

Home Gardens To Supply Home Uses Will Save Southern Folks In Period Of Economic Crisis

Recently W. R. Beattie, senior horticulturist of the bureau of plant industry, United States Department of Agriculture, in a nationally broadcast radio talk on the farm garden stated that in every economic crisis through which the agriculture of any section of the country has passed the home garden and other sources of home food supply have saved the day.

When the boll weevil struck the cotton growing sections, Mr. Beattie pointed out, one of the first steps taken was to start a campaign for vegetable gardens, poultry, pigs and cows on every farm so that the land would at least provide a means of livelihood. Things haven't changed much and the same principles apply today. The farmer, however hard times may be for him, who plants and cultivates his own garden has a form of insurance against privation and this is denied the city worker. In this respect he is far better off than the thousands of whom employed in the cities, many of whom left the farm at the time of industrial prosperity and are now looking wistfully back at the land.

"If everybody engaged in farming," Mr. Beattie said in his address "will produce plenty of fruits, vegetables, milk and butter, poultry and eggs home grown and a good pork, also fresh meats to some extent, they can at least have a good living at home and that is more than a lot of people who are out of employment have today. But" says the pessimist, "that will only increase the difficulty and reduce the market for foods that are grown in a large way for sale. Perhaps, provided the farmer has the money with which to buy the food, but suppose he does not have the money what then? As a matter of fact, it is good business and economy to produce most of the living for the farm family and the hired help right on the farm."

In all parts of the country there are farsighted agricultural leaders who are in agreement with Mr. Beattie in preaching the advantages of making the farm as much as possible a self-sufficient unit; not only in these times of agricultural and general economic depression, but as

a permanent agricultural policy. In South Carolina, Virginia, Arkansas and other states, statewide campaigns to bring about the planting of farm gardens are being actively pushed. In these campaigns the agricultural colleges and the state home demonstration agents are taking a leading part.

A well planted and cared for half acre garden will produce more vegetables than the average family can eat, during the period when the crops are maturing. Carrots, late cabbage, beets, onions, parsnips, potatoes and turnips can be grown and stored for use during the winter, thus cutting the winter food bills. One acre of garden was worth as much as 65 acres of cotton on a farm in Texas last year whose owner figured that the acre yielded a profit of \$400.

It is not only from the point of view of cutting the family food bills, however, that the vegetable garden deserves a place on every farm. So much has been said and written about vitamins during the last few years that practically everyone knows they are essential to good health. Fresh, green vegetables are among the best sources of these invaluable vitamins, but entirely too frequently the farmer, busy with his money crops, feels that he has no time to bother with a garden even though his wife and older children may easily be able to take care of it once it is planted.

The result is that in many instances the farm diet is too much restricted to meat, potatoes and bread. Green vegetables, one of nature's best preventive medicines, have little place on the menu. The various deficiency diseases have a chance to creep in, breaking down health and stamina. Investigators have found that a large proportion of ill-health in rural districts is traceable to the absence of a well-balanced diet. No diet can be called well balanced that lacks an abundance of fresh, green vegetables.

A vegetable garden planted this spring will return ample dividends in health and in helping to make the farm family self-sufficient, able to weather any economic storm.

Trinity Community News Of The Week

Little Miss Harris, Improving, Miss Ruby Greene Seriously Ill. Personal.

(Special to The Star.)

Trinity, Mar. 17.—Little Miss Helen Harris the three-year-old daughter of Mr. and Mrs. H. B. Harris has been seriously ill with bronchial pneumonia. We are glad to note that she is improving, though slowly. The many friends and relatives of Miss Ruby Greene, of Mooresboro learn with regret of her serious illness and hope for her a speedy recovery.

Others on the sick list at this writing are Mrs. Charlie Keavit and little Miss Georgie Bostic.

Mr. and Mrs. Boyd Blanton and family of Shelby were callers at the home of Mr. and Mrs. T. E. Britt, Sunday afternoon.

Mr. and Mrs. J. B. Scruggs and daughter Shirley of Greenville, S. C., were visiting relatives in this community Sunday.

The Sunday dinner guests of Mrs. Everett Bailey included Mr. and Mrs. Orvie Rollins and Mr. and Mrs. Seth Morrow of Mooresboro R-1 and Mr. Delio Rollins of Cliffside.

Mr. and Mrs. Belk Frazier and family of near Shelby spent Sunday here with their brother Mr. E. S. Frazier.

Miss Lucille Hamrick of Bolling Springs spent Sunday night with Mrs. Bettie Beason and attended the singing at Trinity Sunday night.

The B. Y. P. U. of our church will observe study course week beginning March the 23rd. The seniors will study B. Y. P. U. administrations. The intermediate and Junior union will study the B. Y. P. U. manuals. All are urged to secure a book and attend each night at 7:30 o'clock.

Mr. Bill Fortune of New Jersey who is 65 years of age visited his sister Mrs. W. W. Bridges here last Wednesday for the first time in 40 years. Mrs. Bridges states that she recognized her brother at the first glance despite the long separation. Mr. Fortune was accompanied here by his brother Mr. Dobb Fortune and nephew Mr. Howard Fortune of Bostic.

Mr. Forrest Bailey of Kannapolis is spending a few days here with his parents, Mr. and Mrs. Ben Bailey.

Mr. and Mrs. Quay Bridges and little daughter Elizabeth and Mrs. George Lookadoo were visiting relatives in Mooresboro Sunday afternoon.

Mrs. Gailther Pope who has been ill at the home of her daughter Mrs. Oscar Goode is better and has gone to visit another daughter Mrs. Brooks of Beaver Dam section.

Mr. and Mrs. Charlie Pearson and little daughter Eloise and a cousin of theirs from Flint Hill spent Sunday with Mr. and Mrs. Onnie Blanton.

Mrs. Chris Lail is at the bedside of her grandmother Mrs. Harris of near Gaffney who is seriously ill.

Miss Effie Bridges of Henrietta is spending a few days here with her sister Mrs. H. B. Harris.

Mr. Arthur Bridges had the misfortune of losing a good mule a few days ago.

Mr. and Mrs. H. W. McKinney were callers at the home of Mr. Pink Beason of the Mt. Pleasant community Sunday afternoon.

Mr. and Mrs. Jim Winn and baby daughter of Cliffside were the Sunday dinner guests of Mrs. Jane Winn who accompanied them to see Mrs. Jim Humphries of near Shelby in the afternoon.

Mrs. Mettie Robbs of Gaffney, S. C., is spending a few days here with her daughter Mrs. F. E. Bridges.

Mrs. Emma McSwain and daughters Florence and Pearl of Shelby are spending this week with Mrs. Cliff Beason.

Shelby High, State Champs, To Play First Baseball Contest Of Season With Cherryville Friday

supporters of the 1930 state champions will be wondering when they go to the park to see the Cherryville game Friday.

But reports from the practice sessions this week indicate that Coach Morris is not very optimistic about finding a brilliant new star. Heretofore he has believed that his teams have kept marching through the best ones in the state because, for the most part, they knew where to throw the ball when they got hold of it, and when not to throw it; and because, too, they were trained to know when a bunt might come rolling lazily along the third base line and likewise had been trained to make the most of every hit by stretching their bases and stealing a few when they couldn't be stretched.

For a week or more every candidate for the team has been bunting 'em, making plays here and there, learning, in other words, the fundamentals of the game—how to play baseball. In bygone years Shelby's four championship teams have been in tight places against teams as good as they were in hitting, fielding and pitching, but Shelby came through in the pinches because the boys seemed to know a little more, were a little calmer, and would not blow up. Remember the Mt. Airy game when Shelby took half as many hits as the visitors and won? Remember other games that were won by bunting at an unexpected time, by stealing a base at a surprising moment, or by other heads-up play?

Friday afternoon the 1930 champions will open up for 1931 in their own backyard. Over the state coaches and players will be wanting to know "what that Shelby bunch looks like this year." And, of course, the home town fans will too. The spring weather has brought along the baseball fever.

Those are the several things the

others keep the others on the team keyed to a perfect pitch. In later years Cline Lee came along to pace a championship team with his hitting and fielding as did his older brother. And Jack Hoyle and Sherill Hamrick stepped on the mound to pitch clubs all the way through. Another great scholastic catcher bobbed up in Hal Farris, and Hamrick and Farris formed one of the greatest high school batteries North Carolina has ever seen. Ask the club that fell before them last year.

But what player will act as the spark plug this year? Nearly all of the 1930 stars are gone. Of those remaining there is Shorty McSwain, the basketball captain and the star football back, at second base. He may be the leader. Then on short is Mayhew, the big fellow who came along rapidly last year to help fans forget how Cline Lee grabbed the hot ones. He has in him the making of a good ball player. He may be the leader. Then there are several others with experience who will see action this year. Most of them are outfielders. Perhaps they will supply the punch. But the biggest gap will likely be on the hitlock. For a year or two when things began to look gloomy for Shelby the fans let the cheers roll when the lanky Hamrick strolled out to the mound and unlimbered his long right arm. This year there is no Hamrick. Maybe Big Peters, the South Shelby boy, can replace him, or one of the hurlers.

His Shoes Empty



Who will take the place of the big fellow above on Shelby high's baseball team this year? That's one of the biggest problems facing the Shelby coaches as they go into their first game with Cherryville Friday. Sherill Hamrick hurled the local team all the way to Chapel Hill last year and then put on a little extra steam with his pitching and hitting to clinch Shelby's fourth baseball title.

16 Games On High Schedule

Play Charlotte There Tuesday Kings Mountain Here Friday Week.

The Shelby high baseball team has 16 games scheduled prior to the state race.

The first game is this Friday in Shelby with Cherryville. The second is with Charlotte there Tuesday. Kings Mountain will be here the following Friday.

The full schedule follows:

March 20—Cherryville—here.

March 24—Charlotte—here.

March 27—Kings Mtn.—here.

March 28—Bolling Springs—here.

April 2 (Thur.)—Charlotte—here.

April 3 (Fri.)—Lowell—here.

April 4 (Sat.)—Bolling Spgs.—here.

April 7 (Tues.)—Forest City—here.

April 9 (Thur.)—Kings Mountain—here.

April 10 (Fri.)—Lowell—here.

April 14 (Tues.)—Rutherfordton—here.

April 17 (Fri.)—Cherryville—here.

April 18 (Sat.)—Gastonia—here.

April 21 (Tues.)—Forest City—here.

April 24 (Fri.)—Gastonia—here.

April 28 (Tues.)—Rutherfordton—here.

EASTER EXCURSION

Low Round Trip Tickets to all Points on the Seaboard

Also to WASHINGTON, D. C.

From: SHELBY, N. C.

Washington, D. C. \$16.52
Columbia, S. C. \$6.93
Savannah, Ga. \$11.03
Jacksonville, Fla. \$16.65
Miami, Fla. \$29.82
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Tickets on Sale April 3-4 Only. Limited to 15 Days in Addition to Date of Sale. For information and fares to other points see Agent or H. E. PLEASANTS, DPA, RALEIGH, N. C. SEABOARD

Ford Can Chin Bar Six Times

Fort Myers, Fla.—Henry Ford can "chin" a bar six times, but his old crony, Harvey Firestone, can't pull himself up once, and Thomas A. Edison, third member of the famous triumvirate—well, he doesn't even try such things.

Gathering for the first time together in more than a year, Ford, Firestone and Edison had a chummy reunion.

The motor magnate displayed his gymnastic ability as he grabbed a low hanging limb of a eucalyptus tree outside the Edison laboratory. Six times he "muscled" to touch his chin. Then the tire manufacturer tried his skill. With Mr. Ford's assistance he made it up one and turned loose.

The famous trio sat on the steps of the Edison laboratory and discussed business in general, as the tropical sun beat down upon their bared heads.

"I've basked on sun-swept beaches — says Chesterfield"



yet you find me in lumber camps of the great Northwest"

Thousand-mile jumps don't mean a thing to Chesterfield. It's the same fresh, good-tasting cigarette whether you light up in the north woods or in Hawaii! For what you taste in Chesterfield is milder, better tobaccos—nothing else—blended and "cross-blended" to bring out a flavor and fragrance you'll never find in any cigarette but Chesterfield.

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WEEK-END EXCURSION FARES FROM SHELBY TO

Charlotte \$2.30
Wilmington \$10.45
Raleigh \$9.80
Richmond \$14.55
Washington \$18.70
Columbia \$7.15
Savannah \$12.05
Jacksonville \$18.80

And all points in Southeast east of Mississippi River.

Tickets on sale each Friday and Saturday and for Sunday Forenoon trains during period March 27-Oct. 25. Tickets limited to reach original starting point prior to midnight of Tuesday immediately following date of sale. Stopovers will be permitted at all points and tickets will be good in sleeping cars upon payment of pullman fare.

For fares to other points see Agent or H. E. PLEASANTS, DPA, RALEIGH, N. C. SEABOARD

Head and Back Quit Hurting

"A few years ago, I found that I was very weak and nothing I ate seemed to give me any strength," writes Mrs. R. B. Douglas, 704 South Congress St., Jackson, Miss.

"I suffered intense pain in my head and back. At times I would have to hold to something to steady myself, so as to do my little work. I was worried about my condition.

"My mother told me that I should take Cardui. After taking two bottles, I felt stronger, but I kept on taking it until my head and back quit hurting. I took about six bottles in all, and have never quit praising Cardui."

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USED BY WOMEN FOR OVER 50 YEARS

Take Theford's Black-Draught for Constipation, Indigestion, and Bloating.

NOTICE OF LOSS OF POLICIES.

To Whom It May Concern:

Notice is hereby given that Fire Policies Nos. 251151 to 251200 inclusive and Automobile Policies Nos. 32601 to 32626 inclusive of the Law Union & Rock Insurance Company, Ltd. of London, requiring for their validity the countersignature of a duly authorized and licensed agent, have been lost.

Since these policies have not been regularly countersigned, issued or accounted for, nor any premiums received thereunder by this company, they will be valueless and void in the hands of whomsoever they may fall and no claim thereunder could be legally presented. If found, these policies should be returned to the office of the company at Hartford, Connecticut.

No claim of any nature purporting to be based on these policies will be recognized by the company. The public will take notice accordingly.

SCHENCK & MEBANE, Inc., General Agents, Greensboro, N. C. 31 Mar 18

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