Personal

To Women With

Nagging Backache

As we get older, stress and strain, over-exertion, excessive smoking or exposure to cold sometimes slows down kidney func-tion. This may lead many folks to com-

plain of nagging backache, loss of pep and energy, headaches and dizziness. Getting up nights or frequent passages may result from minor bladder irritations due to cold,

If your discomforts are due to these causes, don't wait, try Doan's Pills, a mild diuretic. Used successfully by millions for over 50 years. While these symptoms may

often otherwise occur, it's amazing how many times Doan's give happy relief— help the 15 miles of kidney tubes and filters

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dampness or dietary indiscretions.

Boundaries Are Set For Hatteras Park

Area Will Be the First clean. **Federal Seashore** Park

Hatteras National Seashore Recrea- every case. tional Area on North Carolina's Outer Banks have been agreed upon. The area, which would be the first federal seashore park, covers rugged country which offers excellent fishing and water fowl hunting.

Banks villages are exempted to permit Island Refuge in Dare County. expansion to provide facilities for

The Park Service specified that the the State required. area must include a minimum of 33,-000 acres. Already the North Caro- path of a highway being constructed lina and Federal governments own on North Carolina's Outer Banks. 12,000 to 15,000 acres within the boundaries. Surveys will determine what land must be acquired and what the actual acreage of the recreational area will be. The committee plans to report to the full commission by December 1 on the estimated cost of acquisition. The next step would be for the commission to ask Governor Scott and the North Carolina Council losis" or tuberculosis of the lungs-the the acquisition.

Extreme Care Needed In Harvesting Cotton

To bring top prices, cotton should not only be picked clean and picked only when dry, but it should also be kept dry and carried to the gin dry, says David H. Stancil, cotton marketing specialist for the State College Extension Service.

pecially since the 1950 State crop is namely: one of the shortest in history.

Many farmers have the idea that do wonderful work within certain lim-its, but if cotton is really wet it often has to be put through the drier twice completely dry.

by keeping their cotton dry.

Already a farmer in the southern part of North Carolina has picked with "faded-out" blood and stomach part of North Carolina has picked some cotton so trashy that its value, even after going through a modern Herbs blended with Vitamin B and

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Sally Young, beauty expert, reveals new red cells and your nerves become

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gin, was reduced \$10 per bale. The the bones and joints, which has left many lives have been saved from these cotton as from cotton brought to them children under five years of age.

pervision of pickers, with premiums

Road Assured For

The North Carolina State Highway and Public Works Commission has The boundaries extend on the north bee nassured by Congressman Her-from cattle to man. from Whalebone, three miles south bert C. Bonner that there will be no

tourists and sportsmen. The boun-the U.S. Fish and Wildlife Service children most frequently, affects the daries were recommended by the Nat- Friday morning. He later notified N. meninges, or membranes around the ional Park Service and accepted by the C. Highway Commission Chairman brain and spinal cord. In miliary tu-North Carolina Cape Hatteras Sea-shore Commission.

H. W. Jordan that the right-of-way berculosis, the tubercle bacilli are would be secured to meet any schedule spread by the blood stream to various

The game refuge is in the proposed

THE TYPES OF TUBERCULOSIS When we hear of tuberculosis, we usually think of "pulmonary tubercuof State for supplementary funds to most common form of the disease. cover the estimate. These funds would Pulmonary tuberculosis accounts for he turned over to the National Park the great majority of the approxi-Service, which would proceed with mately 45,000 deaths annually from tuberculosis in this country, yet tuberculosis can attack almost any organ of the body, the bones and joints,

and the skin. One type of tuberculosis, that of

When people feel like they are tied Stancil believes Tar Heel farmers to a log every time they try to do should be very careful in harvesting something, and their Pep is gone, the and selling their cotton this year, eschances are it is due to one thing,

BLOOD POVERTY

Your blood cells may be fagged-out gins equipped with driers can handle or shrunken, and you might not reacotton in any condition. This is not lize it. Even if you eat the "best" true at all, says Stancil. The driers foods you may not be getting all the has to be put through the drier twice ach) and as a result you are a victim of Blood Poverty! In other words, This slows up ginning and costs your blood is not getting the fullest This slows up ginning and costs good out of what you eat. So your money. It also tempts the ginner to blood-cells become worn-down and you run his heat up, which often causes have only half as much energy as you damage to the fiber of the cotton. really need, you get up in the morn-Farmers will make money every time ings still tired, and your nerves become dull.

Iron; you take it before meals and it works with your food. Benefit come YOURS SAYS EXPERT
You can learn how to use new hair tints, how to erase forehead wrinkles, and many other aids to glamor as few days your blood is energized with the latest tips. Be sure to read "Bits of eBauty Wisdom," appearing in October 1 issue of

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fine new gins which have been erect- many people crippled, has been almost two acute forms of the disease. Howed in North Carolina almost perform completely eradicated in this country. ever, even with streptomycin, not all miracles in cleaning. However, says Most cases of that form of the dicases of tuberculosis meningitis or Stancil, even with al lthis equipment, sease came from drinking raw milk of miliary tuberculosis can be saved. ginners cannot possibly turn out a tuberculosis cows. Many of the vicsample as clean from dirty, trashy tims who contracted the disease were strike such organs of the body as the rehabilitated by VA. May I take addi-

As a result of a campaign begun in urinary tract. Some of these types of At present high prices, a farmer 1917, bovine (cattle) tuberculosis has tuberculosis are frequently complica-may easily lose \$25 a bale by having been brought under almost complete tions of the pulmonary form of the his cotton picked trashy. Closer su-control in the United States. Cattle disease. are tested for tuberculosis and slaugh-Boundaries of the proposed Cape for clean picking, would pay in nearly tered if they show signs of the disease. As a result, bone and joint by taking care of his health generally, tuberculosis is today almost unknown keeping up his body's resistance in the United States, although it is against a damaging attack of TB Pea Island Refuge prevalent in some other countries. Pas- germs, and making certain that the teurization of milk, which kills all milk he drinks is pasteurized. He germs, has been another factor in cut-should also have physical check-ups ting down the spread of tuberculosis with his doctor, including chest X-rays

The two most acute forms of tu-berculosis), at least once a year to of Nags Head, to the southern tip of delay in securing a right-of-way to berculosis, which until recent years play doubly safe. Ocracoke Island. Areas around the construct a highway through the Pea were always fatal, are tuberculosis meningitis and miliary tuberculosis. Mr. Bonner conferred with heads of Tuberculosis meningitis, which strikes parts of the body where they cause tiny lesions about the size of a millet seed, thus "miliary" TB.

Since the discovery of streptomycin and its use in tuberculosis treatment.

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