

## Yancey Health Dept.

From the Health Dept.

We overheard a small boy say that King Henry VIII died of the disease you get from "being married" too many times. That disease, venereal disease, known as V.D. is probably more common now than it was in the 16th century. In the United States, it has reached epidemic proportions. Syphilis ranks as a major killer among communicable diseases. Gonorrhea is contracted by over 2 million Americans in a year and is twice as common among persons under 25 years of age.

Embarrassment and ignorance hamper us from checking V.D., which is spreading at an alarming rate. What can we do? We can overcome embarrassment by seeing that persons with V.D. are treated in the early stages of the disease. There is a cure for syphilis and also for gonorrhea. We can overcome ignorance by using protection against V.D. and by recognizing the early symptoms of disease so that it can be treated. Whatever your age, your questions will be answered at the Health Department in confidence.

Here are a few answers to questions about syphilis, the deadliest of the two diseases. The most common way to get syphilis is through sexual intercourse, but if the person happens to have the infection in his mouth, you can get it too. Although a condom offers some protection, it is no guarantee against infection. Washing oneself with soap and water before and after intercourse also reduces contagion. One of the early signs of the disease is a sore, called a chancre (pronounced shanker) in the genital region or sometimes on the lips or in the mouth. Without treatment, the chancre will heal in a few weeks; this is the first stage of the disease. In a few weeks, a rash may appear all over the body, or there may be lesions in the mouth or a rash on the hands or feet. Even after the skin rash disappears in the secondary stage, the infection remains, so it can reappear. In time, it can destroy the cells in your brain or ravage your spinal cord or damage your heart and blood vessels. Syphilis could drive you insane, paralyze you or cripple you.

A series of penicillin shots can cure syphilis if it is given in the early stages and if you take the number of injections required. The test for syphilis is either a sample of blood taken from your arm or a smear taken from the sore, if it is present. The smear or sample of blood is checked in a laboratory, and your doctor or clinic will be able to give you the results in a couple of days.

It is no more difficult for a girl to get syphilis than a boy, but it is harder for her to know when she has it because the sores may be more hidden. The disease may be transmitted even when the chancre disappears, and it may be caught in the secondary stage when there are moist lesions. There is no immunity to syphilis. Having the disease once is no guarantee that you won't get it again. If your partner doesn't have syphilis, you can't get the disease, no matter how often you have sex, but if you have sex with several different partners, your chances of coming in contact with an infected person are great. Abstaining is the best health measure you can follow.

Next week, we shall answer some questions about gonorrhea.

## Yancey Baptist Ass'n Meeting

The Yancey Baptist Association held its annual meeting at Blue Rock Baptist Church on Tuesday, August 15, at Ivy Gap Baptist Church on Tuesday night, August 15, and with the Pleasant Grove Baptist Church on Wednesday, August 16.

On Tuesday night, Mr. and Mrs. Dean Harlon, missionaries to Venezuela, spoke about their work and showed slides. Mrs. Harlon is the former Miss Katie McMahan of the Pensacola section of Yancey County.

Other speakers were Harold White of the Stewardship Department, North Carolina State Baptist Convention; Burrell Lucas of the Sunday School Department; Luther Osment, Mission Representative; Hugh McKinney, Campbell College; J. Roy Robinson, Gardner Webb College; Marse Grant, The Biblical Recorder; C. J. Morris, Children's Homes; Calvin Knight, Baptist Hospital.

Jame Lamb, pastor of Cane River Baptist Church, preached the annual sermon.

Officers elected by the association to serve during the coming year are: Harold Bennett Jr., moderator; Harold L. McDonald, associate moderator; and Mrs. Jess Styles, clerk.

## Yancey Extension Service For And About Homemakers

By Mary M. Deyton  
Gone are the days when we as consumers can rely on our personal knowledge of how to clean a particular garment.

Not only do we have 22 generic fibers to keep up with, but add to this all of the different brand names, and the various dyes and finishes that can be incorporated into fabrics.

Permanent care fabric labels will add to the cost of clothing and piece goods items, but will save the consumer money by:

(1) extending the life of the garment;  
(2) acting as an aide in comparing upkeep cost of the garment.

These two objectives will not be fulfilled, however, unless the consumer takes time to read and follow care instructions found on labels.

The permanent care fabrics labeling regulations cover apparel and piece goods manufactured after July 3, 1972.

This means it will probably be late winter before we begin to see permanent care labels on all apparel goods costing \$3.00

or more. Exceptions to this rule are hats, gloves and footwear. Piece goods cut from fabric bolts will be accompanied by labels that can be permanently affixed to the garment.

For a digest on the permanent care labeling regulations, request a "Fact Sheet on Textile Wearing Apparel" from Mary Margaret Deyton, Home Economics Extension Agent, Phone 682-2113. Copies will also be available from Clothing Leaders at Extension Homemakers meetings and from Fabric Shops in the area.

HOMEMAKERS ASK--  
Q. What can I do about fabric pilling?

A. Pilling is a fabric problem caused by the balling up of fiber ends on the fabric's surface. Pilling occurs on napped fabrics of wool and cotton but these balls of yarn usually break off before the garment becomes unsightly. With nylon and polyester the fibers are so strong that none of the pills break off; thus they accumulate and become most unsightly on the garment.

Two types of pilling exist: lint and fabric. Lint pills are more unsightly since they contain not only fibers from the garment but also fibers picked up through close contact with other garments.

Fabric manufacturers are trying to combat the pilling problem by using long fibers with high twist. Fibers acclaimed as "non-pilling" are also being used. These "non-pilling" fibers usually have reduced strength and elongation (stretch) so that the fibers will break and pills will not accumulate on the surface of the garment.

Home removal of unsightly pills are still inadequate. Some temporary measures you may try include:

--Using a safety razor to shave off unsightly pills. (Safety precaution should be exercised in using the razor to prevent cutting the surface fabric).  
--Using a rough surface such as a dry sponge, sandpaper, or roller type abrasive to remove surface pills.

--Washing garments inside out to avoid excessive abrasion during laundering.  
--Using a fabric softener in the final rinse when laundering.

The Pensacola Homemakers Club had their annual covered dish supper at the home of Mrs. Mary Melton on August 14. Each member brought a covered dish and had an enjoyable evening.

A discussion was held on how to raise money for the hospitals project, and it was decided to hold a Bake Sale on Saturday, August 26, in front of Norgestown in the shopping center.

All Pensacola ladies are asked to contribute some baked goods for the sale. Items will be picked up Saturday morning at Murchison Grocery and B. B. Wilson's Store in Pensacola.

All proceeds will go to the Hospital Fund.

To These Farewell

Mrs. Jessie Crowley passed away at Walker Memorial Hospital in Avon Park, Florida after a short illness.

Born at Lima, Ohio she had lived in St. Petersburg for about twelve years, coming to Avon Park about 5 years ago. She was a member of the Seventh Day Adventist Church in Avon Park.

She is survived by her daughter and son-in-law, Dr. and Mrs. W. Most of Avon Park, Florida.

Funeral services were held Friday, August 18 at 1:00 p.m. in the Stephenson-Smith Funeral Home with Elder D. R. Castonia officiating. She was buried in Bougainvillea Cemetery, Avon Park, Florida.



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## From The Yancey Extension Homemakers food news & cues

By Mrs. Mary Gillespie

People seem to enjoy a change of bread. So many people have told us they have made, and like, the "Boston Brown Bread" recipe that Julie Heckart shared with us. Bread sold well at the Crafts fair, and we had a good variety. Perhaps some of those bakers would

share their recipe with us. Bread freezes well so we can keep a good variety on hand. A kind to suit every menu.

Today we have a recipe for "Potato Yeast Bread" from Martha Priesmeyer, and a Deluxe Corn Bread from Myra Smii.

Whether your menu calls for white bread or corn bread you will be sure to like one of these. Thanks to Martha & Myra.

**POTATO YEAST BREAD**  
1 cup mashed potatoes (fresh best but instant can be used)  
1/2 cup sugar  
1/2 cup crisco  
2 eggs  
1 cup scalded milk (cooled to tepid)  
2 tsp. salt

Dissolve 1 yeast cake in 1/2 cup warm water, add one tsp. sugar. Let stand till it foams. Add to other ingredients with 4 or 5 cups flour. Knead well. Let rise till double. Knead and put in loaf pans. Let rise until double and bake.

**DELUXE CORN BREAD**  
In mixing bowl: beat two eggs well. Add 1 cup sour cream and 1/4 cup salad oil. Blend. Add one cup cream style corn. 1 cup corn meal (Myra prefers yellow)  
1 and 1/2 tsp. salt.  
3 tsp. baking powder. Blend well. Bake in 8 or 9 inch square pan or 7 x 11 inch oblong -- well greased. 30 to 40 min. at 375 degrees.

Have you wondered what makes the difference in "Mild" "Mellow" and "Sharp" Cheddar Cheese? "Mild" means it has been cured 2-3 months and the flavor is slightly developed. "Mellow" has been cured 4-7 months and has a well developed flavor. "Sharp" has been cured 8-12 months and has a full cheddar flavor.

## THE CHILDREN'S HOUR

The Children's Hour held in the Yancey County Public Library on Monday at 10:00 a.m. featured the story "The Pokey Little Puppy" by Janette Loyrey. The children sang "Old MacDonald Had A Farm" with a sing-a-ton filmstrip. The program concluded with the filmstrip "Three Little Pigs." Ricky Crout and Tanya Peacock attended.

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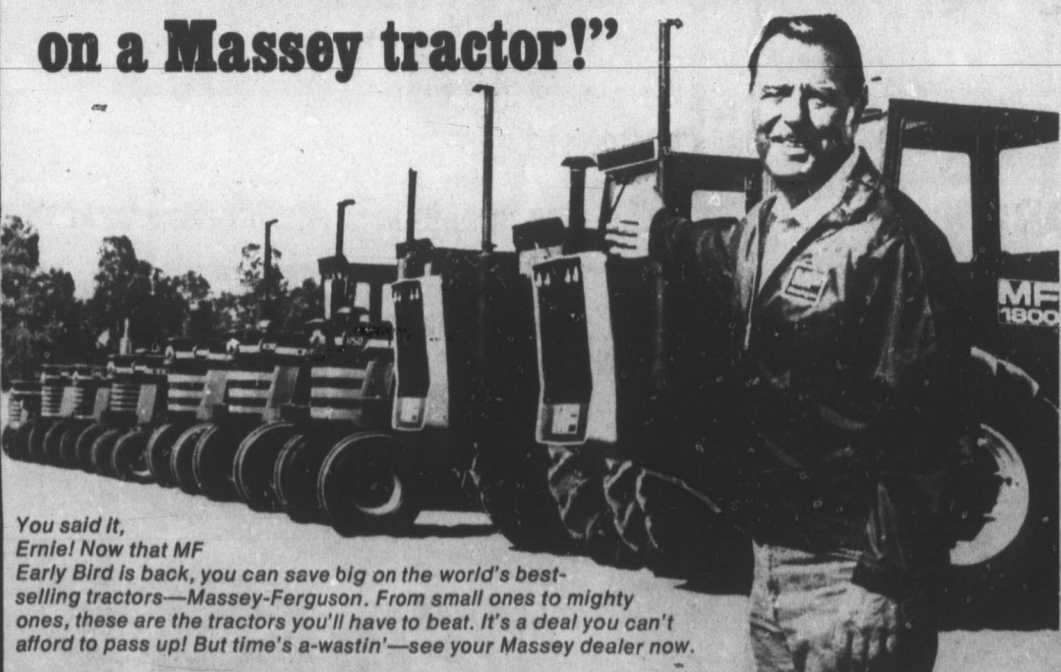
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