

OLD FORT NEWS

VOLUME IV

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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.

MR. AND MRS. BISTLINE ENTERTAIN AT BRIDGE

The charming hospitality of Mr. and Mrs. G. L. Bistline was enjoyed by an unusually large group of people when they delightfully entertained with seven tables of bridge on Thursday evening at their lovely home on Main street.

The attractive rooms were decorated with holly, typifying the holiday spirit which permeated the group and was manifest in their high spirits and good cheer on this truly festive occasion.

Two competitive games, testing the knowledge of the guests in advertising slogans and distinguishing odors of familiar extracts and stringents furnished a lively form of entertainment during the early evening and attractive prizes were awarded to the winners. The latter part of the evening was taken up with card games, seven tables of bridge and two tables of set-back being in play.

An elaborate salad course was served at the conclusion of the games play, the hostess being assisted in serving by Mrs. George Moore, Mrs. D. M. McIntosh, Mrs. Ben LeFevre, Miss Bula Kanipe, and the Misses Bistline, young daughters of the hostess. Three prizes were presented to the following winners of the various contests: Miss Gladys Warren, a lovely necklace; Mrs. H. C. Fisher, silver candlesticks and tapers. Dr. D. M. McIntosh, a pack of Congress playing cards.

Those enjoying the gracious hospitality of Mr. and Mrs. Bistline were Dr. and Mrs. D. M. McIntosh, Mr. and Mrs. George Moore, Mr. and Mrs. H. C. Fisher, Prof. and Mrs. S. B. Smither, Mr. and Mrs. Clyde Miller, Mr. and Mrs. Eddie Ragle, Mr. and Mrs. George Sandlin, Dr. and Mrs. Charles Jenkins, Mr. and Mrs. Ben LeFevre, Mr. and Mrs. C. W. Graybeal, Mrs. P. H. Mashburn, Mrs. Hart Taylor, Misses Una Plott, Bula Kanipe, Gladys Warren, Margaret Maness, Grace Gilreath, Gertrude Dula, and Lenore Keatley, Messrs. Frde Bradley, L. J. Whisnant, and Kimball Miller.

FUNERAL SERVICES FOR MR. A. BURGIN HALFORD

The funeral services for Mr. A. Burgin Halford, who died at his home on Crooked Creek last Wednesday afternoon, were held at Salem church Thursday afternoon.

Mr. Halford was a prominent man in this community and served McDowell county as a surveyor for a number of years. He possessed many of the sterling qualities that inspired respect and won him a large circle of friends.

Mr. Halford belonged to one of the earliest pioneer families of this section. After serving in the War between the States in the sixties, he returned to this county to make his home on Crooked Creek. Mr. Halford was married twice. The first marriage was to Miss Louisa Hoyle. The surviving children by this marriage are Mrs. C. L. Lytle of Old Fort, Rt. 1; Mrs. C. P. Lytle of Old Fort Rt. 2; Mrs. Johnson Nesbitt of Old Fort, and Mr. J. W. Halford of Marion. His widow, Mrs. Burgin Halford, was formerly Miss Laura Holton, a member of a prominent family of Yadkinville, N. C.

The funeral services were conducted by Rev. Medlin of West Asheville, assisted by Rev. J. L. Rayle and Rev. Melton. Interment was made at Salem cemetery.

Twenty eight grandchildren and twenty great-grandchildren survive.

NEW INDUSTRY OF OLD FORT

The Pine Grove Bakery, Old Fort's newest industry, has started operations and first delivery was made on Wednesday. The new bakery specializes in whole wheat bread which is called by its producers "The Golden Loaf." The nutritious value and nutty flavor has been commented on favorably by those who have been trying this product of our newest enterprise.

MUSICAL POSTPONED

The entertainment of the junior and senior glee clubs of the Old Fort school was postponed on account of the inclement weather. This entertainment will be given after the Christmas holidays.

TO DIE OR TO DIET NO. 2

By H. S. Anderson

Eating For Health: It was but a few years ago that little or no thought was given by the average man or woman to the matter of their diet, whether the viands they imbibed daily was of such a nature as to provide a balance of nutrient properties, and whether they were rich in essential blood building minerals and life-giving vitamins or not. But a new day has dawned, and we are now learning how to eat to live. In other words, men are learning to eat for efficiency, and mothers are learning the relation of true foods and feeding in the matter of the welfare and proper development of their children.

Today the average man or woman is enquiring, "what shall I eat to make rich blood, strong muscle, a clean tongue, a clear head, a sweet breath, and plenty of pep and efficiency." In fact, men and women everywhere are beginning to think seriously about the kind of food material out of which they construct themselves. As a nation and people we are slow to learn that incorrect feeding is a primary cause of a multitude of present day ills, and that power to resist and overcome disease is primarily a matter of adequate nutrition.

A casual glance at the modern mortality tables impresses one with the great decrease in deaths from such diseases as typhoid fever, scarlet fever, tuberculosis, etc., and with the great increase in deaths from degenerative diseases of the circulatory system. Doctors Bigelow and Lombard have produced some interesting figures concerning data for Massachusetts during the quarter century 1901 to 1926. The death rate from typhoid fever per 100,000 of population had decreased from 19.7 to 1.4; scarlet fever dropped from 13.5 to 5.9; and tuberculosis from 235 to 83.4. During the same period, however, circulatory diseases have increased from 163 to 309; diabetes from 11 to 19.8, and cancer from 73 to 127. "Fifty years ago the chronic degenerative diseases comprised one-eighth of all deaths; today they comprise over one-half." American Journal of Public Health.

(Continued next week.)

CHRISTMAS EXERCISES AT OLD FORT CHURCHES

Baptist Church

A Christmas tree and seasonal music will be given on Wednesday evening, Dec. 24th, for the Baptist Sunday School. On Friday evening at 7:30 a pageant, "Birth of Christ," will be given at the Baptist church. One hundred people will participate in this pageant. The public is cordially invited.

Presbyterian Church

A children's program was given at the Presbyterian Church Sunday morning, Dec. 21st. On Sunday evening a "White Christmas" was celebrated. A Christmas tree and Santa Claus added to the enjoyment of the children.

Methodist Church

A Christmas pageant was given at the Methodist Church on Tuesday.

DEATH OF MRS. LEWIS

Mrs. Melvin Lewis died at the Marion Hospital Wednesday night, following a major operation. She is survived by her husband and several children. Interment was made in the cemetery at Old Fort.

EVERYBODY'S THEATRE

OLD FORT, N. C.

'The Oklahoma Kid'

Starring

BOB CUSTER

Also the Mightiest of

Chapter Plays

"ADVENTURES OF TARZAN"

Starring

ELMO LINCOLN and

LOUISE LORRAINE

FRIDAY and SATURDAY

December 26th and 27th

Advertise in The Progress. Best advertising medium.

LOCAL AND PERSONAL ITEMS OF INTEREST

Miss Edith LeFevre, student at N. C. C. W., is spending the holidays with her parents.

Mrs. John Rockett of Narrows, Va., is visiting her mother, Mrs. Ada Fortune.

Earl Nesbitt, student at State College, is spending the Christmas holidays with his parents, Mr. and Mrs. Johnson Nesbitt.

Mrs. J. P. Ray, Mrs. Von Ray and Mrs. Effie Mashburn were visitors in Old Fort Sunday.

Miss Frances Grant, student at Montreat Normal, is spending the holidays with her parents, Mr. and Mrs. Don Grant.

Crawford Fortune, a junior at State College, arrived Thursday to spend the holidays with his mother, Mrs. Ada Fortune.

Benard Tate, who is employed by the Bethlehem Steel Co., in Jamestown, Pa. is spending the Christmas holidays with his parents, Mr. and Mrs. A. C. Tate.

Donald McIntosh, a medical student at the University of Pennsylvania, returned to Old Fort Friday to spend the holidays with his parents, Dr. and Mrs. D. M. McIntosh.

Lesley Mauney, a student at State College, is spending the holidays with home folks.

Miss Carolyn McIntosh, a student at Duke University, returned home Friday to spend the holidays with her parents.

Miss Eunice Wilkinson and Miss Betty Crawford, students at Mitchell College, returned Friday to spend the holidays with homefolks.

Misses Arwyn Steppe and Nellie Allison, students at Asheville Normal, are spending Christmas with homefolks.

Howard Allison is spending a few weeks with his daughter, Mrs. Chas. Steppe.

Miss Nancy Miller, student at Salem College, Winston-Salem, reached Old Fort on Saturday to spend the holidays with her parents, Mr. and Mrs. Clyde Miller.

Mrs. C. C. Wyche of Spartanburg is visiting her mother, Mrs. J. R. Crawford.

Misses Dorothy Spencer and Margaret Rock, who are attending a business college in Spartanburg, are spending this week with homefolks.

Mrs. J. W. Smith and small son, of Manchester, Ga., are visiting her mother, Mrs. J. R. Crawford.

Crawford Fortune had his tonsils removed on Friday evening.

Miss Margaret Johnson, of Salem Academy, Winston-Salem, is spending the holidays with her parents, Dr. and Mrs. J. B. Johnson.

Miss Polly Greene spent last week end in Asheville.

Gordon Grant was in Marion Monday.

F. M. Bradley was in Marion on Monday.

Miss Nell Marr and Mr. Douglas Marr of Asheville were visitors in Old Fort Friday.

M. G. Turner and J. L. Burgin made a business trip to Marion on Monday.

Ivan Woodford left Tuesday for his home in Akron, Ohio, after spending two weeks with M. L. Grant.

Mr. and Mrs. I. A. Rhinehardt visited relatives in Canton over the week-end.

Edward Grey of Elkin was a visitor in Old Fort Monday.

Col. D. W. Adams and Kimball Miller were in Asheville Saturday.

Kermet Marston, who has been working in Pennsylvania, returned home last week.

Mrs. Tom Pritchard of Asheville was the guest of Mr. and Mrs. I. H. Greene Tuesday.

Miss Annie Steppe was in Marion Tuesday.

Misses Mildred McDade and Katherine McCall were visitors in Marion Sunday afternoon.

Mr. and Mrs. A. V. Nolan and son, of Marion, were visitors in Old Fort Thursday afternoon.

Mrs. J. L. Stirewalt and K. M. Marston were in Marion Friday.

Miss Nannie Brazington left Friday for Charlotte to spend Christmas with her mother.

Albert Noblitt of South Port is spending the Christmas holidays with his parents, Mr. and Mrs. C. S. Noblitt.

MRS. MAUNEY ENTERTAINS

Complimenting Misses Gladys Warren, Margaret Maness, and Una Plott, Mrs. S. F. Mauney was a charming hostess to a number of friends at her home on Catawba avenue, Friday evening.

The United States supplies the world with about one-fifth of its chemicals.

666

is a doctor's Prescription for COLDS and HEADACHES

It is the most speedy remedy known.

666 also in Tablets.



Mrs. Cora Moshier, of 601 North New Orleans Ave., Brinkley, Ark., writes:

"I was so constipated until I was just sick. I could not stand to take strong medicine, so I decided I would take Black-Draught, and I found it to be all right."

"I would have such dizzy spells, and such bursting headaches, until I could hardly go. But after taking a few doses of Black-Draught, I would feel just fine. It is a good medicine, and I recommend it to all who suffer as I did. It is very easy to recommend a medicine that has done as much for me as Black-Draught has done."

Black-Draught
For CONSTIPATION, INDIGESTION, BILIOUSNESS

WOMEN who need a tonic should take CARDOL. Used over 50 years.

PINE COVE BAKERY BREADS

Whole meal bread of some sort has held the title "Staff of Life" among practically all nations from time immemorial. Our bread is made from hard wheat ground entire by the famous "Hammer Mill", and contains in some proportion every kind of salt entering into the construction of the human body. Have you tried our "Golden Loaf" or the entire wheat bread? Our truck will wait on you. Also on sale at the Carolina Store at 10c the loaf.

Pine Cove Bakery and Food Products Co.

Route 1, Old Fort, N. C.

We Wish You
A Merry Christmas
And a
Happy and Prosperous
New Year

BRADLEY DRUG STORE	OLD FORT DEPARTMENT STORE
D. W. ADAMS Distributor of Gasoline and Oil	OLD FORT DRUG COMPANY
FISHER MOTOR COMPANY	KANIPE MOTOR COMPANY

Christmas Sale
of Winter Hats
at Half Price.
Dula Hat Shop

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

Old Newspapers for sale at The Progress office at 5c a bundle.