

THE TRYON DAILY BULLETIN

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SETH M. VINING, EDITOR \$1.50 Year in the Carolinas

Vol. 14, Est. 1-31-28 TRYON, N. C., FRIDAY, AUG. 29, 1941

The Collard Fast Coming To the Front on the Menu

Raleigh, Aug. 29.—The lowly collard—wilting in the sun, drooping underneath the frosty hand of winter—has been lifted to a position of importance on the menu of mankind by Dr. Ernest A. Branch, Director of the State Board of Health's Division of Oral Hygiene. It is not only good for the stomach, but also good for the teeth, he pointed out, because collards are rich in vitamins "A" and "C". "The calcium content of the collard places it among the foods that help to build good teeth and bones," he said.

"While driving along a country road the other day," Dr. Branch said, "I was thinking about nutrition and the part it is playing and is destined to play in the American food scheme. My thoughts turned to fall gardens. Then I began counting collard patches. Some were in good condition; others looked neglected. There were lots of them, for I happened to be in a section of the State where folks pay considerable attention to this vegetable. But, you know," he went on, "the fine thing about a collard is that it can be grown over the greater part of North Carolina. I know it's looked upon as the poor man's ration, but the rich would be much richer in body-building elements if they ate more of it.

"As a source of vitamin 'A', the collard is the equal of any of the green, leafy vegetables.

"It is not sufficient just to set out a collard patch, work it and let it come to fruition. That's just

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Engagement Announced

Rev. and Mrs. C. Arthur Lincoln announce the engagement of their daughter, Ruth Mary to Mr. B. Franklin Boan, son of Mrs. Benjamin Franklin Boan, Sr., and the late Mr. Boan, of Bedford, Virginia. The wedding will take place October 25th of this year.

Miss Lincoln was educated at Randolph-Macon Woman's college, Lynchburg, Va., where in 1939 she received the degree of A.B. and a Certificate in Music. During her college she was active in campus life, being president of the Gamma Phi Beta sorority and the college glee club her senior year. She was also elected to the Quilldrivers honorary society for outstanding work in the art of writing. At present she is with the Rockefeller Foundation, Rockefeller Center, New York City.

Mr. Boan, a graduate of Roanoke college and a member of the Sigma Chi fraternity, is with the Citizens National Bank of Bedford, Virginia.

POLK TO SEND 11 MEN TO ARMY ON SEPT. 11

The following named men have been selected for induction by the Polk County Draft Board.

They will report to the Local Board at Tryon at 10 a. m. (DST) on September 11th, 1941, whereupon they shall be sent to an induction station of the United States Army at Fort Bragg, N. C.

They are:

946 Cecil Robert Taylor (volunteer), Tryon Route 1.

25 Clyde Lee Covington, Chesnee, S. C.

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