AGAINST TUBERCULOSIS. Besides this several Health Associations controlled nursing

homes belonging to the municipalities.

The First Nursing home was established by the Kristiania Health Association at a place called Hougen near Kristiania as early as 1903. The Association was, in the matter of these nursing homes as in so many other activities, ^a pioneer in the question of public health. When the Kristiania municipality a short time ago decided to establish its own Tuberculosis hospital outside Kristiania, this first nursing home for consumptives was transferred into a children's home, for children from consumptive homes where the mother was in a tuberculosis sanatorium.

Slide No.5
Hougen Nursing
home)

The biggest move which was taken by the Health

Association was the establishment of the Grefsen public sanatorium, just outside Kristiania with room for 120 patients at a time and treats about 400 sick people every year. In conjunction with this

Slide No.6
Grefsen public
sanatorium)

public sanatorium there was established in 1916, also by the Kristiania Health Association, a children's sanatorium with place for about 8 children at a time.

Slide No.7
Children's sanator-
ium in Grefsen.

Besides these tuberculosis hospitals the Association has erected several nursing homes of which we may mention the following.

1. Drammens Health Associations Nursing home opened in 1914. The municipality placed free ground at the disposal of the Association. It has ten sick rooms for 25 patients and is always full so that

Slide No, 8,
Drammens Sanatorium

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Health Work

it has been impossible to accept all would be patients

Slide No. 9,
Lillehammer's
Tuberculosis
Home.

2) Lillehammer Health Association's Home for tuberculosis has been fully occupied by 19 patients since it was opened in 1915. The home is situated in a beautiful position.

Slide No. 10
Kongsberg
Tuberculosis Home

3) Kongsberg's Health Association's Home for tuberculosis was opened in 1915. The Savings Bank of Kongsberg built it and is proprietor of it but the management is left to the Health Association.

Slide No. 11
Larvik's
Tuberculosis Home

4) Larvik's Health Association's Tuberculosis Home. Inaugurated in Spring of 1917. It has room for 22 patients.

Slide No. 12
Nordre Odalens
Tuberculosis Home

5) Nordre Odalens Tuberculosis Home inaugurated in 1919 and takes 22 patients

Slide No. 13,
Vestre Slidres Home.

6) Vestre Slidres Tuberculosis Home and Home for sick people was opened in 1920 and is the last home erected in the boundaries of the Kristiania Health Association's work.

Slide No. 14
Kristiansand's
Tuberculosis Home.

7) Within the boundaries of Kristiansand is the Kristiansand's Health Association Home for Tuberculosis. This accomodates 13 patients and was built in 1912. One of the most important light installations in the country is attached to this home. Here the patients are treated with mercury lamps and carbon lamps .

8) Withⁱⁿ the boundaries of Stavanger we have the home of their Health Association at Ramsvig;

- Slide No. 15
Stavanger Home . just outside the town of Stavanger. In this home there is 9 sick rooms with space for 30 patients
- Slide No. 16
Tuberculosis Home at F6rre. 9) Haugesunds Health Association's Home for Tuberculosis at F6rre. This was inaugurated in 1909 and has room for 20 patients.
- Slide No. 17
R6ros Nursing Home 10) R6ros Health Association's Nursing Home opened in 1905 with room for 12 patients.
- Slide No. 18
Meldalens Home. 11) Meldalens' Health Association's Home for the sick Here there is room for 20 tuberculose patients , and in a new wing of the building space for 15 non-tuberculose sick folk. The home was opened in 1908
- Slide No. 19
Orkedalen's Home. 12) Orkedalen's Health Associations' Home for the sick was initiated in 1909. Later it was enlarged and now has such good accomodation that it can handle yearly 52 tubercular patients and 80 patients suffering from other sicknesses.
- Slide No. 20
Volden's Home. 13) Volden Health Association's Home for the sick at Vonheim. This was opened in 1912 and can take 12-13 patients at a time.
- Slide No. 21
Aalesunds tubercu-
losis Home, Haukaas. 14) Aalesunds Health Associations Tuberculosis Home. at Haukaas. Inaugurated in 1914 with room for 25 patients.
- Slide No. 22
Stenkjaer Home. 15) Stenkjaer Health Associations' Nursing Home inaugurated in 1917, accomodation for 7 patients.

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Health Work.

16) Aalen Health Associations' Home was opened in 1917, it accomodated both tuberculosis and other patients.

Slide No, 23
Svolvaer Home.

17) In Nordlands district have we Svolvaer Health Associations' Home, opened in 1916. This has 5 sick rooms with 17 beds and a small operating room.

Slide No, 24
Narvik Sick Home

18) Narvik Health Association's Home for the Sick inaugurated in 1919. with room for 40 patients.

Slide No. 25
Narvik Nursing Home.

19) Narvik's Nursing Home opened in 1912 by the Health Association but later passed on to the Municipality .

Slide No. 26
Bodin Home

Bodin
20) Mo Health Associations' Home for patients suffering from Tuberculosis and other sicknesses. Opened in 1919 with accomodation for 14 patients.

Slide No. 27
Mo Home

21) Mo Association's Home for tubercular and other patients. This was opened in 1920 . On the ground floor there is accomodation for 4 patients not suffering from tubercular disease, and on the first floor for 6 patients with tuberculosis

Slide No. 28
Harstad's Home at
Guldgaugen.

22) In Tromsø district there is the HARSTAD Health Association's Tuberculosis home at Guldhaugen opened in 1918. This is run by the Municipality It has accomodation for 20 patients.

Slide No. 29
Vardo's Home for
Tuberculosis.

23) In Finmark's district, the most northern part of Norway we find the VARDO Health Associations' Home for tuberculosis, opened in 1919 accomodating 10-12 sick.

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Health Work.

Slide No. 30

Of other institutions for the furthering of public health must particularly be mentioned The Kristiania Health Associations' Milk Kitchen and infants clinic in Kristiania, instituted and carried on since 1914. At the Milk Kitchen, there has in single years been distributed as much as 65,000 (sixtyfive thousand) bottles of sterilized milk, particularly to sick children, but also to infants of ~~WXX~~ consumptive mothers. Then once a week the

Slide No. 31
 Clinic for delicate children

mothers come with their infants to the clinic where they receive instruction in the care and upbringing of children. First it is the nourishment of the infant that is arranged for on sensible principles. As far as possible one tries to get the mothers to nurse the children themselves, but if this is not successful one must resort to the milk kitchen, and generally the children have made good progress when fed in this way. The work performed both by the clinic and the milk kitchen is therefore effective. In this connection it should also be mentioned that for many years 9 milk stations have been in activity in Kristiania where delicate children receive half a litre of milk daily.

Further it is of interest to mention the Kristiania Health Association's transitory station for women suffering from Tuberculosis in Kristiania which accomodates 27 inmates during a shorter or

Slide No. 32
Transitory
home for
Tuberculosis
women.

longer period when they leave sanitoriums,
hospitals or tuberculosis homes whilst they are
providing other homes for themselves. For
this lodging, including porridge morning and evening
they pay monthly 8\$.

Slide 33
Christmas stamp
cottages on
Ekeberg

SMALL HOUSES ON EKEBERG. These were erected in
1918 by The Kristiania Health Association. There
are 10 cottages as Summer residences for families
threatened with tuberculosis for whom it may be a
serious matter - even a question of life - to get
away from an unhealthy dark town dwelling. As these
houses have been built by money obtained from the
sale of "Christmas stamps", the cottages have
been christened "Christmas Stamp Houses". It is
worth while mentioning here that natives from
Kristiania now residing in Mineapolis in the U.S.
want to give a commemoration gift to their native
town for the Jubilee of 1924 and have decided to
follow the example of the Health Association and
erect ten houses in a similar manner to these
Christmas Stamp houses. In 1912, Parliament
decided that part of the ~~XXXXXXXXXX~~ income
derived from lotteries should be applied to fighting
the disease of tuberculosis and that the
National Womens Health Association should dispose
of half of the allotted amount. This sum is
applied by the Health Association principally

Slide No. 34
Openly
school
children

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Health Work.

by giving contributions to local associations to help erect institutions as above mentioned, as well as OPEN AIR SCHOOLS of which the Health Association has up to now established 3, one in Kristiania, one in Stavanger and another in Trondhjem.

During later years the Norwegian Women's Health Association has on an increasing scale been engaged in preventive work in the fight against tuberculosis. Besides extensive general education through demonstrations, conferences, printed matter and a mission of travelling nurses, the association has particularly endeavoured to save weak, badly situated and undernourished children from falling victims to tuberculosis. As part of this work we would refer to the organisation of milk stations outside Kristiania already previously mentioned and in many other places, also the holiday colonies, but particularly their openair school. In 1911 The Health Association in Kristiania opened the first Norwegian OPENAIR SCHOOL for delicate children from the Kristiania public schools threatened with consumption. A small property outside Kristiania with ground for cultivation, garden and wood, was bought for the school which was arranged as an "internate" home for 50 small girls. These were chosen by the Kristiania Municipality Health Society

Slide No, 34
Openair
school
outside Krt.

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Health work

the conditions for children's acceptance being that they were threatened with and in danger to fall victims to this disease. The municipality granted a contribution for the children's upkeep, appointed one of the public school teachers as teacher in the openair school in ordinary subjects and granted the necessary funds for instruction materials, in such subjects. In other respects the school is carried on by income derived from the sale of the "Mayflower", a small artificial flower which for years has been sold all over the country on the 1st May. The flower is worn on the 1st May by practically every inhabitant all over the country, and usually realized a handsome sum to be used for fighting tuberculosis.

In the northern part of Norway the Trondhjem Health Association has for many years carried on an openair school after the same plan as the openair school in Kristiania. The Trondhjem school is for 30 small girls and is situated on one of the nicest islands in the Trondhjem fjord where the children, among many other things have access to sea water bathing.

Slide 35, Trondhjem Health Asso, Open air school on the island of Saltoya.

The Stavanger Health Association established a couple of years ago its own

Health Work.

Slide No. 36
 Stavanger
 Openair school
 at Ramsvig.

openair school for 50 girls on the West Coast
 of Norway.

Slide No. 37
 Openair boys
 school given by
 Mr & Mrs Valstad

In 1921, The Kristiania Health Association received a gift from the painter Otto Valstad and his wife in the form of an openair school for boys from the Kristiania public schools. The openair schools have one of their keenest supporters in the couple Valstad and through their support and sacrifice, their practical sympathy and practical help with the ordinary work of the school they have created such a union of home and school that is rarely met with. Near this openair boys school, the Health Association has bought a property to which the openair school for girls is now transferred. Common to all the openair schools is that they are in the country, that they are all fitted out as "internates" where the children have their home for a shorter or longer period as individual cases demand. During their stay in these schools the children have three lessons daily in ordinary subjects by the school teacher, during the summer in the openair, and during winter in a big airy hall. It has been proved that these delicate children were generally backward when they went to school in town, but during

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Health work

their stay in the openair school they have been easily able to follow the course, even with more limited hours of instruction. They further are taught to take part in the housework under the guidance of nurses. They are taught to arrange their bedrooms, air and make their beds. The house matron teaches them to lay and serve at table, clear and washup. They partake of washing ironing and cooking. The boys are taught carpenters work, but they also take part in the housework and are not at all inferior to the girls as far as bedmaking and washing up are concerned. In addition to this they are all with much enthusiasm taking part in the farming and garden work and are very proud of the dinner at which is served vegetables from their own garden. They also take great care of their domestic animals, chickens, sheep and rabbits. During the long Norwegian Winter, the children from the openair schools are trained to take part in the winter sports and both girls and boys enjoy the snow on their skis and sledges. The results which the openair schools have given are so ~~XXXXXXXXXXXX~~ good that they encourage to extension of the work. The children arrive at the openair school anaemic, with bad appetite and little mind for work, in a

short time the appetite increases, weight augments, eyes brighten and with the bodily improvement the joy of work and the mental capacity increases under skilled and kind guidance. Without exaggeration we may say that rarely are seen more happy or more healthy children than those ~~WHOM~~ who meet one with song and play when one visits our openair schools.

Many of the sections of the health Association have provided their towns with holiday colonies, public baths etc, all for the ~~XXXXXX~~ ~~XX~~ purpose of furthering public health.

The means for this big work has been provided partly through contributions from municipalities, savings banks, wealthy people, from various functions and from the three "business branches";-the sale of the "Mayflower" Slides / 38 - the Christmas stamp, and the Christmas lottery.
42 These are administered from the head office in Kristiania and headed by a woman and they have procured for the work handsome amounts during past years. Altogether they have contributed to the work against tuberculosis an amount of about 3,000 contos of reis.

In 1916, the Norwegian Womens Health Association started their own publication called -

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Health work

"The People's Health", the purpose of which is to further the knowledge of hygiene and at the same time to act as a link between the many hundreds of Health Associations.

In conclusion we would like to cite what General Daae, the head of the Norwegian Army Ambulance Corps wrote about the Association's work in connection with its 25 years Jubilee in 1921:-

"As far back as 1896 I had intimate contact with The Norwegian Womens Health Association. The Association was founded during the days when the relations between Norway and Sweden were strained. The Association's aim, was, amongst other things to further public health. The Association decided from the very beginning that it would undertake only national and not international work. In this field I had the honor and pleasure of being the adviser of the Association during the first period. Later it has fallen to my lot as Officer for Health and during the last 11 years as head of the Army Ambulance Corps, to follow and benefit by the work of the Association.

The Association has not only kept up, but considerably increased its original purpose and it has taken up a number of new and important social questions of a humanitarian nature and during its

energetic work it has increased its influence and benefited the nation to such an extent that it has created the greatest admiration. It is an excellent example of the glorious result a work for our suffering fellow creatures can attain when it is conducted by skilful and clever women who understand, and who have sufficient power of will .

In spite of the Association having, during the past years always been confronted with new discussions and always having had higher aims, it has succeeded in attaining what it desired, but the desires increased and the work as well.

The N.W.H.A. looks back upon the prominent results which the work can shew during the last 25 years but still it has big tasks to fulfil which encourage to continued effort. So, with 25 years of skill, energy and work and not the least because it has the idealism^{and force} of youth, will the N.W.H.A continue to fulfil the idealistic and practical work which is increasingly put before it and which it also puts to itself."

Slide No.44

TRANSLATION

Kristiania 18 July 1922

Fru Handelsraad Sandberg-
Rio de Janeiro,

Having learnt that you are Chairman of the Women's Committee in Rio on the occasion of Norway's participation in the Exhibition, I beg to address myself to you with the request to kindly help with the arrangement of the Women's Section at the Exhibition.

I therefore ask leave to give you a description of how we would ask you to arrange the whole thing.

When I learnt that the deathrate (in tuberculosis) was so great in Brazil I decided that we should participate shewing a charitable and useful work in connection with tuberculosis which women started and continued, and which during later years has been supported and carried on by the State.

We have thus two sections, namely:-
Norwegian Women's Sanitary work, and
The teaching of household management for children and adults.
On purpose we have not included the Social Work!

The pictures we have are from those two different works and then we have sent pictures of the women who have taken the initiative in these matters. Mrs Minna Wetlesen started the first household school in 1856, and Mrs Dorothea Christensen who started the extended household instruction. Confer about these matters with the Lecture on household instruction. Also we have the picture of Mrs F.M. Qvam who started the work and was chairman and is the only living one of the ladies mentioned.

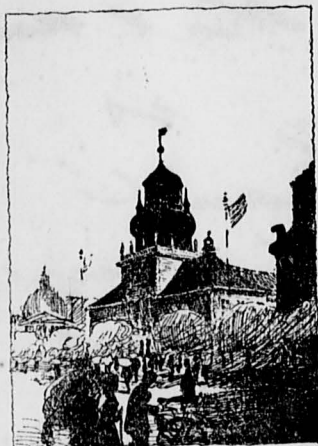
Here I must also refer to the Lecture regarding the Sanitary (Hygiene) Associations' work. Both lectures are accompanied by films. As regards the Lectures they will be sent with Director Larsen. They are, after conference with Minister Gade here in Kristiania, written in Norwegian and not in English or German so they have to be translated into Portuguese. Now they are fairly long, but I have had that done for the reason that when one is translating one should have a fairly free hand in as far as the contents is concerned, but I sincerely request that the number of pictures should not be reduced.

Amongst the films we have sent one of the Government Schhol for children in household matters at Stabek. The School is also mentioned in the Lecture.

As regards the placing of the models I enclose a sketch, and I beg to mention that we have collaborated with the Minister of Agriculture who has approved of the sketch. Then I enclose a sketch of the walls with an indication of how we would like the arrangement for hanging the pictures. Round the walls we would like to put up a shelf to the extent necessary for holding the books in connection with the household work. These have also been dispatched and are provided with a chain ~~KXX~~ so that they can be fastened to the wall. I am sorry to say that I have forgotten one thing, that is to send a stand on which to put the model of the "Landeskogens Tuberkolosesanatorium" (The Governments') I would therefore ask you if you will kindly help me by getting the Norwegian carpenter to put up a little stand. As far as I know there is a stand for the model of the school at Stabek.

I hope that our little section will be a pleasure and benefit to the Norwegian women down there as well as here at home, and then I thank you in anticipation for your kind assistance in this enterprise.

(Signed) Karen Platou,
Formand N.K.N's Rio Komitee.



Pavilhão da Noruega

Rio de Janeiro

8-12-1922.

Miss Bertha Lutz,
Rio de Janeiro.

Dear Miss Lutz:

I have great
pleasure in sending you
herewith a little book
about the social work
of women in Norway,
which I suppose will
interest you.
If you will
send me a list of
ladies in Rio de Janeiro,
who would like to
have a copy of the
book, I shall be very
glad to forward one.

I am pleased
indeed to see that our
women's section is
proposed to Grand
Prix and I feel sure
that this result, which
in no small way
is due to you, will
be received in France
with the greatest
satisfaction.

Yours very truly
A. J. S. King

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Pavilhão da Noruega

Rio de Janeiro

16th December 1922

Dear Miss Lutz,

Thank you for your letter received yesterday. I am sending you herewith copies of the two articles or lectures in English. As these are the only copies we possess I should be much obliged if you would let me have them back again after the convention.

I shall certainly be most happy to come to the conference and hope I may do so each day, I then hope to write a few notes on it afterwards to send to the Women's National Council in Kristiania. The Programme as published in the "Brazilian-American" this week will I supposed be followed, or if it should be altered I shall no doubt see notices in the Press to that effect.

You mention my writing a summary of the book sent you but as this book deals with eleven different subjects in which women have taken an active part in *Norway*

I am afraid it would be too long for your purpose. However I send you another smaller book dealing with the work of the Women's Public Health Association in case this should prove of any use. Also I am handing in to the editor of the "Brazilian American" on Monday a short article on the work which I will take in duplicate and send a copy to you.

You will then I think have sufficient matter to draw from.

Miss Engelhart will have told you that we shall be only too happy to send along the films with all necessary appliances and our man to work same if you will inform us definitely the day before, ~~XXXX~~ the hour that same will be needed.

With our very best wishes for the success ~~XXX~~ of the Conference.

Sincerely yours,

Kate Sandberg

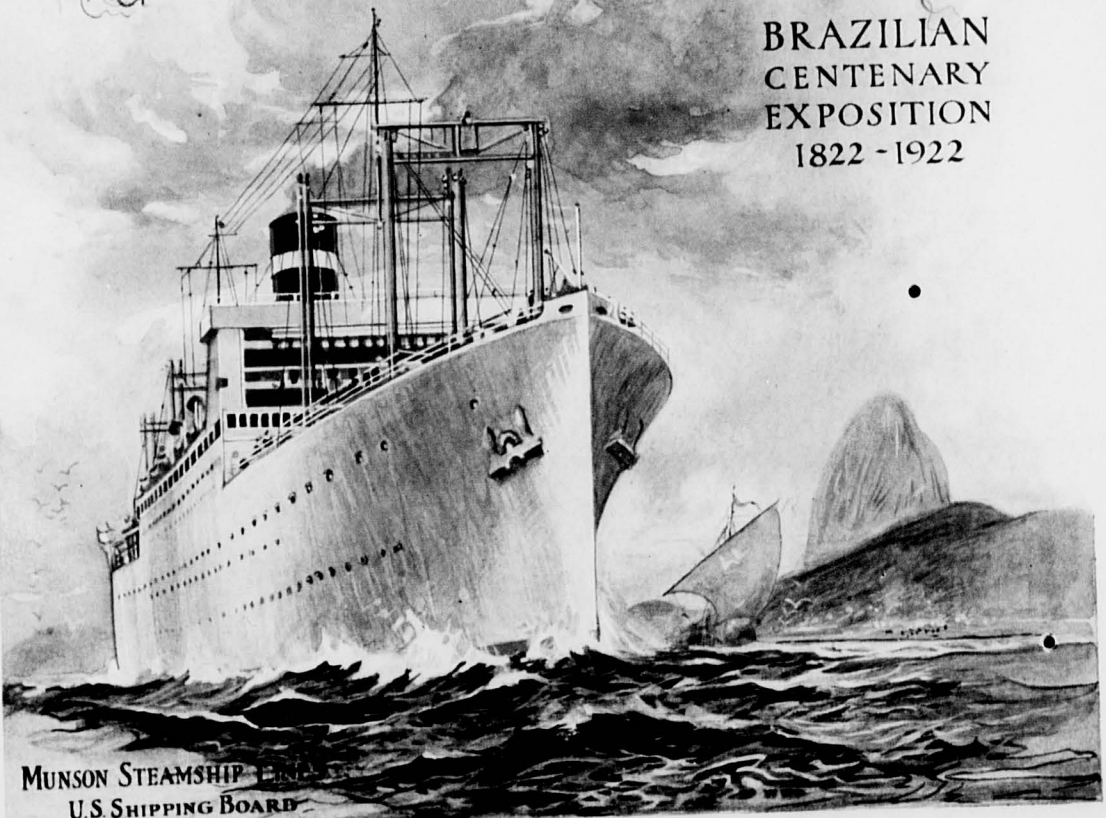
x Later.

a copy of the articles
is enclosed herewith

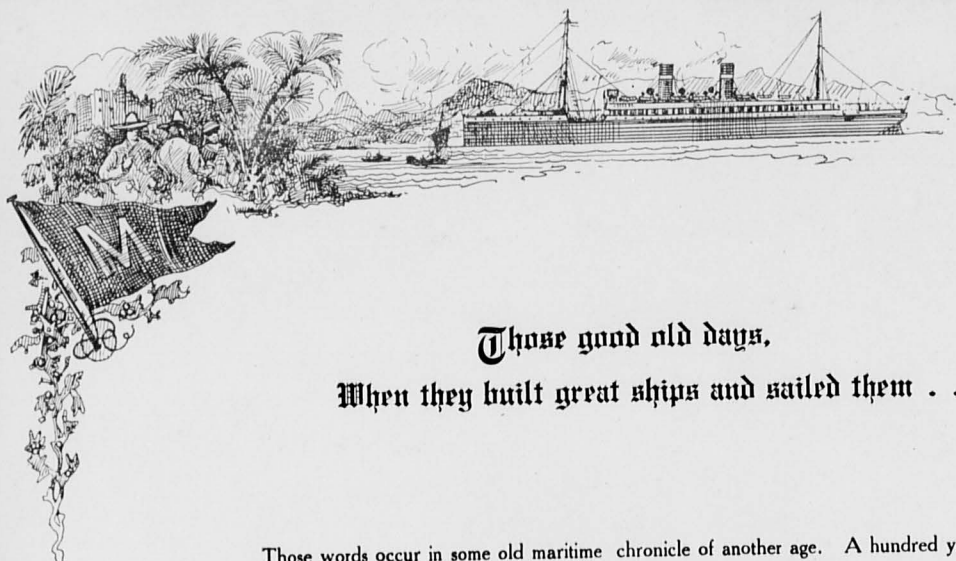


Ranf

BRAZILIAN
CENTENARY
EXPOSITION
1822 - 1922



MUNSON STEAMSHIP LINE
U.S. SHIPPING BOARD



**Those good old days,
When they built great ships and sailed them . . .**

Those words occur in some old maritime chronicle of another age. A hundred years ago or so, those words might have been the motto of the American Nation.

Beginning with Colonial times, during the time of 1812, or into the Golden Era of the thirties, forties, fifties, and down to the Civil War, America was a ship-building, ship-owning, ship-sailing, ship-loving nation.

From the earliest of her days, with forests and coast lines, her inherited maritime traditions and intrepid pioneer spirit, young America turned to the sea for her adventure, prosperity and future.

In her adventure she rose to her zenith, thence gradually declined as the setting sun until it became rare to find your Country's colors on the seas or in foreign ports (except at Consulates). Then came the World War: the United States built itself one grand fleet and we have it today; so let's hearken to the words used by President Harding in his inaugural speech, March 4th 1921: "Opportunity is calling not alone for the restoration, but for a new era in production, transportation and trade. We shall answer it best by meeting the demand of a surpassing market, by promoting self reliance in production, and by bidding enterprise, genius, and efficiency to carry our cargoes in American bottoms to the markets of the world."

Fellow citizens, we are now approaching the land of another hemisphere where you shall part with friends that you have made. While I wish you a most happy and pleasant sojourn while traveling these lands under the Southern Cross, may I ask you one and all to be quite considerate so that you will return to your homes resolved to be loyal to yourselves, have your own Merchant Marine just as they did in "Those Good Old Days", and as Mr. Harding bids me too: bearing in mind we have the men, ships, and have the money, so why build a Merchant Marine for others? In doing so I will be loyal to my country.

Bidding you a fond adieu, having enjoyed your presence on board, believe we remain.

Most sincerely,

THE SHIP'S COMPANY

Master.



S. S. "AMERICAN LEGION."

CAPTAIN'S DINNER

Canape d'Astrachan Sardines a l'Huile
Salted Almonds Chilled Table Celery Cornichons Rio Olives
 Bonne Bouch Riginald

Mock Turtle. Londonderry Potage Saint Gene
Consomme, Double, en Tasse with Marrow
Cold: Jellied Beef Broth

Broiled Kennebec Salmon, Truffle Butter
Steamed Fillet of Sole, Talleyrand, Fleurons

Sweetbreads glacé aux Champignons
Fillet Mignon of Beef sur Croutons. Agnes Sorel
Lobster Patties a la Cardinal
COLD: Galantine of Capon, Sauce Cambridge, Orange Salad
Cotelettes d'agneau en Surprise

English Prime Ribs of Beef au Jus
Leg of Milk-fed Lamb, Browned Mint Sauce
Maryland Turkey, Chester Dressing, Dish Gravy, Cranberry Aspic

Petit Pois a la Francaise Cauliflower, Sauce Ivory
Del Monte Asparagus, Drawn Butter
Boiled Potatoes Pont Neuf Sweet Potatoes

Preserved St. Anna Cherries Preserved California Pears ●
SALAD: Hearts of Lettuce, Dressing Dora Busse
Sliced Tomatoes, Piquante

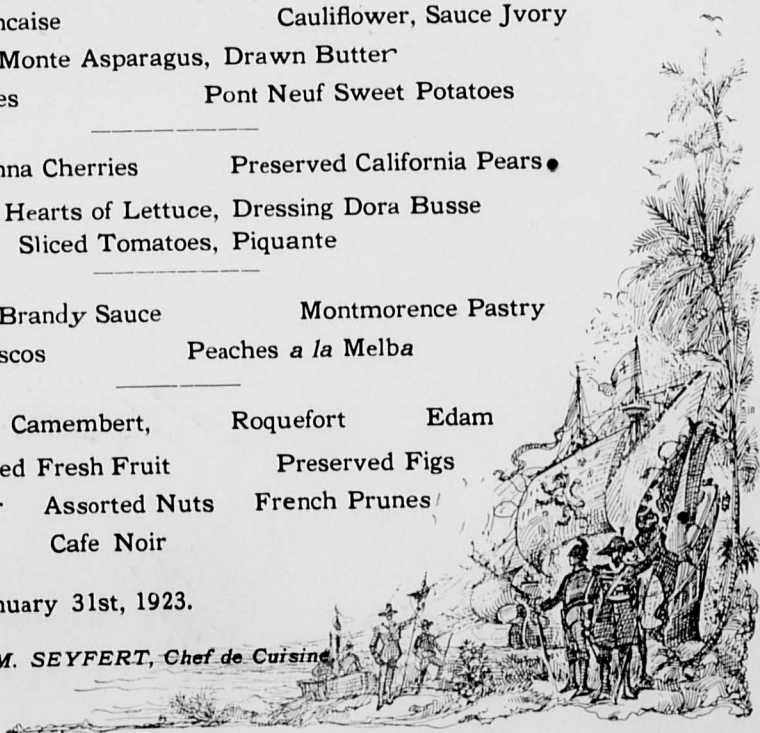
Plum Pudding, Brandy Sauce Montmorence Pastry
Nabiscos Peaches a la Melba

CHEESE: Camembert, Roquefort Edam
Assorted Fresh Fruit Preserved Figs
Crystallised Ginger Assorted Nuts French Prunes
Cafe Noir

Wednesday, January 31st, 1923.

W. A. ROACH, Chief Steward.

F. M. SEYFERT, Chef de Cuisine





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