

Health Department

Edited By
DR. C. N. SISK

There are a number of diseases liable to be communicated from one person to another by infection. These diseases are called communicable diseases. The infection which may be transmitted from one person to another by contact with the sick person, or by contact with the secretions of the sick person, or by contact with the objects which have been in contact with the sick person, is called infection. Quarantine is established for the purpose of preventing the spread of communicable diseases. The law provides for the quarantine of all members of the household of a person who is infected by a communicable disease. If the responsible person does not observe the law, quarantine is enforced. It is a penalty not to exceed a fine of \$100 or imprisonment for 30 days, or both. The most common reportable diseases to report to the quarantine officer. However, if the physician is satisfied it shall be the duty of every parent, guardian, or householder in the household, to notify the quarantine officer, giving the name and address of any one whom they have reason to suspect of being affected with a communicable disease.

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CONGRATULATIONS

One of the outstanding features of the Modern Western Carolina Creamery is the vast amount of electrical equipment necessary to operate the machines.

The entire success of the plant depended upon the proper functioning of the machinery, so we were called upon to install the electrical equipment.

We are glad to have had a part in the construction of the plant—the confidence expressed by the Creamery officials is characteristic of the confidence that our customers have in our work.

WHEN IN NEED OF ELECTRICAL WORK CALL US.

WE NEVER DISAPPOINT

Martin Electric Co

Phone 31

A Message To FARMERS

We join with Haywood County in extending congratulations to The Western Carolina Creamery on its plant and management that has been established in our community.

The weekly expenditure of the Creamery is at present amounting to about \$500, and in the near future will be near the \$1,000 mark, and as most of this goes to you farmers, we urge that you begin now to save part of what you receive.

It is not how much you get, but how much you SAVE that counts.

Now where you put your money to save it is most important—but here you can bank with safety. This institution has weathered the storm of the depression, and today stands stronger than ever.

We have insurance on all deposits up to \$5,000—this insurance is with the Government, so there is no need to worry about your savings unless they are hidden somewhere. There is no protection offered you that is better than this bank.

WHEN IN NEED OF BANKING FACILITIES OR AD-

VICE REMEMBER WE ARE ALWAYS
GLAD TO BE OF SERVICE

THERE'S NO SUBSTITUTE FOR SAFETY

First National Bank

WAYNESVILLE, N. C.

FEEDING DAIRY CATTLE HOME GROWN FEEDS FOR A PROFIT

By C. D. Grinnells, in Charge Dairy Investigations N. C. Agricultural Experiment Station.

(Special for The Mountaineer)

Nature's ideal food for the dairy cow is June grass and in building our artificial rations we should try to make them resemble grass in every way possible. Grass is milky, succulent, rich in minerals, vitamins and proteins. It has a stimulating effect on the 30 to 45 gallon capacity of her four-compartment rumen as well as the other divisions of the cow's stomach. Grass is well adapted to the physical make up as well as the nutritive needs of the cow and for this reason pasture is often called the dairy cow's tonic.

In making a ration we should consider such desirable characteristics as palatability, succulence, milk, variety, vitamins, minerals and cost. Pasture grass meets these specific requirements. In making a grain mixture these requirements are usually considered, but the cost is often too high because of the general feeling that a large number of feeds are needed in such a mixture in order to give it variety.

Home grown grain mixtures as a general rule, are cheaper, more palatable and more nutritious. Their cost charges are smaller. These mixtures in some cases may be criticized for lack of variety, but in the past we have over-emphasized this one characteristic at too great a cost. Variety is needed to improve the quality of the protein content but this may be accomplished by feeding a home grown legume hay, as these hays are rich in quality proteins. The roughage and concentrate parts of the ration are supposed to supplement each other and a good legume hay makes a satisfactory home grown ration possible.

If the dairy herd is to fit into the farm scheme it must be the marketing agency for the legumes, corns and other grains as well as by-products of crops grown on the farm, the maintenance and improvement of soil fertility. Good management demands that the dairy herd work into the farm plan, acting directly or indirectly in a balanced form. It is necessary that recognition be given to the best interests of the dairy herd in planning the cropping system. Mixing a good home grown ration is much less difficult if legume hay and other crops are available. If these feeds are not available, to supplement a simple home grown mixture a more complete concentrate ration is necessary to meet the requirements of a good cow. In this case a complex grain mixture also means a greater amount of purchased feed and an added cost of transportation with some difficulty in securing some parts of the mixture, because they are not easily available.

Feeding results at the North Carolina Experiment Station show that sorghum hay is almost equal in value of alfalfa hay. The North Carolina dairymen are therefore in an excellent position with their good legume hay, sorghum hay, alfalfa hay, lucerne hay, and cottonseed meal, etc. and other feeds to build a good ration.

These four feeds are also good in a variety which makes the palatability as well as the vitamins and the necessary liveliness of the heavy producing dairy cows. Palatability and increased value because of the increased feed intake thus supporting good production. The dairy farmer who makes an attempt to produce milk and give a good quality of legume hay is therefore producing a palatable feed rich in proteins and vitamins.

During the past few years the milk-producing ability of two concentrate mixtures was compared at the Mountain Branch Experiment Station. The simple or home grown mixture contained 17.4% digestible crude protein and the complex mixture contained 21.7% of digestible crude protein. Each mixture contained 1507 pounds of total digestible nutrients per ton.

The simple mixture was composed of 400 lbs. corn meal, 300 lbs. cottonseed meal, 200 lbs. wheat bran, and 700 lbs. ground oats.

The complex mixture was composed of the following: 100 lbs. peanut meal, 200 lbs. cottonseed meal, 250 lbs. linseed meal, 200 lbs. corn distillers' grains, 500 lbs. Corn Gluten Feed, 200 lbs. wheat bran, 100 lbs. ground oats, 200 lbs. hominy feed, 100 lbs. molasses, 20 lbs. steamed bone meal, 20 lbs. calcium carbonate, 20 lbs. salt.

The simple or home grown ration gave better results in both trials; the feed consumption per unit of

ease are chicken-pox, diphtheria, German measles, infantile paralysis, influenza, measles, pellagra, scarlet fever, smallpox, tuberculosis, typhoid fever, venereal diseases, and whooping cough.

Quarantine is effective in preventing some cases of communicable diseases, but many cases develop before the individual or parents know the patient had been exposed to a case, and as a result many people are exposed innocently. Probably many of these diseases are most easily "caught" in the early stages, when the case apparently has only a cold.

As quarantine is a very ineffective means of preventing the spread of diseases, every one should avail themselves of any other method of prevention that may be available. Fortunately we have an effective vaccine for preventing three of the most fatal infectious diseases, viz. typhoid fever, diphtheria, and smallpox. Immunization against these diseases may be had by applying to your family physician or to the county health department.

CLYDE NEWS

Miss Vivian Haynes has returned to her home here after spending two months with her sister at Henderson, Tennessee.

Mrs. John Stephens and children, of Clinton, spent the weekend here the guests of Mr. and Mrs. Tom C. Laney.

Miss Lois McCracken spent last weekend at home, at Henderson with relatives.

Mrs. W. W. Godwin, of Asheville, spent Sunday afternoon here with her parents, Mr. and Mrs. J. E. Rahn.

Miss Irene Sloan, of Franklin, is spending the week here as the guest of Mr. and Mrs. H. C. Freeman, and family.

Jerry McCracken, of Franklin, was visiting in Clyde Monday.

Mr. and Mrs. Dallas Spencer and two children, Jr. and Grace, Mr. J. K. Spencer, and Mr. Clyde Craig of Henderson spent the weekend here the guests of Mr. and Mrs. Cecil Spencer and Mrs. Katherine Pettit.

Mr. and Mrs. J. W. Dutton and family, of Henderson, spent the afternoon here the guests of Mr. Dutton's parents.

Miss Eugene Henson, of Sylva, is spending the week here with her aunt, Mrs. J. W. Dutton.

Neal and Wynne spent the past week in Waynesville, visiting her uncle and aunt, Mr. and Mrs. R. B. Hyatt.

She was accompanied home by her sister, Mrs. Helena Hyatt, who will spend some time here visiting Mr. and Mrs. G. Robinson, of Asheville, who are visiting here Sunday.

Mrs. A. H. Howard, of Atlanta, spent several days here last week the guest of Mr. and Mrs. N. M. Walker, and family.

Mr. and Mrs. Ed Fischer were Asheville visitors Monday.

Mrs. T. O. Norris and children and Mrs. Frank Haynes spent Sunday in Waynesville visiting friends.

Misses Annie McCracken and Frances Leatherwood spent Sunday at the Moffatt Farm the guests of Mr. and Mrs. H. H. Anderson and family.

Mr. H. C. Overcracker, of Washington, D. C., was visiting relatives in Clyde Monday.

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Child Welfare Survey In County Being Pushed Rapidly

The Child Welfare survey of Haywood county in progress rapidly. It was reported here yesterday. Over 150 cases have been reported to headquarters by Ruth Williams Roth, canvasser for this county.

The survey includes all children who are physically handicapped. Mrs. John N. Shookred on Boundary street, from 5 to 10 p. m. on Saturday June 23rd, when all the congregation are invited to meet and make themselves known to the new Bishop and Mrs. Gibbin.

On Sunday morning the Bishop will celebrate the Sacrament of Holy Communion at 8 a. m.

At 11 o'clock the Bishop will hold Confirmation and preach. To this service all Free Masons in Haywood county are specially invited. The Bishop being a Knight Templar.

Special music will be rendered; Mrs. Richard Barber, Jr., will render a violin selection at the morning service, and the collection will be for the insurance on the church edifice.

Everybody is cordially invited to hear the Bishop.

REV. ALBERT NEW, Rector.

Goodyear Tire Dealer's Sales Are Increasing

Albert Abel, local Goodyear tire dealer, said yesterday that sales had increased almost 100 per cent over the same period a year ago.

Every day last week, Mr. Abel said, a shipment of tires to his place of business, although a large stock on hand.

A large percent of the tires were truck tires which is unusual for this season here.

Children of World War veterans are in need and all children in distress.

Persons wishing to help these children or children in distress in touch with Mrs. R. B. Hyatt, the local Emergency Relief and Re-employment office, or the county health department.

Big week July 2nd, American Legion present The Cooke Players.

Read The Ads

This space
Cleaned By
WAYNESVILLE LAUNDRY
Phone 205
"Quality Cleaners"

(Welcome Creamery—while you give 'em Grade "A" products we give 'em SERVICE)

For--- Efficient--- Economical Transportation

FORDS

Will Be Used To Deliver Western Carolina Creamery PRODUCTS

We congratulate the Creamery, and wish for them the best of success—we're glad to have them for neighbors.

MR. FARMER, . . .

If your trucking and hauling problems are worrying you, consult us and lets talk it over. . . your family will never be as satisfied with any other car as A Ford.

When you're in town, drop 'round, we are always glad to see our farmer friends.

ABEL'S GARAGE

W. T. RAINER, Dealer
PHONE 52 ASHEVILLE ROAD

WAYNESVILLE FIRST METHODIST

Paul Harrison, Pastor.

Sabbath morning services beginning June 24th at 10:00 a. m. in the new sanctuary. The class will meet at 11:00 a. m. The pastor will preach at the noon service. The hour is 10:45.

The pastor will preach at the noon service, Sunday, June 24th, at 11:00 a. m. At 1:00 p. m. the pastor will have a special service in the new sanctuary. The hour is 10:45.

We are delighted with the number of visitors at our church Sunday. We extend a cordial invitation to the tourists to worship with us.

Our weekly program is as follows: Prayer service Wednesday 8 p. m., Bible school Sunday 9:45 a. m., Morning worship 11 a. m., Christian Endeavor 7:45 p. m.

The coming Sunday is the last in "Go To Church Month." Let us make it a great day with every member present.

R. P. WALKER, Pastor.

FIRST PRESBYTERIAN CHURCH

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Our weekly program is as follows: Prayer service Wednesday 8 p. m., Bible school Sunday 9:45 a. m., Morning worship 11 a. m., Christian Endeavor 7:45 p. m.

The coming Sunday is the last in "Go To Church Month." Let us make it a great day with every member present.

R. P. WALKER, Pastor.

BISHOP GIBBIN TO PREACH ON SUNDAY

Sunday June 24th, Saint John Baptist Day, promises to be a real red letter festival for the congregation and friends of Grace Episcopal church. The Bishop of the Diocese, Right Reverend Robert E. Gibbin, will make his first official visitation to Waynesville. Bishop and Mrs. Gibbin are anxious to meet and to know all the church people, so an informal gathering will be held at the residence of Mr. and

Thousands of Women Benefited By Cardui

The benefits many women obtain from Cardui give them great confidence in it. "I have four children," writes Mrs. J. L. Norred, of Lenoir, Ga. "Before the birth of my children, I was weak, nervous and tired. I had a lot of trouble with my back. I took Cardui each time and found it so helpful. Cardui did more to allay the nausea at these times than anything I have ever used. I am in very good health and believe Cardui did a lot for it." Thousands of women testify Cardui benefited them. If you do not benefit YOU, consult a physician.