

School Menus For Next Week Announced For Elementary, Junior High, KMHS

School menus for the week are announced by Mrs. Martha Wright, schools food supervisor.

ELEMENTARY AND JUNIOR HIGH SCHOOL MENUS
MONDAY, OCTOBER 9
 Chili Con Carne
 Cole Slaw
 Buttered cornbread
 Spiced Peaches
 Cookie
 Milk

TUESDAY, OCTOBER 10
 Oven-Fried Chicken
 Steamed Rice
 June Peas
 Cheese Biscuits
 Cherry Gelatin with Fruit
 Milk

WEDNESDAY, OCTOBER 11
 Spaghetti with Meat Sauce
 Tossed Green Salad
 Buttered Garlic Bread
 Chilled Peaches
 Peanut Butter Cookie
 Milk

THURSDAY, OCTOBER 12
 Cheese-Vegetable Rarebit on Toasted Bun
 Buttered Turnip Greens
 Fresh Pear
 Chocolate Cake with Chocolate Frosting
 Milk

FRIDAY, OCTOBER 13
 Vegetable and Beef Soup
 Hamburger in Bun
 Apple Cobbler
 Milk
 Saltines

HIGH SCHOOL MENUS
MONDAY, OCTOBER 9
 Choice: Chili Con Carne or Spaghetti
 Cole Slaw
 Buttered Cornbread
 Spiced Peaches
 Cookie
 Milk

A LA CARTE
 Tossed Salad
 Chocolate Pudding
 Crackers

TUESDAY, OCTOBER 10
 Oven-Fried Chicken or Steak and Gravy
 Steamed Rice
 June Peas
 Cheese Biscuits
 Cherry Gelatin with Fruit
 Milk

A LA CARTE
 Tuna Salad
 Lemon Pudding

Mrs. Plonk Reviews Book

Mrs. George Plonk reviewed the book, "Flowers of the Holy Land," as the program for Tuesday night's meeting of the Home Arts club at the home of Mrs. George Moss.

Mrs. Plonk also showed slides to illustrate the book review. Bertha Spoford Vester, member of the American Christian Service Colony to Jerusalem during World War II, is author of "Flowers of the Holy Land."

Mrs. Tom Fulton and Mrs. Fred Wright, III, house-guests of Mr. and Mrs. George Moss, were present as visitors.

Mrs. Moss served a dessert course.

Demo Derby On Wednesday At Big Fair

The famous Nation-Wide Demolition Derby, "World's Greatest Thrill Spectacular," is coming to the Cleveland County Fair on Wednesday, Oct. 11.

Demolition Derby's are the fastest growing spectator sport in America today. Daring Drivers battle to the finish to see who can deliberately destroy all other cars. The last car running is declared the winner.

As many as sixty cars with local drivers will participate in what promises to be an evening of spine-tingling entertainment with plenty of crashes and thrills.

All the entertainment gets under way at 7:30 p.m. when the green flag falls and these 20th Century Gladiators battle to the death for cash prizes and large trophies.

Carolina Bank Loans Are Up

Carolina State Bank, headquartered in Gastonia, N. C., reported third quarter income of \$3,639.34 for the period ending September 30. Total resources on September 30 were \$7,348,093.00 up from June 30, \$5,909,800.46 or an increase of \$1,438,292.00.

Total loans on September 30 were \$3,008,686.00 up from \$2,044,049.00 from the June 30 statement.

Total deposits were up from \$4,104,024.24 to \$5,527,892.09 over June 30, 1972 an increase of \$1,423,867.00.

Carolina State Bank, which will celebrate its first anniversary on October 18, 1972, shows net operating earnings of \$8,751.79 through September 30, 1972 or 5¢ per share based on 165,000 shares outstanding.

In making the announcement, President, John C. Houser stated "We are very pleased. We hope to continue our growth in Gaston County and are very happy to see our increases in deposits loans, total resources, and net operating income. We would like to thank all of our stockholders, friends and customers for making this possible."

SOCIETY COLUMN

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candidate for Fifth Division commander of the Department of N. C. American Legion. Legionnaires from the seven posts in the district attended.

COMINGS AND GOINGS

Mrs. Vernon Smith and son, John, and M. L. Bell were Sunday afternoon visitors of Mr. Bell's daughter, Mrs. George Stewart and family. Mrs. Smith is half-sister of Mrs. Stewart.

Ten members of Frank B. Glass Post 9811 VFW and Auxiliary members attended a Council meeting of VFW officers and members during the weekend at Four Seasons Holiday Inn, Greensboro.

Attending the meeting were Commander Jack Smith and Mrs. Smith; VFW Auxiliary President Mrs. Robert Ruff; Mr. and Mrs. Harold Glass, Mr. and Mrs. Ben Case, Marion Dixon, Mrs. George W. Sellers and Miss Elizabeth Sellers.

Dr. and Mrs. D. F. Hord, Anne Hord and Dr. Hord's office staff, Mrs. W. F. Houser, Mrs. Bob Campbell and Mrs. Lynn Short attended the First District Dental Society meeting in Blowing Rock during the weekend.

Dr. Hord was installed as president of the First District Dental Society.

THE TAR HEEL KITCHEN

By Miss York Kiker
 N.C. Department of Agriculture Marketing-Home Economist

Hi, ho, come to the Fair—that means the North Carolina State Fair, October 13-21, 1972. There are always many fascinating activities and exhibits. To the children a fair may mean cotton candy and the thrill of rides, but hours of thought and time are put into planning outstanding and meaningful exhibits for all age groups.

In addition to the usual "goodies"—cakes, candies, breads, and canned goods—displayed this year, there will be interesting food demonstrations featuring North Carolina foods several times daily in the Education Building. The food spotlight will be on peanuts for the 1972 State Fair. "This P-Nutty" is an 89 foot exhibit telling the story of peanuts from seed to grocery shelf. There will be the smell of freshly roasted peanuts to tempt you, fresh peanut butter being made daily, old and new peanut products displayed, and many other interesting features. Educational literature will be available free at the exhibit or on request from the Promotion Section, North Carolina Department of Agriculture, Raleigh, North Carolina, 27611.

1 cup light cream
 1/2 cup honey
 Mix all ingredients thoroughly and warm over low heat. Stir constantly. Keep warm. Dip bite-sized fruits into fondue and roll in chopped peanuts.

HOT CHOCONUT
 1/4 cup cream-style peanut butter
 1/4 cup chocolate syrup
 Dash of salt
 1 quart milk
 Sweetened whipped cream, if desired.
 Mix peanut butter, chocolate syrup, and salt together in saucepan. Stir in milk. Heat to serving temperature over moderate heat, stirring constantly. Pour into cups; top with dollops of whipped cream, if desired. Makes approximately 4-6 servings.

PEANUT CHEESE BAKE
 2 cups soft bread cubes
 1 1/2 cups shredded sharp cheese
 2 eggs
 1 cup milk
 Salt to taste
 1/8 teaspoon pepper
 1 can condensed cream of mushroom soup
 1/4 cup milk
 Combine bread cubes, peanuts, and cheese. Combine eggs, milk and seasonings. Pour liquid ingredients over dry ingredients.

and stir lightly. Pour into greased loaf pan. Set in pan of hot water. Bake in moderate oven (350 degrees F.) about 45 minutes, or until knife inserted in center comes out clean. Dilute soup with milk and heat. Serve as sauce. Makes 4 to 6 servings.

Local Teachers Are Elected

SHELBY—Mrs. Phyllis Allen, Mrs. Carolyn McWhirter, Mrs. Virginia Raymer, and Mrs. Valdare Shull, all of Shelby and local educators, have accepted a district level position of leadership in Educators for Holshouser, a state wide organization supporting Jim Holshouser in the Governor's race.

Mrs. Evelyn Tyler of Greensboro, a past State President of the Classroom Teachers Association, NCAE, is heading the campaign across the state.

"Jim Holshouser will make quality education his first priority as Governor," said Mrs. Tyler, "and it is time for all teachers and concerned parents to get behind this man."

REXALL 1¢ Sale

2 FOR MFR'S LIST PRICE OF 1 Plus a penny!

Some Rexall franchised stores sell some Rexall-brand products below manufacturer's list price. Look for these information cards throughout the store for your actual savings.

with BONUS BUYS at special low prices but not 2 for 1 plus a penny

BONUS BUY!
 New Trial Size!
MINUTEMAN CHEWABLE MULTIPLE VITAMINS
 Let your kids try 'em... they'll like the yummy citrus flavor!
 21's.
19c

BONUS BUY!
REXALL COTTON BALLS
 300's. Mr's List Price—69c
49c

BONUS BUY!
REXALL QUIK BANDS
 Special Value Pack!
 80 plastic strips in 4 ass't. sizes. Plain—Mr's List Price—79c
 Transparent—Mr's List Price—81c
59c each

BONUS BUY!
REXALL FOAMING BATH OIL
 Softens your skin. Quart. Mr's List Price—\$1.33
79c

BONUS BUY!
 New Trial Size!
REXALL SPRING GREEN MOUTHWASH & GARGLE
 Try it and see how fresh! 4 oz.
19c

REXALL MEDICINES
 2 FOR MFR'S LIST PRICE OF 1 PLUS A PENNY!

ALCO-REX RUBBING ALCOHOL
 Pint
 Mr's List Price—65c
2 for 66c

MILK OF MAGNESIA
 Plain or Mint; 12 Oz.
 Mr's List Price—81c
2 for 82c

BUFFERED ASPIRIN
 100's. Mr's List Price—\$1.21
2 for \$1.22

ASPIRIN
 10 gr.—100's
 Mr's List Price—\$1.29
2 for \$1.30

TIMED ACTION NASAL DECONGESTANT CAPSULES
 10's. Mr's List Price—\$1.43
2 for \$1.44

GLYCERIN SUPPOSITORIES
 Adults & Infants; 12's
 Mr's List Price—58c
2 for 59c

SACCHARIN TABLETS
 Bottles of 1000
 1/4 grain—Mr's List Price—\$1.12
 1/2 grain—Mr's List Price—\$1.33
 1 grain—Mr's List Price—\$1.85
2 for \$1.13
2 for \$1.34
2 for \$1.86

REX-SALVINE BURN SPRAY 5 Oz.
 Mr's List Price—\$1.74
2 for \$1.75

EYELO EYE LOTION 8 Oz.
 Mr's List Price—\$1.33
2 for \$1.34

REXALL TOILETRIES
 2 FOR MFR'S LIST PRICE OF 1 PLUS A PENNY!

REXALL SHAMPOO 7 Oz.
 Emerald Brite or Brite Conditioning
 Mr's List Price—\$1.03
2 for \$1.03

SHAVING CREAM 11 Oz.
 Lavender or Redi-Shave
 Mr's List Price—\$1.13
2 for \$1.14

LORIE TALC 14 Oz.
 Leaves you soft & fragrant!
 Mr's List Price—\$1.23
2 for \$1.24

NAIL POLISH REMOVER
 4 Oz.
 Mr's List Price—57c
2 for 58c

FAST HOME PERMANENT
 5 types
 Mr's List Price—\$1.96
2 for \$1.97

CARA NOME CLEANSING CREAM
 For Dry Skin 3 1/2 Oz.
 Mr's List Price—\$1.55
2 for \$1.56

FAST DANDRUFF TREATMENT SHAMPOO 8 Oz.
 Mr's List Price—\$1.33
2 for \$1.34

CARA NOME ANTI-PERSPIRANT & DEODORANT
 1 Oz.
 Mr's List Price—\$2.07
2 for \$2.08

BONUS BUY!
 2 FOR MFR'S LIST PRICE OF 1 PLUS A PENNY!
REXALL ASPIRIN
 Fast pain relief! 5 gr.—100's.
 Mr's List Price—81c
2 for 82c

BONUS BUY!
NEW! REXALL ULTRA CARE LOTION
 Softens & soothes extra-dry skin!
 Pint. Mr's List Price—\$1.49
INTRODUCTORY SPECIAL 88c

BONUS BUY!
REXALL HAND LOTION
 NEW TRIAL SIZE!
 Try this super-softener!
 3 1/2 Oz.
21c

BONUS BUY!
REXALL NEW AWAKENING LEMON SHAMPOO
 NEW TRIAL SIZE!
 Try it—you'll like the fresh lemon fragrance!
 3 1/2 Oz.
23c

BONUS BUY!
REXALL MONACET APC TABLETS
 Fast pain relief! 100's
 Mr's List Price—\$1.02
72c

BONUS BUY!
ONE SIZE ALL NUDE PANTY HOSE
 In 6 flattering shades. Mr's List Price—\$1.59
59c

BONUS BUY!
REXALL FACIAL TISSUES
 150's, 2-ply. White or colors.
2 for 39c

BONUS BUY!
LADIES' & MEN'S HAIR BRUSHES
 Ass't. styles with nylon bristles.
33c

BONUS BUY!
 2 FOR MFR'S LIST PRICE OF 1 PLUS A PENNY!
REXALL REDI-SPRAY DRY ANTI-PERSPIRANT DEODORANT
 24-hour protection against odor and wetness. 5 oz.
 Mr's List Price—\$1.23
2 for \$1.24

BONUS BUY!
 2 FOR MFR'S LIST PRICE OF 1 PLUS A PENNY!
REXALL HYDROGEN PEROXIDE
 3%—10 Vol. Pint.
 Mr's List Price—56c
2 for 57c

BONUS BUY!
 2 FOR MFR'S LIST PRICE OF 1 PLUS A PENNY!
REXALL MOUTHWASH AND GARGLE
 M-31 or Klonzio Pint. Mr's List Price—\$1.02
2 for \$1.03

BONUS BUY!
DOUBLE-SIDED 8" MIRROR
 With gilt-finished frame and stand.
99c

BONUS BUY!
PLASTIC RAIN BONNET
 Keep several handy!
4c

OCTOBER 5 through OCTOBER 14

KINGS MOUNTAIN DRUG COMPANY
 THE REXALL STORE THE CITY'S MODERN STORE
 739-2571 - 739-2572