

## Study Food Values

Food provided for the family table deserves the careful thought of every housewife. Do you use thought when buying baking powder?

The quality of cake, biscuits and all quickly raised flour foods depends largely upon the kind of baking powder used.

Royal Baking Powder is made from cream of tartar derived from grapes. It is absolutely pure and has proved its excellence for making food of finest quality and wholesomeness for generations.

Royal Baking Powder contains no alum nor phosphate.

ROYAL BAKING POWDER CO.  
New York

## FIRE DOORS AND SHUTTERS

Loss by Recent Raleigh Fire Would Have Been Small Had Buildings Been Properly Equipped.

One of the lessons of the recent fire in Raleigh was to show the importance of having property within the fire district protected by fire doors and shutters and in seeing that the buildings were not only thus equipped, but that the doors and shutters were kept in working condition and properly closed each night. The loss by this fire would have been small if even the new buildings had been properly equipped. An examination during the fire showed that many of the fire shutters were open and the inflammable property inside of the building exposed to sparks.

The Insurance Department is doing all it can in the way of helping cities and towns as well as individual property owners by inspections and advice as to the best means of protection. The Commissioner says that he will have any building in the State inspected and a full detail made of what is necessary to do for this protection if the owner will only assure him that he is anxious and willing to do whatever he can for the protection of his own property as well as that of his neighbors.

## CHILD IS FATALLY BURNED

Mother Had Left Him in Room With Open Fire For Only Little While.

Goldsboro, April 1.—Relatives in this city have been notified of the death of the young son of Mr. and Mrs. Sylvester Odom, which occurred at their country home in this county as a result of being burned.

The mother had left the house for only a few minutes to make some purchases, and when she returned to the house she was horrified to find her little son enveloped in flames and trying to crawl on the bed, his clothing having caught, it is supposed, from a fire in the fireplace.

The mother was badly burned about the hands and face while extinguishing the flames. Though a doctor was summoned, his aid proved of no avail, and the child died in a few minutes.—News and Observer.

## Sunday School Rally.

The people of the McDowell circuit are urged to take notice of the following announcement:

On Saturday morning, May 27, at 10:30 o'clock, at Snow Hill Methodist church the third quarterly conference will be held. And the afternoon of the same day will be given over to a missionary and Sunday School rally. Addresses will be made by special speakers and as many as can possibly attend are urged to do so. Dinner will be served on the ground.

M. W. MANN.

## Farmers' Union Meeting.

The McDowell County Farmers' Union will hold its next regular meeting with the Bethlehem local union at Bethlehem school house Saturday, May 27. Public speaking at 10:30 a. m.

B. F. CORPENING, Pres.  
C. M. POOL, Secretary.

## Old Fort Civic League.

Contributed.

At the regular meeting of the Civic League last evening much interest was manifested in the preparation of parks, which will prove to be beauty spots in Old Fort.

Mrs. Sidney Mauney has kindly offered a portion of her grounds facing Mill creek for a park or retreat where the townspeople may enjoy cool breezes and grateful shade of the beautiful trees. Benches will be placed along the bank of the stream.

The Children's Play-ground will soon be open to the public. The ground is being prepared for the reception of benches and swings, and other amusements may be added later.

The merchants of Old Fort are cooperating with the League in making the town clean and attractive by placing before their stores garbage-cans in which to put all refuse matter.

## Army Measure Finally Passed.

Washington, May 20.—Congress today completed its part in enactment of the first of the administration preparedness measures, the army reorganization bill, and sent the measure up to President Wilson for his signature.

The House approved with only twenty-five dissenting votes the conference report on the army measure, already accepted by the Senate. It provides for a regular army with a peace strength of more than 200,000 men backed by a federalized National Guard of more than 400,000, and carries many reorganizing features worked out by War Department officials to make the nation's fighting arm more efficient.

## Woman Chosen Head of Peace.

Raleigh, May 18.—Miss Mary O. Graham has accepted the presidency of Peace institute, Presbyterian college for women here, succeeding Dr. George J. Ramsey, who resigned because of poor health. Miss Graham is sister of President Edward K. Graham, of the University of North Carolina, was president of the teacher's assembly last year and resigns the assistant superintendency of Mecklenburg county schools to come to Peace.

Prompt treatment of a slight attack of Diarrhoea will often prevent a serious sickness. The best known Remedy is Dr. SETH ARNOLD'S BALSAM. Warranted by Marion Pharmacy.

If you have a news item, personal or any item of local news of interest The Progress will appreciate your giving it in at any time. The small item is appreciated as much as the larger ones.

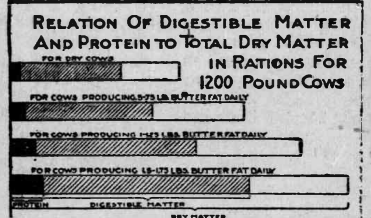
## FEED COWS FOR MILK

Production and Size Are the Determining Factors.

Each Animal Should Be Given as Much Roughage as She Will Eat Up Clean—Avoid Increase in Body Weight Above Normal.

In the management of the modern dairy it should be the aim to surround the cows with conditions most conducive to a large and economical production of milk and butterfat in each individual case. Each cow should receive as much roughage as she will eat up clean and a portion of this should preferably be of a succulent nature, like grass, silage, soiling crops or roots. Of concentrates it has been found a good working rule to feed as many pounds of grain feeds per day to each cow as she produces pounds of butterfat a week, or one-fourth to one-third as much grain as she gives pounds of milk daily, the amount depending upon the per cent of butterfat in the milk. In the case of cows producing milk with a low per cent of fat, one-fourth would be required. Care should always be taken to avoid an increase in body weight above the normal for each cow, since the milk secretion, as a general rule, is likely to suffer when cows commence to utilize their feed for the formation of body fat.

It follows from what has been said that no two cows in the herd can be fed exactly alike under this system of



Production and Size Are the Factors Determining the Food Requirements of Dairy Cows—The Amounts of Dry Matter and Digestible Protein Should Increase in Proportion to the Production of Butterfat.

feeding. Each cow must receive individual attention and be fed according to her special requirements. It is possible, however, to lessen the labor incident to regulating the feed supply in accordance with the requirements of the individual cows by adapting a general grain mixture which will serve the needs of most of the cows in the herd. This may be placed in a cart and weighed or measured out from the same to each cow in the stable.

## JUDGMENT IN SHAPING TREES

Care Should Be Exercised Not to Cut Away Any Portion Which May Affect Appearance.

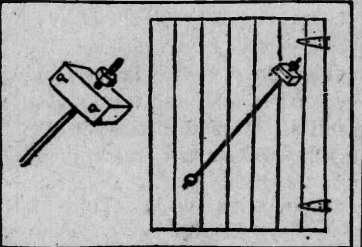
In shaping the trees, the orchardist must use his own judgment largely. Where the trees are very small care should be exercised not to cut away any portion of the tree which may affect its appearance in the future. Beginners should not start on young or small trees, for mistakes on them are always costly.

If you observe a serious fork in the young tree, it should be remedied at once by cutting away the one which you think will not make the best producer. If such a defect is remedied early in the lifetime of a tree it will scarcely be noticeable later, but to allow it to remain for any length of time is to injure and deform the tree permanently.

## REMEDY FOR A SAGGING DOOR

Old Wagon Rod and Staple, Arranged as Shown in Illustration, Will Prove Satisfactory.

For a door that has sagged, writes John Reagan of Minnesota in Nebraska Farm Journal, put the ring of the rod at the bottom of door and run



Cure for Sagging Door.

the staple through it. Run the other end of rod through a block fastened near the top of the door, put on the burr and tighten.

If you have a farm or real estate of any kind you wish to sell, an advertisement in The Progress will do the work for you.

## Beginning June 1st, 1916

### THE DAVIS PHARMACY

will give Profit Sharing Coupons with each cash purchase.

### Call For Premium Catalog

and see just what handsome articles you can get with the coupons. It pays to save them and they cost you nothing at

## THE DAVIS PHARMACY,

On The Corner.

Phone 33

## HATS

We have a big lot of Men's and Boy's Hats in straw, felt and cloth at prices lower than you ever bought them before. Also Boy's and Men's Caps, and little girls hats.

## SHOES!

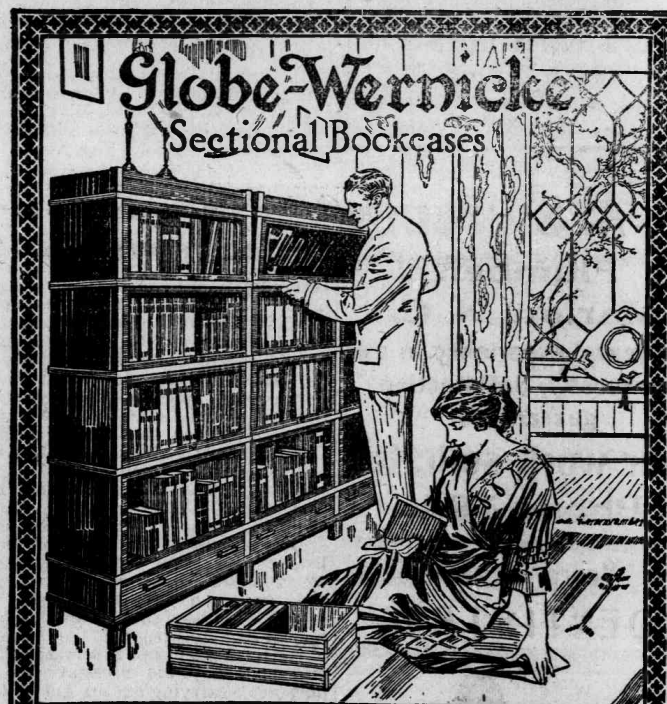
A new lot of Ladies' and Misses' Pumps and Oxfords that are beauties. Men's, Boy's and Ladies Tennis Shoes for less money than you pay elsewhere.

## FREE! FREE!

Besides having all the goods you need and at a saving in price to you, we have a new lot of Aluminum ware that we are going to give you absolutely free if you buy your goods from our store. Come in and see the new goods and the beautiful Aluminum ware we are giving away ABSOLUTELY FREE.

## MARION BARGAIN HOUSE,

"THE PEOPLES STORE."



## McCall Bros.

# Southern Railway

Operating Over 7,000 Miles of Railway

QUICK ROUTE TO ALL POINTS  
*North-South-East-West.*

Through Trains Between Principal Cities and Resorts  
Affording First-Class Accommodations.

Elegant Pullman Sleeping Cars on all Through Trains.  
DINING, CLUB AND OBSERVATION CARS.

For Speed, Comfort and Courteous Employees, Travel via the Southern

Rates, Schedules and other information furnished by addressing the undersigned.

R. L. VERNON, T. P. A.,  
Charlotte, N. C.

J. H. WOOD, D. P. A.,  
Asheville, N. C.

S. H. HARDWICK, P. T. M.,

W. H. TAYLOR, G. P. A.,