

# Distaff DEEDS

By Jan Christensen

By M. E. GARDNER  
N. C. State University

It is time to quote another timely poem by Albert Mason, the Poet Laureate of Orleans County, N. Y.; and remind you about some safety rules when using —

**POWER MOWERS**  
New why should power mowers kick  
Just when you least expect it?

That starter rope looped round your thumb

Can beautifully dissect it. Sometimes they fly back like a mule. And loosen up your tartar; It almost seems misleading when

They call that thing a starter. I asked my wife to mow the lawn. And then did not remind her;

When she leaned down and yanked the rope.

It took two hours to find her in spite of all his vagaries. And tricks that frighten mother.

I still prefer that motor purr To push and grunt, or brither! Your power mower is a necessary and convenient piece of equipment for maintaining an attractive lawn but it can cause plenty of trouble if not properly used. Shoo the pets and children from the lawn area when you decide to give it a hair cut.

Take a look around for sticks, stones, toys, wire and other loose objects that could become deadly missiles if they strike the whirling blade of the mower.

Keep the mower in good running condition by proper maintenance at all times. A blade that is out of balance will cause severe vibrations and increase maintenance costs. Adjust the speed of the mower blade only fast enough to give a clean cut. Extremely high blade speeds are dangerous. Change oil after about 20 hours of mower use. An oil change is just as important for your mower as for your car, and it is the best insurance against motor wear.

Do not fill the gas tank while the engine is hot. A full tank at

**LESS FRUIT**  
Surprisingly, perhaps, Americans eat less fruit and vegetables than they use to according to North Carolina State University extension economists. Though most live in fruits and vegetables are available the year around, their use per person has dropped. Instead, we are buying more processed products, with frozen vegetables and citrus concentrates leading the way.

**FAST CHANGES**  
Things change fast in America, including eating habits. The traditional American breakfast of ham, eggs and — depending on location — grits has faded. Adults nowadays are likely to eat toast and coffee, while the children often prefer cereal and milk.

the beginning of mowing operations will usually take care of the average lawn.

If the mower becomes clogged, stop the engine and disconnect the spark plug wire before attempting to do any work underneath. Don't mow grass when wet from rain or heavy dew.

Keep the wheels adjusted. When they become wobbly, it will take more energy to push the mower. A drop or two of oil on the axles will help, too.

## Stenographer Course Offered

The Employment Security Commission is sponsoring a manpower training course at Cleveland Technical Institute for Stenographer under the Manpower and Development Training Act. This is to help individuals develop the skills in typing and dictation which are necessary to meet the current demands.

To qualify for the free training, you must be a high school graduate or equivalent with a desire to be a stenographer, and be unemployed or underemployed. This is a good opportunity for this year's graduates to gain skill and confidence.

The trainees selected may qualify for a travel expense or training allowance. This will be a nine-month course with all books and supplies provided at no cost to begin at once. Contact the local Employment Security Office to complete enrollment.

## Girl Scouts Are Advanced

Four Cadette Troop 4 Girl Scouts have advanced to the rank of First Class Scouts. They are Kelley Adams, Ann Leach, Beverly Lynch, and Ashley Plunk.

Merit badges were presented recently at a closing program. Girl Scout activities will be resumed in September.

Badges were presented to the following girls:

Kelley Adams - First, World Heritage, Challenge of Active Citizenship, Challenge of Emergency Preparedness, Challenge of Girl Scout Promise, and First Class.

Angella Bolin - Sports and Dressmaker.  
Norma Camp - Child Care.  
Kathy Crawford - Child Care, Good Grooming, First Aid, My Country, Sports, World Understanding, and Challenge of Emergency Preparedness.

Lynn Drumm - Child Care, Good Grooming, First Aid, My Country, Sports, World Understanding, and Challenge of Emergency Preparedness.

Ann Leach - First Aid, Challenge of Emergency Preparedness, Challenge of Girl Scout Promise, and First Class.

Beverly Lynch - First Aid, World Heritage, Challenge of Emergency Preparedness, Challenge of Girl Scout Promise, and First Class.

Lynda Lynch - Sports.

Sarah Maner, First Aid, Rock/Minerals, and Challenge of Emergency Preparedness.

Sherry Maddox - Sports.

Angela Mangum - First Aid.

Cindy Morrow - Good Grooming, Animal Kingdom - Insects, Mammal, Reptile & Amphibian.

Donna Moss - Child Care, First Aid, World Understanding, and Challenge of Emergency Preparedness.

Ashley Plunk - Challenge of Emergency Preparedness, Challenge of Girl Scout Promise, and First Class.

Charlotte Scism - Child Care, Good Grooming World Understanding.

Donna Whitaker - Animal Kingdom - Insects, Mammal, Reptile & Amphibian, Water Life.

The girls ended their Scout year with a trip to Carowinds.

Leaders are Mrs. J. D. Barret and Mrs. C. E. Dixon.

**TEMPORARY BACKACHE- RHEUMATISM-ARTHRITIS- RELIEF OF MINOR PAINS**  
For Guaranteed Relief with PRUVU Tabs or Your Money Back  
On Sale at:  
KINGS MOUNTAIN DRUG CO.

ALL SEATS 75c EVERYDAY 'TIL 4:30 P.M.

# JOY

SHOWS MON. TUES. WED. THUR. 3 - 5 - 7 - 9  
FRI. 3:00 - 4:17 - 8:21 SAT. 11:00 - 2:17 - 4:14 - 6:21 - 8:28  
SUN. 2:00 - 4:00 - 9:00

## HELL, UPSIDE DOWN

At midnight on New Year's Eve the S.S. Poseidon was struck by a 90 foot tidal wave and capsized

WHO WILL SURVIVE - IN ONE OF THE GREATEST ESCAPE ADVENTURES EVER!

THE POSEIDON ADVENTURE

LATE FLICKY TONIGHT & SAT. FRI. & SAT. 11:00 PM  
FOR ADULTS

"COOL BREEZE" RATED (R) ALL SEATS \$1.50

139-2176 DOWNTOWN KINGS MOUNTAIN

COMING NEXT WEEK - "BATTLE FOR PLANET OF APES"

## YOU'RE DOLLARS AHEAD WITH OUR LOW EVERYDAY PRICES

SAVE WITH WINN-DIXIE THE BEEF PEOPLE

# W-D BRAND FRYERS CUT UP-TRAY PACK

WHOLE 43¢ LB. 47¢

MEXICO TEXAS STYLE BISCUITS ... 2 5 CT. 23¢  
W-D EACH SLICE WRAPPED... AMERICAN  
SLICES ... 12 oz. 69¢  
FRESH & READY TO COOK WHOLE ... 14 LB. TO 1-LB. SIZES  
FLOUNDER ... 1 LB. 79¢  
KRAFT VELVEETA ... 2 LB. BOX \$1.39  
W-D THICK OR REGULAR ... SLICED  
BOLOGNA ... 1 LB. PKG. 79¢

W-D HANDI PACK GROUND BEEF \$3.99 5-LB. PKG.

W-D BRAND MEATY Drumsticks ... 1 LB. 79¢ W-D BRAND FRYER WINGS ... 1 LB. 49¢  
W-D BRAND FRYER THIGHS ... 1 LB. 79¢ W-D BRAND WHOLE FRYER LEGS ... 1 LB. 79¢  
W-D BRAND FULLY BONE CUT FRYER BREAST ... 1 LB. 99¢ W-D BRAND MEATY FRYER BACKS ... 1 LB. 19¢  
HICKORY SWEET ... 2 LB. PKG. \$1.55  
SLICED BACON ... 1 LB. PKG. 79¢  
LAYS BACON AND PORK SAUSAGE ... 1 LB. PKG. 79¢  
W-D CURED BEEF ... 50 FREE STAMPS ON EACH PACKAGE  
STEAKETTES ... 2 LB. BOX \$1.98

U.S. Choice W-D brand beef... why should you settle for less?

W-D BRAND U.S. CHOICE WHOLE BONELESS N.Y. STRIP LOINS 12-14-LB. SIZES \$1.99 LB.

W-D BRAND U.S. CHOICE BONELESS BOTTOM ... 20-25-LB. SIZES WHOLE ROUNDS "CUT AND FREEZER WRAPPED FREE" \$1.18 LB.

W-D BRAND U.S. CHOICE BONELESS "COOK-OUT SPECIAL" N.Y. STRIP STEAKS \$2.49 LB.

W-D BRAND U.S. CHOICE BONELESS BTM. ROUND BEEF ROAST \$1.39 LB.

W-D BRAND U.S. CHOICE BONELESS RUMP ROAST \$1.39 LB.

W-D BRAND U.S. CHOICE BONELESS N.Y. STRIP STEAKS TEN 8-oz. SIZE STEAKS \$12.49 5-LB. PKG.

If CASH can help with VACATION PLANS...

Call us. Today. Our budget planning experience can help you find a way for whatever you need or want. Vacation? Start planning. Home fix-up? Worrisome medical bills? Unexpected emergency? Count on us.

Want to clear up old bills and installment debts? That's good money management... the real key to the art of living. So—start living! Call us today or drop in anytime. We want to help—with CASH!

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124 W. GOLD ST.—GR. FL.—PHONE: 739-6441  
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Kings Mountain, North Carolina 28086  
Open Friday 'til 6:30, Wed. & Sat. 'til 1 PM

OLD DIZ CHARCOAL ... 20 LB. BAG \$1.19  
ALL FLAVORS - NO RETURN BOTTLES  
CHEK DRINKS ... 5 28-oz. BTL. \$1.00  
PURE VEGETABLE CRICO  
SHORTENING ... 3 LB. CAN 79¢

SHAMPOO ... TUBE \$1.19  
HEAD AND SHOULDERS FAMILY ... (VALUE \$1.59) 4-oz. CAN  
BLUE BAY CHUNK TUNA 6 1/2-oz. CAN 39¢  
PUREX BLEACH ... GALLON 39¢  
DIXIE DARING HAMBURGER OR WIENER BUNS ... 2 11-oz. PKGS. 49¢

**FROZEN FOODS**

ORANGE JUICE ... 6 6-oz. CANS \$1.00  
SHRIMP CHUNKS ... 2 1/2-oz. PKGS. \$2.99  
FANTAIL SHRIMP ... 2 1/2-oz. PKGS. \$3.99  
ECONOMY DINNERS ... 3 11-oz. PKGS. \$1.00  
STRAWBERRY SHORTCAKE ... 2 1/2-oz. PKGS. 99¢  
BREADED FLOUNDER ... 2 1/2-oz. PKGS. \$1.59  
SAUSAGE PIZZA ... 2 6-oz. PKGS. \$1.00  
PINK LEMONADE ... 6 6-oz. CANS 69¢  
FUDGE BARS ... 2 1 1/2-oz. PKGS. \$1.00

SUPERBRAND ... ALL FLAVORS  
**SHERBET** 2 HALF GALS. \$1.00

50% EXTRA GREEN STAMPS  
28-oz. 1/2 GAL. EQUINE STABLE CLEANER  
OFFER EXPIRES JUNE 16, 1973

50% EXTRA GREEN STAMPS  
6-oz. NOXZEMA REG. MENTHOL or LIME SHAVE CREAM  
OFFER EXPIRES JUNE 16, 1973

WINN-DIXIE COUPON  
**SAVE 40¢**  
MAXWELL HOUSE COFFEE  
AT MEN'S DISC  
WHOLESALE COMPANY 11-17  
10¢ PER 1/2 GAL. ONLY  
OFFER EXPIRES JUNE 16, 1973

ALL GRINDS ASTOR COFFEE 1-LB. CAN 69¢  
PURE VEGETABLE ASTOR SHORTENING 3-LB. CAN 69¢  
EXTRA FINE QUICK OR REGULAR JIM DANDY GRITS 5-LB. BAG 49¢  
THRIFTY MAID SUGAR 5-LB. BAG 49¢  
THRIFTY MAID PORK & BEANS 16-oz. CANS \$1.00  
DIXIE DARLING BUTTERMILK BREAD 24-oz. LOAVES 3 87¢

**WINN-DIXIE DOLLAR DAYS!**

LARGE JUMBO... WHITE, DECORATED, OR ASSORTED BOUNTY TOWELS 3 100 SQ. FT. ROLLS \$1.00  
THRIFTY MAID CALIFORNIA... LIMIT 4 WITH \$5 ORDER TOMATOES ... 6 16-oz. CANS \$1.00  
THRIFTY MAID CREAM STYLE OR WHOLE KERNEL... LIMIT 4 WITH \$5 ORDER GOLDEN CORN ... 6 16-oz. CANS \$1.00

MRS. FILBERTS ... QUARTERS MARGARINE 3 1-LB. PKGS. \$1.00  
THRIFTY MAID SLICED OR HALVES YELLOW CLING PEACHES ... 3 79-oz. CANS \$1.00  
THRIFTY MAID SWEET OR UNSWEETENED ORANGE JUICE ... 3 46-oz. CANS \$1.00  
ASTOR FRUIT COCKTAIL ... 4 16-oz. CANS \$1.00  
THRIFTY MAID MIXED VEGETABLES 5 16-oz. CANS \$1.00  
THRIFTY MAID SLICED CARROTS ... 5 16-oz. CANS \$1.00  
GERBER STRAINED BABY FOOD 10 4 1/2-oz. JAR \$1.00  
THRIFTY MAID TOMATO SAUCE ... 8 8-oz. CANS \$1.00  
THRIFTY MAID GREAT NORTHERN, NAVY, OR PINTO BEANS ... 8 15-oz. CANS \$1.00  
THRIFTY MAID BLACKEYES ... 8 15-oz. CANS \$1.00

THRIFTY MAID TOMATO OR VEGETABLE SOUP ... 10 10 1/2-oz. CANS 10¢  
ALL FLAVORS CHEK... PULL-TAB CANS DRINKS ... 12 12-oz. CANS \$1.00  
CRACKIN' GOOD DIP CHIPS OR POTATO CHIPS ... 2 10-oz. PKG. \$1.00  
THRIFTY MAID CUT GREEN BEANS ... 3 28-oz. CANS \$1.00  
VAN CAMP BEANEE WEENEES ... 4 7 1/2-oz. CANS \$1.00  
THRIFTY MAID EARLY JUNE OR LARGE SWEET PEAS 5 16-oz. CANS \$1.00  
THRIFTY MAID EVAPORATED CAN MILK ... 5 13-oz. CANS \$1.00  
THRIFTY MAID CHEK NOODLE, CHEK, W. RICE, or MUSHROOM SOUP ... 6 10 1/2-oz. CANS \$1.00  
THRIFTY MAID ALL FLAVORS PUDDING ... 2 4-CT. PKGS. \$1.00  
THRIFTY MAID JUICE ... 8 12-oz. CANS \$1.00

**HARVEST-FRESH PRODUCE**

LUSCIOUS WESTERN CANTALOUPE ... 2 FOR 99¢  
FANCY GOLDEN BANTAM CORN ... 8 EARS 69¢  
MEDIUM MILD YELLOW ONIONS ... 3 LB. BAG 59¢  
SMALL FANCY CUCUMBERS ... 5 FOR 49¢  
JUICY SUNSHINE MEDIUM MILD YELLOW LEMONS ... DOZEN 69¢  
ONIONS ... 5 LB. BAG 89¢

Winn-Dixie Dollar Days! Large Jumbo... White, Decorated, or Assorted Bounty Towels 3 100 sq. ft. rolls \$1.00  
Thrifty Maid California... Limit 4 with \$5 order Tomatoes ... 6 16-oz. cans \$1.00  
Thrifty Maid Cream Style or Whole Kernel... Limit 4 with \$5 order Golden Corn ... 6 16-oz. cans \$1.00  
Mrs. Filberts... Quarters Margarine 3 1-lb. pkgs. \$1.00  
Thrifty Maid Sliced or Halves Yellow Cling Peaches ... 3 79-oz. cans \$1.00  
Thrifty Maid Sweet or Unsweetened Orange Juice ... 3 46-oz. cans \$1.00  
Astor Fruit Cocktail ... 4 16-oz. cans \$1.00  
Thrifty Maid Mixed Vegetables 5 16-oz. cans \$1.00  
Thrifty Maid Sliced Carrots ... 5 16-oz. cans \$1.00  
Gerber Strained Baby Food 10 4 1/2-oz. jar \$1.00  
Thrifty Maid Tomato Sauce ... 8 8-oz. cans \$1.00  
Thrifty Maid Great Northern, Navy, or Pinto Beans ... 8 15-oz. cans \$1.00  
Thrifty Maid Blackeyes ... 8 15-oz. cans \$1.00  
Thrifty Maid Tomato or Vegetable Soup ... 10 10 1/2-oz. cans 10¢  
All flavors Chek... Pull-tab cans Drinks ... 12 12-oz. cans \$1.00  
Crackin' Good Dip Chips or Potato Chips ... 2 10-oz. pkg. \$1.00  
Thrifty Maid Cut Green Beans ... 3 28-oz. cans \$1.00  
Van Camp Beanee Weenees ... 4 7 1/2-oz. cans \$1.00  
Thrifty Maid Early June or Large Sweet Peas 5 16-oz. cans \$1.00  
Thrifty Maid Evaporated Can Milk ... 5 13-oz. cans \$1.00  
Thrifty Maid Chek Noodle, Chek, W. Rice, or Mushroom Soup ... 6 10 1/2-oz. cans \$1.00  
Thrifty Maid All Flavors Pudding ... 2 4-ct. pkgs. \$1.00  
Thrifty Maid Juice ... 8 12-oz. cans \$1.00  
Luscious Western Cantaloupe ... 2 for 99¢  
Fancy Golden Bantam Corn ... 8 ears 69¢  
Medium Mild Yellow Onions ... 3 lb. bag 59¢  
Small Fancy Cucumbers ... 5 for 49¢  
Juicy Sunshine Medium Mild Yellow Lemons ... dozen 69¢  
Onions ... 5 lb. bag 89¢