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MERRY CHRISTMAS

to all of our many friends.

1962

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Health and Safety Tips

From
The American Medical Association

Health and Safety Tips Standing E. Childbirth is a completely natural and normal happening and in a large majority of births the infant begins life with no special problems for either child or mother.

The early weeks of pregnancy are the most important in the infant's development. It is during this period that the growing baby is most susceptible to all sorts of problems that will cause trouble later.

Widespread studies have shown that many birth problems could have been prevented or reduced if the mother-to-be had consulted a physician at the outset of pregnancy, or even before becoming pregnant.

For instance, the mother's diet is important to her baby. A well-balanced diet containing all of the essentials to proper nutrition and growth is necessary for both mother and infant. The doctor has long been aware of the importance of diet in pregnancy, and thus gives counsel to the mother-to-be.

Certain infectious diseases, such as German measles, can have an adverse effect on the infant if the mother becomes ill, particularly during the first three months of pregnancy. It is most important for the prospective mother to avoid contact with sick persons and to exercise extra precautions against exposure to infectious ailments.

Blood typing of both father and mother will inform the doctor early as to whether there is a possibility of a clash of blood types between the two parents that may cause problems for the infant. Warned in advance, the doctor can be prepared to meet this condition.

Drugs sometimes can have an effect on the embryo, particularly during the early months of pregnancy. Witness the recent births of malformed babies in Europe following widespread distribution of what was thought to be a harmless sleeping pill. The expectant mother should be very cautious about taking any drugs without consulting her doctor.

Good prenatal care won't solve all of the problems associated with childbirth, but it will enable the doctor to deal successfully with many of them.

Farmers Are Urged To Improve Carrying Capacity of Their Pasture

What is your carrying capacity? The carrying capacity of your pastures, that is? Generally, on unimproved pastures in the South, where little or no fertilizer is being used the carrying capacity is from one-third to one-sixth cow per acre. In other words from three to six acres of pasture are required to feed one cow. Through proper fertilization and management, the carrying capacity of most pastures can be raised to one cow or more per acre, according to National Plant Food Institute's Southern Regional Office.

The low carrying capacity of many pastures is a real stumbling block to progress of southern agriculture. The great potential is evident, says the Institute, when we stop to consider the small percentage of pasture that receives many fertilizers at all. According to the 1959 Census, the percentage of permanent pasture fertilized in Virginia is nine per cent; in Georgia, 30 per cent; in Kentucky, eight per cent; in Mississippi, eight per cent and in Texas, 5 per cent.

What does this mean to the farmer in terms of profits? The Institute says actual farm situations and research in the South indicates that improved and properly fertilized pastures out-produce unfertilized pastures in poor years, as well as good years. On unimproved pasture where no fertilizer is used, and the carrying capacity is one cow and calf per six acres, it would cost an estimated \$91 to grow and market a calf. The total net return per 100 acres of pasture from this operation would only be about \$800.00.

On improved pasture where adequate fertilizer and lime is used, and the carrying capacity is one cow and calf per acre, the cost of growing and marketing a calf would be an estimated \$86. . . and total net return from 100 acres of pasture \$3,550. These analyses are taking into consideration all costs, even interest on investment.

The Institute says pasture improvement and fertilization offers a vast resource for southern farmers; one that has been virtually untapped. Pasture fertilization under proper management does not cost it pays. Start your pasture improvement program with a soil test.

Dr. Thomas W. Alley
Optometrist
Warsaw, N. C.
Rear of Warsaw Drug Company
Tues. & Sat. from 8:30 to 5:00
Eyes Examined - Glasses Fitted

Hello
Merry Xmas



1962

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Pink Hill, N. C.



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Greetings

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Prevents Rust

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Christmas Greetings



Our sincerest Christmas greetings to one and all. May your day be an especially bright one, filled with deep happiness and abiding joy.

Warsaw Drug Co.

Warsaw, N. C.

"Your Rexall Dealer"



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Merry Christmas

Greetings to all of our friends and our sincere thanks for letting us serve you. Happy holiday all!

Brown & Miller Company, Inc.

BEULAVILLE, N. C.



Christmas Greetings

May the beauty of this Holy season fill your home with a lasting happiness.

1962

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