



**Receives Award**

Dr. Mary Michal, district health director, was presented an engraved silver tray at a recent meeting of the Board of Directors of the North Carolina Mental Health Association, in recognition for serving for two terms as vice-president of the organization's western region (1961-63). The award was made at Lake Junaluska. She declined nomination for reelection last spring.

**Fine Arts Group Meets**

The home of Dr. and Mrs. Roy Tatum was the setting for the July meeting of the Fine Arts Department of the Worth-while Club. After introduction of the guests, Mrs. A. B. Keppel of Winston-Salem and Mrs. Patterson of Taylorsville, the chairman, Mrs. E. S. Qualls conducted a short business session. Then Mrs. Daisy Adams presented Mrs. Tatum, who demonstrated crafts of metal, wood, twine, cotton burrs and peach seeds.

Refreshments were served by the hostesses, Mrs. C. C. Coffey, Mrs. D. L. Wilcox and Mrs. M. E. Muder. The next meeting will be with Mr. and Mrs. Guy Goodman at Hound Ears August 16th.



**Many Years**

Five generations, left to right, Mrs. Minnie Potter, age 82, Mrs. Sadie Harmon, Mrs. Marie Ward, Mrs. Barbara Ward holding Angela Ward. All are of the Beech Creek community.

It's about time for someone to see some men from another planet.

The average young man today thinks a dollar isn't worth a dollar.

Justice Warren urges potent international court.

U. S. to lend India 80 million for reactor.

Disgruntled French farmers clash with police.

**Ladies Participate In Woodworking Course**

Twenty-four elementary teachers participated in a two-week workshop in woodworking in the Industrial Arts Department at Appalachian State Teachers College, July 1-12, according to David Rigsby, director of the workshop.

The purpose of the workshop was to teach elementary school teachers how to make useful equipment for their classroom use.

Some of the articles made included styro-foam cutters, aquariums, ant colonies, rolling

toys, easels, terrariums, display cases and book ends.

Participating in the workshop were Elsie Brown, Clearwater, Fla.; Myrtle Brown, Silver City; Estelle Caudill, Sumnerfield; Gloria Clarke, Miami, Fla.; Jane Corey, Boone; Margaret Fletcher, North Wilkesboro; Carmen Guy, Banner Elk; Mollie Handy, Eunice; Alice Hess, Ft. Lauderdale, Fla.; Selma Johnson, Littleton; Harriet Lennemeier, Charlotte; Maurine McConnell, Ft. Pierce, Fla.; Isabel McCormick, Holly-

wood, Fla.; Gail Moore, Lenoir; Hershel Sewell, Ormond Beach, Fla.; James Stuart, Gaffney, S. C.; Isabella Taylor, Poughkeepsie, N. Y.; Conrad Tharpe, Mooresville;

Mary White, Clearwater, Fla.; Sarah Yoder, Lincolnton; It-towen Young, Minneapolis; Lola Grace Young, Minneapolis; Mattie Fanklin, Collettsville; and Sue Ramseur, Bessemer City.

CORE to demand preference for Negroes.

**Health and Beauty**

The word allergy is comparatively a new-comer to medical nomenclature, though its efforts have tormented the human race since the dawn of history.

Only 10 to 15 per cent of mankind suffer from allergies, or idiosyncrasies, to certain foods. These people are made sick by eating, or coming into contact with articles of food that are wholesome and necessary to the vast majority of human beings.

Some people inherit their allergies, according to the Mendelian laws of inheritance. The whole subject is wrapped in mystery, which the medical profession has never succeeded in fully clarifying. Why some folks are sensitive to one kind of food and not to another, no one knows.

Even nursing babies are sometimes made sick, if their mothers eat foods to which they are sensitive. Just as soon as the mother finds out what she has eaten that disagreed with the baby, and leaves it strictly alone, the child recovers and has no more attacks unless the mother again yields to the baby's undoing.

There are many different symptoms of allergy manifested by the sufferers.

Many baffling diseases, particularly in infants, such as eczema, asthma, stomach and bowel disorders, are due to milk or some other articles of food. It is often extremely difficult to determine the course of certain alarming symptoms, or sudden, or even chronic illness.

A very unusual case of allergy was reported by a physician about as follows: The patient was around fifty years of age. He gave a history of asthma of many years standing. He described terrific attacks which he attributed to heart failure. The seizures started suddenly with a feeling of tightness in his chest. He itched intensely all over and became very weak, followed by complete loss of consciousness, which continued from fifteen to twenty minutes, after which he gradually returned to his usual state of health. This man described several attacks which came on after licking postage stamps.

On one occasion he had a violent attack on putting on a pair of shoes that had just been repaired by a cobbler. Fish made him extremely ill, so he avoided eating them. Fish glue had been used in repairing the shoes. He was tested and found to be very sensitive to fish and all fish products products, even to the glue on the stamps.

This patient was advised to avoid any contact whatever with fish or anything pertaining to fish. He promptly recovered and had no more attacks as soon as he completely avoided fish and its products.

It is often extremely difficult to find out what the offending substance is. Reactions to skin

tests sometimes solve the problem, but not always.

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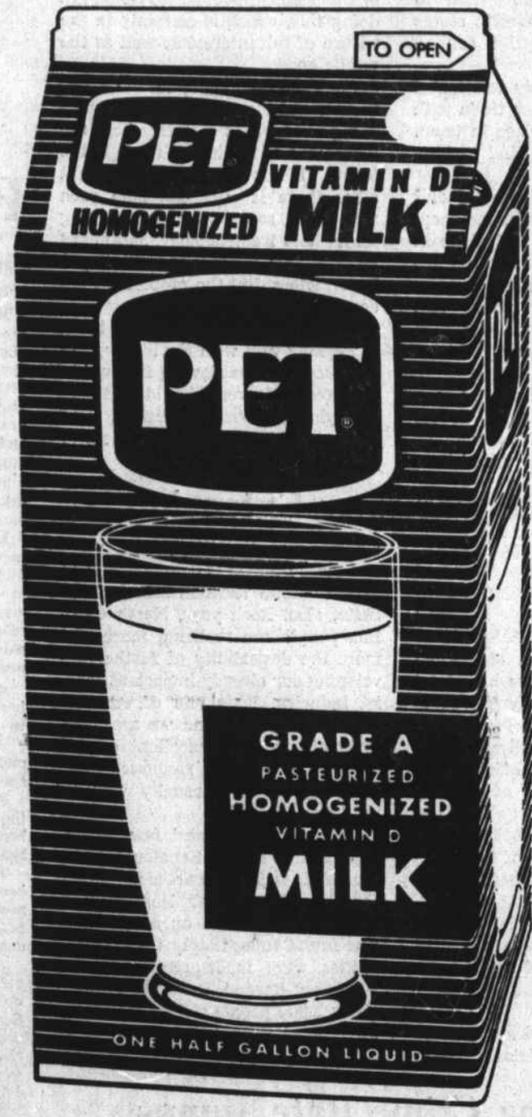
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