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# DISTAFF DEEDS

(News items this week from Rowan, Alexander, Sampson and Durham counties.) with them as they teach local families to make good use of the surplus foods they receive.

### QUITE A SWITCH

Mrs. Benny Drew, a member of the Gold Hill Extension Homemakers Club, Rowan County, learned how to fix worn-out light switches at a club meeting. She went home and told her husband she could repair their worn-out light switch. He wouldn't let her do it.

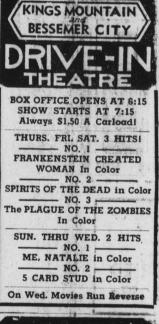
One of the favorite jobs of a figure, 4-H agent is rounding up inter-

ander County, Linda Best, assistant home economics Extension a gent, went searching for a "rock hound."

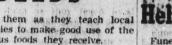
She found Luther C. Moose of Stoney Point, who Linda describes as "no ordinary rock hound." He is a rock expert, who collects, cuts, polishes, sets and catalogs rocks and gemstones.

Mr. Moose has hunted rocks, ex-Mr. Moose has number rocks, ex-tensively, in the United States. According to Miss Best, "his hob-by is so well-developed that he has established a small, private rock museum next to his house." Many individuals and groups visit the marvelous display of rocks and gems the agent adds.

AID NUTRITION AIDES Families being reached by the Expanded Nutrition Program offen do not have the kitchen equipmentmost of us take for granted. So members of Extension Homemakers Clubs in Sampson County are collecting used kitchen equipment for nutrition aides to take



ALL SEATS ALL AGES-ALL SHOWS Bring the Entire Family'



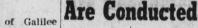
Mrs. George E. Bock, a member of the White Cross Extension Homemakers Club, Durham County, believes in sharing information three weeks, she learns.

do it. So Mrs. Drew stood by him and told him how to do it, and the husband fixed the switch, Edith Hinshaw, home economics Exten-sion agent, reports. **ROCK HOUND** Construction for the function of a light Being anxious to share the

esting resource, persons for 4-H knowledge obtained in a clothing offered to help her neighbor fit a fitting workshop, conducted re-Since rock-collecting is a popular by Associate Extension A-lar hobby among 4-H'ers in Alex-gent Linda Washburn, Mrs. Bock discussion and the problems. Claimed in a clothing offered to help her neighbor fit a basic dress. Together they were able to identify the neighbor's fit-ting problems. Claimed in a clothing offered to help her neighbor fit a basic dress. Together they were able to identify the neighbor's fit-hospital.



two brothers, George and Law-rence Lewis of Kings Mountain; Funeral rites for Robert Lee The equipment is left with the Lewis, 43, of the Galilee Com-family for their use and for fu-ture use by the aides, home eco-nomics Extension agents observe.



with the Rev. R. O. Davis officiating.

struction Company.

hospital.

Avoid overloading an outlet by | Examine children's toys from He is survived by his wife, Ai-leen Burris Lewis; his father and stepmother, Mr and Mrs. John Lewis of Kings Mountain; the use of multiple sockets, sug-gests Liberty Mutual Insurance Of electricity could put you in the dark, hospital — or worse. the use of multiple sockets, sug-

THE KINGS MOUNTAIN HERALD, KINGS MOUNTAIN, N. C.

### DIET OF THE STARS LOSE 10 LBS. IN 10 DAYS ON NEW GRAPEFRUIT DIET

Hollywood, Calif. (Special) - If it is followed exactly, the average overweight person should lose 10 pounds in 10 days. This new diet plan lets you stuff yourself with foods that were forbidden. Such as big steaks trimmed of fat, southern fried chicken, rich gravies, mayonnaise, lobsfers swimming in butter, bacon, sausages and scrambled eggs. You can eat until you are full, and cannot possibly eat any more. A copy of this new and startling successful diet plan can be obtained by sending \$2 to

### MOVIELAND DIET PLAN

1151 S. Robertson Blvd., Suite 2 Los Angeles, Calif. 90035 Money-back guarantee. If after trying the diet you have not lost pounds simply return the diet plan and your \$2 will be refunded promptly and without argument.

# Herald Want Ads Pay

Thursday, April 16, 1970

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## HOUSE AND LOT FOR SALE

2 bedroom house with 1 acre land, fronts on dirt street.

From Kings Mountain take Highway 29 toward Grover. At Battleground Service Station turn right. Proceed one mile to dirt road on the left. Turn left. House is 1/4 mile on left. There are directional signs along the route. We will move this house on your lot.

CALL COLLECT-CHARLOTTE, N. C. 8 to 10 a.m. daily—Evenings call Chester, S. C. Area Code 803 377-3855





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HERE HERE STORES

Union National. Or you can simply leave the interest in your 5 3/4% Passbook Account to grow and grow. First Union National It's your choice.

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account to your savings account on a predetermined day of the month. At no extra charge. Get your own personalized copy of The First Edition from First Union National. And watch your interest mount with every page.