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AGRI S 85 1934 E7 #5518 971 Project club in Neb. 796 membership in Cass Co. Nebraska COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS U. of N. Agr. College & U. S. Dept. of Agr. Cooperating W. H. Brockway, Director, Lincoln Extension Circular 5518 16,357 members 251 club 5008 members 21 thousand women

VALUES AND SATISFACTIONS FOUND IN HOME DEMONSTRATION WORK

Ten years ago there were about 8,800 Nebraska women enrolled in home demonstration work. By 1934 this number had more than doubled for there are now over 19,000 women enrolled. Why has there been a consistent increase in the numbers of women enrolled in the home demonstration clubs? Why have many women continued to be active members of such clubs for ten or more years?

Those best able to answer these questions are the project club members themselves. The following list of values and satisfactions received from home demonstration work was contributed by groups of home economics council members. The value of such work varies with the individual members. As you read the list which the women have suggested can you think of others which you feel are important but have been omitted? The following suggestions were made by the women.

HOME DEMONSTRATION WORK

1. Brings more sociability into the lives of homemakers.
2. Increases the community spirit and cooperation. This makes for more unity in the community and makes it a better place in which to live.
3. Brings about equality among neighbors and increases sympathy and understanding.
4. Makes us more alert to our surroundings. Project women seem to stay young longer especially if they are helping with 4-H club work.
5. Helps to spread ideas and is educational because it brings recent and helpful information from the University. It also provides a way for neighbors to exchange helpful information. It provides a way for homemakers to do work such as is being done in college.
6. Helps women to keep up with the times. Frequently mothers and daughters are studying the same subjects; the daughters are studying in the home economics department of high schools or colleges or in their 4-H club work.
7. Makes house work easier and more interesting and helps women to keep out of ruts.
8. Develops volunteer leadership and increases executive ability. Thru it sometimes latent talents are discovered.
9. Makes women better citizens.
10. Helps women to talk more easily in public and also helps them to be better listeners.
11. Is inspirational, gives interesting things to think about and helps to satisfy one's soul.

HOME DEMONSTRATION WORK (Continued).

- ✓ 12. Prevents idle gossip at meetings, for the conversation is about things and not about people.
13. Broadens the homemaker's outlook on life and enlarges her friendships in the county and in the state.
14. Brings women in contact with county, state and national people.
- ✓ 15. Is practical and gives systematic training, also stimulates a desire to study and to become better informed.
16. Helps homemakers to know about convenient equipment and how to use it.
- ✓ 17. Improves one's technique and adds to her skill in performing her work.
18. Assists homemakers to understand food values and the importance of food in maintaining the health of the family.
19. Helps to establish better health standards.
- ✓ 20. Adds to one's self-confidence, self-respect and poise.
21. Has helped women to keep up their morale during difficult times.
22. Is one of the many factors which helps to develop personality.
23. Helps homemakers want to make their best better, for they appreciate comfortable homes and try to do their part in making the home satisfying.
24. Adds to the satisfactions gained through work well done. As homemakers frequently find that their methods of work are among the recommended approved practices.
25. Provides through Mothers' Vacation Camps an economical playtime for homemakers.
26. Helps to raise standards of living for women learn how to improve their home conditions. They also do more to beautify the yard and surroundings.
27. Encourages thrift, so it helps financially. It assists homemakers to make the best use of what is on hand and guides them to be better buyers.
- ✓ 28. Encourages homemakers to be economical with money, time and strength.
29. Teaches homemakers to have more leisure time and to use it more wisely.
30. Provides an organization through which women can help in county, state and national problems. Through agricultural extension work they obtain tangible returns for their tax money.
- ✓ 31. Gives women who have had the training in the president and social leaders' meetings more poise and confidence when presiding or taking part in a meeting.

HOME DEMONSTRATION WORK (Continued)

32. Makes better parents through the study of family relationships.
33. Increases home and community recreation by furnishing games and other forms of recreation for the family in their own homes and communities.
34. Adds dignity and respect to the occupation of homemaking.
35. Helps to place true values on worth while things.

Miss Madge Reese, of Washington, D. C., who is in charge of the home demonstration work in the western states, once wrote the following about home demonstration work:

"The world's advancement hinges largely on a constantly increasing number of people doing many of the ordinary, everyday duties of life in a better way. This advancement is motivated by no fine-spun theory of the philosophers, and is heralded by no trumpet blast. Like the slowly moving glacier, it is the grinding force that gradually forms what we call society.

"Home demonstration work is not spectacular. It works quietly, affecting thousands of homes simply and, perhaps, affecting each differently, by advocating a little better use of food here, a better care of child life there, a touch of beauty, an added comfort, a saving of labor, yonder. In hundreds of different, small ways, the country home is being touched and improved. The cumulative influence of all these little things is a force that is steadily, though it may be slowly, moving rural society forward and making for that contentment and that satisfaction that lie so close to the heart of human happiness."

Because Mr. and Mrs. N. W. Gaines have both known so much about what the women of the state are doing in home demonstration work, we asked Mr. Gaines to write for us what he considered were the values of such work. He wrote as follows:

"Any great movement toward the betterment of mankind must be measured on a basis of the mutual benefits of all concerned - the helper and the ones being helped. The real teacher is made better every time she helps a student to become better. There are those who look at Women's Extension work only as a means of helping the farm women, overlooking the fact that the help is mutual in that the Extension folks themselves and the Agricultural College have been given a new vision in their working with farm women.

"The Extension women who work with the groups - many of whom were born on the farm - are seeing more and more the possibilities of enjoying life on the farm in ways that their parents never dreamed would come about. And men on the farm are gradually being sold on the idea that women are really accomplishing things in their rural clubs that are making home and community life more efficient and richer in the worth while joys and satisfactions of life.

"When one reared on the farm visits one of these Rural Women's groups, whether at a regular meeting or at an Achievement program, he is gripped with the thought, 'Oh, if my mother could just have had something like this to make work on the farm less difficult for her and life outside the family more worth while.'"

Mr. Gaines grew up on a farm and he realizes what it would have meant to his mother to have been privileged to attend a present-day project club meeting and to have gone to a Mother's Vacation Camp.

Arranged by Mary-Ellen Brown, State Extension Agent, Women's Work.