

### Area Girl Scouts Hear Linkletter At Recent Convention In Washington

Local Girl Scouts and entertainment personality Art Linkletter were tuned in to the same theme recently, LSD, narcotics, and other chemical stimuli.

Art Linkletter praised the Girl Scouts of the U. S. A. during their national convention in Seattle, Washington, for their work in educating young people and said that their work will continue to be justified to "tortured and puzzled parents."

"Mrs. Linkletter and I have lost our youngest daughter, Diane, whom we brought up with love, with care and with responsibility. In spite of the fact that we so recently suffered this terrible tragedy, we wanted to come and tell you we appreciate the work you are doing with our young people."

"It is important that children of today know where their enemies are so that they can fight against temptation."

At almost the same hour Mr. Linkletter was speaking, local Cadettes of the Pioneer Girl Scout Council were participating in one of a series of three weekend retreats at Camp Rotary to learn about and discuss teen age situations.

### COMINGS AND GOINGS

Mr. and Mrs. Luther Bennett of Kings Mountain and their daughter and son-in-law, Mr. and Mrs. Terry Black of Cherryville, spent the weekend in Smyrna, Ga. with Mr. and Mrs. Larry Cline and daughters, Lisa and Lachelle.

Mrs. Cline is a daughter of the Bennetts. The family held a get-together in honor of Linda Bennett Cline and Terry Black's birthdays. They celebrated birthdays in October.

The three families attended the Duke-Georgia Tech football game Saturday evening.

### Smiths Entertain At Steak Supper

Mr. and Mrs. Larry Smith were hosts Friday night at their home at a steak supper.

Guests were Mr. Smith's co-workers at Kinder Manufacturing Company. They were Mrs. Pearl Hammett, Mrs. Helen Allen, Mrs. Nora Sadler, Mrs. Martha Burris and Mr. and Mrs. Bill Hammett.

### Margrace Woman's Club Meets Friday Night

Margrace Woman's club members will hold their regular meeting Friday night at the home of Mrs. Gene Taylor in Gaffney, S. C.

Members will leave at 7 p.m. to go to the Taylor home. Mrs. Taylor is the former Billie Sue Gates of Kings Mountain.

### Projects Will Provide New Intercom System

West school P-TA's project for the current school year will be to obtain funds for a new intercom system for the school.

Plans were made for cake sales and other fund-raising efforts at the October 13th regular meeting.

Johnny Caine is president of the PITA and Jim Downey is vice-president.

Next meeting of the Parent-Teacher Association is November 17th and all parents are urged to attend.

### Kinder Employees Fete Mrs. Roberts

Mrs. Janice Roberts, instructor at the Kinder Manufacturing plant in Georgia, was honored by local Kinder employees Monday night at dinner at the Open Kitchen in Charlotte.

Hostesses were Mrs. Betty Jo Carroll, Mrs. Helen Allen and Mrs. Virginia Causby.

Mrs. Y. F. Throneburg has returned from Salt Lake City, Utah, where she visited her son and daughter-in-law, Mr. and Mrs. Bill Throneburg.

### TARHEEL KITCHEN

Throughout the nation, School Lunch Week is observed in October but every week during the school year we should have the same appreciation and understanding of the luncheon program and staff. The luncheon, as we know it today, is relatively new but is an integral part of the school program.

Perhaps you would like to recognize the school lunch program in your own way. First, start by recalling how children used to get lunch. Did you ever carry lunch in a tin pail or paper bag? Was it a cold sweet potato or molasses and biscuit? Did you live in a small town where you ran home breathlessly for lunch and then ran back for fear of being tardy? Have you known what it was to teach "through" on rainy, bad days? Lunch would be omitted or maybe only a snack would be available, then would close early on account of the weather.

After reminiscing a bit then ask yourself how you would like to be a luncheon manager with a limited budget and have to feed several hundred children daily with different likes and dislikes. Now, don't you have to admit that you sometimes have trouble even with a small family? Aren't there budget problems? Aren't some recipes fall to turn out as you expect? Don't you occasionally find your own meals are monotonous? Generally school lunches are remarkably good, but there can be "off" days as at home.

Next if you do not understand the lunch program or have questions, arrange a visit with the lunchroom manager or the principal. The type "A" lunch is required to serve foods such as milk protein foods, vegetables and fruits, and cereal products to give a child approximately 1/2 of his daily needs. Great effort is made to prepare this food to be attractive and tasty.

Even though sound nutrition is behind the requirements for a type "A" lunch, the foods will not help a child if they aren't eaten.

prepares the food, by encouraging have appreciation for those who you can render your school service by helping children to them to taste at least a small portion of all foods, and by setting a good example at home.

In a recent School Lunch bulletin, the following tips were given to lunchroom managers for menu planning. The same ideas would be wise in using our North Carolina foods for home meals also.

**TIPS ON PLANNING MENUS**

1. Plan menus to meet food needs and within limitation of your budget and equipment.
2. Plan for variety. There are several ways to get variety.

**Color** — Children like colorful foods. Color contrasts add to the eye appeal of the meal.

**Flavor** — Plan a meal to include a strong flavored food and a bland flavored food.

**Texture** — Texture of foods is best described by the word "crisp", "soft", and "chewy". It is well to combine some of the soft foods with the crisp and chewy.

**Shape and Size** — Plan for contrast in shape and size of foods. Prepare some food in the form of finger foods and bite-size pieces.

**Varying Combinations** — Avoid getting in a rut on go-together food.

**Methods of Preparation** — Menus can be varied a great deal by preparing available foods in different ways.

**New foods** — Give children an opportunity to become acquainted with a variety of foods.

3. Plan with consideration of food habits.
4. Plan for simple surprises.
5. Plan for special occasions.
6. Plan menus ahead.

Examples of suggested school menus sound mouthwatering enough to try at home.

- Turkey or Chicken Pie
- Candied Yams
- Green Beans
- Hot Biscuits and Butter
- Gingerbread
- Milk
- Baked Flounder Fillet with Cheese Sauce
- Buttered Turnip Greens
- Orange-Cranberry Salad
- Cornbread and Butter
- Peanut Butter Honey Balls
- Milk

Miss Elizabeth Stewart, Herald women's editor, attended the fall meeting of North Carolina Press Women Saturday and Sunday at Robert E. Lee Hotel, Winston-Salem. Miss Stewart is a district chairman.

Miss Stewart was overnight guest Friday of Mrs. Mabel Broyles, associate editor of the Mecklenburg Gazette in Davidson. Mrs. Frances Adams, of the Gazette staff, and Miss Stewart went to Winston-Salem for the meeting on Saturday.

### SOCIAL CALENDAR

**Thursday:**  
2:00—Kings Mountain Ministers' Wives' Auxiliary at the home of Mrs. Ernest Arnold in Shelby.

**Thursday, November 13th:**  
11 a.m. - 7 p.m.—Holiday House bazaar sponsored by the Shelby Junior Charity League at the Elks club, Highway 74 East, Shelby.

7:30—Town and Country Garden club at the home of Mrs. Fred Flinger.

**Friday:**  
7:00—Margrace Woman's club at the home of Mrs. Gene Taylor in Gaffney, S. C.

7:30—Junior clubwomen in District 4 of the N. C. Federation of Women's Clubs, Junior Night, Kings Mountain Woman's club.

**Tuesday:**  
10 a.m.—Binga, Banga, Bongo tournament for members of the Kings Mountain Women's Golf Association at the Country club.

### Women's Golf Tournament, Luncheon Slated Tuesday At KM Country Club

Kings Mountain Women's Golf Association will sponsor a "Binga Banga Bongo" golf tournament for members Tuesday.

Tee-off time is 10 a.m. on the Country Club golf course. A Championship luncheon will be held at 12:30 and prizes will be awarded. A trophy, to Mrs. Charles Adams, winner of the recent ladies championship, will be presented.

Golfers should make reservations for luncheon with Tom Smart, Kings Mountain Country Club, by Sunday night at the Country club.

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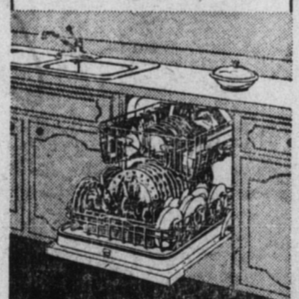
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