

Doctor Talk

By JOHN B. REMBERT, M. D.

This is the season of the year when literally millions of persons are "under the weather" with the common cold, more specifically acute coryza. The common cold yearly causes more loss of time from industry and consequently loss of employee pay and production of goods than any one other disease affecting man.

Just what causes the common cold in man is a difficult question to explain, but the early invader in the body appears to be a filterable virus—this invader confining its activities to the early stages of the disease. Just how the invading virus brings on the cold is purely guess-work, but it is felt that the virus passes through the mucous membrane of the nose and affects the nature of the nasal secretions. It is believed by most investigators that the bacteria usually associated with the diseases of the upper respiratory tract have nothing to do with the onset of the attacks.

It is generally believed that the foremost factor in predisposing a person to a cold is the individual's failure to adjust himself to sudden changes of temperature. Some other factors are mental and physical disturbances, lack of sleep, excesses of all types, and allergies. Chilling of the body appears to be a necessary prerequisite for the

development of a cold—being cold does not offer the virus the necessary environments to produce the disease. This is the point that parents can watch closely in children—do not overdress a child and send him out to play with resulting elevation in the body temperature and the prepping—the child then removes a heavy cap or jacket and the damp body then becomes chilled. This chilling causes abnormal changes in the mucous membrane of the nose and the normal body defense to the invading virus is weakened and the virus has a strong foothold and will stay around for a while.

The early symptoms of a cold are dryness of the membranes of the nose and throat, sneezing and chilliness, congestive headache and pain in the nasal passages. Low-grade temperature is usually present and general malaise and body toxicity is present.

The acute cold may last for only a few hours to a few days. If the cold persists longer than a few days then complications in the upper or lower respiratory tract have developed, this being due to the secondary bacterial invaders becoming entrenched because of lowered tissue resistance.

In the next column we will tell some of the suggested ways for preventing colds.

Shadowline

(continued from page one)

extra good place to work. They are exceedingly nice to their employees. "This is another great opportunity which has come to Watauga County. Practically all of their present employees are people who live in Watauga County and spend their income with the merchants of Watauga County. One hundred twenty-five additional people employed would release close to \$300,000 to be spent in Watauga County in addition to giving employment for an additional 125 people, many of whom need the employment.

"Most of us are trying to invest in some useful enterprise that will not only do good to the community but return to us at least a small income. Watauga Industries is a completely safe investment, guaranteed by this fine Shadowline plant. In order to get this additional building, we must once again ask our citizens to subscribe for stock. The actual payment of the stock will not be needed until early summer and the final payment will probably not be needed until the first of July.

"As one we know to be interested in the Shadowline expansion, we are asking you to seriously consider now how much additional stock you will take, payable if possible by July 1. Let's all get together once again and put over this stock sale and provide Shadowline with 10,000 square feet of additional floor space and the opportunity to employ perhaps 125 additional people.

"Purchasing stock now you will have the advantage of any accumulation of the past three years. Stock today should be worth more than \$100 per share. "Please sign the enclosed order form and return it to me. Your stock will be issued as soon as payment has been made."

Rufus Idol Dies Sunday

Rufus Wesley Idol, 80, resident of Deep Gap, died Sunday at the home.

Funeral services were held Tuesday at Laurel Springs Baptist Church by Rev. E. O. Gore and Rev. Victor Trivette and burial was in the church cemetery.

Survivors include the widow, one son and two daughters: Lane Idol, Deep Gap; Mrs. Mae Howell, Mrs. Snow Miller, Deep Gap; ten grandchildren, and one great grandchild.

TB Seal Sales Ahead Of 1958

Watauga County supported the TB Seal Sale in an excellent manner for as of today \$1,461.70 has been contributed. This is a slight increase over 1958 Seal Sale.

"Special thanks and great appreciation is expressed to the many persons, business firms and industries for their support; to the volunteer workers who helped with the mailing; to the many postmasters, postal clerks and carriers; and to the Watauga Democrat for its splendid cooperation in reporting of the need and progress of the Seal Sale. Without this combined help your TB Association could not carry on its fight against TB," stated Dr. R. H. Harmon, President AAW TB Association.

Weed Meeting Is Scheduled

An educational tobacco meeting will be held at Cove Creek High School Vocational Agricultural Building Friday afternoon, February 19, at 1:30 o'clock. Roy R. Bennett and W. Glenn Maxwell, extension tobacco specialists, will be present to help with the meeting. Colored slides will be shown concerning tobacco varieties, diseases and insect damages.

INDUS AID

The United States has been asked, and apparently will agree, to forego its new "buy American" policy in a major new aid package for India and Pakistan.

The package has been worked out by the International Bank for Reconstruction and Development. It is meant to serve as a catalyst for the settlement of the Indus basin dispute between the two nations.

PATIENCE ON CUBA

The United States will continue its attitude of patience toward the Cuban Government of Premier Fidel Castro. This became known after President Eisenhower had considered the deteriorating United States-Cuban relations at a recent White House conference.

The United States, it was understood, will do nothing to build up a crisis and will threaten no economic sanctions, such as reducing Cuba's quota in the United States sugar market.

CARD OF THANKS

We wish to express our appreciation to our many friends for their words of sympathy and help during our recent bereavement; especially we thank the staff at Watauga Hospital for courtesies shown, and for floral offerings during the illness and at the death of our son, Douglas McDee Winebarger. —Claude Winebarger Family.

Household Hints

By FRANCES DELL

Flower show judges rate arrangements according to certain established rules. This makes both the judging and the arranging much easier. In either case, all one has to do is study the established rules.

There are two sorts of rules. The first concerns the technique and control of material used in an arrangement. The second has to do with imagination and beauty of design.

The first is important because it would be of no use to have good taste and imagination, if you could not control the plants and materials to be used.

When studying the various rules of flower arranging, there are always a few people who, in their effort to create something dramatic or different, go in for technical facility so strongly that their results are always stylized and too studied. This is a fault that is all too common.

The first rule for good arrangements is to be sure that holders and such do not show. This does not apply to decorative holders or rocks.

When entering an arrangement in a show, there is a rule which prohibits artificial coloring unless the schedule states that it may be used. Also, avoid the use of any material on the state conservation list.

For flower shows the arrangement must not touch the background or hide walls of the niche. For home use this would mean that the arrangement should be the proper size for the space it is to decorate.

KEEP YOUR OWN ROOM SPIC 'N SPAN—Stock a small tote basket with materials used regularly in cleaning your room. A reed or split fruit basket is especially good and they don't cost much. It will save time, extra steps and worry.

You'll need things like furniture polish and wax, whisk broom, window cleaner, roll of paper towels, air freshener, dust mitt, extra clean cloths, and a small dustpan. If you tuck the basket on a shelf in your closet, you're ready in a jiffy come clean-up time—no hunting around to collect supplies.

TIP: Before you start cleaning, tape a small paper bag to your apron or jeans. In it you can drop stray bobby pins, pins, clutter, etc. as you go along.

While you're dusting don't neglect little items such as light bulbs, pictures, and lamp shades which

ICE TRAPS DUCK

Asheville, N. C.—When a duck sleeping in a lake awoke recently, he found that his tail feathers were frozen in ice.

By midafternoon, word of the duck's plight brought crowds, a traffic jam around city-owned Beaver Lake, and the Fire Department. The duck's dilemma was solved by Harry A. Guter, who used a Fire Department grappling hook to haul himself in a small skiff across the 100-yards of ice to the grounded fowl. The duck was transferred to the open waters of a lake.

YOUR MOVE!

Central Fall, R. I.—Bertrand R. Duhamel, 22, of Woonsocket, had a novel alibi in District Court where he appeared for driving at 100 miles an hour. He told the court he was driving with the girl

he loves when a rival for her affections pulled up in front of them and drove at 10 miles an hour.

Duhamel said he became infuriated and put on a burst of speed, just when the State troopers appeared. He was fined \$10.

Democrats

(continued from page one) Board of the North Carolina Department of Archives and History. He was recently appointed to that board by Governor Luther H. Hodges.

CARD OF THANKS

We wish to thank our friends for their kindnesses and expressions of sympathy incident to our recent bereavement. The flowers and food were especially appreciated.—The Frank Greene family

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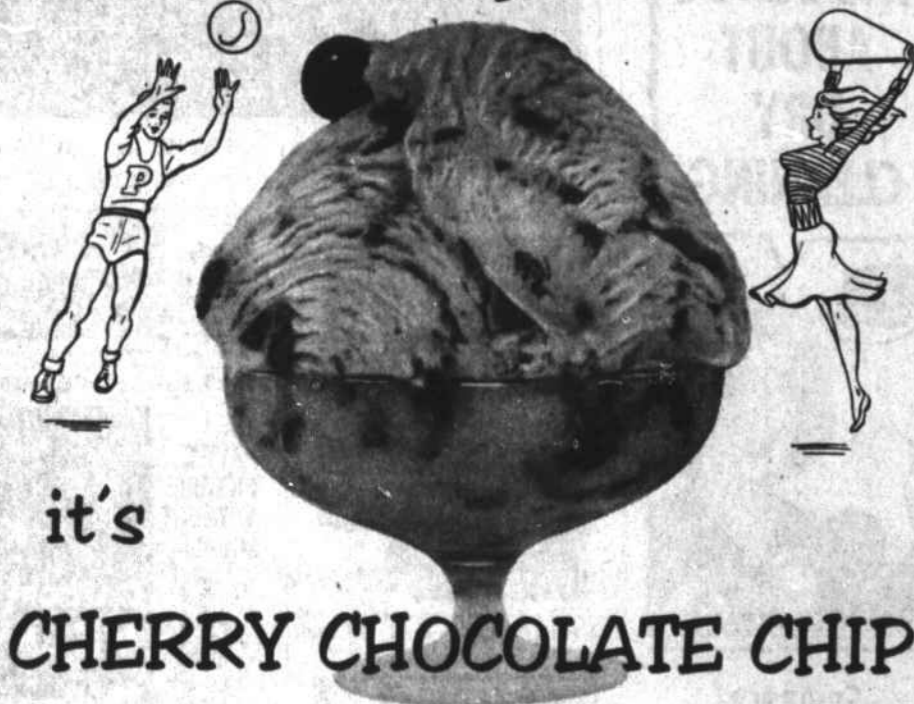


TRAILWAYS

Table with routes and fares: From Boone to: Charlotte \$3.45, Tampa, Fla. 18.35, Miami, Fla. 21.70, Washington, D. C. 11.55 Plus Tax

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RABIES CLINIC

Rabies Clinics will be held at the following places.

Dogs vaccinated in 1957 (blue tag) are due this year. Fee for 3 year vaccine will be \$1.00 during clinic week.

Table with dates and locations for Rabies Clinics: Monday, Feb. 15... Beaver Dam; Tuesday, Feb. 16... Cove Creek; Wednesday, Feb. 17... Valle Crucis; Thursday, Feb. 18... Highway 421; Friday, Feb. 19... Highway 194; Saturday, Feb. 20... Boone; Saturday, Feb. 20... Blowing Rock.