

65 or More? You May Plan Some Changes

RALEIGH — If you have had 65 birthdays or more, you may be planning to make some changes in your daily routine.

Although many activities may be changed or eliminated, eating certainly will not be one of them, observes Mrs. Marjorie Donnelly, extension foods specialist, North Carolina State University. For all life long you need food that contains nutrients needed for upkeep of body tissues and bones.

Although a good diet over the years is recommended, it is never too late to improve your own well-being by improving your diet. Surveys show that diets of many older persons are lacking in milk, protein-rich foods and citrus fruits in adequate amounts, Mrs. Wonnely points out. In addition, the diets these persons choose often result in overweight.

Now that you have more leisure time, Mrs. Donnelly suggests you plan your meals in advance. Include meat, milk breads and cereals and vegetables and fruits in these meals, she advises.

One factor that may make cooking seem dull is using the leftovers that can accumulate when cooking for only one or two. So Mrs. Donnelly offers these tips on how to make leftovers mouth-watering.

Combine leftovers in a one-dish meal. Meat combines with macaroni, vegetables or rice. Add a cheese or tomato sauce or just plain white sauce and heat in a baking dish. Chopped tomatoes, green onions or chives give extra flavor and color to the dish.

Top a tossed salad with cut strips of leftover cooked meat or poultry.

Mix leftover cooked vegetables with raw fresh ones, such as chopped celery, cucumber slices, tomatoes, green peppers or shredded cabbage.

Serve vegetables, meat, fish or chicken with a tasty sauce. Use a can of tomato, cheese or mushroom soup for a quick and easy one. A hard-cooked egg may stretch the dish if it is a bit skimpy.

Add a bit of relish, snappy cheese or diced cucumber to a cooked dressing for meat or vegetable salad.

As a reward of planning meals in advance and using leftovers imaginatively, you will feel better and will enjoy all your activities to the fullest extent, Mrs. Donnelly concludes.

Liberty Reports Record Sales

GREENVILLE, S. C. — The Liberty Corporation today announced consolidated net earnings of \$3.5 million for the first half of 1970, equivalent to 50¢ per share as compared with \$3.2 million or 46¢ per share for the first six months of 1969.

Gross revenues for the period were \$45.9 million, up \$5.4 million, an increase of 13 per cent over the comparable period for 1969.

Liberty Life Insurance Company, major subsidiary of The Liberty Corporation, reported record sales of \$251.6 million during the first half — highest in the company's history.

The Liberty Corporation, a diversified holding company, also has communications and real estate subsidiaries which reported satisfactory earnings records for the six month period.

CAR CARE FOR TRIP

It's a good idea before you take that next vacation holiday or extended business trip in your car, to get the vehicle checked. Are the brakes, all lights and horn working properly? Has tire pressure been checked and are tires in good condition? Does the car steer and handle well? Is the motor running satisfactorily? Has a necessary oil change been made, the car greased? Check your needs out with the help of an auto mechanic if you have a car problem. Get your car in shape so you can enjoy your trip.

AMERICAN MUTUAL LIAB. INS. CO.

Belmont Abbey Opens Monday

North Carolina officials of the Agricultural Stabilization and Conservation Service are encouraging all eligible farmers to vote later this summer in ASC committee elections.

"Decisions made by farmer-elected ASC committees can be important to almost all farming operations in the area. That's why we want to be sure every farmer who is eligible to vote in ASC elections is on the list to get a ballot," H. O. Carter, State Executive Director for the Agricultural Stabilization and Conservation Service, said.

"We urge any farmer who has not previously participated in an ASC election, has changed the location of his farming operation, or who has any other reason to believe that his name may not be listed in ASCS records to contact the County ASCS Office as soon as possible. In this way, he will be assured of receiving a ballot enabling his vote in the upcoming election."

Farmer-elected ASC committees — community and county — are responsible for local administration of farm programs. These responsibilities include setting individual farm acreage allotments and bases, approving applications for conservation cost-share funds, providing information to farm program participants and similar duties.

"Through the ASC committee election system, farmers can nominate and elect people of their own choice for these important responsibilities," Carter said.

Carter said that to be an eligible voter, a person must be eligible to participate in any ASCS

program administered in the community where he has his farm interest. Also an eligible voter must have a farm interest as an owner, tenant, or sharecropper and be of legal voting age. If he is not of legal voting age, he may vote in ASC elections if he supervises and conducts the farming operations on an entire farm. Carter said that as a general rule all farmers are eligible voters in ASC elections.

CARD OF THANKS
We wish to express our heartfelt appreciation to the many friends and neighbors, to Dr. Frank Sincos, the nurses on West Station at Kings Mountain hospital and the staff of the hospital for their many kindnesses and expressions of loving sympathy at the death of our beloved mother.

The Family Of Mrs. Marvin Goforth

Herald Want-Ads Get Results

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NO. 2
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W.D. U.S. CHOICE CHUCK OR SHOULDER		W.D. U.S. CHOICE CHUCK ROAST	59¢
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ASTOR ... Limit 1 with \$5.00 Order

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