

NEWS NOTES

DAR Meets At Cowpens Battleground

The Battleground at Cowpens, South Carolina, was the setting for the Oct. meeting of the Flint Hills Chapter, NSDAR. Program topic was "The Battle of Cowpens Gave Hope for a Developing Nation."

Members walked the trail of the Battle which was fought January 17, 1781, between about 1100 British under Col. Banastre Tarleton and about 1,000 Americans under General Daniel Morgan, and was won decisively by the Americans. A part of the trail, in a dense wooded area known as Greene Road, has been kept nearly as it was when the Battle was fought around this road. It was pointed out that the Continental Army was prepared and ready and that this victory was one of the turning points in the Revolution in the South, the War having moved back north to Yorktown, Pa., in the fall of that year. Through the use of relief maps and lights the Battle was re-enacted. Weapons used, including rifles, cavalry swords and swords used by the Highlanders, were on display, along with portraits of Col. Tarleton, General Daniel Morgan, and General Nathaniel Greene who was given command of the Southern Revolutionary Army and in 1781-82 conducted a notably successful campaign against the British in the Carolinas and Georgia.

Mrs. Robert L. Sweezy, Regent, presided over the meeting and the Ritual was led by Miss Betty Hamrick, Chaplain. Projects for the year were discussed, including the annual Sell-A-Thon to be held on Saturday, Nov. 21, this year.

A picnic lunch was carried along and enjoyed by everyone attending.

United Fund Campaign Drive Underway

The United Way campaign of Cleveland County is underway this week with the theme "You Make the Difference" and a goal of \$436,895.53.

Mrs. Kathryn Hamrick, division chairman of the campaign in Boiling Springs and surrounding areas, announces that this year's goal for our area is \$2,250, of which \$1,732 has been raised.

Employees of Crawley Memorial Hospital completed their United Way campaign and raised \$1,511 with 63 full and part time employees contributing an average gift of \$24.00.

The following volunteers are contacting 43 other businesses in our area for the United Way: Bill Elliott, Richard Greene, Frederick Hamrick, Jane B. Hamrick, T.W. Martin, Rodney Nolen, Johnnie Mae Ware, and J.B. Williams. Last year 30 of the local businesses that were contacted contributed to the United Way.

There will be no door-to-door residential campaign in our area. However, letters have been mailed to residents who are either self-employed or retired.

United Way supports 27 human service agencies, 17 of which are local. The Boiling Springs Rescue Unit will receive \$13,000 from this year's Cleveland County United Way budget. Only 5% of the funds are spent for the cost of the campaign and the administration of the funds.

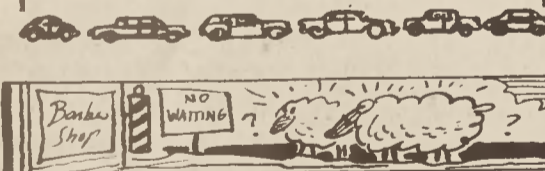
Memory Lane



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TIM'S AUTO TIPS

WHEN BUYING GAS AT SELF-SERVE stations, don't fill the tank too fast or all the way to the brim to prevent spillage.



Some people believe that Wednesday is a good day for sheep to get a haircut, but not people!

INFLATION: "Being broke with a lot of money in your pocket." Pauli Brussell

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PROTECTING YOUR HEART

30 Minute Skillet Dinner

The fast pace of life today has cut meal preparation time to a fraction of what it used to be. Women are spending more hours outside the home working, involved in community activities or pursuing hobbies and special interests.

Modern conveniences in food and equipment have made it possible for today's homemakers to spend less time in the kitchen. However, packaged or frozen meals can get pretty dull and are often expensive in terms of dollar value.

Recipes for quick, one-dish meals are a real treasure offering convenience combined with home-cooked flavor. Flounder Skillet, for example, unites fillets, sliced potatoes and frozen green beans for a hearty and flavorful dish. Perfect for busy-day dinners, fish cooks in minutes and it is high in protein, low in fat, ideal fare for the cholesterol-conscious.

In keeping with this concern for the kind of fat in our diets, Flounder Skillet is prepared with Fleischmann's Corn Oil Margarine. Studies indicate that corn oil is unsurpassed among vegetable oils in lowering serum cholesterol.

This unique skillet dinner offers good taste and nutrition in a 30 minute meal.



FLOUNDER SKILLET

- 1/2 cup (1 stick) Fleischmann's Corn Oil Margarine
- 1 tablespoon dill weed
- 2 cups thinly sliced potatoes
- 1 cup sliced onion
- 1 package (9-ounce) frozen green beans
- 1 pound flounder fillets
- 1/2 cup water
- 1/4 cup lemon juice
- 3/4 teaspoon salt
- Pepper
- Lemon slices

Melt 1/4 cup corn oil margarine in skillet; stir in dill weed. Layer potatoes, onion and green beans in skillet; top with flounder. Sprinkle water, lemon juice, salt and pepper over top. Dot flounder with remaining 1/4 cup margarine. Cover; reduce heat and let simmer until potatoes are done, about 20 minutes. Garnish with lemon slices. Makes 4 servings.

Ideas for Interiors



Deborah Kunstler, ASID

THE GLITTER OF GLASS

Designers use mirror throughout homes and apartments to open up spaces. Mirrored walls also give you an entirely different look and add a new perspective.

If your dining room is small, putting mirror on one wall will enlarge it instantly. For a traditional look, use squares or rectangular pieces with beveled edges. For a modern look, larger sheets of mirror butted up to one another works better.



Guests will appreciate a mirror in the foyer.

A mirrored ceiling can enlarge a small bathroom or foyer, turn a bedroom into a palace and make a walk-in closet look like an elegant dressing room.

To fill up an empty corner in your living room, place several large, important-looking plants in front of a mirrored screen. Because of the reflections, those few plants will take on the look of a jungle. Another trick with plants and mirror: make or buy a tall mirrored pedestal, about 4 1/2 feet high, and place a beautiful plant in an unusual container on top and again, you can have a lot of drama for a small amount of money.

If your budget can take it, you'll achieve more fascinating results with

mirror than with any other architectural detail. But beware! Like any good idea, mirrors can be overdone.

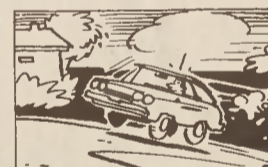
ENERGY BRIEFS

Tips on saving fuel and money from experts at Mobil 1, a motor oil that saves gasoline.

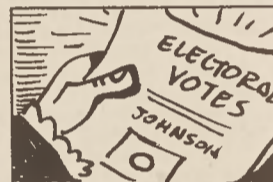
BETTER MILEAGE

At current prices, high gas consumption is a drag—and drag is a cause of high gas consumption.

Check your automatic brake adjusters: improper operation can create brake drag and increase fuel consumption.



You'll have more get-up-and-go if you cut down on drag.



In 1836, Richard Mentor Johnson became the only U.S. vice president ever elected by the Senate. He failed to get enough electoral votes to take office. He served with Martin Van Buren.

CALORIE COUNTDOWN

BY SUSAN DUFF

THE LITTLE THINGS... The big and basic rule of losing weight is to eat less calories than your body uses up in activity. Unfortunately, remembering that is a lot easier than accomplishing it. But there are little things to remember that will help you achieve the larger goal.

1. Try not to eat after about six in the evening. Midnight munching is hard on your system—the food just sits in your stomach while you sleep, using only about 25 calories an hour. Evening hunger is an easy habit to break; if you just don't give in to it for two or three days, you'll find it goes away.

2. Make steamed vegetables by creating your own favorite yogurt sauces. A quarter cup of low-fat yogurt has only about 40 calories, and the spices you add have none. Try adding cumin, dill, cilantro, fresh parsley, garlic, fresh ginger or coriander. Add spices to taste and stir them into the yogurt with a drop or two of lemon juice.

3. If you can cut out sugar entirely for one week, you'll find you are no longer tempted by it. I find that just one little cookie or bite of cake not only increases my appetite in general, but also makes me crave more sugar. Once I've made it through five days without sugar, I can walk right by a bakery and not be interested.

4. Social occasions are the hardest times to stick to your diet even when you're highly motivated. Don't be too hard on yourself when you slip up and be very proud of yourself when you can make it through dinner at a friend's house without eating lots of bread and a big serving of dessert. Observe yourself carefully in social situations. You can learn a lot about your dieting behavior that way, and you can apply what you learn next time. For example, a glass of wine before dinner increases your appetite so next time you'll have your wine with dinner.

5. Avoid becoming overly frustrated and depressed when even your best diet efforts don't seem to work. I recommend daily weigh-ins because it helps you avoid big weight gains that you might not otherwise be aware of. But in the morning scale reading of body weight doesn't always reflect exactly how faithful to your diet you were the day before. Hormone changes, water retention, even having a cold can make your weight go up. Be patient, it will go down again if you stick to it.

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Glamour Talk by Joy

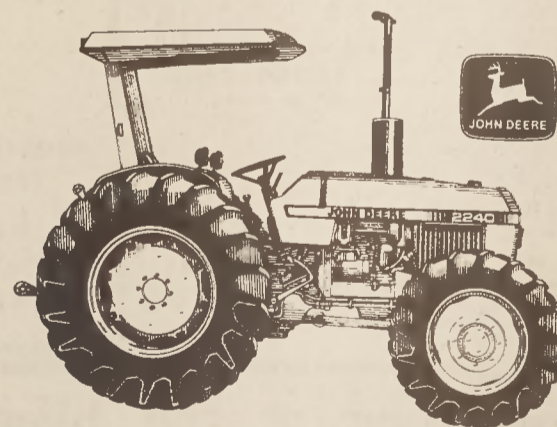
Be the natural woman. Don't try to imitate other women. Be happy being yourself and bring out the best that's in you with rest, exercise, makeup—enjoy life.



The fastest bird alive is called, appropriately, the swift. It is capable of speeds of more than 200 miles per hour.

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So act now and save. It's your gain.

*This finance offer may be withdrawn at any time.

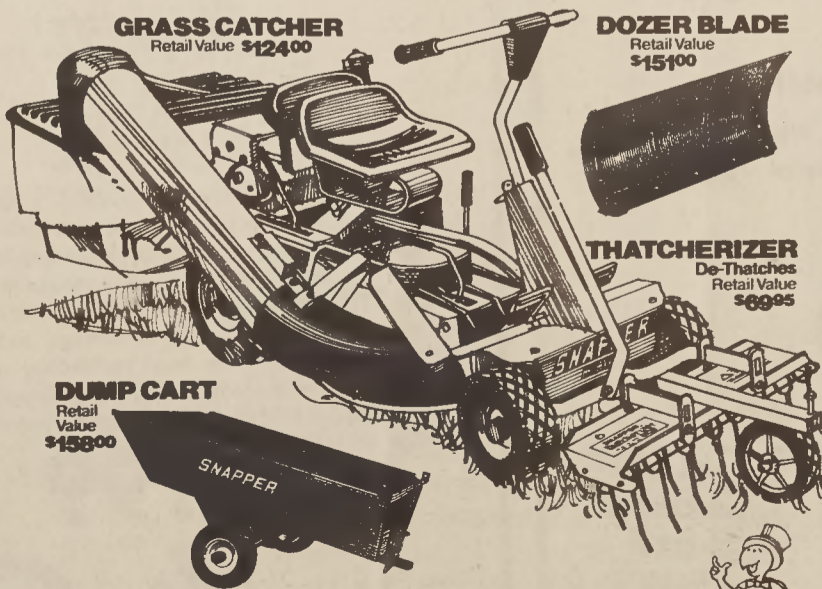
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