

"Our Best" Recipes

1 egg
 1/2 cup sugar
 1/2 tsp. salt
 1 1/2 cups pumpkin
 1 cup flour
 1 tsp baking powder
 1/4 tsp. soda
 2 tsp. pumpkin spice
 1/2 tsp ginger
 1 tb. margarine melted
 1 tsp. vanilla
 confectioners sugar

PUMPKIN FRITTERS

Beat eggs, sugar and salt until fluffy. Blend in pumpkin. Stir in dry ingredients. Fry in deep fat. Roll in confectioners sugar if you desire.

Rosina Hamrick
 Boiling Springs



CALORIE COUNTDOWN

BY SUSAN DUFF

CUTTING CALORIES FOR THANKSGIVING

Facing the big meal on Thanksgiving Day is no easy feat even for the most careful dieter. The way to celebrate Thanksgiving, after all, is by eating. Don't get too discouraged, though. Just plan ahead, face the meal with the right mental attitude, don't let anyone force on you high calorie foods you really don't want and keep in mind some of these calorie-trimming ideas:

Begin by having only two slices of white meat turkey. Two slices, or four ounces, of white turkey meat amounts to about 200 calories without the skin. Separate any skin or fat from the meat before you eat it. Four ounces of dark meat has 230 calories and 30 extra calories might not seem that much, but when you're facing a feast like this one, you'll want to cut out the extras.

If gravy isn't a must for your enjoyment of turkey, skip it. If it just isn't Thanksgiving without a bit of giblet gravy, limit yourself to a quarter of a cup, 40 calories. (A quarter of a cup is two scant ladelful.)

The lowest calorie stuffings are corn bread or chestnut varieties, about 78 calories per half cup. Limit yourself to one serving of this amount —

sweet potato (155 calories) and don't add butter.

Other vegetable dishes are good choices for dieters. Baked winter squash has 130 calories per half, or per cup if it's mashed. But make sure no butter is added to mashed squash dishes — that doubles the calorie count. Another holiday treat, creamed onions, is a pretty good diet choice, too, if you limit quantity: have only a half cup at 80 calories.

Fill up on green salad if you can, but avoid the dressing and use lemon juice instead. A cup of salad with lemon juice amounts to only about 35 calories. Avoid bread and rolls, of course, if you're

having dressing, but if you give up the stuffing, treat yourself to a small roll or piece of bread and add on about 60 calories. A four-ounce glass of white wine is a nice addition and only adds 95 to 100 calories. You can do it if you watch your portions and calories. If you happen to get into the holiday spirit and slip up just a bit, try to make the day at least a weight-maintenance one.

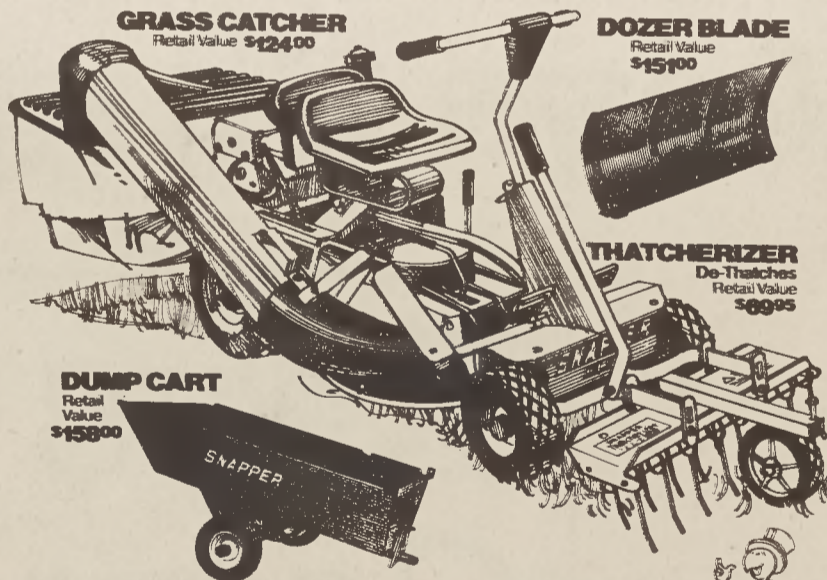
SLAPSTIX
 TOMCATS DO LIGHT MOUSEWORK
1981, McNaught Synd.

434-2227
 LADD W. HAMRICK FUEL SERVICE, INC.
 Distributor
 HOME HEATING SERVICE
 KEROSENE FUEL Oil
 AUTOMATIC CAR WASH
 SELF SERVICE GAS
 E. COLLEGE AVE. BOILING SPRINGS, N. C.

SNAPPER BONUS DAYS

Purchase any Snapper riding mower and choose one FREE attachment.

Visit your neighborhood Snapper dealer today. Bonus days will end soon. The reason to buy is growing.



C. J. Hamrick & Sons, Inc. **SNAPPER**
 Boiling Springs, N. C. VERSATILE VALUE

Look one of the biggest portrait packages ever.



\$5.00 Deposit
 Balance Due When Picked Up
 No Extra Charge For Groups
 No Age Limit

Only **\$14.95**

6 DAYS A WEEK Mon. - Sat. 1-11x14
 Hours: 9 - 6 2-8x10
 3-5x7
 15-WS

DAVIS STUDIO

Main St. Phone 434-7898 Boiling Springs, N. C.

To Show Our Appreciation To Our Customers For Their Patronage During Our First Year Under New Management, We Are Having A 1-Year Celebration Sale

10% Off
 (All Purchases Over \$1.00).

(Excluding Medicaid Prescriptions)

Nov. 18-28

Boiling Springs Drug Co., Inc.

101 South Main Street

Boiling Springs, N. C. 28017

Virginia H. Harris, Pharmacist

D & S Cafeteria Forest City

Open 11-2 p.m. 4:30-8 p.m.

Mon.-Sat.

Sun. 11 a.m. 2:30 p.m.



Now booking holiday parties!

Private Dining Rooms

Home Cooked Meals

10% Off to Senior Citizens

Thurs. Senior Citizen Special

1 meat, 2 vegetables, roll, bev. \$1.99

Fri. All You Can Eat Special

Trout Fillet, hushpuppies, slaw,

french fries

\$2.99

Call 248-2195