

American Red Cross Campaigns To Make Every American A Swimmer

By JANE EADS (AP Newsfeatures)

WASHINGTON — Four kids sneaked off to "swim" in a cattle pond. Non-swimmers, they all drowned. A man and his wife, non-swimmers, were wading on the river's edge. He stepped into a deep hole and drowned. A student broke his neck on a fancy dive in too-shallow water. A 10-year-old girl, fishing from a bridge, lost her balance and fell in.

Last year 1,900 persons drowned in the country. Now Carroll L. Bryant, national director of the American Red Cross water safety service, which has a long goal is to make every American a swimmer and every swimmer a life-saver, cautions that the "open season" on drowning is again under way.

It warns of peculiarly such early season hazards as changes in contour and depth of bathing places. He says that all natural swimming places be checked. The place that was shallow last year might be very deep now. The place where you dived last year might now have a rocky bottom and be unsafe to dive in.

Another cause of early season drowning is the boat that has been out all winter and might have open seams or be out of control and unsafe.

Bryant warns, too, that at the beginning of the season swimmers frequently are not in condition for swimming and that few folks are able to swim a lap or as long as they could at the height of the season last year. Also the temperature of the water is lower at this time of the year than later in the summer, and he says children brought to a sudden cold dip may easily cause a drowning.

An average of 20 persons per day are drowned during May, June, July and August of the 40,000,000 Americans who go "swimming" each year, only 7 per cent can swim well, another 43 per cent swim a little and the remaining 50 per cent can't swim at all. Most drownings occur in water from seven to 10 feet deep and within 10 yards of where one can stand safely.

"Every person should learn to swim as a basic physical skill," says Mr. Bryant. "You couldn't think of a better sport to save your life."

Inquiries about vacations in North Carolina are running about 10 per cent ahead of last year, the State Advertising Division said. For the first 13 days of May, inquiries have averaged 937 per day. For the same days in 1948, the average per day was 836. Largest single day's mail produced 1965 inquiries, smallest 567.

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SMITH'S DRUG STORE

Dairy Foods Take Spotlight In June

Dairy foods will be in the spotlight during June, the State College Extension Service said this week, in releasing a list of foods expected to be plentiful on local markets during the month.

The U. S. Department of Agriculture places dairy foods at the top of the plentiful list because milk production reaches a peak in June. This is the season when milk is in best supply for direct consumption and for manufacture into cheese, butter, evaporated milk, and nonfat dry milk solids.

Dairy foods are not the only plentiful for June though. Broilers and fryers, fish, dried beans and peas, peanut butter, and eggs are all on the list. All of these, plus the dairy foods, are considered sources of high quality protein, Miss Elise De Loder, Assistant Home Agent, said.

Vegetables listed include canned peas, canned corn, Irish potatoes, lettuce and cabbage. Fruits include canned mixed fruits, canned apricots, and canned peaches. Stocks of canned mixed fruits in canners' and wholesalers' hands are more than double holdings at this time last year, while canned peaches are among the most reasonably priced canned foods on today's market, the home agent stated.

Other plentiful listed for June are corn meal, grits, sirup, oat products, and honey.

Hints Given For Farm Homemakers

By RUTH CURRENT
State Home Demonstration Agent

To make the most of the plentiful cheese on markets now, three rules for cooking are suggested by the foods specialists.

Go easy on the heat. Cheese needs only enough heat to melt and blend with other ingredients. High heat or too long cooking makes it tough, stringy and leathery. Too much heat may cause curdling in mixtures of cheese, egg and milk.

Add cheese to other ingredients in very small bits, rather than in one large piece. When broken up, cheese does not form a solid lump of curd when the fat melts, and allows the mixture to cook in a shorter time. Grating is the easiest way to break up hard or dry cheese. Soft cheese may be shaved thin, flaked with a fork, pressed through a sieve, or run through a meat grinder.

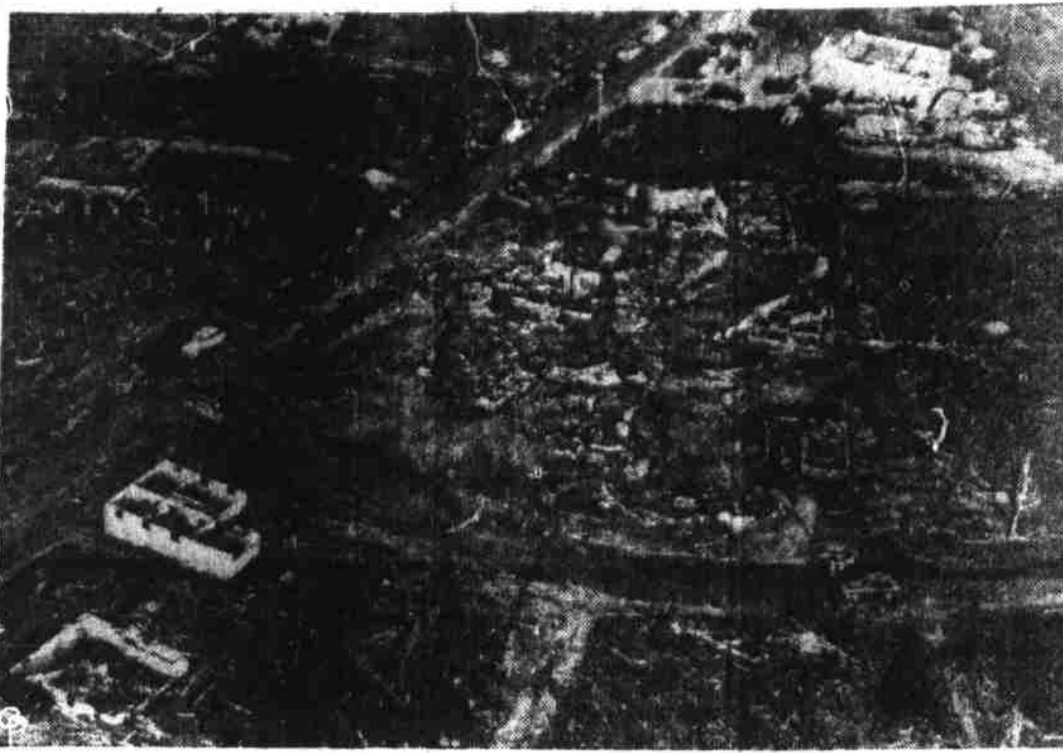
Blend cheese in a smooth sauce before adding to other ingredients whenever possible to prevent curdling. A white sauce with cheese melted in it may be poured over cooked vegetables for a scallop or on macaroni before baking.

All is not vanity when a girl looks into the mirror—or at least, it shouldn't be. The young lady should give herself a critical up-and-down and should remember as she does so that a personal appearance reflecting neatness and cleanliness will tell quite an accurate story of the degree of perfection which may be expected of an individual in work and in other activities.

Remember, stains are more easily removed if the remedy is applied immediately. Egg or meat juice—sponge with cold water. When dry, sponge with carbon tetrachloride. Fruits or fruit juices—soak in cold water—wash in warm water. Old stains may have to be bleached with an appropriate bleach. Cod liver oil—this is sometimes difficult for it doesn't show until the material is put in water. Examine the clothes closely for traces of cod liver oil. Soak stains in carbon tetrachloride, wash in hot suds and rinse well. Old stains that have turned brown with ironing may have to be bleached out. Use one tablespoon of bleach to one gallon water for colors.

Brain surgery was made possible by the discoveries of Pasteur and Lister and dates back about 50 years.

WHERE FIVE PERISHED IN ILLINOIS TORNADO



HERE'S AN AERIAL VIEW of the havoc wrought in the Wood River area of Illinois after a tornado ripped through it and killed five persons. A series of tornadoes and other storms raked nine states over the week end, injuring at least 230 persons and smashing more than 900 homes and other structures. (International)

N. C. Establishes Program For Care Of Premature Infants

Dr. Mary Michal, district health officer, explained a recently-developed procedure for the care of premature infants in North Carolina, in this statement issued today.

A program for the care of the premature infant has recently been developed by the Maternal and Child Health Department of the State Board of Health with the aid of the U. S. Children's Bureau funds and the encouragement of the North Carolina Pediatric Society.

An advisory committee of three physicians was appointed by the State Board of Health to advise on policies of the Premature Infant Care Program. These physicians have worked with the Maternal and Child Health Department of the State Board of Health in development of this program.

In the survey of the American Academy of Pediatrics Study of Child Health Services in North Carolina in 1945, the infant death rate in North Carolina was one of the highest in the nation.

There were only seven States in 1945 that had a higher infant death rate than North Carolina.

Since one-third of infant mortality (infants under one year) and one-half of neonatal mortality (infants under one month) are attributable to prematurity, if we are to lower the infant death rate, then there is no better place to start than on a program for the care of the prematurely born infants.

In 1947, there were 111,282 reported live births in North Carolina. Of these live births, 3,920 died under one year of age. Of these infant deaths, 1,364 or 30 percent were reported as caused by prematurity.

From a statistical survey of thousands of premature infant deaths in several states, it has been found that 90 percent of the premature who die, die within the first 48 hours.

It is estimated that between 40 and 50 percent of these deaths could be prevented if adequate physical and professional care were provided during this critical period.

Eligibility for care as a premature baby applies to those babies who weigh less than 5 1/2 pounds at birth if in the opinion of the pediatrician the infant needs specialized premature infant care and if the parents are unable to carry the financial burden of this care.

Biltmore and Duke Hospitals receive colored patients in the premature infant nursery.

Authorization to hospital by the Maternal and Child Health Division of the State Board of Health is made for a period of thirty days or less.

Parents of any premature baby who weighs five and one-half pounds or less at birth who desire to participate in this service shall have the privilege of selecting their own pediatrician, the only limitation being that he must be qualified under the standards of the procedure as a pediatrician and must be a member of the staff of the hospital selected to care for the baby.

When parents wish to and are able, they may pay a part of the cost of hospitalization.

The personnel of the participating hospital will be in the position to explain to the parents or representatives of the parents the plan for the premature infant program of the State Board of Health and give them information of the financial assistance that is available through this program.

The hospital official will also explain the way the parents may contribute financially for the care of their infant under this program. In such cases in which a parent is willing to pay a part of the cost of the care, payment is made direct to the Premature Infant Care Program, State Board of Health, Raleigh, N. C., or to the participating hospital for later transmittal.

Transportation of the infant to the premature center is (1) by private arrangement with the parents and doctor. If this is not feasible, then (2) the physician contacts the local health department.

DUTCH BARBER CLAIMS CURE FOR BALDNESS

EEN, Holland (UP) — Jan Van Rooyen, barber, who claims to have discovered what men have searched for for centuries, a cure for baldness, has made this village famous throughout Holland.

Small, bespectacled Van Rooyen has invented a mysterious white liquid which he claims will grow hair on the balddest pate. After only a few weeks' treatment, the first soft hairs appear on the previously bald heads of his clients, he said. But the complete treatment takes eight months.

The procedure is simple. Van Rooyen rubs the scalp with some drops of his liquid, sometimes adds artificial sun ray treatment, a massage and a good brushing. That is done two or three times a week for eighth to ten months. The price varies between 50 and 300 guilders (\$20 to \$120).

Van Rooyen is not prepared to tell about his secret. You may touch the bottle, but you mustn't even smell the liquid.

His clients come to him from all over the country. Even women come, but they are treated more discreetly than in the common

barber shop. His son soon will open a business in Amsterdam, using his father's preparation. Van Rooyen announced that before long he will

seek his slayer

Police in Windsor, Ont., are seeking the slayer of William D. Allen, 37, shown above with his wife. An inspector at the Ford Canadian plant, he was shot to death as he sat with his wife in the kitchen of their home. The Allens have four children. There was no apparent motive for the killing, according to authorities. (International)

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Atomic Dentistry May Help Save American Teeth

By PAUL F. ELLIS
United Press Science Writer
NEW YORK (UP) — Atomic dentistry may be coming up next.

It may give Americans better fillings resulting in more permanent repair jobs, according to Dr. William Ward Wainwright, research biologist at the U. S. Atomic Energy Commission's laboratory at Los Alamos, N. M.

He recalled that atomic medicine already is here, and progressing rapidly through use of radioactive substances in some types of cancer, and in tracer work—that is, the use of radioactive materials to study the mechanics of certain human organs, or the fate of a particular substance taken in the diet.

Unfortunately, Dr. Wainwright points out, the present possibilities for using radioactive substances directly in the dental office are zero.

However, there are indications that the radioactive isotopes, made in the atomic energy piles, will be applied to dental science, similarly as they were in medicine. Isotopes throw off radiation which can be picked up either by a Geiger counter, or on a photographic film.

In the case of dentistry, Dr. Wainwright believes, the isotopes may be used to solve the old problem of where mercury or silver have gone when the filling has been left corroded. Such tests with radioactive mercury or silver could be made in the experimental animal, he said.

Another question that might be answered, he said, is why do silicate cements dissolve rapidly in the mouth of one individual and apparently not at all in another.

Works On Animals
He noted that a lot can be done now by scientists at Tufts College dental school testing the efficiency of cavity liners in prepared cavities in animals.

"The same method," he said, might be used for a rapid test tube determination of the solubility of silicate cements in the saliva of a patient who does not retain silicates well.

He also recalled that some scientists have used radioactive fluorine to measure the ability of enamel to take up fluoride. The technique, he said, can be applied to numerous

problems in the search for improved methods of teeth decay prevention.

"For example," he said, "the penetrating power of different fluoride salts could be tested. The ability of dental enamel of individual raised in a fluoride area to take up fluoride could be determined."

Test For Fluoride
It might even be possible, he said, to screen patients and determine which ones will benefit from topical application of fluoride by

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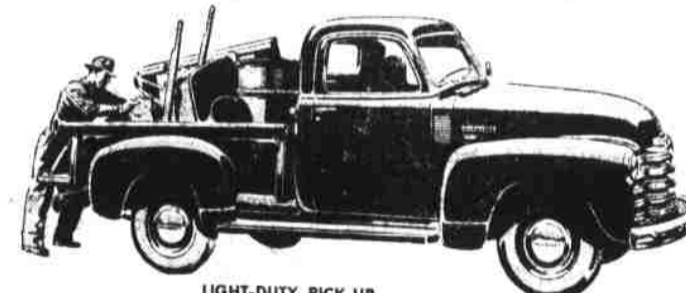
"I Suffered Three Years From Smothering Gas Pressure Pains With Resultant Weak, Tired, Nervous Feeling And Sleepless Nights. I Remembered How, Years Ago, Scalf's Had Helped My Father When He Was Suffering From Gassy Stomach Misery So I Tried And Received The Same Soothing, Comforting Relief," Declares Mrs. Sisk.

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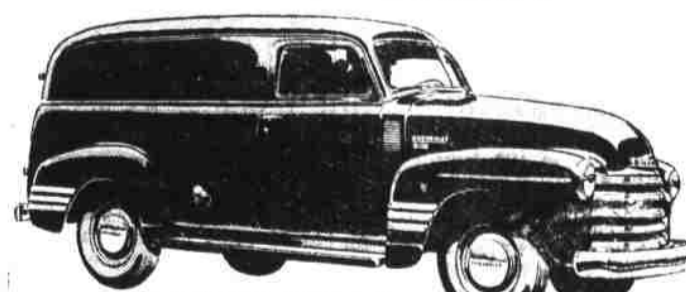
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