

John Wise

John Henry Wise, 73, of Saluda died Sunday in St. Luke's Hospital after a short illness.

A native of Greenville, S. C., he had lived in Polk County for several years. He was the son of the late John Luther and Rooda Andrews Wise. He was the husband of Ethel Russell Wise, who died in 1967. He had been a machine operator with Berkeley Mills until retirement in 1968.

Surviving are a daughter, Virginia McGraw of Hendersonville; a brother, Wesley Wise of Tuxedo; four grandchildren and six great-grandchildren.

Services will be held at 11 a.m. Tuesday in the Mountain Page Baptist Church. The Revs. General Beddingfield and Charles Blackwell will officiate. Burial will be in the church cemetery.

Thos. Shepherd and Son Funeral Directors is in charge.

Weldon Owens

Weldon Owens, 69, of Rt. 1, Saluda, Thompson Road, died Sunday in Asheville VA Medical Center after an extended illness.

Thos. Shepherd and Son Funeral Directors is in charge of arrangements.

Sheriff's Report

During April the Polk County Sheriff's Department directed traffic at 6 funerals and served the following warrants: 1 assault, 2 larcenies, 1 larceny of auto, 1 larceny by breaking and entering, 2 worthless checks, 1 driving under the influence, 3 communication of threats, 7 trespassing after being forbidden, 5 failure to appear, 1 notice, 5 notice of return of bill of indictment, 9 magistrate summons, 3 juvenile summons, 5 civil summons, 7 criminal summons, 131 subpoenas, 4 involuntary commitments, 1 execution, 1 warrant for arrest for assault on officer, 2 disorderly conduct.

Garden Clinic

N. C. State University Answers Timely Gardening Questions

Q. Will I have earlier tomatoes if I purchase plants that already have small tomatoes on them? (W. G., Burlington)

A. No. Developing fruits place a serious nutrient drain on the

plants and if the plants are having to overcome transplant shock at the same time, slow, early growth will likely result. Tomato plants grow best when transplanted before blossoms form. An alternative is to grow the plants in a container large enough to allow room for good root development and thereby lessen the chance of transplant shock. (Larry Bass, extension horticulturist)

Q. I have a small pasture with a lot of bitterweed and lambsquarter in it. How can I get rid of these plants? (M. W., Greensboro)

A. The herbicide 2, 4-D amine is effective in controlling bitterweed and lambsquarter. Apply at the rate of one pound of 2, 4-D amine to 25 to 30 gallons of water per acre. Control is more effective if applied when weeds are young and six to eight inches tall. If there is clover in the pasture, it will be slightly stunted but not killed. (William M. Lewis, extension weed science specialist)

Q. Do starter solutions really get vegetable transplants off to a faster start? (F. R., Knightdale)

A. Yes. Most commercially prepared starter solutions have a high percentage of phosphorous, which stimulates root growth in young transplants. Liquid starter solutions provide nutrients that can be absorbed rapidly by the plant's root system. Gardeners can make their own starter solution by mixing three to four tablespoons of 5-10-10 fertilizer in a gallon of water. Never use more than one cup of solution per plant to avoid burning the root system. (Larry Bass, extension horticulturist)

Q. Will Australian pine and Douglas fir grow in the upper Piedmont? If so, how far apart should they be planted? (B. W., Elkin)

A. You likely would have little success with either tree growing in your area. Australian pine is native to tropical Asia and Australia and has been planted extensively in southern Florida. It is also risky to plant Douglas-fir too far from its native range or elevation, which is coastal Oregon, Washington and the Rocky Mountains area. (William M. Stanton, extension forest resources specialist)

Thomas Jefferson once smuggled rice seed out of Italy for planting in South Carolina and Georgia.

Tri-County Softball

Wednesday

- 6:30 — Johnson Paints at Colleys
- 7:30 — Rockettes at Riverbend (G)
- 8:30 — Tryon Federal at Lowry
- 9:30 — Docs at Ravans

Saturday

- 6 — G. L. Murphy at Lowry
- 7 — Rockettes at Walkers (G)
- 8 — Johnson Paints at Reids
- 9 — Hensons at Draper (G)
- 10 — Tryon Federal at Cooleys



Thomas Jefferson steadfastly supported freedom of the press, even as he himself was being slandered and libeled by many newspapers.

Good nutrition for keeping fit.

by Dr. Gaylor Whitlock

Nutrition Consultant, University of California, Emeritus

Good nutrition, like sensible exercise and ample rest, plays a vital role in feeling better and looking better. And for good nutrition, there are many reasons to include Sunsweet Prune Juice in your daily diet.

Besides its many vitamins, Sunsweet Prune Juice contributes essential minerals for keeping fit. Of great importance among these is the good potassium/sodium relationship, as this fruit juice has far more potassium than sodium — a boon for your heart and blood pressure.

For example, a 6-ounce glass of Sunsweet Prune Juice has 391 milligrams of potassium with only 14 milligrams of sodium. (For comparison, there are 3,000 milligrams of sodium in 1/2 teaspoon of salt.)

Unless you are on a low-sodium diet, you may not know that potassium and sodium are the two minerals which control the body's water balance. Each has a vital role in body functioning.

One form of sodium is common table salt (sodium chloride). Other forms occur naturally in a number of foods, and a certain amount is essential to life. However, sodium is such a potent mineral that serious consequences can result if more is ingested than the body can manage. In some illnesses, the body cannot excrete its excess of sodium and thus accumulates water, sometimes in great amounts.

Edema can result through excessive retention of sodium and water. This may contribute to high blood pressure which in turn puts extra



wear and tear on the heart, the brain and the kidneys.

Here is where potassium comes to the rescue to help restore the balance of body fluids. If diuretic medications are prescribed to help keep the body sodium at a proper level, the physician may prescribe supplemental potassium to replace that which may be excreted along with the sodium and excessive water. The supplement can be accomplished with potassium-rich foods, medication or both.

While some potassium is present in a variety of foods, very few have the low-sodium content of Sunsweet's 100% pure prune juice. A 6-ounce glass of this juice is comparable to a medium size banana in the good potassium-sodium relationship.

Naturally sweet Sunsweet Prune Juice is a delicious, refreshing breakfast drink and a quick energy pick-up any time. Put this potassium-rich, low-sodium juice on your daily diet to help you keep fit.