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BASEBALL AT MARS HILL

(SPECIAL)
The baseball problem at Mars Hill is to replace Nettles and Babb, shortstop and first base man on last year's team. Hernandez may have the inside track on first, but the shortstop position will be in debt for some time. Parker, a pitcher, has played this position, while Hawkins, last year's third baseman, can play short. Another possibility is Bankhead, who has played this position. Last year he played second and looked good. Other infielders are Shanks, Mulkey, Poe, Teague, Weaver and Wirtz. The infield problem is giving Coach Roberts a little worry as he feels like a good infield is necessary for the team from a defensive standpoint.
The first release of the schedule is as follows:
March 29—Wofford college at Spartanburg, S. C.
March 30—Textile college at Spartanburg, S. C.
April 4—Maryville college at Maryville, Tenn.
April 5—Maryville college at Maryville, Tenn.
April 6—Carson & Newman at Jefferson City, Tenn.
April 9—Farm School at Mars Hill.
April 13—Farm School at Farm School.
April 15—Belmont Abbey at Belmont, N. C.
April 16—Rutherford college at Rutherford College, N. C.
April 17—Oak Ridge at Oak Ridge, N. C.
April 18—U.N.C. Frosh at Chapel Hill, N. C.
April 19—Pres. J. College at Maxton, N. C.
April 20—Wingate College at Rockingham, N. C.
April 22—Oak Ridge at Mars Hill, N. C.
April 23—Oak Ridge at Mars Hill, N. C.
April 26—Pres. J. College at Mars Hill, N. C.
April 27—Rutherford College at Mars Hill, N. C.
May 3—Belmont College at Mars Hill, N. C.
May 4—Textile College at Mars Hill, N. C.
May 10 & 11—open at Mars Hill.
May 16—Wingate at Mars Hill, N. C.
May 18—Brevard at Brevard, N. C.
May 22—open at Mars Hill.
May 30 & 31—Brevard at Mars Hill, N. C.

SPRING CREEK HIGH SCHOOL

The members of the Junior class of the Spring Creek high school will present "The Deacon Slips," a comedy in three acts by Charles E. Pendry, Saturday, March 30, at 8:00 P.M.
The cast of characters is composed of the following: Mildred Greendale, owner of the farm, Georgia Coward; Deacon Slips, "From Center Square, Missouri"; Lee Haynes; Freta, his daughter; Irene Kirkpatrick; Paul Hearman, in love with Mildred; Cleophus Kirkpatrick; Leslie Jerkome, agent for "Cayuga" Salve"; Hugh Burnett Ferguson; Eunice Moredough, in the matrimonial market; Iowa Ebbs; Caleb Ringling, a crook who means business; Manson Ebbs; Harold, with no mind of his own; W. A. Lewis, Jr.; Mr. Brown, an attorney; Wayne Woody.
The setting of the play is in Crossville, Indiana. The scene of action is the living room of the Greendale home.
Mr. and Mrs. T. P. Burgess, sponsors of the class, are the directors for the performance.

JAMES A. RECTOR PASSES AWAY

James A. Rector, age 85, died Tuesday morning at the County home, where he had spent some time. He had been ill about a year suffering from cancer of the stomach. Funeral services were at 10 o'clock Wednesday morning at the Rector home on Walnut Creek, conducted by the Rev. B. E. Guthrie, interment following at the Rector cemetery on Walnut Creek. He is survived by his wife, Mrs. Jane Rector, of Marshall; one brother, J. B. Rector, of Canton; one sister, Mrs. Rebecca Henderson, of Walnut, and the following sons and daughters: J. C. Lawrence, Ind.; Van, Long Island, N. Y.; George, Marshall, N. C.; James A., Jr., Fort Leavenworth, Kansas; Arthur, Baltimore, Md.; Charles, Marshall Route 3, and Mrs. W. F. Deaver, Marshall.

Kinkelstein—Oh, oh, der vedding invitation says, "R. S. V. P." "Vot does dot mean?"
Hogendorf—Ah, such ignorance. Dot means to bring "Real Silver Vedding Presents."—Ex.

J. Crittenden Chandley Passes Away

Father Of Mrs. Robert Tweed Buried Last Friday
Funeral services for J. Crittenden Chandley, 74-year-old resident of the Shelton Laurel section of this county, were held Friday afternoon at 2 o'clock at the home.
The Rev. Dr. W. E. Finley, the Rev. N. H. Griffin, and the Rev. Ervin Cutshall officiated. William Spencer Rice, of Big Laurel, also delivered a eulogy. Interment was in the family cemetery alongside his father.
One of the leaders of Madison County passed in the death of Honorable J. Crittenden Chandley. Mr. Chandley was for many years a leader in public affairs in Madison County, having been for many years a Justice of the Peace. He was a member of the county commission when the present courthouse, jail, and county home were erected. He was a member of the Chapel Hill Baptist church and received his education at Tusculum college, Greeneville, Tenn.
Mr. Chandley was a great-grandson of John Sevier.
Surviving are his widow, Mrs. Vinney Chandley, who as Miss Vinney Craine married Mr. Chandley in 1881; four sons, Otis Chandley, of White Rock, Roy Chandley, of Asheville, Dewey Chandley, of White Rock, and James Chandley, of White Rock; six daughters, Mrs. Robert Tweed, of Marshall, Mrs. C. E. Russell, of Leicester, Mrs. George Cutshall, of Chucky, Tenn., and Mrs. Ervin Cutshall, of Greeneville, Tenn.; Mrs. Lance Wallin and Mrs. Walter Hensley, of White Rock; one brother, of Kansas; and three sisters, Mrs. Laura Rannion, of Kingsport, Tenn.; Mrs. Jersey McIntosh, of Leicester, and Marietta Higgins, of Flag Pond, Tenn.
Honorary pallbearers were: John Shelton, Guy English, Andrew Franklin, Mike Haney, John A. Rice, Howard Jervis, Herman Bird, Dewey Shelton, M. H. Tweed, Shad Franklin, Donald Hughey, Raleigh King, Charles Brooks, Lester Cook, Wm. Spencer Rice, Blaine Rice, and Cary Wallin. Active pallbearers: Pierce Shelton, Roiland Landers, Dewey Wallin, Arthur Cantrell, Everett Shelton, Troy Rice, Eldridge Shelton, Roscoe Shelton.
The flower girls were granddaughters of Mr. Chandley.

Associational W. M. U. In Marshall March 29

Mrs. R. L. Moore Announces Visitors Will Be Present
In a letter Tuesday, Mrs. R. L. Moore says,
"Our W. M. U. Associational Meeting will be held at Marshall March 29th. As visitors we are expecting Miss Pearl Bourne, our young people's leader of our Southern W. M. U., and Miss Mary Currin, our new young people's leader of the North Carolina W. M. U. Too, we are hoping to have with us our missionaries, Mr. and Mrs. W. C. Taylor, of Brazil, who are now at Mars Hill while on furlough."

SOUND TAPS FOR LAST VETERAN

Albert Tweed Laid To Rest Monday
Funeral services for Albert Sevier Tweed, 95, the last native of Madison County to serve in the Union Army in the War Between the States, were held at 1:30 o'clock Monday afternoon at the home of his son, Douglas S. Tweed, on Hayes Run. The veteran died of complications resulting from old age. He died about seven o'clock Saturday night. Interment was at the Bryan cemetery on Hayes Run. The Rev. B. E. Guthrie of Walnut officiated and was assisted by the Rev. J. L. Bragg, pastor at the Seminary.
The veteran was one of the oldest natives of Madison County, having been born near White Rock. While living in the White Rock section he had the distinction of having lived in three counties without having moved his home. It is to be remembered that this section was partitioned. He was born in Buncombe county, Yancey was partitioned from this section and later Madison was established. Mr. Tweed's home was included in each division.
Mr. Tweed is to be remembered as a well read and self educated man who imparted the desire for continued conversation. In his dealings he refused to go in debt, paying each account on the day it was made.
Surviving are one son, Douglas S., one daughter, Miss Lula L. Tweed; two brothers, nine grandchildren, and six great-grandchildren.
Active pallbearers were: Leo Tweed, Carroll Tweed, Albert S. Tweed, Jr., McDonald Tweed, Dan Tweed, A. W. Bryan, Olin Flowe, and Robert Beaver, all relatives of the veteran.
Honorary pallbearers were: J. J. Ramsey, Eugene Nelson, S. B. Roberts, J. Will Roberts, Hubert E. Roberts, James M. Bailey, Dr. W. A. Sams, E. R. Tweed, O. Q. Coste, A. W. Whitehurst, J. Hubert Davis, Don Fisher, John H. McElroy, Glenn Slagle, and Ernest Teague.

WHAT TO PLANT THIS WEEK

GARDEN COLUMN
VEGETABLE GARDEN
BEETS—seed: Blood Turnip, Creole's Egyptian.
CABBAGE—set frost-proof planter: Wakefield, Early Jersey Wakefield.
CARROTS—Chantenay, Gaint, Danvers.
ONION—plant "potato onion" sets: Danvers, Silver Skin.
MUSTARD—Curled or Smooth: First and Best, Alaska, Earl Bird.
POTATOES—Cobbler, Rose.
RADISH—Early Scarlet, Sassa, Icicle, White Tip.
SPINACH—seed: Bloomsdale for spring and early summer; Mustard Spinach.
FLOWERS
SWEET PEAS—seed: Spencer Mixed.
FIELD SEEDING
LESPEDeza—Korean, Common, Kobe, Tennessee 76.
OATS—White Spring, Barts, Red Rust Proof, Fuhum.
CLOVER—Sprigling, Red.
GRASS SEEDS—Red Top or Herd's Grass, Orchard Grass, Kentucky Blue Grass, Lawn Grass.
RAPE—
Spade or plow in all mure available on the garden. Lime garden if possible, but avoid liming or manuring land reserved for Irish potatoes.
WATCH THIS COLUMN EACH WEEK FOR OTHER CROPS AND FOR SUCCESSION PLANTINGS. IT IS TIMED ESPECIALLY FOR THIS COUNTY.

HOT SPRINGS

Miss Pauline Church, who had a tonsil operation, is getting along nicely, and will return to her work in the next few weeks.
Mr. and Mrs. Hoche Reeves spent Sunday here with Mr. and Mrs. Dennis Church and his mother, Mrs. Church. They will move here as soon as their new home is completed, which is located on their lot which joins Mr. Church's.
Mr. and Mrs. Swann Huff have sold their farm and are building a home on the highway near Antioch church.
Mr. Grover Norris, who had his side hurt last week, has been real sick the past few days.
Mr. Wayne Brown and friend of Knoxville, Tenn., spent Sunday afternoon here with relatives.
Mr. and Mrs. Heilman returned Tuesday from Florida.

JUNIOR-SENIOR BANQUET HELD FRIDAY NIGHT

The annual junior-senior banquet was held in the home economics rooms of the Marshall high school Friday night. Forty-seven seniors and members of the two junior classes attended. Members of the faculty and of the local school board were guests.
After-dinner speeches were made by Tommie Rudisill, president of the senior class; Bruce Hunter and Ray Frisby, presidents of the junior classes; and O. S. Dillard, principal of the Marshall school. Readings were given by Miss Lola Ball and June Elaine Ramsey.
It was Anthony's first ride in a railway train, and the succession of wonders reduced him to a state of hysterical astonishment. The train rounded a slight bend and, with a shriek of its whistle, plunged into a tunnel. There were gasps of surprise from the corner where Anthony was kneeling. Suddenly the train rushed into broad daylight again, and a small voice was lifted in wonder.
"It's tomorrow!" exclaimed the small boy.—Ex.

Fiddlers' Convention At Hot Springs

The Senior class of Hot Springs high school will sponsor a Fiddlers' Convention in the high school auditorium Saturday night, March 30, at eight o'clock. Those wishing to enter will please notify Mr. W. L. Rikard, Hot Springs, N. C.
The cash prizes are as follows: Band, first prize, \$6.00; second best, \$2.50; Fiddle, first prize, \$2.00; second best, \$1.00; Banjo, first prize, \$2.00; second best, \$1.00; Guitar, first prize, \$2.00; second best, \$1.00. Other prizes not listed among cash prizes are for best buck dancer, and best harmonica.
A large crowd is expected, and a good time for all. Pass the word on a Fiddlers' Convention at Hot Springs Saturday night, March 30, at eight o'clock. There will be the old favorite cake walks—and these cakes are baked by the best cake makers in W. N. C.
The admission to the program will be 10 and 20 cents. The proceeds from this will help the seniors on their way to Washington. Come out, enjoy the entertainment, and help the seniors also.

HEALTH OF HUMAN BEINGS DEPENDS UPON PROPER DIET

North Carolina Physician and Nutrition Outline Health Needs and Give Menu Suggestions
By DR. W. C. TATE, M.D.
(Physician in Charge, Lee-McNair College and Director of Grace Hospital, Roanoke, Va., N. C.)
MISS SUSIE V. PRATER
(Dietitian, Grace Hospital, Roanoke, Va., N. C.)
An adequate and well-balanced food supply for the long winter months is a matter of special concern in the mountain regions of the Tennessee Valley. Although Nature has been most generous in providing the essential foods ever since the first settlement, the breakdown of our economic and social order has forced many of our citizens, temporarily at least, to forego a correct diet.
With a large body of our people on relief and an increasing amount of disease directly the result of poorly balanced diet; the Tennessee Valley Authority determined to aid us in correcting this unwholesome condition.
One of the methods used was to assist people in making preparations during the harvest season for a full and complete store of Nature's food for use during the cold days of winter. Canneries were set up at strategic points to provide facilities for storing the products of garden and field in cans. In this way it has been possible for large numbers to secure a sufficient number of cans. It is important, however, that those cans contain a well-balanced variety of food. The cans should be varied from meal to meal and from day to day to insure a proper diet.
Necessary Food Ingredients
Food is any substance taken into the body to assist or nourish life. All foods we eat fall into three categories. These are:
The proteins, the fats, and the carbohydrates.
The proteins include meat, fish, eggs, milk, cheese, nuts, dried beans, and dried peas.
The fats include cream, fat, bacon, lard, tallow, butter, and lard.
The carbohydrates are starches and sugars. The starches include bread, cereals, potatoes, rice, macaroni, and bananas. The sugars include dates, honey, candies, jellies and preserves made with sugar and molasses, and ice cream.
Many fruits and vegetables have a low content of protein or carbohydrates but are important as bulky foods and because they contain salts and vitamins that add health-giving properties to our bills of fare.
It has been discovered in recent years that there are other essential factors in our diet besides protein, fats, and carbohydrates. In a natural, well-mixed diet, these other elements are so abundant that they remained hidden until civilization made such changes in the preparation of our foods that these life-giving factors were destroyed. Experiments have shown that there are six distinct vitamins. Their presence in our foods spell the difference between health and disease. These vitamins are named A, B, C, D, E, and F. Each has a separate function to perform in the prevention of disease and the preservation of health.
Essentials to Life
The medical profession is paying increasing attention to the role of minerals and vitamins in our diet. Besides the vitamins, there are at least ten inorganic elements which are absolutely essential to life. These are: sodium, potassium, calcium, magnesium, phosphorus, chlorine, sulphur, iodine, iron and copper. Fortunately, we only have to watch the supply of three of these elements because the other seven are present in abundance in any reasonable diet. Calcium, iron and iodine should not, however, be left to chance. Iron can be secured, not through drug bottles, but through egg yolk, liver, spinach, and other green vegetables. If the content of iodine in the water and food supply is extremely low, the deficiency can best be made up by using iodized salt.
Although calcium is the fourth most widely distributed chemical element in the earth's crust, it occurs in foods in very limited quantities. Our chief supply is in milk and in leafy vegetables. Milk contains 20 times as much calcium as beef, pound for pound. Its importance to people of all ages cannot be overestimated. Mussolini drinks milk for breakfast, lunch, in the afternoon, and for dinner. Milk should not be replaced by tea or coffee as the child reaches the teens.
The child needs all the milk he or she can get. If milk proves difficult to digest, adding orange juice, lemon juice, or tomato juice in small quantities to make the milk curdle slightly will help. Milk gives us the "pep" everyone of us desires. Every family should have plenty of milk for every member of the household throughout the entire year. And buttermilk, while a valuable food, is not equal to sweet milk in the diet.
Disease Traced to Diet
Many of the weaknesses and diseases of the present time can be traced to improper diet. Such maladies as Pellagra, Rickets, Tuberculosis, and Constipation are the direct result of poorly planned menus and incorrect feeding in infancy and childhood. Ninety per cent of all children have poor teeth, due almost entirely to improper nourishment.
These conditions can be checked and helped by the use of a nourishing and well-balanced diet. The right kind of diet can easily be obtained, even in winter, if the pantry shelves are stocked with the necessary amounts and variety of canned foods.
Appended is a list of the cans necessary for a family of five for a period of eight months. The following is a suggested series of menus for one full week of twenty-one meals:

CANNED FOODS NECESSARY FOR A FAMILY OF FIVE

Canned food for a family of five for the mountain section of Western North Carolina for period of 32 weeks starting in October.

Salmon	once a week	36
Beef	three times a week	96
Pork—fresh		
Mutton—fresh		
Vegetables:		
Green string beans	twice a week	60
Kraut	twice a week	60
Tomatoes	three times a week	96
Corn	twice a week	60
Garden peas	once a week	36
Greens	three times a week	96
Fruit:		
Blackberries	once daily	48
Huckleberries	"	24
Strawberries	"	24
Rhubarb	"	12
Raspberries	"	12
Apples	"	12
Pears	"	12
Plums	"	12
Grapes	"	12
Cherries	"	12
Total		756

Use milk and eggs daily. Potatoes once a day. Cabbage, carrots, beets, parsnips, turnips, may be kept through winter and should be used several times a week.
The above amount will insure an adequate diet for the winter season supplying the necessary protein, carbohydrate, fat, minerals and vitamins.

Wake Forest, Feb. 27.—During the summer of 1935 a division of the Wake Forest-Meredith summer school will be operated at Mars Hill College at Mars Hill, as a result of action just taken by the respective boards of trustees.
Dr. Daniel B. Bryan, who for the past 15 years has been dean of Wake Forest College and general director of its summer school, stated that the establishment of the unit in the Blue Ridge would make possible the advantages of a four-year liberal arts college curriculum to a wide area that is now without such facilities.
Professor Bunyan Y. Tyner, head of the Education Department of Meredith College, has been elected director of the Mars Hill division, and Prof. I. N. Carr, dean of Mars Hill College, will be associate director.
The new division will be an integral part of the Wake Forest-Meredith summer session which will continue to operate at Wake Forest.
Having the approval of the State Department of Public Instruction, the new unit will offer courses of instruction which will be identical with those given at Wake Forest, and credit may be obtained on the North Carolina teachers' certificates and on all four years of Bachelor's degree work at any of the three institutions concerned.
The faculty will consist of professors from Meredith, Mars Hill, and Wake Forest. Fees at both units will be identical, and dates of operation will coincide, June 10 to August 10.
The present summer school at Wake Forest has assumed full responsibility for the offerings and administrations of the Mars Hill division and maintains authority for approving faculty selections, the character of courses, and policies.

ESSENTIAL FACTS
1. A four-year, fully accredited liberal arts college summer session. College credits; certificate credits.
2. Located in the heart of the Blue Ridge mountains. Invigorating climate.
3. A nine weeks and a six weeks session, parallel.
4. Offerings in Arts, Economics, English, Education, Hygiene and Health Ed., History, Languages, Mathematics, Music, Psychology, Religion, Sciences, Sociology. Physical Education and Recreations.
5. Able faculty selected from Meredith, Mars Hill and Wake Forest colleges, and from other leading educational institutions and agencies.
6. Comfortable living arrangements; provisions for married couples, and for families.
7. Wholesome food in college dining hall at reasonable rates.
8. Expenses low: registration and tuition fees—nine weeks, \$22.50; six weeks, \$15.00; Board and room—nine weeks, \$47.25; six weeks, \$31.50. Room reservation fee (returnable)—\$5.00. Science laboratory fees extra.
9. Delightful recreations: entertainments, sports, games, swimming, mountain climbing, sight-seeing trips.

Local Bill Introduced March 14

Relative to J. P.'s Practicing Law In Madison County
LOCAL LEGISLATIVE BULLETIN NO. 9 MADISON COUNTY
On March 14th, House Bill 719, "To Amend Section 198 of the Consolidated Statutes Relating to the Practice of Law by Justices of the Peace in Madison County," was introduced and sent to Committee on Judiciary 2. The bill would allow any justice who is also an attorney to practice law except in cases before him as a justice of the peace.
For information relative to courses and credits, write BUNYAN Y. TYNER, Director, Meredith College, Raleigh, N. C.
For information relative to living arrangements and cost, write I. N. CARR, Associate Director, Mars Hill College, Mars Hill, N. C.

CONGRESSMAN BULWINKLE INTRODUCES RESOLUTION

Would Have Investigation Of Manufacturer, Of Farm Implements
Mr. Bulwinkle, Congressman from this district, has introduced as resolution in the House "to investigate corporations engaged in the manufacture, sale, or distribution of agricultural implements and machinery."
community can do toward having a good school has been the chief factor in the success of the school.
During the school year, forty-seven new library books have been added to the library.

Walnut Creek School News

Walnut Creek school defeated Marshall last Friday in a double-header for the final game of the season, on the Marshall court. Girls: Walnut Creek, 11, Marshall, 7; boys: Walnut Creek, 20, Marshall, 15. The team from Walnut Creek has lost only two games this season, winning eight.
The school closes March 22. A very successful school term has been attained. Good cooperation on the part of the patrons of the school in attendance, and all other things that a