

The Family DOCTOR

By JOHN JOSEPH GAINES, M.D.

SOME OBSERVATIONS

During the past dozen years I believe I have seen some fifteen serious cases of Goitre—enlargement of the thyroid gland. All have been women; several were wives of physicians, and, all of them well past fifty years of age—and all chronic. Naturally my most intense interest was in the treatment of the condition that proved most successful. At this date, there is only one of these fine women who remains victimized and is still a sufferer.

All the others have visited a celebrated clinic in a northern state, and have been successfully treated by skilled surgeons, and are now at home, happy with their families.

The one unfortunate patient is my topic today. She listened to a notorious quack who proposed to cure almost everything by DIET. She spent—or wasted a period of years with this ignorant faddist. She has grasped at every straw, with absolute failure at every turn. Her goitre remains perhaps as bad or worse than if she had not "treated" with the blatant quack. She has paid most dearly for her confidence in fakery.

Now she is considering operation. She sees her neighbors all recovered—and fully appreciates the time worse than wasted, in the hands of unscrupulous, incompetent jugglers for money-in-advance. At last, after months, years, spent in "sanatoria" she is willing to submit to genuine, honest, capable hands—if she is yet in time. It is to be devoutly hoped that she may be rescued.

If there is an arch-villain anywhere, it is the unscrupulous exploiter of the sick and afflicted. We family doctors who cannot cure goitre, must look out for skillful men who can—and never forget to warn against the shameless impostor—the quack.

The WOMAN'S ANGLE by NANCY HART

Nearly any meal has a perfect ending if it is pie. And any pie that is made with a filling of milk and eggs is nourishing, so that a sandwich and a glass of milk before pie makes a really complete meal.

Blanche Yurka, these days, wears her red-gold hair combed straight back from the ears, while the top hair is brought forward in a puff over her forehead and looking very Elizabethan. Startling, but smart. Very smart.

At last New York has done something about the genuine racketeering that has been possible in the breach of promise and in the alienation of affections suits. While there have been genuine cases in both classes, it is recognized that many such suits were instituted solely as a convenient way of getting money. Henceforth New York State will have no such cases. The bill outlawing them was passed at the session of the legislature just closed.

Redingotes, always flattering to mature figures, are among the most popular styles for spring. Those with printed short-sleeved dresses and long-sleeved coats in monochrome are especially attractive.

Cornflower blue and mahogany brown make an unusual color combination for late spring in a youthful pep style recently shown in New York. With a double pleated jabot and buttons of brown glass to finish the dress, it is a delightful combination.

Vitamin D, the sunshine vitamin, is available in all sorts of foods these days, and of course, the greatest single source outside of the direct use of sunlight on bare skin, is even yet—cod liver oil! But foods irradiated with ultra violet light are on the market, fresh milk of cows that have been fed irradiated food, fresh milk that has been irradiated with ultra-violet light, and condensed milk treated the same way—all these have more vitamin D than they would without special care.

RAMBLING 'ROUND NEW YORK with HUGH KENNY

They put buses on Second Avenue and took up the granite paving blocks with the street car tracks. Now the paving blocks are replacing gravel between Central Park's Fifth Avenue walls and the sidewalk.

Sundays on Seventh Avenue near Forty-second street are likely to bring out the "three-card monte" slickers to trim the passers-by. Working in pairs and triplets, the slickers still take their toll of suckers. Though the sideshow operators of touring days and country fairs have almost passed out of existence, New York still offers the best market for slickers.

Only four hours a day New York bars are not supposed to serve liquor. But summons for proprietors recently proved that they do. Investigators entered one bar with ink on their faces—because printers are the principal clients. At another, where market men are served, they went in wearing heavy sweaters, caps, heavy coats. There was an exchange across the bar. A drink from one side. A summons from the other!

Want to be married at The Little Church Around the Corner? The name, please, in the 'phone book, is listed that way, and also under its correct title, Church of the Transfiguration. And a complete wedding of less than 17 people will cost \$3 office fee and a gift—usually \$10. For more people, and the use of the chapel, add \$10 and \$3 for the sextant and \$10 for the organist. Total \$36.

That extra special roadster with the special body job bearing up the top-hatted, morning coated, white gloved and ascot tied youth to the Coq Rouge where the walls are pictures of New York's skyline at night with lights showing through the building windows. The top hat, this early Sunday morning, rides over—no, not fancy guests—the head waiter.

But have you heard about Fortnum and Mason's New York store? It's very, very Brit-tish. And the clerks (clerks to you) wear frock coats to confuse the customers and make them think they've gotten into a country gentleman's produce exhibit instead of a grocery store.

"Pennsy" President



PHILADELPHIA . . . Above is Martin W. Clements, new president of the Pennsylvania R. R., succeeding Gen. W. W. Atterbury. Mr. Clements was former vice-president. He was born at Sunbury, Pa., in 1881 and entered the "Pennsy" service as an engineering rod man in 1901.

CONCORD SCHOOL, COLORED

The P. T. A. and friends of Concord School, Colored, are proud of their achievements in providing window shades and an elementary library for this school the past year. In addition to this, they did much work in beautifying their school grounds. J. C. McKnight, president of the P. T. A., and the school faculty were delighted at the splendid cooperation given them during the past school year.

If resourcefulness were a real asset, the fellows who cash rubber checks would be leading citizens.

MAN WANTED for Raleigh Route of 800 families. Write today. Raleigh, Dept. NCE-123-SA. Richmond, Va. 5-3-31

The acreage to wheat planted in Union County last fall is the largest of recent years and the crop looks promising at this time.

No business is well organized unless its officials can make decisions quickly and firmly.

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Timely Farm Questions

Answered at State College

Question: How much fruit and vegetables should be canned for each member of the family.

Answer: Each adult member of the family should have at least 57 pints of canned vegetables and 45 pints of canned fruit for use during the winter. To the canned articles should be added twelve pints of dried fruits and six pints of dried vegetables. Preserves and jam will add the required sugar or sweets to the diet and a small supply should be prepared and added to the pantry shelves.

Question: Should rose bushes be dusted or sprayed during the blooming season?

Answer: A good grade of dusting sulphur should be applied to rose bushes at weekly intervals through the entire season. Where the plants are infested with aphids or thrips, the nicotine sulphur dust should be used. This is made by thoroughly mixing twelve ounces of forty percent nicotine sulphate solution with two pounds of hydrated lime and eight pounds of dusting sulphur. For the control of rose slugs the same solution is used with two pounds of arsenate of lead added. Where the arsenate of lead is added, one pound of the dusting sulphur should be removed from the mixture.

Question: What breed of chickens is best for producing capons?

Answer: There is a heavy market demand for birds of the yellow skinned breeds which include Rhode Island Reds, Cochins, White Wyandottes, Barred and Plymouth Rocks, Jersey Giants, and Cornish. Experiments at this station show a preference for Plymouth Rocks over the Rhode Island Reds, but almost any of the heavy breeds will produce good, marketable capons. A judicious crossing of any of these heavy breeds will produce birds with enhanced vigor and the ability to make rapid and economical growth.

GROWING LIVESTOCK IS SAFE FARMING

The depression affected the price of livestock as it did other farm crops yet those who had animals to balance their crop production did not suffer so keenly. This is the lesson, N. C. Ferebee of Camden County says he has learned. "The livestock on my farm pulled me through the depression," he told L. I. Case, animal husbandman at State College. "Mr. Ferebee has a well-rounded livestock farm and in addition to the actual sales of livestock and its products, he gives much credit to the manure produced in maintaining the fertility of his land," says Mr. Case. "He also was able to sell his crops to the livestock at a fair price and to

keep nearly all of the fertility at home instead of marketing it along with the low-priced crops."

Livestock on the Ferebee farm consists of 22 grade Aberdeen Angus breeding cows and their offspring by a pure bred bull of the same breed. In addition to these animals, Mr. Ferebee usually buys some steers to fatten for market. Recently, he sent a truck load of fat steers to the Baltimore market where they averaged 1060 pounds each in weight and brought \$9.65 a hundred. There is another truck load yet to be sold.

But Mr. Ferebee does not keep beef cattle alone, Case says. He has ten Duroc-Jersey brood cows, a flock of 20 mutton-type ewes, five brood mares, five horses and one stallion. Mr. Ferebee has been breeding and raising his own work stock for 20 years, Case says. "It has been nearly that long since he has bought any work stock of any kind and he believes that this in itself has been a great saving to him, especially during recent years since the price of work animals has more than doubled. Like other successful livestock growers, Mr. Ferebee has found that the man who jumps in and out of livestock according to the price of crops does not do so well but the man who sticks to it, year after year, fares very well.

CULL POULTRY FLOCKS TO INCREASE PROFITS

The high price of eggs and feed this spring has complicated the problem of culling the poultry flock.

While egg prices continue high, many poultrymen will wish to keep in their flocks as many layers as possible, said Roy S. Dearstyne, head of the State College poultry department.

But unless they are careful, he added, they may keep in their flocks a number of birds which are not profitable, in view of the present price of feed.

The flocks should be watched closely, he continued, for the egg production of some birds will slump rapidly in May, and the low producers should be culled without delay.

Birds going out of production in May or June are seldom good prospects for carrying over until the next laying year.

When their laying falls off, most birds show a loss of color in the comb, which becomes dry and shriveled. The vent no longer appears loose and moist, the abdomen becomes hard, and the birds lose their alert appearance.

Broody birds at this season are also poor prospects, Dearstyne added. One broody spell will follow another, with a result that egg production falls off.

Since the breed season is over, he went on, there is no place for males in the flock. Without males, the flock will produce infertile eggs which are of greater value from a marketing standpoint.

Devalitised males, or males which do not produce off-springs with heavy egg producing possi-

ilities, are not worth carrying through the summer, Dearstyne said, and should be culled out.

Why argue until you have the facts?

NOTICE OF PUBLICATION

North Carolina In The Superior Court Before The Clerk. Franklin Co.

W. O. Roberts, Administrator of the estate of C. W. Roberts, deceased, and W. O. Roberts, individually,

Morton F. Roberts and wife, Mrs. Morton F. Roberts; Troy T. Williams and wife, Mrs. Troy T. Williams, et al.

The defendant Clifford Thompson will take notice that an action entitled as above has been instituted in the Superior Court of Franklin County for a sale of the lands of the estate of C. W. Roberts, deceased, for the purpose of making assets with which to pay the debts of the said estate; and the defendant Clifford Thompson is required to appear before the Clerk of the Superior Court of Franklin County at his office in Louisburg, North Carolina, on or before the 8th day of June, A. D. 1935, and answer or demur to the complaint in the said action; otherwise the plaintiff will apply to the Court for the relief demanded in the complaint.

This 11th day of May, A. D. 1935.

W. V. AVENT, Clerk Superior Court.

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