

Judy Mayes, Roger Philbeck To Wed Oct. 5

Miss Judy Mayes, daughter of Mr. and Mrs. Fredo Mayes, and Roger Philbeck, son of Mr. and Mrs. Jasper Philbeck, will be married Sunday, October 5th, in a double-ring ceremony at 3 p.m. in Oak Grove Baptist church.

Rev. Russell Hinton will officiate.

No formal wedding invitations are being issued but all friends and relatives of the couple are invited to attend.

Scotch Foursome Slated Sunday At Country Club

Kings Mountain Women's Golf Association will sponsor a Scotch Foursome Sunday afternoon at the Country club. Tee-off time is 4 p.m.

Names of players will be placed in a hat and partners drawn for the games, said Mrs. Henry Neisler, president of the association. Mrs. Neisler said reservations should be made with her by noon Saturday, 739-5058. Supper will be served after the games, said Mrs. Neisler.

Hippie Theme Featured Party For Miss Pearson

A "hippie" theme featured the linen-lingerie bridal shower which honored Miss Linda Pearson, bride-elect, Tuesday night at Grace Methodist church fellowship hall.

Mrs. Bill Anthony, hostess to the 16 guests, used the "hippie" theme in the invitation which invited guests to a flower shower "love in" and huge flowers in brilliant colors decorated the party room.

The refreshment table and gift table were covered with green and yellow-flowered tablecloths in bold designs. Centering the bride's table was a hippie bride, complete with wig and boots. The hostess used a "hippie" autograph book for the guests to sign "hippie hints for a happy honeymoon."

Fancy sandwiches were served with cookies, nuts, daisy crackers and punch.

The bride-to-be wore a white party dress. She was presented a novelty corsage, a daisy made of washcloths, and guests showered her with linen and lingerie gifts.

School Menu Is Announced

MONDAY, September 29, 1969
Meat Sauce and Spaghetti
Tossed Salad
(Red Cabbage)
(Radishes)
(Shredded Lettuce)
Choi e of Two Dressings
(Mustard)
(Garlic)
Parmesan Cheese
Yellow Cake with Chocolate Frosting, Prune Whip
Enriched Bread or Rolls
Chocolate Milk and Sweet Milk—Choice
High School Choice — Bologna & Cheese Sandwich — Grilled
High School and Central School Self-Service Tray of Mustard Dressing, Garlic Dressing, Parmesan Cheese.

TUESDAY, September 30, 1969
No School — Holiday for Children

WEDNESDAY, October 1, 1969
Beef - Vegetable Soup
Hot Cheese Toast
Saltines
Fresh Apples
Oatmeal Cookies
Chocolate Milk and Sweet Milk—Choice
High School Choice — Tuna Salad on Lettuce
High School and Central School Self-Service Tray of Assorted Bread Sticks, Cheese Strips

THURSDAY, October 2, 1969
Special Menu From West Elementary—Mrs. Margaret Ward Williams, Manager
Beef Stew/Boiled Quartered Potatoes
Creole Wax Beans
Waldorf Salad on Lettuce
Peach Half
Hot Rolls — Butter
Chocolate Milk and Sweet Milk—Choice
High School Choice — Bologna & Cheese Sandwich
High School and Central School Self-Service Tray of Pickles, Mayonnaise for Waldorf Salad, Cauliflowerets

FRIDAY, October 3, 1969
Fish — Tartar Sauce
French Fried Potatoes
Fiesta Slaw — Pickle Cubes — Carrots
Devil Food Cake — Butter Cream Topping
Hot Buttered Corn Bread
Chocolate Milk and Sweet Milk—Choice
High School Choice — Country Style Steak
High School and Central School Self-Service Tray of Catsup, Tartar Sauce, Pickle Strips

Airman and Mrs. Danny Walker of Shaw AFB, Sumter, S. C., spent the weekend with their parents, Mr. and Mrs. Horace Walker and Mr. and Mrs. G. W. Bowen.

Miss Pearson Honored Friday At Bridal Party

Miss Linda Pearson, bride-elect, was honored Friday night at a bridal shower held in the fellowship hall of Grace Methodist church.

Entertaining together were Mrs. Margie Dellinger, Mrs. Russell Smith, Mrs. Frank Ballard, Mrs. T. J. Ellison, Mrs. Pink Mayhue and Mrs. J. E. Mauney. The refreshment table, highlighted with lace over yellow and held a central arrangement of yellow and white flowers. The yellow and white theme also featured the refreshments. Punch and party cakes were served.

The bride-to-be wore an apricot party dress and a white carnation corsage, gift of the hostesses.

The 35 guests showered the bride-to-be with miscellaneous household gifts and the hostesses presented her with a gown and peignoir set.

Bridesmaids' Dinner Party For Bride-Elect

Mrs. D. C. Payseur, Jr. and Miss Peggy Ross entertained together Saturday at a bridesmaids' dinner honoring Miss Linda Pearson, bride-elect, and her bridal attendants.

Miss Pearson and Billy King will be married Saturday in Central Methodist church.

A color motif of yellow and green featured the decorations. The buffet table, overlaid in yellow and green, held a candelabrum of green tapers and baby's breath as central decoration. The 12 guests ate at small tables covered with green and yellow cloths and centered with candleholders of green tapers.

Miss Pearson took the occasion to present gifts to her attendants. The bride-to-be wore an aqua dress with jeweled neckline and was given a white carnation corsage from the hostesses and a gift of silver in her pattern.

Guests other than the hostesses and honorees were Mrs. Roy Pearson, mother of the bride-elect; Mrs. Willis King, mother of the bridegroom-to-be; Mrs. Bessie Mills, grandmother of the bride; room-to-be; Miss Cathy Lane, Miss Kay Kimble, Mrs. Barry Robinson, Miss Libby Dye, Miss Timmie Spake and Miss Debbie Sprouse.

It is against the law to pick wild flowers in the national parks.

Some Breakfast Ideas: Oatmeal, Honey Vanilla Pudding, Fruits, Are Tasty

By MISS YORK KIKER

Do you lift your eyebrows in amazement if a teenage boy wants a hamburger or if one tells you he had a peanut butter sandwich and glass of milk for breakfast? What is your reaction if the teenage girl wants to eat a bowl of hot soup or have a milk shake and sandwich for her first meal of the day before going to school? Some dads like fish for breakfast. Don't you have scrambled eggs, apples, sausage, and grits for supper at times? Mother and the children may have cereal before going to bed.

There really isn't anything right or wrong about what you like to eat and when. The important thing about food is what you eat during the day. Ask yourself if you get all the nutrients, or food values, that you need every day.

Some people will tell you: "Sure I skip breakfast, but I always have one good meal a day, and it gives me all the calories I need." Well, that's perfectly possible. The human organism is nothing if not obliging, and will meekly try to adapt itself to the whims or event the abuses of its owner.

You could conceivably take in all the fuel your body needs in one meal instead of in three well-spaced ones. For that matter, you could also conceivably gulp down three books in one day, or see three movies, or do three family washings. But the consensus of civilized thought is that it's more sensible and enjoyable to spread them out a bit.

The nutrition experts tell us that breakfast should contain one-fourth to one-third of the total day's caloric needs. And if you just knew how smart those nutrition experts have to be, even to understand their own charts, they'd pay ymore attention to them. They say firmly that regular intake in small amounts is better for your metabolism, your efficiency, and your mental alertness.

Workers, homemakers, weight watchers, teenage girls, and everyone else will find there is a better chance to do a day's work well when breakfast has been eaten. There is no hard and fast rule on how big breakfast should be, or that one has to have bacon and eggs as fine as they are. Breakfast should offer protein, vitamins, and minerals to build and repair the body and for good health, should provide fuel for body energy, and should taste good.

BREAKFAST IDEAS
1. Poach eggs in cheese sauce, creole sauce, or slighted diluted canned soup such as celery, potato, or asparagus.
2. Top fresh fruit with a little

sour cream and a sprinkle of brown sugar.
3. Sweeten cereals, prepared and cooked, with something different: brown sugar, honey, molasses, jelly.

4. Peanut butter-honey highlights toast, hot rolls, muffins or waffles. Whip equal parts peanut butter and honey for this treat.
5. Peanut butter pancakes start the day right. For the basic proportions, combine 1 cup pancake mix, 1 cup milk, 1 egg and 3 tablespoons peanut butter. Beat until smooth. Then it's ready to go on the griddle.

BREAKFAST PARFAIT
1 regular package vanilla instant pudding
1 can (17-ounce) fruit cocktail OR Fresh fruit of own choice
4 cups cornflakes
Just before serving, prepare pudding as label directs. Let set, then stir in fruit cocktail and its syrup. Make several layers of pudding mixture and cornflakes in each of 4 or 5 parfait glasses or tall glass mugs, ending with pudding. Makes 4 to 5 servings.

HOT OATMEAL A LA MODE
Just before serving, prepare oatmeal as label directs. Top each hot serving with a scoop of ice cream and fresh fruit (or canned fruit). Serve immediately. (Ice Cream melts to make "sugar and cream" topping.)

HONEY RINGS
1 can refrigerated biscuits
3 tablespoons melted butter
¼ cup honey
½ cup sifted confectioners' sugar
1 teaspoon cinnamon

With ¾" round cutter, cut center hole from each biscuit. Let biscuits and holes stand 15 minutes, then fry both. Brush each, while warm, with melted butter. Combine honey, confectioners' sugar, cinnamon; spread lightly on doughnuts and holes. Makes 10 rings, plus holes.

SOCIAL CALENDAR

Friday:
7:30—Rehearsal for the Pearson-King wedding in Grace United Methodist church.

8:00—Mr. and Mrs. Cal Fisher and Mr. and Mrs. C. T. Dixon are entertaining at a cake cutting honoring Miss Linda Pearson and Billy King after their wedding rehearsal.

Saturday:
9 a.m.—Beta Epsilon Chapter of Delta Kappa Gamma, breakfast meeting in Cherryville.

4:00—The wedding of Miss Linda Elizabeth Pearson and Billy Floyd King in Grace United Methodist church, reception following in the church fellowship hall to be given by the bride-elect's parents.

Wednesday:
3:30—Colonel Frederick Hambright Chapter, DAR, at the home

Pair Feted After Rehearsal Friday Evening

Miss Peggy Gail Queen and Paul Aaron Cash cut their wedding cake Friday night at an after-rehearsal party held at the home of the bridegroom-to-be's brother and sister-in-law, Mr. and Mrs. Herman Cash, on Shelby road.

The wedding theme of green and white was carried out in decorative details and in refreshments.

Overlaid with lace and net over linen, the bride's table was high light of decoration. Green wedding of Mrs. F. R. Summers.

Sunday:
4:00—Scotch Foursome for Kings Mountain Women's Golf Association at the Country club. Supper will be served after the games. Reservations by Saturday noon, 739-5058.

ding bells and green net and gold ribbon caught up the scalloped cloth at intervals. Centering the table was a silver candelabrum of white tapers arranged with gold mums and white pom poms. The four-tier green and white wedding cake was served by the hostess from one end of the table. Mrs. Kenneth Cash, brother-in-law of the bridegroom-to-be, was at the opposite end of the table to serve punch from a silver bowl. Nuts, mints and cheese daisies were also served.

The bride-to-be wore a yellow polyester knit dress with white accessories.

Guests included members of the two families and the wedding party.

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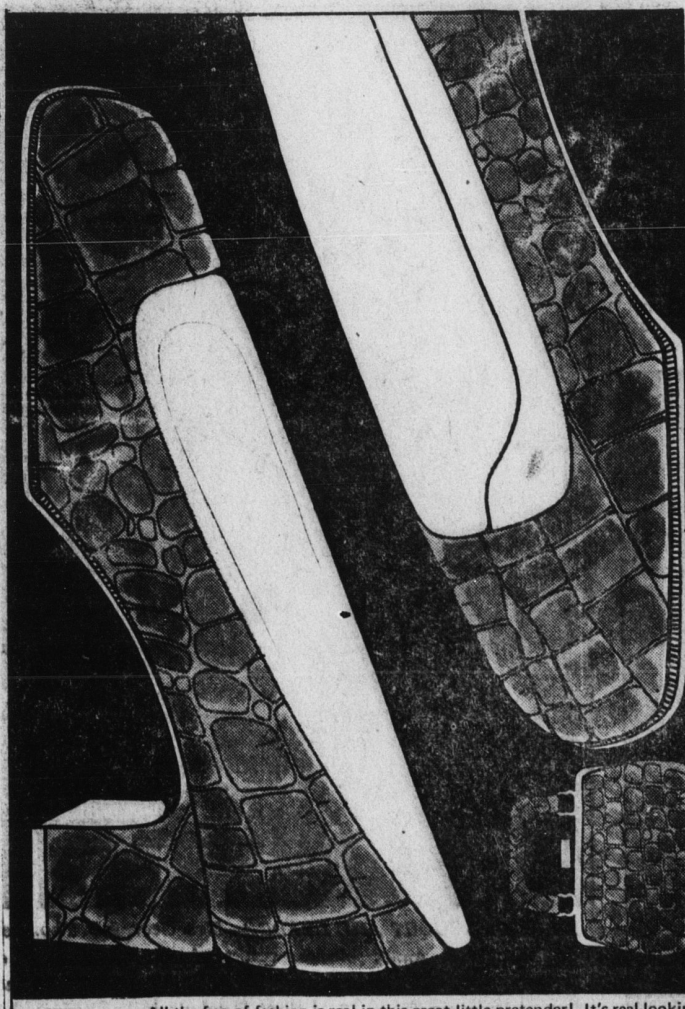
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Jacqueline AS SEEN IN GLAMOUR

Agnew Family's Soup Favorite Chicken, Rice

Recently the North Carolina Poultry Federation furnished the North Carolina homemakers with a favorite recipe of America's First Lady, Mrs. Elchard Nixon. This week we are happy to bring to your kitchens a favorite recipe of America's Second Lady, Mrs. Spiro Agnew.

The Spiro Agnews enjoyed "Chicken and Rice Soup"—or as they called it, Avagalemono Soup—long before their name became a household word in America. Mrs. Agnew prepared this delicious dish even before her husband became Governor of Maryland. This tasty dish is given that little spark of magic by Mrs. Agnew in the egg-lemon juice mixture which is added just a few minutes before serving time.

Homemade chicken soup is good for lunch or dinner. A suggested luncheon menu might include Mrs. Agnew's Chicken and Rice Soup, crackers, a fresh fruit salad, a chocolate dessert, and a favorite beverage.

CHICKEN AND RICE SOUP - AVAGALEMONO SOUP
1 chicken, stewing
Enough water to cover
Salt and pepper
Onion, whole (optional)
1 cup of rice
Celery leaves (optional)
3 eggs
Juice of 1 or 2 lemons
Boil chicken with onion and celery leaves until tender. Remove chicken and let it cool. Strain the broth, return it to the heat, and when it begins to boil, add the rice, salt, and pepper. When the rice is cooked, lower the heat to simmer. Beat the eggs until frothy, then add the lemon juice—a little at a time—beating well. Remove a little broth and add it to the egg-lemon mixture, beating continuously. Remove the broth from the heat and add the egg-lemon mixture to the rest of the broth. Be sure to vigorously stir the egg-lemon mixture while you are working with it so that the eggs will not curdle. Let stand a few minutes before serving. Serves 6 to 8.

Weekend visitors of Mr. and Mrs. Nevette Hughes were William Fort, Mrs. Roy C. Cadieu, and Charles Cadieu of Charleston, S. C. and Miss Joan Gayle Cadieu of Durham.

Mr. and Mrs. Bill Atchley of Raleigh were also visitors of the Hughes family and other Kings Mountain relatives.