

**The Journal - Patriot**

INDEPENDENT IN POLITICS

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**Home Nursing**

"As the young and vigorous as well as the aged and infirm are liable to be laid upon the bed of sickness by an epidemic or imprudent exposure, or by some accident, it is therefore necessary that the girl as well as the matron know how she can render services in an efficient and proper manner. No girl should consider her education complete who is not acquainted with the principles of the duties of a general nurse and temporary watcher."

These words came from a hundred-year-old textbook, "Anatomy and Physiology and Hygiene, Designed for Colleges, Academies and Families," written by Dr. Calvin Cutter. This was written at a time when higher education for women, if not actually frowned upon, was regarded with less than high favor. Nevertheless, the medical leaders even of that day recognized the importance of home nursing as a household art and an essential to well-grounded education for girls and women. As medical science and medical skill have advanced through the years, the need for well-informed home nurses has increased rather than diminished. Medical discoveries have provided ways and means of cure and prevention of disease, but at the same time they have made it more and more important that the homemaker should know how to apply this knowledge in a way that will safeguard the family health.

On the average day during this season of the year, six million people in the United States are unable to work, attend school, or follow their normal activities because of illness, injury, or physical disability following illness or accident.

**Borrowed Comment**

**ANOTHER LOST ILLUSION**

(Statesville Daily Record)

One by one our illusions drop away. One by one the pat phrases of easy assurance are banished from our vocabularies. First someone denied the magic qualities of spinach. Then a magazine writer set out to prove that it isn't safe to say of Henry Wallace that "at least he's sincere and courageous." And now a doctor informs us that it is equally unsafe to say of vitamins that "at least they can't hurt you."

Indiscriminate and prolonged taking of vitamins, says this physician, can contribute to an early death. That's a blow to the drugstore people, and it's a blow to us. We see nothing in prospect for ourselves but an unrelieved diet of meat, potatoes, vegetables and cynicism.

**COLD STATISTICS**

(Greensboro Daily News)

While there is nothing spectacular about the figures gathered by North Carolina Education Association officials on teaching standards in the state's school system and the findings, therefore, are not likely to catch the public imagination and bring on increased pressure for higher teacher pay, their very drabness should make a deep impression upon the state's leadership. And that goes especially for members of the General Assembly who alone have the power to vote appropriations which will alter the disturbing statistics.

Answers from 83 per cent of the administrative school units in the state show precisely what is happening in the class-

rooms. Over 50 per cent of the schools have been forced to employ teachers who hold no certificates and who have less than two years college training. Of the 19,896 teachers covered in the survey, only 608 had "G" certificates, or the highest classification. A total of 1,375 "fill-in" teachers were reported and in 81 instances teachers had doubled up to handle the necessary instruction load. Seventeen per cent of the school administrators replying stated that they had been compelled to combine duties among their teachers to maintain operations.

Yet, with all these emergency and makeshift arrangements, 46 per cent of the administrators reported vacancies. How the teachers are continuing to leave the school system whenever opportunity presents itself is further emphasized by the revelation that 642 faculty changes have taken place since the school year began last Fall. The compilation does not take into account the number of teachers who have probably failed to return after the holidays.

Here are cold statistics to show what is happening to North Carolina's schools. Surely no sentient citizen can read them and then ask what's wrong with our schools or why his children are not getting the kind of education which he thinks they should have. It is too much to expect schools to teach without teachers or with those whom they do have ill-prepared, under-paid and over-burdened.

"And whoever walks a furlong without sympathy walks to his own funeral drest in his shroud."—Walt Whitman.

**- THE -  
EVERYDAY  
COUNSELOR**

By Rev. ...  
Sobau



When a man or woman takes the Lord into partnership with him, his life and business has a way of admirably succeeding. This was again impressed upon me when I received a visit shortly before Christmas, from a successful Christian business woman. She came to my home in Charlotte, N. C. from a near-by city where she conducts a thriving business of baking fruit cakes. She brought me a Christmas gift of one of these tasty cakes.

I asked her to tell me how and why she entered this business. She did. Five years ago she found herself as a woman of middle age with the necessity of supporting an invalid mother and husband. She could not leave her home to enter the business world, although she had had previous office experience. She prayed for a solution to her difficulty, and received guidance in a strange form.

One day in her Church she picked up a program which contained a children's hymn, "Saviour Show Me How To Go." She made this her watch-word. A few days later in a store she ran across a package of flour which was advertised as being especially good for fruit cakes. She bought a package, went home and made the cake. It was so good that she thought others might like to have some of these cakes. She made five pounds, and sold them easily to her friends.

She decided to go into the fruitcake business with only home equipment and five pans. She advertise dher product in several newspapers, and soon had orders for 150 pounds. In some way she managed to fill them.

Now she needed more pans and equipment, but none were to be had. She prayed again about it, and then the thought came to her of visiting a local bakery and seeing if they had some old discarded pans. They could find only one, but stamped on the bottom of that pan was the name and address of the manufacturer. She wrote this company asking if they could supply others. They agreed to give her delivery of her needs within two months.

Her pans came and she managed to get the needed mixing equipment. Her business grew by leaps and bounds. This year she baked and marketed commercially two tons of fruit cakes.

Through it all she kept before her the motto, "Saviour, Show Me How To Go." She is convinced she could never have succeeded without the Lord's help and guidance. Her partnership with Him has not only brought her financial success, but also the greater dividends of spiritual peace and happiness which she is constantly sharing with others.

**ABNORMAL  
ABSORPTIVES**

By  
Dwight  
Nichols  
et al

**OPERATOR'S REATTITUDES—**

"Blessed are they who look in the telephone directory for their numbers, and having looked, do not mix up their numbers, for they permit 'Information' to snatch a breath now and then.

"Blessed are they that neither shout nor whisper, neither do they berate the operator, but give their number clearly and with a bit of pep—Yes, some even say, 'Thank you.'

"Blessed are they who, when the line is busy, hang up politely, making no sarcastic remarks, nor yet bang the receiver in the operator's ear.

"Blessed are they who wait patiently on 'Long Distance' for verily I say unto you she works like a slave, yet hath twice too many calls to handle.

"Blessed are they who, when they get 'Information,' remember the number she giveth them.

"Blessed are they who trust the operator when she saith, 'Verily there is no such number,' for truly she can see all the numbers at a glance, while those who are disbelievers are at the other end of the line and see nothing.

"Blessed are they who call not when it rains, nor when the fire siren blows, or whistles.

"Blessed are they who remember that operators are human and make mistakes, that they are truly sorry therefore and will apologize, sometimes even for their sister operator's mistakes.

"Blessed are they who teach little children to leave the telephone alone, nor yet expect the operator to understand six-month-old infants.

"Blessed are they who keep the receiver on the hook when not in use, for they preserve the patience of their neighbors on the line and save the operator and the repair men much valuable time.

"Blessed are the men who flirt not, neither do they waste time in 'small talk.'

"Blessed, indeed, are thou if all these things are true of thee, for thou are indeed an ideal subscriber and all the operators knoweth thee by thy voice and all rise up and call thee blessed."  
—Kathryn L. Coe, in "Telephony."

**GOOD DEED—**

Scoutmaster—What is your good deed for today?  
Scout—Mother had only one dose of castor oil, so I let my sister take it.

**CORRECT FIGURE—**

Hiram: I'm glad my woman is long and thin.  
Zeke: Why?  
Hiram: 'Cause when she's a-hoein', she don't shade the corn like a fat woman would.

**AND WHY NOT?—**

Adam (with Eve in the Garden of Eden, naming the animals): Eve, let's call this one a hippopotamus.  
Eve: Why?  
Adam: Well, it looks like a hippopotamus, doesn't it?

**IT ALL DEPENDS—**

Joe: What's the best way to teach a girl how to swim?  
Bob: First, you put your left arm around her waist, then you gently take her right hand—  
Joe: She's my sister.  
Bob: Oh, just push her off the dock.

Cleveland County has gained more than 50,000 bales of cotton for 1946, or about one bale per acre average.

W. L. Powell, Bertie farmer living at Windsor, made 42 bags of peanuts on two acres. County Agent B. E. Grant of the State College Extension Service says that the land was in corn previously and was heavily fertilized.

**SORE  
THROAT**



Let a little Vicks VapoRub melt on the tongue. Works fine, to soothe sore throat due to colds and helps relieve irritation in upper breathing passages.  
**To Ease Spasms of Coughing:** Put a good spoonful of VapoRub in a bowl of boiling water. Wonderful relief comes as you breathe in the steaming medicinal vapors that penetrate to cold-congested upper breathing passages... soothes the irritation, quiets fits of coughing, helps clear head.  
**For Added Relief:** rub VapoRub on throat, chest, back. Let its famous double-action keep on working for hours as you sleep.

**Recreation Party  
At Ferguson School**

A recreation party will be held at Ferguson school on Saturday.

January 11, eight until 11 p. m. The party will be sponsored by the Gym Club at the school and all are invited to attend and enjoy the evening.

SUPPORT THE Y. M. C. A.

Stuttgart, Germany.—A German Government official said yesterday that the Bremen slave would be given full status as a fourth state of the American occupation zone "within a few days."

**STOP  
THIS!**



**DICKSON Auto-matic SEDAN DOOR LOCK**

**Child Severely Hurt in Freak Traffic Mishap**

**Tumbles From Moving Auto When Door Opens**

Thrown to the pavement while attempting to adjust the rear door in her father's moving automobile, a four-year-old girl was seriously injured yesterday near her home.

The girl was given first aid in the office of Dr. ... and taken to ... Hospital by ... County deputy sheriff. Physicians there said she was suffering a possible fractured skull, a fractured left arm and multiple cuts and bruises. The girl's father, told the deputy he was driving at a moderate speed when he heard the door open and his little girl scream. He said he applied the brakes immediately but she had dropped onto the road. Also in the car was ... mother.

**Wilkes Auto Sales**

"Your Dodge Dealer"

Phone 51 Forester Avenue

**DON'T BARGAIN A LIFE FOR \$395**



**DID YOU KNOW?**

That Our Fresh Vegetables Are Thoroughly Washed And Trimmed before they are placed on our racks for sale!

SWANSDOWN CAKE—	PET—
<b>FLOUR</b> pkg. 37c	<b>MILK</b> can ... 13c
10-OZ. CAN CAMPBELL'S VEGETABLE—	24-OZ. BOTTLE HEINZ FRESH CUCUMBER—
<b>SOUP</b> ..... 13c	<b>PICKLES</b> ... 30c
1-LB. PKG. GRAHAM—	1-LB. PACKAGE SEEDLESS—
<b>CRACKERS</b> 25c	<b>RAISINS</b> ... 28c
DIXIE HOME CANNED—	3-OZ. CAN LIBBY'S DEVILED—
<b>MILK</b> 3 cans ... 38c	<b>HAM</b> ..... 18c

1-Lb. Pkg. GOLD CUP	Stamp No. 53
<b>COFFEE</b> ... 41c	<b>5 lbs. Granulated SUGAR</b> 45c

<b>FRESH FRUITS AND VEGETABLES</b>	<b>IN OUR MARKET TODAY</b>
FANCY GREEN—	WHOLE ARMOUR'S STAR SMOKED—
<b>BEANS—2 lbs. ... 25c</b>	<b>HAMS</b> lb. ... 59c
FRESH—	SMALL SMOKED PICNIC—
<b>SPINACH—2 lbs. . 25c</b>	<b>HAMS</b> lb. ... 39c
TEXAS PINK—	SMOKED BOSTON—
<b>GRAPEFRUIT</b> 3 for 25c	<b>BUTTS</b> lb. ... 53c
SUPER—	TABLE-DRESSED—
<b>SPUDS, 10-lb. bag- 53c</b>	<b>FRYERS</b> lb. .. 65c
MUSTARD, KALE, TURNIP—	FULL-PACK—
<b>GREENS, 2 lbs. .. 25c</b>	<b>OYSTERS</b> pt. 63c
YELLOW—	ECONOMY-CUT
<b>ONIONS, 4 lbs. .... 15c</b>	<b>PORK CHOPS, lb. .. 45c</b>
IDAHO BAKING—	U. S. GOOD BEEF—
<b>POTATOES, 10 lbs. 53c</b>	<b>SHORT RIBS, lb. ... 29c</b>
CANADIAN—	"A" GRADE WESTERN CHUCK—
<b>RUTABABAS, 3 lbs. 10c</b>	<b>ROAST</b> lb. ... 45c
FANCY—	FRESH GROUND—
<b>CARROTS, 2 bnchs. 15c</b>	<b>HAMBURGER, lb. . 39c</b>
CALIFORNIA—	TRIMMED—
<b>AVOCADOS, 2 for . 49c</b>	<b>PORK ROAST, lb. .. 43c</b>

**DIXIE HOME SUPER MARKET**