

If It's

BED SPREADS

See Those At The

MOUNTAIN INDUSTRIES

Mrs. Uriel Patterson has returned to Shelby after spending a week with Dr. and Mrs. Lewis H. Keller.

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Hugh Eargle of Clinton, S. C. is visiting his brother, C. M. Eargle.

Mr. and Mrs. Russell Mundy and daughter, Miss Billy Joe, of Lenoir are visiting Mr. and Mrs. Lloyd Bolinger.

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Mr. and Mrs. Horace A. Miller of Mt. Vernon, Iowa are visiting Mr. and Mrs. Grant Miller.

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Dr. and Mrs. B. C. von Kahlden sailed from Europe about the 19th and are expected in Tryon the latter part of this week.

One quart of milk supplies about the same amount of bodily energy as 9 eggs, or 3-4 pound beefsteak, or 4-5 pound chicken, or 6 1-2 oranges, or 2 pounds potatoes, or 3 pounds string beans. All of these foods build health and are important in the diet. The comparison merely brings out the essential part that milk plays in contributing fuel or energy to the diet.

PHONE

JOHNSTON'S DAIRY
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