

Conservation Farming News

By W. O. HOOPER

S. S. Landreth sowed a grass mixture in a broomsedge field by strips to prevent washing until the grass could get well established. From the Laurel Springs highway, so many people have seen these contrasting strips of grass and broomsedge on the Billings farm, that it is hard to estimate the value of the demonstration.

A. B. Murphy, of Little Pine, sold saw mill men to protect a young white pine when they located a mill on his farm in 1927. Recently, when Mr. Murphy cut the tree, it turned out more than eight hundred feet of lumber.

Luther Joiner, of Little Pine, has constructed diversion terraces on a rather steep, uneven slope to protect the land until a seed terracing can be applied when the corn is laid by. After this, Mr. Joiner plans to use this land for pasture and cultivate well drained bottom land instead.

Archie Maines is retiring eleven acres of steep land to permanent pasture this year and cultivating fertile bottom land to produce more corn on less acreage and with far less effort.

County Agent J. W. Bason reports that M. C. Ivey of Alamance county is grazing 5 cows and 14 calves on 4 acres seeded to oats, barley, rye grass, and crimson clover last September 15.

Spring pigs should be vaccinated against cholera around weaning time, says Dr. C. D. Grinnells, Agricultural Experiment Station veterinarian at State College.

SPARTAN Theatre

SPARTA, N. C.

FRI.-SAT. APRIL 20-21

Matinee Every Sat.
1:15 P. M.

Ray Rogers
and his horse, "Trigger"

—in—
LIGHTS OF OLD SANTA FE
Chapter 10
"Haunted Harbor"
Also Comedy

MON.-TUES. APRIL 23-24

Katharine Hepburn

—in—
DRAGON SEED
LATEST WAR NEWS

WED.-THURS. APR. 25-26

Bargain Days
Admission 15c & 20c
Dennis Morgan
Eleanor Parker

—in—
VERY THOUGHT OF YOU
Chapter 14
"The Black Arrow"

Americans Urged To Join Fight Against Cancer In Special Drive This Month

By Al Jedlicka

Having already backed the fight against tuberculosis and infantile paralysis, the American public now is being asked to get behind the assault on one of the most dreadful of all diseases—cancer—which annually claims the lives of 150,000 of our people and knows no age limit.

With April having been designated as cancer control month by congress, the American Cancer society is seeking to raise \$5,000,000 under the leadership of Eric Johnston, president of the U. S. chamber of commerce, for continuation of its research work and its field army's educational program.

In existence since 1935, the field army, up to this year a woman's organization, has sought to bring home to the public the all-important but scarcely appreciated fact that cancer can be cured if caught when certain symptoms first appear.

In so doing, the field army gradually has been breaking down such traditional barriers which impeded treatment of the disease as the victim's shame arising from an ignorance of the fact that cancer is not hereditary and that it strikes indiscriminately, and the patient's terror of the malady, almost precluding a doctor's discussion of it.

It was this need to dispel popular superstitions and acquaint the public of the real nature of the disease which led the American Cancer society, originally known as the American Society for the Control of Cancer, to organize the field army to institute a broad educational program under sponsorship of the General Federation of Women's clubs and approval of the American Medical association.

Every year, 80,000 women and 70,000 men die of cancer in the U. S., and though the disease commonly is believed to chiefly strike those in the higher age bracket, it also claims younger people and even children among its victims.

Now under command of Mrs. H. V. Milligan, the field army repeatedly has stressed that though the early stages of cancer are painless they do furnish definite symptoms, and that, if caught in time, the disease can be cured by surgery, x-ray and radium. No case of internal cancer has ever been cured by salve, ointment, diet, mineral water, liquid medicine, pill or needle injection, authorities say.

Two symptoms of particular importance in women are a lump in the breast or a bleeding, scaling nipple, and irregular bleeding or discharge from the uterus, the field army has pointed out. Seventy-five per cent of the women who die of cancer in these areas could have been cured with proper treatment.

Because cancer is believed to be preceded in many instances by chronic irritation and inflammation, the field army, transmitting the advice of medical authorities, suggests some of this trouble could be avoided after childbirth by nursing the baby unless the attending physician orders otherwise, and visiting the doctor six weeks after delivery to make certain any injuries to the uterus are repaired.

In men, cancer of the stomach and intestines, prostate and rectum caused the greatest amount

of deaths from the disease in a recent year.

In the case of cancer of the stomach or intestine, the field army points out, men of middle-age who previously had suffered no distress after eating should investigate such persistent discomfort or sudden loss of weight. Bleeding of the rectum should be reported immediately and all cases of hemorrhoids corrected by proper surgical methods. Although enlargement of prostate gland is common in men of middle-age, it can be relatively harmless or it may be a symptom of cancer.

In general, the field army lists these other early signs of cancer, danger signals which should lead to quick diagnosis for treatment, if needed:

Any sore that does not heal, particularly about the tongue, mouth or lips.

Sudden changes in the form or rate of growth of a mole or a wart.

Persistent hoarseness that lasts longer than two weeks.

Although education is the field army's primary activity, it performs other valuable services. Volunteer workers prepare bandages and provide transportation for poor patients, and, in New York, Philadelphia and Chicago, special examination clinics have been set up with the approval of the state medical associations.

Demand has far out-taxed clinical facilities, however. In Chicago, Mr. Arthur I. Edison, commander of the Illinois field army, reports that over 1,200 women have been processed since the inception of the examination center, with 96 of them, or 8 per cent of the total, found to have cancer without their knowing it. Only a \$5 fee to cover laboratory expenses is charged.

Besides the sterling work of its field army, the American Cancer Society, under Dr. C. C. Little, has devoted itself to the development of research. Although operating no laboratories, the society allocates its funds among outstanding scientific centers for continued study of the dreaded malady.

Because of the great complexity of the human body, medical research necessarily is slow, with one discovery leading to another in a gradual chain. So far, symptoms of cancer have been recognized and treatment prescribed. And scientists have learned that the disease itself is not caused by a germ or bacteria but an unnatural growth of body tissue, which can only be controlled by killing the affected matter or removing it.

In this respect, Mr. Johnston, in striking the keynote for the great fund drive, declared: "Med-

Timey Hints

By RUTH CURRENT
State Home Demonstration Agent

There is a great feeling of achievement in making a dress and there is an easy way to do it, say clothing specialists.

Choose the material carefully. Select something with body to it. Inexperienced sewers should be careful of a plain surface material where all your mistakes show so clearly. Select a rougher texture material, a nubby weave or an all-over print. Avoid stripes, plaids, and large checks; they must be matched and this is hard to do.

Buy enough material. Use a simple pattern. A six or eight gored skirt is easy to make and is easier to fit. A two-piece skirt is seldom flattering.

Get acquainted with your pattern. Study the pattern piece by piece. Read the instruction sheet carefully.

ical men believe that with adequate funds for research, cancer might be made a minor cause of death. . . . The cause of cancer may well be discovered in a few years."

Get your sewing tools ready for use. A supply of good dress-making pins and several needles, a good pair of scissors, and a large, flat, even surface to cut on are needed. Place the pattern on the material before you begin to cut. Be sure the selvages are even and the top of the piece, where you are going to start cutting, straight. Make all notches and markings before unpinning pattern from the material. Mark with thread or chalk. Before you unpin your pattern be sure you know where each piece goes. Study your pattern again. Then, press each piece of cloth thoroughly.

Basting makes sewing easy. You won't be so apt to pucker your seams or pull them out of shape if you baste on a large flat surface. Fit your dress before stitching.

Be careful with stitching. Good stitching gives the professional look to your dress. Pressing also makes for professional finish. Next to proper cutting, it is the most important factor in the making of a dress. Pressing is not ironing; the iron and the steam do the work. Pressing is done on the wrong side of the fabric. Open all seams flat. Use a pressing cloth from which the

Deep Gap News

Mr. and Mrs. Tom Truitt and children, of Sparta, and Betty Andrews spent the week end with relatives in Wilkes county.

Reeves Brooks left last week for Florida, where he has accepted a position.

sizing has been removed. Cottons and linens require a pressing cloth to avoid a sheen.

Troy Irwin, who has been ill, is somewhat improved.

Mr. and Mrs. Joe Cranford and children, of Sparta, spent the week end with Mrs. Cranford's parents, Mr. and Mrs. Press Irwin.

Mr. and Mrs. Kyle Watson have moved to their new home here. Norma McBride has been ill at her home here.

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Franklin D. Roosevelt

Northwestern Bank

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Franklin Delano Roosevelt

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FOUGHT AND DIED IN THE SERVICE

OF OUR COUNTRY.

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Sparta,

N. Carolina

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—AT—

Jefferson Gymnasium

Saturday Night, April 21

EVERYONE INVITED

ADMISSION: 50c EACH

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Carole King

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