

Home Demonstration Club News

BY MRS. T. J. O'NEIL
Macon County Home Demonstration Agent

MAY DAY

A MESSAGE FROM THE CHIEF OF THE CHILDREN'S BUREAU
By KATHARINE F. LENROOT

"Speed Children on the Road to Health." With this slogan the Children's Bureau, at the request of the state and provincial health authorities of North America, sponsors the celebration of May Day—Child Health Day for the third consecutive year.

In order to determine how families, communities, schools, public and private agencies, and individuals may help to speed children on the road to health we must consider what are some of the pitfalls which would await children as they grow from birth through adolescence unless necessary protection is afforded them.

First is the pitfall of birth itself. Thousands of mothers each year do not live to give birth to their babies or die when the babies are born or shortly afterwards. Better care for mothers before and at the time of birth of their babies will save the lives of many mothers and the lives of many babies as well, since thousands of babies are born dead or do not survive the first week of infancy because their mothers have lacked good care.

The early weeks of the baby's life are full of pitfalls, but we know that modern science, education, and community cooperation will help to avoid them. The pitfalls diminish in number as the baby grows older. The United States in 1936 lost 57 babies during the first year of life out of every 1,000 born alive. Fifty-eight per cent of these babies die in the first month and only two per cent in the 12th month. The baby's path is thus getting safer as he grows older.

Above all, it is the privilege of the Children's Bureau, through its research in all fields of maternal and child health and welfare, and through its distribution of the facts brought out by such research, to make available to every American home understanding and knowledge about the care and guidance of child life and to increase public awareness of the needs of children and of the cooperative endeavors by means of which these needs can best be met.

The years from 6 to 16 are about the safest years for children as far as mortality rates for boys and girls are concerned, the lowest rate being reached at the age

of 10 or 11. The fine health-education work being done by the schools, the Nation-wide safety campaigns to prevent accidents, the cooperation of private organizations, and increased community recognition of the needs of school-age children have done much to make the child's road safer during this period of his life.

Physical health must go hand in hand with mental health. The child needs a sense of security as well as physical health protection as he travels along the road of life. Parents need a helping hand in dealing with their children's conduct problems and in determining what is best for the child who seems to be emotionally or mentally, as well as physically handicapped. It is for the community to provide such help in the form of public or private agencies staffed by well-trained specialists familiar with the needs of such children.

The Social Security Act, through its provisions for maternal and child-health services, crippled children's services, and child-welfare services, now in operation in the States, Alaska, Hawaii, and the District of Columbia, is helping local communities to speed children on the road to health by enlisting the cooperation of all agencies, public and private, and by reaching into the remote rural areas where children have not had such protection in the past. It is the privilege of the Children's Bureau to administer these parts of the Act as the agency through which the Federal Government expresses its interest in the health and welfare of the Nation's future citizens.

And American parents can also remember this to their comfort: all over Europe, in China and Japan, boys are being taught at an incredibly early age to bear arms, sever family connections, encounter danger to life. Even if the healthy American boy or girl has to take on responsibilities a little sooner than we might wish, he is still lucky compared to the young people in other countries."

Accompanying the article, is a list of suggestions for pin-money odd jobs, which should prove useful in helping young people select summer occupations. The list, follows in part:

For Boys

Painting fences, porch furniture, etc. Tending gardens, lawns, drives, hedges. Raking and burning backyard trash; destroying tent caterpillars and other harmful insects; exterminating poison ivy. Delivering parcels for steam laundries, dry cleaners, etc. Selling vacuum cleaners, washing machines, magazines, newspaper subscriptions. Teaching sports and studies to younger boys. Taking children swimming or hiking at regular intervals. Cleaning cellars, yards, lawns. Collecting and selling old newspapers, bottles, etc. Washing autos, windows, dogs. If in large city, walking dogs may be profitable. Serving as caddy at golf club; as attendant, ball-boy or ground keeper at tennis club. Repairing radios, lawn mowers, etc.

For Girls

Tending flowers or lawns by the month. Serving as companion or reader for invalids or younger children; helping half days in tea-rooms run by women. Making and selling hooked rugs, sweaters, dresses, candy, cookies, jellies. Taking orders from neighbors for such things as subscriptions, stockings,

MATURE FRESHMAN



Julius F. Stone, Jr., who helped rehabilitate the city of Key West, Fla., is now attending classes as a freshman at the Harvard law school at Cambridge, Mass. Stone, thirty-five years old, is a graduate of Ohio State university and holder of a Ph. D. degree in chemistry from Harvard. He lives in Cambridge with his wife and baby daughter.

aluminum ware, books from lending libraries, etc. Telephoning prospective customers for beauty parlors, etc., on a commission basis. Assisting at community park or playground; working at small paid job for summer with Youth Administration, Y. W. C. A. or other welfare agency.

Thanks Extended To Mr. and Mrs. Slagle

The adult education teachers of Macon county wish to thank publicly, through our county paper, Mr. and Mrs. Carl S. Slagle, owners of Nonah Craft shop on Cartoogechaye, for kindness and interest shown our program in furnishing us a building free of charge in which to hold our arts and crafts classes taught by Miss Minnie Reese, of Asheville, all of last week. We also appreciate the nice lunch served to us by Mr. and Mrs. Slagle on Wednesday.

If more people in our county would show an interest in our program we could accomplish so much more than we are now doing. However, we feel we are helping our county by trying to train folks to be self supporting.

Also to want to be better citizens. We all know an educated parent means an educated child. We have on our teaching staff at present four men and five women. This payroll brings money into Macon which is all spent in the town of Franklin. We have had very little cooperation from a majority of the people, but we have a number who are very kind and aid us in every way possible.

I want to extend to the people of Macon county an invitation to attend our exhibit which is to be held in Asheville May 12. Please attend if possible and see for yourselves just what we are trying to do in adult education.

Leona P. Duncan,
Head Teacher Adult Education,
Franklin, N. C.

Farm Women Taught To Make Mattresses

Hundreds of homemade cotton mattresses, produced at a cost of only a few dollars each, are supplying added comfort in farm homes throughout North Carolina.

Miss Pauline Gordon, extension home management and house furnishings specialist at State college, has been stressing mattress-making as an important part of home demonstration club work.

"Besides adding comfort to the home," Miss Gordon said, "some of the surplus cotton is taken care of in the manufacture of these mattresses."

Miss Gordon pointed out that the ticking, thread, and buttons required in making a mattress at nine cents a pound, this would amount to approximately four dollars. Adding two dollars for the materials, the total cost in the average case would not be more than six dollars.

Several women working together can make a complete mattress in a few hours. By using such an arrangement, many families in a community can get new mattresses made easily and cheaply.

Home agents in this state have lesson sheets available which contain full directions for making mattresses at home.

LEGAL ADVERTISING

NOTICE OF SUMMONS

North Carolina
Macon County

In The Superior Court
George Carpenter, Admr.
of J. B. Mason Estate

vs.
Mary L. Mason, Luther Mason,
et al

The defendant, Luther Mason, will take notice that an action entitled as above has been commenced in the Superior Court of Macon County, North Carolina, for the purpose of selling lands in which the defendant has an interest to make assets to pay debts of J. B. Mason.

It is further ordered by the court that the defendant, Luther Mason, is required to appear at the office of the Clerk of the Superior Court in Macon County, North Carolina, in Franklin, on the 29th day of

LEGAL ADVERTISING

May, and answer or demur to the complaint of the plaintiff, or the relief demanded in said complaint will be granted.

HARLEY R. CABE,
Clerk Superior Court
M5-4tc-M26

ADMINISTRATOR'S NOTICE

Having qualified as administrator of James M. Williams, deceased, late of Macon county, N. C., this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned on or before the 26th day of April, 1938, or this notice will be plead in bar of their recovery. All persons indebted to said estate will please make immediate settlement.

This 26th day of April, 1938.
J. M. WILLIAMS,
Administrator.
M5-6tp-J9

Life's Highest Award

Public Confidence is the greatest honor that can be bestowed upon an individual or company in the public service. And in America, integrity continues to be regarded as the highest form of excellence. Here Service not Strategy builds Prestige.

This Organization is pledged, in its confidential relationship with those it serves to unswervingly devote its talents to their best interests.

Impartiality To All without regard to their positions or possessions is the guiding principle of the funeral director who proves his right to serve.

He Serves Best Who Serves Most

C BRYANT

Funeral Home
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"Take 6, Multiply by 2, Divide by 3,
Subtract 100

... and the answer is Triple-Thrift!"

A General Electric six cubic foot electric refrigerator of today has almost twice the cooling capacity, almost four times the freezing speed, and operates for about one-third the cost of its 1927 predecessor. Yet with all of these superiorities, the 1938 General Electric refrigerator is priced \$100 lower. Never before has General Electric offered so much refrigerator for so little money.

\$5.00 DOWN IS ALL YOU NEED TO BUY A GENERAL ELECTRIC



Macon County Supply Co.

LYMAN HIGDON AND HARVE BRYANT, Mgrs.
FRANKLIN, N. C.

Vacation Work Advice By Margaret Culkin Banning

"Should my child work this summer?" Margaret Culkin Banning, famous author asks parents whose children will soon be out of school on summer vacations.

Mrs. Banning, one of America's outstanding women, and mother of two children, discusses this important and highly controversial question in the May issue of Woman's Day. Not seeking to lay down hard and fast rules, but rather to give some friendly advice to parents, Mrs. Banning proceeds to answer her own question:

"The answer is yes, if the money is necessary. If the amount that a boy or girl can earn during the summer vacation is so needed that otherwise the family will be uncomfortable or suffer, the young person should be allowed to carry his share of the load and find a job if he can. The answer is also yes in cases where the summer job is not just a time-killer but will increase the earning capacity and usefulness to society of a boy, or girl when he or she becomes a full-time worker.

"But educators say that students need the long vacation for relaxation. Some psychologists say that a young person who enters the working world with its disciplines and responsibilities too early, or while he is still studying part of the year, will be left with an unfortunate mark. A summer job may force his maturity or stunt his natural growth, mentally or physically.

"Such statements frighten the parent who is eager to protect his children almost into maturity. But sometimes we are apt to be too soft about our children, to their disadvantage. This is a very serious and far from ideal world at the moment. If ideal economic conditions do not exist we cannot bring children up as if they did exist.