



Mrs. James P. Cunningham, of the Carson Home Demonstration Club, as county recreation leader, plans her work to include young people. Here she is shown instructing a group from her community in square dancing. A team has been formed as a result of her efforts. (Staff Photo)

Recreation Teaches Youth Happiness

When the county council of home demonstration clubs elected Mrs. J. P. Cunningham, of Carson club, to serve as county recreation leader, they knew of her outstanding record in 4-H leadership. Mrs. Cunningham believes adults need to play, too. You will think the same if you read her story. — Mrs. Florence Sherrill.

Recreation Needs
Of course, today's home builds tomorrow's world! Hasn't it been said that the hand that

rocks the cradle rules the world? If true, this places a great responsibility in the hands of today's homemakers. Stop! Think! Are we living up to these responsibilities?

I'm sure we're doing our best to build the best homes possible for our families. I'm sure we want our children to make a success of their lives. But what is success? A good job and perhaps financial success? A good education? A good marriage? Good health? A good social position?

True, these are all of the utmost importance; however, I believe that real success is "Happiness". Good wholesome recreation in our youth helps us to learn what makes real happiness.

Dr. Norman Vincent Peal tells of asking a very successful man, "To what do you consider the necessary attributes for a successful career in industry?" The reply was, "Number one is the ability to adjust to and to work with other people. Number two, one must have common, ordinary, everyday intelligence. Number three, the ability to work hard, to apply one-self is essential. And, number four, a person needs technical skill."

You might be surprised at the order of the listing and expect him to put technical skill first and intelligence second, as I did. However, he says that people succeed or fail, first of all, to the extent they are able to adjust to other people.

Peale Quoted

Another objective is to understand the services of the other health agencies of North Carolina. We held a health education conference in this county and a number of our women have attended similar conferences in Hazelwood, Sylva, and Bryson City. At these meetings, we learned of services available through Crippled Children's Society, American Cancer Society, and American Heart Association. Studies also were made concerning tuberculosis control, farm and home safety, nutrition, preventative medical care, mental health, and X-ray.

Understand Services

From these conferences have come several objectives. The most important we feel is the annual complete physical examination. We stress this in all our clubs: "Our own family doctor is our best friend." It is he, being acquainted with us, who can detect something wrong and help us, thus saving time, money, pain, and possible future health. But, he cannot help us if we do not go to him.

We always take advantage of the mobile X-ray unit. One of the clubs saw that the entire community was provided with transportation to the mobile unit.

Complete Physical

All of us are very much concerned with cancer detection and control. The film, "Breast Self-Examination", has been shown in every club. Many of our women take advantage of the Cancer Detection Clinic held in Sylva every Friday. We have learned cancer can be cured, if detected in the early stages. Recently the Highlands Home Demonstration Club sponsored a special meeting, inviting non-members, in the interest of cancer control.

Home demonstration club women have assisted in collect-

Cancer Film Show

ing funds for the American Heart Association. Heart and blood diseases are another group in which early diagnosis and proper treatment influence the prognosis of the disease. In our clubs we studied, "The Heart of the Home". We learned ways a heart patient can conserve energy and remain an active homemaker, and how all of us can prevent unnecessary strain on our hearts.

ligent
And my ideas have never traveled further than my feet.
You ask me what is the supreme happiness here below?
It is listening to the song of a little girl
As she goes down the road
After having asked me the way".
—Wang Wei

A Prayer

Dear Father, guide and direct us to that we, too, may feel the supreme happiness that comes as we listen to the song of a little child who has asked us the way. Make us better parents. Help us to understand our children, to listen patiently to their questions, and to answer them kindly. Keep us from interrupting them, talking back to them, and contradicting them. Make us courteous to them as we would have them be to us. Give us courage to admit our mistakes, and to say we are sorry. Sustain us when we are out of sorts, help us hold our tongues. Blind us to the little mistakes of our children, help us to remember that they are children and incapable of exercising the judgment and

conventions of adults. Forbid that we should ever punish for our selfish satisfaction, or before our child is given a chance to explain. Make us fair and just, so considerate and understanding that our children will enjoy our companionship. Fit us to be loved and imitated by our children. And with all these gifts, O Great Jehovah, give us calm, and poise and self-control. Amen—(Adapted from "A Prayer for Parents" by Gary Myers.)

Mrs. Fred Corbin
(Higdonville Club)

Adequate forage is necessary to successful livestock production.

North Carolina farmers produce about one-half million acres of annual lespedezas each year.

Hear Weimar Jones, candidate for the Democratic nomination for Representative, in a radio talk over the local station tomorrow (Friday) at 12:30 p. m.

Adv.

Congratulations, Good Ladies -

We are proud of the Home Demonstration Clubs of Macon County and the work they have done. To each and everyone of you a tip of the hat and a hearty, "Thank Lou!"

DOWN'S & DOWDLE

Phone 226

Franklin, N. C.

No. 4

"I am old, nothing interests me question, "What is the most worth-while thing in life?"

I am old, nothing interests me now;
Moreover, I am not very intel-

To The Home Demonstration Clubs of Macon County

Our Best Bow and Congratulations

WESTERN AUTO ASSOC. STORE

Phone 169

Franklin, N. C.

Program Important

Thus, I believe our organized recreational programs with our children, throughout their formative years, to be most important. If children learn to play well together, they are likely to get along with husband or wife in later years. If they build happy homes, they raise well adjusted children.

Did you know that working and playing with young people is like taking a drink from the fountain of youth? It keeps you young! Let's plan time for recreation!

Someone has said, "Recreation is not the highest kind of enjoyment, but in its time and place is quite as proper as prayer."

Mrs. Esther C. Cunningham
(Carson Club)

No. 1

other available facilities may be obtained from Mrs. Gladys Shope, senior public health nurse, and H. T. Collins, senior



"Come libero cittadino americano, Voi vorrete esercitare il Vostro diritto di voto nelle Elezioni Primarie Democratiche in 31 maggio e potrete votare solamente se siete debitamente registrati. Uno dei molti e forse il piu importante dei modi per conseguire gli scopi della Democrazia e' appunto di esercitare il privilegio del voto."

"IN ANY LANGUAGE . . ."

Better Characters In Our Children
Better Living Conditions In Our Homes
Better Programs In Our Churches, Schools, and Clubs

These are some of the things that Home Demonstration Clubs have helped to bring to Macon County and for this we would like to say,

Congratulations and Thanks
BELK'S - FRANKLIN

To the Home Demonstration Clubs of Macon County CONGRATULATIONS

Through the years you have helped make Macon County a better place to live and WE ARE PROUD OF YOU

The Fashion Shop

Congratulations

TO THE HOME DEMONSTRATION CLUBS OF MACON COUNTY

For their fine programs this year . . . and for the fine inspiration and leadership that their members have given to the communities and churches throughout Macon County since their first beginning.

The Twins' Shop