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3-1-1943

A Home Extension Club Helps You : Through It You Help Your Family State Nation

Cooperative Extension South Dakota State University

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Recommended Citation

South Dakota State University, Cooperative Extension, "A Home Extension Club Helps You : Through It You Help Your Family State Nation" (1943). *SDSU Extension Leaflets*. 85.
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A Home Extension Club



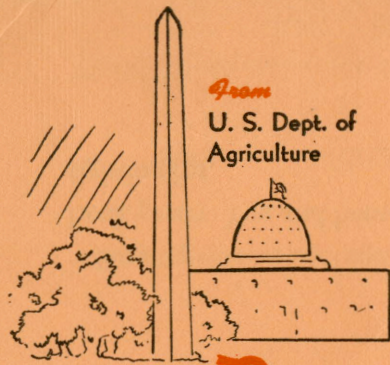
HELPS YOU
THROUGH IT
YOU HELP
YOUR **FAMILY**
STATE
NATION

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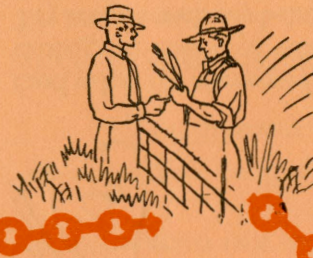
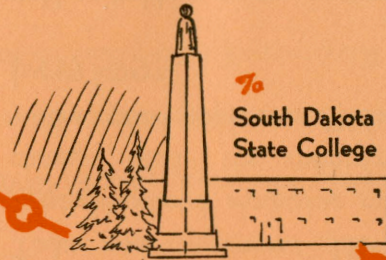
LEAFLET 88 ♦ MARCH, 1944

EXTENSION SERVICE ♦ SOUTH DAKOTA STATE COLLEGE

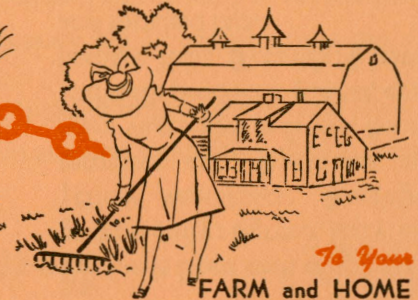
The Extension Chain



To
South Dakota
State College



To Your
County Extension Agent



To Your
FARM and HOME

Agriculture and Home Economics Scientists

Are Constantly Developing New Farm and Home Helps That You Use Every Day. They Developed Hybrid Corn and the Pressure Cooker.

Extension Agents BRING THESE HELPS TO YOUR FARM AND HOME

- | | | | |
|-------------------------|--------------------------------|--------------------------------|--------------------------------|
| 1 Home Extension Clubs | 3 Crop Variety Demonstrations | 5 Home Practice Demonstrations | 7 Livestock Improvement Ass'ns |
| 2 Free Circular Service | 4 Farm Practice Demonstrations | 6 Boys and Girls 4-H Clubs | 8 Extension Meetings |

HOME EXTENSION WORK

Helps You

Build Better Family Life
Learn New Home Methods
Understand War Regulations and Activities

Serve Your Family and Your Community BETTER



Work With

Your Neighbors
Keep Up Your Courage
Develop Self Confidence and Leadership

Do You Belong To A Home Extension Club?

Join One Today!



Prepare
Your Family
for the
*Lasting
Peace*



Post War Plans

Understand

World Issues

Foreign Policy
Trade Agreements
Difficulties of Extending
Four Freedoms to All

Understand

State and Local Problems

Farm Labor
Land Tenure
Production and Marketing
Better Housing—Electricity
Soil and Moisture Conservation
Security for Returning Servicemen and Women
Better Education, Recreation, Health and Library Services

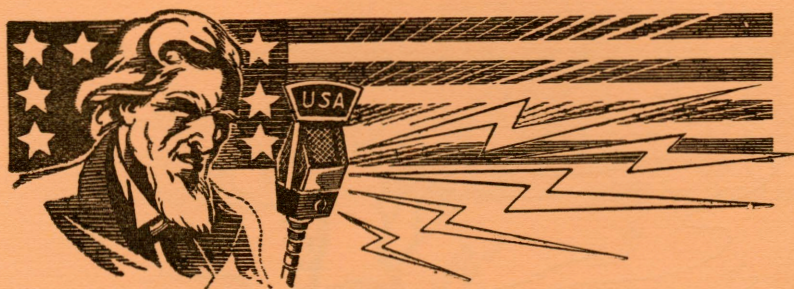
Understand

National Issues

Farm and Industry from War
to Peace
National Debt
Labor Problems
Interstate Tariffs



Home
Demonstration
Agents
County Agricultural
Extension Agents
*On The Job
To Serve You*



"I need each Boy's and Girl's Help Now"

4-H Will Help You Do Your Share



Join a 4-H Club



Learn How To Produce More Food

Ask Mother and Dad to Help You Choose a Project!

Projects for this Year

Meal Planning: Girls Learn to Plan and Prepare Wartime Meals

Clothing: Girls Learn to Solve their Clothing Problems

Home Life: Girls Learn How to Make a Better Home

Livestock: Beef, Hogs, Sheep, Dairy

Range Management: Learn to Better Manage the Range

Garden: 4-H'ers Learn to Make a Better Garden

4-H Trains Your

Head—Heart

Hands—Health

Do a Job for Victory
Work to Help Win the War



4-H Clubs Now Have 1,700,000 Members—The Age Limits Are From Ten Years to Twenty Years Inclusive—You Will Learn in 4-H Clubs.

Prepare Your Family for Another Year of War ^{With These} Home Extension Programs

Keep Up Your Family Spirit



You don't wear a uniform but what you are—your work—and your place in a country at war makes you the greatest strength in America today. Replace the words, "I don't know" with "I'll learn." Read about the "World Today and Tomorrow." Have a neighborhood magazine exchange. Study the countries where your boys are. Write happy letters.

Sing together. Play together. Have hobbies, games, parties. Look pretty. You and homes like yours are what our boys are fighting for.

The club program in music, recreation and reading will help keep up the family morale.



Streamline Your Housework

Plan your work with the family to save time and energy. You need endless energy and time to hoe the garden, gather the eggs, drive the tractor, fix the faucet. Put *first* things *first*. Do only

necessary things. Simplify each job—become *motion minded*.

Make the beds, wash the dishes in double-quick time so that you can take over other necessary jobs. Have more time for recreation, food production, for Red Cross work, for Bond and scrap drives.

Study each job. Find an easier way to do it. Do it step by step. Is your "line of march" the *shortest* line?

Home Extension work will show you how to streamline your housework.

7 Point Plan For Your Wartime Meals

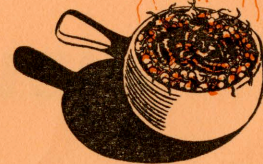


Eat foods from each of the seven groups daily: green leafy and yellow vegetables; oranges, tomatoes etc.; potatoes and other vegetables or fruits; milk and milk products; meat, eggs, poultry, fish; cereals; butter and fortified fats.

Use other foods with same food value, *the alternate foods* for those that are scarce. Eat raw cabbage or rose hips when tomatoes or oranges are lacking. Try recipes with soy bean sprouts. Instead of saying "My family doesn't like that," say "I'll cook it so well that they will love it."

Learn that all cuts and kinds of meat have a wealth of nutrients and flavor—that good meat flavor, like hospitality, shines over the entire meal, makes other foods taste better.

This is the Extension food program. Use these Extension helps to eat better in wartime.



CLOTHING in WARTIME

Make your clothing last. Protect your woollens from moths.

Launder for longer wear.

More wear to the pair of shoes or hosiery.

"Re-tread" brother's trousers—

re-weave an invisible patch over the hole in father's best suit.

Make new outfits for children from your family's wardrobe.

Start a community "swap" shop.

Set up a neighborhood sewing center to make over clothing, to clean and repair sewing machines or to make dress forms.

Learn to select and handle modern fabrics. Save vital materials for war purposes.

Clothing problems in wartime is an Extension project.



Care for the Family's Baby

A baby in your home? Learn the best methods of handling, bathing, feeding and clothing him from your nurse or doctor.

Is the baby's father in the service? If so, everyone from Grandmother to Aunt Hattie love to care for him.

Try to work out a plan to care for the baby *yourself*. Others may help but it is better for the baby to have one person do most of his chores because it makes his life less confusing.

Begin training your child so he may grow up into a useful, happy person. Keep your child close to you. You want to make him feel secure in a Free America.

Care, feeding and training the baby is a Home Extension project.

Plan - Produce - Preserve

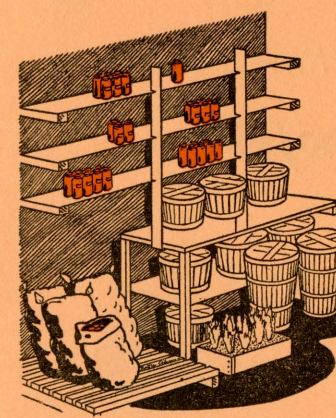
Plan what your family needs to keep well. Raise as much of your food as you can.

Preserve and store by methods best suited to each product.

Cure, can, dry or freeze meats, poultry and fish.

Store butter, fats, cheese, eggs properly. Can, dry, brine or freeze fresh vegetables. Dry, can or freeze fruits. Store cereals, beans, potatoes, root crops, squash and apples.

These are your war weapons—"Country Style."



Your Home Extension club teaches food production and preservation.



YOUR Health AND YOUR WORK

Keep fit for heavy work ahead. Eat rightly. Get proper rest. Relax and play more. Condition your muscles for work through correct exercises.

Make your work easier by lifting properly.

Remove accident hazards. Have first aid kit handy.

Keep everything spotlessly clean.

Have a check-up by your doctor and dentist at least once a year.

Protect health in wartime. Build health in peacetime.

Your Home Extension club will show you how to do your work easier without strain.

Keep Farm, Home Accounts

Use the Extension Record Book

Buy War Bonds

Earmark a Bond for College, others for Farm-Home Improvement

SAVE FOR THE FUTURE



See Your HOME EXTENSION or COUNTY EXTENSION AGENT

Join a Home Extension Club and Benefit from these Projects

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EXTENSION SERVICE
WASHINGTON, D. C.
OFFICIAL BUSINESS

Penalty for Private Use
to Avoid Payment of
Postage, \$300