



SPOT-O-GOLD WINNERS — J. D. Taylor, at right, manager of Harris Super Markets of Kings Mountain, is pictured presenting Spot-O-Gold cash prizes of \$100 each to Mrs. Gerald Lee, left, Mrs. J. Robert Champion and Mrs. Melton Kiser, right. The promotion is sponsored in all Harris Super Market stores with cash dividend cards presented on visits to the store and prize drawings held.

indigestion. That's why we call it "common."  
"There are various forms and degrees of indigestion," says a publication of the American Medical Association.  
Food poisoning is a dramatic, extreme type in which the stomach contents are evacuated by violent vomiting.  
It isn't natural to take some form of antacid as a part of digestion, the AMA publication declares.  
The natural digestive process is such that there is a balance that does not require our getting into the act with the bicarbonate bottle. Such dosing has two drawbacks: First, we are "treating" ourselves in an aimless way without knowing what really is wrong; second, we are interfering with natural digestive processes which may result in undesirable side-effects such as constipation or perhaps even an imbalance of electrolytes (minerals) in the blood and body fluids.

**STRICTLY FRESH**

It is said that few people will get dizzy from doing too many good turns.

Living conditions are improving so much in the United States that we're



running out of humble beginnings for our great men.

A man with a level head didn't get it from butting into other person's business.

Chances are you are getting old if you look at the menu without first looking at the waitress.

**Health And Safety Tips**

Glaucoma causes more than 12 per cent of all blindness, and it is estimated that one of every 50 persons over the age of 40 has the disease. There are at least a million Americans who have this serious sight-robbing disease and don't know it.

Glaucoma is produced by a buildup of pressure in the eye accompanied by an imbalance and impairment of the flow of eye fluids. What causes this increase in pressure is a question still engaging eye specialists.

Glaucoma seldom warns of its presence. Usually there is no

pain, and often the disease is in an advanced state before the patient becomes aware of impairment in side vision. Occasionally there may be an acute attack, causing severe pain.

Glaucoma can be detected during physical examination by measuring the tension in the eyeball with a simple painless test. If discovered in early stages, progress of the disease usually can be checked and the remaining vision saved through treatment. Once it has been discovered, glaucoma can be controlled by regular use of eye drops to reduce pressure, or, sometimes, by surgery.

The doctor can look for the four danger signs of glaucoma—

(1) Gradual or sudden loss of side vision; (2) Frequent but un-

satisfactory changes in glasses; (3) Blurred or foggy vision; (4) Rainbow-like halos around lights.

Anyone of any age can get glaucoma, but it is more common among persons over 40. Eye exercises are useless in treatment. Heredity may be involved, in that doctors have found that patients are more likely to get glaucoma if either parent or a brother or sister has had the disease.

Medical eye specialists recommend that everyone past 40 have an eye examination at least every two years by someone medically trained to diagnose glaucoma. Those who have glaucoma in the family should be examined each year.

Indigestion is a common complaint. It occurs at all ages from infancy to eighty, and probably

**Suddenly You're Santa**

Let Us Help You Select Gifts For The Entire Family!



We Will Be Open 'Til 9 Every Night (Except Saturday) Starting Thursday, December 17, and Continuing Through December 23.

**Fulton's**

Free Gift Wrapping

Free Parking in Lot Back Of Store

**MEMO TO ADVERTISERS**



**A Guide to the Point of Sale**

Every advertiser should know about A.B.C. (Audience Bureau of Circulation). The Bureau is a cooperative, non-profit association of 8,460 publishers, advertisers and advertising agencies. Working together, these business and sellers of advertising establish standards for the industry. The Bureau's primary objective is to provide a reliable, up-to-date source of information about the audience of newspapers, magazines, radio and television. The Bureau's reports are available to you, our advertisers. These reports tell you how much circulation we have, where it goes, how it is sold and other facts essential to the profitable use of newspaper advertising. Ask us for a copy of our A.B.C. report.



Our local stores are the display rooms and warehouses for the world's finest products. Bankers, insurance, real estate and other business services are also available to the people in our community. The readers of this newspaper and our advertising columns a dependable guide to the point of sale—a useful source for up-to-date news and information about these goods and services.

All regular intervals one of the Bureau's large staff of experienced circulation auditors visits us to make a thorough audit of our circulation records. The FACTS established by our audits are available to you, our advertisers. These reports tell you how much circulation we have, where it goes, how it is sold and other facts essential to the profitable use of newspaper advertising. Ask us for a copy of our A.B.C. report.

**Kings Mountain Herald**  
**LET REPORTS FACTS AS A BASIC MEASURE OF ADVERTISING VALUE**

**ROSES**

OPEN 9 a.m. to 9 p.m. THRU DECEMBER 23rd

(Except Saturday — We Close At 6 p.m.)

Kings Mountain, N. C.

<p><b>TRICYCLE SPECIAL!</b></p> <p><b>\$17.47</b></p> <p>V-RROOM™ REAL MOTOR ROAR 16" TRICYCLE by Mattel</p>	<p><b>V-RROOM MOTOR SPECIAL!</b></p> <p><b>\$4.99</b></p> <p>V-RROOM™ REAL MOTOR ROAR HOT-RODDER ENGINE by Mattel</p>		
<p><b>BIG BRUISER WRECKER</b></p> <p>Battery Powered</p> <p>By Marx</p> <p><b>\$11.99</b></p> <p>(Exclusive of batteries)</p>	<p><b>RAYON CURLING RIBBON</b></p> <p>1000-Ft. Spool</p> <p>3 Choice Colors On Each Spool</p> <p><b>71c</b></p>	<p><b>27-PC. PUNCH BOWL SETS</b></p> <p>Bowl Rests On Footed Base, Large Ladle</p> <p><b>\$5.95</b></p>	<p><b>STROMBECKER INTERNATIONAL ROAD RACING SET</b></p> <p>Special</p> <p><b>\$17.99</b></p>

**CLASSIC GAME MONOPOLY** ..... **\$3.99**

**Record Player** Terrific Buy — Perfect Gift For Boy or Girl **\$8.95**