

OLD FORT NEWS

VOLUME IV

OLD FORT, N. C., THURSDAY, DECEMBER 4, 1930

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THE OLD FORT NEWS

The Old Fort News is published each week in connection with the Marion Progress.

MISS GERTRUDE DULA,
Editor and Business Manager.

TO DIE, OR TO DIET

By H. S. Anderson.

Bread: Bread has long been known to the human family as the "Staff of Life," but most persons seem to believe that bread is bread, and that so long as they eat some kind of bread, that is the end of their troubles. This, however, is a great mistake, for simple feeding experiments prove that "bolted" wheat flour is so inferior to the whole meal flour that when birds are fed exclusively on such food products, they die quicker than when fed on water alone. The reason advanced for this result is this given by E. V. McCollum in "Newer Knowledge of Nutrition," page 140.

"The pigeon which fasts gradually wastes away, but slowly, because all the tissues decrease in volume and its physiological processes slow down. The bird which is fed the bolted flour dies earlier than the fasted one, because the burden of digesting and metabolizing a liberal intake of food requires that its metabolic processes go on at a rapid rate. When this demand is made upon it and its diet is so incomplete that there can be no repair of its wasted tissues, it wears out the more quickly."

Balancing the Food: The substances of nature that are designed for food are composed of certain proportions of nutritious and non-nutritious matter, and to this fact the construction of the alimentary tract bears definite relation. It remains, therefore, that there is a certain balanced proportion best adapted to the functional powers of the alimentary canal, and to the vital welfare of the whole system; and that when we vary from this ratio by increasing or diminishing the proportion of the nutritious to the non-nutritious matter in our food, to that extent we impair the function of the alimentary canal, and through it, of the whole body.

Nature, without the aid of human art, produces nothing for the alimentary uses of man which is purely a concentrated nutrient principle, and the human body is organized and endowed with precise relation and reference to this state of things. Hence, a due proportion of non-nutritious matter in our food is as important to health as the nutritious matter.

(Note—This article will be concluded in next week's paper.)

STILLS RECENTLY DESTROYED

Four stills have been found recently by Deputy C. L. Tate and Constable W. H. Bradley. On November 21st two stills were found on Catawba river. Six hundred gallons of beer were destroyed at these two stills. One was a large copper mash still, holding about 110 gallons, the largest that has been captured in this territory in a long time.

On November 22nd Deputy C. L. Tate found and destroyed a 50 gallon copper still on Souther's creek, one-half mile from Nigger Hole, on Catawba river. This still and equipment had been removed from the place where they had been operating, but after walking many miles the equipment and still was found one-fourth mile from the original site.

A steam still was found on Garrett's creek November 26th by Deputy C. L. Tate and W. H. Bradley. Four barrels of beer, 5 gallons of whiskey and all equipment was destroyed. A sack containing the 5-gallon keg of whiskey, which was hid in a large stump, was accidentally found by C. L. Tate while he was looking for an ax or some heavy instrument to use in breaking up the still.

McKINLEY McPETERS ATTEMPTS SUICIDE

McKinley McPeters, who attempted suicide by cutting his throat with a pocket knife, is reported to be recovering in the Marion Hospital, where he was taken for treatment. McPeters had been arrested, after a lively chase by the officers, for stealing a hog belonging to his uncle, who claims that the hog was the fourth he had stolen from him, and it is alleged that he has also stolen chickens which he sold in Black Mountain.

BIRTHS

Born, to Mr. and Mrs. Obie Laughridge, of Gainsboro, Tenn., a son, November 28th.
Born, to Mr. and Mrs. Edwin E. Epley, a son, November 29th.

SPECIAL MEETING OF WOMAN'S CLUB FRIDAY

The Woman's Club will meet on Friday afternoon, December 5, at 3:30 o'clock at the club rooms with the Welfare Department in charge. Every member is urged to bring any article of food, clothing, or cover that can be procured so that they may be distributed among those in need. The meeting will be devoted entirely to checking up on the welfare situation, and to making plans to meet prevailing conditions. The method of distribution will also be discussed. There is a constant call for food, clothing, and cover. Every one who is interested is invited whether a club member or not. The co-operation of everyone is urged in this undertaking. Come and bring some one with you.

SOCIAL MEETING OF CHRISTIAN ENDEAVOR

The monthly business and social meeting of the Christian Endeavor of the Presbyterian Church was held at the home of Mr. and Mrs. George Bistline on Wednesday evening. An unusually large group of young people attended. A Thanksgiving program was planned by the president, James Bistline, and social chairman, Holmes Hansel. Louise Connor was awarded the prize for the best original list of things to be "thankful for." "Feeding the Turkey" created lots of joyous laughter.

During the business session the young people decided to use the sum of money on hand for needy families.

400 RAINBOW TROUT FOR JARRETT'S LAKE

Four hundred young rainbow trout have been added to the Jarrett's Creek Lake. The lake, owned by P. H. Mashburn, and Dr. D. M. McIntosh, now is inhabited by several thousand rainbow trout, having been stocked from time to time during the past year, and promises to afford excellent fishing possibilities next season.

BRIDGE PARTY

Complimenting their guests, Mr. and Mrs. D. T. Roughton, of Columbia, S. C., who spent Thanksgiving in Old Fort, Mr. and Mrs. C. W. Graybeal entertained on Friday evening with three tables of bridge. Following the game a lively contest in art was enjoyed, Mr. Geo. Biseline's picture, as drawn by Mr. D. T. Roughton, winning the prize. High score was awarded to Miss Maude Crawford and low score to Mrs. S. B. Smithey. Dainty refreshments were served by the hostess, assisted by Mrs. D. M. McIntosh and Mrs. D. T. Roughton.

HUNTERS KILL DEER

P. H. Mashburn returned from a deer hunting trip on Monday and reported a very successful and enjoyable trip. Accompanying a group of Asheville friends, Mr. Mashburn spent the past week-end near Pisgah in a hunting lodge belonging to one of the members of the party. A large deer was the reward acquired by the sportsmen on this expedition.

CIRCLE MEETING TUESDAY

Circle No. 1 of the Presbyterian Church met on Tuesday afternoon at the home of Mrs. Ed Norton. Mrs. D. M. McIntosh, chairman, presided. Plans and needs of the church were discussed. Delicious refreshments were served by the hostess. The next meeting will be held at the home of the chairman.

J. Y. Gilliam of West Asheville was a visitor in Old Fort Monday.

EVERYBODY'S THEATRE

OLD FORT, N. C.

Presents

BOB CUSTER

in

"CODE OF THE WEST"

—A—

Romance of the Plains.

Also the Mightiest of

Chapter Plays

"ADVENTURES OF TARZAN"

Starring

ELMO LINCOLN and

LOUISE LORRAINE

FRIDAY and SATURDAY

DECEMBER 5th and 6th

LOCAL AND PERSONAL ITEMS OF INTEREST

Miss Margaret Marley of Lenoir spent Thanksgiving holidays with her parents, Rev. and Mrs. H. C. Marley.

Mr. and Mrs. Joe Crawford of Spartanburg, S. C., were Thanksgiving holiday guests of the former's mother, Mrs. J. R. Crawford.

Eddie Ragle made a business trip to Atlanta last week.

William Ray of Baltimore was the guest of Rev. and Mrs. John Ray last week.

Misses Gertrude Dula and Lenore Keatley spent Sunday with Mr. and Mrs. W. M. Goodson in Asheville.

Mrs. Clifford Nesbitt was the guest of her aunt, Mrs. M. W. Dargan, of Black Mountain, last week.

Mr. and Mrs. Cooper of Salisbury were guests of the latter's parents, Mr. and Mrs. T. A. Porter, on Thanksgiving.

John Artz was in town on Monday and attended the funeral of Hardy M. Burgin before returning to Columbus, N. C., where he is employed as county farm demonstrator.

P. H. Mashburn left Thursday for a several days deer hunting trip near Pisgah.

W. M. Burgin of New York is spending the week with his parents Mr. and Mrs. C. H. Burgin.

Sam Stone, who is employed as lumber inspector at Spruce Pine, visited his family at Old Fort Thanksgiving day.

Prof. S. B. Smithey attended the meeting of the McDowell County School principals held in Marion on Tuesday evening.

Mrs. Geo. Sandlin was a visitor in Asheville on Saturday.

Rev. and Mrs. M. W. Dargan of Black Mountain were dinner guests of Miss Lenore Keatley and Miss Gertrude Dula on Sunday.

J. L. Lackey made a business trip to Marion on Monday.

J. A. Burgin was a visitor in Marion, Monday.

Mr. and Mrs. M. W. Nesbitt and family of Gastonia spent Thanksgiving in Old Fort with relatives.

Mr. and Mrs. Ed Gilliam of Asheville visited relatives in Old Fort on Thursday.

Miss Geneva Early and Marshall Fox of Asheville were visitors in Old Fort Sunday.

Miss Louise Laughridge is spending the week-end in Greensboro.

Miss Mildred McDade spent Thanksgiving at her home in Boone.

Miss Sue Allison of Asheville spent Thanksgiving with her sister, Mrs. Setzer.

Miss Addie Thompson of Marion visited relatives in Old Fort Thursday and Friday.

Miss Nannie Brazington spent Thanksgiving at her home in Charlotte.

Miss Janie Parker of Asheville spent Thursday in Old Fort.

Hubert Lyda of Hendersonville is spending several days in Old Fort.

N. P. Barber of Asheville was in Old Fort Friday.

Miss Bessie Allison is spending several months at Connelly Springs.

Rev. and Mrs. R. L. Rayle and small daughter, Agnes, were the dinner guests of Mr. and Mrs. G. I. Steppe on Thursday.

Miss Alma Greene returned to her home in Bakersville Thursday after spending several days with friends in Old Fort.

J. W. Whisnant of Table Rock was a visitor in Old Fort Sunday.

Misses Ola and Eula Grant and Ivan Woodford spent Thursday in Bakersville.

Mrs. Ella Clark has returned to her home in Asheville after spending several days in Old Fort with Mr. and Mrs. C. H. Burgin and family.

Mr. and Mrs. Geo. Moore and Master Burt and Mary Louise Moore spent the Thanksgiving holidays with their parents, Dr. and Mrs. J. H. Preas, in Johnson City, Tenn.

Misses Margaret Rock and Dorothy Spencer, who are attending school in Spartanburg, S. C., spent Thanksgiving with their grandmother, Mrs. J. R. Crawford and family.

Mr. and Mrs. Uless Walker left for Florida last week. They expect to be gone all winter and the date for their return to Old Fort is, at this time, indefinite.

Miss Nannie Sue Sandlin entertained on Friday evening with one table of bridge in honor of her house guest, Miss Frances Roughton, of Columbia, S. C. The guests were intimate friends of the honoree.

Mrs. C. C. Wyche of Spartanburg, who spent several days the past week with her mother, Mrs. J. R. Crawford, returned home on Sunday. She was accompanied by Misses Dorothy Spencer and Margaret Rock, who are attending school in that city.

WOMANLESS WEDDING IS A SUCCESS

"The Womanless Wedding" sponsored by the U. D. C., which was given on Tuesday night of last week, was attended by a large crowd and was the occasion for much merriment. The proceeds from the entertainment were very satisfactory and the affair was thoroughly enjoyed by both the participants and spectators.

DR. McMULLEN HONORED BY DRUG ASSOCIATION

Dr. F. H. McMullen was recently notified of his appointment to the membership committee of the National Association of Drug Clerks, Inc., at Washington, D. C. The numerous friends of Dr. McMullen are glad to learn of the honor which has come to the courteous druggist who has been a member of the staff at the Old Fort Drug Company for the past three years.

CARD OF THANKS

We wish to extend our sincere thanks to friends for their kindness and sympathy shown us during the illness and death of our son, Robert, Jr.

Mr. and Mrs. B. C. Laughridge.

Mr. and Mrs. D. T. Roughton and daughter, Frances, of Columbia, S. C., stopped in Old Fort Thanksgiving day after attending the football game at Greenville, and visited with friends before returning home.

The conditions under which you live are dealt out to you and others like a pack of cards, and you have to make what you can of what falls to your share.—Rev. J. C. Hardwick.



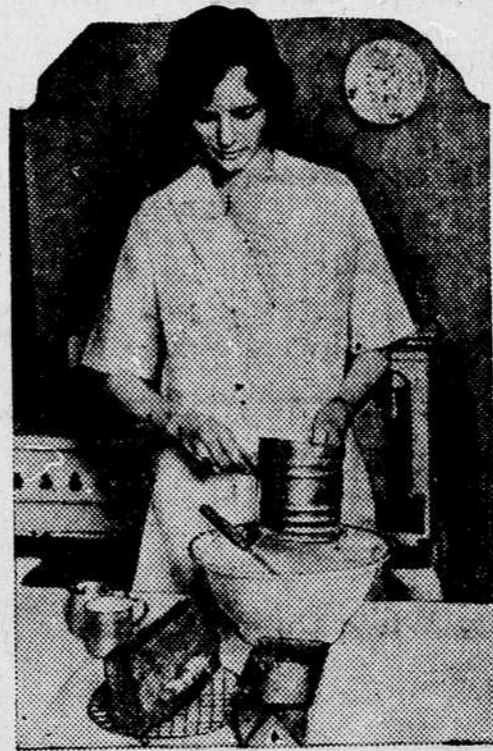
... SUCCESSFUL
HOMEMAKING
By GRACE VIAL GRAY

ARE YOU HOSPITABLE?

Are you hospitable, really—in the good old-fashioned way for which the South is famous? If not, I expect it is because you feel swamped with the many demands that modern, Twentieth century living puts upon us women, and have just fallen out of the way of extending informal invitations to friends to share your meal, whatever it may be, on a few minutes' notice.

If this is what has happened to you, why not get back into the habit of easy hospitality right away and start tonight by asking some one to drop in and take "pot luck"?

Serve the regular, simple meal you were planning, only make it a bit more interesting and appetizing by the addition of one of the many quick



Orange bread is unusual, economical and quickly and easily made. The recipe calls for 2 cups self-rising flour, which is ready-prepared flour. This explains the reason for the ease and quickness of preparation.

loaf breads that can be made with self-rising flour, the newest innovation in home baking.

Orange bread, for example, is delicious and has the merits of being economical, quick and simple. If you will follow this recipe exactly, you will have a splendid addition to the evening meal that will give it all the flourish of a specially prepared "company" dinner:

Orange Bread.
2 tbs. fat ½ cup candied
½ cup sugar orange peel or
2 cups self-rising the grated rind
flour of 1 orange
1 cup milk ½ cup nut meats,
1 egg broken into
 small pieces

Mix together the fat, sugar and flour; add the milk and egg. Beat until well blended; add the orange peel and nuts. Pour the mixture into a greased bread pan and bake in a slow oven (300 degrees F.) for an hour.

Sounds easy, doesn't it? It is! And remember, self-rising flour needs only one sifting and no baking powder and salt are needed, as they are already blended by the miller in the correct proportions.

Last Call!

OLD FORT Department Store

15 Days Fall Sale

Ends Next Monday, Dec. 8, 1930

Prices No Store in the County Can
Touch--We Don't Mean Maybel

Come in and See Our Specials

Not More Money But More Wisdom

WHAT this country needs is not more money, but more people who know how to use it wisely. Banking a goodly portion every day is wise.

THE BANK OF OLD FORT
OLD FORT, N. C.

STRONG COURTEOUS HELPFUL

COAL

We will have a car of Egg Coal next week.
Place your order now.

WE SELL FOR CASH ONLY.

OLD FORT COAL CO.

Henry C. Fisher

W. W. LeFevre

New Line of Winter Hats

Felts in good quality and stylish design.
ALL HATS GREATLY REDUCED IN PRICE.
Marcel and Finger Waving at a very reasonable price.

Dula Hat Shop