

SOCIETY COLUMN

Church in Winston-Salem recently after visiting Mrs. Payseur in the hospital. Dr. Church is a retired evangelist of the Western North Carolina United Methodist Conference and a former pastor here.

The United Methodist Youth of Central United Methodist church spent the day Saturday at Carowinds and had a good time. Counselors for this group, which meets at the church each Sunday evening, are Mr. and Mrs. Odell Norwood.

Young people of Dixon Presbyterian church spent the afternoon Sunday at Carowinds, with Mrs. James Childers accompanying the group.

The editor of this paper might be willing to lend you his copy of The Christian Science Monitor.

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New Dividend Set By Transco

An heiress recently married to an officer in the marines. Even to the rich a steady job is not to be sneezed at.

Sign on the door of a college basketball coach's office: "I'm busy but if you can see over the transom, come in."

Your children are growing up when they stop asking where they came from and start refusing to say where they are going.

This world is full of checks and balances. Just when you get to where menu prices don't matter calories do.

The average age of the world's great civilizations has been 200 years. These nations progressed through this sequence:

From Bondage to spiritual faith

From spiritual faith to great courage

From courage to liberty

From liberty to abundance

From abundance to selfishness

From selfishness to complacency

From complacency to apathy

From apathy to dependency

From dependency back again to Bondage.

In 19 years our United States will be 200 years old. This cycle is not inevitable . . . it depends upon YOU!

If a boat overturns or capsizes, stay with it, advises Don Costa, safety director of the Allstate Motor club. The flotation material in many small boats will keep the boat and its occupants afloat until help arrives.

9:13-10:11pd pants afloat until help arrives.

TAR HEEL KITCHEN

By MISS YORK KIKER
Marketing Home Economist

Long ago someone said it was time to take of cabbages and kings." Possibly cabbages are not considered royalty along with kings but are worthy or more talks and praise than they usually receive. Raw cabbage is a good source of vitamin C and some vitamin A which everyone needs. Cabbage is low in calories, yielding about 24 calories per 3 1/2 ounces raw, or 20 calories per 3 1/2 ounces cooked without seasoning. Smart shoppers know that cabbage is available year-around with fresh North Carolina commercial supplies available approximately nine months of the year. And the price is inviting.

North Carolina Department of Agriculture marketing specialists remind us that North Carolina has three seasonal commercial crops of cabbage. The spring season is primarily in the coastal counties from late April till mid-June. The summer crop is in the mountain counties with harvesting late June until early November. The late crops are in the coastal area with the season running usually from late October until late January.

When buying cabbage, choose solid, firm heads that are heavy for the size with fresh, crisp leaves and good color. Wash and dry call age heads, wrap in plastic film or other moisture proof covering, then store in the refrigerator. Cabbage properly handled and stored keeps well for several days.

Basic preparation of cabbage is quick and easy. Cabbage deserves (i. e. tender loving care) or it becomes unpleasant in order, color and digestibility. The old method of cooking cabbage a half day covered in water is about as out-of-date as traveling by horse and buggy.

Wash cabbage, cut or shred as desired. Remove center core and any damaged leaves. To boil wedges, put about 1 inch of water in a saucepan; add cabbage and salt to taste. Cook rapidly uncovered for a couple of minutes. Cover cabbage, lower heat, and cook for 8 to 10 minutes or until tender but crisp. Drain and season with butter, margarine, sour cream, or as desired. Weight watchers may settle for salt and papper. Caraway seeds sprinkled on top give an appealing taste.

Shredded cabbage can be prepared in a similar manner but requires slightly less water and shorter cooking time.

Other cabbage recipes follow which are world trying.

HOT WILTED CABBAGE SALAD

- 3 slices bacon
- 1-4 cup chopped onion
- 2 1/4 teaspoons vinegar
- 2 tablespoons water
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1-8 teaspoon pepper
- 1 small head North Carolina cabbage, shredded (about 4 1/2 cups)

1 North Carolina apple, pared, cored, and finely chopped (1 cup)
In skillet, cook bacon till crisp; drain, reserved drippings. Set bacon aside. Add onion to dripping; water, sugar, salt and pepper; bring to boiling. Add cabbage and apples; toss to coat. Sover and cook over medium heat for 5 minutes or till cabbage is just wilted. Crumble bacon over top. Yields 4 to 6 servings.

EARLY CABBAGE CASSEROLE

- 7 cups shredded North Carolina cabbage
- 1 cup boiling water, approximately
- 1 cup grated Cheddar cheese
- 1 can cream celery soup
- Crushed potato chips or crackers

Cook cabbage just enough to keep from sticking, approximately 7 minutes in boiling water until wilted. Drain; place in buttered casserole in alternate layers with cheese and soup. Garnish top with crushed potato chips or crackers. Cover and bake at 350 degrees F. for 20 to 30 minutes. Yields 8-10 servings. Note: An even simpler and similar recipe uses shredded North Carolina cabbage, celery soup, and your favorite cheese or plain crackers. Alternate layers in greased casserole beginning and ending ending with crumbled crackers.

BEST VEGETABLE SLAW

- 1 large North Carolina, chopped or shredded
- 1 large green pepper, chopped
- 1 large onion, chopped or sliced into rings.
- 1 small jar pimento (optional)
- 1 cup sugar
- 1 cup vinegar
- 1 teaspoon salt

Mrs. Dellinger's Rites Conducted

Funeral rites for Mrs. Annie Mayhew Dellinger, 71, of route 4, were conducted Saturday afternoon from Patterson Springs Baptist church, interment following in the church cemetery.

Mrs. Dellinger, widow of James Franklin Dellinger, died Friday morning at her home after illness of several years.

Rev. Julius H. Lee and Rev. L. D. Scruggs officiated at the final rites, and interment was in the church cemetery.

She was daughter of the late Mr. and Mrs. Ervin Mayhew and a member of Patterson Springs Miss Nora Dellinger of Kings Baptist church.

Surviving are one daughter, Mountain; two brothers, Paul Mayhew of Earl and Pink Mayhew of Kings Mountain; and two sisters, Mrs. Lula Camp of Patterson and Mrs. Ida Mae Strickland of Shelby.

Be sure to check the gas supply before taking the boat out, reminds Don Costa, safety director of the Allstate Motor club. It will prevent some highly dangerous situations and save the embarrassment of being towed ashore.

Conscientious boatmen are concerned about the effect of their wake on other boats, docks, moored vessels and shore property, advises Don Costa, safety director of the Allstate Motor club. The water is no place for careless or inconsiderate actions.

Bicycle accidents in 1972 caused 1,000 deaths and more than 102,000 injuries, according to statistics released by the Travelers Insurance companies.

Area Students Enroll At Abbey

Three students from the Kings Mountain area have enrolled at Belmont Abbey college for the first semester.

They are Larry Deon Smith of Gastonia, a transfer student and a graduate of Kings Mountain high school; Donald William Pruitt, the husband of Rhonda Pruitt of 511 Rhodes Avenue, Kings Mountain, who is a transfer student and also a graduate of Kings Mountain high school; Michael Eugene Thoms, the son of Mr. and Mrs. Leo Thoms of 316 W. Ridge, Kings Mountain, a freshman at the Abbey and a graduate of Kings Mountain high school.

In 1971, nearly 416,000 Federal employees — about 20 per cent of the total — were women 40 years of age or older, according to the U. S. Civil Service commission.

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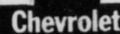
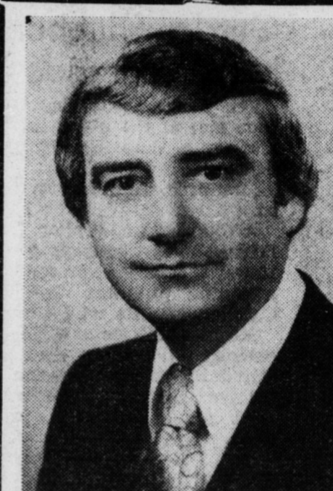
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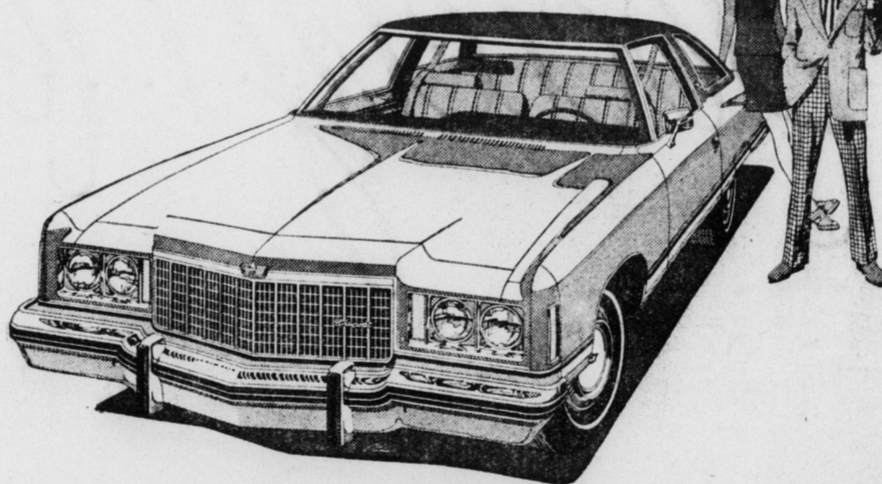
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