

Health and Beauty . . .

Dr. Sophia Brunson

It terrifies the family to have a child go into convulsions especially when they come without warning or at least no symptoms that are noticed by the attendants.

The child is apparently well when his eyes suddenly roll up. His body becomes rigid and his breathing may cease for a few moments. He may get black in the face and go into one convulsion after another.

Suppose the doctor delays his coming? The young parents are frantic. What must be done? Don't scream and yell until the neighbors crowd in and stand around, keeping the air from the child. Other alarming symptoms may appear. The muscles of his jaw may work and the extremities begin working.

The nervous systems of children are a very delicate and easily upset. A child will have convulsions when an adult would react to the disturbance by chills or fever.

There are many causes for convulsions in children—indigestion, constipation, and teething. Most infectious diseases are at times ushered in by convulsions instead of chills. Children with rickets are predisposed to convulsions.

All of the common infectious diseases of childhood, such as measles, scarlet fever and pneumonia may be ushered in this way. There are so many causes for convulsions that we cannot enumerate them in this short article.

In treating convulsions, the first step is to draw the blood from the head. Fill a tub with hot water if you can get it. Don't get excited and plunge the child in water that is too hot. Many children have been injured in this way. Be sure to apply cold cloths to the head in order to reduce the temperature of the brain.

If you do not have the means for giving the body a bath, put the feet in hot mustard water while keeping the head cool.

When the doctor comes he may find it necessary to use choliform or other medical procedure.

You could use luke warm water with a little soda in it and wash out the bowels by administering an enema.

I recall receiving a frantic call from a young mother to come at once to her child who was almost eight months old. He went from one hard convulsion into another. We worked frantically for several hours while the child passed a crooked rusty pin which was probably sticking his intestines. The sedatives which had been administered then took effect and he fell into a calm sleep. He made an uneventful recovery.

Remember that convulsions are a warning that something is wrong. Have your doctor find out the cause. Look carefully after your child's health.

When Your Back Hurts -

And Your Strength and Energy Is Below Par

It may be caused by disorder of kidney function that permits poisonous waste to accumulate. For truly many people feel tired, weak and miserable when the kidneys fail to remove excess acids and other waste matter from the blood.

You may suffer nagging backache, rheumatic pains, headaches, dizziness, getting up nights, leg pains, swelling. Sometimes frequent and scanty urination with smarting and burning is another sign that something is wrong with the kidneys or bladder.

There should be no doubt that prompt treatment is wiser than neglect. Use Doan's Pills. It is better to rely on a medicine that has won countrywide approval than on something less favorably known. Doan's have been tried and tested many years. Are at all drug stores. Get Doan's today.

DOAN'S PILLS

NOTICE OF SERVICE OF SUMMONS BY PUBLICATION

In The Superior Court
North Carolina
McDowell County
Pansy Wavie Proctor Hoppes,
Plaintiff
VS.
George Clyde Hoppes,
Defendant

The defendant, above named, will take notice that an action entitled as above has been commenced in the Superior Court of McDowell County, North Carolina, by the plaintiff, to obtain an absolute divorce from the defendant on the ground of two years continuous separation; and the said defendant will further take notice that he is required to appear at the Office of the Clerk of the Superior Court for McDowell County, North Carolina, at the courthouse in Marion, North Carolina, on or before June 2, 1949, and answer or otherwise plead to the complaint in said action or the plaintiff will apply to the court for the relief demanded in said complaint.

This the 8th day of April, 1949.
S. D. MARTIN,
Clerk Superior Court.

Sarah Ann's Cooking Class

Are you one of these house wives that find yourself fretting over what you'll have on the menus for the day. If you are, then sit down and plan your meals in advance. Take advantage of the "Basic Seven" and serve some food from each group every day plus any other foods you want.

The Basic Seven

Milk and Milk Products: Fluid, evaporated, dried milk or cheese.

Meat, Poultry, Fish or Eggs: or dried beans; peas, nut or peanut butter.

Bread, Flour, Cereals: Natural whole grain or enriched or restored.

Fats and Oils: Butter, margarine fortified with vitamin A, shortenings, salad oils, lard, etc.

Green and Yellow Vegetables: some raw, cooked, frozen or canned.

Oranges, Tomatoes, grapefruit or raw cabbage or salad greens.

Potatoes, Other Vegetables and Fruits: Raw, diced, cooked, frozen, canned.

Crusty Loaf with Swiss Cheese

1 tablespoon sugar
1 tablespoon lard
1 tablespoon butter
2 teaspoons salt
1 cup boiling water
1 cup of scalded milk
1 yeast cake
6 cups flour
Swiss cheese

Into a mixing bowl put the sugar, lard, butter and salt. Pour over this the boiling water and scalded milk. Stir well. When the mixture is luke-warm add the yeast cake which has been dissolved in 1-4 cup of luke-warm water. Add 5 cups of the flour and stir until well mixed. Then turn dough out on a lightly floured board and knead, adding gradually the other cup of flour. Return the dough to the bowl, cover lightly and set in a fairly warm place to rise overnight. In the morning, cut down the dough, turn it on a very lightly floured board and knead for 5 minutes. Cut off a small piece of the dough and set aside. Shape the rest of the dough in a round loaf. Place this loaf on a well greased baking sheet and on top of it place the small piece of dough, which is shaped like a large biscuit. Cover and let rise. Bake at 450 degrees for about 10 minutes, then reduce heat to 350 degrees and bake about 1 hour. Serve a wedge of this bread with a slice of Swiss cheese and hot tea.

Vegetable Chowder

1 cup diced bacon
1 quart sliced okra
4 cups canned tomatoes
1 green pepper, sliced
2 cups cooked dried lima beans
1-3 cup uncooked rice
2 cups canned corn
1 onion minced
1 teaspoon salt
1-4 teaspoon minced parsley
2 cups water
Fry bacon until crisp, remove bacon, cook okra in drippings 5 minutes. Add remaining ingredients. Let it come to a boil, then simmer for 1 1-2 hours. Add crisp bacon when ready to serve.

Apple Mixture

4 cups sliced apples
1-2 cup sugar
1-2 teaspoon cinnamon
1-4 teaspoon nutmeg
Mix the raw sliced apples with sugar, cinnamon and nutmeg.
Roll the dough about 3-8 of an

Can Black-Draught Help That Dull, Dopey Feeling?

Yes, Black-Draught may help that dull, dopey feeling if the only reason you feel that way is because of constipation. Black-Draught, the friendly laxative, is usually prompt and thorough when taken as directed. It costs only a penny or less a dose. That's why it has been a best-seller with four generations. If you are troubled with such symptoms as loss of appetite, headache, upset stomach, flatulence, physical fatigue, sleeplessness, mental haziness, bad breath, and if these symptoms are due only to constipation — then see what Black-Draught may do for you. Get a package today.

ADMINISTRATOR'S NOTICE

The undersigned having qualified as administrator of the estate of Mary E. Kincaid, deceased, late of McDowell county, North Carolina, this is to notify all persons having claims against the estate of the said deceased to present them to me duly verified on or before the 25th day of March, 1950, or this notice will be pleaded in bar of their recovery. All persons indebted to the estate will please make payment to the undersigned at once.

This the 18th day of March, 1949.
J. L. HANEY,
Administrator of Estate of
Mary E. Kincaid, deceased.

Modern Advertisements Can Sell You Anything

By EDWAR SIMS

Washington—If the poor American consumer believes everything he sees in advertisements, he may live a sad life indeed. Nowadays you can find a cigarette that picks you up or down, and you don't have to tell the cigarette whether you want to go up, or down. It's automatic, you know, both ways.

You can find fluroflouresamatic drive on nearly every car. Some call it futurhydrospasmotic, others, dynamflexoparabendrazine, but it all adds up to pretty words. Every ride is either feather slush or prissy air-form ride, or aft-ship, or luxury carpet whisk. You don't just drive around in anything these days.

And the engine in these cars. None of them use much gas, all are power-packed and energy-tipped, etc. Every car is bigger, roomier, faster, slower, higher, lower, more expensive and more expensive.

The movie stars advertise a lot. Some of them have smoked two or three brands of cigarettes for twenty years. They must do a lot of smoking. And the beer advertisements. It would be a tough job to find the coolest, driest beer, wouldn't it? And as for harder stuff it's all mild. There's none that's strong.

Advertisement can sell the country on anything. It has taught the women to smoke, and drink, in a sense. It has put over other things. The next might as well be a return to snuff or chewing. The advertisers will sell you if they put their minds to it. And we'll believe it, if they say it's true.

How about slogans like: "If you don't want to be blue, chew." "If you don't want to be blue, chew." That may sound silly, like it is, but the advertisers could sell chewing tobacco to a million Americans if they'd just advertise it with a pretty young thing.

inch in thickness, spread lightly with softened butter or margarine. Spread apple mixture on dough and roll up carefully, like a jelly roll. Prick with a fork and bake in an oven 450 degrees for 30 minutes then reduce heat to 350 degrees and bake about 20 minutes longer.

THE ANSWERS

1. The fifth.
2. Nebuchadnezzar.
3. Bud Abbott.
4. West Point Academy football coach.
5. Mercury.
6. Connecticut.
7. A county in the northeast corner of Norway, having a common border with the Soviet Union.
8. A fleet of small boats that evacuated British and French soldiers from Dunkirk in 1940.
9. A new Air Force B-47 bomber flew across the country in 3 hours 48 minutes.
10. Utah, Colorado, Arizona and New Mexico.

FARM NEWS

Forest fires ravage about 30 million acres of timberland annually.

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Poultrymen, when you buy a chick starter this spring remember that more than one-half of the world's egg laying champions among the leading breeds were grown the economical Ful-O-Pep Way . . . started on vitamin-rich Ful-O-Pep Chick Starter. See us today for complete information on the famous Ful-O-Pep Restricted Feeding Plan and vitamin-rich Ful-O-Pep Chick Starter.



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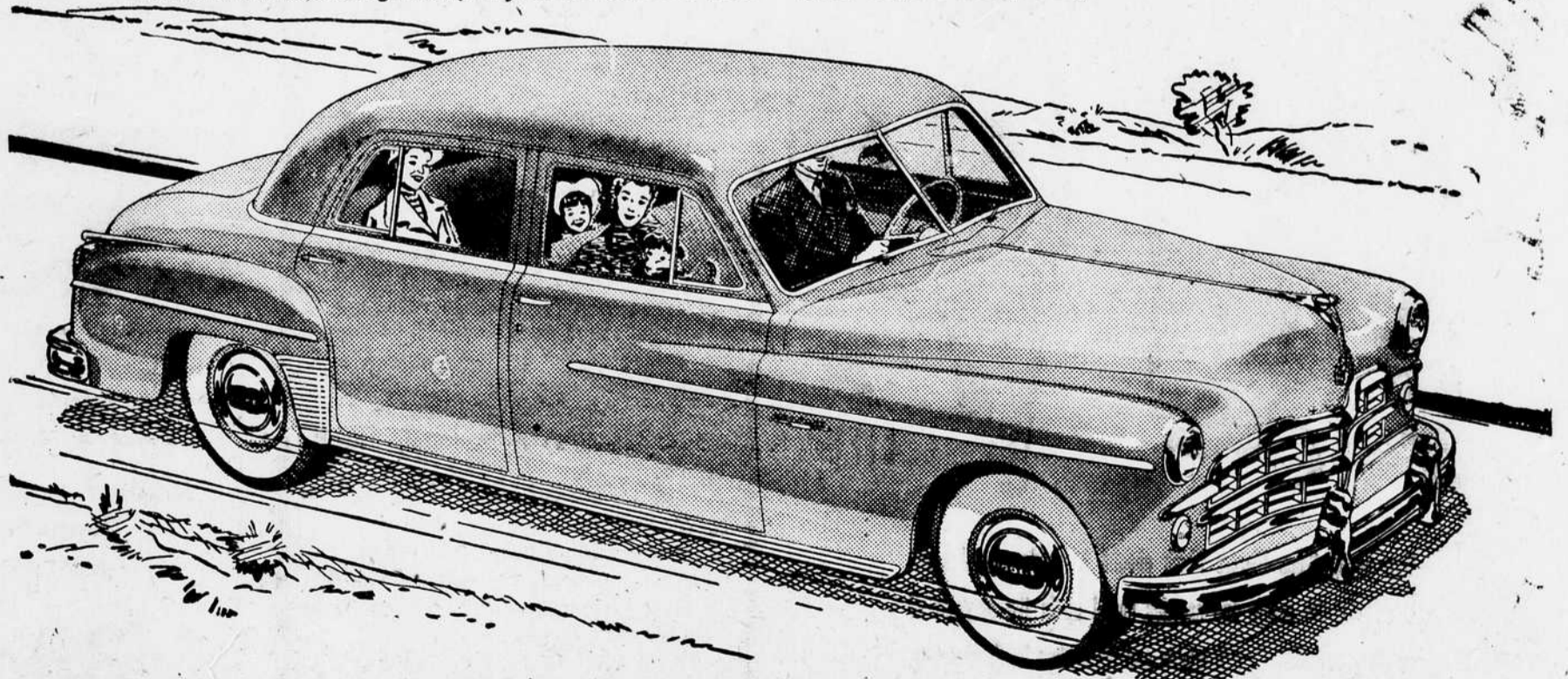
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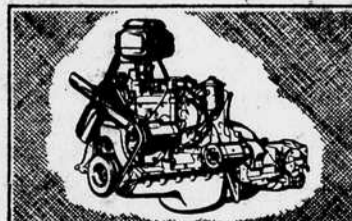
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