

Retarded Children's Unit Hears Psychologist Nale

Out of every 100 children starting to school, 68 will be average, 16 fast learners, and 16 slow learners, Dr. Stanley Nale, clinical psychologist, told the Macon County unit of the N. C. Association for Retarded Children at its monthly meeting at Franklin High School October 12.

Dr. Nale, who is with the State Department of Public Welfare, spoke to the group on understanding and accepting the fact that children do not learn at the same rate, but according to their mental development.

Of the bottom 16 in the group of 100, about 3 per cent will be capable of getting little, if anything, from the public school program, he said.

He stressed the need for psychological analysis of children entering the first grade. Many who enter school, he explained, have a calendar age of six years, but have not reached that age mentally.

If parents and teachers understand these children who have a slow rate of mental growth, and

make provision and proper guidance for them, most of them can achieve. If this understanding is lacking and there is undue pressure from parents and teachers, much harm can be done to the child, he continued.

Mrs. Furman Angel, chairman of the membership drive for the association, urged that everyone help these children by becoming a member of the association. The fee is \$2. Part of this money is used in the county, and the rest is used to sponsor scholarships for training teachers for this field of work, Mrs. Angel said.

She has appointed the following representatives to help with the membership drive: Mrs. Ralph Solesbee, Nantahaia; Mrs. Claude Leatherman, Cowee; Harold McClure, Clark's Chapel; Mrs. John C. Vernon, Highlands; Mrs. Marion Bryson, Cullasaja; Mrs. Quince Shope, Otto; Mrs. Julian Maddox, Cartoogechaye; Mrs. John Smith, Watauga; George Evans, Olive Hill and Iotia; Don Seagle, Holly Springs; and Mrs. Gladys Kinsland, Miss Esther Seay and Mrs. Bob Sloan, Franklin.

One-Dish Meals Can Save Time

Quick, one-dish meals save the homemaker time in preparation, serving, and washing dishes. The one-dish pattern is simple and can usually cook while you are doing other chores.

According to Miss S. Virginia Wilson, food and nutrition specialist for the N. C. Agricultural Service, some of the dishes can be prepared in less time than others.

A protein food, which is the basis of the true one-dish meal, is necessary for building and keeping strong muscles. Starchy foods add bulk and energy at comparatively low cost. Succulent or watery vegetables supply health protecting minerals and vitamins.

On your next busy day, try this Cheese and Corn Skillet Dinner:

- 2 tablespoons butter
- 1 lb. ground beef
- 2 tablespoons chopped green pepper
- 1/4 cup chopped onion
- 2 tablespoons chopped celery
- 1/2 cup tomato catsup
- 2 cups whole kernel corn (fresh, canned or frozen)
- 1 teaspoon salt
- 1 cup shredded cheese

Melt butter in skillet. Add ground beef, green peppers, onion, celery and cook until meat is slightly browned. Add catsup, corn, chopped dill pickle, and salt. Cover and simmer about 10 minutes or until corn is tender. Remove cover, add shredded cheese. Serve hot on toast, rice or whipped potatoes.

GOLDEN ANGEL CAKE

- 5 eggs
- 1/2 cup cold water
- 1 1/2 cup sugar
- 1 1/2 cup sifted cake flour
- 1/2 teaspoon baking powder
- 3/4 teaspoon cream of tartar
- 1/2 teaspoon vanilla
- dash of salt

Beat yolks with water. Add sugar and beat thoroughly. Sift flour before measuring. Sift again with salt and baking powder. Add



By Eugene Dowdle

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VA Says New Pension Law Brings Queries

The Veterans Administration reported it is receiving many inquiries from veterans and veterans' widows and children about terms of the new pension law. The law actually goes into effect on July 1, 1960.

Veterans and their dependents who are receiving pensions at the present time received folders with their September checks giving an explanation of the law. It concerns VA pensions, but not compensation on payments — that is, not payments for service-connected disabilities.

VA has 1,400,000 veterans, veterans' widows, and orphans on its pension rolls at the present time and estimates that 70 per cent of this number will have a right to some increase in their pension rate under terms of the new law. The agency estimates that an additional 277,000 veterans, widows and orphans will qualify for pensions under the new law, due to the increase in the income limitations allowed to \$1,800 for single veterans or widows without dependents, and \$3,000 for veterans or widows with dependents.

VA said it is going to send further information and a form to be filled in to all veterans, widows and orphans who are now on the pension rolls or who will come on before next July 1. They will receive these forms automatically and there will be no need to write VA in advance about them. The form is for the purpose of making a choice whether to remain under the terms of the present system or go under the new pension plan.

VA said the basic eligibility requirements for veterans to qualify for pension have not been changed by the law. The veteran must have 90 days of wartime service, a discharge other than dishonorable, and be totally and permanently disabled for reasons not related to his service. The amount of pension under the new law will be based on his financial need.



By Kenneth Perry Assistant Agent

It has long been known that certain soils produce certain crops better than other soils. Good understanding of the type of soil in a field enables a farmer to better decide what crop to grow in that particular field. Some of the things that must be considered are: (1) Is the soil properly drained? (2) Is the soil, sand, silt, or clay base? (3) Is the slope suitable for cultivation?

Soil is a natural body on the upper crust of the earth, which

has formed from weathered rock. It is divided into top-soil and sub-soil. The top soil contains most of the organic matter found in the soil. Sub-soil is found below the top-soil and has the greatest amount of clay accumulation.

Texture of the soil is important in that a farmer must know how wet a soil can be worked. Fine textured soils, such as clay, when wet feel sticky when rubbed between the fingers. If these soils are worked too wet, they will puddle, and if worked too dry, they will be cloddy. The medium textured soils feel loamy or rough. These soils are much easier to manage and may be worked wetter than fine textured clay soils. Coarse textured soils are very easy to work and absorb water very readily; however, these soils have a very high leaching rate and require the use of more commercial fertilizer than do the fine and medium textured soils.

Many people have concerned themselves with the pros and cons of sub-soiling. One of the most common questions is, "Will sub-soiling pay?" The answer, of course, depends on the texture of the soil and the permeability of the soil. Coarse texture of the soil and the permeability of the soil. Coarse textured and medium textured soils do not have hard pan or clay pan problems to the extent that clay soils have. In the soil, there are soil microbes, nutrients, air, and water. If air and water move through the soil freely and root penetration is good, it is very doubtful if sub-soiling would be worthwhile, but if a soil is sticky, tends to run together, and root penetration is poor then subsoiling is a good land practice to consider.

Slope is another item to consider in land use. A land use scale has been made with eight classes. Class I land may be used for any type of cultivation. It is almost level with no more than 2 per cent slope. Such land is suited for continuous cultivation and a farmer may expect high yields with good management practices. Class II land has a slope of 2 to 6 per cent and has a slight erosion problem. Care must be taken in using this land to use contour farming, strip cropping and a simple rotation, such as row crops one year and hay the next.

Class III land has a slope of from 6-10 per cent. This slope is usually accompanied by an erosion problem and management of this type of land should include rotation, strip farming, and contour tillage. Class IV land has severe limitations and most farmers use their class IV land for hay or pasture. The slope is usually 10 to 15 per cent and a shallow stony soil is usually found on this type of land. Class V land is not suitable for cropland because it is subjected to frequent flooding and cannot be drained for crops. This type of land is not subject to erosion and may be used for certain pasture crops.

Class VI land includes steep shallow or severely eroded soils that are not suitable for cultivation. This class land may be used for trees, pasture, or hay with moderate conservation treatment. Class VII land is steep, very severely eroded land. It may be used for limited grazing, but is much better suited for forests.

Class VIII land is suited neither for trees or pasture. It is, however, suited for wildlife. Its chief use is for recreation and wildlife support. A farmer interested in producing the most from his land needs to know the capacities of his soil in order to get the most returns from his investment and labor.

Soybeans are not extensively grown throughout North Carolina; but they are a very important crop in the northeastern corner of the state.

3 Teen-Age Escapees Back At Camp

Three teen-age prisoners, assigned to the local prison camp, who escaped Tuesday afternoon of last week, were all back at the camp within 48 hours.

They made their escape while working with a gang in the Otter Creek section of this county.

Robert B. Mahan, 16, of Greenville, S. C., was caught by highway patrolmen shortly after his escape; and Ralph Buchanan, 18, of Brevard, and William Smith, 18, of Ithaca, N. Y., were arrested by patrolmen about 10 p.m. Thursday, on Highway 19, approximately five miles west of Bryson City.

U. S. Department of Agriculture chemists report that tobacco smoke may contain as many as 300 to 400 different compounds.

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