PAGE SIX

By JANICE CHRISTENSEN B. Settle, a member of the Elm economics agent.

county.

into a new brick house, near Reidsville, which they planned APRONS I and built in their spare time, ob-

But that story. Mrs. Settle and her three daughters decorated the seven "And

than half what another family adds Thelma McVea, home ecomay have paid for a similar nomics extension agent. house, the agent pointed out.

HANGING GARDENS A beautiful "hanging garden"

a special treat for friends and family who visit Loyce Lit-

ferns and flowering plants except junior petite where the from the limbs of a large shade change is one-half inch, says tree. The hanging garden, located ing specialist, North Carolina jutside the den window, adds State University.

HAVE YOU HAD YOUR **VITAMIN H TODAY?**

Don't tell us you have never heard of Vitamin H? What about Vitamin U? Or Vitamin P4? These are some of the "rare vitamins" which nevertheless play an important role in nutrition. Vitamin U for example is found in cabbages and is believed to be an anti-ulcer factor. Then there are vitamins B13, M and T. These may not be available on the shelves today, but in the future may play a part in disease treatment or prevention.

There is more to vitamins than you might think. So, do not take vitamin preparations indicriminately. Rely on expert advice.

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THE STORE DRUG COMPANY

THE CITY'S MODERN STORE

LARGER WAIST

Patterns made in the last few le of Richmond county. Miss Little, a retired school They are larger by one inch on tle of Richmond county. teacher, designed the hanging the basic body measurement garden by fastening containers of chart for all adult women's sizes

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serving as president of the North Carolina chapter, Association of Public Safety Communications Officers (APCO).

APCO Taps

Don Shields

FENDER-

PAPER

00-CT.

n

\$

29

U.S. CHOICE E-Z CAR

And the program has enthusiastically received. "I'm Ross Gregory's sure there would be quite a few complaints if w etried to take it away now," Mrs. Gibson mentioned.

Department of Art, Cultutre | hours a day by making a request J. Don Shields begins today erving as president of the North Carolina chapter, Association of Public Safety Communications Differers (APCO). What is to a variable of the state weight of

What do you need to know in answer to the patron's question she emphasized with a smile. kins, 2010 Midpines. a hurry? The North Carolina by relaying it to the IN-WATS She explained that they can al-

to Ars. Virginia Glbson, inter- genuine Equadorian shrunken noted. Hibrary services network librar- hear. Investigation determined So, any citizen of North Caro-

CANNED

39

GRADE 'A

ALMETTO FARM

EACH SLICE WRAPPED

Even though North Carolina ian, with answers gathered and that it is illegal to own, buy or lina with a need or desire for

GROUND BEEF 3 ... \$259

ALL BEEF FRANKS ... 148 98°

BEEF STEAKETTES ... 188 88°

BISCUITS 6 10-CT. 39°

BRAUNSCHWEIGER

W-D U.S. CHOIC

Mountain, and Mrs. Robert Johnson of Bessemer City; and five sons, Henry Gregory, W. T. Gregory, Eugene Gregory, all of Kings Mountain, Ross Gregory, Jr. of Gastonia and Floyd Gre-Funeral rites for Ross Gre- gory of Gastonia; 36 grandchild-Kings ren and eight great-grandchild-

Thursday, July 19, 1973

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CHOICE E-2

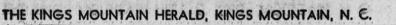
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59



Tar Heel Spotlight





