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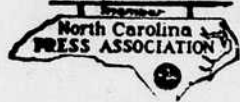
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FRAUD IN WAR CONTRACTS

A mere sampling of wartime contracts, according to Comptroller-General Lindsay C. Warren, revealed \$6,280,000 in fraudulent payments and over-payment or waste of \$11,500,000. It should be noted that Mr. Warren says that this was the result of a sampling of wartime contracts.

In more than twelve per cent of the settlements examined, excessive or fraudulent payments were discovered.

The blame for the situation is placed by the Comptroller-General on the Settlement Act of 1944. This authorized contracting agencies to settle their terminated contracts, without prior independent audit. Consequently, the way was open for officials to extend favors to contractors and to do so in a manner that probably prevents the Government from recovering most of the millions lost through fraud or bribery.

It is very unfortunate that while many brave Americans were fighting for their country and some of them giving up their lives, "business as usual" in this country was permitting thousands of contractors to pile up exorbitant profits. A thorough investigation will probably reveal profits that will shock the conscience of the nation, but it is too late for such an investigation to do much good.

At the conclusion of World War I, the same state of affairs developed. In fact, revelations as to war profits had much to do with the creation of a strong isolationist sentiment in this country. It would be doubly unfortunate if revelations about the recent war bring about the same state of public opinion.

AUTOS OUTKILL INDIA'S SNAKES

We remember, not many years ago, that citizens of McDowell county were somewhat worried over the fact that snakes kill thousands of people annually in India and that some of them, for that reason, formed the conclusion that India must be a very dangerous place.

It did not occur to these citizens that the automobile kills more people in the United States every year than the snakes kill in India. In fact, the common-place attitude of our people toward the astounding death toll of the automobile is one of the mysteries of modern life.

There was a day when the regulation of speed was considered vital to the safety of the highways. Nevertheless the lawful rate of speed has somewhat increased through the past decade, but with the improvement of highways and the development of better automobiles, the death rate has not increased proportionately to the higher speeds.

The Progress has urged that officials conduct a more thorough examination into fatalities connected with automobile accidents. Many of them are avoidable and would not occur if the drivers of all cars knew that punishment awaited carelessness. It is a matter of regret that "unavoidable accident" is taken as somewhat a matter of course when a motor vehicle snuffs out the life of a person.

BODY PRESERVED 39 YEARS

In 1910 an amateur mountain climber vanished in an ice hole while attempting to climb Mount Blanc, and his body was not recovered.

Now, thirty-nine years afterward, Italian police report the discovery of the body, fully clothed and perfectly preserved in its icy grave.

Presumably, the slow-moving glacier gradually worked its way down the mountain, eventually reaching a spot accessible to police who located the body. The possibility of preserving a body in ice is not new but it is rather strange to read of the actual fact as reported from Italy.

So long as men are elected to office by popular vote the politicians will listen to the majority.

It takes two nations to fight but it takes many more to keep the peace of the world.

MODERNIZE YOUR DIET

If you want to bring your diet up-to-date, you must keep tab on vitamins, calories, proteins, fats, water, salt, calcium and other minerals.

In 1941, the Food and Nutrition Board of the National Research Council brought out a table of "requirements". It has been revised in the light of scientific findings and the amounts specified are higher than before. Two essentials have been added, vitamin K, the anti-blood-clotting vitamin, and follic acid, one of the B family, a preventative of some childhood diseases and of some effect on intelligence.

The daily requirement for calories remains within the range of 4,500 for 154-pound men engaged in heavy work to 2,000 for 123-pound sedentary women. For children, between the ages one and three, with an average weight of twenty-seven pounds, to 2500 for children from ten to twelve with an average weight of about seventy-eight pounds.

The standard requirement for proteins is unchanged but between sixty and seventy grams a day. Calcium, essential for bone and tooth-building, is increased twenty-five per cent to one gram a day. The fat requirement is uncertain, but, generally, it is desirable that fat make up from twenty to twenty-five per cent of the total calories consumed, although for very active persons and for children and adolescents, the percentage should be around thirty-five per cent of total calories.

The standard allowance of water for adults is slightly more than two quarts daily but for an active man consuming 4500 calories, the standard moves up to four and a half quarts. In hot weather and at hard work, the requirements may touch twelve quarts a day. Thirst is usually an adequate guide except for children and sick persons.

The need for salt and water is closely related. A liberal salt allowance is about five grams daily, except for those who sweat profusely and they need four to five times as much.

The figures given above are somewhat of an average and special allowance must be made in the case of growing children and pregnant women. For more exact information as to your probable needs, it would be well to consult your family doctor.

SCIENCE PROMISES EASIER LIVING

A college professor recently estimated that the modern industrial civilization of the United States presents to each American family the mechanical equivalent of four hundred human slaves. The professor maintains that science promises us an even finer kind of living than the wealthiest potentates of the past ever dreamed of.

While we have no means of checking the doctor's estimate, there is, at least, enough truth in his assertion to astound many of us.

The utilization of the mechanical power available promises greater ease and comfort to the people of the United States.

We would remind everyone, however, that with this utilization will come new dangers the moral fiber of individuals, with some persons degenerating in flabby indolence and soporific stupefaction. This does not mean that we should slow down industrial progress because of the dangers that attend its development. A people, blessed with such benefits along material lines, must keep their spiritual natures ahead of gross materialization, if the nation is to live and be powerful.

TWO EXTREMES

According to our Raleigh correspondent, things are not so rosy in Raleigh with the state finances.

Predictions are that the state will soon be spending over \$50,000 per day more than the income, not counting the school and road bonds. This deficit is based on early indications and reflects the condition of the general fund.

This news comes right at the time when Governor Scott is pushing hard to stop unnecessary spending on the part of state employees—that is, little useless things, such as additional travel, and extra meals, and the like.

The two matters go hand in hand. If the income is going to be lower, then certainly the expenses, and above all, the unnecessary expenses should be abolished entirely.—Waynesville Mountaineer.

The question is yet to be determined but it looks like nature manages to produce baffling problems faster than modern science finds the answers.

It won't be long now before the annual drives for various charities come along to remind us to do something for unfortunate human beings.

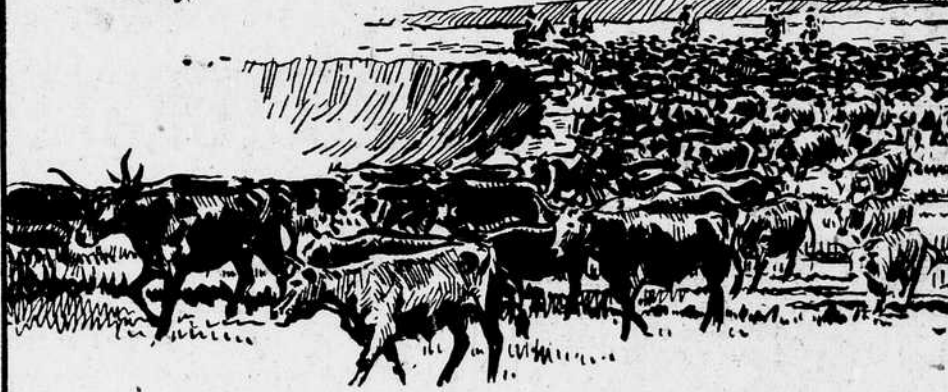
The fiscal problem of the republic is how long can we finance the world without going broke?

OUR DEMOCRACY — by Mat

THE DROVER



IN THE EARLY DAYS OF OUR DEMOCRACY, CATTLE WERE DRIVEN IN SMALL DROVES TO THE NEAREST MARKETS. ON THE HARD JOURNEY, THE DROVER RISKED LOSSES DUE TO INJURIES AND SICKNESS—TO ATTACKS BY WILD ANIMALS AND BANDS OF THIEVES.



LATER, AS THE WEST OPENED UP, CATTLE WERE DRIVEN IN GREAT HERDS FOR LONG DISTANCES ACROSS BARREN COUNTRY TO RAIL HEADS... THE LOSSES, BOTH IN SIZE OF HERDS AND WEIGHT OF CATTLE, WERE ENORMOUS.



TODAY, OUR COUNTRY'S MODERN SYSTEMS OF TRANSPORTATION MAKE IT POSSIBLE TO SHIP CATTLE, BY TRUCK AND RAIL, WITH SUCH SPEED AND EFFICIENCY, THAT THEY REACH MARKET IN PRIME CONDITION WITH VIRTUALLY NO RISK—AND COMPARATIVELY LITTLE LOSS.

Looking Backward

From The Progress Files

NOVEMBER 16, 1916
 Social Affairs

Mrs. P. D. Sinclair was hostess to the Book Club on Wednesday of last week. While discussing the books fingers were busy with various kinds of fancy work. At the close of the meeting the hostess bade the guests to the dining room to partake of a dainty salad course. The Sans Souci Club was entertained by Mrs. D. E. Hudgins last Friday afternoon. A spirited game of 108 at four tables was enjoyed, after which the hostess served a delightful salad course, followed by cream and cake and mints.

MINISTERIAL ASSOCIATION ORGANIZED

The Ministerial Association of Marion was organized last Monday morning in the parlors of the Baptist church. The following officers were chosen: L. D. Thompson, president; J. C. Story, vice-president; W. H. Moore, secretary.

The Association will consider from time to time matters of common interest to the churches. Meetings will be held monthly. The ministers whose names appear below are members of this association: B. S. Lassiter, Elmer Simpson, J. C. Gay, W. H. Moore, R. C. Kirk and L. D. Thompson.

BIG CELEBRATION SATURDAY NIGHT

Local Democrats gave vent to their feelings in Marion Saturday night by celebrating the re-election of Woodrow Wilson in great style. Fireworks, automobile parades, band music and torchlight processions were much in evidence, making this the greatest occasion of this nature ever held in Marion. To the tune of Tipperary, a large crowd sang:

"It's a long way to Washington, to the greatest man I know; Farewell Charley Hughes, goodbye Teddy bear," etc.

On the whole the celebration was a decided success with very little disorder in evidence.

WORK PROGRESSING ON NEW MILLS

The Gallivan Construction company has begun work on the new Clinchfield cotton mill which will be located near the present Clinchfield mill, which will hereafter be known as Clinchfield No. 1, and the new mill as Clinchfield No. 2. Large forces of men are now at work on the foundation and many carloads of material have already been placed.

The Cross Mill company have their new plant now well under way. The grading for the foundation is completed and a number of the tenement houses about complete, while the brick work of the plant is well under way. The company hopes to be ready for operation about February 1, 1917.

Health and Beauty ...

Dr. Sophia Branson

IMPORTANCE OF BABY TEETH

It is the duty of every prospective mother to learn and to put into practice everything that is possible to preserve her own health and that of her child. In the case of the child, it commences before birth, and should be carried on until he is old enough to take over for himself. This he will do if properly trained by a careful and intelligent mother.

There are plenty of informative books on the market now that give sensible instruction on the subject. They will be studied by earnest, inquiring mothers. That of the pregnant woman is largely a determining factor in her own health and that of her child.

The expectant mother should keep in touch with her physician and dentist. They will gladly instruct her as to her method of preparation for the little stranger and tell her where she can find books and pamphlets that will give her reliable information.

Some mothers are amazingly ignorant about the importance of taking proper care of the first or milk teeth of their little ones. The mouth should be kept sweet and clean. The first set of teeth are very important and play a very useful part in the future welfare of the child.

In the first place, everything pertaining to the human body has a

very definite and important function to perform. The baby teeth should receive the most meticulous care. Their presence is necessary for proper development of speech. They are also necessary for the growth and development of the gums, the jaws, face, and head. If they did not serve a necessary purpose they would not exist.

The loss of a single baby or foundation tooth, until it has been absorbed into a permanent tooth, and nature is ready to cast off the shell, is a misfortune. Some ignorant mothers actually allow the foundation teeth to decay in the helpless child's mouth, and they do nothing to prevent it.

The development of the foundation teeth require good, nutritious food. All babies need plenty of milk to furnish calcium with which to build teeth and bones.

Every one of the twenty foundation teeth should be in the mouth by the time he is 2 1-2 or 3 years old. They are necessary for properly chewing the food and the maintenance of health.

If several of these baby teeth are lost, nature cannot properly carry out her designs. The face and jaws will lack the assistance that would have been afforded by helpful, well-developed, properly functioning baby teeth. Crooked, crowded teeth are often caused by neglect and consequent loss of foundation teeth.

FARM FREIGHT SAVING

The Agriculture Department claims that it has saved farmers approximately \$1,000,000,000 in freight charges on their products during the past ten years. These savings were made possible through the activities of DA transportation experts in fighting freight rate increase proposals made by railroads before the Interstate Commerce Commission.

Prices received by farmers for 1949-crop sweet potatoes may be slightly lower than those received for the 1948 crop.

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