

### Your Tri-County Health Dept.

By Robert E. King, Jr.  
District Health Officer

"Vaccinations" or "shots" form a large part of the Public Health program, and many people think that is the only work done by the Public Health Dept. and nurse. To be sure it is one of the most important, although it is only one of their services.

Diseases for which vaccinations are given at present are: whooping cough, diphtheria, smallpox, typhoid fever, tetanus, and influenza. At various times these have been discussed individually, but today they will be considered as a group.

Diphtheria toxoid should be given to every child between the age of six and nine months. It is usually given in two shots one month apart and may be given by itself or in combination with whooping cough and tetanus or with one or the other of these. A booster shot of diphtheria vaccine should be given each year through and including the year that the child starts to school. A booster dose consists of just one shot and is intended to strengthen the resistance to the disease developed in the child the first time he is vaccinated. Of course with some children booster doses do not need to be given as often as with others and the need for them may be determined by doing a skin test called the Schick test to determine whether the child is sensitive or resistant to the diphtheria germ.

Whooping cough vaccine has only recently been perfected to the point of being advised for all children but is now required by law for all babies within the first year of life and preferably between three and six months. This dose also can be given separately or combined with diphtheria toxoid or diphtheria and tetanus. It is advisable to have a booster shot of whooping cough vaccine also through the year the child starts to school.

Tetanus is not required by law because it is not of enough practical value to be advised for all persons in civilian life, however, many pediatricians advise giving it during infancy so as to start the development of immunity so that only a booster shot will be needed later, in case of an accident, in prevention of lockjaw. Smallpox vaccine should be

given within the first year of life and may be given as early as two or three months of age. It should be repeated every five to seven years and serves as its own test of effectiveness because if results are good the vaccine will not take but if resistance is poor the vaccination will take unless the vaccine is bad. Until recently there was almost no smallpox in the United States, but last fall there were many cases in San Francisco introduced by returning soldiers and within the past few weeks there have been a number of cases in New York City and only last week a case was reported from Shelby, N. C. This should give new stimulus to the desire for all people in this district to make sure that they are properly protected. There exists in the minds of many intelligent people a foolish and unfounded dread of smallpox vaccine while the single small sore which is produced is hardly to be compared with the numerous ugly sores that many children get each fall which are called "fall sores."

Typhoid vaccine should be given to everyone above the age of one year. The first time it is given, or if it has not been given for more than one year, three shots are necessary at intervals of one week. Because it is a disease largely transmitted by flies it is most common to give the vaccine during the summer. The season for typhoid vaccinations is just beginning, and everyone is urged to be vaccinated either at one of the Health Departments or at one of the clinics to be announced later.

#### SUNDAY SERVICES ANNOUNCED BY PASTOR

Rev. William C. Crummett will conduct the services at the Laurel Springs Methodist church Sunday at eleven o'clock, it was announced this week.

He will also conduct the service at 2:30 o'clock at the Transou Methodist church. The public is cordially invited to attend.

#### CARD OF THANKS

We wish to express our thanks for the kindness and sympathy shown us during the illness and death of our beloved husband and father.

Mrs. W. L. Farmer and Children

Education is the cheap defense of nations. —Burke.

BIT OF HOLLAND . . . Picturesque customs and traditions of their homeland are revived by residents of Holland, Mich., at their annual Tulip Time festival, the 1947 edition of which is scheduled for May 14-17. Dressed in a quaint Volendam costume and carrying a bouquet of the prolific tulips, this winsome miss bids visitors welcome to the festival.

### Home Demonstration Club Work In County Is Traced

By A Club Member

"Today's Home Builds Tomorrow's World" is the theme of National Home Demonstration week that is being observed by three and one-half million rural women of the United States, Alaska, Hawaii and Puerto Rico.

Wives and mothers numbering around 300,000 in N. C., and 480 in Alleghany county believe that good home-makers like heroes, are made—not born. H. D. C. women learn how to cut corners on housework. They run homes smoothly, protect families, health, trim living cost, and train children to face the future. The happiest place on earth! That's what home can mean to a family—to any family that plans, works and plays together.

In December, 1941, Alleghany county was the ninety-eighth county in N. C. to organize in H. D. work. Miss Margaret Lawhorne, of Roanoke, Va., was the first H. D. agent. This extension work was secured largely through the interest of the progressive women of the various communities who, as a group, and individuals presented the need to the county commissioners. Special credit was given to Mrs. A. O. Joines and Miss Anne C. Rowe, Western District agent of Ashe ville, for their untiring efforts.

Prior to this, Mrs. Joines, from time to time had secured extension workers from Raleigh to give demonstrations and make talks on the benefits of H. D. work. It was through her influence that a gift of \$240.00 from a philanthropist and mayor of one of the large industrial cities in N. C., was given to help start the H. D. work. The balance of the county's part was to be made up by private subscription. However, when this gift-fund was exhausted the county commissioners were again urged to include this work in the budget. They granted the request and have continued to support the work since. At that time the county commissioners were: Victor Phipps, chairman, Johnny Gambill and the late James D. McWagoner.

Miss Lawhorne resigned in January, 1942, to join the WAC's. The clubs continued to meet without a home agent until the spring of 1943, when Miss Ros: Elwood Bryan, state H. D. Agent at large, filled in until summer.

Miss Ruby Hampton, of Linville, was elected but resigned in August to get married. At this time there were 12 women's clubs and two 4-H clubs.

In September 1943, Miss Frances Capel, of Wadesboro, was secured to succeed her. The women liked her so much and she liked the people so much that she decided to make her permanent home here. In Dec., 1944, she was married to Isom Wagoner. Through the years more clubs have been organized. At the present time there are 17 women's H. D. clubs and 12 4-H clubs for girls.

The work is ever changing but growing. The outstanding achievement of Mrs. Wagoner is the establishment of a curb market. It has aided the farm woman in a financial way and helped them to sell surplus products, which would otherwise have been useless as far as cash value is concerned. In the summer of 1944 the Home Agent, with the

cooperation of authorities of Roaring Gap, Inc., established a curb market at the local summer resort. Roaring Gap furnished the site and tent half way between Graystone Inn and highway N. C. No. 21.

During the past three years women have sold at this market more than \$20,033.24 worth of fresh fruit, vegetables, dairy products, meats, eggs, flowers, canned goods, bakery products and handicrafts. This market so com-

pletely filled the needs to residents, the hotel and their guests that now club members continue to ship orders all during the year to individuals as far away as Florida. In addition statistics show that during the year 1946 H. D. Club women in Alleghany canned 18,662 quarts of fruits, 15,179 quarts of vegetables and 12,900 cans of meats. 6,450 gallons of fruits were brined. They dried 3,225 pounds of fruits and 514 pounds of vegetables. They stored 12,050 pounds of fruits and 10,750 pounds of vegetables.

Last summer the district meeting of H. D. clubs was held in Sparta Baptist church and a free lunch was served by the clubs of the county to 410 women.

The 4-H stands for head, heart, hand and health. This youth club has grown in membership. For the past two years they have placed on exhibit some very fine baby beeves in the Elkin Fat Stock show that have been winners of first, second, third, and other prizes.

The H. D. Agent brings new methods, new attitudes that means for a richer life in rural communities. It recognizes that education is a continued process. As Mrs. Jane McKimmon, N. C. first H. D. Agent, says "When we're green we grow." These resources are beneficial in meeting the changing problems affecting the rural homes in this atomic age.

It has long been recognized that the strength of a nation is measured by its successful agriculture. As Clinton P. Anderson, secretary of agriculture, said "It is in the home that the pattern of the culture of a people is established. The cradle of democracy is in the Nation's home and families." Many H. D. club women are trying to reach the avenues to lasting peace. Other women may join with them. Call or visit the County Home Demonstration Agent, or the following club presidents: Mrs. Kyle Edwards, Blevins Cross Roads; Mrs. Arol Choate, Bledsoe Creek; Mrs. Rosco Smith, Cherry Lane; Mrs. Rose Osborne, Elk Creek; Mrs. R. L. Pugh, Laurel Springs; Mrs. S. C. Woodruff, Meadow Fork; Mrs. Greek Hill, New

### H. D. Schedule Is Announced

The following schedule for the home demonstration club and 4-H club meetings has been announced:

Pine Fork H. D. club will meet May 12, at 2:00 o'clock with Mrs. Elmer Osborne.

May 13, Laurel Springs H. D. club will meet at 2:30 p. m. with Mrs. Annie Osborne.

The New Hope H. D. club will meet at 2:00 o'clock on May 14.

Hope; Mrs. Elmer Osborne, Pine Fork; Mrs. Grover Enopier, Piney Creek; Mrs. Salmon Smith, Rocky Ridge; Miss Bertrice Absher, Sparta; Mrs. Fred Osborne, Turkey Knob; Mrs. Bob McGrady, Whitehead; Mrs. Polly Truitt, Zion; Mrs. Oss Caudill, Vox; Miss Jean Hawthorne, New River; Mrs. Nell Gentry, Rich Hill.

"They did not waste the day or lose it; For I'm sure it was well spent. For they did leave a trail of kindness

But not a scar of discontent. And when they close their eyes in slumber

I do think that God will say, You have earned a good tomorrow

By the work you did today."

with Mrs. Dan Jones. The Zion H. D. club will meet at 2:00 o'clock on May 15, with Mrs. E. C. Truitt.

Little Pine 4-H club will have the annual picnic on May 16, at 12:00.

Blevins Cross Road H. D. club will meet at 2:00 o'clock with Mrs. Carlie Evans on May 17.

Mrs. Isom Wagoner attended the Agent Training meeting held in Boone on May 6.

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SPARTA

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- 2 ADVERTISE REGULARLY
- 3 BUY SPACE CAREFULLY

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2. Advertise regularly. Do what successful salesmen do—call on customers and prospects consistently.

3. Protect your advertising investment by insisting on audited circulation reports that tell you just what circulation you get for your money. Guesswork is wasteful.

\*In order that you may know just what you get for your money when you advertise in this newspaper, we are members of the Audit Bureau of Circulations. This is a national, cooperative association of more than 2000 publishers, advertisers and advertising agencies. Organized in 1914, the purpose of the Bureau is to

establish and maintain definite standards of circulation, audit the circulation records of the publisher members and report this verified information to advertisers.

Annually, one of the Bureau's large staff of trained auditors makes a thorough audit of our circulation. The verified facts and figures thus obtained are issued in an official A. B. C. report.

Our A. B. C. report tells how much circulation we have, where the circulation goes, how it was obtained, how much people pay for it and many other facts that you should know when you buy newspaper advertising. Thus when you advertise in this newspaper your investment is in known and verified values.

### The Alleghany News



This newspaper is a member of the Audit Bureau of Circulations. Ask for a copy of our latest A. B. C. report giving audited facts and figures about our circulation.

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Also  
Three Stooges  
And Serial

Monday & Tuesday  
Two Academy Award  
Winners  
Ray Milland  
Olivia DeHavilland  
—in—  
WELL GROOMED  
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WEDNESDAY & THURSDAY BARGAIN DAYS  
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A Gift For Mother  
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