

Holiday Eating Is Good Example Of Year-Round Diet Problems

CHAPEL HILL — How would you like your Thanksgiving or other holiday dinner piped through a tube at the mere touch of a button? You could have all you want, in the form of a commercial liquid formula that is 20 per cent protein, 30 per cent

fat, and 50 per cent carbohydrate. That would be taking the fun out of feasting—you say? Thanks, but no thanks, the N. C. Heart Association agrees. It was no fun, either, for a group of obese subjects being

treated by such a feeding device at St. Luke's Hospital, New York. When food was offered to them in this form only, over a long period, their intake dropped to calorie levels ranging from a mere 53 to 332 per day. (A fair range for reducing diet is 1200-1800.) Weight loss was marked in these cases. No one is suggesting that feeding machines will ever take the place of roast turkey and all the

trimmings, or that they should. The experiment does, however, point to the secret ingredient in every would-be dieter's weight problem, the state heart group notes. You guessed it: food. The better it looks, smells, and tastes, the more you are tempted to eat and overeat. It figures. If a heaping plate loaded with stuffed turkey basking in a bath of rich gravy, cuddling up to a mound

of candied sweets and surrounded by hot buttered biscuits, isn't there, you aren't going to eat it. But let a well-meaning wife or hostess mount such a production for your benefit, and you're helpless. Once a year won't hurt you, of course. It's the long-running repeat performances, three times a day, every day, that add menacing pounds to the other burdens we carry.

While the North Carolina Heart Association doesn't suggest taking the meal away from the man, it does propose taking some of the calories away from the meal. This requires forethought, some knowledge of caloric and nutritional values, and a few cooking tricks. The results can be just as palatable as the fattening feast described above. Let's take that Thanksgiving

menu, for a starter. Turkey is fine for a main course (duck or goose is too fat). But try basting it with consomme instead of fat. And use a fat-free bouillon to moisten the stuffing. Try acorn or butternut squash instead of candied sweet potatoes. Baked with a light glaze of brown sugar and cinnamon, they're in the holiday spirit at half the price in calories. Mushrooms, which are low in calories, can add glamor as well as savor to the main course. Toss the salad with lemon juice or low-calorie dressings spiked with herbs. And for the sweet touch to top off the feast, there is a variety of fruit or whipped gelatin desserts to take the place of rich pie or pastry. One basic rule for this and every meal you serve, be it for two or a crowd: don't push seconds. Moderate portions will keep the calories down. Other basic principles the N. C. Heart Association urges you to keep in mind for family meals the year 'round are: Eating patterns are established in early childhood. The meals you serve can set your children on the road to good health and longer life. Calorie cutting begins at the supermarket. Buy only lean cuts of meat (avoid fat-larded prime steaks and rib roasts); plan more meals around fish and poultry. Back in the kitchen, your cooking methods should be calorie- and cholesterol-conscious. Use skim milk in recipes calling for milk; broil, rather than fry or saute; use polyunsaturated cooking oil and special margarines wherever possible. Prepare soups and stews a day ahead.

and refrigerate; skim the congealed fat from the top before heating and serving the next day. And if, at the same time, you can promote a program of greater physical activity, you and your family will really have something to be thankful about when the holiday season rolls around next year: good health and good looks.

Cotton Growers Asked To Vote

Mrs. Harry B. Caldwell, Master of the North Carolina State Grange has called upon all cotton and peanut growers to vote in the Marketing Quota Referendum on November 23, 1965. "Producers of cotton and peanuts are facing many problems including surpluses and lower prices. It is imperative that supplies of these commodities be kept in balance with demand." She added that, "Marketing Quota Programs offer the only effective means for controlling production and maintaining price supports on a sound basis." Mrs. Caldwell urged cotton producers to work for cotton's future in North Carolina by voting for continued support of the North Carolina Cotton Promotion Association for the next three years. "It is extremely urgent that producers support their self-help organizations. Growers can expand markets, reduce production costs, improve quality, get fair and reasonable legislation and a better financial return for their labor by working together."

STERCHI'S PRE-THANKSGIVING

\$30,000 DISPOSAL SALE!

THURSDAY, FRIDAY AND SATURDAY—NOVEMBER 18, 19, 20

SAVE UP TO 64% ON FURNITURE, RUGS, APPLIANCES, T.V., STEREO & BEDDING!

FREE!

To Our First 50 Customers Friday Morning A Handsome Crystal Cake Plate. We Open At 8:30.

FREE!

LIVING ROOMS!

- Orig. \$169.95 slightly soiled beige sofa by Kroehler, as is ... **\$119**
- Orig. \$219.95 Kroehler sofa, quilted floral cover ... **\$119.95**
- Orig. \$149.95 2-pc. Living room suite, green ... **\$89.95**
- Orig. \$149.95 2-pc. living room suite, beige ... **\$129.95**
- Orig. \$139.95 2-pc. Sofa Bed suite (No. 250) ... **\$99.95**
- Orig. \$139.95 2-pc. Sofa Bed suite (No. 280) ... **\$99.95**
- Orig. \$139.95 2-pc. Sofa Bed suite, vinyl cover ... **\$109.95**

BEDROOM SMASH!

- Orig. \$139.95 3-pc. modern bedroom suite ... **\$99.95**
- Orig. \$149.95 3-pc. Danish modern bedroom suite, walnut finish ... **\$139.95**
- Orig. \$179.95 3-pc. modern bedroom suite, blonde finish ... **\$139.95**
- Orig. \$279.95 3-pc. mahogany bedroom suite ... **\$199.95**

ODD PIECES!

- Orig. \$24.95 full size maple bed, now only ... **\$14.88**
- Orig. \$29.95 (one only) unfinished chest of drawers ... **\$19.88**
- Orig. \$49.95 cedar robe, now ... **\$29.88**
- Orig. \$39.95 metal robe, now ... **\$29.88**
- Orig. \$39.95 chest of drawers, walnut or mahogany ... **\$26.95**

BEDDING SELLOUT!

- Orig. \$9.95 crib mattress, wetproof ... **\$7.88**
- Orig. \$16.95 3/3 or 4/6 Cotton Mattress ... **\$9.88**
- Orig. \$49.95 Duo—inningspring mattress and boxspring, now both for ... **\$38**
- Orig. \$79.90 Duo, Commodore mattress and boxspring, now both for ... **\$58**

EARLY AMERICAN!

- Orig. \$29.95 Boston-type Rocker, now ... **\$19.88**
- Orig. \$89.95 swivel Rocker, now just ... **\$69.88**
- Orig. \$109.95 patchwork quilt-type swivel chair by Berklene, vinyl cover ... **\$89.88**
- Orig. \$169.95 Early American sofa, green vinyl cover ... **\$139.88**
- Orig. \$169.95 3-cushion sofa by Johnson Carper, now ... **\$139.88**
- Orig. \$279.95 Early American Odd Sofa ... **\$179.95**
- Orig. \$259.95 Early American sleeper, gold fabric cover, innerspring mattress ... **\$219.95**

DINETTES!

- Orig. \$6.95 32-pc. dish sets, only 12, now each ... **\$3.87**
- Orig. \$49.95 5-pc. chrome dinette ... **\$34.88**
- Orig. \$69.95 7-pc. chrome dinette ... **\$49.88**
- \$119.95 French Provincial table in fruitwood (open stock) ... **\$99**

- \$119.95 French Provincial dining chair in fruitwood (open stock) ... **\$99**
- Orig. \$119.95 French Provincial buffet in fruitwood (open stock) ... **\$99**

ODDS & ENDS!

- Orig. \$1.95 Bamboo Clothes baskets, only 20 remain ... **69c**
- Orig. \$6.95 9x12 linoleum felt base rugs (limit 1) ... **\$3.88**
- Orig. \$29.95 Crib Bed ... **\$19.95**
- Orig. \$19.95 8-pc. aluminum cookware sets (only five remain) ... **\$9.88**
- Orig. \$1.69 Teflon Bake Dish, (only 12 left) each ... **\$1**
- Big group Table Lamps ... **1/2 Price**
- Big group Pictures ... **1/2 Price**
- Orig. \$1.69 Teflon Casserole dish, (only 12 left) each ... **\$1**
- Orig. \$9.95 dinner sets, 21-pcs., with dishes, napkins and table cloth (only 20) 2 for ... **\$14.95**

CHAIRS SLASHED!

- Orig. \$29.95 Odd chair by Kroehler (only 3 left) ... **\$19.88**
- Orig. \$29.95 Modern chairs (only 7 left) ... **\$19.88**
- Orig. \$24.95 boudoir chair (Only 1 left) ... **\$12.95**
- Orig. \$34.95 Danish modern chair, vinyl covered (only 1) ... **\$24.95**
- Orig. \$69.95 cane chair, just 1 ... **\$39.95**
- Orig. \$19.95 Platform Rockers, only 3 ... **\$12.88**

T.V. & STEREO!

- Orig. \$129 Portable Admiral T-V only 1 ... **\$89.88**
- Orig. \$229.95 Stereo console, Admiral, only 1 ... **\$199.88**
- Orig. \$229.95 23-in. Admiral console T-V set, only 1 ... Ex. **\$199.88**

APPLIANCES!

- Orig. \$209 10-ft. Refrigerator, only 1 ... Ex. **\$168**
- Orig. \$219.95 Kelvinator automatic washer, only 1 ... Ex. **\$189**
- Orig. \$129.95 wringer-type washer, only 1 ... Ex. **\$99.88**
- Orig. \$179.95 full-size electric range, only 1 ... Ex. **\$138**
- Eureka vacuum cleaner, with attachments ... **\$29.88**
- Orig. \$14.95 G-E Steam Iron, just ... **\$9.88**

Used Furniture BARGAINS

- 1—10-ft. Norge Refrigerator, it freezes ... **\$9.88**
- 1—5-pc. Chrome Dinette ... **\$4.88**
- 2-pc. Sofa suite ... **\$49.88**
- Magic Chef Oil Heater ... **\$9.88**
- 1—17-in. Table Model T-V, has pic ... **\$9.95**
- 21-in. Console T-V, has pic ... **\$19.88**

Step Under the Umbrella of GOOD HEALTH. BUY REXALL BRAND GUARANTEED PRODUCTS At our Rexall Drug Store

PRE-CODUREX 36 TABLETS **1.98**
Helps relieve headache, tension, and other pre-menstrual symptoms.

CODUREX 24 TABLETS **98¢**
Helps relieve functional menstrual cramps, headache pain.

NOW! Get up to 12 HOURS RELIEF with One Capsule!

10 CAPSULE SIZE **98¢**

REXALL TIMED ACTION COLD CAPSULES

Tiny pellets of medication in each capsule dissolve at timed intervals to give you relief from cold symptoms. You'll never know how good you can feel during a cold until you try the Rexall brand!

THRU 2 fl. oz. **1.49**
Goes THRU the skin to kill muscle pain at its source.

NORMETS TABLETS 30's **89¢**
Modern non-laxative formula gives gentle relief from constipation.

NORMETS SUPPOSITORIES 12's **1.19**
Helps shrink hemorrhoidal surface area, reduces itch and burn.

BISMA-REX POWDER 5 oz. **98¢**
Quick, prolonged relief for acid-upset stomach. Pink or White

FREE DELIVERY
Monday - Saturday 9 to 9

KINGS MOUNTAIN DRUG COMPANY
THE CITY'S MODERN STORE

We Deliver FREE To Any Surrounding Community — Open Evenings By Appointment



Phone 739-5451 Kings Mountain, N. C.

Phone Your Friendly Sterchi Salesmen — Henderson Herndon or Don Barrett