

"SHOOT THE WORKS NOT YOUR BUDGET!"

Have a Grand 'n' Glorious Long Weekend—
With A&P's Spectacular Buys For the 4th of July!

"SUPER-RIGHT" 12 to 16 LB. AVG. SMOKED HAM **49¢** **WHOLE LB.**

Ham Shank Half **49¢** Ham Shank Portion **39¢** Center Slices **95¢**

PRICES IN THIS AD EFF. THRU SAT. JULY 3rd



NOTICE! A&P STORES WILL BE OPEN ALL DAY SAT., JULY 3rd — CLOSED MONDAY, JULY 5th

"SUPER-RIGHT" LEAN FRESHLY GROUND BEEF **45¢** **LB.**

TOP QUALITY 8 TO 14-LB. AVG.

YOUNG HENS **39¢** **PER LB.**

"SUPER-RIGHT" QUALITY FRESH FRYER PARTS

FRYER BREASTS **55¢** FRYER DRUM STICKS **45¢**
FRYER THIGHS **45¢** FRESH FRYER LIVERS **55¢**
FRYER WINGS **29¢** FRYER GIZZARDS **29¢**

HOLIDAY VALUE! BLUE STAR FROZEN MEAT DINNERS

★ BEEF
★ CHICKEN
★ TURKEY
★ MEAT LOAF
★ BEANS & FRANKS
★ SALISBURY STEAKS
★ SPAGHETTI & MEAT BALLS

YOUR CHOICE 3 11-OZ. PKGS. \$1.00 ONLY

STOCK YOUR FREEZER

"SUPER-RIGHT" QUALITY, DELICIOUS ALL MEAT FRANKS **49¢** **1-LB. PKG.**

2 **LB. PKG. 97¢**

CHARKETS BRAND BRIQUETS CHARCOAL

10 **LB. BAG 49¢**
20 **LB. BAG 89¢**

5 FLAVORS TO CHOOSE FROM YUKON CLUB CANNED BEVERAGES

15 **FL. OZ. CANS \$1.00**
Case of 24 **12-FL. OZ. CANS \$1.59**

ANN PAGE — SALAD MUSTARD **23¢** **2-Lb. Jar**

ANN PAGE — REALLY FINE MAYONNAISE **49¢** **12-Oz. Jar**

ANN PAGE — BARBECUE SAUCE **39¢** **12-Oz. Bot.**

JANE PARKER — TWIN PACK **GOLDEN LOAF**



• RIPE, RED, SWEET **WATERMELONS** **79¢** **Whole Melon**

• SWEET, TASTY, SANTA ROSA **RED PLUMS** **25¢** **Lb.**

• SWEET, SEEDLESS **WHITE GRAPES** **39¢** **Lb.**

• VALUE PRICED—TASTY **NECTARINES** **29¢** **Lb.**

• SERVE WITH ICED TEA **JUICY LEMONS** **43¢** **12-Ct. Bag**

• OUTSTANDING VALUE **CANTALOUPE** **89¢** **3 For**

CAKES 49¢

2—10½ OZ. CAKES IN A PKG.

JANE PARKER—GOLDEN CINN. OR **SUGARED DONUTS** **19¢** **12-Ct. Pkg. Ea. Only**

JANE PARKER READY TO SERVE **BLUEBERRY PIE** **49¢** **1-Lb. 8 Oz. Pkg.**

JANE PARKER BROWN 'N' SERVE **DINNER ROLLS** **29¢** **9-Oz. Pkg.**

IDEAL FOR SALADS OR SANDWICHES CRISP LETTUCE **15¢** **HEAD ONLY**

16 extra TEA BAGS only 4¢ more

When you buy 4¢ at the regular price

49¢

GULF BRAND CHARCOAL LIGHTER FLUID **25¢** **35¢** **25¢** **35¢**

PASTEURIZED MEL-O-BIT CHEESE SLICES **43¢** **39¢**

• AMERICAN OR SWISS **2 4-Oz. Pkg. 43¢**

• AMERICAN OR PIMIENTO **12-Oz. Pkg. 39¢**

OUTSTANDING VALUE! MARVEL BRAND ICE MILK 75¢

MARVEL BRAND ICE CREAM 95¢ **2 ½ Gal. Ctns.**

HALF GALLON CARTONS

"OUR FINEST QUALITY" A&P PINEAPPLE 31¢ **2 CRUSHED 47¢**

YELLOW CLING — SLICES OR HALVES A&P PEACHES 53¢ **35¢**

SULTANA LIGHT MEAT Flake Tuna 55¢ **3 6-Oz. Ctns.**

CUSTOM-GROUND—MILD & MELLOW EIGHT O'CLOCK Coffee Sale!

Save 8¢ **1-LB. BAG 65¢** Save 24¢ **3-LB. BAG \$1.89**

MORTON BRAND FROZEN FRUIT PIES 25¢

• APPLE 1 Ea.
• PEACH 4-Oz. Pkg.
• CHERRY OR COCONUT-CUSTARD **EACH ONLY**

TIP TOP FROZEN CONCENTRATED LEMONADE 89¢ **10 REGULAR OR PINK 6-OZ. CANS**

REGULAR LEMONADE 17¢ **12-Oz. Can**

24" Barbecue Grills \$5.85
18" Barbecue Grills \$2.98
Chaise Lounge each \$5.99
Children's Chairs each \$2.49
Beach Towels each \$1.69
Chairs each \$3.29
Gasoline Cans each 99¢

COMEDY CORNER

"That Butch—so prosperous he only holds up people by appointment!"

Heart Agency Gives More Tips On Right Way To Live It Up

(Part II of a Two-Part Series) By N. C. Heart News Bureau

Live it up the wrong way, and your heart may not be able to live it down, says Dr. Daniel T. Young, UNC heart specialist and president of the North Carolina Heart Association.

Middle-aged Timothy Tarheel has two weeks with pay coming to him and he has big plans to live it up.

Cram a year's play into a fortnight, before settling back into the old leather-upholstered rut. You know the type: he's going to get his money's worth—on the tennis courts, skin-diving, mountain-climbing—even if it kills him.

Vacations are for fun and games, the North Carolina Heart Association agrees, but reckless playing, like reckless driving, can have tragic consequences. A few simple safety precautions can give middle-aged Timothy his money's worth of enjoyment with a bonus—better health.

Rule Number One: You are not as young as when you were setting track or swimming records in varsity competition. (All right, you didn't set any records, but you gave them a good run for their money.) And if you're not in condition, you have even a bigger handicap.

No one is suggesting that you're ready for the rocking-chair routine. Physical activity is good for you—in gradually increasing doses. If you use your pre-vacation weekends for warm-up activity, you will have a good head start. And you will find that each day's round of activity gives you an extra reserve for a longer next session. This brings us to:

Rule Number Two: Know when you've had enough—and quit. "Just one more" set of singles or race to the float can push you to the edge of collapse, especially if one of your youngsters is setting the pace. On a very hot day, with high humidity, there is danger of heat exhaustion or heat stroke, even for young athletes who overexert.

Knock off when you feel tired, and don't be ashamed to admit it. In very hot weather, play only during the cooler hours of the day, and for briefer periods; to offset loss of salt through heavy sweating, sprinkle more salt on your food.

You've pushed yourself too far if:

You are out of breath and your heart is still pounding several minutes after exercise. Marked weakness or fatigue is still present an hour or two later.

Rule Number Three: Overeat-

ing adds to the heart's work. Overeating followed by exertion is asking for trouble. The North Carolina Heart Association reminds you that professional athletes eat lightly before they go into action, have their heavy meal afterward.

Rule Number Four: If you have or suspect you have any degree of cardiovascular disability, see your doctor before you go on vacation. He will set limits and prescribe medication where indicated.

For skin-divers and mountain-climbers, here are a few special rules to keep in mind:

"Snorkeling" requires the skin-diver to breathe hard from the beginning, as though he were already tired. You should therefore avoid exhausting situations: stay away from currents, for example. (The work of fighting a current is a severe test even for a normal circulatory system.) Take a float along, too—call it portable security. If you wish—and never go alone.

Under certain circumstances, even young persons with normal cardiovascular systems may fail to adapt to high altitudes—if the change from sea level is too sudden and is followed immediately by physical exertion. Your heart needs a few days to compensate for the lower oxygen content of the thin air, before it can meet the additional demands of muscular activity. Plan your program accordingly.

By 1965, if present rates continue, world population will be increased by 650 million.

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KINGS MOUNTAIN, NORTH CAROLINA

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One thing is true of every business or profession. If the public is pleased with the service given, patronage naturally develops.

We recognize that we are entitled to patronage only as we please those we serve. In that sense, this community has built our funeral service.

Respectfully,

J. Allen Harris

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