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MARTIN'S MEDICINE
 By MARTIN HARMON

I was recently somewhat surprised, when scanning the city building permits, to see that Kings Mountain Redevelopment Commission had purchased three. Further perusal revealed that the permits allowed razing of three buildings.

m-m

I addressed City Clerk Joe McDaniel, "Joe," I said, "I knew permits were required for new construction, including additions, and for major alterations, but I didn't know a permit is required for a demolition."

m-m

Joe laughed, "Oh, yeah," he replied, "we got you every way."

m-m

Building permits, of course, are not issued as a matter of "getting" it. It is the city's method of keeping tabs on construction and de-construction, with concurrent assurance that the building inspector requires compliance with the city building codes. In turn, the owner benefits from prevention of faulty planning and/or workmanship. Come to think about it, the demolition business may be most important. It would not be very safe for a ball-and-chain wall-banging crew to be operating with auto and pedestrian traffic risking a hail of debris.

m-m

Of the redevelopment commission's three demolitions to date, the Willford Building on West Mountain, most recently occupied by offices of the late Dr. J. E. Anthony, was by far the most venerable. Mrs. Irma Willford Thomson recalls that the building structure was built around 1890, replacing an 1880 frame building which had burned. The initial structure was part of an L-shaped building (with what is now Belk men's department) occupied by Kiser-Mauney. The Mountain street base of the "L" was the grocery department, while the Battleground avenue top of the "L" was the dry goods department. Since the building has been razed, the brick-up of the connecting doors is quite evident.

m-m

As a little fellow, I remember in this building Sam Suber's Candy Kitchen, and the Willford Restaurant, later Paul Long's Restaurant. Upstairs, J. R. Davis's law office was there for many years and Dr. Paul Hendricks' first medical office was there, too. Last tenant in the former Davis quarters was the Western Carolinas League. About 1945 the late Frank Simmons, president of First National Bank, saw eventual need for more space. The bank purchased the then-Anthony building from the doctor with provision he retain use of his offices, rent-free, as long as he wished. I am told, but have not confirmed with George LuBanescu, that when he purchased the bank building from First Union National, he did not realize the purchase also included the venerable Willford building portion. A mini-park is planned on the vacant lot.

m-m

Records in the office of the register of deeds show that the Virgie Hammon lot was deeded to her father and mother, Mary and Lee Hammon, on September 17, 1907, by Charles Dilling, Sr., indicating that the now-razed residence was erected shortly thereafter. There were three Hammon brothers, the others being Rome and Will. Will was a painter. Rome, the best I can determine, was a mason, and Lee a carpenter. If I'm wrong, it was vice-versa.

m-m

Haywood Lynch built the former Herald building in 1938. It was the first time in its long history the Herald had a home of its own. Haywood had purchased the lot from D. C. Mauney. He bought the building from Haywood in 1945 and spent slightly more than 11 years there, meantime installing a heating plant. It wasn't so much a problem of heat, but of space. The pot-bellied stove had to be removed in order to accommodate a new machine.

m-m

Last fall, when the Jobs 70 program occupied the building, Bob Cox asked me in for a look. "What you think happened?" Bob asked. About every other joint of heating plant pipe was broken and the end of one radiator looked as if it had been sledged. The first time I saw vandalism, but Bob pointed out that there were no marks on the walls.

m-m

Lee Roberts supplied the answer to Bob next day. The heat was off, the pipes had not been drained, and the thermometer plummeted below freezing. The water in the pipes froze, the pipes and one radiator burst.

m-m

Three old friends are gone. Shed a tear. . .

TODAY'S BIBLE VERSE
 Take a Joyful Noise Unto The Lord For He Is Good. Psalm 100:1

Yea for Yoghurt

Carl Propst, master of ceremonies at the Cleveland County Dairy Association's June Dairy Month kick-off breakfast, in his benedicting remarks, told the ladies they would be met on exit by pretty dairy maids with a special gift: a carton of yoghurt, in any number of fine fruit flavors such as peach, pineapple, strawberry, blueberry.

The very word "yoghurt" called to mind the dietary advice of the late Dr. Jarvis in his "Vermont Folklore Medicine," who was heavy, yea, very heavy, as a promoter of yoghurt as a regular in any daily diet. Dr. Jarvis had some other favorites such as a before breakfast vinegar cocktail (shot of vinegar, diluted with water), honey, and a honey-vinegar mixture. Dr. Jarvis also ascribed to the dictum: "Eat breakfast like a king, lunch like a prince, and supper like a pauper."

But the subject is yoghurt.

Webster's Dictionary merely describes yoghurt as a fermented milk product, as is buttermilk, and a very popular food item in the Levant. Encyclopedia Britannica is more detailed. Yoghurt is prepared, it says, by inoculating milk previously boiled and cooled to body temperature either with laboratory culture of yoghurt bacteria or with yoghurt from a previous batch. It is then incubated for three or four hours at 110 to 112 degrees F., or at room temperature overnight. It is stored then in the refrigerator until propelled down the red lane of the eater. The product is a jelly-like substance, rich in Vitamin B complex.

The Britannica writer says yoghurt has no proof of curing any disease of "preventing intestinal intoxication" (whatever that means).

Not so, says Carl Propst.

Yoghurt, he says, is a Number 1 enemy of the disease called "fat", with the dual benefit of high food value and vitamins, minus CALORIES.

Weight-conscious customers have increased consumption of yoghurt in this country by 500 percent and demand is still growing, he declares.

The name doesn't sound too appetizing, the product doesn't look too appetizing, but yoghurt is GOOD.

That's the firm's motto, says the Herald sample.

Hard Place and Rock

When a person finds himself between a hard place and a rock, and both closing in upon him, he has no choice but to choose the lesser of two evils.

Thus the county commission so found itself. The closing in was the escalating cost of county governmental services. The hard place and/or rock, depending on point of view, was escalation of the ad valorem property tax in large amount or levying of the additional sales tax, as made permissible by the 1971 General Assembly.

Three commissioners, Chairman B. E. (Pop) Simmons, J. Dock Turner and Robert Hubbard, thought the sales tax the easiest way out, while two, Fritz Morehead and Phil Rucker, did not agree.

All five, of course, agree that any taxes—added or new—are odious.

Certainly the three-member majority must be credited with political courage by enacting the tax without a vote of the people, which is an alternative. Time was a factor, as far as a vote was concerned, for an election could not be held until the new fiscal year is well underway, and with no surety the voters would rise to the occasion and record a "yes" vote.

The new tax will be effective July 1. With county revenues limited to all but an infinitesimal amount to ad valorem tax revenues, the upward pressure in this area gets worse with each new fiscal year budget.

And the county commission must be commended for a certain degree of charity. It could have divided the spoils with incorporated towns and cities from the sales tax on either of two bases: 1) ad valorem tax value or 2) population. The commission chose the latter, which cut the county take and upped the take of Shelby, Kings Mountain, Boiling Springs, Lawndale, Grover and Waco. Indeed, had the ad valorem formula been chosen, Mayor Hill Carpenter's Town of Waco would not have received one red cent.

Spectrum Underway

The big earth-moving equipment had been at work a week, one wall was several courses of brick high, when official ground-breaking ceremonies for the new plant of Spectrum Textured Fibres, Inc., were held Wednesday morning.

Participants included company officials, city officials, the co-chairman of the mayor's industrial committee, chairman of the county board of commissioners, officials of Cleveland Technical College, who watched Jerry Karchner foot to the shovel and figurative the first spadeful of dirt.

Karchner, executive vice-president of Spectrum, had an interesting visit recently in Switzerland. Mr. Karchner was told construction of a 100,000 sq. ft. building (Spectrum's first-size) would require two years. In fact, Spectrum expects to get into production in September.

The fact is a commendation of the can free enterprise system.

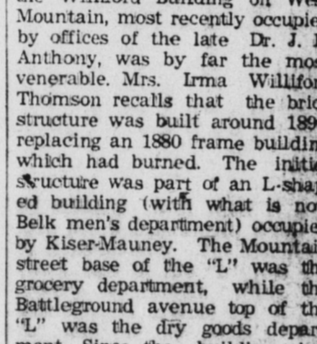
Many nations of Europe, business cartels call the signals, as is true in Switzerland, and cartels are quasi-polities.

Spectrum aims at eventual production of 10,000,000 pounds of product per year. It is estimated that 5000 trailers would be required annually to move product in and out of plant and to provide another sample of why any business, large or small, generates sales jobs in many different directions. A cordial welcome to Spectrum Textured Fibres, Inc.

A Herald slip showed well below headline hemline in last week's edition. Dick Nielsen must have been quite surprised to learn he had been promoted by Foote Mineral Company — after laboring, for these many years, across town at Lithium Corporation of America. The fact of his promotion by Lithium Corporation is no less deserving of commendation to him.

Take stock in America.

With higher paying U.S. Savings Bonds.
Now all your U.S. Savings Bonds pay higher interest.



Now it's official. Now one of the safest investments in the world brings you new and higher returns. Now your U.S. Savings Bonds pay the highest interest in history: a full 5 per cent when held to maturity of 5 years and 10 months. (4% the first year; 5.20% thereafter to maturity.) Previously, these Bonds earned you only 4 1/4% if you held them for seven years. The new interest began June 1, 1969. So all of the Bonds you own, no matter when you bought them, have been collecting higher interest since that time. These Bonds are still replaced if lost, stolen or burned. You can still buy them through Payroll Savings or the Bond-a-Month plan. Regardless of your other investments, can you think of any easier, better, or safer way to build a nest egg for yourself? It's nice to know that you are doing a little something for Uncle Sam, too. The \$52 billion in U.S. Savings Bonds now outstanding in the hands of millions of Americans go a long way toward keeping your country financially strong. There never was a better time to take stock in America. There's a man at the place where you work who can start you on the Payroll Savings Plan right now. Bonds are safe. If lost, stolen, or destroyed, we replace them. When needed, they can be cashed at your bank. Tax may be deferred until redemption. And always remember, Bonds are a proud way to save.



Rev. Alderman To Reidsville

Rev. D. B. Alderman, pastor of Central United Methodist church the past four years, is expected to be transferred by the Western North Carolina Conference to First United Methodist church of Reidsville, result of new appointments of the Conference in session at Lake Junaluska this week.

Moving day for the ministers is June 23 with the pastors to preach the last sermon in their present churches June 20th.

At least four Methodist churches in the county are expected to receive new minister-appointees at the Conference.

Rev. Mr. Alderman will likely be succeeded in Kings Mountain by Rev. R. Paschal Waugh, pastor of Biltmore Methodist church in Asheville.

DIXON SERVICE

Sunday morning worship service will be held at 9:30 a. m. Sunday at Dixon Presbyterian church with the Rev. Robert Wilson to lead the service.

STEAK SUPPER

The Oak Grove Volunteer Fire Department in the Oak Grove Community is having a steak supper Saturday night, June 12, from 5 p. m. until 8 p. m.

HOPES RAISED

When UPI Cambodia correspondent Kate Webb was reported missing April 7, and when the remains of another Caucasian woman were wrongly identified as hers two weeks later — there was not a word from the Communist forces.

On simple grounds of decency, as well as to recognize that the press is not a party to the war, one would have thought her captors might have given word of her actual status.

In any event, after her surprise release the first of this month, hopes continue to rise that others of the dozen and a half newsmen reported missing in Cambodia since March, 1970 may still be alive and that word of them may be forthcoming.

CHRISTIAN SCIENCE MONITOR

GOSPEL SING

Piedmont Baptist church will sponsor a Gospel Sing Saturday night at 7:30 with the Singing Samaritans and the Sons of Love to be featured. Rev. Ansil Center, pastor, issued invitations to the community to attend.

BIBLE STUDY

Mrs. C. F. Devenish of Asheville will lead a Bible Study for young adults Monday evening at 7:30 p. m. at the Community Center. All young people of the community are invited to attend.

KINGS MOUNTAIN Hospital Log
 VISITING HOURS
 Daily 10:30 to 11:30 A.M.
 3 to 4 P.M. and 7 to 8 P.M.

- Chas. H. Aderholt
 - Ben P. Barrett
 - Mrs. C. T. Carpenter
 - Willie Carter
 - Wm. M. Chamber
 - Mrs. Mattie Davis
 - Carl W. Goforth
 - Willard B. Leigh
 - Roy Lynn
 - Mrs. Irene Melton
 - Marvin F. Moose
 - Mrs. Wm. Mullinax
 - Mrs. Dovie Neal
 - Geo. Rainey
 - Mrs. Iristine Roberts
 - Mrs. Florence Shepard
 - Mrs. T.W. Shytle
 - Anderson Smart
 - Mrs. Mary S. Smith
 - Mrs. Leslie Sprouse
 - Mrs. Robt. Thompson
 - Tammy Verner
 - Mrs. Faye Watterson
 - Mrs. Mary Wells
 - Mrs. Florine Whittle
 - Mrs. Bobby Bridges
 - Mrs. Trula Paysour
- ADMITTED THURSDAY**
- Mrs. Annie Wilson, 211 Thornburg Dr., City
 - Mrs. J. Fred Withers, 406 Philfer Rd., City
 - Hershel Wright, Rt. 1 City
- ADMITTED FRIDAY**
- D. W. Ormand, Rt. 2, Bess City
 - Mrs. Chas. Moore, Rt 2, Box 3, Bess City
- ADMITTED SATURDAY**
- Mrs. Alvin Falls, 710 Alexander St., City
 - Betty Henderson, Rt. 2 Shelby
 - Jas. M. Ivey, 1 Bennett Dr. City
 - Mrs. Alphid Johnson, 413 York Rd., City
- ADMITTED SUNDAY**
- Elmer Hannah 919 Grace St., City
 - Leslie Dee
 - Leslie Dee, 214 S. Spargo, Dallas
 - Wm. C. Carroll, 208 Benfield Dr., City
 - Mrs. Larua Bagwell, 105 W. Carolina St., Dallas
 - Mrs. Vernon Stewart, 915 2nd St., City
- ADMITTED MONDAY**
- Mrs. Joseph Robinson, Rt. 1, Box 412, Gastonia
 - Bobby B. Creighton, Sr., 515 Prentiss St., City
 - Alecia Williams, Chesterfield Apt., City
 - Miles S. Roberts, 921 Gface St., City
 - Bennie Moore, Jr., Rt. 3, City
 - Ruby Bridges, Rt. 2, City
 - Jas. Wm. Absher, 110 E. La Ave., Bessemer City
 - Mrs. Emma Wright, Rt. 1, City
 - Mrs. Jas. Fletcher, 409 Baker St., City
 - Johnny Peterson, 212 Parker St., City
 - Mrs. Wm. E. Rome, 524 Cleveland Ave., City
 - Mrs. Randolph Ross, Rt. 1, Grover
 - Mrs. John Smathers, 106 Country Club Dr., City
 - Mrs. Morris White, Rt. 1, Grover
- ADMITTED TUESDAY**
- Mrs. David Shipman, 805 Princeton Dr., City
 - Angie McCutcheon, 101 Ark St., City
 - Nellie Brakefield, 43 Woods St., York, S. C.
 - Mrs. Florence Marlowe, Rt. 1, Shelby
 - Mrs. Willie Jefferies, 708 S. Weldon St., Gastonia
 - Mrs. Forest R. Hord, Route 1, Box 108, City
 - Kimberly Burns, 1010 Westover City
 - Mrs. Eugene Brown, 210 Thornburg, City
 - Mrs. C. A. Huffstetter, P.O. Box 365, City
 - Glenda Goforth, Rt. 2, City
 - Goldie Byers, P.O. Box 652, Bessemer City
 - Mrs. Jas. White, 1301 Shelby Rd., City

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