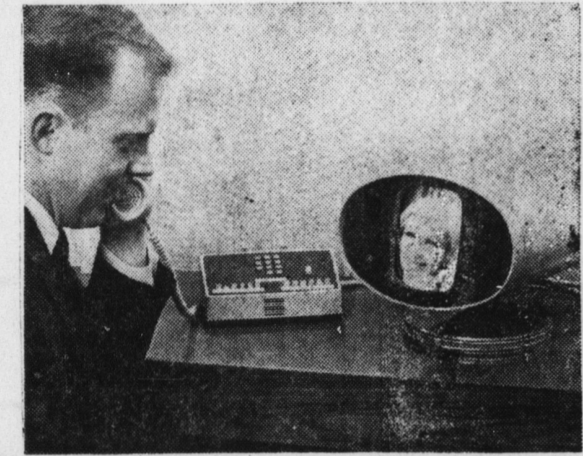


Life With The Rimples



Padgett Wins AF Commission

SAN ANTONIO, Tex. — Philip G. Padgett, Jr., son of Dr. and Mrs. Phillip G. Padgett of 605 N. Piedmont Ave., Kings Mountain, N. C., has been commissioned a second lieutenant in the U. S. Air Force upon graduation from Officer Training School (OTS) at Lackland AFB, Tex.

Lieutenant Padgett, selected for OTS through competitive examination, is being assigned to Mather AFB, Calif., for navigator training. A graduate of Central High School, the lieutenant received his B.A. degree in 1964 from Hampden-Sydney (Va.) College. He is a member of Theta Chi.

Mrs. Dycus' Brother Passes

Funeral rites for Mrs. Etta Hullender Dycus, 77, of Rockingham, sister of Mrs. Sally Costner of Kings Mountain, were held Thursday at Marks Funeral Home in Rockingham. Mrs. Dycus died Tuesday in Rockingham. Other survivors include her husband, five daughters, two sons, another sister, and four brothers.

Start Day With Breakfast

Start every day with a good breakfast—not just once or twice a week but every day. This means you will start the day happier, healthier and with more pep.

Get the breakfast habit. Mrs. Rachel Ferguson, Extension foods and nutrition specialist at N. C. State University at Raleigh, says it is easy to be hungry in the mornings if you will form the habit of being hungry. Your body uses energy while you sleep. An adequate breakfast will help replace this energy for you to start a new day.

"It must be the right kind of food if your breakfast gives the vigor and vitality you need," Mrs. Ferguson says. "For most people a bar of candy, a soft drink, a sweet roll or slice of toast and a cup of coffee is not enough. Your food needs, in both amount and kind, should be balanced throughout the day. This means that about one-fourth to one-third of the day's nutritional needs should be eaten at breakfast.

"There is no rule that says we should all follow the same breakfast pattern or menu or that we should eat the same food each day for breakfast. However, it is important that the body gets the right kind of nutrients each day. This means that you should start each day with foods which are a good source of proteins, vitamins, minerals and carbohydrates."

With increased emphasis on breakfast since "September Is Better Breakfast Month," Mrs. Ferguson says you should consider other good protein foods for breakfast such as lean meat, eggs, cheese, milk, peanut butter and dry beans. If you like lean meat, or a cheese or peanut butter sandwich for breakfast, eat it. You can have an egg some other time during the day.

Cereal and milk furnish good protein and a variety of vitamins and minerals. With many kinds of cereal and breads available, there is no reason why these

Advertisement for Insurance Information Institute. Text: "DON'T LET THIS BE A DOORWAY TO DANGER!" "FURNACES SHOULD BE CHECKED FOR SAFE, EFFICIENT OPERATION... DOORS AND FIRE EXITS SHOULD BE KEPT FREE FROM OBSTRUCTION. IS YOUR SCHOOL SAFE?" Includes an illustration of a school building and a fire.

Oratorio Group To Present Handell's Elijah

To celebrate its fifteenth anniversary, The Oratorio Singers of Charlotte will, for the first time within one season, sing two complete oratorios during the 1965-66 season. In the past, many oratorios have been performed but always the second work of the year would be masses or cantatas or motets.

The oratorios to be presented will be Georg Friedrich Handel's seldom-performed SOLOMON, to be heard in Owens Auditorium on January 10; and Felix Mendelssohn's exciting and beloved ELIJAH, performed on April 30, also in Owens Auditorium in Charlotte.

SOLOMON has sometimes been done as an opera and was even divided by the composer into acts rather than "parts" as most oratorios. It tells a great deal of the exciting life of King Solomon and includes many of the familiar scenes one finds in the Bible. The choruses are massive and thrilling—most of them being scored for double chorus. Some of Handel's most beautiful choral writing may be found here. Solos are diversified and interesting—providing challenges for the professional soloists being brought to this area by the Oratorio Singers.

fore. Many, many choruses and solos are familiar to audiences, but there are others of equal beauty that will receive a first hearing here when ELIJAH is performed by the Singers on April 30.

Performing these two works will be the 150-voice Oratorio Singers with the support of a 50-piece orchestra and seven professional soloists. Music Director Donald Platt will conduct this large aggregation on the stage of Owens Auditorium. Subscriptions for the two concerts will go on sale on Tuesday, September 7, at the Oratorio Singers office, 59 Fenton Place, Charlotte, 375-7512. Prices are \$5, \$4, \$2.75, with special prices of \$3 and \$1.75 for students. Renewals from last season plus advance sales point toward the highest sale in the history of the organization. Interested persons are urged to purchase their tickets early.

Heading the list of fine soloists for the two concerts will be Calvin Marsh, Metropolitan Opera baritone, who will sing the role of ELIJAH. Joining him will be Walter Carringer, perhaps the country's most outstanding oratorio tenor, and Joanne Cruickshank, contralto. A soprano will be announced later.

Portraying SOLOMON will be Marc Belfort, baritone, a recent finalist in the Metropolitan Opera Auditions. Blake Stern, tenor, especially wellknown for his interpretations of Bach and Handel roles, and Iona Kumbink, soprano, a beautiful young singer who has appeared in the most elite music festivals, will also sing in SOLOMON.

Faro is played with 52 cards.

PICTUREPHONE SERVICE PRODUCT TRIAL STARTS — A product trial of Picturephone see-while-you-talk service began last week in the New York and Chicago headquarters of the Union Carbide Corporation. This — the first use of Picturephone service at a customer's premises—comes about a year after commercial service was established between Picturephone centers in New York, Chicago and Washington, D. C. Thirty employees of Union Carbide have Picturephone instruments on their desks and are able to communicate with each other within their own buildings and between the New York and Chicago headquarters. Later, another Union Carbide location in New York and one more in Chicago will be brought into the test. The trial, lasting several months, will give participants the opportunity to use the service under office conditions to help determine its value in daily business activities. At the same time, A. T. & T., New York Telephone, and Illinois Bell will be able to: (1) analyze customer usage patterns and compare Picturephone service with basic telephone service; (2) evaluate technical performance under varied working conditions, such as in private offices and conference rooms; (3) determine if any part of the service should be changed; and (4) gain installation and maintenance experience.

usual breakfast foods some other time of the day.

"Yes, breakfast is for you," advises Mrs. Ferguson. "If you do not have the habit now, form it. Start by eating a small amount of something each day. Increase the amount and variety of food as you form the breakfast habit. Keep it up. And soon you will find yourself hungry when you wake up each morning. Soon, you will be able to include in your breakfast, foods which furnish the protein, vitamins, minerals and carbohydrates so necessary for energy and good health.

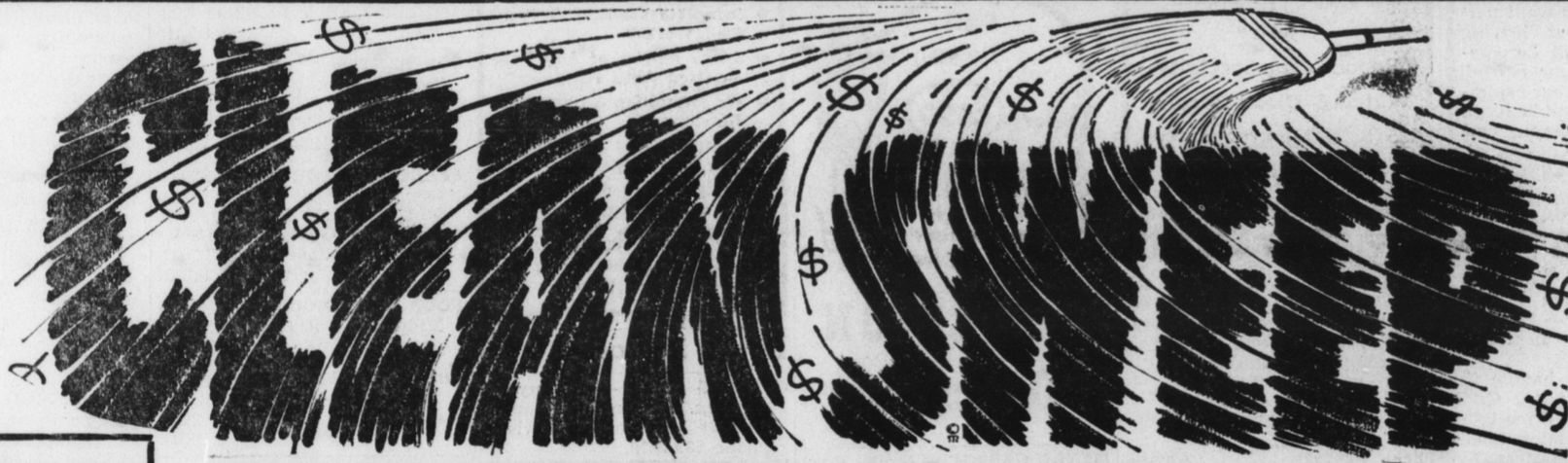
Fruits, tomatoes either raw or cooked, and melons are good sources of vitamins and minerals. They taste good too when you may not feel too hungry.

With the variety of these foods available all year, there is no reason why you should not find fruit or melons a good breakfast food.

Mrs. Ferguson says some people even like soup or vegetables for breakfast. These are good foods too. If you like them for breakfast, eat them and get your

Colorado was the 38th state to join the union.

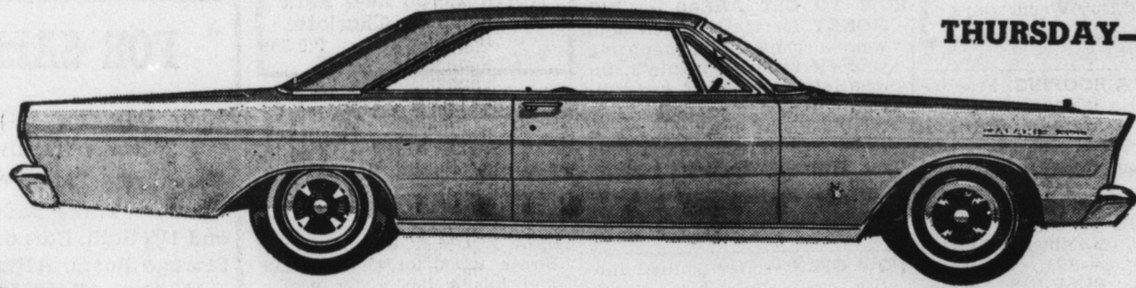
Four million people in Quebec speak French.



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THANK YOU KINGS MOUNTAIN... for the tremendous response to our CLEARANCE SALE of last week during which we featured full size 1965 FORDS AT \$38 OVER INVOICE COST. How do we do it? Simply by volume sales at a lower profit margin and the absolute necessity to reduce our Inventory by October 1, 1965.

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SOUTHWELL



Advertisement for Rexall Super Plenamins Kickoff Sweepstakes. Text: "ENTER TODAY! REXALL SUPER PLENAMINS KICKOFF SWEEPSTAKES WIN! NEW FORD MUSTANG CONVERTIBLE and round-trip for 2 via TWA to the U.S.A. college or pro football bowl game of your choice!" Includes an image of a Mustang convertible and a box of Plenamins.

Advertisement for Rexall Antiseptic Mouthwashes. Text: "Kill Contacted Mouth and Throat Germs in 30 Seconds! Rexall ANTI-SEPTIC MOUTHWASHES Mi-31 Amber color, wake-up taste. Pint 89¢ KLENZO Ruby red, spicy taste. Pint 79¢"

Advertisement for Rexall Redi-Spray Deodorant. Text: "Dries Instantly on Contact REXALL REDI-SPRAY DEODORANT Check perspiration odor all day with just a few quick sprays. Never sticky or messy. Perfect for the whole family! 5 oz. aerosol. 98¢"

Advertisement for Electrex Heat Pad. Text: "Electrex HEAT PAD 3-speed, waterproof, green plaid cover. U.L. Approved. 5.95"

Advertisement for Engene Light Bulbs. Text: "Engene LIGHT BULBS Each 39¢ Outlast ordinary bulbs. 25W, 40W, 60W, 100W."

Advertisement for Rexall Aerosol Shave Creams. Text: "Wilt Whiskers Fast! REXALL Aerosol SHAVE CREAMS Choose Rexall Lavender or Redi-Shave. Each in regular or mentholated. 11 oz. aerosol. Each 98¢"

Advertisement for Kings Mountain Drug Company. Text: "FREE DELIVERY — 9 to 9 Monday thru Saturday KINGS MOUNTAIN THE REXALL STORE DRUG COMPANY"