

FOODS AND NUTRITION

With food and nutrition playing such an important part in the national war effort at home as well as abroad, it has been urgent that all families in our county be reached with the newest and best information.

A major project in the Home Demonstration foods program this past year centered around planning the use of plenty of vegetables for the family's needs. The "Food Value and Preparation of Common and Less Known Vegetables" was stressed. Reports from leaders showed that many families are using more vegetables and also planted more and a greater variety in their gardens this year.

In keeping with the national program, nutrition and garden leaders were trained as a part of the Volunteer War Service program. This is discussed further under that topic.

At various Farmers and Homemakers Days demonstrations and discussions were given related to "Freezing Fruits, Meats, Vegetables," "Vegetable Cookery," and "Planning the Family Food Supply."

"The Role of Nutrition in the Victory Program" was discussed at several groups meetings in spring, among rural groups as a means of developing interest in producing and storing food and among city groups to stimulate further interest in well planned meals.

CLOTHING

To aid the families in Dane County to be well dressed and well groomed through careful use and care of clothing was the basis of the clothing work. "Planning and Re-Making the Family's Clothing" included suggestions based on the national pledge for civilian defense - to buy carefully, take good care of what we have, and waste nothing. Leaders reported an increasing interest in this project as materials and ready-made garments became less readily available.

This was followed by demonstrations on "Pressing of Men's Suits and Women's Dresses." Probably one of the most popular topics of the entire program, interest in it has been kept up throughout the year. Leaders are still giving demonstrations to groups of women who did not attend earlier meetings. Time saving methods which