

Social and Personal

(Edited By Mrs. A. S. Clarke)

FAREWELL PARTY FOR MISSES DORIS AND HAZEL McNAIR

A number of little folks gathered at the home of Mr. and Mrs. L. C. Sipe, of Cherryville, Friday September 10th, when they gave a farewell party for their little granddaughters Doris and Hazel McNair, of Baltimore, Md., who have been visiting them for the past month.

During the afternoon the children played games on the lawn, and enjoyed a story hour.

Three large tables decorated with potted plants, were arranged on the spacious back porch, where little cakes and ice cream were served.

The invited guests were: Vergie Ford, Alda Beam, Ruby Dellinger, Alpha Mae Dellinger, Carl Rudisill, Ben F. Rudisill, Joe and George Nixon, M. A. and Howell Stroup, Marjorie Evelyn, and Leon Carroll, Wert Rhyme Jr., John Bennett and Blaine Dellinger, Mary E. Julia Ruth, and Ava Houser, Merrill Fetner, Jennie Holmes Linn, Kenneth Linn, Ann and Harry Halstead, Bobbie McLurd, Ruth Hayes, Billy Beam, Berth and Myrtle Beam, John Henry and Lucy Lee Howell, Caroline and Robert Mauney, Lily Dellinger and Eva Sipe.

Among the older guests who enjoyed the afternoon were: Mrs. William Beam, Mrs. Earl Beam, Mrs. Olin Carroll, Mrs. M. A. Stroup, and Mrs. H. E. McNair of Baltimore, Md.

Miss Nan Dixon has accepted a position in the local grammar school.

Mr. and Mrs. W. M. Fain were in Atlanta last week.

Mr. T. S. Evans made a business trip to Copperhill, Tuesday.

Miss Lula Fain is the guest of friends and relatives in Weaverville.

Mr. George Mauney has accepted a position with Wofford-Torrell Co.

Mr. Raymond Harris is improving from a severe attack of flu.

Mr. Whitt Davis, and Mr. Cowan, of Sylvia were here Sunday.

Mr. G. H. Cope left Monday by motor on a business trip to Raleigh and other cities in that section.

Mr. and Mrs. Winslow Melver and children, of Johnson City, Tenn., are guests of relatives.

Mr. A. S. Clark, of Copperhill is spending a two weeks vacation here with his family.

Dr. Fred Kinsey, of Ducktown was making professional calls in this section Sunday.

Mrs. Reggie Lloyd left Sunday to join Mr. Lloyd in Detroit where he has a position.

Mr. and Mrs. G. A. Klein, of Warner and Florida were guests of the Dickey Hotel this week.

Mr. E. S. Miller, Mr. Harry Miller and Mr. Hugh Brittain were in Atlanta first of the week on business.

Miss Kathryn Thompson will leave at an early date for Bristol to enter Intermont College.

Mr. Victor McGuire, of Nouata, Okla., is visiting his parents, Mr. and Mrs. Mike McGuire at Andrews.

Miss Pearl Taylor is spending two weeks at home on account of fad-dicting time.

Miss Elizabeth Brittain is teaching in a public school near Newport, Tenn.

Mr. W. M. Anderson, of Hayesville, was here Wednesday on business.

Mr. Walter McLeod, of Apopka, Fla., was the guest of his sister, Mrs. A. K. Dickey, last week.

Miss Dot Hensley spent the week-end in Andrews, the guest of Mrs. E. O. Christopher, returning Sunday.

Mr. Wesley Christopher, and Mr. Ed Barnett, returned Tuesday from Copperhill where both underwent a throat operation.

Mr. George W. Kinsey was here the first of the week and stated that the minutes of the Western North Carolina Baptist Association had been placed with the printer and would be distributed as soon as possible.

BIRTHDAY DINNER AT LACABANA

Mr. Toby Fain and Mr. Roderick Melver of Johnson City, Tenn., were the hosts at a beautiful six o'clock dinner Sunday night at Lacabana on Fain's Mountain, celebrating the birthday of Miss Fleta Christopher, and Miss Helen Dickey, of Atlanta, Ga.

Beautiful autumn flowers were effectively used throughout the house, and a birthday cake with candles graced the center of the table.

A four course dinner was served to the following guests: Mr. and Mrs. F. O. Christopher, Miss Frances Pittman, and Mr. S. D. Sweat of Atlanta, Ga., Miss Fleta Christopher, Miss Helen Dickey, Mr. Roderick Melver and Mr. Toby Fain.

Mrs. Lewis Johnson and children, of Atlanta, arrived Thursday and are guests of Mrs. Johnson's parents, Mr. and Mrs. Mike McGuire, of Andrews.

Miss Martha K. Smith, who had charge of the music department in the public school last year was a visitor in town last week.

Miss Helen Dickey, of Atlanta, Ga. who has been recuperating from a recent illness, will return to Atlanta the latter part of the week.

Miss Gilreath Henson, of Atlanta, has been stopping this week with Mr. and Mrs. J. H. McCall, on her vacation.

Dr. and Mrs. E. L. Holt announce the birth of a son on Monday, September 13th, who has been given the name E. L. Holt Jr.

After spending a vacation at the Regal Hotel, Mrs. Durward Yates, of Macon, Ga., returned home Thursday and was accompanied as far as Atlanta by Mrs. J. H. Phaup.

Miss Sarah Cook and Mr. F. C. Hall were in Asheville the first of the week and attended a banquet at Battery Park Hotel at which 125 Bell Telephone employees were present.

Mr. and Mrs. Lowry Axley, of Savannah, Ga., have recently visited relatives in town. Mr. and Mrs. Axley are teaching in the public schools of Savannah.

Mr. Pat Cearley who has been employed as foreman on the construction of Sears-Roebuck's building in Atlanta, joined his family here last week.

Miss Rowena Roberts, of Washington City is visiting her father, Mr. Zim Roberts. Miss Roberts holds a responsible position with a government hospital in Washington.

Mrs. Henry Axley left Wednesday for Swainsboro, Ga., in response to a telegram announcing the sudden death of her uncle, a Mr. Gray, of that place.

Mr. Harold Lawrence, formerly of Culberson, but now of Florida, motored to town Tuesday. Mr. Lawrence was accompanied by his sister, Miss Carrie, who has a position in Atlanta.

Miss Hattie Hall and Miss Augusta Nichols, of Knoxville, spent several days the past week with friends and relatives in the county. They returned by way of Asheville.

Mr. and Mrs. D. V. Carringer and children, and Mr. and Mrs. J. A. Richardson and Miss Alline Richardson spent the last week-end in Knoxville with Mr. and Mrs. Dolph Carringer and Dr. and Mrs. R. H. May.

Mr. and Mrs. W. B. Taylor spent the week-end with his mother, Mrs. Mattie A. Taylor, she returning with them to Balsom where she will spend a few days. She will return about the last of this week.

Mr. Sibald Smith, of Whittier, advertising agent for the Cherokee Indian Fair, was here this week placarding the windows and placing other advertising matter on the Indian Fair which is to be held October 5th, 6th, 7th, and 8th, at Cherokee.

A delegation from Nashville, N. C., composed of the Mayor, Chief and assistant Chief of the Nashville Fire Department, and the salesman and engineer of the American La France Fire Engine Co., were in Murphy and Andrews this week inspecting the fire engines recently purchased by these towns, with a view to purchasing like equipment for Nashville.

Mrs. Minnie Wright and son, of Absham, Mr. Tom Wright and Mrs. Wright have been guests of the former's brother, Mr. Jim Franklin and Mrs. Franklin.

Mr. and Mrs. J. E. Bailey, Misses Ruby and Gladys Bailey, Mr. Henley Bailey, and Mr. and Mrs. S. A. Mozley, returned Monday to their homes in College Park, Ga., after having visited Mr. and Mrs. C. W. Bailey.

Mrs. Nellie Thompson, of Sarasota, Fla., and Mr. and Mrs. Vick returned to Florida the first of the week, after spent several days as guests at the Dickey House. Mrs. Sadie Vick will remain for several days.

Miss Pearl Brown who spent her vacation at the home of Mrs. Mattie A. Taylor, returned last Monday to St. Augustine, Fla., where she goes to take up her winter work. She is a teacher in the blind school at that place.

Messrs. Creed, Wilford and Carl Bates spent the past week-end in Atlanta at the bedside of their brother, Leslie, who is in the hospital there. Leslie's many friends will be glad to learn that his condition is much improved.

Mrs. Calla Hall went to Atlanta, Monday to buy goods for her millinery shop. Later in the week Mrs. Hall will go to Asheville, from which point she will accompany Mr. and Mrs. S. S. Williams on a trip to New York, Philadelphia, Washington, Baltimore and other cities in the east.

Mr. and Mrs. William Pierce, of Texas, who have been stopping with Mr. and Mrs. J. H. McCall while spending the summer in this section, returned to Murphy this week after having spent the past week in Asheville, Hendersonville and other North Carolina points.

A GOOD OLD AGE

By THOMAS ARKLE CLARK
Dean of Men, University of Illinois.

MR. JOHN D. ROCKEFELLER had a birthday last July—eighty-seven years old I believe he was—and, if he and his medical advisers may be believed, he is good for a considerable number of active years yet.

If the stories which we read in the newspapers are true—and who would doubt them—thirty-five years ago or so, Mr. Rockefeller was in a rather bad way physically. His ambition to live to "a good old age" which in his mind was one hundred, seemed very unlikely to be realized. One can attain to almost any reasonable ambition, I believe, if he is willing to pay what his personal ambition costs and Mr. Rockefeller, it is said, expressed a willingness to pay. The physician to whom he went for advice laid down five laws for the conduct of the oil magnate's life. They were simple and brief though not so easy to follow as they might at first seem. Here they are:

1. Don't worry.
2. Don't acquire overweight.
3. Drink three quarts of water every day.
4. Exercise daily.
5. Sleep in fresh air.

At first it might seem quite unnecessary for Mr. Rockefeller to be cautioned against worry. He was at least comfortably fixed financially and need not have concerned himself unnecessarily about meeting the grocery bill on the first of the month, or paying for gasoline, or anything of that sort. His \$500,000,000 should have kept him free from financial worries. But he had heavy business responsibilities; he was at the head of a great organization whose management took time and thought and nervous energy. It involved serious problems, and he saw that if he were to be well he must give up much of this responsibility, and he did.

He probably liked a good dinner as well as the next man, and he was in a position to have what he liked. But rich food and heavy dinners cause indigestion often, and result in an increasing waist measure, and fatty degeneration of the heart, and kindred unpleasantnesses. One must be thin if he is to live to a good old age, and if one would be thin he must be abstemious in his eating. Hence the bowl of milk and cracker of which the newspapers speak so ironically at times. One pays for the slender figure, and Mr. Rockefeller has been willing to do so.

Water instead of wine, and a lot of it! Mr. Rockefeller has been true to his principles in subscribing so generously to the anti-saloon league. He knows what is good for a man's health, and he shows no selfishness in making it easier if possible for the other man to live as temperately as he does himself.

Exercise and the open air! Almost every picture that one sees of the octogenarian shows him with a golf club in his hand. At eighty-seven he did his nine holes. He has been paying the price and will no doubt, as he deserves, live to "a good old age."

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Illinois Man Invents New Auto Gas Saver

Walter Critchlow, No. 4331-M street, Wheaton, Ill., has patented a new gas saver that beats anything ever gotten out. With it on Ford's when as high as 61 miles on a gallon. Other makes do equally well. This new invention saves gas and oil, makes a Ford start instantly in any weather and completely de-carbonizes the engine. Mr. Critchlow offers 1 free to quickly advertise. Write him for one. He also wants County and State Distributors who can make \$500 to \$2500 per month.—Advt (6-4-24)

"The Vine"



This magnificent bronze by Harriett Frisburgh is on display in the Palace of Fine Arts at the Sesqui-Centennial International Exposition in Philadelphia where the 150th anniversary of the signing of the Declaration of Independence is being celebrated. This is but one of the many gorgeous and beautiful things to be seen in the Fine Arts exhibit. Famous artists from all parts of the world have sent their paintings, etchings and sculptures to Philadelphia to be exhibited during the exposition, which continues until December 1.

NOTICE To Whom It May Concern:

This is to notify all persons concerned that I have sold my interest in the business known as John Orr & Co., Robbinsville, N. C., and will not be responsible for any indebtedness incurred by the above concern on and after August 31, 1926. W. S. ROGERS, Robbinsville, N. C., Sept 11, 1926. (6-4-24)

The boys of today are taught sanitary and healthful living conditions in hundreds of Boy Scout camps. In most of these camps Fly-Tox, the modern safeguard to health and comfort is part of the regular equipment. Get Fly-Tox from your retailer, always in bottles with blue label.—Adv

Democratic County Convention

The Democrats of this, Cherokee County, will meet at his or her voting place at 2 o'clock P. M. on Saturday, September the 25th, and select delegates to the County Convention, which will be convened in Carnegie Library, Murphy at 12:30 P. M. on Monday the 27th, day of September 1926 for the purpose of naming candidates for Representative and other County offices, and to transact such other business as may come before it. This September 11th, 1926.

C. B. HILL, Chairman Dem. Ex Com., Cherokee County.
A. L. MARTIN, Secretary.

Children Cry for

Fletcher's CASTORIA

MOTHER! Fletcher's Castoria is a harmless Substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups, prepared to relieve Infants in arms and Children all ages of

Constipation Wind Colic
Flatulency To Sweeten Stomach
Diarrhea Regulate Bowels

Aids in the assimilation of Food, promoting Cheerfulness, Rest, and Natural Sleep without Opiates

To avoid imitations, always look for the signature of Dr. J. C. Fletcher. Proven directions on each package. Physicians everywhere recommend it.



An Author Considers Vegetables

ITA WEIMAN, popular author and playwright, has theories about many things other than play and book construction. One that comes close to home with every woman concerns nothing more exalted than creamed spinach. Combined with mushrooms, it forms her favorite dish, and though Miss Weiman does no cooking herself, her maid has worked out the recipe with splendid results.

Miss Weiman believes that the white sauce should penetrate the very fibre of the spinach until the two flavors are entirely merged. The dish, served to guests at her home, was ample evidence that she is right. Her maid says she opens one can of spinach, and one of mushrooms, and sautes the mushrooms while the spinach is allowed to simmer slowly until all the liquid disappears.

To saute mushrooms properly, the liquid should be drained off and the mushrooms rubbed with a clean cloth to dry them. Then they are put into a half-inch depth of hot butter and cooked until brown and tender. The dish is served with the mushrooms heaped in the middle and the spinach arranged around it.

Dishes of this sort and many more can be used by the housewife to lure her family, particularly the men, from the solid food they choose to more healthful vegetables and fruits. She can get many fine helps from canned foods. Regardless of season, they offer her every

kind of vegetable the year round, and with them she can concoct unusual dishes. A corn pudding, for instance, is a well flavored dish, and a corn and tomato pudding, with cheese as seasoning, is tempting.

A good thing to keep in mind is that men like strongly flavored foods. Look over the menu in a restaurant patronized by them, and evidence of the fact is there.

The housewife should take some of the blame upon herself if her vegetables are not a success. Carelessly cooked foods are not attractive. Peas from which the water is neither cooked nor drained, spinach that is darkened by too long a stay on the stove, onions with lumpy cream sauce, — none of these are tempting.

Many women do not know that the best flavor is obtained by letting the cooked vegetables simmer until all the liquor disappears. In this way, the flavor is condensed and left in the food, whereas, when the water from the can is poured off, much of the flavor goes down the drain along with it.

In experimenting on diet, canned foods are helpful in reducing the hazard of new dishes. The woman of today must learn to detest waste and fear extravagance. Canned foods and recipes for them offer accurate measurements, one of the most important elements of successful cooking. The foods have already been cooked. Time is saved, and also her own effort, which in

the past has been valued too cheaply. Among the vegetables available the year round as canned foods are seven kinds of beans, including the little known lentils, now offered in cans, green peas, spinach, sauerkraut, turnips, squash, succotash, green peppers, corn, asparagus, tomatoes, sour red cherries for pies, and many more.

All should be tried in turn and then in combination. If carrots and peas have been served once in the week, put the two together next time. Then try creamed spinach for a change or combine several kinds of cold vegetables to make an attractive salad. The color achieved by a well arranged vegetable salad is most enticing to the eye and it is certainly true that the eye has as much to do with choosing foods as anything else.

Left-over vegetables may be made into the most delightful dishes, a vegetable casserole, vegetable soufflé, curried vegetables, or scalloped vegetables. Why not try scalloped vegetables using a can of lima beans and a can of carrots, some chopped onion, parsley, and green pepper? If you have any left-over vegetables, peas, beets, cauliflower, they could also be used.

Simmer the vegetables until the liquid has evaporated. Prepare a good white sauce, put it and the vegetables into a casserole, cover with bread crumbs and perhaps some grated cheese, and brown in the oven.