

## Principal Speakers at Woodmen Meet

AFTER DINNER SPEAKER

AFTERNOON SPEAKER



HON. E. D. RIVERS  
(Former Governor of Georgia)



DR. WM. HOWARD CARTER  
President, Carter Bible College and Seminary

ERWIN — Principal speakers for the Capital Log Rollins Association of the Woodmen of the World, to be held in Erwin Thursday, Nov. 5, beginning at 3 p. m. will be the Honorable E. D. Rivers, former Governor of Georgia, and a

member of the National Board of Directors of the W. O. W., and Dr. Wm. Howard Carter of Goldsboro, President of the Carter Bible College and Seminary and National Representative of the Woodmen of the World. Dr. Carter will make a report of the National Convention, and Governor Rivers will speak at the dinner meeting to be held at 7 o'clock in the Cafeteria of the Erwin High School. Between three and four hundred Woodmen and their wives are expected to attend the meeting.

The afternoon session will begin at 3 o'clock in the W. O. W. Hall in Erwin. The obligation of Woodmen candidates will take place in the W. O. W. Hall. The Erwin Uniform Degree Team will have charge of the degree work. This part of the program will be held at 5 o'clock.

Then the meeting will transfer to the Erwin Cafeteria and the Erwin High School for the evening meeting. Former Wm. Kerr Scott of North Carolina has been invited to present Governor Rivers. Both Governor Rivers and Governor Scott are mentioned as possible candidates for the United States Senate from their respective States.

Judge J. E. Williams of Dunn and Erwin will preside over the afternoon session. Dr. Carter will preside over the dinner meeting.

Between forty-five and fifty camps, located in eleven southeastern counties, are sending delegates to the meeting, which indicates the best and largest ever held in Eastern Carolina.

Other State and National fraternalists who will have a part in the event include Col. Nick Newberry, State Manager of Charlotte; Assistant State Manager, Hiram Melvin, of Charlotte, and White Lake; Judge Charles A. Hines of Greensboro, who is the chairman of the National Board of Auditors of the W. O. W.

Special music will be furnished by a group from the Carter Bible College and Seminary of Goldsboro upon the special invitation of Judge J. E. Williams, Log Rolling President.

Erwin W. O. W. Camp No. 618 will be host to the Log Rolling.

## PARENT PROBLEMS

### Teaching Child Not to Fear Pain

By GARRY CLEVELAND MYERS, Ph.D.

THERE may be so many reasons why the baby or very young child often cries violently, or long at a stretch, that one can't generalize on the matter safely.

If the reason is not apparent, the youngster should be checked by the physician. Also, the parent should look into her own degree of peace of mind and serenity, and the family atmosphere.

#### Spanking Not the Cure

Of one thing I'm fully sure, spanking is not the cure for the baby's crying. And when the tot of two or three cries following a spanking, it doesn't seem to be good sense to command him then not to cry. If you spanked him wisely, you meant to give him pain, at which he usually cries.

Whether the youngster from two to five cries long and hard at the slightest accidental bump will depend largely on how you have acted from the time he first had such experiences. If you have always shown great fear and anxiety when he has been hurt a bit, grabbed him up excitedly and betrayed your fears in your voice and movements, you helped him suppose he was badly hurt when he wasn't. You caused him to be ready to cry long and violently.

#### Gets Up Smiling

But if you have always met his little accidental hurts with calmness, even indifference, letting him pick himself up when he has been able to, he may grow so courageous by the time he is four or five over little bumps and scratches as to get up smiling, even with blood seeping from his hands and knees. He may cooperate courageously during first aid. He may shrink no fear of mild surgery later, or of a bit of pain in the dentist's chair, such as I

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have seen happen with a number of children. (By bulletin, "The Young Child Who Cries Excessively," may be had by sending a self-addressed, stamped envelope to me in care of this paper.)

Dealt with so successfully for the first several years of life, a child who, for some reason, later acquires some fears of pain, as in first aid, and does cry or create a scene, may be restrained toward courage more easily because of the good earlier experiences.

#### Fears First Aid

Suppose your child at three or four must have some immediate first aid and he kicks and screams, shouting "No!"

The best procedure may be to have a capable assistant, and for one of you to hold the child still until the ordeal is over. In most cases, spanking him, or threatening to do so, will hardly force his compliance.

If he is seven, nine or ten, however, you and an assistant together might not be able to hold him by force. Besides, he's old enough, then, so that if he refuses to respond to reason, he can profit from some other means of force that should cause him to comply.

An eight-year-old boy, visiting with his parents in our home, needed first aid to an injured foot.

#### Slight Injury

Though the injury was obviously slight, the lad set up an awful howl. He went into a violent rage when told a certain mild antiseptic would be applied before bandaging. Calmly, the father asked in a quiet tone:

"Which do you want me to do: put this on or give you a sound paddling?" Wisely, the lad quieted down and cooperated perfectly, after which the first aid was administered quickly.

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entertainment will be held in Asheville, Charlotte, Fayetteville, Greensboro, Washington, and Wilson.

The programs are held annually in each extension district to recognize county project winners and club members who have participated in activities for district and state recognition. Harvest said that two hundred 4-H'ers are expected at each event.

Projects for which winners will be named are achievement, better grooming, canning, citizenship, community relations, clothing, dairy achievement, dairy cattle judging, dairy foods demonstration, dairy management demonstration, dress review, entomology, farm and home electric, field crops, food preparation.

Also, forestry, frozen foods, garden, health improvement, records, home grounds beautification, home improvement, improved ironing, knitting and crocheting, leadership, livestock conservation demonstration, livestock judging, meat animals poultry, public speaking, recreation and rural arts, sheep shearing, soil and water conservation, tractor maintenance, tractor operation, vegetable demonstration and wildlife conservation.

District winners will receive certificates in recognition of their achievement.

The Western District Recognition Day will begin at noon in Asheville's Battery Park Hotel. The Asheville Development Council will sponsor the program.

In the Southwestern District, 4-H'ers will meet at 10 a. m. at the new Southern Dairies Plant in Charlotte. The 4-H'ers will tour the dairy plant and Morrocroft Farm, prior to a luncheon and formal program.

The Southern District observance will begin at 9:30 a. m., at the Fayetteville High School Cafeteria, under the sponsorship of the Fayetteville Chamber of Commerce. A tour of the city will precede the luncheon and program.

The Northwestern District Recognition Day will begin at 9:30 a. m., with registration in the library auditorium at Woman's College, Greensboro. The program will begin at 10 a. m.

Eastern District 4-H'ers will meet at St. Peter's Episcopal Church, Washington, at noon for their Recognition Day.

ognition Day program.

The Northeastern District observance will be held in the Wilson Moose Hall at 10 a. m.

### Rural Health Leader Praises Work Done in N. C.

"In North Carolina you have done what must be done if we are to bring better standards of health to the rural communities," commented Mrs. Charles W. Sewell, member of the advisory committee on the rural health council of the American Medical Association.

Mrs. Sewell was one of the keynote speakers at the sixth annual Rural Health Conference, Wednesday at N. C. State College.

Also participating on the day's program were four North Carolina

Judging by the way they act, middle-aged folks must feel young-



### ONE THING AND ANOTHER

To prevent lumping, powdered sugar should be stored in a tightly covered glass container.

Lard or oil is preferable to butter for greasing pans; the salt in butter causes the butter to stick to the pan.

Jelly which has become sugary can be used to sweeten and flavor puddings or dried prunes, dried peaches or other fruits.

A coating of lemon juice prevents bananas, peaches and apples from discoloring after they have been sliced.

Lemons are juicier if heated before squeezed.

A small amount of sugar added to olive oil will prevent it from becoming rancid.

If you have honey which has sugared, try placing the honey jar

in a pan of water and boiling it. A dressing of two parts honey to one part lemon juice is delicious over fresh fruits.

Obstinate spots on chromium plated hinges on refrigerators often

may be removed with ammonia water.

Dry baking soda sprinkled over scorched food stuck to the pan will soften it and make it easy to remove.

Placing heavy pans or dishes on the open door of a range will cause the hinges to sag.

Baking soda may be used to remove grease and discoloration from a waffle iron.

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