

# OLD FORT NEWS

MISS GERTRUDE DULA, Editor and Manager

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## ... SUCCESSFUL HOMEMAKING

By GRACE VIALL GRAY



What tastes better than Hot Biscuits and Honey, whether it be morning, noon or night? These appetizing-looking biscuits were "made in a jiffy" with self-rising flour.

### HOT BISCUITS AND HONEY

"Eat natural sweets" say the doctors and dieticians. They are more healthful and less injurious to the teeth and digestion than rich, heavy sweets, and by natural sweets we mean dates, figs, raisins and honey—nature's own preserves.

And with honey, of course, the natural complement is hot biscuits! Piping hot biscuits, plenty of sweet butter and pure, unadulterated honey—what could be a more perfect combination for that light Sunday evening supper or to serve at an informal gathering?

The biscuits need not cause you any anxiety if you are not a thoroughly experienced housewife. A great deal of the uncertainty can be removed from biscuit making by the use of self-rising flour; that is, soft wheat

flour which has already been added at the mill the right amounts of pure mono-calcium phosphate and bicarbonate of soda, which is really baking powder, and salt for seasoning. To use, the flour is sifted only once and the mixture should be handled as little and as lightly as possible.

Here is the recipe which is as simple as it is economical:

**Hot Biscuits.**  
2 cups self-rising flour (whole or fresh)  
2 tbs. fat (buttermilk)

Sift and measure the flour. Add the shortening and cut or rub it into the flour. Then add the milk a little at a time to make a soft dough. Roll until about one-third inch thick and cut with a biscuit cutter. Place on a baking sheet and bake in a hot oven (450 degrees F.) about ten minutes. Serve at once with butter and honey.

## We Eat With Our Eyes



THE above heading is a fact, not just a trite saying. When food attractive in color is set before us, the sight of it stimulates and increases the flow of the appetite gastric juice and increases its quantity. In preparation to receive and digest the food we are about to eat. Hence the expression: "It makes my mouth water." No less an authority than W. R. M. Wharton of the Food & Drug Administration of the United States Department of Agriculture made this statement recently in a radio talk.

"Nature," he said, "has tinted our natural foods with all the colors of the rainbow, and we have formed the habit, through the ages, of associating various flavors with the colors of products. Take, for example, blackberries as we see them on the bush. If they are black, we know without tasting them that they are ripe and luscious. If they are red, we know that they are unripe and sour. These things we know by experience, and this experience is infallible. You probably have never seen peas colored blue, nor macaroni colored red."

### Color in Canned Foods

That is the reason why more and more canned foods are now put up in those sanitary enamel lined cans which preserve the hues of highly colored fruits and vegetables much better than the ordinary containers. The shining interiors of these cans not only present a tempting appearance themselves, but provide contents that conform to the housewife's ideas of what colors the foods should be.

### DISTRICT AUXILIARY MEETS AT OLD FORT

District Number One of the Concord Presbyterian met at the Old Fort Presbyterian church on Wednesday, September the 2nd, with about seventy-five members in attendance. The church was elaborately decorated with fall flowers and dahlias in gorgeous shades predominating.

Rev. M. E. Hansel, pastor of the local church, conducted the devotionals. Greetings from the hostess auxiliary were expressed in a most cordial and charming manner by Mrs. M. E. Hansel. Response was made for the visitors of the day by Mrs. R. E. McCall of Marion in sincere and graceful manner. In the absence of Mrs. Feimster, chairman, Mrs. Z. V. Long of Statesville, Presbyterian president, presided over the meeting.

During the morning session, interesting and instructive talks were made by Mrs. E. F. Pollard of Marion, Mrs. Rufus Gdyn, and Mrs. Bernhard of Lenoir, and Miss Margaret Douglass of Brazil, who gave a very interesting discussion of Mission work.

A picnic lunch was served at 12:30, the long tables being spread under the shade trees on the church lawn. During the afternoon Young Peoples Work was discussed by Miss Claudia Frazier, a report of Mitchell College was given by Mrs. W. B. Ramsey. An interesting report of Montreat was heard from Mrs. A. M. Yates, which was enjoyed greatly as was the colorful talk by Mrs. E. F. Reid of Lenoir on "the Conference for Colored Women" which was held at Winston-Salem.

The attendance banner was awarded by Mrs. Chas. Jenkins of Old Fort, which brought to a close a day which was filled with social pleasures and added inspiration in the work.

### OLD FORT GIRL IS HONORED AT COLLEGE

Miss Elizabeth Strickland, who with her parents has been spending the summer in Old Fort, left Thursday for Camp Silver Pines at Roaring Gap to attend the North Carolina College Campus Leaders Conference. From there she will return to school to resume her studies at W. W. N. C. which, since the consolidation of State College, is known as the Woman's College of the University, in Greensboro.

Miss Strickland, who graduates this coming June, holds the honor of being a marshal and social chairman of this college. The president and faculty, together with twenty members of the school body who have been selected for this signal honor from among the outstanding campus leaders, meet each summer to make plans for the coming school year.

Miss Strickland, daughter of Prof. and Mrs. George B. Strickland, is an Old Fort girl and her many friends at this place are proud of the honors she has received.

### UNVEILING OF MEMORIAL AT FLETCHER NEXT SUNDAY

The Old Fort Chapter of the U. D. C. have received the following invitation:

"The North Carolina Division United Daughters of the Confederacy cordially invites you and your friends to attend the unveiling and dedication of the memorial to Jefferson Davis, Calvary Episcopal church, Fletcher, North Carolina, Sunday afternoon, September 13th, at 2:30 o'clock."

### MISS ALLISON HAS NEW POSITION AT UNION GROVE

Miss Emma Allison is at Union Grove, N. C., where she has accepted a position as instructor in Home Economics. Miss Allison taught last year in the high school at Jenkinsville, S. C., where she was re-elected for this year's work, having resigned to accept her present position which is under state supervision and is a promotion in her chosen field.

### COUNCIL MEETING HELD AT C. F. NOBLITT'S

A council meeting of officers and teachers of the Methodist Sunday School was held at the home of C. F. Noblitt in New Fort last Wednesday night. Plans were discussed for improving the Sunday School, and a committee was appointed for attendance, recreation, etc. During the evening refreshments were served.

M. L. Grant, Mrs. L. C. Hudgins, Mr. and Mrs. L. L. Woodford and Otis Grant attended the funeral services of L. P. Salmon, at Gaffney, S. C., on Tuesday.

### MRS. J. L. RAYLE IS HOSTESS TO S. S. CLASS

Mrs. J. L. Rayle entertained the Gleaners class of the Methodist Sunday School at her home on Catawba avenue Thursday evening. Flowers of the season made a colorful decoration. After the devotional service, conducted by Miss Elizabeth Lipe, the meeting was turned over to the entertainment committee. Prizes for contest were won by Misses Louise Laughridge and Davie Mae Arney. After the games little Miss Agnes Rayle, daughter of Rev. and Mrs. Rayle, rolled into the room a pink wagon filled with delightful gifts for Mrs. T. R. Kanipe, recent bride and former teacher of the Gleaners class. While refreshments were being served, Miss Eunice Wilkinson rendered a piano solo. Those enjoying Mrs. Rayle's hospitality were Mrs. Geo. Moore, Mrs. T. R. Kanipe, Mrs. M. J. Hunt, Mrs. O. D. Haynes, Mrs. W. E. Teague, Mrs. T. R. Carver, Misses Helen Nesbitt, Elizabeth Lipe, Elizabeth Poteat, Margaret Maness, Annie Bell and Polly Noblett, Sally Finley, Marie Sabom, Davie Mae Arney, Louise and Alice Laughridge.

### WOMAN'S CLUB MEETS WITH MRS. G. W. SANDLIN

The first fall meeting of the Old Fort Woman's Club was held on Thursday evening at the home of Mrs. George Sandlin with Mrs. Sandlin and Miss Bula Kanipe as joint hostesses.

The rooms were artistically decorated with fall flowers for this occasion. During the business session the minutes of the last meeting were read by Mrs. K. G. Rhinehardt.

In regard to welfare work, Mrs. P. H. Mashburn reported that 30 dozen glass jars furnished by the Red Cross for canning fruit and vegetables for winter use had been distributed and an additional number had been received to distribute for this purpose.

Plans for club activities for the coming winter will be made at the October meeting.

Delicious punch and wafers were served by the hostesses.

### MISS MILLER WINS SCHOLARSHIP AT COLLEGE

Miss Nancy Miller, talented daughter of Mr. and Mrs. Clyde Miller of Old Fort, has recently won a scholarship in Harmony and Piano at the College of Music at Cincinnati, Ohio, where she is enrolled for the coming year. Following her graduation from the high school at this place, Miss Miller was a student at Montreat for two years, during which time she studied under Mrs. Crosby Adams. The past school year she was enrolled at Salem College at Winston-Salem, N. C.

Miss Miller left Sunday a week ago for Cincinnati and will continue her musical studies there during the winter.

### PLYLER - HEMPHILL

The marriage of Miss Nell Hemphill of Old Fort to Mr. Paul L. Plyler of Salisbury was solemnized in the Old Fort Presbyterian church on Tuesday morning at 9:00 o'clock, Rev. M. E. Hansel officiating. Miss Hemphill is the attractive daughter of Mr. and Mrs. Joe Mills Hemphill of Old Fort, and has been employed as secretary for a life insurance company in Salisbury. Mr. Plyler has a position with Efrid's store in Salisbury. Mr. and Mrs. Plyler left by motor for a short wedding trip. On their return they will be at home in Salisbury, N. C. The church was beautifully decorated with fall flowers. Mrs. Janie Reid rendered the music for this occasion. Relatives and close friends who attended numbered about thirty.

### DONALD LEE TURNER IS HOST TO YOUNGER SET

Donald Lee Turner entertained a number of his young friends at his home west of Old Fort Saturday evening. Delicious refreshments were served to about thirty guests.

### S. S. CLASS ENTERTAINED

Members of Mrs. E. J. Ingle's class and their husbands enjoyed a social meeting at the Baptist church on Friday evening. Contests and games were a feature of the evening's entertainment. Refreshments were served by the class. About twenty members were present.

Col. D. W. Adams and daughter, Mary Virginia, Misses Eunice Wilkinson, Betty Crawford, Mary Cowan and Catherine Finch motored to Spruce Pine Saturday to attend the Toe River Fair.

### LOCAL AND PERSONAL ITEMS OF INTEREST

Mrs. W. W. LeFevre spent Thursday in Asheville.

William Trevorton of Marion was in Old Fort Friday.

Mrs. R. M. Booser was a visitor in Asheville on Thursday.

Misses Bessie and Ethel Allison were in Asheville Saturday.

Mrs. Geo. Curtis is visiting relatives in Washington, D. C.

Mrs. L. C. Moore and son Frank spent Friday afternoon in Marion.

Mr. and Mrs. T. H. Porter are visiting relatives in St. Petersburg, Fla.

Mrs. Ben Allison is spending several weeks in Shelby with her mother.

L. N. Saunders of Washington, D. C., was a week-end visitor in Old Fort.

Miss Frances Sherrill of Asheville spent last week at her home in Old Fort.

John Grant of Asheville was a visitor in Old Fort over the week-end.

Mrs. W. L. Paris of Etowah, Tenn., is spending a week with relatives here.

Mrs. Cox of Gastonia is visiting her daughter, Mrs. D. Y. Grant, this week.

Robert Wilkinson and Earl Nesbit left for a visit in Johnson City, on Monday.

Mr. and Mrs. Connelly attended Toe River Fair at Spruce Pine Friday night.

Mrs. Foy Dell Hensley and Miss Edna Tate spent Saturday afternoon in Marion.

Miss Mary Kathryn Erwin of Biltmore spent the week-end with Miss Frances Kanipe.

Miss Elaine Mashburn of Asheville visited her mother, Mrs. Effie Mashburn, on Sunday.

Mrs. S. F. Mauney of Marion, Miss Cowan and Mrs. Pearce were visitors in Old Fort on Sunday.

Miss Bertha Greene of Charlotte spent last week-end with her parents, Mr. and Mrs. J. H. Greene.

Mr. and Mrs. J. B. Grant and family of Marion visited Mrs. M. G. Turner last Sunday afternoon.

Miss Edith LeFevre returned to her home Thursday after spending several days in Asheville.

Miss Ola Curtis and small daughter of Flag Pond, Tenn., are spending two weeks in Old Fort.

Prof. G. E. Hurt of Mission, Texas, is the house guest of Mr. and Mrs. W. P. Artz this week.

Miss Jean Hansel left Tuesday for Statesville where she will attend Mitchell College this winter.

Robert Hughes left Sunday for Hickory where he has accepted a position with the Carolina Stores.

Clyde Miller, who left two weeks ago for New Mexico, is at Swastika where he is visiting relatives.

Ernest Hansel left Tuesday for the eastern part of the state where he will spend the next few months.

Mrs. Madaline Taylor left Saturday for Baltimore and Washington where she will visit Mrs. T. M. Chaney.

Miss Annie Laurie Stepp of Marion was the week-end guest of Miss Louise Preas and Miss Nannie Sue Sandlin.

Mrs. Janie Reid and niece, Miss Janie McSwain, have returned home after spending several days in Hickory with friends.

Mrs. Fred Artz, Sr., and Miss Elsie Artz, of Johnson City, spent the past week as the guests of Mr. and Mrs. W. P. Artz.

Col. D. W. Adams and I. H. Green of Asheville are spending several days at Camp "Mile Hi" on the Pinnacle of Blue Ridge.

Miss Mary Cowan of Asheville and Old Fort will return to the University for Women at Greensboro on the 16th where she will be a senior this year.

Miss Janie McSwain will leave Wednesday for Greensboro to resume her studies at the University for Women. Miss McSwain will be a junior this year.

Fred Artz, Jr., spent the week-end in Old Fort with Mr. and Mrs. W. P. Artz, enroute to Johnson City. Mr. Artz has a position with the tannery plant at Columbus, Ind.

Mrs. Wade Davis, accompanied by her daughter and son, left last week for Middlesboro, Ky., where they will join Mr. Davis who is employed with the tannery at that place.

William Barnett and sons, William Jr. and James, and Mr. and Mrs. Calloway and family left last Saturday for Chattanooga where they will be connected with road construction work.

Mrs. J. S. Prease and son, Dr. Hugh H. Prease, of Johnson City, returned home Monday after spending the week-end with Mr. and Mrs. Geo. Moore. They were accompanied by Miss Louise Preas, who has been the house guest of her sister, Mrs. Geo. Moore, the past week.

### NEWS BRIEFS

During the month of September, swine growers of Beaufort county will have a regular sales day for hogs each week at Washington when co-operative shipments will be pooled.

The curb market established for the convenience of summer visitors at Morehead City netted Carteret county farmers and farm women an average of \$200 a week this season.

### TOWN PROGRESS TALKS



Success is won, the great men tell us, by concentrating on the job at hand. Any golfer knows that the man in our cartoon has a very small chance of putting the ball into the cup while his gaze wanders over the landscape. "Keep your eye on the ball" is good advice in business, as in golf. If your business does not yield satisfactory returns, perhaps it can be made to do so. Inform yourself on all the new wrinkles in your line and use them. Advertise, install new equipment, give your customers better service, see how much you can do for the public. Do this, and it's likely your business will develop to such an extent that you will envy nobody, and have no desire to move to another city.

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