

OLD FORT NEWS

MARY ADAMS
Subscription Representative
PHONE 231 OLD FORT

Two freight cars were derailed on the Old Fort branch line last Wednesday, causing a mild flurry of excitement in Old Fort. Train No. 21 could not proceed beyond the derailed cars and no further than the week-end. The engine and train were taken by the Spruce Pine branch line and changed ends, and the train was held at Asheville. The engine and train were taken by the Spruce Pine branch line and changed ends, and the train was held at Asheville. The engine and train were taken by the Spruce Pine branch line and changed ends, and the train was held at Asheville.

The October meeting of the Old Fort PTA will be held Tuesday evening at 7:30 in the school cafeteria. Plans for the Halloween carnival will be discussed and committee members and chairmen will be announced by Mrs. Irma Snyder, president.

A film produced by Walt Disney, "Something You Didn't Eat," will be shown. Parents, teachers and students are urged to attend. A \$5 door prize will be given for the room having the most parents present.

Mr. and Mrs. Carl Morris of Old Fort, have announced the engagement of their daughter, Jeannette Elaine to Rhonard H. McRae, son of Mr. and Mrs. R. A. McRae, also of Old Fort. Miss Morris is a freshman at Mars Hill college this year. Plans for the wedding are incomplete.

SHIRLEY'S SCHOOL NEWS
Old Fort High seems to be getting off to a great start this year. Our 1958 annual is one of the main topics of talk at the present time. We hope to begin work on it within the next two or three weeks.

The annual, "The Arrowhead," has been a huge success through the years past, but the seniors this year hope to make it a bigger and better one than ever before. Our editor, Eileen McIntire; assistant editor, Sheneiah Allen; and business manager, David Setzer.

The Journalism club is to have a school paper this year, consisting of news and gossip from the high school and grammar grades. And knowing these high school kids as we do, there will be plenty of news and gossip! The paper is to come out once each month and the price will be five cents per copy. The first edition will be sent out around Halloween.

The seniors are already working toward their much talked about trip to Washington, and are having good results so far. We are hoping to have enough money raised when it comes time to go, to go on to New York. We think that would be a wonderful trip, so why don't you help support the seniors? You, too, may have a son or daughter going to Washington or New York some day. When we come to your door with our next project, which will be Christmas cards, won't you please help us out?

Some of the club presidents are as follows: David Setzer, Wildlife club; Janice Walker, Journalism club; Shirley Silver, Glee club; Doris Revis, Library club. Officers for the F.F.A., P.N.A., F.T.A., P.H.A., Beta club and Folk Dance club were not available at this time.

Our football team, although it has won only one of its five games, has shown marvelous sportsmanship all year. Some of our boys have been injured in games, but we are happy to report that they are improving. Robert Harris, who has a bad knee injury will be unable to participate in any more games this season. George Freeman, assistant flight leader, Eddie Freeman, assistant Gilbert Lipe; public information officer, Betty Sue and first sgt., Sheneiah.

Meeting Sept. 30, 21 members were present. Close-order was given by Lt. Brown, Sgt. Morgan and Cadet Fortner. Benediction was by Lt. Brown.

Cadets enlisted at present are Sheneiah Allen, Sue Bryant, Franklin D. Howell, Robert W. Harris, Jerry Kelly, Rodney Kimbrell, Gilbert Lipe, Harley McParters, David Reynolds, Eddie Wilson, David Clontz, Frank Gibbs, Charles Kimbrell, Ken DeVarney, Richard Padgham, Harold Hensley, Mike Teague, Locke Kelly, Patsy Allen, Sue Crawford, Nina Grindstaff, Steve McCauley, Delois Harris, Janet Marston and Eddie Wilson.

Group chairmen are Charles Hanson, Kimball Miller, Dr. Jerald Walter H. Williams. On Monday evening, Oct. 7, officers, chairmen and committee members met in the school library. Mr. Hanson made a brief address, thanking those assembled for their time and effort. Principal P. W. led in prayer. A short appropriate film, "The Quiet Crowd," depicted the various ways the affiliated organizations helped those in need.

All members of the Old Fort group could not be present. Those who were: Charles Ranson, Kimball Miller, Dr. Jerald Walter H. Williams, Dr. Snyder, Mrs. Cosgrove, Walter H. Williams, Everett Culbertson, Fred Bradley, George Crawford, Bill Ramsey, Mrs. Paul Thompson, Mrs. Jessica Gibbs, Harry Cosgrove, Mayor Howard Gosorn, Fred McConnell and Gaden Swann. Letters concerning the coming drive will go out to parents through students at school this week.

students, is a good player. We wish the boys much luck in their remaining four games. We consider our boys to be very fortunate because they have not been hurt worse. Be with you next week—Shirley.

O. F. UNITED FUND PLANS
Under leadership of Charles Hanson and Kimball Miller, co-chairmen of the Old Fort committee Fund, drew up final plans for the drive to be launched Monday, Oct. 13, in conjunction with the national, state and county organizations. Joe Nesbitt is treasurer, R. E. Cloy is secretary. Publicity is to be handled by Thurman Padgham, Mary V. Adams and Mrs. Jerald Snyder.

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Personals
Mrs. C. C. Arrington and her granddaughter, Debbie of Asheville, were visitors in Old Fort last week-end. They came to see Mrs. Arrington's sisters-in-law, Mrs. Rebecca Carter, and Mrs. Elizabeth Christopher.

Mr. and Mrs. Bill Young and two sons of Hendersonville, spent Sunday with Mrs. Young's brother-in-law and sister, Mr. and Mrs. Max Hunt.

Miss Lessie Goodman of Morganton, was the week-end guest of Miss Earline Keaton.

William Griffin and Guy Moore of UNC, spent the week-end with their parents, William and David Rinnion, grandson of Lonnie Finch, are the only students from McDowell county enrolled in the school of Pharmacy at the university. William is a junior and David is a freshman.

Oct. 14—Mrs. John H. Rice, Mrs. W. R. Dalton, Ann Hodson, Frankie Williams, Jackie Sarti, Mrs. Ray McSwain, Helen S. Capps, Forest Austin, Janet Carico, Maude Crowder, Albert Garland, Vernon C. Wilson.

Oct. 15—Mrs. H. W. Sanders, Earl Gray, Christine Kennedy, Raymond Lanning, Viola Kennedy, Mrs. H. E. Stinecomb, Richard Johnson, Lona Rickard, Frank A. Hogan, Henry Irvin, Mrs. Frank Denny, Pauline Hall.

Oct. 16—Billy Lindau, Jerry Duncan, Paul Hamilton, James Whitesides, Jerry B. Byrd.

Oct. 17—J. A. Gannon, Bernice Pressley, Edith Riddle, Madelon E. Parks, Nancy L. Miller, Dinsmore Crawford, Eva Tweed, Dewey Lee, Winford Dotson.

We Salute—

We salute you on your birthday anniversary.
Oct. 11—Ocie Allen, Sherry Robertson, Ralph E. Moyer, Susie Lanning, Eugene Y. Moore, O. B. Norton, Mrs. W. H. Goodman.
Oct. 12—Stanley Garland, Jr., Dessie Calloway, James Jackson.
Oct. 13—Frances Brandon, Grover Carroll Norwood, George W. Penley, Marjorie Wooton.

A newcomer to Old Fort is Miss Lucy Pierce of Voluntown, Conn. Miss Pierce is residing at the home of Mrs. W. W. LeFevre. This is her first visit to WNC, and she is looking forward, she says, to the colorful display of fall foliage here and up on the Parkway. She plans to take color pictures to send back to Connecticut.

Friends will be sorry to learn that Blanche Harris Edmonds is still unconscious 10 days after the wreck at her home town, Chadburn. She has been moved from a Whiteville hospital to Duke hospital in Durham, where she is being attended by one of the best brain specialists in the south. Further examination has revealed that Mrs. Edmonds sustained numerous fractures, including her skull and neck.

She is reported by relatives to have shown some improvement in the last few days. Her brothers and sisters, all of whom live in Old Fort, visit her at various times each week.

Little Nadine Greene is carrying her right arm in a cast. She says she broke it playing ball at school last Wednesday.

Mrs. W. W. LeFevre has returned from a week's stay with her daughter, Mrs. Jimmy Thomas, Mr. Thomas and daughter, Cheryl.

Mr. and Mrs. Carl Davis and daughter, Mrs. Johnson Elliott, visited relatives in Concord on Sunday.

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R. C. Bulletin Suggests Care Methods In Flu

With a number of flu cases being reported this season throughout the country, a bulletin has been issued by the Red Cross regarding symptoms and care upon onset of such illness.

Symptoms are of sudden onset, the bulletin states, with fever up to 103 or 104 degrees, headache, muscular soreness, discomfort, and sometimes sore throat or cough. Length of the illness runs from three to five days, with a period of 10 days to two weeks in which the patient feels weak.

Suggested home care is: "Report illness to physician; keep patient in bed, isolated from persons with colds or sore throat; plenty of fluids while the fever lasts (at least one quart a day), and a cooling compress to the head to comfort patient, but avoid chilling. Serve patients a soft diet."

The material also emphasizes that the very young, the very old, and those with chronic illnesses, such as heart disease, tuberculosis,

should avoid exposure to the disease and be placed under the care of a physician immediately if ill. Just in case flu should strike the home, the Medical Department of the Equitable Life Assurance Society suggests that now is a good time to stand back and take a look at the routine of your household while the family is well.

A suggestion is made by the society's medical director that you inspect your supplies and equipment with an eye to noting such matters as these: Do you have on hand the right kind of supplies to ease your task if you should have to care for a sick child or adult? These should not only make the sick person more comfortable, but should also be calculated to keep the patient comfortably in bed and therefore probably less apt to develop complications.

As to kitchen supplies: "Can your storage items feed your patient the proper foods from the first day right on through a week-or-ten-day illness? Maybe you'll want to add a supply of canned and dried foods, soups and bouillions, fruits and juices, desserts and cereals, canned or dried milk, frozen foods—all calculated to give the family, as well as the patient, a quick, simple, adequate meal.

Paper bags, saved from current purchases, make good waste containers for the sickroom; trays or a wheeled table save steps; so do juice jars for bedside drinking use of a big supply of liquids.

Check your supplies of soaps or detergents; your linen closet for sheets and towels; medicine cabinet, for thermometer and rubbing alcohol and maybe a good safe vaporizer. Plenty of pajamas or gowns on hand? Toys and books of the sort to keep a child quiet and happy in bed?

The health director of the company also reminds that a check in advance may be a good idea to have ready the names of all household supply sources to whom you may need to turn if you should be housebound in any kind of illness.

Poel's Corner

Conducted by
Anne K. Sharp, Chairman
Creative Writing Group

WALK WITH CHRIST

Oh! the bitter pain and sorrow,
As we walk the path of life today,
Would be vanished on the morrow,
If we would take Christ in our lives to stay.

Walk with Christ along the way,
He will never say you nay,
He will guide and keep you way,
In the straight and narrow way.

Walk with Christ, what ere betide,
He will always be your guide,
Though the path be dark and dreary,
Never falter or be weary.

Christ will guide you to that shore,
Where we will meet to part no more,
Where our loved ones will be waiting,
There to welcome us, forever more.

—Janet Dougherty
Mrs. Dougherty composed this poem of absolute trust in Christ years ago.

—On an average day 23% of American housewives serve ice cream at home.

MORE PRAYER

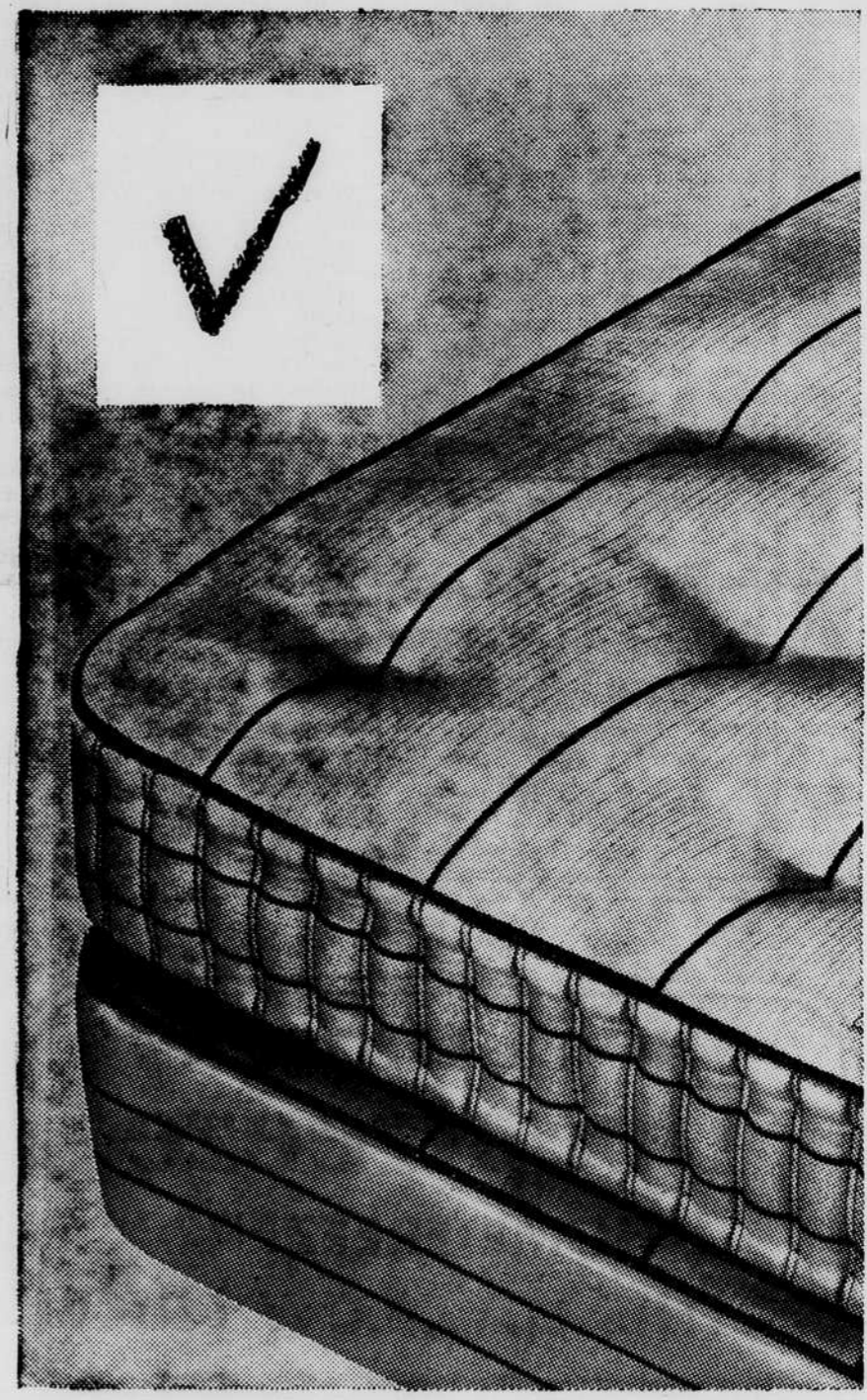
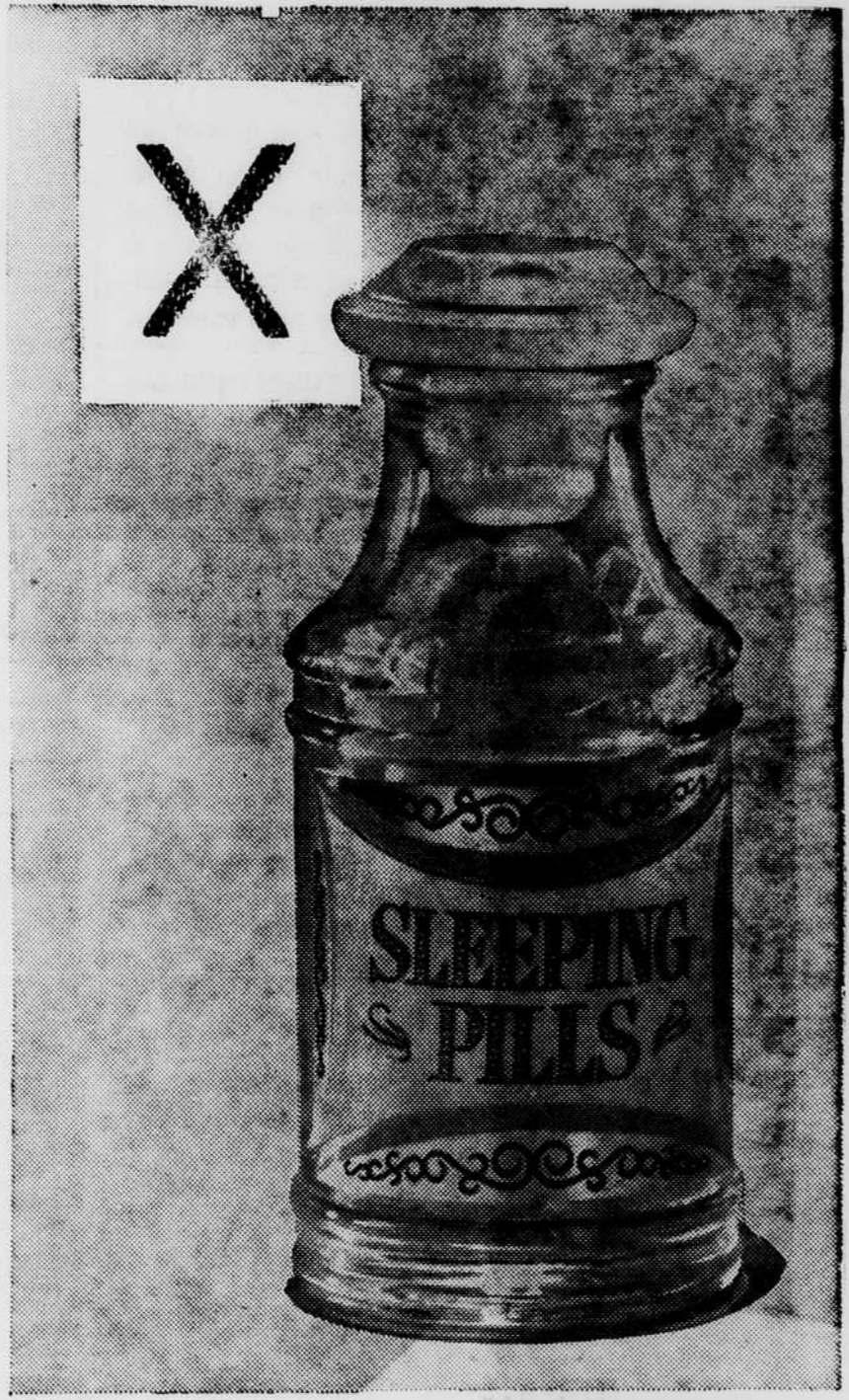
"More ships!" some cry; "more guns!"
"More fighters in the air!"
But, more the king who adds,
"More prayer!"
Remember, angels use
This ancient throughfare;
So keep their highway clear—
More prayer!
One day will not suffice
To meet time's wear and tear,
Each hour of life must see
More prayer!
Again and yet again,
The scrolls of God declare:
"The deepest need of men—
More prayer!"

Author Unknown
Anne K. Sharp
Chm. Poets Corner for the Creative Writing Club.

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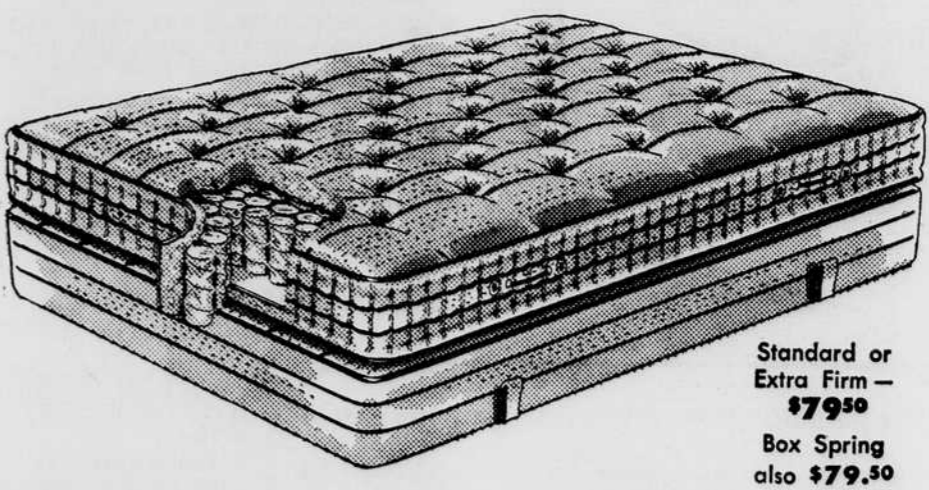
Which is the right sleep prescription?

You can't get a first-class sleep on a second-class mattress!

You can spend a lot of money on sleeping pills, tranquilizers, and other sleep promoters. But they can't solve your sleep problem if you've got a sagging, worn-out mattress. No matter what you do, you can't get a first-class sleep on a second-class mattress!

You need Beautyrest comfort. In 11 years of research, using actual people sleeping on every leading type of mattress, it was proved that Beautyrest gives longer periods of deep, unbroken sleep. The reason is that Beautyrest is made differently. It's the only mattress with separate, independent springs that adjust to you... give you the kind of firm support that encourages sounder sleep.

And, at \$79.50, Beautyrest is the least expensive mattress to own. In durability tests Beautyrest stood up 3 times longer than the next best!



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Box Spring also \$79.50

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