

### Trinity Community

by Doris Scruggs

During the morning worship service on Sunday morning, "The Lord's Supper" was observed.

The R.A.'s met at the church on Tuesday evening.

Mr. and Mrs. R.D. Winn of near Washington, D.C. were weekend guests of Mr. and Mrs. Dwight Winn.

Mr. and Mrs. Carl Pittman spent a few days at Williamsburg, Va. last week. While there they went to Bush Gardens and visited other points of interest.

Mrs. Bob Hutchins entered Rutherfordton Hospital on Tuesday for tests and possible surgery.

Mr. and Mrs. Wayne Bridges, Jennifer and Carla, attended the Martin reunion held at the Duke Power Club House on Sunday.

Miss Michelle Goode who underwent surgery at Asheville Mission Hospital recently, is reported to be improving nicely. Michelle is the daughter of Wayne and Pam Goode.

Rev. and Mrs. Fred High, Angie and Melissa, visited Mr. and Mrs. A.G. Lipscomb a few days last week. The Highs are from Jacksonville.

Miss Donna English of Greenville, S.C. spent the weekend with her parents, Mr. and Mrs. Don English.

Mr. and Mrs. Jessie Hord and Mr. and Mrs. Bobby Hord spent Sunday with Mr. and Mrs. Wayne Witherspoon of Maxton, N.C.

Mrs. Jerry McKinney visited Franklin Harris at Spartanburg General Hospital on Sunday afternoon.

Mr. and Mrs. Harold Bishop and Mike and Rev. and Mrs. J.E. Bishop visited Mr. and Mrs. Hayes Bishop of Charlotte on Saturday. They went especially to honor Hayes on his birthday. While there they enjoyed swimming and a cookout.

Eric Parker is taking swimming lessons this summer at Gardner-Webb College.

Mr. and Mrs. Berry Kenney and Jerry of Falls Church Va. spent several days last week with Mr. and Mrs. Jesse Hord.

Mr. and Mrs. Jessie Hord spent Saturday with Mr. Hord's sister, Mrs. Emma Myers of Statesville.

Mr. Arthur Yount, youth director, will be ordained at the Startown Baptist Church next Sunday night. The church is located near Lenoir.

Mr. and Mrs. Dannis Hardin and Mrs. Francis Dobbins spent the weekend with Mr. and Mrs. Keith Dobbins at Myrtle Beach, S.C. Keith recently fell and broke his leg and was a patient at a hospital in Charleston, S.C. but was able to be released and be at home for the weekend.

Lewis Bridges, who has been in a hospital in Chapel Hill at the Medical University Hospital, was able to come home for the weekend since his accident.

### Mt. Pleasant Community

by Betty Blanton

The Baptist Women held their regular meeting on Tuesday at the home of Mrs. Ronald McSwain. The meeting was opened with prayer by Mrs. Garland Jolley after which Mrs. Ranny Blanton presided over the business. Several projects were discussed for Mission Action and one was decided upon.

Mrs. McSwain had charge of the very interesting program entitled "Baptists Receiving and Sending Missionaries." At the close of the program, Mrs. McSwain served tasty refreshments with delicious punch.

Holly Springs Senior Citizen Home was where the Sunshine Club chose to share a little of their warmth on Wednesday morning. The youth of the church presented the puppet skit entitled "The King's Gift" written by Jan Wiles, sister of Mari Wiles, our youth director. Mrs. McSwain and Esther sang a duet and the group shared their covered dish luncheon with Mrs. Fannie Ramsey and Mrs. Aquilla Scruggs, their roommates and Mrs. Ramsey's two daughters, Gertrude and Macie. The enjoyable meal was followed by departure of the group.

During the visit, some of the group visited for a short time with Miss Effie Champion at the Sunnyside Rest Home on their return trip home.

Wednesday evening services were conducted by Mari Wiles, summer youth director, who did a real fine job.

Last week was youth week at the church and the group enjoyed a cook out and swim party at the Claude Bridges home on Monday along with a Bible Study to end their fun that day. Houser's Pool was the setting for their pool party on Tuesday. The youth went visiting on Thursday and then had a picnic on the rocks of Burris' Mill Pond after which they went sliding.

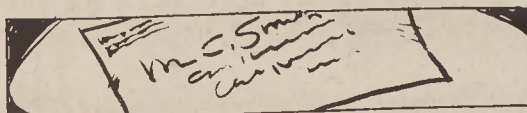
On Friday evening the youth boarded "The Love Boat" that had been beautifully decorated with refreshment bar and imported flowers. Cecil Corn and Stan Dotson, both of Mars Hill College, gave a concert. Also, other guests included the youth of Lily Memorial Church of Shelby.

Saturday was a day of work for the group when they conducted two bake sales to increase their funds for their trip to Caswell later in July. Sunday morning opened with a breakfast at the church for the youth followed by all the young people participating in the morning worship service by singing, ushering, praying and speeches. To close youth week the Acteens and their leader, W.M.U. director, and youth director, led a very impressive candlelight White Bible Service for Sherri Houser who plans to marry Allan Stroud on July 26th. Larry Hicks was guest soloist for the group.

The lovely red and white floral arrangement was given for the sanctuary Sunday by Mrs. Howard McBee in memory of Mr. McBee.

It's a boy for the Steve Goodes!

WE CONGRATULATE Steve, Angelia, and Amber on the new addition to their family.



The most common last name in both the U.S. and Great Britain is Smith.

## THE HOME GAME

BY VIRGINIA TRUAX

A REAL FIND — Stumped on how to clean that almost black brass or copper "find" at the garage sale? Buy an inexpensive home permanent kit at the drug store so that you can get your hands on the bottle of waving lotion. Saturate a piece of cotton or cloth, rub on and watch the shine come through.

DARINGLY DIFFERENT — Tuna salad is a hot weather refresher and a budget stretcher. For variation try stuffing it in small unsweetened cream puffs — or on pineapple slices, in avocados or on banana halves.

HEAT TREATMENT — Fruit or wine stains on linen can be removed by holding the area taut over a bowl and pouring boiling water from a height of 12 inches over the stain. Launder as usual afterwards.

TOPS IN BOTTOMS — A tip on fruit pie baking: bake your bottom crust for 3 minutes to let it set up, then remove and add the filling and top crust. No more soggy bottoms.

COLD HARD FACTS — Here's a good rule-of-thumb to follow during this peak season of freezing food: never freeze more than 2 or 3 pounds of food for each cubic foot of freezer size in any one day. It will raise the temperature and slow the freezing time.

OVERDOING IT — Many people overcook corn on the cob and then wonder why it's tough and darker in color. Try using less water so you'll have lots of steam and cook only 6 to 8 minutes.

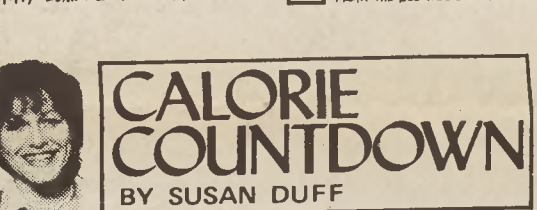
### WATCH YOUR ENERGY



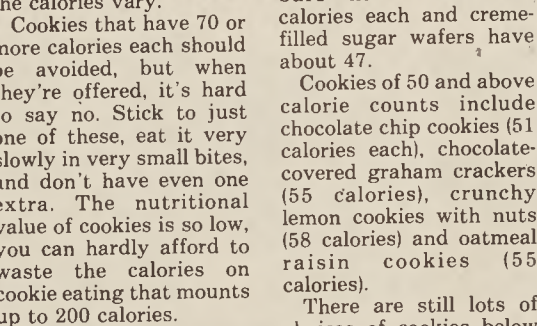
1. SHADING YOUR WINDOWS FROM DIRECT SUN CAN HELP A LOT. BY USING PEARLIES INSIDE YOUR HOME, AND AWNINGS AND OVERHANGS OUTSIDE, YOU MAY BE ABLE TO REDUCE SOLAR HEAT GAIN BY AS MUCH AS 80 PER CENT!



2. DO YOU DEFROST YOUR REFRIGERATOR REGULARLY? FROST THAT'S MORE THAN ONE-FOURTH INCH THICK ACTS AS AN INSULATOR THAT MAKES YOUR REFRIGERATOR OR FREEZER WORK HARDER AND REDUCES ITS EFFICIENCY!



3. USE FLUORESCENT LIGHTS WHENEVER YOU CAN! THEY GIVE OUT MORE LIGHT PER WATT. A 40 WATT FLUORESCENT LAMP GIVES OFF 80 LUMENS PER WATT. A 60 WATT INCANDESCENT ONLY 14.7 LUMENS PER WATT!



4. IN VERY HUMID WEATHER, SET UP THE FAN ON YOUR AIR CONDITIONER AT LOW SPEED. IT WILL PROVIDE LESS COOLING, BUT WILL REMOVE MORE MOISTURE.

THESE TIPS ARE FROM THE NATIONAL ENERGY WATCH, AN ENERGY EFFICIENCY PROGRAM FROM THE ELECTRIC UTILITY INDUSTRY.

### COOKIE CALORIES

All cookies contain sugar, so all cookies are fattening — some much more than others. If you're going to eat them, get a general idea of how the calories vary.

Cookies that have 70 or more calories each should be avoided, but when they're offered, it's hard to say no. Stick to just one of these, eat it very slowly in very small bites, and don't have even one extra. The nutritional value of cookies is so low, you can hardly afford to waste the calories on cookie eating that mounts up to 200 calories.

Too high in calories to be sure are the fancy butter cookie oblongs with chocolate layered between, 91 calories per cookie. Also unreasonable are the large, old-fashioned type sugar cookies, at 81 calories each. Shortbread squares have 73 calories each, the same as golden raisin sandwich cookies. Peanut butter cookies have 81 calories and so do coconut macaroons. Coconut cookies with chocolate fillings have 84 — all too high to indulge in often.

In the middling category of cookie calories are those that hover near the 50-calories-per variety. On the low end of this spectrum are brown sugar cookies, 48 calories, and

## REFUNDING \$\$\$ AND SENSE

by VICTORIA R. FLEMING

Sometimes I think new refunders are popping up everywhere and each one seems to have a new twist. Some are sending their children around the beaches and picnic grounds or parking lots to pick up possible qualifiers. Many apartment dwellers regularly raid the trash dumpsters for extra newspapers and magazines or their laundry rooms for labels. Runners and bicycle riders are seen swooping down for a valuable find. Even a car ride can be rewarding on a dry and windy day. Or a commuter train with seats and aisles covered with cast-off newspapers. So get out there and clean up America — and take home some lovely litter.

Q. Has anyone come up with a good method for filing cash register tapes and sales slips?

A. I notice more deals requiring these proofs. One friend marks hers in pencil — jotting down the drug or household item name next to the price. She then separates her slips into either price amounts, taxable or non-taxable merchandise, food and nonfood categories. When she needs a receipt she doesn't have to carpet her floor with a million tapes.

PICK OF THE WEEK (AIR WAND) AIRWICK INDUSTRIES, P.O. Box 2148, South Hackensack, NJ 07606. Free pkg. Send name, address and "Air Wand" product name cut from 2 pkg. fronts. 8/31/81.

GENERAL MILLS INC. \$5 cpsns. Send form and 3 unit price codes (UPC) from listed products to receive coupon book. 8/31/81.

SHASTA \$1 REFUND OFFER. Send form, the cash tape with price circled for 12 10-oz. cans of any Shasta OR the cap liners from 3 2-liter bottles. 8/15/81.

FREE TUNA HELPER OR TUNA. Send form and any 3 UPCs from Tuna Helper. 8/31/81. (Send a postcard by 7/15 to request form: General Mills, Inc. Tuna Helper Offer, P.O. Box 1139, Dept. P, Minneapolis, MN 55460.)

HANDI WIPES. Three 35¢ cpsns. Send form and 2 plastic bag wrappers from HandiWipes. 8/31/81.

JOHNSTON'S 50¢ REFUND OFFER. P.O. Box 4165, Young America, MN 55399. Send name,



The inspiration for Robert Louis Stevenson's *Dr. Jekyll and Mr. Hyde* was William Brodie, an eighteenth century cabinet-maker, head of his union, member of the Edinburgh town council and a respected businessman, who, by night, was a masked thief and leader of a gang of robbers.

### Public Notice

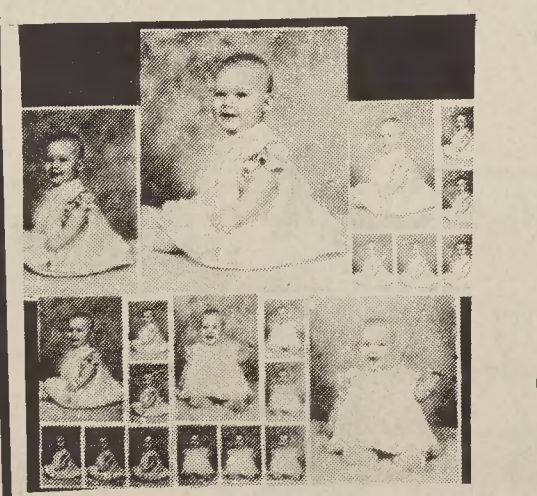
The 1981-82 budget for the Town of Boiling Springs has been adopted and is available for public inspection in the Town Hall from 9:00 a.m. - 5:00 p.m. weekdays.

**Budget Summary**

General Fund -	\$222,611.00
Water & Sewer	\$136,427.00
Revenue Sharing -	
Capital Outlay Sewer lines	\$1,4933.00
Capital Outlay Water lines	2881.00
Well	24960.00
<b>Total</b>	<b>42,774.00</b>

Margretta McKee  
Town Clerk

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### DAVIS STUDIO

Main St. Phone 434-7898 Boiling Springs, N. C.

### BUDGET Stretching IDEAS

If you thought air conditioning costs were high last summer, you may want to sit down for the U.S. Department of Energy's latest forecast: 1981 electricity costs per kilowatt hour are expected to rise as much as 21 percent.

That means cooling a home in many parts of the country will cost more than heating it.

But homeowners can fight back. Fred Ryals of Texas did.



While his neighbors paid as much as 90 percent more (compared to 1979) to cool their homes during last summer's heat wave, Mr. Ryals' bills were only 10 to 15 percent higher.

How did he do it? Through a series of simple energy-saving measures, including: extra thick Fiberglas insulation in the ceilings and walls, urethane insulation around the home's concrete slab perimeter, storm windows, solar screening, insulated exterior doors, caulking and weatherstripping and properly sized air conditioning equipment.

"Many of these features are eligible for a federal energy tax credit," says Charles Hartmann of Owens-Corning Fiberglas, a leading manufacturer of glass fiber insulation. Up to 15 percent of the cost of "qualified energy conservation expenditures," including insulation, storm windows and doors and caulking — to a maximum of \$300 — may be deducted directly from income taxes owed the federal government.

"Moonlight is sculpture." Nathaniel Hawthorne

## Feelin' Good

By M.A. PETTI, M.D.

If you spill a harsh chemical on your skin, quick action may prevent scarring. Wash it off at once with large amounts of water until you're sure there's no chemical left.

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