

**Weight-Watchers Try Low-Fat Cheese**

RALEIGH — A low-fat cheese, another new food that should prove popular with weight-conscious consumers, has been developed by scientists with the U. S. Department of Agriculture.

The new cheese is made from skim milk and looks and tastes like a very mild Cheddar cheese, Mrs. Ruby Uzzle, extension consumer marketing specialist, North Carolina State University, explains. It contains only 5 to 7 per cent butterfat, compared with Cheddar's 31 per cent fat.

The new cheese is the first made from skim milk that has acceptable body, texture, and flavor for table use. It is relatively soft and mellow and has a clean, mild flavor that results from the small amount of butterfat added to the skim milk. It contains more moisture and more nonfat milk solids, which means it contains more protein, than does Cheddar. Persons who have counter in the future.

tasted it, rate the low-fat cheese good to excellent in flavor.

The low-fat cheese has another advantage. It can be made in 2½ hours and needs only one to three months' curing time. Commercial Cheddar takes 6½ hours to make and usually six to twelve months to ripen. Low-fat cheese takes little draining, no milling, and only 30 minutes pressing.

The overall high quality in the new product comes in the careful processing and curing operations, Mrs. Uzzle believes.

The ease and faster processing and manufacturing time plus the dietary advantage, especially for persons on low-fat diets, should provide a new outlet for more nonfat milk.

Low-fat cheese is being tested in some market areas at present, Mrs. Uzzle says. The advantages it offers over regular Cheddar cheese should make it a good item to look for at the dairy

**GO EASY AT THE EXITS!**



**White Completes Recruit Training**

PARRIS ISLAND, S. C. (FHT-NC) March 14—Marine Private Tommy L. White, son of Mr. and Mrs. Lawrence T. White of 9 Poplar Court, Kings Mountain, N. C., was graduated from Marine recruit training at the Marine Corps Recruit Depot here.

During his eight weeks of intensified recruit training under veteran noncommissioned officer Drill Instructors, he learned small arms marksmanship, bayonet fighting, and methods of self-protection. He also received instruction in military drill, history and traditions of the Marine Corps, and other academic subjects.

He will undergo four weeks of individual combat training and four weeks of basic specialist training in his military occupational field before being assigned to a permanent unit.

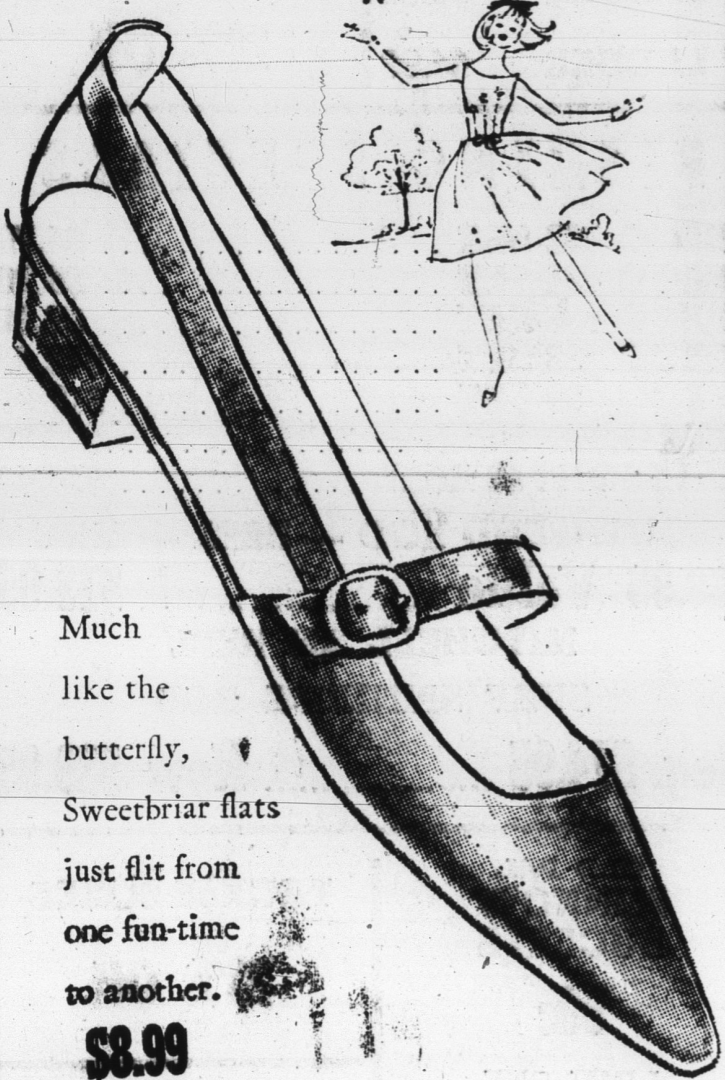
**AT MEETING**

Rev. Russell Fitts is at Gulf-shore Baptist Assembly in Pass Christian, Mississippi attending the third national conference on rural church problems and opportunities. He is representing the Kings Mountain Baptist Association.

**Life With The Rimples**



**Sweetbriar's FLITTERY FLUTTERY FLATS**



Much like the butterfly, Sweetbriar flats just flit from one fun-time to another. **\$8.99** Bone and Red

**BETHWARE OAK GROVE NEWS**  
By Mrs. Ruth Vess  
Phone 739-5035

Wednesday night is Church Activities Night at Oak Grove Baptist church with all the WMU auxiliaries meeting at 7 o'clock and Prayer Meeting at 8:00.

The Kings Mountain high school chorus will give a concert at 7:00 o'clock Sunday night, March 27 at Oak Grove Baptist church.

Mr. and Mrs. Lawrence Wright, Mrs. Will Lovelace and Mrs. Carolyn Wright visited Mr. Russell Smith, who is a patient at Charlotte Memorial hospital, Sunday afternoon.

Mr. and Mrs. Oran White of Charlotte and their daughter Mrs. Nadine Bush and daughter, Charlotte of Washington, D. C. visited Mr. and Mrs. Clarence Blanton Sunday afternoon.

CS 1 Glenn Longley, Mrs. Longley and Bobby of Charleston, S. C. spent the weekend with Mr. and Mrs. Jasper Philbeck and Roger. Mr. and Mrs. Arnold Philbeck and Mr. and Mrs. Maynard Philbeck and Miss Judy Mayes visited them on Sunday.

Mr. and Mrs. Franklin Goforth and children of Gastonia visited Mr. and Mrs. Franklin Davis and Toy Sunday.

Mr. Franklin Davis visited Mr. and Mrs. Pine Withrow of Lattimore, N. C. Sunday afternoon.

Visitors in the home of Mr. and Mrs. Garmon Davis Sunday were: Mr. and Mrs. Lee Costner and family of Cherryville and Mrs. Reba Melton of Washburn Switch Rd.

Mr. and Mrs. T. A. Champion, Jr. of Charlotte spent part of last week with Mr. and Mrs. Eugene Champion and boys.

Mrs. Elva McSwain and Mr. and Mrs. Dean Champion and Tim of Shelby visited Mr. and Mrs. Tommy Champion Sunday.

Mrs. T. A. Champion Sr. visited Mrs. Annie Barnes of Grover,

for the weekend.

Seaman 1st Class Paul Lovelace, Mrs. Lovelace and Scarlett visited Mr. and Mrs. T. C. Lovelace Sunday. Mr. and Mrs. Wayne Putnam and son and Mr. and Mrs. Ledford of Charlotte visited them in the afternoon.

Visitors in the home of Mrs. Lester Harmon and Billie Sunday were: Mr. and Mrs. Odell Lovelace and Mrs. Sarah P. Lovelace and Mrs. Evans Cooper of Lattimore.

Mrs. Dale Harmon and Mr. and Mrs. Alton Lee Dover went to Lake Norman on a fishing trip.

Mr. J. L. Ross is a patient at Cleveland Memorial hospital. He is on the critical list.

Visitors in the home of Mr. and Mrs. Stokes Wright and children Sunday were: Mrs. Sam Bell and Gail.

Mrs. Mae Bell has returned to her home after spending the winter months with her daughter, Mrs. Jack Ray of Charlotte. Mr. James Bell of Grover visited her Sunday afternoon.

Mr. and Mrs. Stowe Devenny; Mrs. Lee Devenny and Mrs. Wiley Allen went to High Point Monday to attend the funeral of Mr. and Mrs. Charles Varner who were killed in a plane crash in Tokyo, Japan.

Visitors in the home of Mr. and Mrs. Horace Bell Sunday were: Mr. and Mrs. John Senter of Gastonia; and Mr. and Mrs. Jay Patterson and Gina.

Mr. and Mrs. Clifford Queen and children of Cleveland, Tenn. visited Mrs. Marvin Wright and Marguerite part of last week. Mr. and Mrs. J. L. Barber and Mr. and Mrs. Bill Suggs and children visited them over the weekend.

Mr. and Mrs. Walter Vess, Jr. and Joel and Mr. and Mrs. Dwan Thornburg and Darrell attended a birthday dinner Sunday for Mrs. Luther Hoyle of Cherryville.

**LUTHERAN TOPIC**

Rev. Charles W. Easley's sermon topic Sunday at St. Matthew's Lutheran church will be, "Judged." The overall theme is "Lent In Latin."

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**—CASH ONLY—**

Arvin Clock Radios — AM & FM 25% Off  
Our Entire Gift Line ..... ½ Price  
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**All Electric Appliances 25% Off**

INCLUDES: Irons, Hairdryers, Fry Pans, Electric Carving Knives, Blenders, Mixers, Toasters

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**All Ladies' Costume Jewelry .. ½ Price**

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**Special ..... \$14.95**

**All Pen & Pencil Sets**

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**All Clocks 10% Off — All Lighters 10% Off — All Expansion Watch Bands ½ Price**

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