

Wells To Speak At Three Services

Albert Wells, of Pensacola, Fla., will be here this week end to deliver the message at three services on Sunday. The first of the series will be at Fellowship Chapel at 2:30 p. m. after

which he will speak at Dixon Presbyterian church at 3:30. His third message will be to the young people of the First Presbyterian church when they meet in the Fellowship room of the church for their Vesper service. This meeting will be the first to be held in the church since before January 12 when the church was badly damaged by fire.

Herrie England Saw Development of Sports

Great Britain is among the most sports-minded of nations, and several athletic contests besides cricket have originated or developed there. Among the earliest of English spectacles were the jousts, or tournaments, in which knights on horseback tilted lances.

Tennis in some form descended on England from France not later than the 14th century, when Chaucer wrote, "But Canstow playen raket to and fro?" Henry VIII was a tennis enthusiast and installed courts on the grounds of Whitehall palace.

He also set up a bowling green, but like his predecessors forbade bowling because its popularity was thought to interfere with more important archery. From the reign of Edward I to that of Queen Elizabeth, all English lads were required by law to practice with bows and arrows.

The first football game in England took place in 1710, but football play dates back at least six centuries. A writer in 1531 criticized the sport as nothing but beastly fury and extreme violence. Until the organization of the game in the 19th century, the English version of the game consisted wholly in kicking the ball.

Juniors Begin Drills Saturday

Don Parker, coach of the American Legion Junior baseball team in Kings Mountain, yesterday issued a call to all boys in the Kings Mountain, Waco, Grover, and Bethware area interested in trying out for a berth on the team this year for a Saturday practice schedule with the initial session to get underway in City Stadium here Saturday morning at 9:30 o'clock.

Saturday morning practice sessions will not interfere with City Recreation Director Clyde Canipe's usual

Parker stated yesterday that the team roster of 20 players is wide open and will be filled by hustling ball players.

The Saturday morning schedule will be continued until around the middle of May when it is hoped to get the program fully underway.

Candidates for the Junior team are asked to bring State copies of their birth certificate to Saturday morning's practice if they have them. If a candidate has no State copy of his birth certificate, he should bring information indicating where his birth certificate can be located—that is, in which county, for instance—so that League officials can obtain copies by the June 1 deadline.

Officials are hopeful of forming a local Mantam league in order to give more Kings Mountain youngsters a chance at regular games. It is not known at present if a team will again be entered in the Gastonia league, the entry depending on whether or not there is enough interest to form a four to six team league in Kings Mountain.

Coach Parker stated that all boys living on this side of Cleveland county from the Buffalo creek line are eligible for the Kings Mountain team. The Buffalo line was established by area No. 4 State Commissioner J. S. Leggett, of Shelby, this week at the request of the local Legion post, giving a proportionate share of the county's baseball playing youngsters to the local entry.

Competition in the Junior baseball program is open to boys who are amateurs (that is, boys who have not been paid for playing baseball), and who will not have attained their seventeenth birthday before January 1, 1947, that means—A boy born prior to (before) January 1, 1930, is NOT eligible. Any boy born in 1930 or thereafter IS eligible.

With only a handful of players returning from last year's team, Coach

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Nutritive Value of Food Should Be Guide in Dieting

In spite of all the advice in dieting to reduce weight offered through the years, many overweighters still have mistaken notions about foods that should or should not be eaten. Many a "reducer" avoids potatoes, cereals or bread, yet takes pie for dessert or refuses milk but fills up on soft drinks or nibbles on nuts or crackers between meals.

Too often a calorie list is the sole guide to dieting without regard to the nutritive values of the different foods. For those who are trying to pare off pounds, the following list on which to base the daily diet is suggested:

Skim milk, one pint; egg, cooked without fat—in shell or poached; lean meat and fish, such as beef, lamb, chicken, veal, heart, liver, or cod, haddock, perch; potato—plain boiled or baked and served without butter, but not fried; vegetables, such as asparagus, snap beans, broccoli, cabbage, cauliflower, greens of all kinds, squash, tomato, turnips—without butter or cream sauce; fresh fruits in season, without added sugar, cream or pastry; bread or cereal, small size serving.

Bleaching Mahogany
Before attempting to bleach mahogany, remove any finish which it may have with paint and varnish remover, which is obtainable in paint stores. Then, rinse off any residue of the paint remover with turpentine, as any traces of the paint remover left on the wood may interfere with the bleaching process. The wood then may be bleached with a bleaching preparation for wood, which is purchasable from paint dealers. After bleaching to the desired degree of lightness, all traces of the bleach, which should be used only according to the manufacturer's directions on the container, should be thoroughly washed off, and the wood thoroughly dried before any attempt is made at refinishing. When perfectly dry, the piece may be very carefully rubbed down with very fine sandpaper or steel wool, if it is not perfectly smooth, but care should be taken not to make any fine scratches on the surface. Finally, the surface may be finished with two thin coats of clear varnish, lacquer or shellac, making sure that the first coat is perfectly dry before the second coat is applied. A final coat of furniture wax is a further help to protect the piece against soil or staining and helps to facilitate cleaning.

Dry Cleaning
If you must do your own dry cleaning use only a non-flammable cleaning fluid. A fluid may be marked "non-explosive" and still be flammable. Never, under any circumstances, use gasoline, naphtha or kerosene for garment cleaning purposes. Do the cleaning outside the house, where toxic and other vapors will be quickly dissipated. Store cleaning fluids outside the house in a marked container. Keep hands out of the solvent—use a suction washer. Avoid getting cleaning fluid on clothing or exposed parts of the body. Dry garments or articles thoroughly outside before taking them into the house. Keep children at a safe distance from the cleaning operation.

Nutritious Vegetables
Spinach may be Popeye's favorite vegetable, but to the Wyoming experiment station there are other kinds of greens which have more to recommend them. Two less commonly known leafy vegetables, kale and mustard, are being urged for wider use, while the station indicates some doubt about such old reliables as chard and spinach. Kale and mustard, says E. J. Thiessen, foods and nutrition worker at the station, have a low oxalic acid content, which makes them desirable for cooked greens. Chard and spinach, she said, have a higher oxalic acid content, and there may be some question as to the effect of this substance on the utilization of calcium in the human body.

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