

Good food is the key, says centenarian John



▶ John
Smith
at 100.
100_46612

FORMER Barford baker John Smith, who turns 100 years old tomorrow (Thursday), says good food is the secret to a long life.

Mr Smith, who now lives in Charlecote with his daughter Brenda, will celebrate his birthday with friends and family at an open house party.

He was born in Birmingham, married to wife Florence in Solihull and moved to Barford in 1940.

Mr and Mrs Smith ran the Barford village shop and bakery for many years, selling bread made from their own recipes.

"I used to make the bread while my wife delivered it. I

taught all my children to bake and still eat bread made to my own recipe now," he said.

A keen businessman, Mr Smith helped set up the Warwick Masonic Lodge in 1957. In 2001 he was awarded a honorary medal for special service to the Masons - the only one in the country.

He describes this as one of his life's highlights and said: "I enjoyed the Masons. It changed my life and was a way of life. I am very proud of my medal."

Speaking about turning 100, he said: "I never expected to live so long and think it must be down to good food."