

# 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.

## YOUTH AND BUSINESS

In the latter part of the twenty-fifth chapter of Genesis, we have a story of two young men. One of these was a driver of bargains, while the other could only see things with the present value. Esau cared only for the satisfaction of an appetite; Jacob cared for the future. Esau sacrificed the future for the present; Jacob sacrificed the present for the future. God could not use Esau, for he cared only for the present and that which was physical. Thus he would sell the most valuable for that which glitters for the moment.

The youth of today who is to make good must be the one with a value of the present with respect to the future. The goal which he sets up in the business world must be worthy of his best. Many a youth today longs for a place of prominence in his chosen vocation, but when he investigates the price which must be paid for such he is unwilling to pay the price, and there are many today who are struggling upward.

This choice of selection of life's vocation is an ever increasing problem. There was a time when one could choose with little difficulty, but with the ever growing complexity of society this problem becomes more and more complex. The age in which we live is an age of specialization, and this adds tremendously to the problem of the youth. One of the late professors of Furman University completed every course offered at that institution in three years, but such would be an impossibility today.

The question before the youth today is, "Where is my place in the world?" Surely, he who made us knows infinitely more about where our place is than we ourselves. There was a doubt in a college student's life as to his place in society. He had been thinking of his life in relation to the great Foreign Mission task. One morning he told his roommate he was going to settle the question that day. As other students went to their classes he went to his room and knelt in prayer. Dinner came, and he was still in prayer, supper came and no definite answer. Determined to pray it through he remained in prayer, until in to the night he arose from his knees with a definite conviction that of all work in the world, God had for him a place in China as a Missionary. Another young man was just entering business, he had some money to invest. A few of his friends approached him in regard to forming an insurance company. He informed them that after he prayed he would answer them. Some almost laughed at him, but after much prayer he was led to enter the business and made a success of it.

God needs consecrated youth in the business world. Youth is the age of activity. God has need of this activity. There is not a talent which youth possesses which God cannot use in the business world. Jacob was a schemer, but after he had met God, the Angel, and had been subdued, God used him in his great program. Think not, O youth of today, that you cannot be used of God because you have found your place outside the ministry, or mission field. God has not given every one the same talent. He can use your talent if dedicated to Him. A friend said to me one day, "You know I have never felt the call to preach, neither am I a leader, but it seems that God has given me a talent to make money, giving money to support those who are in His definite work." Surely, he had caught the real idea of service. Oh, youth of today, lay your talents on the altar of God and go where He directs, and success will be yours.

Edward J. Ingle, Pastor  
Old Fort Baptist Church.

## GLEANERS S. S. CLASS MEETS

The Gleaners Sunday School class of the Methodist Church had its first meeting of the year at the home of Mrs. George Moore on Main street. Reports were made from different committees and the business discussed after which an interesting Bible contest was given. The following officers were elected: Mrs. G. E. Moore, president; Miss Marie Sabom, secretary and treasurer. Invited guests were Rev. J. L. Rayle and C. F. Noblitt. A delicious sweet course was served by the hostess. About twenty-five members were present.

## JUNIOR DEPARTMENT GUESTS OF REV. AND MRS. HANSEL

Mr. and Mrs. M. E. Hansel were hosts at a delightful party on Friday night, entertaining at their home in honor of the Junior Department of the Sabbath School of the Presbyterian Church.

The boys and girls greatly enjoyed singing a number of familiar hymns, after which the pastor, Rev. M. E. Hansel, conducted a short devotional. The Officers of the Department, Caroline Sandlin, president, Archie McIntosh, treasurer, Moran Piercy, secretary, told something of what the Department is doing—the special achievement now being planned is that of improving the gallery of the church in which the Department meets.

Mrs. Janie Reid, in a very charming manner, told an interesting story, "Wishing wishes."

Mrs. C. W. Graybeal, assisted by Mrs. Reid, led the children's party in a program of a number of interesting and delightful games.

A game of anagrams was enjoyed by the older members of the party, friends of the Department.

Fruit and confectionaries were served.

Those present were Caroline Sandlin, Louise and Katherine Connor, Lovine LeFevre, Louise Bistline, Neta Bird, Ollie May Lanning, Archie McIntosh, Bert Moore, Dick Norton, Moran Piercy, Donald Grant and Willie Bird. Mrs. Janie Reid, Mrs. C. W. Graybeal, Misses Virginia Adams, Jean and Elva Hansel, Messrs. James Bistline, Holmes Hansel and Azie Lanning, and Mr. and Mrs. M. E. Hansel.

## OLD FORT ORGANIZES 88TH HI-Y CLUB

A group of boys from the high school department of the Old Fort School, under the direction of Mr. C. A. Witherspoon, general secretary State Y. M. C. A., has organized a Hi-Y Club. Mr. Van Hughes, president of the senior class in the high school, was elected president of the club. Mr. Carl Rock was elected vice-president.

This is the 88th Hi-Y Club in the State. The total enrollment is something over 1,400 boys. The purpose of these organizations is: To create, maintain and extend throughout the school and community high standards of Christian character. The slogan is: "Clean speech, clean scholarship, clean athletics, clean habits;" Motto: "Character Through Service."

Theodore Roosevelt once said: "If you are going to do anything permanent for the average man, you have got to begin before he is a man. The chance of success lies in working with the boy and not the man."

It is hoped that the Hi-Y Club will fill a long felt need in Old Fort. The boys and young men should have more help in the making.

## BIRTHDAY PARTY

Mrs. M. G. Turner entertained on Saturday afternoon in honor of her daughter, Willie Mae, who celebrated her tenth birthday anniversary. After a round of games delicious refreshments were served. The hostess was assisted by Mrs. T. R. Carver and Mrs. John B. Turner.

The guests included Cleo Byrd, Ruby Head, Nellie Mason, Ermal Carver, Pauline Silver, Dullie Burgin, June Adams, Harriet Long, Joyce Padgham, Marley Caplain, Jimmie Padgham, Jr., Richard Norton, Bert Moore, M. G. Turner, Jr., and Thurman Padgham.

## MRS. D. M. McINTOSH HOSTESS TO CIRCLE NO. 1

Circle No. 1 of the Presbyterian Church met at the home of Mrs. D. M. McIntosh on Monday evening. An interesting program arranged by Mrs. C. W. Graybeal was very much enjoyed. An invited guest of the evening was Mrs. B. A. Cowan of Statesville.

## MUSICAL ENTERTAINMENT

The members of the Marion Music Club will give a free concert in the Old Fort School auditorium on Friday evening, January 23, at eight o'clock. The Old Fort Woman's Club cordially invites all music lovers to be present.

## CLAUD WATKINS PASSES

Funeral services for Mr. Claud Watkins of Raleigh, who died on Saturday, were held in Raleigh last Sunday. Surviving are his widow, who was formerly Miss Nora Bell McCandless, of Old Fort, and seven children. Mrs. P. H. Mashburn, a cousin of Mrs. Watkins, attended the funeral services.

## TO DIE OR TO DIET

By H. S. Anderson

**Those Vitamins:** That various foods contain accessory substances called vitamins that are of great importance to the normal nutrition of the body and for the maintenance of health is now quite well understood. There remain, however, certain questions concerning various phases of the subject that in the minds of many are still awaiting satisfactory answer.

It is conceded that these new constituents, obtained in their best state from foods taken first hand from nature, are absolutely essential to normal digestion and absorption of food, and for the normal nutrition of the body, and of all cell life, and this applies in the case of young and old alike.

It is true that even though an analysis of food material does not show whether a certain food contains vitamin or not, and that there is no chemical test known that can reveal to us just what vitamins are, yet proof of their existence lies in the results obtained from feeding experiments, which clearly demonstrate that their presence in our daily food is indispensable to health, and to life itself.

If a young bird or animal be fed on pure starch, pure fat, pure protein, and mineral from which all of the attending vitalizing substances have been separated by laboratory processes, it ceases to grow and ultimately dies, even though it be fed correct proportions. It is the lack of vitamins that causes the cessation of growth and ultimate death. The addition of fresh foods containing vitamins will quickly re-establish healthful conditions.

Certain classes of foods when fed to animals and birds have the property of promoting normal growth and development, and enabling them normally to reproduce and to rear young, but at the same time rendering them immune to the so-called deficiency diseases. Such foods are said to contain vitamins.

These new dietary factors, first definitely named vitamins by Dr. Casimir Funk in 1911, have since been distinguished by various titles and names, but the first name given will probably remain in common use. Other designations for these food qualities have been made from time to time, such as accessory food factors, fat-soluble A and water soluble B, but they have not been readily accepted. The present terminology of vitamins A, B, and C was suggested by later scientists who proposed that the final e be dropped, so that the term should no longer have any chemical significance.

The vitamin family now consists of A, B, C, D and E, none of which have, as yet, been isolated in the pure chemical form from their natural sources. However, the physiological and some of the chemical properties have been clearly demonstrated, chiefly through biological (feeding) experiments. The food sources of A, B, C, D and E are now quite well defined, and valuable helps may be obtained by writing to the Department of Agriculture, Washington, D. C.

## HONOR ROLL, 4TH MONTH, OF OLD FORT SCHOOL

Eleventh Grade: Mary Virginia Adams, Mabel Curtis, Jessie Ola Davis, Beatrice Freeman, Julia Padgett Edna Tate, Virginia Vess, Wilburn Steppe, Jessica Silver, Bonnie Silver

Tenth Grade: James Bistline, James Blankenship.

Eighth Grade: Mary Allison, Julia Bistline, Dorothy Eller, Gladys Haynes, Edith Lackey, N. S. Sandlin, Holmes Hansel.

Seventh Grade: John Russell Nichols, Clayton Smith, Lorene Grant, Exam Manick, Maud Allison, Codell Camp, Ruby Calloway, Bertie Settlemyre, Elva Hansel.

Sixth Grade: Hubert Nesbitt, Grace Padgett, Dorothy Rhinehart, Fannie Allison, Ruth Hughes, Caroline Sandlin, Louise Bistline, Joe Tate.

Fifth Grade: Loretta Conner, Porter Fortune, Harriett Long, Archibald McIntosh.

Fourth Grade: Dan Kerlee, Emily Carver, Lovine LeFevre, Rowena Smithy.

Second Grade: Harold Kanipe, Clarence Lavender, Hershel Robertson, Irene Carver, Katherine Epley, Mildred Lanning, Eva Parker, Helen Silvers, Eleanor Wheeler, Earl Croom, Aton Connor.

First Grade: Billy Early, Edna Allison, Gene Charles, Myrtle Johnson, Elizabeth Haynes, Edward Connor, Billy Faw, Bill Smithy, Joyce Padgham, Stella Wheeler.

Read The Progress ads.

## LOCAL AND PERSONAL ITEMS OF INTEREST

Mr. and Mrs. Redman McMahan of Asheville were visitors in Old Fort Sunday.

Mrs. W. C. Early spent the latter part of the week in Marion.

T. R. Kanipe made a business trip to Hickory on Thursday.

Mrs. E. J. Ingle was in Asheville Saturday.

Willie Hicks made a business trip to Asheville Saturday.

Ewart Grant returned to Lenoir Sunday after spending a week with his parents here.

J. B. Haynes was in Brevard on business Thursday.

Theodore Watkins of Marion visited his sister, Mrs. Dennis Haynes, over the week-end.

Mrs. W. W. LeFevre spent Saturday in Asheville.

Mrs. W. S. Burgin and Mrs. D. W. Adams spent Saturday in Asheville. Drane Yawhorn of Asheville was in Old Fort on business Saturday.

Misses Millie and Bula Kanipe were in Asheville Saturday.

Mr. and Mrs. Clarence Williams visited relatives in Spruce Pine last Sunday.

Mr. and Mrs. Gene Mason of New York City visited Mr. and Mrs. O. D. Haynes during the week.

Mrs. G. W. Sabom was in Marion Tuesday.

W. L. White is visiting relatives in Hendersonville this week.

Mrs. Guy Early of Erwin, Tenn., is visiting friends in Old Fort this week.

Miss Frances Artz of Asheville spent Sunday with her parents, Mr. and Mrs. W. P. Artz.

Miss LeRoy Bates of Morganton spent the week-end in Old Fort.

Mrs. M. G. Turner, Mrs. W. S. Burgin, Mrs. M. J. Hunt and Mrs. T. R. Carver were visitors in Marion last Thursday.

Mrs. Ed. Norton, who left for Charlotte on Thursday, returned on Saturday. She was accompanied by Mr. Norton who has been employed in Charlotte. Mr. Norton has been transferred to Asheville.

Mrs. F. P. Sweeney, who is spending a few weeks in Old Fort, is employed as telegraph operator at Ridgecrest.

Miss Gertrude Dula accompanied her sister, Miss Lenoir Dula, and Mrs. W. H. Hawkins and two sons, Robert and Dula Hawkins, to Charlotte on Sunday.

Mrs. B. A. Cowan of Statesville was the guest of Mr. and Mrs. C. W. Graybeal on Monday.

Mrs. W. H. Hawkins and son Robert, of Marion, were guests of Misses Lenoir and Gertrude Dula on Friday.

Mrs. Gordon Grant, who has been visiting her mother in Georgia, returned to Old Fort Sunday.

Miss Gertrude Dula attended the funeral services of her brother, Dr. Alfred W. Dula, in Lenoir last week. She was accompanied home by Miss Lenoir Dula of Paris, France, who will visit relatives in the States before returning to Paris.

## MISS BLANKENSHIP HOSTESS FOR ASHEVILLE VISITOR

Miss Nellie Blankenship entertained with a party Friday night in honor of her guest, Miss Mildred Baumgardner, of Asheville. Music and games were enjoyed throughout the evening. Delicious refreshments were served. Those present were Misses Annie and Elizabeth White, Beatrice Freeman, Kathryn Steppe, Geneva Steppe, Connie and Ethel Byrd, Pauline Henley and Willie W. Davis; Messrs. John Steppe, Paul Henley, Joe Lee Burgin, Charles and Ralph Griggs, Woodrow Harris, Norris Hensley, Russell Capps, Beecher Walden, Lytle Steppe, M. W. Davis, John Robinson, and J. R. Blankenship.

## WOMAN'S CLUB FEEDS TOTS

The members of the Woman's Club of Old Fort are receiving warm words of praise from the school officials, teachers and pupils for their efforts in supplying nourishing food for school children of the first three grades who are underweight and are not otherwise provided with wholesome lunches. The club members are taking turns preparing and carrying hot soup to the school building and serving at the luncheon hour. About thirty children are benefitted from this project daily. Those serving last week were Mrs. P. H. Mashburn and Miss Maude Crawford, Messdames H. A. and H. E. Ragle, S. F. Mauney, Charles Burgin, Janie F. Reid, and Don Grant. Mrs. K. G. Rhinehardt is chairman.

Austria now has 116 talkie theaters.

## CHURCH APPOINTMENTS

Old Fort Presbyterian Group  
M. E. Hansel, Minister.

Old Fort—11:00 a. m., first third, and fifth Sabbaths; 7:30 p. m. every Sabbath.

Oakdale—3:00 p. m. third Sabbath  
Siloam—3:00 p. m. second and fourth Sabbaths.

## Giving Thanks

Thanksgiving is much like almsgiving. The benefit to the giver is determined largely by the spirit which prompted the deed. If it is just a habit, you gain nothing; if it is an urge of the heart, yours is the greater blessing.—Grit.

## EXECUTOR'S NOTICE

Having qualified as executor of the Last Will and Testament of A. B. Halford, deceased, late of McDowell County, N. C., this is to notify all persons having any claim against the said estate to present the same to the undersigned executor within twelve months from the date hereof, or this notice will be plead in bar of their recovery. All persons indebted to the said estate are required to make immediate settlement.

This 26th day of December, 1930.  
J. W. HALFORD, Executor of  
A. B. Halford, deceased.  
Marion, N. C., Rt. No. 1.

Advertise in The Progress. Best advertising medium.

When You Want  
A Good Book  
Go To  
Your Public Library  
You Will Be Welcome

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

Tax Notice!

The Tax Books of OLD FORT township are in the hands of

C. L. Tate

and will be open every Saturday at BRADLEY'S DRUG STORE for the collection of taxes.

Pay Your Taxes Now.

O. F. ADKINS, Sheriff  
and Tax Collector.