

DSTAFF DEEDS

(News items this week from Robeson, Surry, Durham and Richmond counties.)

BETTER DRESSED

Members of low-income families in the Fairmont Community, Robeson County are better dressed since Mrs. Tenitha Walters of the Happy Hill Extension Homemakers Club learned to use refused and unfinished garments from local industries.

According to Mrs. Mollie H. Briley, home economics Extension agent, "Mrs. Walters set about improving the dress and personal appearance of low-income family members after attending an Extension clothing workshop last spring."

As an important part of her plan, she taught five homemakers to sew for their families and to make useful articles for their

homes from factory rejects. In addition, Ms. Walters has improved her own family income. She sells clothes and household items she has made or renovated.

CURVY FIGURES CREATE PROBLEMS

Extension Home Economics Club members, attending a tailoring workshop in Surry County, agree that while curvy figures

for women are desirable and flattering, they create problems in clothing construction.

The more shape there is to build in the garment, the longer it takes to make, Carolyn Byrd, assistant home economics Extension agent, relates.

NEW MORALITY

A recent discussion on the "New Morality" has made some Durham County Extension Homemakers Club members take a second look at tactics used in solving today's pressing problems.

To combat previous beliefs that the new morality meant no morality, Mrs. Mary Whitmore, assistant home economics Extension agent, pointed out that the new morality teaches decisions concerning family problems should be made on the spot for the good of the people involved and not necessarily by a set of established rules and regulations.

Mrs. Sallie Davis of the Bragtown Extension Homemakers Club expressed the reaction of many members when she pointed out, "For too long, we have deprived our aged relatives of the benefits that are available through our modern homes for the aging, because we still associate these places with 'homes for the poor.'"

As our number of aged persons continues to grow, we are going to have to cope with this problem by doing the best for those concerned. "This in most instances," she believes, "is letting them receive the proper attention they should in our modern homes for the aged."

LOVELY BATH TOWELS

Lovely bath towels, that look expensive, need not wreck the budget. If the homemaker uses her talents to create her own personalized ones, observes Martha B. Thompson, home economics Extension agent, Richmond County.

You can buy colorful towels by the pound at mill-outlet stores at great savings, the agent notes. Use an eagle eye to find those lengths that need hemming only, she advises.

Then, if you wish, decorate these towels by applying bold monograms of cotton sateen on them or by stitching bands of washable braid or embroidery trim on them.

Your towel may not be a standard size, but who cares, so long as it serves the purpose and is pretty to look at, the agent says.

Women's Health

BEATING COLD'S INROADS ON SKIN

Chicago, Ill. (WMNS) — Combine the low temperatures outdoors with the overheated, dryness indoors and what do you get? Very often, dry, flaky, itchy skin.

One way to beat the problem, notes Today's Health, and keep your skin baby soft is to use lotions and emollient creams every day. These retard evaporation of moisture from the skin surface. Avoid excessive use of soaps and detergents, and avoid too-frequent bathing in hot water. Bath oils help lubricate the skin, as does lotion applied after showering.

Foundation cream worn under makeup helps protect the face from the effects of cold. Cream makeup is less drying than face powder. If your skin is unusually dry, alternate soap-and-water cleansing with cleansing cream. It helps.

Anchorage, Alaska (WMNS) — To explain why he has been an advocate of birth control since the beginning of this century, and conducted the Senate hearings on the population, Alaskan Senator Ernest Gruening, M. D., told his state's medical association.

"I first became interested in the need for birth control as an undergraduate in Harvard Medical School. In our third year we

went out on obstetrical service in the slums of Boston. I would there see large families living in great poverty, with the mother often sickly from excessive child-bearing, and children born in poor health. I came to realize then that birth control was the real need, and that it would enhance the level of family life."

"Today there are an estimated 4,500,000 poor and near-poor women who live in circumstances like those described above, and for whom subsidized birth control is still unavailable."

The other imperative for birth control, according to the Senator,

is the over-population of the world we live in.

"It is very clear," he said, "that unless we do something about population increase our world is going to face disaster. This country will no longer be 'America the Beautiful' in the year 2000. Our resources will long since have been exhausted. We are running short now of water in many parts of the country. The open spaces—our forests and meadows—will disappear. America will become a vast urban sprawl."

The Senator concluded that if birth control were widely under-

stood, accepted, and applied, it would spell the "birth of a new freedom for mankind and particularly for womankind."

Stockholm, Sweden (WMNS)— Beware the combination of excessive noise and alcohol (hazards often encountered in discotheques, among other places). Together, they can seriously damage the inner ear. This warning comes from the Karolinska Institute in Stockholm.

When the alcohol content in the blood reaches 0.1 percent the noise level can begin to do its insidious work.

Drinkers who work (or play) in noisy surroundings, take heed. Cut down on drink or remove yourself from the cacophony.

Rh Vaccine Prevents Birth Defects, Infant Deaths, Says March of Dimes

Turning points have a way of slipping by unnoticed. Their significance is often apparent only after years have passed.

But in 1968, a major turning point in modern medicine was immediately recognized when a vaccine to prevent "Rh disease" was approved by the Federal Government.

For the first time in history, doctors have the means to prevent a major cause of birth defects. The remarkably effective Rh vaccine, called "Rho-GAM," promises to eradicate a condition which each year threatens an estimated 40,000 babies with death or damage before or soon after birth.

"The Rh vaccine is so important to potential parents and to the health of so many future children, no one can afford to overlook its availability," says Dr. Virginia Apgar, vice president for medical affairs for The National Foundation-March of Dimes.

The voluntary health organization, which initiated a national campaign against birth defects ten years ago after the conquest of polio was assured, has undertaken an aggressive education program to inform the public about the new preventive for Rh disease. Through radio, TV, magazines, newspapers and leaflets distributed at marriage license bureaus and other outlets, young people are urged to have a doctor or clinic check their blood for Rh factor identification.

The Rh factor is a part of the blood which is found in about 85 per cent of the population. Those who have it are called Rh positive; those who don't are Rh negative. Whether an individual has the Rh factor or not makes no difference to his or her own health. But it can cause serious Rh disease in children if a mother is Rh negative and the father Rh positive.

In such a case, if the unborn child inherits the father's blood type, the mother's system may react against the child she is carrying. This rarely occurs in a first preg-



PREVENTIVE VACCINES for certain birth defects bring a turning-point in modern medicine. Vaccine against Rh disease is now available. A forthcoming German measles vaccine will protect future children from multiple defects like those affecting this little boy.

nancy, but the danger rises in subsequent pregnancies with the result that a child may die in the womb or be born severely anemic and jaundiced due to "erythroblastosis fetalis," the medical term for Rh disease.

An injection of the new vaccine, given to an Rh negative mother within 72 hours after the birth of each Rh positive baby, prevents an adverse reaction in the mother's blood which can endanger future offspring.

For those women who have already been sensitized by previous births, the Rh vaccine is ineffective. But new techniques of giving blood transfusions to unborn babies can save many Rh babies who might otherwise be stillborn. And exchange transfusions immediately after birth protect 95 per cent of the babies born alive with Rh disease.

Effective as these corrective measures are, The National Foundation-March of Dimes considers prevention of birth defects through universal use

of the vaccine far more desirable.

For the same reason, March of Dimes volunteers are already preparing for another turning point in medicine, hopefully within the next few months, when Federal approval is given to a vaccine to prevent German measles.

This deceptively mild infection, also known as rubella, can cause serious birth defects of the heart, eyes, ears and other organs when an expectant mother contracts it during the early months of pregnancy. More than 20,000 damaged babies were born to mothers who had the virus infection during the epidemic which swept the United States in 1964-65.

German measles vaccines are now being tested. As soon as a safe and effective one is licensed, March of Dimes volunteers will spearhead efforts to make sure that every potential mother is protected against the disease, thus chalk-up another advance in their unrelenting campaign to prevent birth defects.

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