

## Mt. Pleasant Community

by Betty Blanton

Baptist Women met at the home of Mrs. Shull Whitaker on Tuesday evening. Mrs. Ranny Blanton presided over the meeting. Mrs. Ethel Ray, Mission Action Chairman, presented several projects to the group and they accepted them for the month of June. Mrs. Ronald McSwain had charge of the very interesting program on "Listening Is Witnessing." At the close of the program, Mrs. Whitaker served very tasty refreshments.

The youth of the church enjoyed Youth Discipleship on Tuesday evening at the church. Mari Wiles, youth director, led this discussion. She reports good participation by the youth.

In the absence of the pastor, Rev. McSwain, David Brooks conducted the Bible Study for Wednesday evening services. This time was well attended and David did a good job with the study.

Grades 1-3 enjoyed games and recreation on Thursday with Mari Wiles directing them.

Mari Wiles spent Friday with her college roommate, Beverly Ratan in Asheboro. They enjoyed visiting with friends, shopping and just being together. Beverly is working at Camp Caraway this summer and will be attending Mars Hill College this fall.

The Ranny Blantons spent Friday in Graham as guests of Mr. and Mrs. John Cashion, Jr. and Cory Slack. They went especially to see Mr. Cashion who is recuperating nicely after undergoing surgery several weeks ago.

Mr. and Mrs. Jim Walker and family and Mr. and Mrs. Jimmy Hamrick and family along with guests Randy Webber and Tracy Hooper, spent last week near Myrtle Beach at the Ocean Lakes Camp Ground.

The Shull Whitakers spent the weekend at Lake James with the Howard and Vaughn Whitakers. This was the first time the Whitakers had been together overnight in thirty-three years. They certainly enjoyed the time together.

On Saturday, Maridee Spearman of Summerville, S.C. and Tuxedo, N.C. visited with Mari Wiles in the Blanton home and enjoyed a Fast Moving Soft Ball Game of the youth at the ball field before departing for Greystone Camp in Tuxedo where she is a counselor.

Rev. J.E. Bishop conducted the services on Sunday in the absence of Rev. McSwain. The lovely floral arrangement in the sanctuary on Sunday was presented in memory of Mrs. Annie Bridges by the Men's Class of which her son, Claude, is a member.

We extend community sympathy to Jim Walker in the death of his grandmother, Mrs. Eliza Walker of Shelby, and to the family of Eugene Dobbins in his death on Saturday.

## Prospect Community

by Mrs. Broadus McGinnis

The brothers and sisters of Charles Hamrick of Gaffney honored him Saturday night with a birthday supper at his sister's, Mrs. Velma Lemaster, home in the Grassy Pond Community.

Mrs. Gracie Willingham, Kathy Willingham, Mrs. Adelaide Humphries and Mrs. Ocie Elmore visited Tuesday with Mrs. Broadus McGinnis.

The Vacation Bible School is in progress this week at Prospect Baptist Church. The school will be held Monday through Friday from 6 to 8 p.m. each evening.

Mrs. Bobby Barnes and Lesia visited Saturday with Mrs. Hubert Martin in Gaffney.

Mrs. Eller West of Cherokee County spent Sunday with Mrs. Annie Jolley and Louise.

Weekend guests of Mrs. Gizzie Harmon were Mr. and Mrs. Arthur Hutchens of Charlotte.

Mr. and Mrs. Wilford Harris of Hickory spent the weekend with Mrs. Arthur Harris.

Visitors last week of Madison McCraw and sisters were Mr. and Mrs. C.Q. McCraw of Cherokee County, Mr. and Mrs. Gene Matheny and Genia of Shelby, Mrs. Ellice Vassey of Chesnee, Paul McCraw of Winston-Salem and Lowell Ellis.

Mr. and Mrs. Forrest Jones visited Tuesday with Mrs. Myrtle Blanton in Crawley Memorial Hospital.

Sunday visitors of Mrs. Minnie Scruggs were Mr. and Mrs. Wade Bridges of Mooresboro, Mrs. Tom Moss of Mt. Sinai and Nickey Hamrick of Shelby.

Mrs. Stella Scruggs ate dinner Sunday with Mr. and Mrs. D.B. Scruggs.

Mr. and Mrs. Ira Elmore visited Sunday Mr. and Mrs. Frank McGinnis and Mrs. Clara McGinnis in Cliffside.

Mr. and Mrs. Alfred Simmons of Mooresville were recent guests of Mr. and Mrs. W.H. Wood, Mr. and Mrs. Neb Martin of Cherokee Creek were Monday visitors.

## More Options In Fashions Than Ever Today



Dresses were never more exciting than they are this season—no matter which way your fancy turns.

Most important for a contemporary miss are the wondrously different looks she can latch on to, offered by leading dress manufacturers. "Today, you want more fashion options," advise experts. "You want your choice of the best possible worlds in Fashionland."

It's interpreted here in "Victoria", an irresistible feminine new dress line featuring soft, silky georgettes lavished with vintage-looking lace. Drifty sheers, rich velvets and tapestries offer more options. Just a few of the many delicate touches: ruffles, tucks, flounces, embroideries. Yesterday's charm plus today's fashion savvy. It all adds up to "Victoria" look of innocence merged with sweet sophistication. Yet "only the look is expensive."

And the beat goes on—options in styling and beguiling



all over the gamut. Famous-line labels like "Vicky Vaughn" and "Toni Todd", photographed here, understand a female heart and give consideration to her pocketbook, too. In a gypsy gadabout mood? Feeling folkloric? Ready for "Vicky Vaughn's" flirty French schoolgirl look? Hanking for the classics, too—like "Toni Todd's" super



sweatdressing and jacket-dresses that go jauntily from desk to dawn? They're right at hand now, the fashion pros remind you, as is a wide range of the new season's rich colors, fabric excitement and variety of soft shapes. So name your fantasy, then trip on over to your favorite "more-options" fashion shop—and see it come true.

## LOW SODIUM DISH IS HIGH IN DELICIOUSNESS



Table salt, chemically sodium chloride, is about 40 percent sodium. While it plays an active role in many important physiological functions, many health professionals believe Americans consume far too much sodium.

In the past year, the U.S. Department of Agriculture and the U.S. Department of Health and Human Services issued joint dietary guidelines advising Americans to "avoid too much sodium." The Senate Select Committee on Nutrition and Human Needs proposed a dietary goal of 5 grams of salt per day, the equivalent of 2 grams of sodium. Americans currently consume 6 to 18 grams of salt per day, much greater than the physiological need.

Cutting down on our sodium consumption does not mean that our diet will become bland and lifeless. Judicious use of spices, herbs and other low-sodium ingredients means that we can keep the sparkle in our meals.

The Cashew Chicken recipe suggested here is a good example of a low-sodium dish that is high in taste appeal. Planters® Dry Roasted 20 to 25 minutes, or until Unsalted Cashews add their

own distinctive flavor to make Cashew Chicken anything but bland.

**CASHEW CHICKEN**  
Makes 4 servings

- 2 eggs
- 1/4 cup unsifted flour
- 1 tablespoon sugar
- 1 tablespoon water
- 2 teaspoons dry sherry
- 2 whole chicken breasts, skinned, boned and divided
- 1 cup finely chopped Planters® Dry Roasted Unsalted Cashews
- 1 cup Planters® Peanut Oil

Beat eggs slightly. Add flour, sugar, water and dry sherry; beat until smooth. Dip chicken pieces in egg mixture and then coat with chopped Planters® Dry Roasted Unsalted Cashews. Place on wax paper. Chicken may be covered and refrigerated until just before serving.

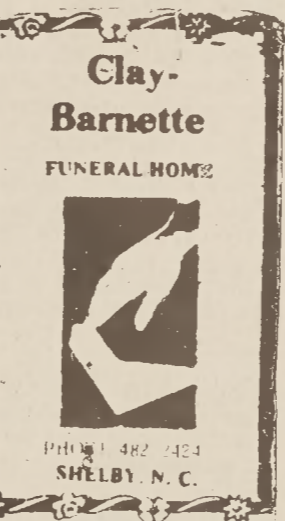
Heat peanut oil in a large skillet over high heat to 375°F. Brown chicken in hot oil for 2 to 3 minutes, or until lightly browned. Drain on paper towels. Transfer to shallow baking pan and bake at 325°F. for 20 to 25 minutes, or until done.



A LONG DISPUTE MEANS THAT BOTH SIDES ARE WRONG  
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