Sports of the Week

Western Maryland Here Next Week—Washington Loses To Temple—Other Notes

The first game of real importance on the Washington College schedule will be placed next Wednesday, when Western Maryland College will meet the Washington College team on the Washington Field. The game will a real test for the local Collegians.

Some very interesting information has just been given out by the office of Dean Jones, of Washington College, with regard to the academic standing for the first half of the college year, of the individual members of the Washington basketball team, which recently won the State championship of Maryland. The team is representative of three different States and of four different towns. Capt. John C. Bankert, of Union Mills, Md., is a graduate of Westminster High School. He is a senior at Washington and is taking 19 hours of regular college work. His standing is above the average, having an index number of 1.37 in all studies. F. W. Dumschott, of Waterbury, Conn., is a sophomore and is pursuing 18 hours of academic work. His grade is much above the average and his index in studies is 2.33. M. J. Fiore is from Tuckahoe, N. Y. He is taking 19 hours of work, ranks as a junior and has an index of 1. This is the average standing of a college student. J. J. Carroll, of Waterbury, is taking 16 hours of college work and completed the work of the first semester without failure. C. J. McGran of Bridgeport, Conn., is a graduate of Bridgeport High School and is taking 19 hours of classroom work. He is leading the freshman class in his studies with an idex of 3 the highest obtainable in classroom work. The average index number of the five team members is 1.665, which is above the average grade of a college student.

The Baltimore Sun printed a good picture of the Chestertown High School basketball team on Wednesday.

Last Saturday at Chestertown, Temple University, of Philadelphia, administered the first defeat of the season to the Sho'men Purcell on the mound for Washington, pitched a good game, but weakened several times, the Philadelphia team taking advantage by bunching their hits when they meant runs. Coach Kibler was satisfied with the showing of his team, the game being the first real test of the season. He has shifted the players around by taking Rayne from first base and placing him at shortstop and ...ting Cavanaugh from left field to ...d the initial sack. This leaves ...open position, for which Atkins, ...ley and Galvin have been trying out.

The local team has been going through stiff practices this week in preparation for the two State battles. Coach Kibler has his men in good physical condition. Carroll, the southpaw, reported Monday for duty having been operated on during the Easter holidays and should be available for either game. Bennett has worked out the soreness in his hurling arm and has been showing mid-season form. With Purcell, Carroll and Bennett going Coach Kibler feels confident that his team will come through with a successful season.

On Saturday the Loyola tossers will endeavor to wipe out the defeat administered to them by Kibler's men in basketball which caused them to lose the State Championship. Last year Washington scored an overwhelming victory over the Jesuits on the local grounds, but the Baltimorians are reported as being a much improved team this season. Today's game will start at 2.30 p. m.

On Thursday, April 30, Mt. St. Mary's will play the Washington nine at Emmitsburg. On Friday, May 1, Blue Ridge College will oppose the local Collegians at New Windsor. Next week will be one of the most important weeks of baseball of the entire season.

Grow Your Own Vitamins

Closely associated in our minds with the vitamins they supply are the vegetables that can be grown in almost any home garden spinach, cabbage, lettuce, carrots string beans, peas, rutabagas, tomatoes, all the leafy vegetables known as "greens" and many others. We also obtain neccessary minerals from these vegetables iron, calcium, phosphorus and depend on them for bulk, or "roughage." But our first thought is apt to be vegetables for vitamins!

The advantages of growing vitamins in our gardens are many and obvious. To begin with, there is the matter of freshness. No matter how near the market may be to the home, it is usually a long way from the farmer who produced the vegetables. Garden products that have been carried over a dusty road, and perhaps exposed for hours before they were sold, can not be compared in desirability of flavor or condition with those just off the vine or out of the earth. The vitamin content of vegetables is also dependent to some extent upon freshness.

Again, when the vegetables are actually at hand in the garden, waiting to be gathered, the chances are that they will be used oftener, and in larger quantities, than when some one has to go to a store to get them. The price often influences the quantity bought when he housekeeper goes to market, but when she steps into her garden she is apt to bring in as much as she believes her family will consume.

The convenience of having a garden frequently leads to a beneficial change in the proportions of the family diet. Vegetables are served more abundantly because they are available and they satisfy the craving for bulk, lessening the desire for other foods which may lack the necessary vitamins. Almost automatically the garden tends to increase the use of vegetables.

The garden must, of course, be carefully planned so that it will yield an adequate supply of the kinds of vegetables the family likes and needs, both for table use and for canning or storing. If some sort of record is kept from one year to the next to show the quantity of each vegetable grown and the use made of it, a garden budget can ge eventuallly worked out.

Fresh fruits are also important sourcan be eventually worked out.

dered in connection with the garden plan. Many orchard fruits and berries grow well in all sections of the country, and others are best suited to certain localities. While the citrus fruits oranges, lemons grapefruit, are—among the best sources of vitamins, they are produced only in warm climates, and must be purchased in other sections; local fruits, however, may be depended on also to supply vitamins. Tomatoes are comparable with citrus fruits as sources of vitamins, and when the latter are lacking, tomato juice, either fresh or canned, may be used instead. It goes without saying, therefore, that it is a good thing to include tomatoes in every garden plan.

CollegeHappenings

Washington College's baseball season looks favorable in as much as it has won two of the three games played. In the first game with Walbrook Atheletic Club; Kibler's men made an excellent showing in spite of the fact his material had not been definitely arranged. In this game the Washington spirit was splendid among the player, and with the loyal backing of the cheering section they were able to hand their opponents a defeat. The score being 12 to 1 shows for itself the spirit engaged.

The Temple game showed a reverse score but not in spirit, Kibler has changed his line up bringing the well known Cavanaugh from left field to first base, and shifting Rayne the first bagger to short stop. Left field has no definite assignee, but those who are trying out have been showing splendid effort to master the position.

Washington was in the game from the first, but due to a slow up in the fourth inning admitted four men to cross the home plate. The game ended 8 to 4 as a defeat for Washington, but Wednesday April 22, she came back with the taste of revenge on Maryland school of Denistry defeating them 15 to 2 . The score shows the fight that was put forth. The outstanding event is probably the long center field hit by Smoot which admitted him to cross the home plate without a panse.

In spite of the fact that Washington's club are young players they are in the game with the spirit it had in basketball, and will no doubt make a good record as soon as they become organized and hit the "Flying Penaton" pace.

The final trials for the Penn. Relay was held this week. Those representing Washington are Bennett, Lovesky, W. Schnauffer, and Rayne. These men are capable of doing the 440 run in 54 second average at the least Rayne shows the best prospect being able to make the run in about 2 seconds less with the advantage of a good field.

Washington will also be represented at the Maryland meet wth more entries. This is Washington's first track team for many years giving advantages to many who are not able to participate in other sports.

The literary work exhibited in the societies for this week showed some quality. The Adelphia in particular put forth some real literary work in regards to speech making. The stage fright that usually overcomes young speakers seemed to be absent.

Talks regarding science and invention were the main discussion.

GREATEST SHOW ON EARTH HERE SOON

Rumor Now Confirmed.. Biggest Circus, Ringling Bros. and Barnum & Bailey Headed This Way

Bringing more than eight hundred of the world's premier men and women stars, threehundred and fifty performing horses and many big, new foreign features, the Ringling Brothers and Barnum & Bailey circus is to give performances at Baltimore May 11,12 and 13.

Here is a partial list of its wonders: One hundred railroad cars. Five rings in place of the three heretofore used. Six arenic stages. One hundred and fifty trained horses presented at one time in a magnificent "Equine Ballet." High-wire acts introducting no less than nine of the world's most famous dancing somersaulting and bounding-wire artists in a single display. Five herds of trained elephants. A troupe of twenty leaping and long-distance jumping horses and many other imposing acts and features.

Among the host of noted performers are the Australian Colleano, the Spanish wizard, Mijares, Maximo, Naidia Miller and Berta Beeson who head the congress of high-wire artists. May

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AMERICAN FOREST WEEK

Begins Next Monday And Object Is To Aid Woodland Owners

American Forestry Week, proclaimed by Presdient Colidge, and Commencing April 27, has focused attention on better utilization of wood, as well as production, according to reports from the U. S. Forest Service; and because of this, the Maryland Department of Forestry sees greater returns to Maryland woodland owners in the future. The campaign being waged by the conservation interests of the country, National, State and private, have brought to light some important facts concerning our future supply of pulpwood for newsprint, and the part that scientific research has played in staying off a pulpwood famine.

A new process of making paper from black gum, a tree native to Maryland, whereby nine tenths of a cord of gum produces one ton of newsprint paper will go a long way toward creating a favorable market for this undesireable "weed" tree, and at the same time relieve some of the demand for portation of 870,000 cords of that wood from Canada, a supply which has been threatened by a Canadian embargo.

The development of a process for making book and lithograph paper from ailanthus, the "tree of heaven," came about as the result of a local over-supply of this wood, yet it may some day help to solve the problem of pulpwood scarcity. This tree, formerly cultivated in Pennsylvania for ornamental purposes, has spread rapidly from natural seeding, and seems now to be quite at home in Maryland. Because of its rapid growth it will produce pulpwood sizes in 10 to 15 years and the long, strong fibre of its wood, it promises to be one of the valuable pulpwood trees of the future.

Farm Bureau Seeding 2000 New Members This Year

"Two Thousand new Members this year," is the slogan being echoed around and about the various Farm Bureau units of the state and the optimistic ones are confident this increase in membership will be achieved. Frederick county has recently added 135 new members to its list and Caroline county secured more than 70 in one week. Other counties will soon put on increase membership campaigns and there are also other indications that the Farm Bureau in Maryland is forging ahead with a slow but sure step. It is being pointed out from the State Farm Bureau office in Baltimore that there are entirely too many farmers in the state who are yet without the Farm Bureau fold and every unit of the organization in the state is being urged to get the "GET A NEW MEMBER HABIT" and the goal of 2,000 new members for the year will be easy of achievement.

—Monday, Tuesday and Wednesday morning furnished Kent people a flare back of winter. There was ice on Monday and Tuesday mornings and frost on Wednesday morsing.

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