THE ALAMANCE GLEANER, GRAHAM, N. C.



grease, and let bread brown in skillet, first on one side, then on the other. The toast, which is soft inside, needs no butter. If you like, sprinkle it with sugar and cinna-

For a high closet shelf, zigzag rows of strong cord or wire through screw eyes about three inches apart. Pull taut, clothes-line fashion. Makes storage space for light articles such as hats, gloves and scarfs easily seen from

Allow anti-perspirants and beauty preparations five or ten min-mes to dry before putting on your clothes. Apply cream only in the unt your skin can absorb and massage it in thoroughly until no greasy excess remains. Safeguards your clothes against stain.

aking it a speedy cleansing, take 15 minutes for your ablutions. Scrub the body with a good soap, rinse, and dry body briskly with a towel.

the door casing instead of on the screen and it won't hop in the way.

eream butter and sugar for a cake. The wooden kind is espesially good for this purpose.

serts dip mold into bowl of warm water deep enough so that it comes up to rim of mold. This must be done quickly as gelatin is likely to Equefy.

Tests show that rinse water about as hot as the wash water will remove soap and loosen dirt ore easily.





and chally

**Health** Insurance Revealed WHILE the National Health bill is not expected to be taken up at this session of the congress, its final adoption may have moved near-Inal adoption may have moved near-er because of the amazing and em-barrassing testimony which has been given before the senate com-mittee on education and labor dur-ing three weeks of hearings. This measure, known as the Wag-ner-Murray-Dingell bill (S. 1606) is opposed by the American Medical association as "socialistic," and by

association as "socialistic," and by others who declare that voluntary health programs will meet the needs of the nation. Nevertheless, its proponents declare otherwise and say that nothing short of passage of the measure will provide for the na-tion's health needs. And in an enlightened democ-

racy such as ours where medical and surgical science have made such tremendous strides, where curative and preventive medicine have reached such medicine have reached such heights of accomplishment, one can only use the word "dis-graceful" after listening to the testimony describing the state of the health of the American people. Here are some of the facts in the testimony:

The bill provides for a health in-surance plan for all necessary medical, surgical, hospital and clin-ical needs, including dental and optical treatment, child and maternal care, at a cost of approximately 3 per cent of income to be paid ap-proximately one-half by individuals and the other half by employers and public funds. Services of physicians of their own choice would be avail-able to all persons and doctors would have the right to come into or remain out of the insurance system and to accept or reject patients as they now do. The bill provides for larger grants of federal money to the states for preventive services and it would expand the G.I. Bill of Rights to provide these services for the veteran and his family for non-service connected illness.

## Only 22% Now Covered

Other testimony was . . . that only about 22 per cent of the people have voluntary insurance against hospital costs, less than 4 per cent for physicians' service, that health insurance plans sponsored by medical societies are operative in less than societies are operative in less than half the states and only offer limit-ed service at high cost . . . that more than 23,000,000 have some chronic disease or physical im-pairment . . . that in any 24-hour period, 7,000,000 people are incapaci-tated by illness or other disability . . . that about 500,000,000 man-days are lost annually due to illness and ... that about 500,000 man-days are lost annually due to illness and accidents ... that 15,000,000 people in 40 per cent of the counties do not have any recognized general hospital ... that there is no full time public health officer in 40 per cent of the counties ... that one half of the deaths of women in child-birth and a third of the infant deaths could be prevented if known deaths could be prevented if known measures were fully applied.

Since introduction of the Nation-al Health Bill last fall, 13,500 babies and 1,300 mothers died whose lives might have been saved, and each day of delay on the bill we lose 85 more babies and 8 more mothers needlessly. To do anything less than to give children, no matter where they live, a healthy start in life is wasteful of future man and woman power. Letting fathers and mothers struggle unsuccessfully to find what care they can for children is not good enough. Under present conditions, the average family spends 4 per cent of its in-come for medical care, but over 40 per cent of the total burden of medical costs falls on 10 per cent of the population. People with low incomes have more sickness and need more medical care, yet they receive much less.



THIS sporting life may be check-ered, dizzy and dumb, but it is never wholly dull. One never can tell from what direction the harpoon

will be thrown. Here is a double example. A few weeks ago the Louis-Conn party was

to be the season's greatest thriller. At that time the Phillies were the joke of the sporting world. They had been tagged as the eternal occupants of baseball's doghouse. They were supposed to be im-bedded in the ce-ment of the cellar.

Grantland Bice All this sounded reasonable enough we looked over the chart. Then,

with little warning, a cloud no larg-er than a man's hand or thumb worked into a western twister, while the Louis-Conn fight broke all records as a monumental flop-an alltime record.

About the same time, the lowly Phillies began their upsurge. With-in two weeks they stole the glory of baseball. They became more talked about than the Red Sox or the Yankees, than the Dodgers or the Cardinals. They have made the Louis-Conn dull merry-go-round look like a taffy-pulling exhibition. The Phillies have emerged from the grottoes and the underground into the open. They finally see the light of the sun again. They can see the summer dawn and feel the rain.

## Challengers Now

Through the combined efforts of owner Bob Carpenter, general man-ager Herb Pennock and manager Ben Chapman, one of the most lib-eral and one of the ablest combi-nations in baseball, the Phillies no longer are baseball's doormat. They no longer belong to the tribe of "God's green footstools." At last they are a real baseball team. they are a real baseball team.

For several weeks now the Phillies have been playing the best ball in the National league. This may be no high tribute, but it is an amazing tribute to a team that has defended the cellar with record-breaking stubbornness for a long time. It should go as a high tribute to Messrs, Carpenter, Pennock and Chapman, who have combined to turn out the best job in baseball for 1946.

The Phillies of 1946 have carried us back to the Boston Braves of 1914. That happens to be some 32 years ago. Around this date the Braves were in last place. George Stallings, the fiery Braves manager from Georgia, was wearing out a suit a week, moving up and down the bench. There have been many hard-losing managers in baseballmost of them are-but Stallings holds the record.

Then, around the first of July, the Braves began their move from the bottom

They had Rabbit Maranville at short and Johnny Evers at second. Great field-smart brain-big heart Great field-smart brain-big heart -no hit. They had Hank Gowdy, the old Sarge, back of the bat. But, above all, they had three great pitchers-Dick Rudolph, George Ty-ler and Bill James. Day after day, forme after same we saw these game after game, we saw these three pitchers in the box score-

Rudolph, Tyler and James. This trio proved to us that three pitchers, working every third or fourth day, are all a ball club needs. Working that often a pitcher gets control and confidence. I'm not referring to the sore-arm boys, to the once-a-week pitchers of the modern era, where it takes three or four pitchers to finish a ball game. Rudolph, Tyler and James started and finished their own games, working at least twice a week. They were not pampered as the modern pitchers are, barring such men as Feller, Newhouser and a few others.

## Three Cents a Day

Over 40 per cent of young men and women were found unfit for military service, one-sixth had re-medial defects and many more were preventable. Doctors and hospitals are located according to wealth of population and not ac-cording to health needs of the people. Medical practice in rural areas must be made more attractive. Complete health service including cost of dental care for a child would cost about \$8 per year or less than 3 cents a day.

cents a day. We now have 2,500 pediatri-cians and need 7,400, we need 34,900 more dentists . . . we have 19,000 public-health nurses and need 50,000 more and need at least 15,000 more graduate nurses . . . we need 1,000 more orthopedists and 5,000 obstetri-cians and 10,000 additional psy-chiatrists for children. Cost to chiatrists for children. Cost to the nation in man days lost from illness and accidents last year amounts to eight billion dollars. We lag behind other countries in many health recchiatrists for children. Cost to

## From Bottom to Top

So the Braves moved from 8th So the Braves moved from 8th to 7th place, then to 6th. They moved from 6th into the first divi-sion, then headed for the top. They made the top—and they didn't need eight or ten pitchers to carry them along. They needed only three— Rudolph, Tyler and James. The light - hitting overlooked Braves only murdered the Athlet-ics in four straight games. They outplayed and outgamed and out

outplayed and outgamed and outpitched and outhit one of Connie Mack's greatest teams. Hank Gowdy hit over .500 in that series. But the main answer again was Ru-dolph, Tyler and James, who had been seasoned under fire for over three months, who had been worked often enough to know their trade.

Any pitcher who can't start and Any pitcher who can't start and finish over 20 games, who can't work in over 300 innings—or 350 inn-ings—isn't much of a pitcher. What baseball needs today is a combina-tion of Rudolph, Tyler and James, who can handle a three months' packadule practically unaided Modschedule practically unaided. Modern pitchers need far more work than they are getting. No set of arms can be that fragile, that futile, that weak.

If Chapman only had another Ru-dolph, Tyler and James he would breeze through this 1946 pennant race. It wouldn't even be a contest,