

STATE COLLEGE HINTS TO FARM HOMEMAKERS

By RUTH CURRENT
State Home Demonstration Agent

A well-planned garden can provide the family with most if not all the vitamins A and C needed in daily diets from early summer until late fall, plus such important minerals as iron. Garden vegetables also furnish the bulk or roughage helpful to normal digestion.

Tomatoes, most popular of all home garden vegetables, offer vitamin C generously, especially if they ripen in the sun. Other good vegetables for this vitamin, needed every day for best health, are: cabbage, cauliflower, green peppers and the green leafy vegetables of all kinds—especially if used fresh from the garden and served raw in salads, or quickly cooked in a small quantity of water. Even radishes, one of the earliest and easiest vegetables to grow, can contribute their bit of C early in the season. After they are harvested other vegetables which need later planting may occupy their space.

For vitamin A all the green and yellow vegetables are helpful. By careful planning, a wide variety of greens, is possible from spring until frost—early leaf lettuce, beet and turnip greens on to broccoli, kale, mustard greens, chard and collards. Late in the summer, plant turnips, beets and lettuce again for fall greens.

Green peas, snap beans and lima beans also contribute vitamin A and C and some energy value into the bargain. Green beans rank second to tomatoes in popularity for home gardens. Pole beans yield well over a long season, and thus often give larger returns from garden space and gardener's time than bush beans. Green beans generally offer more in vitamin A than wax beans. Green peas, delicious as they are when fresh and young, take up considerable garden space for food value returned—a point to be considered in small gardens.

In the yellow vegetable group there are carrots, squash and yellow sweet corn for the gardener's consideration. Carrots give greater returns in both yield and nutritive value for the space they use than squash and sweet corn, but gardens with plenty of room for planting may well have all three.

NATIONAL FARM NEWS

One of the strongly emphasized goals of the Research and Marketing Act is the development of a more efficient system for distributing agricultural products.

World production of rice has climbed back to just about what it averaged before World War II.

The national quota in the 1949 spring savings bond "Opportunity Drive" is \$1,040,000,000. The North Carolina quota is \$12,000,000.

SO RIGHT!

Mint and chocolate are so right together. Next time you make your favorite chocolate pie, add finely crushed peppermint stick candy to the meringue topping.

Carolina contains 130 species of native trees, 1,300 flowering plants, and 3,600 plants of all kinds—more variety of plant life than any similar area in the American Temperate zone.

Read The Progress for local and current events.

"Now How Did I Ever Get In This Peculiar Position?"



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J. H. TATE

Phone 120-X Marion, N. C.

Marion Nips Lenoir Red Sox 4-3 After Loisng Monday Night 9-7

In a thrill packed game from the first ball until the last the Marion Marauders out hit and out scored the Red Sox from Lenoir on the high school athletic field Tuesday night to win the contest four to three.

Johnny Lanning placed himself on the mound where he pitched a masterful game for the full nine innings for the Marauders. The skipper allowed the visitors only eight hits, biffed nine batters and walked none. Cassilino went the route for the Red Sox and gave up eleven bingles. He struck out four men at the plate and gave free bases via the base on balls route to only two. It was really a pitchers duel from start to finish.

Going into the eighth inning with the score tied at three-all, after having lead all the way, the Marauders decided to settle the issue. Triplett, as the first man up, singled into right field, and advanced to second on a balk. The second Marauder man to come to the plate beat out a scratch hit which slow-rolled to the pitcher, and Triplett went to third. Skipper Lanning, the next man up for the Marauders, really won his own ball game as he drove a long one into deep center-field as Triplett crossed the plate with the winning tally.

Errors charged against the Marion team were heavy. Brooks, Beam, Holt, Billie and Yow were charged with one each to bring the total to five for the evening. None were chalked against the Red Sox.

Leading the hitting for Marion were Lanning, Brooks, Billie and Bonnetti with two each.

Bonnetti was the only Marauder to hit for extra bases For Lenoir it was Burke who had two for four, both for extra bases, one a double and one for a three-bagger.

Buffard Jonard, skipper of the Lenoir Red Sox, hotly contested an umpire decision in the second inning when the base umps disagreed on whether an out resulted from a ground ball as a fly ball taken by first baseman Burke for the Red Sox. First base ump Alley ruled the ball a fly, while third base ump Hall said it was a grounder. The game from this point on out was played under protest.

The line score:
Lenoir --- 100 000 020—3 8 0
Marion --- 200 001 01x—4 11 5

Batteries for Lenoir—Cassilino to Narrow; for Marion—Lanning to Bonnetti. Triples: Burke. Umpires: Camp, Alley, and Hall.

RED SOX 9; MARION 7

Despite the fact that big Tom

Cumby and Long John Beam each blasted a home run in the Marion-Lenoir baseball game played Monday night in Lenoir the Marauders lost a heart-breaker seven to nine. Beam's homer came in the seventh with two mates aboard, while Cumby's circuit blow came in the ninth as a singleton.

The Marauders gained one score each in the first three innings to pace the game, but the Red Sox piled up a lead by getting four runs across home plate in the bottom of the third. The locals attempted a come back in the seventh with three markers which fell one point short in tying the score.

Yablon started the game for the Marauders but took a walk in favor of Williams in the sixth, and was credited with the loss for Marion. Carroll Matson and Lloyd Wiedererman saw mound duty for Lenoir. Matson worked all of eight innings and part of the ninth for the Red Sox, but Skipper Jonard relieved him in a hurry when Tom Cumby belted his homer in the ninth.

Leading at bat for Marion was Cumby with four for five, and for Lenoir it was Casbier, Narrow and Marieno each with two for three.

The line score:
Marion --- 111 000 301' 7 11 0
Lenoir --- 014 020 11x 9 10 2

Batteries: Yablon and Williams (6) to St. George; Matson and Wiedererman (9) to Narrow. Doubles: Brooks, Marino, Casbier and Buckler. Home runs: Beam, Cumby, Casbier and Narrow. Umpires: Garner and Clanton.

BASEBALL SCHEDULE

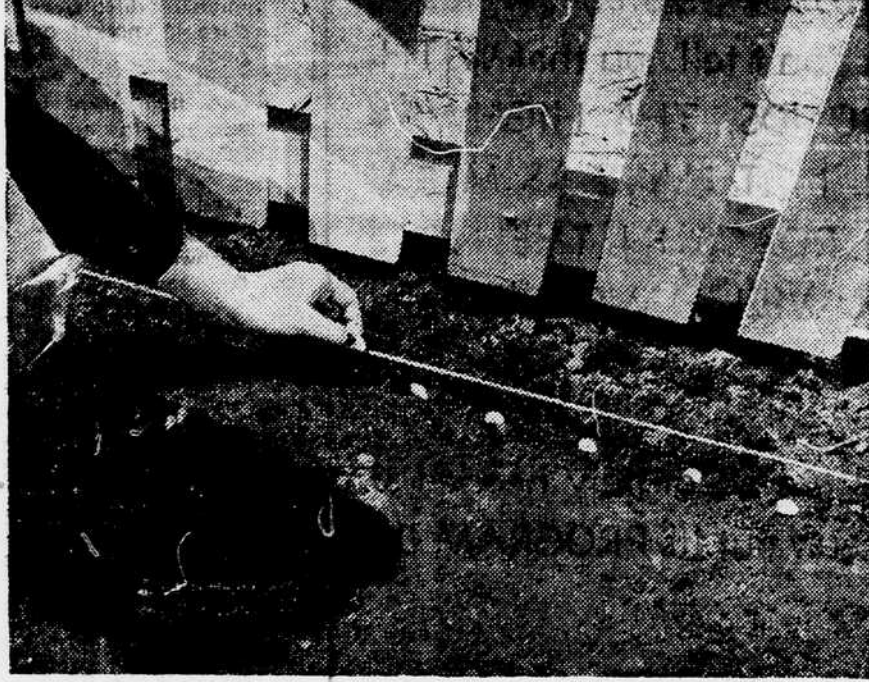
Tonight—Shelby at Marion.
Friday—Morganton at Marion.
Saturday—Marion plays two games at Morganton, one at 3:15, one at 8 o'clock.
Monday—Marion at Lincolnton.
Tuesday—Lincolnton at Marion.
Wednesday—Marion at Newton.
Thursday—June 2, Newton at Marion.

All home games will be played on the high school athletic field beginning promptly at 8:00 o'clock.

League Standing

CLUB	W	L	Pct
Lenoir	17	7	708
Newton	14	7	667
Lincolnton	16	9	640
R. C. Owls	12	13	480
Morganton	11	12	478
Hendersonville	10	15	400
Marion	8	14	364
Shelby	7	17	292

Luxury Lima Beans Easily Grown in Small Gardens



Plant lima beans with the eye down to assist quick germination.

Did anyone ever get too many lima beans? In the market, they are a luxury crop. Even small home gardens can grow them, however, and enjoy a rich harvest from a single row, if a pole variety is chosen, and allowed to climb a fence. The foliage is beautiful, thick and glossy green. The harvest starts late, for pole varieties, but lasts until frost kills the vines. Although only the seeds are eaten, the yield for space occupied will compare well with other crops, provided the soil is well fed.

Even though your garden soil is known to be fertile, it will be well to use 4 pounds of complete plant food for each 100 feet of row planted to lima beans. All limas are tender and seed should not be sown until the ground is thoroughly warmed and danger of frost is over. They may decay in cold soil. The seeds

are so large they are easily spaced and should be planted with eye down to facilitate quick growth. Tests have proved that this causes a definite increase in germination.

Bush limas are of two classes, large and small seeded; the former bearing larger beans, but fewer of them. The small seeded limas have been improved recently, and new varieties have larger beans, while still producing them abundantly.

Small seeded bush limas mature in about 65 days, large seeded bush and pole limas in about 80 days. They have a long season of yield, and will provide beans for the table until frost kills the vines.

Bush limas do not bear well if crowded in the row. Plant the small seed varieties a foot apart and the large seeded ones at least 18 inches apart. The pole limas may be a little closer, say 8 inches.

NOTICE TO CREDITORS

North Carolina
McDowell County

The undersigned, having qualified as Administratrix of the Estate of C. G. Cannon, deceased, late of McDowell County, North Carolina, this is to NOTIFY all persons having claims against said estate to present them to the undersigned on

or before the 15th day of June, 1950, at No. 606 East Court Street, Marion, N. C., or this NOTICE will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment to the undersigned. This the 26th day of April, 1949.
Myrtle E. Cannon,
Administratrix of the Estate of C. G. Cannon, deceased.

OFFICERS OF NEW NATIONAL CITIZENS GROUP



The newly formed National Citizens Commission for the Public Schools has named the above four officers. From left to right: Foy E. Larsen, Chairman, president of Time & Life; James F. Brownlee, Vice-Chairman, former Deputy Administrator of the OPA; John A. Stevenson, Treasurer, president of Penn Mutual Life Insurance Co.; and Leo Perlis, Secretary, Director of the National CIO Community Services Committee.

Prominent Laymen Form Commission To Help In Public School Crisis

Aroused by the continuing nationwide crisis in the public schools, a group of prominent men and women have formed a National Citizens Commission for the Public Schools which will work for concerted action by citizens in their local communities, it was announced May 16.

The Commission has received initial financial support from the Carnegie Corporation and the General Education Board.

Dr. James E. Conant, President of Harvard University, hailed it as "potentially the most important move for the advancement of public education taken in the last fifty years."

The Commission is composed exclusively of laymen, many of them outstanding in business, labor, law and publishing. Its twenty-eight initial members are convinced that because of the problems of the times, public schools have never before been so important to the nation.

The Commission is the first organization of its kind established in this century to devote itself to the public schools. It plans to act as a clearing house of information on public school problems for local groups, and to cite outstanding examples of community action for the improvement of public schools.

"Professional educators, many conscientious school boards, the Parent-Teacher Associations, and other groups are working hard for better public schools," Roy E. Larsen, president of Time & Life and chairman of the group, said. "But the problems of public education are so broad that they concern all of us, and it is time for all of us to understand and do something about them."

Headquarters of the Commission will be at 2 West 45th Street, New York City. When the group is fully expanded it will have sixty members.

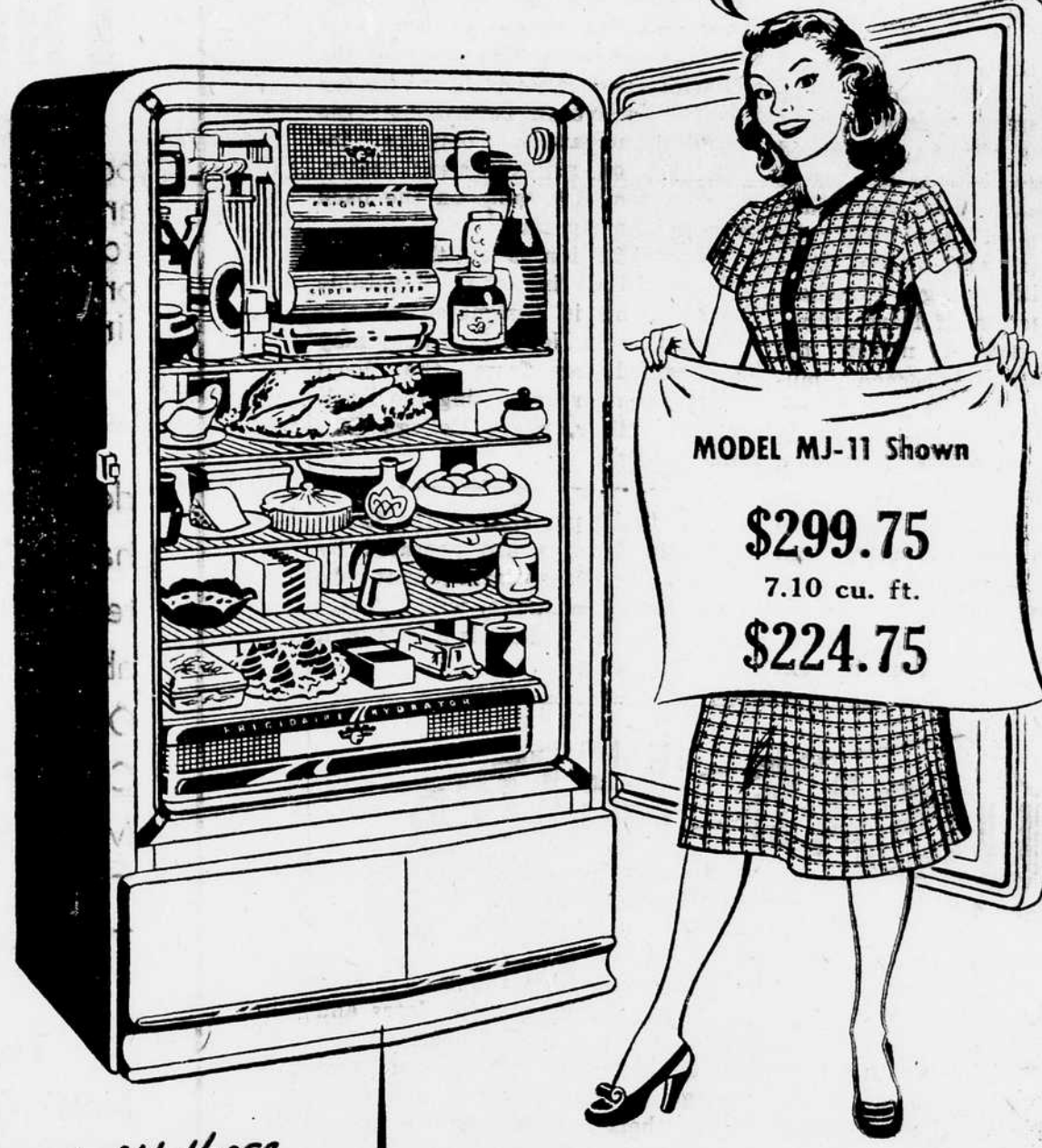
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