

Staff DEEDS

By JANICE R. CHRISTENSEN

Paint can correct personality problems in the kitchen by offering glamour in an inexpensive way.

Orange county homemaker, Mrs. Bobby Holt, realized the old finish on her kitchen cabinets was downright dull and depressing. So she decided to do something about it.

She got out her paint brush and antiqued her cabinets an avocado green that matched the color of her large kitchen appliances. Now the kitchen is a pleasing and exciting place to work.

Mrs. Holt told Mrs. Bonnie Davis, home economics extension agent, "I got lots of pleasure out of redecorating my own kitchen. And I saved money by doing the job myself."

SAMPLE WAS AMPLE
Last spring, Mrs. Claude Gullett, Salisbury, attended an extension workshop on drapery making. At day's end she had made a sample drapery one yard long.

"I thought the workshop was a waste of time," the homemaker confessed. "But I recently learned that the sample was ample."

Several months after the work-

shop, Mrs. Gullett decided to make new draperies for her kitchen, dining room and two bedrooms.

There was the sample, handy to look at whenever she needed to check her sewing techniques, says Edith Hinshaw, home economics extension agent, Rowan county.

WAIT WORTH WHILE
Sometimes you have to wait four or five years to see a plan become a reality. But the wait is usually worth while.

About four years ago, Jessie Ann Wingo, home economics extension agent, Cleveland county, helped a family draw plans for remodeling their house.

When they finally got around to remodeling the kitchen, den and bath, late last year, only a few minor changes had to be made on the original remodeling plans.

The house is close to 100 years old, added the agent. And the last remodeling had been done 30 or more years ago.

MOCHA NOG
A little instant coffee added to dairy eggnog gives a pleasant mocha air to a traditional winter beverage.

John Clark Is Candidate For Commission

RALEIGH.—Johnny R. Clark, of Morganton today announced as a Democratic candidate for commissioner of insurance during a news conference held at the office of the State Board of Elections.

Clark, named in the race unofficially for sometime, is a partner in First Insurance Co., an independent agency in Morganton, and has been involved in the insurance for several years as an agent and as president of his firm.

He has been a member of the North Carolina Insurance Advisory board since 1969.

In making his announcement, Clark said, "I know that we have serious problems in the insurance industry and a solution is not easy or simple. It is going to take study, planning and experience to solve our problems. Gov. Bob Scott has appointed a committee to study the no-fault plan which could possibly be a solution to some of the insurance problems."

"I have studied the no-fault plans now in force in other states

and, while some of them have merit, I am convinced that there should be a better plan for North Carolina. If elected, I pledge to the people of North Carolina that the plan I propose will be more economical and efficient, while still providing adequate benefits."

Clark, 37, has been active in the Democratic party since the age of 21 as precinct worker and precinct chairman, and was Burke county chairman in 1966-67. He has been active in several state-wide campaigns.

He is listed in the 1970 edition of personalities of the South and the 1969-70 edition of Who's Who in American politics.

A member of the Oak Hill Ruritan club since 1959, Clark, he was National Ruritan president in 1970 and national vice-president in 1969, after having been a district governor.

A native of Avery county, he came to Burke county as an infant when his parents moved to the Oak Hill community outside of Morganton.

He is a member of the cham-

ber of commerce, worked actively for the Heart Fund, United Fund, Recreation Foundation, Better Schools committee, Burke County Tax Study commission and Burke County Fire Protection committee, and served on the planning and finance committee for the new Burke county courthouse.

He is a Methodist, having served as a member of the official board of his church and a Sunday school teacher.

Clark, who is a sports enthusiast, played basketball and football during his high school years. He also played American Legion baseball. He is a former Golden Gove boxing champion and coached boxing for several years at Drexel Community center.

He is married to the former Miss Nancy Nantz and they have five children.

Clark is the son of Mr. and Mrs. Robert D. Clark and is one of 11 children.

Floyd Morris Is Promoted

BRANTREE, Mass.—Kenneth Gee, general manager of store operations for Grossman's, a division of Evans Products company, has announced the promotion of Floyd Morris, son of Mr. and Mrs. F. O. Morris of 305 Waco Road, Kings Mountain, to the position of district manager for six Grossman's-Atlantic Building Supply stores in the Buffalo, N. Y. area.

Morris joined the company in 1965, as a salesman at the Syracuse, N. Y. store. Two years later he was promoted to store manager at West Seneca, N. Y., then in 1970, to store manager at Tonawanda, N. Y., the position he held at the time of his promotion to district manager.

A native of North Carolina, he is a graduate of Kings Mountain high school. He spent four years in the U. S. Air Force before joining Atlantic. At present, he is attending classes for a degree in business administration from Canisius college in Buffalo.

Career Education Booming Business

RALEIGH.—Career education is a booming business in North Carolina says Kenneth Oleson, director, Occupational Education, Department of Community Colleges.

Oleson said that 30,784 students signed up for occupational education curriculums in the 56 technical institutes and community colleges at the beginning of this school year's fall quarter. This does not include men and women taking occupational extension type courses.

The total number of curriculum students in the 56 institutions is 45,675. This includes occupational college transfer, general education and special credit students.

When they graduate the nearly 31,000 occupational education students will enter careers ranging from nursing to broadcasting to welding to furniture drafting and design.

IN APPRECIATION

The family of Mrs. Jewell Gamble Moss wish to express their gratitude and appreciation to Dr. Frank Sincox, Dr. George Plonk, and to all nurses and personnel of Kings Mountain Hospital for their kindness, efficiency and skill in caring for her during her illness.

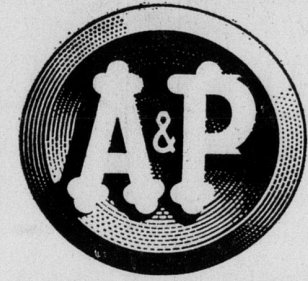
With the scarcity of medical facilities in many parts of this state, we feel that Kings Mountain and Cleveland County are very fortunate to have this fine hospital so easily available. We shall always be grateful for the personal attention and patient care she received during her stay.

The Family of Mrs. Jewell Gamble Moss

PLENTY OF LAND

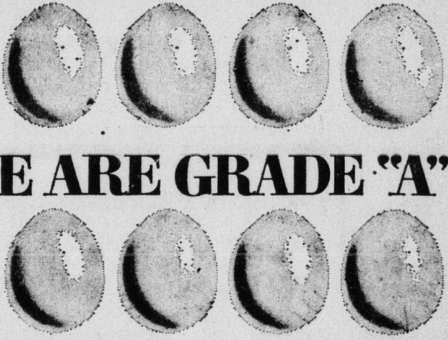
Although more and more land is being devoted to uses other than farming, the U. S. isn't about to run out of farmland. The U. S. Department of Agriculture estimates that there are some 49 million acres of woods and pastures in the Delta, Midwest and Southeast regions that could profitably be shifted into cropland.

we care



Prices in this ad are effective through Saturday, February 19, 1972 in KINGS MOUNTAIN

THERE ARE GRADE "A" AND THERE ARE GRADE "A"



Not all Grade "A" eggs are alike. To be labeled Grade "A" eggs must meet certain minimum requirements.

There is many an egg that can be called Grade "A" that just never could be a Sunnybrook Egg.

Sunnybrook Eggs... they're our best. They have to be well above the minimum or they won't make the grade with us.

Break one in a pan, notice how proud the yolk sits up. That's the sign of a good egg... a fresh egg... a Sunnybrook Egg.

Try Sunnybrook. And if you ever find just one egg that doesn't measure up, we'll give you a dozen free. 12 for 1... that's pretty good odds.

"Super-Right" Quality Grain Fed Beef
BLADE CUT
Beef Chuck Roast
Lb. **69^c**

"SUPER-RIGHT" QUALITY
Beef Roast
Boneless Chuck Roast Lb. **95^c** Shoulder Roast Lb. **99^c**

"SUPER-RIGHT" HEAVY GRAIN FED—BEEF
Steaks
Boneless Chuck Steaks Lb. **\$1.05** Shoulder Steaks Lb. **\$1.09**

Great Value
"Super-Right" Fancy Boneless
Ham Halves
Lb. **\$1.29**

Full Loin Sliced into Chops
Quarter Pork Loin **79^c**
Sliced Bacon **79^c**
Use in Breads
Seasoning Bacon **69^c**
Mealtime Frozen
Breaded Veal Steaks **99^c**
"Super-Right" Sliced
All Meat Bologna **69^c**
"Super-Right"
All Meat Franks **69^c**

"Super-Right" Quality Beef
Ground Chuck
3 Lb. or More In Package Lb. **78^c**

Cap'n John's Fish Sticks
10-Oz. Pkg. **49^c** Lb. Pkg. **75^c**

A&P Delicatessen Delights
Pimiento Spread
Potato Salad
Sauerkraut **39^c**

Cap'n John's Breaded Shrimp
10-Oz. Pkg. **89^c** 2-Lb. Pkg. **\$2.79**

ALL PURPOSE BAKING OR FRYING
Russet Potatoes 10-Lb. Bag **59^c**
Rome Apples 8-Lb. Bag **89^c** **Anjou Pears** Lb. **27^c**

TRY SOME FRESH RIPE
Strawberries 3 Pt. Baskets **\$1**
Yellow Onions 3-Lb. Bag **29^c** **Salad Mix** 8-Oz. Pkg. **29^c**

Grade "A" North Carolina
Sunnybrook Large Eggs Ctn. 12 **39^c**
A Great T.V. Snack
A&P Roasted Peanuts 12-Oz. Pkg. **39^c**

Try Some Mellow Western
Red Delicious Apples 2 Lb. **49^c**
Great For Salads
Fresh Tomatoes 12-Oz. Or Pr. Ctn. Basket **29^c**

Try Some Today
A&P's Own Pure Vegetable
DEXO Shortening
3 Lb. Can **69^c**

Bakery Buys!
Jane Parker Fresh
Brown n' Serve Rolls 4 12-Oz. Pkg. **1.00**
Jane Parker With Caraway Seeds
Fresh Rye Bread 3 16-Oz. Loaves **89^c**
Jane Parker Marble
Crescent Pound Cake 15-Oz. Pkg. **39^c**
Jane Parker Apple or Lemon
Freshly Baked Pies 22-Oz. Pkg. **49^c**
Jane Parker Regular or Sandwich
Bread 3 24-Oz. Loaves **89^c**
Handi-Whip
Dessert Topping 9-Oz. Size **39^c**

100% Brazilian
8-O'Clock COFFEE
Lb. **69^c**
3-Lb. Bag **\$1.99**

Gold King Frozen
Hush Puppies
Lb. Pkg. **33^c** 2-Lb. Pkg. **59^c**
Morton Parkerhouse
Frozen Rolls 3 24-Ct. Pkg. **\$1.00**
All Purpose Plastic Wrap
Handi-Wrap 200-Ft. Roll **58^c**
All Purpose Plastic Wrap
Handi-Wrap 100-Ft. Roll **33^c**
Red Sour Filled
A&P Cherries 16-Oz. Can **33^c**

Sale
Delmonte
Sliced or Halved
Cling Peaches 29-Oz. Can **37^c**
Bartlett Pears 17-Oz. Can **38^c**
Pineapple Juice 46-Oz. Can **39^c**

100% Brazilian
Eight O'Clock Instant
Coffee
2 Oz. Jar **29^c** 6-Oz. Jar **69^c** 10-Oz. Jar **99^c**
Held Over
Flatware will continue on sale to enable those of you who are yet to complete your sets to do so. All pieces on sale at Special Feature Prices.

Pure Vegetable Shortening
Crisco 3-Lb. Can **99^c**
GLAD BAGS
Trash 10-Ct. Pkg. **75^c** Food Storage 25-Ct. Pkg. **43^c**

Try Some Today! Refreshing Unsweetened
A&P Grapefruit Juice 46-Oz. Can **49^c**
Great For Sandwiches
Ann Page Mayonnaise 8-Oz. Jar **49^c**
To Use In Cakes and As A Coffee Creamer
Evaporated Milk 1/4-Oz. Can **12^c** 13-Oz. Can **22^c**

White and Assorted
Marcal Napkins 150-Ct. Pkg. **23^c**

Help Young America
Help Colgate-Palmolive give Young America \$250,000
(and win \$10,000 for yourself!)
BRING YOUR COLGATE-PALMOLIVE COUPONS HERE!
With Free Tooth Brush
Colgate Dental Cream 4 1/2-Oz. Tube Only **\$1.09**
12-Oz. Off Package
Cold Power Detergent 49-Oz. You Pay **85^c**
24-Oz. Off Package
Fab Detergent 54-Oz. You Pay **\$1.30**
Wash Your Teeth
Ultra Brite Toothpaste 5-Oz. Tube Only **89^c**
Wash Your Hair
Bright Side Shampoo 11-Oz. Bottle Only **\$1.65**
Use Once A Day
Hour After Hour Deodorant 4-Oz. Can Only **84^c**
3-Off Reason Size
Ajax Cleanser 14-Oz. You Pay **17^c**
10-Oz. Off Bottle
Palmolive Liquid 22-Oz. You Pay **53^c**
Bottle Only
 VOTE AND WIN IN COLGATE-PALMOLIVE'S "HELP YOUNG AMERICA" CAMPAIGN.
Get full details... Ballot Entry Blanks in store.

A&P Liquid
Bleach
Gal. Jug **49^c**

Ann Page Variety
Soups
Chicken Noodle, Veg. Beef, Chicken Rice, Chicken Noodle
6 10 1/2-Oz. Cans **\$1.00**

Marvel Saltines
CRACKERS
16-Oz. Pkg. **27^c**

BORDEN'S
ICE MILK
1/2-Gal. Ctn. **39^c**

OUR OWN
TEA BAGS
48-Ct. Pkg. **49^c**

Jane Parker Freshly Baked Large Ring
Angel Food Cake 16-Oz. Pkg. **39^c**

Save! Serve White Enriched Sliced
Marvel Bread 4 24-Oz. Loaves **\$1.00**

Stock Up Today While Prices Are Low
Golden Rise Biscuits 6 8-Oz. 10-Ct. Cans In Ctn. **49^c**

A&P Longhorn Cheese Lb. **95^c**

AP VALUABLE COUPON
SAVE 40^c
WITH THIS COUPON WHEN YOU BUY A 10-OZ. JAR OF INSTANT
MAXWELL HOUSE COFFEE
AT A&P STORE WITH COUPON
10-Oz. Jar Only **\$1.65** **\$1.25**
"Limit One Per Purchase"
Void After February 26

IT'S YOUR HEAD BE CAREFUL
Today, wearing a hair-piece, styling the hair or even having a hair transplant, is becoming very commonplace among those men who are especially conscious of their appearance. However, along with this desire for better appearance there is an even more important need for the everyday care of the scalp and hair.
If there is a scalp problem, such as severe dandruff or if there are allergies that cause a breaking out in a rash, a dermatologist should be consulted before making any changes in how you treat your hair. His advice may help you eliminate or control any unforeseen problems that could arise. We have in stock regularly, many products he might recommend.
YOU OR YOUR DOCTOR CAN PHONE US when you need a delivery. We will deliver promptly without extra charge. A great many people rely on us for their health needs. We welcome requests for delivery service and charge accounts.

KINGS MOUNTAIN DRUG COMPANY
THE CITY'S MODERN STORE
PHONE 739-2571

One HOUR "MARTINIZING"
CERTIFIES
THE MOST IN DRY CLEANING
537 EAST KING ST. TELEPHONE 739-5344

MON., TUES. & WED. SPECIALS
MEN'S OR LADIES' 2-PIECE
2 SUITS \$2.09
LADIES' 1-PIECE
2 DRESSES \$2.09

EVERY DAY SPECIAL
Shirts Laundered Crisp-Bright Folded or On Hangers **5 for \$1.39 EACH**

MON., TUES. & WED. "SPECIAL"
TROUSERS PLAIN 3 MIX OR 149
SKIRTS OR SWEATERS 3 MATCH 149

OPEN EVERY DAY 7:30 TILL 6 p.m. EXCEPT SUNDAY