

Morrison - Cook Continued From Page 1

of honor and bridesmaids were Miss Scarlett Shefte of Charlotte, cousin of the bride; Mrs.

Jerry Cook of Grover, sister-in-law of the bridegroom; and Miss Susan Welch of Waynesville. Junior attendants were Miss Tricia Carson of Statesville, cousin of the bride, and Miss Renee Cook of Grover, niece of the bridegroom.

All the attendants wore long gowns of Primrose pink designed along empire lines with Juliet sleeves and scoop necklines. Lighter pink crocheted lace trimmed the sleeves and enhanced the empire waists. They wore matching beaded necklaces. Lighter pink crocheted lace trimmed the sleeves and enhanced the empire waists. They wore matching beaded necklaces. Lighter pink crocheted lace trimmed the sleeves and enhanced the empire waists.

The bridegroom's father was best man. Guests were Jerry Cook of Grover, brother of the bridegroom; Richard S. Morrison of Kings Mountain, brother of the bride; Richard Little of Cramerton, cousin of the bride; Luel F. Blackstone of Clearwater, cousin of the bride; and McGinnis, Jr. of Kings Mountain.

High Edwards, III, of Kings Mountain, S. C., nephew of the bride, was ringbearer. Morrison, mother of the bride, chose a long gown of orange, brown and green chiffon fluffed in gold with long sleeves, high neckline and gold accessories. She wore green cym-

idium orchids at her shoulder. The bridegroom's mother was gowned in a formal gown of turquoise crepe enhanced by an overblouse of lace with white kid gloves and accessories and a corsage of two white royal bouquet orchids.

Mrs. C. L. Walton, grandmother of the bride, chose a light blue chiffon floor-length gown with silver trim highlighting the long sleeves and neckline. She carried a white evening bag to which she pinned a corsage of gardenias.

Mrs. F. S. Morrison, Sr., grandmother of the bride, wore a long dress of pink chiffon with white kid gloves and pink slippers. Her corsage was a white carnation fluff.

The bridegroom's grandmother, Mrs. Susie Cook, was gowned in a burgundy wine dress trimmed in braid with a white carnation fluff.

RECEPTION The bride's parents entertained after the ceremony at a beautifully appointed wedding reception at Kings Mountain Country Club. Overlaid with floor-length white lace cloth, the refreshment table, highlight of decoration, was decorated in the wedding colors of pink and white. Centering the table was a five-branched candelabra of pink and white flowers and pink tapers. Silver appointments held petit fours, cheese wafers, mints, nuts and strawberry confection.

A raised tiered wedding cake

with lace cloth. Two punch tables were also placed on round tables decorated in pink and white. Pink and white flower arrangements decorated the hall, foyer and reception area.

Mr. and Mrs. Jack White greeted guests and Mr. and Mrs. J. N. McClure introduced the receiving line made up of the bride and groom. A second receiving line formed in the dining room and was headed by Mrs. C. H. Edwards of Greenville, S. C., sister of the bride. Mrs. C. Blackstone of Clearwater, Fla., aunt of the bride; Mrs. C. L. Walton of Glen Alpine, grandmother of the bride; Mrs. Charles Jordan of Rockville, Md., aunt of the bride; Mrs. F. S. Morrison, Sr. of Statesville, grandmother of the bride; Mrs. Grady Childers of Greensboro, aunt of the bridegroom and Mrs. Susie Cook of Grover, grandmother of the bridegroom.

Mrs. Lee McIntyre and Mrs. Gene Timms presided at the two punch tables. Miss Sue Simpson invited guests to register and Mr. and Mrs. Hoyle McDaniel said goodbyes.

Assisting in serving were Miss Marilyn James of Marion, cousin of the bride; Mrs. Richard Little of Cramerton and Miss Joanne Addy of Gaffney, S. C. For a wedding trip the new Mrs. Cook chose a dress of black, white and gray with white-trimmed black jacket black accessories and the orchid lifted from her bouquet.

BRIDE AND BRIDEGROOM Mr. and Mrs. Francis Scarr Morrison, Jr. of Kings Mountain are parents of the bride. She is

TARHEEL KITCHEN

By MISS YORK KIKER Market Home Economist Someone has said there is nothing wrong with breakfast. It's just that you have to eat it in the morning. Who wants to get up just to eat? If you haven't been enjoying breakfast you may ask yourself, "Have I made breakfast really worth getting up for?"

Breakfast does not have to rob you of your sleep. Doing without breakfast hurts more than going without a few minutes of sleep anyway. Facing the world on an empty stomach is irritable and inefficient by mid-morning. We should remember that eating breakfast may help keep you from gaining weight. Dieters who skip breakfast usually end up consuming high-calorie snacks by noon to give a pick-up. If snacks are substituted for breakfast you may become undernourished, overfed, and possibly overweight.

The way to get excited about breakfast is to discover how exciting breakfast can really be. It is still a good idea to consume approximately 1-1 1/2 of the day's food at breakfast, including fruits and fruit juices, milk, protein foods, and cereal and bread products.

In case you do not have the "breakfast habit," you may have to start by eating one or two foods and adding others gradually. Here are a few suggestions to whet your appetite and to make breakfast worth getting up for.

Keep available plenty of North Carolina fruits, either fresh or frozen, such as apples, tomatoes, strawberries, blueberries, peaches and cantaloupes. Also, enjoy citrus fruits, such as oranges and grapefruit plus chilled fruit juices, fruit sections or even fruit salad. Sliced tomatoes are bright and appetizing on a breakfast plate. Top fruit juices and sherbet. Hot fried apples or apple sauce, sprinkled with brown sugar, are especially appealing on a cold morning.

Milk is a must for breakfast for all ages to help build and maintain strong bones, to have healthy skin, and to resist infection. Make a breakfast shake by combining milk, ice cream, your favorite fruit or flavoring and blending well. An egg may be added, if desired, and you can "drink" your breakfast rather than eating it. Heat milk, add instant coffee and sweeten to taste for a drink to warm you all the way to your toes. For calorie watchers blend skim milk and low calorie preserves. Dilute your favorite canned cream soup with milk rather than water, and serve piping hot.

Break with tradition and make a breakfast sandwich to include your favorite stick-to-the-ribs protein foods. Grill a cheese sandwich to which you may add crisp bacon or ham. Serve a fried egg or scrambled egg with cheese in a hamburger bun. Make a regular peanut butter and jelly sandwich on cinnamon or raisin bread—then grill it! Your imagination is the limit.

Cereals and breads are always favorites. There is a wide selection to choose from which you can make yourself or buy ready prepared and just heat. Fix French toast by using a different bread such as cinnamon or raisin. Add blueberries, chopped apples or other fruits, or nuts to your pancake batter before cooking. Serve with cottage cheese or sour cream as a topping sprinkled with brown sugar.

Did you say you didn't have time for breakfast? Do you have to eat on the go? When you are eating running, tuck in an apple or piece of fruit, refrigerate an egg, ham salad or cheese sandwich the night before and carry these along to eat as you ride. Of course, the better idea is get to bed a bit early in order to be up in time for breakfast.

Tell yourself "good morning" every day with a good breakfast.

PLANNING TRIP Troop 4 Cadettes, which meets at the First Presbyterian church of Kings Mountain, made a camping trip to Golden Valley last weekend. On Friday, Oct. 22, they will attend the Ice Capades at the Coliseum in Charlotte. Angela Mangum, troop scribe.

Mr. and Mrs. Mike Foster, announce the birth of a daughter, Tuesday, October 5, Kings Mountain hospital.

Herald Want Ads Pay SALE 4 HR. DISCOUNT Warehouse & Inventory Sale Sat., Oct. 23, 1971 ONLY 8:00 A.M. - 12 NOON ALUMINUM PANELS ALUMINUM CAMPER ROOFS GALVANIZED STEEL ROOFS Useful as—Underpinning Mobile Homes —Barn Siding and Roofing Fencing Alcan Aluminum Corporation 311 CHILDERS STREET KINGS MOUNTAIN, N. C. 10:21

COMING SATURDAY NIGHT October 30, 7 P.M. CENTRAL JR. HIGH AUDITORIUM Sponsored by Kings Mountain Jaycees Alive On Stage KIMBRELL'S STAGE OF 1,000 HORRORS PLUS! K. W. HODGE MAGICIAN AND HIS MAGICAL SURVIVAL A HALLOWEEN TREAT OF YOUR LIFE! ALL TICKETS PURCHASED AT DOOR ALL ADMISSION \$1.00

SUGAR N' SPICE By SHIRLEY H. ALLEN After a "foot sore" day, alternating hot and cold foot bath are delicious. Follow with luxuriously foot massage. Use real shaving cream, not hand lotion or soap, to shave legs—it does the job best, cuts down on cuts. Now available in feminine scents. Peach, pink, coral, nectarine and beige are making "stick headlines". Use singly, or mix to match any outfit. Why not make headlines yourself with a stylish new shag haircut at TIARA HAIR DESIGNS. All hairdressers at Tiara have had special training in this new hair cut. TIARA HAIR DESIGNS Special Priced Open Mondays

Cato's GALE OUTERWEAR LADIES - GIRLS - BOYS COATS ENTIRE STOCK ON SALE SAVE TO 15% REG. \$6 - \$78 Choose from a tremendous selection of coats for ladies, girls and boys! Tremendous savings! Snuggly winter fashions with fur, leather or hardware accents in all styles and fabrics. A carousel of colors in a size for everyone. ALL LADIES BOOTS ON SALE SAVE TO 15% VALUES TO \$25 Exciting Fall colors in suedes, kinkie patents, leather, embroidery and tapestry sizes 5-10. USE YOUR CATO CHARGE OR LAYAWAY

EXTRA WIDTH PANTY HOSE \$1 Reg. 1.69 Reinforced toe and panty. One size fits all! 100% KANEALON WIGS 9.99, 13.99, 21.99 REGULARLY TO 25.99 Washable 3 Styles - Many Colors LADIES DRESS SHOES \$7-8-10 Reg. 7.99 - 12.99 Leathers, kinkie patents and suedes in all colors and styles sizes 5-10. S. BATTLEGROUND AVE. PHONE 739-3032

JOY ALL SEATS 75c ALL SHOWS SHOWS DAILY 3-5:79 SATURDAY 1-3-5-7-9 SUNDAY 1:35-3:35-5:00 STARTS WED. FOR 7 REG DAVE WALT DISNEY PRODUCTIONS NUTTY JOHN he's outrageous... he's beautiful... ADULT ONLY LATE SHOW FRI. SAT. 10:30 P.M. "THE EROTIC THREE" RATED (R) ALL SEATS \$1.25 COMING NEXT WEEK "THE TENDER WARRIORS"

KINGS MOUNTAIN and BESSEMER CITY DRIVE-IN THEATRE BOX OFFICE OPENS AT 6:30 SHOW STARTS AT 7:00 ALWAYS \$2.00 A CARLOAD! THURS. FRI. SAT. 3 HITS! NO. 1 CAPTAIN NEMO AND THE UNDERWATER CITY Color NO. 2 YOG MONSTER FROM SPACE Color NO. 3 COUNT YORGA VAMPIRE Color Sun. Mov. Run Reverse Order SUN. THRU WED. 2 HITS NO. 1 WILLARD Color NO. 2 GYPSY MOTHS Color Wed. Movies Run Reverse Ord.

THE BEST FOOT YOU COULD PUT FORWARD. With its rugged good looks, comfort and fashion detail... at a price you can afford. \$16.95 Bob Smart Bob Smart Bob Smart THE vamp is hand-sewn... the look, something special! YOUR kind of shoe! The hand-sewn treatment... the way the shoe fits, for that made-especially-for-you look... the special finish of the upper leather... the deep-down comfort... everything for your wear pleasure, and buy pleasure, at only \$14.95 McGinnis Department Store Use Your Charge Card S. BATTLEGROUND PHONE 739-3116

MOUNTAINEER CARPET and WALL COVERING 305 Phifer Road Phone 739-2990 Kings Mountain, N. C. 28086 GREAT NAME BRANDS -Yorkhurst - Dan River - Exclusive- Spring Maid - Johns-Manville Wall-Tex vinyl wallcovering "SEE US BEFORE YOU BUY - YOU'LL BE GLAD YOU DID" Mike Arrowood - Owner