

AROUND THE DISTRICT

By George Vitas.

When ever a prolonged spell of weather hits us the most pleasant sound to our ears is the rattling patter of a steady rain, as we've just had. Since Jan. we've had 5 fires on the District... two that started on private land and three on national forest land. Carelessness was responsible for all three fires on government land. Two were started by smokers and one by hunters.

In these times of national emergency, with our fire fighting funds cut down to a bone and lumber vitally needed for defense, it will take great care and cooperation on the part of all of us to keep the woods from burning up. It might add that whenever the national forest burns—it's your woods that's burning up. If the average in the country's 151 national forests was equally divided among all the people your share would be about 1 and one-third acres.

This week is a week of inspections for us. Don Morriss, Pisgah forest supervisor, Don Nichols, administrative assistant, Seaborn Hanson, timber management assistant, and Rudy Fairfax, engineer—all from Asheville, will give our annual inspection. Incidentally, it's been just one year since we came to this district.

If you're one of the folks who likes to occasionally eat cheese you'll be interested in what the U. S. Department of Agriculture has to say about it: "Cheese has a long history, its origin is buried in legend, and Arab horsemen have been said to have 'discovered' thousands of years B. C. It reached the banquet table of the Caesars and occurs now in some 100 types which belong to 20 main families or groups. In 1949, our total output of all types except stage cheese was 1,100 million pounds, of which 927 million was American Cheddar."

"Cheddar cheese gets its name from the village of Cheddar in Somersetshire, England, where it was first made about three centuries ago, though the modern process for its manufacture is relatively new. USDA home economists say that 5 ounces of American cheddar are about equal to 1 quart of milk in calcium, phosphorus and protein content, and this cheese is rich in vitamin A, though low in iron. A half pound of cheddar will give you as much protein as a pound of meat containing bone and fat in moderation, and cheese is one of the most popular dietetic alternates for meat."

HADACOL Is Requested By Nurses

HADACOL Helps Folks Suffering Deficiencies of Vitamins B₁, B₂, Niacin and Iron.

Registered nurses, in increasing numbers, are showing a keen interest in HADACOL and in the results that are being secured with this great modern formula. Requests have been received from many of these nurses for professional samples of HADACOL and many of them indicated that they recommend the HADACOL formula to patients who are deficient in Vitamins B₁, B₂, Iron and Niacin.

Mrs. L. D. Lovett, a registered nurse who lives at 2205 Walnut St., Philadelphia 3, Pennsylvania, says this about HADACOL:

"I was down in Florida for the last month. I had no energy so several members of my family told me to try a bottle of HADACOL. My sister, who is a nurse, was taking a bottle so I tried a bottle. I feel fine since taking HADACOL. I do private duty here. I am 60 years old."

HADACOL can help you if you suffer such deficiencies. Ask your druggist for HADACOL today. Only HADACOL gives you that "Wonderful HADACOL feeling."

It's Easy—See?



With an assist from a Red Cross swimming instructor, this young miss picks up a few water tricks which will come in handy next summer.

complications: A long time ago cheese makers learned they could produce uniformity of quality in cheese by first pasteurizing the milk and then substituting their own carefully selected varieties of bacteria as "starters." All went well until the wonder drug penicillin came along and dairymen began to use it to treat Bossy's common udder trouble—mastitis. But penicillin is no respecter of the dairyman's pet cheese - building bacteria, with the result that milk from cows recently treated for mastitis may contain enough of the giant-killer drug to cause a batch of cheese to come out maybe limburger or something. So now research will have to get busy and find some way to make that aggressive penicillin let the cheese-building bacterial house guests alone.

GODFREYS VISIT

Mr. and Mrs. C. C. Godfrey spent the week end in Atlanta with their son-in-law and daughter, Mr. and Mrs. Walter Platt.

MONTREAT

The every member canvass will be conducted all this week by the Montreat Presbyterian church.

The lovely flowers in church last Sunday were given by Mrs. Crosby Adams in memory of her husband.

The Women of the Montreat Church will hold their annual meeting and dinner Tuesday, March 20. A business session with annual reports, Mrs. W. J. Gammon, presiding, will be held in the Assembly Inn lobby at 4:30 p. m. Dinner will be at 6:30 p. m. This is a family affair, with husbands, brothers and children present. A program has been prepared with special music, speakers, and the installation of new officers.

Keith Townsend, who has been quite ill at his home on Assembly drive, is much better and was able to be out on Sunday.

There were two groups of young people from the First Church, Charlotte, holding retreats in Montreat over the past week end.

Mrs. Julia Wyly has had as her recent guest her daughter, Mrs. Holland, of Marietta, Ga.

The Rev. C. W. Solomon is holding special meetings this week in Lillington, S. C., and will be in Lenoir, N. C., this next week end.

Marina Punt, who has been quite sick with an infected ear, is better.

Little Larrie Smith is better, after being confined to the house with a heavy cold.

Mrs. W. R. Potter spent the past week end with her son and daughter-in-law, the Rev. and Mrs. Robert Potter of Arden.

Will Jones has been spending some time at Bishopville, S. C.

Dr. and Mrs. Thomas Spence spent this past week in Atlanta as the guests of their brother-in-law and sister, Mr. and Mrs. H. B. McCoy. While the Spences were in Atlanta Maria Spence was a guest at the Assembly Inn.

Mrs. Mellinger Henry is conducting the annual Red Cross roll call for Montreat. Any one wishing to join Red Cross this year, please

Lakewood Area Groups Meets With Nesbitts

The cottage prayer meeting of the Lakewood area was held Friday evening in the home of Mr. and Mrs. T. W. Nesbitt on Montreat road.

The host opened the meeting with the record playing "The Lord's Prayer." Barbara Nesbitt and Anne Sawyer sang a duet "Living For Jesus," after which the Rev. Jones Earl Corwin gave a running exposition on I Thess. 2: in which he stressed personal evangelism.

Those present were: Mr. J. B. Tornton, Mrs. T. W. Wright, Mrs. Charles Miller, Mrs. J. N. Wright, Mrs. J. C. Champion, Mr. and Mrs. Zeb Sawyer and daughters, Judy

see her. There has been a very generous response so far.

Black Mountain (NC) NEWS—3
Thursday, March 15, 1951

and Anne, Mrs. G. M. Proulx, the Rev. and Mrs. Corwin, the host and hostess and their daughters, Barbara and Anne.

The next meeting will be Friday evening, March 16, in the home of Mr. and Mrs. Zeb Sawyer on North Fork road.

FREE TO SERVICEMEN

The American Red Cross opened a recreation club in Pusan, in South Korea, in mid-November. On opening night the club was visited by 10,000 servicemen. The club's facilities, including refreshments and comfort articles, are free to all servicemen.

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