



VACATIONS and HEALTH

By Dr. ERNEST H. LINES
Resident Authority and Chief Medical Director
New York Life Insurance Company

CHILDREN IN SUMMER MONTHS

FOR children, the summer months are playtime. Free from the tasks of the schoolroom, they look forward eagerly to the games and pleasures of the vacation period. But intelligent and careful planning for the holidays is as essential for children as for adults. Since the routine of school health educators is suspended, full responsibility for health falls on the shoulders of parents.

The vacation period of the average city child is usually spent with adult relatives at summer resorts, at organized camps, or in the year-round city environment. It is the unfortunate children who spend the last type of vacation who require the closest supervision.

They should be particularly warned against over-exertion and heat prostration, against eating foods handled by street vendors, and against the dangers of accident from automobiles. The most tragic aspect of the child's vacation period is the increased number of avoidable accidents to children due to the failure of parents and children to carry on the safety campaign waged throughout the school year.

Although swimming is excellent exercise for children, particularly since it teaches them how to take care of themselves in the water, care should be taken to avoid the pollution of "the old swimming hole." Children who go to summer camps should be examined in advance by the family physician and a record should be sent to the camp authorities so they may regulate the child's activities in accordance with his physical condition.

Explosions

Many accidents to children occur from the explosion of dynamite caps left lying around vacant houses, summer cottages and other places

where children may pick them up. The Institute of Makers of Explosives reports that 600 children are killed or injured annually from playing with blasting caps. Most of these accidents occur during the summer months.

A still greater number of children are maimed by the explosion of firecrackers. Lock-jaw and burns are a serious danger. Don't let the Fourth of July be a reminder that your child has lost his life, or an eye, or some fingers from a firecracker explosion.

In short, plan the child's vacation so that it combines the greatest freedom from the nervous tension of the formal classroom with the highest regard for the rules of healthful living and the greatest care to avoid accidents. Continue the child's regular rest period. If possible, bring the child close to the lessons of the great outdoors. See to it that, with an abundance of sunlight, air, rest and directed recreation, the little citizen goes back to school with a sound mind and a sound body.

This is the second of a series of 12 articles on Vacations and Health. The third, on Camp Life, will answer the questions: 1. What first aid should be administered for snake bites? 2. How should a camp site be selected? 3. How should firearms be carried?

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NOTICE

Notice is hereby given, that the undersigned, Homer Brown, who was convicted of the crime of murder, in the first degree at the July Term of the Superior Court of Haywood County, and sentenced to death by electrocution will apply to the Governor of North Carolina to commute the said sentence to a term of life imprisonment. All persons opposed to this application will notify the Governor. This the 25th day of July, 1933.

HOMER BROWN.

Romance of the Nobleman and the Hat-Check Girl. Read About This Modern Real-Life Cinderella in The American Weekly, the Magazine Distributed With Next Sunday's BALTIMORE AMERICAN. Buy your copy from your favorite newsdealer or newsboy.

Leading farmers, business and professional men of Mitchell county have appeared before the county commissioners to request that county agent work be continued.

Society Events

Continued from Page 5

ARTIST TRIO TO APPEAR FRIDAY EVENING

The outstanding musical event of the season in Waynesville is the recital to be given Friday evening by Elizabeth Norman Barber, violinist; Johnny King Cleveland, soprano, and Aldine B. Combs, organist and baritone.

The recital is being sponsored by the Waynesville Music Club and will be given at the First Methodist church at 8:30 o'clock.

Those who have heard Mrs. Barber are anticipating her recital with great pleasure. The reputations of Mrs. Cleveland and Mr. Combs, have preceded them and a large attendance is expected to hear the trio.

Mrs. Barber graduated from the Atlanta Conservatory of music, later attending the American Conservatory in Chicago and Cincinnati conservatory of music where she was awarded a scholarship in violin. Since leaving college he has done concert work and has been a teacher of violin. She has been a valuable addition to musical circles here.

Mrs. Cleveland, who is a soprano of note from Griffin, Ga., sang in Metropolitan Summer Opera in Atlanta and was the leading soprano in Enrico Leide's Fox Review in the same city.

Mr. Combs is a graduate in voice, organ, and piano from the College of Music in Cincinnati and has also studied in New York. At present he is director of music of the First Methodist church of Griffin, Georgia. His work is exceptionally fine also.

The three artists at one time composed the Colonial Trio and concertized in Georgia.

The recital will be held in response to the expressed wishes of a great many people and there will be no admission charges nor any collection taken, according to Mrs. Joseph E. Johnson, president of the music club.

The program will be as follows:

- (1) Organ
- (A) Prelude to Act IV Lohengrin—Wagner.
- (B) Andante Cantabile—Tchaik. owsky.
- (C) Orientale—Cui.
- Mr. Aldine B. Combs.

- (2) Violin Solos
- (A) Hejre Kati—Hubay.
- (B) Lament of a Rose—Burleigh.
- (C) Joy With Sorrow—Trindell.
- Mrs. Richard Barber, Jr.

- (3) Vocal Solos
- (A) In a Luxembourg Garden—Manning.
- (B) Morning—Speaks.
- (C) The Hills of Home—Fox.
- Mrs. Phillip Cleveland.

- (4) Violin Solos
- (A) Canonette—d'Ambrosio.
- (B) Cavatina—Raff.
- (C) Adoration—Borowski.
- (D) Ave Maria—Liebstraumme—Gounond-Liszt.
- (Arranged by Mrs. Barber)
- Mrs. Richard Barber, Jr.

- (5) Organ Solos
- (A) Caprice Viennois—Kreiser.
- (B) Air de Ballet—Herbert.
- (C) Song of the Bayou—Bloom.
- (D) Country Gardens—Grainger
- Mr. Aldine B. Combs.

- 5 Minutes Intermission.
- (6) Vocal Solos
- (A) Rose of My Heart—Lohr.
- (B) If God Left Only You—Densmore.
- (C) Swedish Cradle Song (Violin Obligato)—Traditional.
- (D) My Hero—Strauss.
- Mrs. Phillip Cleveland.

- (7) Violin Solos
- (A) Midnight Bells—Kreiser.
- (B) Souvenir Poetique—Ziblich.
- (C) Indian Snake Dance—Burleigh.
- Mrs. Richard Barber, Jr.

- (8) Vocal Solos
- (A) Thoughts—Hadley.
- (B) Longing For You—Hathway.
- (C) For You Alone—Geehl.
- Mr. Aldine Combs.
- Violin Obligato.
- Mrs. Barber.

- (9) Vocal Duett, Tell Me Daisy, (Blossom Time)—Romberg.
- Mrs. Cleveland and Mr. Combs.
- Violin Obligato, Mrs. Barber.

MRS. BAUCOM ANNOUNCES DAUGHTER'S MARRIAGE AT TEA

Mrs. H. W. Baucum entertained at a lovely tea on last Friday afternoon announcing the marriage of her daughter, Elizabeth Elaine, to Mr. Arthur Franklin Spencer, of Raleigh, which took place at Louisburg, N. C., May 5, 1933.

The home was thrown en suite and attractively decorated with mixed summer flowers.

The guests were received at the door by Mrs. Baucum and her sister, Mrs. Roger Pittman, of Barnesville.

Heart-dice was played during the afternoon and at the close of the games a salad course with iced tea was served.

The guests were then invited into the dining room. Here the table was centered with a lovely wedding cake which was cut by the bride and her guests. The table was covered with a

Smart Jacket Frock



Twin prints in chiffon and silk crepe are smartly combined in this jacket frock, the chiffon used for the bodice top and for the jacket which has borders of the crepe.

lace cloth and each plate was marked with a miniature bride on which was written the words "Elizabeth and Frank, May 5." Nut cups were in the form of wedding bells and the bridal motif was noted in all decorations of the room. Ice cream was served with the wedding cake.

Invited guests were: Misses Babbie Way, Jewel Higgs, Martha Neal, Margaret Ashton, Hester Ann Withers, Alice Stringfield, Martha Mock, Elizabeth Garrett, Mary Adams Ward, Maude and Margaret Terrell, Ma Greene, Mary Barber, Mrs. Joe Loner, and Mrs. Walter, Bladdock.

Mrs. Spencer, daughter of the Rev. and Mrs. H. W. Baucum, of Waynesville, received her education at Winthrop and Meredith colleges. She is a gifted musician, having studied piano for several years. She is a pretty and attractive young woman and a popular member of the city's younger set.

Mr. Spencer is the son of Mr. and Mrs. A. H. T. Spencer, of Raleigh. He is a prominent young business man and is a member of the Spencer Floral company of that city.

The young couple returned to Raleigh Saturday and will be at home at 415 East Hargett street.

M. H. Bowles Named Superintendent Of Waynesville Schools

(Continued from page 1)

"I wish to state to the patrons of the Waynesville Township that I appreciate the confidence placed in me by your representatives, the Waynesville Township Committee; that I fully realize the responsibility attached, and pledge you my best efforts to make every unit of the Waynesville Township a success."

Mr. Bowles received his bachelor of science degree at Emory University, Atlanta, and 24 hours of post graduate work in the field of administration and botany at Duke University.

He taught science one year at Gordon high school at Gordon, Ga., and was principal of the Wilkinson county high school at Irwinton, Ga., for three years.

After coming here five years ago he was head of the science department of the local high school for one year and for the past four years he has been principal of the Central Elementary School.

B. D. Bunn told The Mountaineer yesterday that he not have any statement to make regarding his plans for the immediate future. He is working on several matters in the educational field.

"I wish for my successor, Mr. Bowles, every success with the school that I worked diligently for during my two years here. He has my congratulations," Mr. Bunn stated.

The school board which is composed of W. F. Swift, W. R. Francis, Jerry Liner, Earl Ferguson, and Medford Leatherwood, named W. R. Francis as chairman and Jerry Liner as secretary at their meeting.

"The Eye of the Dragon"—a Thrilling Novel of Love and Adventure on the China Sea, Beginning in The American Weekly, the Magazine Distributed With Next Sunday's BALTIMORE AMERICAN. Buy your copy from your favorite newsdealer or newsboy.

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Preserving Time is Here Again

By Jane Rogers

If you are one of those wise housewives who last summer stocked her pantry shelves with jams, jellies and preserves you know how much they can add to the pleasure and economy of winter meals. If not, let "live and learn" be your motto and resolve that your activities this year shall make up for the omissions of the past.



The products of orchard or garden in whatever form they are put up have everything to recommend them. The fruits and berries furnish vitamins and mineral salts while the sugar is an invaluable source of energy. Ease of preparation is another consideration, and modern methods, including the short-boil method and the use of prepared pectin, have greatly lessened the time and effort required.

Ripe Peach Jam

4 cups (2 lbs.) prepared fruit
7/8 cups (3 1/4 lbs.) sugar
1 bottle pectin

To prepare fruit, peel about 3 pounds fully ripe peaches. Pit and grind, or chop, very fine. If peaches lack flavor or tartness, add juice of 1 lemon.

Measure sugar and prepared fruit, tightly packed, into large kettle, mix well, and bring to a full rolling boil over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Remove kettle from fire and stir in pectin. Then stir and skim by turns for just 5 minutes to cool jam slightly, to prevent floating fruit. Pour quickly. Cover with 1/2 inch of hot paraffin.

Ripe Pear Jam

4 cups (2 lbs.) prepared fruit
7/8 cups (3 1/4 lbs.) sugar
1 bottle pectin

Peel, core, and crush completely, or grind, about 3 pounds fully ripe pears. If desired, about 3 teaspoons spice may be added.

Measure sugar and prepared fruit into large kettle, mix well, and bring to a full rolling boil over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Remove from fire and stir in pectin. Then stir and skim by turns for just 5 minutes to cool slightly, to prevent floating fruit. Pour quickly. Paraffin and cover as above. Makes about 11 glasses (6 fluid ounces each).

BEAUTY PAGEANT STAGED AT HIGH SCHOOL LAST NIGHT

(Continued from page 1)

American Legion and Auxiliary—Idea Jean Brown.

Local winner to be designated "Miss Waynesville" to represent local Post in State-wide Beauty Pageant to be staged in Wilmington (Wrightsville), N. C. August 18-19, 1933.

The winner, in the State-wide Beau-

ty Pageant to be designated "Miss North Carolina" and given free trip to the World's Fair, Chicago, Ill., during the 1933 National Convention American Legion.

Science's Newest Discoveries About Women. Why They Are Different From Men Explained in an Instructive Article in The American Weekly, the Magazine Distributed With Next Sunday's BALTIMORE AMERICAN. Buy your copy from your favorite newsdealer or newsboy.

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- 60c Forhans Paste . 43c
- 50c Dorsay Perfume 29c
- 50c Dorsay Powder 29c
- 65c Perfection Cream . . . 39c
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