

No Drastic Changes Required For Heart Diet Says Experts

CHAPEL HILL. — Diet fads come and go, but the people who try to follow them usually slide back to their old eating ways in a few weeks, says the North Carolina Heart Association. But there is one diet that is not a fad. It is easy to follow since it calls for moderate changes in eating habits to help reduce your risk of heart attack and stroke. People who follow a "heart diet," the North Carolina Heart Association adds, are not forced to give up all their favorite foods. But they have to learn to "go easy" on them.

How does this diet work? Basically, the change involves eating less foods with excessive amounts of animal (saturated) fats and cholesterol and eating more foods with vegetable (polyunsaturated) fats.

A diet that emphasizes butter, cream, eggs, beef, pork, organ meats and shellfish is high in saturated fats and cholesterol and tends to raise the cholesterol level in the blood. This can speed development of a condition-affecting most persons—which causes the arteries to become roughened and narrowed by fatty deposits.

Eventually, the blood flow may be blocked. If this condition prevails in a coronary artery, a heart attack may occur. If these deposits block the flow of blood in an artery leading to the brain, a stroke is likely.

The diet also emphasizes the need to control intake of calories to "keep a desirable weight," and stresses meeting daily needs for

protein, vitamins, minerals and other nutrients. Here are a few basic tips:

1. Egg no more than three egg yolks a week.
2. Eat more meals of fish, veal, chicken and turkey and fewer meals of beef, lamb, pork and ham.
3. Use low-fat milk, and cheese made from low-fat milk.
4. Use margarine (which list liquid oil first among ingredients) instead of butter. Substitute polyunsaturated vegetable oils for lard and other solid cooking fats.
5. Each day eat vegetables, fruit, cereals and breads made with a minimum of saturated fat. Recommended breads are white enriched, whole wheat, French, Italian, pumpernickel, rye bread and English muffins.

Pvt. Lawrence Is Promoted

FT. POLK, La. — (AHTNC) — Private Robert W. Lawrence, 20, son of Mr. and Mrs. MaFord C. Lawrence, 730 Gastonia Highway, Bessemer City, N. C., recently completed eight weeks of basic training at the U. S. Army Training Center, Infantry, Ft. Polk, La.

He received instruction in drill and ceremonies, weapons, map reading, combat tactics, military courtesy, military justice, first aid and army history and traditions.

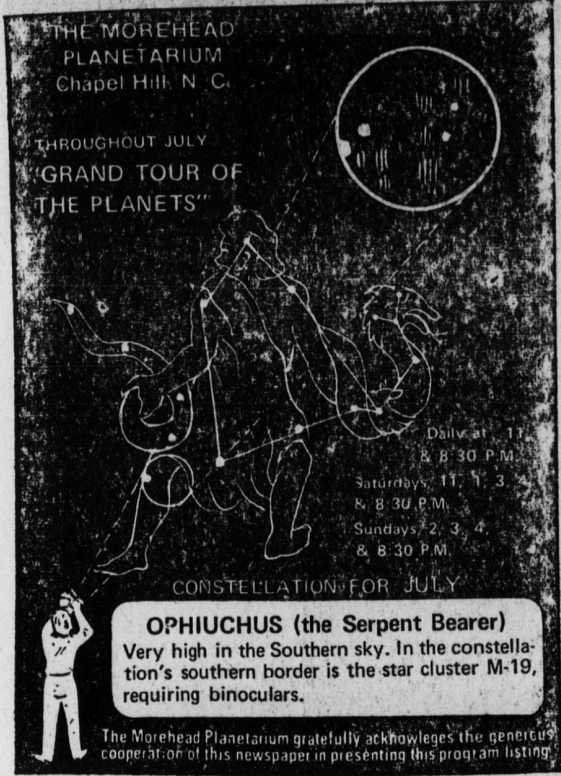
VA Lists Widow's Benefits

Many widows of veterans may not know they can receive Veterans Administration benefits even after their remarriage if the remarriage has been terminated by death or divorce.

W. R. Phillips, director of the Winston-Salem VA Regional Office, said qualified widows were eligible for VA-guaranteed home loans, educational benefits, death pension, and dependency and indemnity compensation (DIC).

Previously, the widow of a veteran was declared permanently ineligible for these benefits if she remarried, but a recent provision has amended that provision to again make the widow eligible if her remarriage is terminated.

Phillips urged widows of veterans with questions about their eligibility status to contact the Veterans Administration office at 301 North Main Street, Winston-Salem, or their local service organization representative.



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CONSTITELLATION FOR JULY
OPIUCHUS (the Serpent Bearer)
Very high in the Southern sky. In the constellation's southern border is the star cluster M-19, requiring binoculars.

The Morehead Planetarium gratefully acknowledges the generous cooperation of this newspaper in presenting this program listing.

Here's Your Answers!

By **BERNADETTE HOYLE**
(Eighth of a Series)

"Day care for small children is outgrowing its baby-sitting origins and moving toward educational, recreational and social growth activities that help physical and mental development."

—Robert L. Denny, Executive Director

Q—My daughter is mentally retarded. Can I have her sterilized so she cannot have children? Contact your County Department of Social Services. This is always done on an individual basis and after considerable study and an evaluation.

Q—If I could just put my retarded child in day care, I could get a job to help pay for many things our children need. I don't know how to find out about a place like that here.

A—Call your County Department of Social Services and find out if there is a day center for retarded children in your city.

Q—My little boy is very retarded and I have never taken him to Sunday school because he does not behave like other children. He has a pretty voice and likes to sing and he can recite, too. What can I do?

A—The number of churches in North Carolina that offer special classes is growing steadily and this movement is one of the finest things that has happened in our state in recent years. Contact your minister. If your church does not have such a class, ask your minister to contact us and we will help him get a class started.

If you have questions you want answered or if you want copies of previous columns in this series, write: Bernadette Hoyle, Public Information Officer, N. C. Council on Mental Retardation, P. O. Box 12054, Raleigh, N. C. 27605.

Taxpayers Ask IRS

This column of questions and answers on federal tax matters is provided by the local office of the U. S. Internal Revenue Service and is published as a public service to taxpayers. The column answers questions most frequently asked by taxpayers.

Q.—Where should I write about a delay refund?

A.—If it has been at least 10 weeks since you sent in your return and you have received no word about it, then write the IRS service center where you sent your return. The IRS will need to know approximately when your return was mailed, your Social Security number, name and present address.

Q.—How can I tell if I'm going to need more tax withheld from my paycheck?

A.—The taxpayers most likely to need more withholding are:

1. Employees who expect to earn more than \$11,500 in 1971 and intend to claim the \$1,500 standard deduction or itemize deductions totaling less than 13 per cent of their salaries;
2. Single employees who expect to earn \$15,000 or more in 1971;
3. Married employees who expect to earn \$25,000 or more this year and whose spouses are not employed; and
4. All working couples.

If you think that you may fall

into one of the above categories, estimate the amount to be withheld during 1971 from the tables IRS has provided to your employer. Compare this estimate with the amount of tax liability you expect for 1971. If more withholding is necessary, you should file a new exemption certificate (Form W-4) with your employer, claiming fewer exemptions or asking to have additional amounts withheld.

Q.—I'm having all of my Army Reserves uniforms cleaned in preparation for summer camp. Can I deduct my cleaning bills?

A.—Yes, if you itemize your deductions when you file your return next year, you can deduct the cost of cleaning and maintaining Reserve and National Guard uniforms. Be sure to keep records to substantiate your deduction.

Q.—I received an extension of time to file my return. Will I be charged interest on any taxes I owe?

A.—Yes, interest at an annual rate of 6 per cent will be charged from the original due date of the return. However, the filing extension will excuse you from penalties for failure to file or pay during the period of extension.

Q.—Where can I get a list of IRS taxpayer publications?

A.—Publication 552, "Retirement Requirements and a Guide to Tax Publications," which lists all free publications prepared by the Internal Revenue Service, can be obtained by mailing a postcard to your local IRS office. Follow the same procedure when ordering any of the free publications.

Medicare Cost Up \$4.20 Year

The voluntary medical insurance premium older people pay for doctor bill insurance under Medicare will increase 30c per month beginning July 1, 1971, the new rate will be \$5.60 per month, up from the \$5.30.

The premiums paid by people 65 and older who are enrolled cover half the cost of their protection. The other half comes out of general Federal revenues. The Medicare law requires an annual review of the costs of the medical insurance program by the Secretary of Health, Education and Welfare, and any adjustment be made in the premium rate in order to maintain the program on a sound financial basis.

For those under Medicare who are drawing monthly checks the increase will be deducted from their June check which they will receive about July 3. Those under Medicare, but who are not yet receiving monthly checks, will be billed the extra amount beginning July 1.

The medical insurance program supplements the basic hospital insurance part of Medicare by helping pay doctor bills and a wide variety of other medical expenses incurred in and out of the hospital. About 19.5 million people 65 and over are enrolled in this supplementary protection.

Bank Taps C. J. Houser

C. J. Houser, son of Mr. and Mrs. M. L. Houser of Goldsboro and grandson of Mrs. M. L. Houser, Sr. of Kings Mountain, has been elected to the First Citizens Bank & Trust Company Board of Advisors in Goldsboro. He is a young 12 business and professional leaders elected from Goldsboro and Wayne County.

Mr. Houser is vice president and treasurer of Houser Insurance and Realty Company. The Tar Heel native is a member of the Redevelopment Commission, a director of the Chamber of Commerce, a member of the Rotary club and chairman of the board of Wayne County Day School. He is a graduate of Florida State University and a member of St. Paul Methodist church.

Home Builders Tap Antonich

George Antonich, son-in-law of Mr. and Mrs. A. B. Prince of Kings Mountain and husband of the former Betty Prince of this city, is president of the Daytona, Fla. Home Builders Association and said a Parade of Homes is set for October 17-24 in Daytona Beach.

"Last year's Parade of Homes was very successful and we hope for an even bigger one this year," Antonich said.

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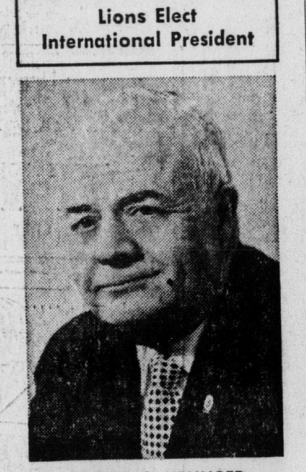
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ROBERT J. UPLINGER

Robert J. Uplinger of Syracuse, New York, was elected President of Lions International at the Association's 54th Annual Convention in Las Vegas, Nevada, June 22-25. Serving as the 55th President of the world's largest humanitarian service organization, Uplinger leads some 960,000 members in 25,300 clubs located in 146 countries and geographic areas throughout the world.

Lions International is best known for its aid to the blind and sight conservation activities, international relations programs, and its many community service projects. "Lionism is Commitment" will be the primary theme during Uplinger's 1971-1972 Presidential Year. The development of the local Lions Clubs through the individual member's commitment to all aspects of service will be emphasized.

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