

## Books For Gardeners

"Keeping the harvest" is a practical book for the home gardener who wants to put some of autumn's bounty away for later use. Inside this garden way book is the basic information needed to start canning . . . drying . . . freezing and pickling . . . Along with sections on making jams and jellies . . . And putting food in a root cellar.

(Keeping the harvest, by Nancy Chioffi and Gretchen Mead. Garden Way Publishing, \$7.95. 209 pages)

"The complete greenhouse book" lives up to its name. Inside this massive trade paperback are instructions on how to build and what to grow in a greenhouse . . . along with all the other information one might need to make use of such a structure.

(The Complete Greenhouse Book, by Peter Clegg and Derry Watkins. Garden Way Books, \$10.95. 280 pages.)

How to identify and deal with pesky insects in simple with "The Bug Book" from Garden Way Books.

(The Bug Book, Harmless Insect Controls, by Helen and John Philbrick. Garden Ways Books. \$5.95. 124 pages.)

Marc Rogers uses a new Garden Way Book to show how folks can grow more of what they like from what they already have in their gardens. "Growing and saving vegetable seeds" is an economical guide to getting more out of your garden for years to come . . . for next to nothing.

(Growing and saving vegetable seeds, by Marc Rogers. Garden Way Publishing, \$7.95. 140 pages.)

Probably the best one-volume gardening book on the market today is "Down-To-Earth Vegetable Gardening Know-How," by Dick Raymond.

Garden Way Publishing's classic provides dozens of little-known methods for turning brown earth into bushels of delicious vegetables.

(Down-To-Earth Vegetable Gardening Know-How, By Dick Raymond. Garden Way Books, \$7.95. 140 pages)

# Half Of Women Over 65 Are Widows

Life is made up of changes. One sad change faced by many North Carolina women is that of widowhood, says Dr. Leo Hawkins, extension human development specialist, North Carolina State University.

Fifty percent of all 65-year-old women across the nation are widows. Only nine percent of men between the ages of 65 or 75 are widowed, but 23 percent of men over 75 have lost their spouse. Women are

much more likely to be the surviving spouse because men have a higher death rate at all ages and often marry a woman who is younger.

A research survey of widows aged 34 to 74 revealed that,

regardless of age, two-thirds of the women "had never considered the possibility of becoming a widow." As a result there are thousands of widows who have to struggle with many economic decisions



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