

Health And Safety Tips

Are last year's clothes easier to forget than to zip? Is your belt getting tighter? If so, you may be on the "weigh" to more pounds than you need.

Instead of wishing for a slimmer you, try reducing. The best diet plan takes more backbone than wishbone, but the formula is simple: eat less, exercise more, says a new leaflet from the American Medical Association.

Plan to lose no more than one to two pounds each week. Rapid weight loss may leave you tired, irritable and vulnerable to disease. What's more, pounds that are shed in a hurry often return just as quickly. If you are more than ten pounds overweight, consult your physician before beginning to diet.

ries, don't subtract all the nutrients you need. Your body still needs the proteins, carbohydrates, fats, vitamins and minerals that are contained in the basic food groups — milk; meat or substitutes; fruit and vegetables; breads and cereals. Cut down on your portions, but balance your diet. If your stomach cries for a larger amount of food, fill in the spaces with low-calorie foods such as celery, radishes and conssomes.

Americans waste \$100 million annually on phony reducing products. Forget this nonsense and stick to will power.

Compact Groups Give Yule Program

Compact Elementary and High School Music Departments hailed the Christmas season in two special programs during the past week.

The Elementary Music Department, under the direction of Miss M. L. Walker, Mrs. C. H. Cabaniss, and Mrs. E. M. Burch, presented Christmas carols and a pageant Wednesday, December 8, at 7:30 in Compact Gymnasium.

The High School Music and Dramatics Department offered "The Nativity" in scripture, poetry, and song on Sunday, December 12, at 3:30 in the Gymnasium. The choir was directed by Mrs. Camilla B. Young. Mrs. B. B. Brown is director of Dramatics.

People who lead moderately active lives need about 15 calories per pound to maintain their weight. To estimate your daily needs for a slimmer figure, multiply your ideal weight by 15, or by a slightly lower figure if you are not very active. Keep your calorie intake at that level.

When you're subtracting calo-

Farm Workers Survey Planned

The Census Bureau's annual survey of hired farm work and the first phase of a survey on hunting and fishing will be taken during December in this area as part of the Bureau's monthly Current Population Survey, according to Director Joseph R. Norwood of the Census Regional Office in Charlotte.

The farm work survey, to determine the number of persons in the nation doing full and part-time farm work for hire, is being done for the U.S. Department of Agriculture. The hunting and fishing survey, to get national statistics on each activity, is for the U.S. Department of the Interior.

Both surveys will supplement regular monthly inquiries on employment asked by the Bureau to furnish information for the U.S. Department of Labor's Bureau of Labor Statistics.

Questions on hunting and fishing will be asked about all survey family members in the area who are 9 years of age and over. The questions seek to determine how many persons hunted or fished during 1965, their ages, how often they engage in these activities, and approximately how much they spent on them.

The information will be collected during the work week starting December 13 from scientifically selected sample households in this area as well as other

Women's Health

New York, N. Y. (WMNS) — If the tender skin of your eyelid or upper neck becomes irritated suddenly, the culprit may be a cosmetic, and not necessarily one applied directly to the affected area. Two New York dermatologists warned recently that nail polish, eye shadow—any of the numerous powders and paints designed to bedazzle the beholder—can be the cause of skin allergies, irritation, and damage to hair and nails. They recommend that women have themselves patch tested by a physician to ferret out the cause of the irritation, and then switch to another beauty brand.

Campton, Ky. (WMNS) — One of the most potent weapons in the war on poverty is the oral contraceptive pill. This is the view of Dr. Paul F. Maddox of Campton, Kentucky, who for three and a half years has been conducting a birth-control clinic in one of the most poverty-stricken sections of Appalachia. His patients, mostly white farm

sample areas throughout the U. S. Census Bureau interviewers who will visit families in this area during December include: Mrs. Frances C. Hedden, 805 Meadowbrook Road, Kings Mt., N. C. 28086.

women, keep coming back for "the pill," with the result that the birth rate in the county has dropped a whopping 21.5 per cent since 1962. The mothers, says the doctor, "feel more hopeful now that they don't fear pregnancy; they feel they can do a better job of raising the children they already have."

Greenwich, Conn. (WMNS) — A baby girl weighing four pounds, 14 ounces was born prematurely at Greenwich Hospital, received a blood transfusion for an Rh blood factor problem within one hour of birth, and was discharged 18 days later, alert and well.

The remarkable thing about this "preemie" is that she had also received a blood transfusion before birth, when she was a 32½ week-old fetus inside her mother's uterus.

This infant is among the very few human beings ever treated *in utero*, an astonishing medical feat first accomplished in 1963 by the New Zealand physician, Dr. A. W. Liley. This breakthrough has already saved more than 100 babies.

Washington, D. C. (WMNS) — Almost 20 per cent of all Americans between the ages of 18 and 79 have no permanent teeth, according to the Department of

Routine Docket Aired Monday In City Court

A routine docket was aired in Monday's session of Kings Mountain Recorder's Court with Judge George Thomasson handing down the following sentences:

Fitzhugh McGill, 24, Route 1, Gaffney, charged with no operator's license, sentenced to three months suspended upon the payment of a \$25 fine and the court costs.

Fitzhugh McGill, Jr., Route 1, Gaffney, charged with hit and run and leaving the scene of an accident, sentenced to 12 months suspended upon the payment of a \$50 fine and the court costs and that he pay the sum of \$350 to David Shipman for damages resulting in the accident.

Jonas A. McNeely, 37, Route 2, charge dwith driving while intoxicated, sentenced to nine months suspended upon the payment of a \$100 fine and the costs; driver's license ordered revoked.

Health, Education and Welfare. And almost 10 per cent have natural teeth in one jaw only!

DOCTORS' ORDERS OFTEN IGNORED

MIAMI BEACH, Fla. (WMNS) — Who's following whom? A recent study showed that more than one third of all patients apparently fail to follow their physicians' orders — and many doctors fail to realize it.

This is the sad news reported recently by Milton S. Davis, Ph.D., assistant professor of sociology in medicine, Cornell University Medical College, New York City. Professor Davis believes that persons between 46 and 65 years of age — more often women than men — were more likely to ignore orders than younger people.

When a physician's advice is frightening or has painful results, when it is inconvenient or time-consuming, or when it requires the patient to use his judgment, it is likely to be disregarded, forgotten, or denied.

What does a doctor do when he finds out about such reluctant patients? Generally, he tries to explain further the need for treatment and to persuade his patient to follow it. If that doesn't work, he is likely to withdraw from the case.

Dr. Davis' findings were reported in the November 1, 1965 issue of the *Journal of the American Medical Association*.

for one year. John L. Ramsey, 32, c/o Dixie Cab, charged with non support, sentenced to pay \$25 per week for support payments.

A capias was issued for Ralph L. Miller, 38, of Grover, who was charged with a stop light violation.

Robert J. Smith, 25, Carpenter Street, charged with non support, sentenced to 12 months suspended upon the payment of the costs and \$20 per week for support payments.

Richard D. Hale, 18, 510 Broad Street, charged with hit and run, was sentenced to six months suspended upon the payment of a \$15 fine and the costs.

Submissions included: John T. Norman, 25, 413 East King Street, speeding 50 in 35 zone, half costs.

Bobby D. Short, 29, 215 City Street, failure to yield right of way, half costs.

Bobby C. Lovelace, 28, c/o

Bob's Drive In, worthless check, costs of court. Bobby C. Lovelace, 28, c/o Bob's Drive In, worthless check, costs of court. Jerry W. Laws, 22, Route 3, exceeding safe speed, half costs. Harry E. Childers, 25, Greenville, S. C., speeding 40 in 25 zone, half costs. Three public drunkenness, costs of court.

Presbyterians Plan Sunday School Fete

The annual Sunday School Christmas party at First Presbyterian church will be held Wednesday evening at 7 p.m. in the church fellowship hall.

Gifts will be distributed, as well as treats, by Santa Claus.

Jazz came from American negro folk music.

French are noted for laces.

WEEKLY CROSSWORD PUZZLE

Denizen of the Deep

- 1 Depleted fish
- 2 It is found in the — Indies
- 3 Listeners
- 4 Great lake
- 5 Sheolman
- 6 Oak seed
- 7 Massachusetts cape
- 8 Chilean (symbol)
- 9 Large bowls
- 10 Georgia (ab.)
- 11 Demigod
- 12 Portent
- 13 English school
- 14 Clean
- 15 Preposition
- 16 Deciliter (ab.)
- 17 Greek letter
- 18 Hebrew deity
- 19 Insect
- 20 Require
- 21 Land measure
- 22 Volcano in Sicily
- 23 Sun god
- 24 Overwhelmed
- 25 Gram (ab.)
- 26 Italian city
- 27 Aptitude
- 28 Irish lake
- 29 Engrave
- 30 Impugnance
- 31 Ogle
- 32 Flowed

VERTICAL

- 1 Scoriah
- 2 Vent
- 3 Fruit drink
- 4 Palm lily
- 5 Dread

Here's the Answer

34 Card game

35 Gaelic

36 Mmby

37 Mended

38 Wrong font (ab.)

39 It has a long — on each side of its mouth

40 Lofy mountains

41 Trading place (symbol)

42 Wharf

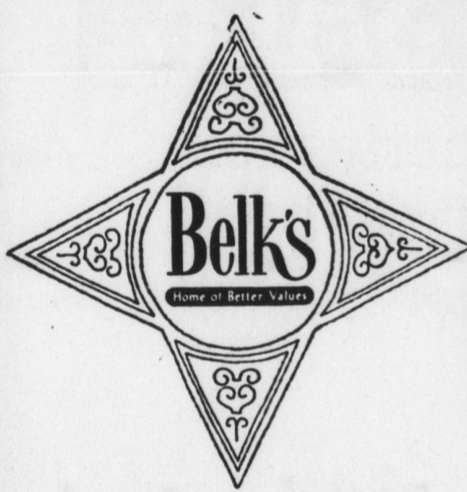
43 Gaelic

44 Playing card

45 Indistinct

46 Time measure (ab.)

47 Tantalum (symbol)



the magic of Christmas



Open 'til 9 Friday Night

- ### For The Ladies
- (Old or Young)
- Holiday Dresses
 - Blouses, Frilly or Plain
 - Hats
 - Coats and Suits
 - Slacks Fro Dress and Play
 - Housecoats
 - Panties
 - Sweaters
 - Shoes In Many Styles
 - Hose
 - Pajamas
 - Slips
 - Skirts
 - Gowns

- ### For The Men
- (Young or Old)
- Suits and Sport Coats
 - Shirts, Sport or Dress
 - Hats
 - Topcoats and Jackets
 - Slacks For Work or Golf
 - Robes
 - Pajamas
 - Shoes
 - Socks
 - Belts
 - Underwear
 - Toiletries

- ### Belk's Household Gifts Are Family Gifts
- Blankets
 - Pillow Slips
 - Electric Blankets
 - Bath Cloths
 - Bedspreads
 - Towels
 - Sheets
 - Bath Sets
- THESE AND OTHERS TOO NUMEROUS TO MENTION

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