

1580



1935

The Tomato's Past

ORIGINALLY known in Europe as the Love Apple, used as a decorative garden plant and considered unfit for human consumption—the tomato today is one of the most valuable and popular of all foods. It is one of the most largely produced of all canned foods, and has won its tremendous popularity not only by its flavor but by the nutritive properties which the medical profession has discovered it to possess.

Tomatoes are rich in vegetable acids and contribute to the diet significant amounts of desirable mineral elements. They combine the properties of fruits and green vegetables. They are one of the very best sources of Vitamin C, and a good source of Vitamins A, B and G. Canned tomatoes are now said to be an even better source of Vitamin C than raw tomatoes bought in the market and cooked in the usual way at home.

A Grand Combination

And, speaking of ways of cooking tomatoes, here's a grand combination of tomatoes and another well-known health food, known as Cabbage and Tomato au Gratin.

The ingredients are:

- 3 cups cooked cabbage
- 1 No. 2 can tomatoes
- 1 1/3 cups grated cheese
- Salt-pepper
- 1/2 cup dry crumbs
- 2 tablespoons butter

Put alternate layers of cabbage, tomatoes, cheese and sprinklings of salt and pepper in a baking dish, repeating until all the ingredients are used up. Top with crumbs, dot with butter, and bake for about twenty minutes in a moderately hot oven. This recipe will serve six people, and should cost incidentally, less than thirty-five cents.*

SALE OF LAND UNDER DEED OF TRUST

Take notice, that whereas, W. M. Goodson and wife, Eugenia Goodson did, on the 24th day of August, 1931, execute a certain deed of trust to the undersigned, which deed of trust is recorded in book 34 at page 411 of McDowell County Deed of Trust Records, conveying the lands therein and hereinafter described, as security for an indebtedness therein described, which deed of trust contained full power of sale in the event of default in the payment of said indebtedness at maturity.

And whereas, there has been default in the payment of said indebtedness, and demand having been made upon the undersigned Trustee that he exercise the power of sale therein given.

Now, therefore, the undersigned, will, on Monday, the 29th day of April, 1935, at 12 o'clock noon, at the courthouse door in Marion, McDowell County, N. C., for the purpose of satisfying said indebtedness, offer for sale to the highest bidder, for cash, the following described tracts of land lying and being in Marion Township, McDowell County, N. C.

First Tract: Being numbered Lot (1) one, situate in Marion Township on plat of land formerly owned by J. G. Neal, and now known as property of A. R. Buffalo and A. C. Hewitt, as surveyed and plotted by Paul King, C. E., which said plat or map is recorded in Map Book 1 at page 76 of Public Registry of McDowell County, reference to said map is hereby made for a more perfect and complete description, and being the land conveyed to W. M. Goodson by A. C. Hewitt and wife of Catawba County by deed dated the 25th day of March, 1924, and recorded in McDowell County Registry in deed book 65 at page 591, to which deed and record reference is hereby made for a more full and complete description.

Second Tract: Beginning at a stake in the branch, which crosses Henderson Street or the Crooked Creek road, and running North 22 East 148.4 feet to the S. W. fence corner of J. S. Downey's fence lot on Henderson Street; thence S. 69 deg. East with J. S. Downey's line 412 feet to a stake in the West edge of a small branch which is the present boundary line between said T. W. Kincaid and G. W. Crawford; thence South a general course of S. 25 E. with the meanders of the branch to the junction with the main branch; thence North 75 W. a general course with the meanders of the main branch to the beginning, let the same contain what it may. This mortgage deed is intended to convey all that certain tract or parcel of land which was deeded to E. A. Thomas by G. W. Crawford, except about 55-100 of an acre which was deeded to J. S. Downey by E. A. Thomas. Further reference is hereby made to deed from T. W. Kincaid and wife to W. M. Goodson, dated the 25th day of February, 1919, and recorded in the McDowell County Registry in deed book 58 at page 520.

The terms of sale will be cash, subject to confirmation as provided by law.

This 27th day of March, 1935.
W. R. CHAMBERS, Trustee.

Opportunity

ONE of the narrowing and restricting material beliefs which would rob us of our heritage of good is the belief in limited opportunity. In fact many people believe that opportunity comes but once in a lifetime, and that if it is not grasped, life for them is a failure...

To those whose sphere of usefulness seems cramped and circumscribed, or whose environment appears restricted, dull, colorless, the study of the life of Joseph should prove interesting. He had some very gloomy and restricting experiences. However, he did not entertain resentment, but in every experience made use of his opportunity to prove the power of God. Thus, his spiritual thinking lifted him to become a very great statesman. The spiritual qualities he reflected, even when in the pit and in the prison, prepared him for that position of great usefulness and service to which he attained in Egypt, and through which he had a wider opportunity to use his God-given qualities of courage, wisdom, resourcefulness, mercy, and forgiveness.

Opportunity is ever present. The opportunity for useful service and happy, joyous living is never absent. What we need is to pray for vision, and, like Joseph, to use our present circumstances as steppingstones to a higher sense of true living and service. If, instead of beating vainly against restricting circumstances or environment, we open our thought to the unfolding of spiritual ideas and the facts of real being, which alone cast out the false beliefs of restricting environment and lack of opportunity—if we put off limited modes of thought and let that Mind which is infinite divine Love govern our thinking, then we shall find imprisoning beliefs of cramped environment giving place to wider, fuller opportunities.

Jesus said, "I can of mine own self do nothing," and, "The Father that dwelleth in me, he doeth the works." He understood the spiritually scientific relationship which exists between God and man. As the understanding of God as Life is in some measure gained through Christian Science, opportunities for a fuller life will be seen to be our inherent inalienable right.

Another false belief which would claim to limit opportunity is that of age. People are apt to think that when they reach what is termed advanced middle age their opportunities for usefulness are rapidly diminishing, and they begin to look on their life as nearly over. Moses at the age of eighty years might have thought that his opportunity for useful work had terminated; but during his forty years' retirement which followed his too impetuous defense of his countrymen, he was being prepared for his great lifework. He advanced in spiritual understanding to the realization of God as Mind, Spirit, and at the age of eighty his mission was unfolded to him. For forty years more he was engaged in the no light task of leading the children of Israel through the wilderness toward the promised land. Mary Baker Eddy says of him (Science and Health with Key to the Scriptures, p. 200), "Moses advanced a nation to the worship of God in Spirit." What an achievement! And of him the Bible records that at the age of one hundred and twenty "his eye was not dim, nor his natural force abated."

When this great mission was revealed to him, the false arguments of diffidence and reluctance to face the responsibility presented themselves to Moses; it was only when he relied on God's promise to be with him and teach him what to say and to do that his false sense of responsibility and diffidence was replaced by true humility. So he went forward in his work, wherein he was given the opportunity to use the spiritual quality of meekness and receive the revelation of moral law.

On page 246 of Science and Health Mrs. Eddy says: "Except for the error of measuring and limiting all that is good and beautiful, man would enjoy more than threescore years and ten and still maintain his vigor, freshness, and promise. Man, governed by immortal Mind, is always beautiful and grand. Each succeeding year unfolds wisdom, beauty, and holiness."

The grandeur and glory of life are stretching out before us in the eternity of good. It is not opportunity which is lacking, for God is the Giver. It is the ability to perceive that which we must pray. Often fear and care form a mist, but as truth clears the vision we are enabled to see opportunity as ever at hand.—The Christian Science Monitor.

Fires on farms last year caused a loss of more than \$100,000,000.

DIGESTIBLE AS MILK ITSELF!

A splendid cheese food for children

It spreads slices toasts melts

Daniel Boone's Hair Was Pulled Out by Indians

In 1769 what is now Kentucky was an unexplored wilderness, and Daniel Boone was hired by a syndicate of Virginians and Carolinians to lay the course of empire westward into a land which he described as being thick with buffaloes. He thus became the pathfinder in the mighty trek to the West, observes a writer in the Kansas City Star. And the Cherokees were "persuaded" by long rifles to sell all of Kentucky and most of Tennessee to the frontiersman's employees, for 14,000 British pounds—in money and trade goods. Boone, at the head of some thirty stalwart axmen, cut the Great Wilderness road through from Kentucky to the East, where, in his tracks, the wheels of the empire builders were to leave their ruts. And the first important settlement became, in Boone's day, Boonesborough, on the site of Transylvania fort, built by Boone.

Daniel Boone was considered by his contemporaries "an instrument ordained by God to settle the wilderness." But most of his settling was done with a rifle; he was, in fact, for most of the settlements, a one-man defense against the Indians, and, it appears, an effective one. During the Revolution, Indian forays against the settlers, frequently led by British officers, were repulsed time and again by Boone and his pioneers. In 1778 a party led by Boone on a salt-hunting expedition was captured by Indians and taken to Detroit. All save the leader were exchanged or ransomed. A Shawnee chief took a fancy to Boone and adopted him. The ceremony of adoption consisted in pulling out all of his hair except a thick scalplock.

Pillar Box Sign Gained Fame for the Inventor

There are many ways of becoming famous, writes the Paris correspondent of the London Sunday Observer. That earl of Sandwich who first ate meat between two pieces of bread put his name into every mouth, and the Parisian printer, of English extraction, who set up upon the pavements those round constructions, three times as wide as a London pillar box and twice as high, and used them for the display of theatrical advertisements which were illuminated at night from the under-edge of a projecting circular roof, not only established what has become one of the most characteristic features of the Paris landscape, but made his name live.

For these pillars were for many years, and sometimes still are, called "colennes Morris." It is more than fifty years since the first of them made its appearance.

First Permanent Settlements

The exact dates and places of the first permanent settlements in the 13 original states are often difficult to determine, as authorities differ. The following are generally accepted: Connecticut, Windsor, 1633, English; Delaware, Wilmington, 1638, Swedes; Georgia, Savannah, 1733, English; Maryland, St. Marys, 1634, English; Massachusetts, Plymouth, 1620, English; New Hampshire, Portsmouth, 1623, English; New Jersey, Elizabethtown, 1617, Dutch; New York, New York, 1613, Dutch; North Carolina, Albemarle Sound, 1653, English; Pennsylvania, Chester, 1638, Swedes; Rhode Island, Providence, 1636, English; South Carolina, Ashley River, 1670, English; Virginia, Jamestown, 1607, English.

Languages of the World

Including all of its various dialects, Chinese is spoken by about 400,000,000 persons and is the most used language. Various languages are spoken in India, Hindustani being used by some 100,000,000. English is the second most commonly used language, spoken by some 150,000,000; then Russian with 140,000,000; German 110,000,000; French, 70,000,000; Portuguese, 60,000,000; Japanese, 53,000,000; Spanish and Italian, each 50,000,000; Polish, 16,000,000. These are the estimates made by Whitaker's Almanac, which gives the number of different languages spoken in the world as about 5,000.

Mathematical Ability

Rare mathematical ability is not always dependent on education. Some prodigies have been illiterate, others have known nothing of the principles of mathematics. Johann Dase (1824-1861), the greatest mental mathematical marvel in history, had no understanding of the fundamentals of mathematics, yet he could multiply two 100-figure numbers in his head in a very short time.—G. P. Elliott, Arlington, California, in Collier's Weekly.

Test Your Love

A good old Scotch custom for determining love affairs consisted of taking two nuts, bestowing on one your own name and on the other the name of your beloved, putting them on the fire, and watching how they burn. Should they burn quietly, side by side, then the issue of your love affair will be prosperous; but if one starts away from the other, the result will be unfavorable.

Heating Government Buildings

Practically all government-owned buildings in the District of Columbia which come under the supervision of the national park service are heated from a central plant. In some of the buildings rented by the government, heat is furnished from independent plants within the respective buildings.

What's the News?



NOT a headline . . . not an item . . . not a cut . . . escapes the attention of the hundreds of readers of this newspaper. They **DEPEND** on it as their one and only reliable source of news and information. So why not "cash in" on that concentrated attention of these readers, all of whom are prospective buyers of your wares or services, Mr. Tradesman?

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- Delineator... 1 Yr.
- McCall's Magazine... 1 Yr.
- Pathfinder (Weekly)... 1 Yr.
- Pictorial Review... 1 Yr.
- Open Road (Boys)... 2 Yrs.
- Parents' Magazine... 6 Mos.
- Sports Afield... 1 Yr.
- Silver Screen... 1 Yr.
- Woman's World... 2 Yrs.
- Household Magazine... 2 Yrs.
- Needlecraft... 2 Yrs.
- Cloverleaf Review... 2 Yrs.
- Home Circle... 2 Yrs.

Check 1 magazine thus (X)

GROUP-2 SELECT THREE MAGAZINES

- Progressive Farmer... 2 Yrs.
- Southern Agriculturist... 1 Yr.
- The Country Home... 1 Yr.
- Cloverleaf Review... 1 Yr.
- American Poultry Journal... 1 Yr.
- The Farm Journal... 1 Yr.
- Capper's Farmer... 1 Yr.
- Gentlewoman Magazine... 1 Yr.
- Good Stories... 1 Yr.
- Home Circle... 1 Yr.
- Household Mechanics... 1 Yr.
- Illustrated Mechanics... 1 Yr.
- Mother's Home Life... 1 Yr.
- Needlecraft... 1 Yr.
- Successful Farming... 1 Yr.
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- Woman's World... 1 Yr.
- American Fruit Grower... 1 Yr.

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