

That Sore Throat Could Be "Strep"

CHAPEL HILL—Spring weather-matic heart disease. er seems to bring a rash of what appears to be the common cold. The symptoms may include a sore throat, fever, runny nose, and general ache all over the body. However, it may not be the common cold or flu.

There is only one sure way to know if a sore throat is "strep", see your doctor. Modern drug treatment of "strep" infection can prevent the development of rheumatic fever. Prompt treatment of "strep" is important. There is no specific cure for rheumatic fever at this time.

People, especially children, who have had one attack of rheumatic fever, seem to be susceptible to recurring attacks of the disease. Each attack increases the chance of heart damage.

Medical evidence indicates that 10% of sore throats are due to streptococcal infection. "Strep" infections are contagious and can lead to rheumatic fever and rheu-

Taking A Breather: Giving Up Smoking By The German Method

This is a most unpopular question here goes: "Do you want to stop smoking?" There are not easy ways, but we can pass along what the Germans are suggesting. According to a news story that appeared in a Charlotte paper the other day, here's how you kick the habit.

You must cut out alcohol, coffee, tea, pepper, mustard, paprika, vinegar, hot sauces, and big meals. And, by the way, you should avoid people who smoke. The German League for Combating the Dangers of Tobacco offers those tips for people interested in giving up smoking.

As restrictive as it may seem, the German Leagues know what they are talking about. Certain foods, alcohol and the like can have a very strong influence on your desire for a cigarette. But if one could give up all those things at a moment's notice, perhaps he could just as easily give up smoking without worrying about what he eats.

We know that there are a number of tips for the potential quitter, and these tips are valid. They can help to curb the urge in developing new routines that will lead away from the smoking urge. But, let's face it, giving up smoking is one of the "hardest" things that anyone has ever tried to do; and there is no easy way. It all boils down to a very rational decision that smoking is harmful and you are going to quit.

But therein is the answer. You can take all the tips you want; but if you are not willing to stop smoking completely, and if your mind is not made up to that decision, then your chances of giving up vinegar may be great, but don't bet on your chances of giving up cigarettes.

The solution for those who haven't started smoking is simple. Don't start. But for those who are hooked, it's just a matter of fighting that urge to light up. At the same time, you might want to consider the health aspect of smoking.

ON DEAN'S LIST
Four Kings Mountain students at Appalachian State University were listed on the dean's list for the winter quarter. They are James E. Fitch, Jr., Carolyn Ann Heavner, Susan Jane Lowery and Alice Faye Smith.

HOW MUCH ARE YOU PAYING FOR INSURANCE?

Probably a sizeable amount. It is possible that we can save you money on a comprehensive insurance plan.

— SEE US TODAY! —

INSURANCE IS SECURITY

THE ARTHUR HAY AGENCY

"ALL KINDS OF INSURANCE"
PHONE 739-3659

GOVERNMENT IS BIG BUSINESS:



Why then should we not run government with the same progressive, efficient, cost conscious, way any successful business is run? Why shouldn't we strive at all times to give better service at a lesser cost to our public? Why shouldn't we try to eliminate waste in government whereby these savings could be returned to our taxpayers, like dividends to stockholders. The operation of any government regardless how large or small must be run by competent individuals who know the principals of good business. Our investment is too great and our future too bright in Kings Mountain, to fail to see the need for qualified people in government. For Honest, Efficient, Progressive representation

VOTE FOR RICHARD "DICK" SHANEY, Candidate for WARD 5 COMMISSIONER ON TUESDAY, MAY 13th.

For my views on Taxes, Recreation, Housing, Law and Order and our Water Project listen to WKMT Radio Station on the following dates and time. APRIL 23 AT 2:05 p.m.—MAY 1st AT 6:30 p.m.—MAY 9 AT 10:05 a.m.—MAY 12 AT 7:35 a.m.

4:17-5:4

YOU...AND YOUR FAMILY'S HEALTH!



The Family Health and Wealth Guide

AVAILABLE TO YOU AS A COMMUNITY SERVICE

The complete Health and Wealth Guide for the entire family

- Family Tree
- Data Sections for Each Family Member
- Maternity Record
- Weight Charts
- Cancer's Danger Signals
- Poisons — Antidotes

- Medical Expense Record
- Dental Expense Record
- Insurance Record
- Income Tax Records
- Disability Insurance Guide
- Estate Planning

The Nationally Famous

FAMILY HEALTH AND WEALTH GUIDE

Now Available to Our Friends and Customers

FREE OF CHARGE

To assist your family with its health program, THE FAMILY HEALTH AND WEALTH GUIDE is now available WITH OUR COMPLIMENTS. The value of THE GUIDE will increase with the years as each fact is entered and a medical history of every member of the family develops. Good health is a blessing. It is a national asset. We urge you to develop and retain it for you and your family — through your own regular program carefully recorded in THE FAMILY HEALTH AND WEALTH GUIDE. It is truly one of the most useful household and family manuals ever made available to the American public.

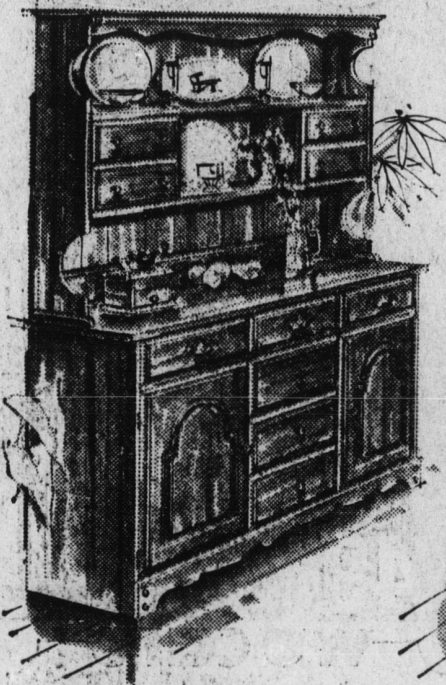
Kings Mountain Savings & Loan Assn.

THE FAMILY HEALTH AND WEALTH-GUIDE was made possible with the cooperation of the following businessmen . . .

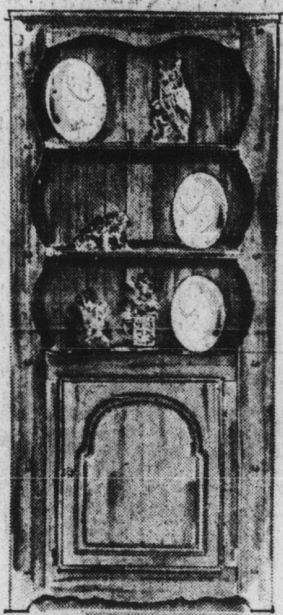
- Childers Roofing & Heating Co., Inc.
- Dilling Heating Company
- Long Electric Company
- Elmer Lumber Company
- Griffin's Drug Store
- Willie's Jewelry
- Ben T. Golorth, Inc.
- Patterson Oil Company

DOLLAR FOR DOLLAR YOU CAN'T BEAT THESE BUYS!

Table and four chairs And . . . buffet with matching hutch!



Hi or Low Back Chairs



7-Pc. Matching Group Includes 5-Pc. Maple Dinette With Formica Finish and Corner Cabinet and Hutch To Match — Priced At

234⁹⁵

5-Pc. Maple Dinette & Corner Hutch To Be Given Away Saturday, May 10th. Nothing To Buy — Just Come By And Register At Our Store—Hwy. 18, Shelby

Walnut or Maple
Boston Rocker \$19.95

Oak Bunk Bed, priced At \$98.00

FREE One Year Warrantee
Electric Range \$149.95

Other Stores' Prices, Reg. \$159.95 — Our Price
Box Spring & Mattress, both \$89.95

We Have PORCH or
Lawn Furniture 3-pc. group \$64.95

Porch Rockers \$8.95

Porch Swings, 42-in. for \$12.50

16-Ft. Frost Free — In Color — With Trade FREE Labor Warrantee for One Year
Admiral Refrigerator \$288.00

By Admiral
18-Ft. Chest Freezer \$198.00

24-Hour Guarantee for One Year — 10-Ft. Upright for just \$168.88.

With Trade. Guaranteed One Year. WE SERVICE WHAT WE SELL.
Electric Ranges.. priced at \$149.95

In Choice of Colors
3-Pc. Bedroom Suites \$88.00

Bassett or Broyhill
Bedroom Furniture .. \$288.00 & up

4-Drawer — All New Furniture
Chest of Drawers, start at \$15.95

2-Pc. Soft Leather-Like
Vinyl Suites for \$88.00

Washer & Matching Dryer \$319.95

\$50,000.00 DOLLAR STOCK GOING FOR LESS!!!

SOUTH SHELBY FURNITURE

Highway 18 South
Just outside city limits

WE DELIVER—OPEN 6 DAYS—EASY TERMS!!!!