

OLD FORT NEWS

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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.

GOOD-BY, OLD YEAR

Good-by, Old Year!

Good-by!
We have been happy—you and I; We have been glad in many ways; And now that you have come to die, Remembering our happy days, 'Tis hard to say, "Good-by—Good-by, Old Year!"

Good-by!
We have seen sorrow—you and I—Such hopeless sorrow, grief and care— That now, that you have come to die, Remembering our old despair, 'Tis sweet to say, "Good-by—Good-by, Old Year!"

Good-by!
—James Whitcomb Riley.

TO DIE OR TO DIET NO. 3

By H. S. Anderson
The Real Fountain of Youth: Natural foods, as they come to us from the hand of nature, including their valuable salts and juices, furnish practically every requirement of health, and tend to correct and to repair diseased conditions and make sick persons well. Instead of spending our time and energy in an endless search for the baubles called "The Fountain of Youth," we should spend our time in mastering the science of keeping young.

The up-to-date farmer studies the science of stock raising with the object of producing the most beautifully developed and strongest specimens of the kind. He does not overlook the matter of proper nutrition, for it is by proper food that he supplies the essential building materials for the animals in which his money is invested.

Because the prize horse, cow, sheep or dog are fed scientifically, they grow the way they should grow. Their muscles are full of tone and their teeth are in perfect condition. They are never fed on demineralized and devitaminized foods so common to day in the average civilized community, but they are fed on natural foods containing all of the mineral salts and vitamins that whole grains and grasses contain. These organic salts and life-giving vitamins are just as necessary for the perfect development of human bones and blood and muscle, and nerve fibre in the human, as in the healthy animal.

Modern science of dietetics is based on a reform movement, the essential principle of which is a return to nature, and to seek for those paths which lead into harmony with nature and with ourselves. It happens that some of the greatest discoveries along dietetic lines have been literally stumbled upon in the search for something else. For instance, only a few decades ago, men of science ("bug chasers") were looking for the germ that caused beriberi which was taking a great toll of lives in the marine service. Seemingly, by accident, they discovered that it was not a germ, but a lack of something in the food that was the cause of the trouble. Among peoples who lived on whole unpolished rice, for instance, beriberi did not develop, but among those who were fed on the pearly white rice, beriberi appeared. It was found that the outer coat of rice contained something that prevented beriberi. In later years, through experiment on animals and birds it has been shown that the same holds true with reference to feeding animals or humans on exclusive diets of white or whole wheat bread.

(To be continued next week.)

LETTER OF THANKS

To the Editor of the Old Fort News: Will you allow me space in your paper to thank the ladies of the Old Fort Daughters of the Confederacy for the nice supper that they gave last Monday night and also the Children's chapter for the nice box of good things they gave us for Christmas.

One by one we are passing away, and ere long we will be gone. The cause for which we fought, though just, was lost, but not forgotten. It still lingers in my memory yet and will as long as this heart palpitates. Again I wish to thank the ladies for their cordial hospitality.

THOS. Y. LYTLE.
Mr. T. G. Stump, who is working in Tennessee, spent the week-end with his family here.

HOSSESSES TENDER CHRISTMAS PARTY

Misses Margaret Rock, Betty Crawford, and Dorothy Spencer entertained with a Christmas party at the home of their grandmother, Mrs. J. R. Crawford, on Saturday evening. The spacious reception room was decorated in Christmas greens and colors. Dancing and games were enjoyed, and refreshments were served. The young hostesses were assisted in entertaining by Mrs. Carl Rock, Misses Elizabeth and Mabel Crawford.

Guests of the evening included Misses Carolyn McIntosh, Eunice Wilkinson, Louise Laughridge, Nancy Miller, Janie McSwain, Elizabeth Hansel, Elaine Mashburn, Maxine Wilson, Edith LeFevre and Catherine Finch; Messrs. Merrill Kanipe, Robert Wilkinson, Kimball Miller, Clyde Miller, Jr., Donald McIntosh, Charles Fisher, L. J. Whisnart, Fred Bradley and Francis Mauney, of Old Fort and Bud Hennessee, C. S. Finley, George Conley and Robert Chattman, of Marion, Mr. and Mrs. J. C. Smith of Manchester, Georgia.

MISS NANNIE SUE SANDLIN ENTERTAINS AT LUNCHEON

Miss Nannie Sue Sandlin entertained on Tuesday with a four course luncheon honoring Miss Louise Preas, of Johnson City, who is visiting her sister, Mrs. George Moore, and Miss Mary Margaret Johnson, who is home from Salem Academy to spend the holidays with her parents, Dr. and Mrs. J. B. Johnson. A Christmas tree and other decorations suggestive of the Yuletide season lent festivity to the occasion. The luncheon board which was covered with a cluny lace cloth had for its centerpiece poinsettias and cherries blooming together with clusters of holly. Silver candlesticks held tall burning red tapers. Twelve intimate friends were included in the courtesy.

MRS. NOBLITT ENTERTAINS IN HONOR OF HER NIECE

Mrs. S. L. Noblitt of Old Fort entertained a few friends Friday night in honor of her niece, Miss Jessie Nichols, of Marion.

Many games were played, after which refreshments were served, consisting of hot chocolate, cake, candy and nuts.

Those present were: Misses Elva Noblitt, Ruby Arrington, Jennie Mae Noblitt, Rilda Williams and Jessie Nichols; Messrs. B. T. Nichols, Lester Jordan, Carlyle Nesbit and Marvin Davis.

MISS M'INTOSH HOSTESS TO THE "YOUNGER SET"

Miss Carolyn McIntosh, who is home for the holidays with her parents, Dr. and Mrs. D. M. McIntosh, entertained the members of the "younger set" at her home on Main street on Christmas night. Bridge and dancing were enjoyed during the evening by the jolly crowd who made up the guest list. The Yuletide note was featured in the decorations, and the refreshments consisted of punch and an ice course.

MRS. GEORGE MOORE HONORS MISS PREAS

A delightful party was given in honor of Miss Louise Preas of Johnson City on Saturday night at the home of her sister, Mrs. Geo. Moore. The rooms were artistically decorated with Christmas greens. Dancing and bridge were enjoyed. Delightful refreshments were served.

BRIDGE PARTY

Mr. and Mrs. George Sandlin entertained Friday evening with four tables of bridge in honor of Mr. and Mrs. George Moore. High score and guest prize were presented to Mrs. George Moore. The prize for low score was drawn by Mrs. Hart Taylor. At the conclusion of games a delicious salad and sweet course was served by the hostess, who was assisted by Mrs. P. H. Mashburn. Mrs. Hart Taylor and Miss Maude Crawford.

MEETING OF WOMAN'S CLUB

The Woman's Club will meet on Friday afternoon in the Sandlin building where a welfare distributing office has been established. The welfare program will be featured, but other important items of business will be brought up. All members are urged to be present and to bring in money for Christmas seals and marker post cards.

George Allison and E. A. Allison of Pickens, S. C., were visitors in Old Fort last week.

LOCAL AND PERSONAL ITEMS OF INTEREST

Miss Genevieve Crawford, instructor in the State College for Women at Tallahassee, Fla., is the guest this week of Mrs. J. R. Crawford and family.

Miss Nelle Hemphill of Salisbury arrived home Wednesday night to spend the holidays with her parents. Mr. and Mrs. Edward Burgin of Iowa are the guests of the former's father, Mr. Henry Burgin.

Miss Alva Hemphill, who is teaching at Gilkey, spent the holidays with her parents.

Miss Nina Greenlee, who is connected with the Schenk Musical Comedy Company, of Greensboro, arrived home last week from Narrows, Va., to spend the holidays with her parents.

Mr. and Mrs. Solomon Rogers are visiting Mrs. Rogers' parents, Mr. and Mrs. J. M. Hemphill.

Miss Anne Porter is spending the holidays at home. Miss Mildred Mackey, of Knoxville, Tenn., spent the holidays with her parents, Mr. and Mrs. J. H. Mackey.

Miss Pearl Hemphill left Sunday for China Grove after spending the Christmas holidays with her parents.

Mr. and Mrs. John Rockett have returned to their home in Narrows, Va., after a visit with homefolks in Old Fort.

Miss Jessie Ola Davis is the guest of Miss Evelyn Gilliam in Chandler.

Miss Emma Allison, instructor of Home Economics in the high school at Jenkinsville, S. C., is visiting homefolks. Dula Hawkins of Marion was a visitor in Old Fort Tuesday.

Mrs. Hardie Burgin of Webster, Mass., is the guest of Mr. and Mrs. Charley Burgin and family.

Ashby Robinson, of the University of North Carolina, is spending the holidays with his parents, Dr. and Mrs. W. A. Robinson.

Miss Lucile Hyams, student nurse at a hospital in Trenton, New Jersey, arrived home this week.

Miss Margaret Marley, of the faculty of the Lenoir High School, is spending the holidays with her parents, Rev. and Mrs. H. C. Marley.

Rev. and Mrs. J. L. Rayle, who accompanied Mrs. Rayle's parents, Mr. and Mrs. Dillard, to their home in Greensboro on last Wednesday, returned to Old Fort on Saturday.

Miss Elizabeth Hansel, student at Flora Macdonald College, is spending the holidays with her parents, Rev. and Mrs. M. E. Hansel.

Miss Jeanne Hansel is the guest of her sister, Miss Margaret Hansel, at Banners Elk, this week. Miss Janie McSwain, of N. C. C. W., is spending the holidays with her mother, Mrs. Janie Reid.

Miss Maude Crawford is visiting her sister, Mrs. George Lee, in Asheville. Miss Gertrude Dula spent Christmas day in Marion, the guest of Mr. and Mrs. W. H. Hawkins. She was accompanied home by Mr. and Mrs. W. H. Hawkins and son, Dula Hawkins.

Hart Taylor, who is engaged in construction work near Nashville, Tenn., spent the Christmas holidays with his family in Old Fort.

Miss Louise Preas of Johnson City is the guest of her sister, Mrs. Geo. Moore.

Mr. and Mrs. J. L. Nichols of Marion were the guests of Mrs. D. A. Silvers on Sunday.

Col. D. W. Adams and daughters, Mary Virginia and Jaunita, were visitors in Asheville Saturday.

Miss Clara Artz, instructor at St. Genevieve of the Pines in Asheville, is spending her Christmas vacation with her parents, Mr. and Mrs. W. P. Artz.

The pageant scheduled to be given Friday night, Dec. 26, at the Baptist Church, was postponed on account of inclement weather.

Mr. Tom Young Lytle, who has been spending several weeks in Old Fort, left for Marion on Saturday to attend a dinner given in his honor by his grandchildren, Mr. and Mrs. David Stepp, Paul Stepp and Miss Katherine Stepp, at the Marianna Hotel.

Charles Fisher is the guest of Mr. and Mrs. Henry C. Fisher this week. Miss Katherine Stepp is visiting friends in Marion.

Mrs. Georgia Greene and Miss Mary Will Greene of Hendersonville were visitors here Sunday. Mr. and Mrs. F. P. Sweeney of Johnson City, Tenn., spent the week-end with homefolks here. Miss Geneva Earley of Asheville was the guest of her parents, Mr. and Mrs. Hub Earley, the past week. Misses Natalie Epley, Marion Nelly and Bob Mackelfresh of Asheville were visitors in town on Sunday.

Mrs. Henry C. Fisher visited relatives in Asheville on Friday.

Misses Willie Lou Wells and Faye nad. Beatrice Ledbetter and Ben Wells and Hobert Willis of Greenlee were guests of Misses Nelle Allison and Arwyn Stepp last Sunday.

Lytle Stepp is spending the week in Pickens, S. C.

Mrs. Chas. T. Stepp, Mrs. Howell White and Misses Arwyn Stepp, Katherine Stepp and Nelle Allison spent Tuesday of last week in Asheville.

Buford Rhodes of Asheville spent Christmas in Old Fort.

Rev. and Mrs. Rayle returned to Old Fort Saturday after spending a few days with the former's parents in Summerfield.

Mr. and Mrs. George Sandlin entertained with a dinner Sunday, having as their guests Mr. and Mrs. A. S. Pharmed and son of Asheville and Miss Louise Preas of Johnson City.

Little Miss Caroline Sandlin entertained four young friends at a spend-the-day party last Monday.

Prof. James Padgett of Waxahachie, Texas, is spending the week with his parents, Mr. and Mrs. A. W. Padgett.

Mrs. Frank Burgin and two children, of Iowa Falls, Iowa, are the guests of Mr. and Mrs. Henry Burgin.

Miss Lilly Oakley, instructor in the University of Tennessee, is visiting friends in Old Fort this week.

Mr. and Mrs. Garland Stepp of Asheville were visitors in Old Fort several days last week.

Mrs. Long of Horseshoe is visiting her son, J. E. Long.

Marion Padgett of Marion was a visitor here Sunday.

J. H. Taylor of Richmond, Va., visited friends in Old Fort over the week-end.

Mr. and Mrs. B. F. Haynes and small daughter spent Saturday in Asheville.

Mrs. Henry Burgin was a visitor in Asheville Saturday.

Mr. and Mrs. Tom Pritchard of Asheville were visitors here Sunday.

Miss Evelyn Gilliam of Asheville is spending several days with Miss Edna Tate.

Mrs. George Dobson and small son, Ernest, of Marion, were visitors in Old Fort Friday.

Mr. and Mrs. A. C. Tate and two daughters, Mrs. Foy Dell Hensley and Edna Tate, were in Asheville on Saturday.

Mr. and Mrs. Ernest Early of Marion were the guests of Mr. and Mrs. W. C. Early Sunday.

Miss Alma Greene of Bakersville is visiting relatives here.

Miss Estelle Lavender, who is teaching in Marion, is spending ten days with her parents, Mr. and Mrs. W. G. Lavender.

Mr. and Mrs. Willis Early are visiting relatives in Marion over the week-end.

Mr. and Mrs. Lee Lavender of Columbus spent Christmas in Old Fort with relatives.

Miss Lucile Kyrkendall of Berea, Ky., is visiting friends in Old Fort.

Harry Bishop of Knoxville, Tenn., spent the week-end in Old Fort.

Benard Tate left Monday for Johnstown, Pa., where he is employed in the Bethlehem steel works.

Venard Stepp of Asheville spent Christmas with his parents, Mr. and Mrs. Chas. T. Stepp.

Miss Susan Allison of Asheville spent Christmas with relatives in Old Fort.

Melay Allison has returned to his home in Pickens, S. C., after spending some time with Lytle Stepp.

T. H. Allison of Pickens, S. C., is visiting relatives here.

Misses Nelle Allison and Arwyn Stepp, of the Asheville Normal College, are spending the holidays with homefolks in Old Fort.

Miss Ella Belle McConnell of Asheville was the guest of Mrs. Chas. Stepp Christmas day.

Mr. and Mrs. John Jordan and two children, Mary Margaret and Lester, who spent Christmas with Mrs. Jordan's mother, Mrs. Maggie Allen, in Asheville, have returned home.



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CHRISTMAS JOYS

By William Banks in Missouri Farmer

The olden days, the golden days: They all come back to me, As happily the children crowd Around the Christmas tree. I see once more the comrades true March onward by my side, I hear the echo of their songs To greet the Christmastide. In olden days, in golden days My thoughts were high and bold, But on the glory of this hour When in my arms I hold The gifts that love has brought to me They fill my heart with pride, As I join in their happy songs To greet the Christmastide.

James Lutz, 4-H club boy of Newton, Route 4, Catawba county, produced 124.6 bushels of corn and won \$79 in exhibit premiums from his club acre this year, reports county agent, J. Wade Hendricks.

North Carolina must get back to bed-rock principles and the farmers of the state must lead the way by making themselves self-supporting in 1931.—Governor Gardner.

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JANUARY 2nd and 3rd