

OLD FORT NEWS

VOLUME IV

OLD FORT, N. C., THURSDAY, DECEMBER 11, 1930

NUMBER 11

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

While the so-called non-nutritious substances in wheat, corn, oats, rice, etc., when taken by themselves afford no "nourishment" to the body, this is, nevertheless, the portion of our food which contains the greater part of valuable food mineral and life-giving vitamin, and to this fact is due, in large measure their benefit to the system. If, therefore, we artificially separate the nutritious from the non-nutritious in our food, as is done in the making of the host of refined and pale foods so prevalent in the markets of civilized communities, and at the same time, discarding the coarse parts, thereby supplying the alimentary organs with only the concentrated, nutritious matter, we are robbing the body, not only of its required "roughage", but of the very organic mineral and vitamin so necessary to life. Such a regime maintained, will soon destroy the functional powers of the vital organs, with resulting nervous conditions, constipation, atrophy, and premature death.

Foods Can Be Too Sanitary?
During the past few decades there has arisen a laudable ambition on the part of those at the head of the Pure Food Administration to force the manufacturer to eliminate impurities and adulterations, and to provide clean, honest, and sanitary foods. Unfortunately, in attempting to meet this demand, the purification processes have been carried to such an extent that not only are the adulterants eliminated, but also most of the essential food minerals and vitamins on which life and health are dependent.

Nature put into wheat, corn, oats, and rice most of the essential elements needed by man; and in the days previous to our knowledge of modern milling, he was content to grind up this whole-grain cereal, and found it both palatable and sustaining. But the modern craze for "purity" expressed by color and appearance has steadily replaced these wholesome products by that which is termed "white and beautiful", but which is largely pure starch, with practically all the essential mineral and vitamin originally contained in the food eliminated, and with the proteins remaining in it, sadly lacking in some of their most essential constituents. The result is that public health is gradually undermined as revealed by cold statistics. These stern facts proclaim that nature's God is a better chemist than man; has perfect knowledge of man's physical needs, and has made wise provision for all those needs in the unsophisticated products of earth.

HONOR ROLL, OLD FORT HIGH SCHOOL

First Grade: Johnny Bradley, Wallace Free, Theodore Jenkins, Dolly Burnett, Etta Sue Carver, Edward Conner, Dan Dalton, Billy Earley, G. L. Gibson, Ralph Gilliam, Edna Allison, Marilyn Byrd, Gene Charles, Elizabeth Haynes, Jean C. Johnson, Myrtle Johnson, Eileen Morgan, William Coolidge Cmithey, Dorothy Moffitt, Grace Williams, Ollis Lanning, Paul White, Isabel Lanning.

Second Grade: Katharine Epley, Irene Carver, Helen Silvers, Eva Parker, Elaenor Wheeler, Harold Kanipe, Mildred Lanning, Ethel Morris.

Third Grade: Margie Allison, Paul Harmon, Jr., Lois Early, Ollie Lanning, Louise Moore, Gladys Padgett, Joyce Sawyer, Margaret Jo Tisdale.

Fourth Grade: Dan Kerlee, Emily Carver, Madeline Freeman, Lovine LeFevre.

Grade 5A: Harriett Long, Porter Junior Fortune, Herbert Moore.

Sixth Grade: Mary Sue Young, Herman Chisawn, Hubert Nesbitt, Joe Tate, Grace Padgett, Dorothy Rhinehart, Caroline Sandlin.

Seventh Grade: Maud Allison, Codel Camp, Exam Manick, Bertie Settemyre, Dorothy Stevens.

Eighth Grade: Grace Allison, Mary Allison, Julia Bistline, Clara Eller, Dorothea Eller, Gladys Haynes, Bertha Johnson, Myrtle Kerlee, Nannie Sue Sandlin, Estelena Young.

Eleventh Grade: Beatrice Freeman, Laura Lippe, Jessica Silver Edna Tate, Virginia Vess, Julia Padgett.

THEODORE BURGIN WEDS MISS ELLEN HAMILTON

News of the marriage of Theodore Burgin, son of Mr. and Mrs. J. A. Burgin, will be of interest to the many friends of Mr. Burgin in Old Fort. The following account of the wedding appeared in the Bellingham, Wash., paper:

A wedding with a background of more than usual interest occurred Saturday evening when Miss Ellen Alexandria Hamilton, youngest daughter of Mr. and Mrs. Alexander Hamilton, was united in marriage to Mr. Theodore Burgin, formerly of Old Fort, North Carolina.

Miss Hamilton chose for the setting of her wedding the auxiliary club room of the American Legion, Albert J. Hamilton Post No. 7, named in memory of her brother, Albert J. Hamilton, A. E. F., who was the first soldier from Whatcom county to give his life in the service of his country during the World War. The date, October 25, marked the thirteenth anniversary of his death (1917).

In the west end of the club room an improvised altar had been arranged by the use of tall wicker baskets filled with native greenery, autumn foliage and hydrangea blossoms while on either side in standards were the national colors and the post flag bearing the name of the bride's honored brother. Elsewhere about the room were baskets of ferns and foliage.

Just preceding the service read at 7 o'clock by the Rev. Allen MacRea, pastor of the First Presbyterian church of Sedro-Woolley and a relative of the bride's family. Mr. Boyden Spees sang "Oh Promise Me" to piano accompaniment played by Mrs. Spees.

The bridal party entered to the music of "Lohengrin" played by Miss Rose Fedlock. The bride who entered with her father was simply gowned in a lovely frock of ivory satin, a princess model made sleeveless and smartly finished at the shoulder with a conventional flower of the same material. Her embroidered veil of imported tulle was worn with a small wreath of orange blossoms and she carried Columbia rose buds and maiden hair fern. Her only ornament was a three-strand necklace of pearls given her by the groom.

Mrs. Hollis Hamilton as matron of honor for her sister-in-law, wore honeydew satin combined with lace. About her head were bands of orange blossom and her flowers were chrysanthemums of deep yellow, tied with chiffon ribbon of the same shade.

The bridesmaids, Miss Leone Byrd, cousin of the groom, and Miss Emma Van Brocklin, were gowned in like models of sea foam green moire fashioned on the long fitted lines. Their flowers were baby chrysanthemums in the shades of yellow. Mrs. Hamilton, the bride's mother, wore brown silk with a hat to harmonize. With the groom were Hollis Hamilton, brother of the bride, Milan Byrd, cousin of the groom, and Claude MacRea of Kelso, nephew of the officiating minister.

The flower girls, Joyce Byrd, Nellie Belle Hamilton and Martha Van Brocklin wore similar frocks of azure blue satin, lace trimmed, and carried small baskets of rose petals. Little Harriett Ann Clark, also in blue satin, carried the ring in the center of a Colonial nosegay.

Immediately following the exchange of vows the drum and bugle corps of the American Legion post in their blue and white uniforms entered and formed a military escort for their commander, Dr. T. J. Rasmussen, who on behalf of the post presented Mr. and Mrs. Burgin with a gift, and for Mrs. Floyd Ebricht, past unit president, who on behalf of the auxiliary presented them with a silver tray on which had been welded the auxiliary pin worn by the unit president, Mrs. George R. Bartolick.

Later a reception and wedding dinner were served at the home of the bride's parents, 2715 Jefferson street, to approximately fifty relatives and close friends of the couple.

Mr. and Mrs. Burgin are on a wedding trip to California and after November 15 will be at home in the city where the groom is an employee of the Great Northern railroad. For traveling the bride wore an ensemble in the shades of autumn brown.

A small flask containing a business card was thrown into the sea off North Carolina by Wm. H. Windolph of Philadelphia, and was found 3 1/2 years later in the Azores.

Rev. M. A. Hansel was in Marion Wednesday.

LOCAL AND PERSONAL ITEMS OF INTEREST

Mrs. F. P. Sweeney returned to Johnson City on Saturday after spending several weeks with her parents in Old Fort.

Miss Dorothy Connor, society editor of the Asheville Times, and Messrs. Cleveland and Percy Franklin, all of Asheville, were dinner guests of Misses Lenore Keatley and Gertrude Dula on Sunday.

Mr. and Mrs. Raymond Allison spent Thanksgiving with Mrs. Allison's parents in Marion.

Mrs. Matt Sandlin, who has been ill, is improving.

Rev. and Mrs. J. L. Rayle left on Monday for Greensboro to spend several days with Mrs. Rayle's mother.

Misses Frances and Stella Sherrill spent the week-end with friends in Forest City.

Mr. and Mrs. Willie Hicks, Misses Laura, Frances and Fannie Hicks spent Saturday in Asheville.

J. B. Grant of Forest City was in Old Fort, Monday.

Mrs. L. C. Hudgins spent last Friday with relatives in Hendersonville.

Mr. and Mrs. J. L. Cannon of Asheville are visiting relatives in Old Fort this week.

Mr. and Mrs. S. L. Noblitt, Misses Annie Bell and Elva Noblitt were visitors in Asheville Tuesday.

Mrs. T. L. Fuller was a visitor in Asheville Tuesday.

A. L. Beach made a business trip to Marion last Wednesday.

W. E. Grant of Lenoir spent the week-end in Old Fort with relatives.

F. L. Simmons was in Marion on Tuesday.

Spencer Elliott of Bat Cave is visiting Mr. and Mrs. R. L. Oates.

Mr. and Mrs. Francis Stevens and family of Marion were visitors in Old Fort Sunday.

Roy McDaniel of Lenoir spent the week-end with homefolks here.

Mr. and Mrs. George Simpson of Marion spent Sunday in Old Fort with relatives.

T. G. Stump left Sunday for Newport, Tenn., where he has accepted a position with the Union Tanning Co.

Mr. and Mrs. F. G. Wilson and family of Marion were in Old Fort Sunday.

L. N. Saunders of Marshall was a visitor in Old Fort Saturday.

Miss Pauline Noblitt was in Marion Saturday afternoon.

Rev. and Mrs. M. W. Dargan left on Tuesday for Sarasota, Fla., where they will spend the winter.

Mr. and Mrs. Eddie Ragle have returned from Franklin, Ga., after a visit with relatives in that place.

Miss Maxine Wilson of Gastonia is visiting her cousin, Mrs. S. F. Mauney.

Du Vere M. Dowling and Wayne D. Henry, of Sipio, Indiana, who have been visiting Mr. and Mrs. P. C. Hoppis of Old Fort, have returned home.

J. WINSLOW CRAWFORD IS DEAD IN MIAMI, FLA.

News of the death of J. Winslow Crawford, 50, formerly of Old Fort, was received here tonight in a message from Miami, Fla. Mr. Crawford was fatally injured in an accident in Miami, details of which have not been obtained here.

Mr. Crawford left here about eight years ago for Miami, where he had been living since. He was known in Old Fort and Asheville.

Surviving are the widow, three sisters, Mrs. J. S. Bradley, of Old Fort, Miss Maude Crawford, of Old Fort, and Mrs. George Lee, of Asheville, and one brother, Z. B. Crawford, of Black Mountain.

Funeral arrangements have not been announced.

Buy Christmas seals now — you may save a life.

Hints For Homemakers

By Jane Rogers



ROAST lamb can be given a delightfully exotic flavor by basting every fifteen minutes with the following mixture: one teaspoon salt, one-half teaspoon sugar, one teaspoon mustard, one and a half tablespoons garlic vinegar, and six tablespoons salad oil.

Sour cream has many culinary uses. Pork tenderloin prepared with sour cream will delight the most exacting epicure. Place the tenderloin in a frying pan with a liberal amount of butter and chopped onion. Add salt and pepper. Baste with one-half cup sour cream and cook until tender.

WELFARE COMMITTEE APPOINTED FRIDAY

At the regular monthly meeting of the Old Fort Woman's Club on Friday afternoon the subject of collecting clothing and food to distribute to the persons in need in this community was discussed, and three members of the club were appointed to have charge of the donation, which will be placed in the store building next to the postoffice. The people of Old Fort and vicinity are asked to bring any clothing or food they wish to donate to this worthy cause to this building on Tuesdays and Fridays. The committee in charge is composed of Mrs. H. C. Marley, Mrs. Henry Fisher, and Mrs. P. H. Mashburn.

Mistletoe



"Cholly had a rough time of it Christmas eve."
"How so?"
"Well, his girl used the mistletoe to take him in and then her dad used the missile-toe to put him out."

EVERYBODY'S THEATRE

OLD FORT, N. C.

TOM TYLER

in the

"CALL OF THE DESERT"

Also the Mightiest of

Chapter Plays

"ADVENTURES OF TARZAN"

Starring

ELMO LINCOLN and

LOUISE LORRAINE

FRIDAY and SATURDAY

DECEMBER 12th & 13th

GIFTS for CHRISTMAS on DISPLAY

Appropriate Gifts will be easily selected from our large assortment. Something for everyone.

Leather Goods, Electric Lamps, Toilet Articles, Fountain Pens, Kodaks, Toys, Electric Trains, Costume Jewelry, Stationery, Decorations for Christmas.

A Large Line of WHITMAN'S Candies.

THE MASHBURN DRUG COMPANY,
OLD FORT, N. C.

Come in and see our line of
Christmas Gifts

Hollingsworth's Candies, Parker Pens, Pencils and Desk Sets, Toilet Sets, Watches, Beaded Bags, Bill Folds, Fitted Week-end Cases, Stationery, Electrical Appliances, Cigars, Cigarettes, Christmas Cards.

Bradley Drug Co.

"The Rexall Store"

Old Fort, N. C.

Phone No. 25

Buy Your Christmas Foods Now

Best Local and Western Meats. Country Produce at best prices.

Fresh Fruits for Salads. Ingredients for Fruit Cakes, Plum Pudding, etc.

Allison & Melton
Market

Phone 22, Old Fort, N. C.

**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

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

NOTICE

United States District Court—Western District of North Carolina
In the Matter of W. M. White, Bankrupt.

IN BANKRUPTCY

The creditors of the above-named W. M. White will take notice that he has been adjudged bankrupt, and that the second meeting of his creditors will be held at the office of Avery & Patton, Attorneys, at Morganton, N. C., in said district, on the 20th day of December, A. D., 1930, at 10 o'clock in the forenoon, at

which time the said creditors may attend, prove their (1) claims, examine the bankrupt, appoint a trustee, and transact such other business as may properly come before said meeting. (2) When and where the creditors of said bankrupt are required to show cause, if any they have, why the prayer of his petition for a discharge should not be granted.

This the 20th day of November, A. D., 1930.
No. (1) above refers to First Meeting only.

ISAAC T. AVERY,
Referee in Bankruptcy.