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**Symptoms of Peripheral Arterial Disease (PAD)**

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# Remembering.....

By Ed McBride



## Institutional Foods

This operation came into being after Mr. Herman Hardison, Sr. began to slow down from his daily sales route at Hardison and Hardison (Wholesale Grocery). I can remember Mr. Herman "walking the downtown route" with pencil and pad taking orders. Some of those stores were: Maner and Murray, Braswell's Market, The Hi-Lo Store, James A. Leak Grocery, Lee Huntley Grocery, J. Paul Teal Grocery, Gray's Grocery, Snyder's Grocery, Dixie Home Stores, A & P, Q & Q Grocery - plus others!!

adding still later the franchise of 7up, Orange Crush, etc.

All of this called for "more" - he opened Institutional Foods and Food-A-Matic. The above picture is of an Institutional Foods truck that I did on September 25, 1961. The young boy standing on the running board was Steele Ratliff, Jr., a friend from across the street who enjoyed making model cars!

By this time Herman, Jr. and Adam were back from school and they "helped out." Ad purchased the RC Cola plant at Hamlet, later moved the Pee Dee Bottling business there,

Thanks to so many who I talked to on this article - James, Wayne, Callie, Fleet, etc. - it has been quite a while back. Hardison and Hardison, Institutional Foods, Food-A-Matic and all the above downtown grocery stores are now closed.

### The Express Newspaper Website Features Complete Archived Editions

The Express Newspaper website ([theexpressnewspaper.com](http://theexpressnewspaper.com)) has been available for over 18 years. All during that time access to the site has been free, and remains so today. Visitors are able to read the current edition, with the pages presented in the exact same fashion as the printed pages - with articles and advertising in place.

Other features of The Express website are:

- **Free Archives** An important feature of The Express website is the free archive, which features complete editions back to 2011.
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- **Contact Information** for The Express is offered on the home page.

### Would You Like to Help Deliver Meals to Home Bound Citizens?

Grace Senior Center is in need of volunteers to deliver meals to their Home Bound Clients on Mondays, Wednesdays or Fridays, from approximately 10:30 to 11:30 a.m. Please come by Grace Senior Center to Sign up. The Center is located at 199 Highway 742 South in Wadesboro, just past IGA.

For more information call 704-694-6616 and ask for Cynthia Myles or Jennifer Tarlton.

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