

### Heart Disease Leading Cause Of Death

CHAPEL HILL — The North Carolina State Board of Health recently released the Provisional Vital Statistics Report for the year ending December 31, 1967. This report indicates that deaths from cardiovascular diseases decreased from 22,726 in 1966 to 22,567 in 1967. Based on the statistics, 159 fewer persons died from heart and blood vessel diseases in 1967 than died in 1966 while over-all, there were 11 fewer deaths for the same period in North Carolina. The North Carolina Heart Association notes that there appears to be a slight decrease in the number of people succumbing to heart disease, intracranial vascular disease, and other cardiovascular renal diseases than in the preceding year, 1966. However, the Provisional

Vital Statistics Report goes on to point up that there has been an increase in the deaths from arteriosclerosis and nephritis during the same period. Other leading causes of death in North Carolina in 1967 were cancer—5,819; motor vehicle—1,749; influenza and pneumonia—1,290; and diabetes—786. Of these, cancer and diabetes showed an increase over the 1966 totals. The North Carolina State Board of Health statistics reflect the fact that of all deaths registered in North Carolina in 1967, 53.24% were due to cardiovascular renal diseases. The North Carolina Heart Association is pleased to note the decrease in the total number of deaths from cardiovascular renal diseases, but hastens to add that

the statistics only support the fact that heart and blood vessel diseases represent the Number One health problem in North Carolina and America today.

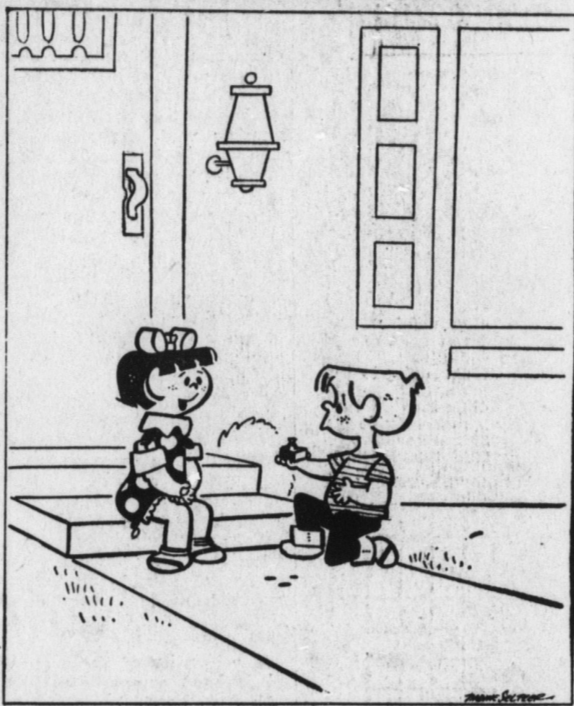
#### LODGE MEETING

An emergent communication of Fairview Lodge 339 AF&AM will be held Monday night at 7:30 p.m. at Masonic Hall, Secretary T. D. Tindall announces.

#### LUTHERAN TOPIC

"Memories of Matthew" will be the sermon topic of Rev. David Castor at Sunday evening Lenten services at 7:30 p.m. at Resurrection Lutheran church. Rev. Mr. Castor is presenting dramatic portrayals of seven apostles at Lenten services prior to Easter.

### SWEETIE PIE



"I can't accept your engagement ring so soon. Why, we don't know a thing about each other's past!"

### Women's Health

### STRICTLY FRESH

#### BUBBLE BATH BRINGS

BLADDER ILLS  
West Palm Beach, Fla. (W.M.N.S.)—The wages of smelling pretty can sometimes be painful. Bubble bath, alas, can irritate a woman's bladder and other parts, causing a burning sensation upon urination, symptoms of frequency, and urgency. According to a communication in the Journal of the American Medical Association from a Florida physician, five of his women patients suffered bladder problems "precipitated or aggravated by habitual use of bubble-bath soap preparations." All the women, he noted, had diabetes. One was only 23 years old. In this case the symptoms persisted for several years despite antibiotic therapy, despite proper vaginal and bowel hygiene, despite the elimination from her diet of conventional irritants such as coffee and alcohol. Only after direct inquiry from the physician did he learn that she took bubble baths several times a week. Within one month of stopping the use of bubble bath her symptoms disappeared entirely.

#### BE ALERTED AT ONCE.

In more than three quarters of those with serious head injuries, symptoms developed within the six hour period. Among the remainder, symptoms developed more slowly. The wise precaution would seem to be to take no chances. Any child who suffers a serious blow to the head had best see a doctor promptly.

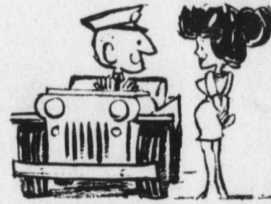
#### ALLERGIES CAUSE

EAR PROBLEMS  
Las Vegas, Nev. (W.M.N.S.)—One of the most stubborn of all ear disorders—chronic serous otitis—is often caused by allergy. This is what Dr. Kenneth L. Craft of Indianapolis told physicians attending a medical meeting here. An otolaryngologist (ear doctor) and allergist, Dr. Craft said that all parts of the ear can become sensitized by allergy. House dust, cigarette smoke, pollens, molds, foods—all can cause allergic reactions that may lead to hearing impairment. In many cases hearing improves when the offending allergy is uncovered and treated.

A landlady we know isn't kindhearted, necessarily, but she's never been known to refuse to take in a rumor.

Most of the people on our street are good, solid, dependable homeowners.

Some profit by their mistakes. They sell them at cut-rate prices.



Our girl Friday thinks a military coup is a two-door Army vehicle.

The difference between a big shot and an important man is a matter of caliber.

A financier is a fellow who has so much money he knows exactly what to do with it.

## Big-Little Fabric Shop

Offers You Bargains in All Your Sewing Needs



The Style This Spring Is Floral Prints.

We Have Floral Prints 69c yard and up

Whipped Creme ..... 98c yard

Dotted Swiss ..... 79c yard

Permanent Press Fabrics ..... 98c yard

Kettle Cloth ..... \$1.69 yard

Bonded Knit ..... \$1.49 yard

Just Received New Shipment of Trim and Simplicity Patterns

## Big-Little Fabric Shop

Located Between Patterson Grove - Oak Grove Baptist Churches

Route 3 Telephone 739-5536

OPEN DAILY 10 A.M. TO 6 P.M. EXCEPT TUESDAYS,

MONDAY NIGHTS AND THURSDAY NIGHTS 'TIL 9

### Social Security Questions & Answers

Q. I did not believe I would benefit from the Medical Insurance and did not sign up when I was supposed to. I was 65 in 1962. I have heard so many of my friends talking about the money they have saved by being enrolled in the program that I'm beginning to believe I made a mistake by not signing up. When will I be able to enroll?

A. You have until April 1, 1968 to enroll. However, your coverage will not go into effect until July 1968.

Q. I am enrolled in the voluntary medical insurance part of the medicare program. I had medical expenses which amounted to over \$50.00 during August 1966. Is there a time limit for filing my claim for reimbursement?

A. Yes, there is a time limit. All claims for medical insurance related to services furnished in July, August or September 1966 should be filed by March 31, 1968. Claims for services furnished in the period from October 1, 1966 through September 30, 1967 must

be filed by December 31, 1968.

Q. I do not have the money to pay my doctor bill and he does not wish to collect the medicare payment directly. I understand I must pay the bill before I can receive payment from medicare.

A. This is no longer true. The law has been changed so that all you need to do now is get an itemized bill (paid or unpaid) and send it in with your medicare benefits claims form.

Q. I will be 65 years old next June. I make \$3,600.00 a year but cannot afford to retire. Should I even bother to check on my social security?

A. Yes. You should file for Medicare even though you cannot be paid a monthly social security check. Be sure to sign up within 3 months before the month you are 65 so Medicare will start the first day possible.

#### NORTH P-TA MEETING

North School Parent-Teacher Association will hold regular meeting Tuesday night at 7:30 in the school auditorium.

#### HEAD INJURIES

#### NEED SCRUTINY

Linköping, Sweden (W.M.N.S.)—For six hours after a child has suffered a possibly serious head injury it is best that he be observed by physicians in a hospital setting. If the child is alert after that period, and his neurologic tests are normal, he can then safely be observed in his own home.

This is what a study by two Swedish physicians in a hospital setting of more than 1,000 young accident victims showed. If no serious symptoms developed within the first six hours of the accident, the likelihood of serious complications developing after that period was not great.

However, parents should check the child's condition closely for two days, noting to what degree he is awake, what his pupils look like, and how much movement his legs have. If lethargy, severe headache, vomiting, or other symptoms occur, the doctor should



MEXICAN HAM WITH HOT SAUCE  
1 cup jellied cranberry sauce, mashed  
1 cup catsup  
Juice of 1 lemon  
1 tablespoon grated onion  
1/2 teaspoon garlic powder  
Salt and Tabasco  
Sliced cooked ham

Combine all ingredients except ham, adding salt and Tabasco to taste. Heat until bubbly. Spoon over sliced ham. About 2 cups sauce.



GET YOUR REXALL SUPER PLENAMINS CREDIT CARD TODAY! It's FREE!

Save up to \$3.00

A year's supply of Rexall Super Plenamins Vitamins is yours at savings of \$3.00 with your Rexall Super Plenamins Credit Card. And there are comparable savings on smaller sizes and on Super Plenamins Junior Chewable Tablets for children. It's your Free Credit Card to savings on the vitamins of champions, selected for use by the U.S. Olympic Team. There's no obligation... just ask for your Rexall Super Plenamins Credit Card today! Offer ends April 15, 1968.

YOUR Rexall DRUG STORE



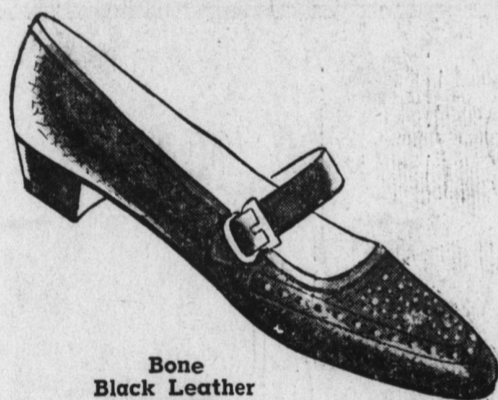
FREE DELIVERY

Monday - Saturday

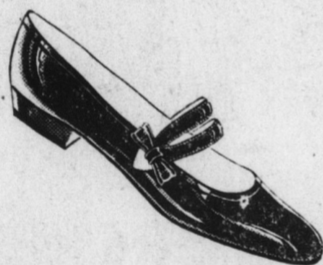
9 a.m. - 9 p.m.

KINGS MOUNTAIN DRUG COMPANY  
THE CITY'S MODERN STORE

## PLONK'S For Easter Shoes



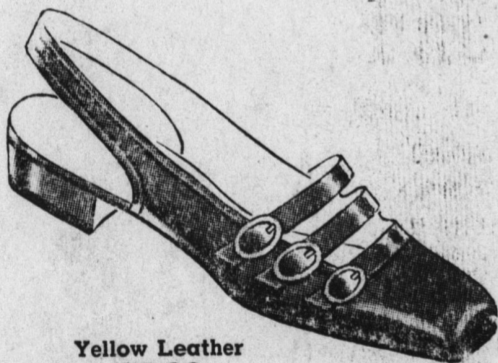
Bone Black Leather \$3.99



Black Patent \$4.99



Bone \$5.99



Yellow Leather \$5.99



Black Patent Red Patent \$6.99



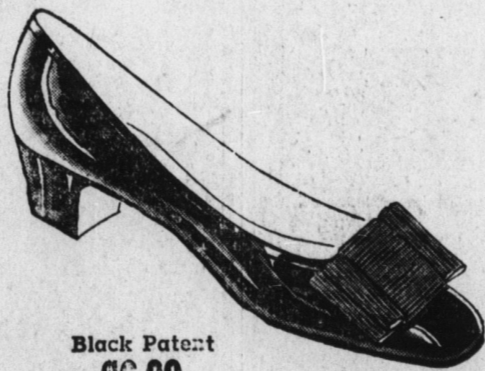
Black Patent \$6.99



Beige Leather \$4.99



Easter Fashions Throughout PLONK'S



Black Patent \$6.99

ALL ABOVE STYLES SIZES 4 TO 10

## AUCTION SALE

Location: Cattle Barn, Cleveland County Fairgrounds

Time: 2:00 p.m. Saturday, March 16

40

## Feeder Calves

We will sell at auction approximately 40 feeder calves. These cattle have been donated by supporters of Bob Scott, candidate for governor.

Each of the 28 precincts in Cleveland County has made this day possible by donating cattle for this sale.

Those desiring to donate any livestock to the Bob Scott campaign please call:

BOB SCOTT HEADQUARTERS — Dial 482-4485 Shelby, N. C.

BOB SCOTT FOR GOVERNOR COMMITTEE  
Pat Spangler, chairman