According to Mrs. Amelia S.

Capehart, home economics Extension agent, a project has been initiated whereby a garden plot will be soil-tested, plowed up, limed and fertilized if the family

consents to buy seeds and plants and set them out and cultivate

Agency representatives are now

busy locating low-income families

who are interested in growing vegetables to eat fresh and to

them to maturity.

conserve for later use.

Herald Want-Ads **Get Results**



Grover News

Thursday night a Mission Emphasis will be at the First Baptist church. All, including the men are encouraged to attend.

The Lions club held their meeting.

The weather last Tuesday night at the Renn's Cafeteria. The inclementation of the meeting.

The Lions Club is generated with from Monday, inglight called for a postponement of the meeting.

The Lions Club is generated with Mrs. Charles R. Moore and children spent the weekend with her mother, Mrs. Gilmore Richardson and Jeff of Lenoir spent last weekend with her mother, Mrs. Steve Francis and children spent the weekend with her mother, Mrs. Steve Francis and children of Greenville, S. C. were Sunday guests of Mrs. P. A. Francis.

Mrs. Esther Bell of Gastonia spent several days with Miss Ava Gibbons.

Mr. and Mrs. Gilmore Richardson and Jeff of Lenoir spent last weekend with her mother, Mrs. H. L. Beam.

John Robinson of Spring Lake, N. J. spent from Saturday until Tuesday with his mother, Mrs. J. C. Robinson and Mr. and Mrs. Creighton Gold of Appalachia, Virginia were Sunday dinner guests of Mrs. Mrs. Allen of Los Ange.

Mrs. Allen of Los Ange.

Mrs. H. Camp.

Mrs. Steve Francis and children spent the weekend with her mother, Mrs. M. H. Camp.

Mrs. Ben Philpot in Browah, Tenness weekend with her mother, Mrs. Mrs. Allen of Charlotte were Sunday guests of Mrs. B. C. Robinson and Mr. and Mrs. Creighton Gold of Appalachia, Virginia were Sunday guests of Mrs. B. F. Bird and Mrs. Club is constant of the meeting.

Mrs. H. A. Allen of Los Ange.

Mrs. W. B. Turner on Friday.

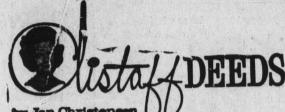
7 以 GREEN STAMPS

\$10.00 of More Order

FREE A Your Kings Mtn. WINN-DIXI: STORES

Mrs. Preston Goforth. They returned to their home in Greenwood, S. C. Monday.

Mrs. Esther Bell of Gastonia



The Lions Club is sponsoring a postponement of the meeting.

The Lions Club is sponsoring a spaghetti dinner and supper at the Grover School lunch rood. The Production of the Grover School lunch rood in the Weekend in Greensboro with the Grover School lunch rood in the Weekend in Greensboro with the Grover School lunch rood in the Weekend in Greensboro with the Grover School lunch rood in the Weekend in Greensboro with the Grover School lunch rood in the Weekend in Greensboro with the Grover School lunch rood in the Weekend in Greensboro with the Grover School lunch rood in Grover Sc

of paper. If the paper can be easily pulled out while the door is closed, the rubber gasket should

be replaced to keep out warm air.
Wash the rubber gasket each
week, advises Mrs. Sandra C.
Brown, home economics Extension agent, Washington County. Fruit juices or grease can break

> SAVE TIME AND ENERGY

If you have small children a round the house, some household jobs will be left undone now and

However, a group of young mothers enrolled in an Educational Improvement course in meal preparation, under the direction of Mrs. Mary J. Whitmore, assistant home economics Extension a-gent, Durham County, learned that the lagging task does not have to be that of meal prepara-

Participants of the program admitted they had given little thought to such management techniques as storing leftovers in a dish or wrap that could be used for reheating. Nor had they considered making ample use of low-cost convenience foods, so that preparation and clean-up time could be reduced.

"After all," Mrs. Sylvia Crisp, one of the participants observed, "busy young homemakers can use the energy they save in food preparation for other homemak-GROW YOUR OWN

Agencies in Moore County are working together to encourage low-income families to plant a

in NORTH CAROLINA

ith more than 200 Ram Inns now open or under con-struction, each franchise lo-cation benefits through our exclusive Ramade Inn-Stant, the world's fastest reserva-tion and referral system. In addition to assistance through success-proven techniques, the strength in Ramada's franchise pro-gram lies in such advantages as the nation's largest credit card affiliation, with more than 20 million cardholders; SureRate, a guaranteed rate program in-volving over 1500 major corporations; national advertising campaigns; and an occupancy percentage well above the national average.

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