

4-H Homemaking Projects Rank High In Club Activities

More Than Million Projects Undertaken By Girls

"With more than a million homemaking projects being undertaken, 4-H girls are putting the 1949 theme 'Better Living for a Better World' into action," declared Guy L. Noble, director of the National Committee on boys and girls club work. North Carolina girls carried 41,000 of these projects, and accepted the challenge to report good records of work well done in 1949, according to Mr. Noble.

Clothing, canning, home improvement, home grounds beautification, garden and poultry are among the activities considered in the National 4-H Girls Record award program. In addition to learning the job of homemaking, the girls come to know the basic principles for happy family relationships and community responsibility. The Cooperative Extension Service supervises the program.

For over a quarter of a century, Montgomery Ward has rewarded girls whose accomplishments in this contest have been outstanding. Six national scholarships of \$300 each—in place of the usual \$200—will be given this year. An all-expense trip to the National 4-H Club Congress in Chicago will again be provided for winners in each of the 45 States participating, and for county winners, a gold-filled

medal of honor. 4-H girls in Alaska, Hawaii and Puerto Rico also enroll in the contest, and champions receive a \$100 U. S. savings bond.

For the 1948 record judged best in North Carolina, Lota Harrison of Old Trap, was awarded to the 4-H Club Congress. There were 49 county medal winners named.

Mrs. T. J. Bell Meets With Another Accident

Misfortune appears to be following Mrs. T. J. Bell, who recently was hospitalized due to a broken leg. Mrs. Bell, since the accident and discharge from the Chowan Hospital, has been obliged to get about her home in a wheel chair, and on Wednesday afternoon of last week fell from the wheel chair, breaking the ankle on the same leg which was previously broken.

Though the broken limb is in a cast, Mrs. Bell is being treated by her physician, Dr. L. P. Williams, at her home on West Queen Street.

HEALTH FOR ALL

SCARLET FEVER

Scarlet fever, a communicable disease that can lead to severe complications, gets its name from the rash which usually accompanies it.

Scarlet fever is caused by a tiny germ known as the "hemolytic streptococcus"—one of the same family of germs which causes streptococcal sore throat, erysipelas and other in-

fections. As a matter of fact, streptococcal sore throat and scarlet fever are synonymous except that some people having streptococcal sore throat develop a rash. This is known as "scarlet fever." Others have only the sore throat without developing a rash.

Although spread most frequently from person to person, scarlet fever may also be contracted by people who drink raw, unpasteurized milk from a cow with an udder infected with human hemolytic streptococci. Milk may also be infected by an infected person.

The disease strikes most frequently in winter and late spring, and most cases occur in children between six and ten years of age. Many years ago, almost every case of scarlet fever was a severe one, and many children died of it. The disease now seems to occur more frequently in a milder form. Furthermore, we have learned more about preventing its spread and caring for its victims, so that the number of deaths from scarlet fever has been greatly reduced.

However, scarlet fever is still highly contagious and the many complications it may cause—ear infections, inflammation of the kidneys or of the joints, and damage to the heart—may be severe.

The first symptoms of the disease include sore throat and often nausea, vomiting and a chill. The pulse quickens and the temperature rises rapidly, sometimes to 104 or 106 degrees.

When a rash does develop (the "scarlet" fever), it usually comes between 24 and 48 hours after the

onset of early symptoms. The bright red rash usually comes first on the neck and chest, and then spreads rapidly over the body.

The doctor should be called at the first sign of any early symptoms that may mean scarlet fever, so that he may prescribe treatment which will ward off complications. If complications do occur, prompt medical care reduces their severity.

Since scarlet fever is easily spread, the doctors will suggest pre-

cautions to be taken in a household where a person has scarlet fever to protect other members of the family.

To suggest that no human being knows the correct answer to life's problems is but to say that it has not yet been solved.

It is amazing how important regular exercise can become to a business man who wants to play golf.

Medicine often helps the patient, regardless of its flavor, but you can't pour principles down the throats of human beings and get character.

The art of cooking does not end with the preparation of plain food.

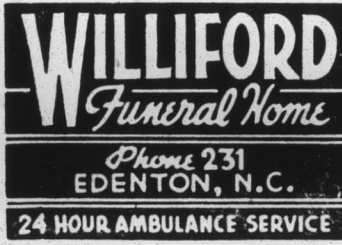


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BABE RUTH STORY IS REVEALED

None among the hundreds of thousands who paid their last respects to the great Babe Ruth, nor the millions who mourned the passing of the American idol were aware that a cold, calculating plot on the part of certain members of the medical profession who went to extremes to prevent the Babe from receiving the benefits of Chiropractic may have been responsible for his untimely death.

Cause of Ailment

While the story of the medical profession and Babe Ruth is not unusual, it is of interest because of the fame of the Yankee slugger. Informed Chiropractors point out that what happened was that Ruth in taking a powerful swing with his bat threw one of his neck vertebrae out of place (the atlas).

Condition Gets Worse

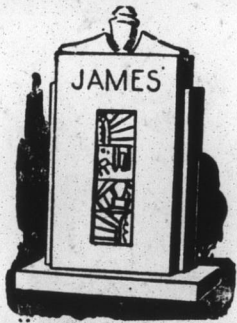
After the first unnecessary surgical operation the Babe's condition became generally worse. He lost weight rapidly. In a last forlorn hope that a change of climate may help him, Ruth went to Florida. In Miami a close personal friend recommended Chiropractic. A licensed member of the profession was called in.

He gave Ruth four adjustments and the patient showed improvement almost immediately. He soon gained 20 pounds and was in sufficient health to move around. In fact, Ruth became strong enough to return to New York for "Babe Ruth Day" at Yankee Stadium.

Chiropractor's Story

Dr. William A. Budreau, a licensed Chiropractor in Miami, whose statement can be supported by an affidavit, was asked by a New York Chiropractor for a statement concerning the Ruth case. His reply follows:

"Babe Ruth took only four adjustments from me, then went to New York for 'Babe Ruth Day.' Ed Sullivan wrote it up in his column. The medics saw it and threatened to cut Ruth off his morphine if he came to me."—International Review, published in the public interest by Chowan County Chiropractic group. Reprinted from June, 1949, issue Chiropractic Home Magazine.



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