

WANT ADS

FOR SALE — 1961 Falcon. Runs good. \$100.00. See at 911 First street anytime. 9:71fn

FOR SALE — 1953 Allis-Chalmers C-Series Tractor with Bush-Hog. \$500. Call 739-7506 after 5 p.m. 9:71fn

NOTICE OF EXECUTRIX
Having qualified as Executrix of the Estate of Mary B. Jones, deceased, late of Cleveland County, North Carolina, this is to notify all persons having claims against the estate of said decedent to present them to the undersigned on or before March 7, 1973 or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment to the undersigned.

This 7th day of September, 1972.
Ruth Adams, Executrix
Estate of Mary B. Jones
9:7-28

GENERAL HELP WANTED—Kinder Manufacturing Company, 102 Industrial Road. An equal opportunity employer, apply in person. 9:14fn

FOR SALE—Used Dinette Suites. Choose from 2 with 6 chairs each. TIMMS FURN CO., KINGS MTN., N. C. 9:7-28

HAY FEVER Sufferers

Here's good news for you! SYN-CLEAR Decongestant tablets work FAST and continuously to drain and clear nasal cavities. One "hard-core" tablet gives up to 8 hours relief from pain and pressure of congestion. Allows you to breathe easily—stops watery eyes and runny nose. You can buy SYN-CLEAR at all Drug Stores, without need for a prescription. Satisfaction guaranteed by maker. Try it today!

Kings Mtn. Drug

TREWORK

For Professional Treework, Including Cutting Down, Topping, Removing Deadwood.

W. T. CLARY

Phone 739-7614

9:14fn

LONG HORN RESTAURANT

at Oak Grove Crossroad

STEAK - FISH - CHICKEN - SANDWICHES

tfn

EMPLOYMENT OPPORTUNITY

City of Kings Mountain

**WATER DEPARTMENT
STREET DEPARTMENT**

WASTE TREATMENT PLANT

ELECTRICAL DEPARTMENT

METER READER

POLICE DEPARTMENT

SECRETARY (Experienced Only)

VIETNAM VETERANS APPLICATIONS WELCOME

Fringe Benefits: Paid Vacation, Six Paid Holidays, Retirement Plan, Life Insurance and Hospitalization.

Funeral Leave, Jury Leave, Sick Leave.

Military Leave.

APPLY IN PERSON AT CITY HALL

8:30 A.M. - 5:00 P.M. Monday - Friday

An Equal Opportunity Employer

EMPLOYMENT OPPORTUNITIES

Immediate Openings in Production

No Experience Necessary

We provide on-the-job training leading to responsible positions in flotation and grinding plant operations.

CHECK THESE ADVANTAGES:

EXCELLENT STARTING RATES

PAID VACATIONS

PAID HOLIDAYS

GROUP INSURANCE

PENSION PLAN

OPPORTUNITY FOR ADVANCEMENT

Now Interviewing 8:00 A.M. - 4:00 P.M.

United States Gypsum Company

**Kings Mountain Plant
An equal opportunity employer)**

**Located approximately 4 miles South of Kings Mountain on 216 (Grover Road)
Look for USG sign with arrow**

THE TAR HEEL KITCHEN

By Miss York Kiker

N. C. Department of Agriculture Marketing Home Economist

What is an apple? The apple is probably the most famous fruit in history. It may have been an apple that tempted Eve, but it has been a blessing to mankind ever since. Scholars agree apples may have indeed originated in southwest Asia where the Bible places the Garden of Eden. The apple is one of nature's oldest fruits, and one of the most widely grown. Apples can be found fresh any time of the year, all over the country.

Fortunately North Carolina is the first major apple shipper. A recent tour to western counties called to mind fragments of a poem, "Trees in apple orchard with fruit are bending down." The bountiful crop of quality apples was a beautiful site and held promise for many delicious apple dishes.

If possible make a tour of the apple country in western North Carolina and buy a supply of freshly picked fruit from a roadside market or direct from the growers. One roadside market is located at an orchard on busy Highway 74 between Kings Mountain and Shelby. Packing houses are near Moravian Falls, Hendersonville and other areas in western North Carolina. Inquire locally in the apple area for information if needed. There are maps of the orchards and packing houses in some areas.

There will be a larger variety of apples in the packing houses than is possible in the grocery store. Wherever you purchase your apples, a few suggestions may be helpful. Apples vary greatly and should be purchased according to use for greatest satisfaction. The most commonly found North Carolina apples are as follows:

Red Delicious — medium to

large in size, deep red, have five knobs on the blossom end, are sweet, firm, tender, and fragrant. They are best served raw. Golden Delicious — medium to large, yellow, sweet, firm, crisp, and tender. They are good raw or in general cooking. Rome Beauty — large, yellow mingled with red, juicy, moderately tart, firm, and rather crisp. They are for general cooking and excellent for baking. Stayman — medium to large, dull striped red, juicy, tart, firm, and crisp. They may be used raw, in general cooking, and for baking whole.

Whether apples are eaten raw, in salads, lightly pan-fried in a small amount of butter or bacon fat, stewed, made into applesauce, or in more elaborate dishes, they lend enjoyment to the diet. A few hints in cooking apples remind us to use as little water as possible to keep from scorching. Be careful about sugar in order not to spoil natural flavor. Dip apple slices in lemon juice to prevent turning brown.

HOW MUCH TO BUY

Quantity
1 pound whole apples
2 medium apples
2 1/2 pounds

Approximate Yield
2 large, 3 medium, or 4 small
1 cup grated
Enough for 9-inch pie or 3 cups applesauce

AUTUMN APPLE BREAD

1/2 cup shortening
2/3 cup sugar
2 eggs, beaten
2 cups sifted all-purpose flour
1 teaspoon baking powder
1 teaspoon salt
2 cups coarsely grated, peeled raw apples
1 tablespoon grated lemon peel
2/3 cup chopped nuts
Cream shortening and sugar until light and fluffy; beat in eggs. Sift next 4 ingredients. Add mixture. Stir in lemon rind and nuts. Bake in floured, greased 9" x 5" x 3" loaf pan in preheated 350 degree F. oven for approximately 40 to 50 minutes. Cool before slicing. Makes 1 loaf.

SLICED BAKED APPLES

8 cups thinly sliced apples
1/2 cup golden seedless raisins
1 cup orange juice
1/2 cup flour
1/2 cup sugar
1/2 teaspoon cinnamon
2 tablespoons butter or margarine

2 tablespoons grated orange peel
1/4 teaspoon salt
4 tablespoons peanut butter
1/2 cup salted peanuts

Pour apples into 2-quart casserole. Add raisins and orange juice. Combine remaining ingredients, except peanuts; mix until crumbly; sprinkle over apples. Scatter salted peanuts over all. Bake at 375 degrees F. about 45 minutes, or until apples are soft. Makes 8 to 10 servings.

DEEP DISH APPLE-DATE PIE

6 medium size tart apples
1 cup pitted dates, sliced
1/2 cup sugar
1/2 cup firmly packed brown sugar
1/4-1/2 teaspoon cinnamon
1 lemon, grated peel
1 orange, grated peel
3 tablespoons butter or margarine

Pastry for 1 crust pie
Pare and core apples; cut into eighths. Arrange half the apple slices in baking dish; top with

half the dates; repeat. Combine sugars, cinnamon and grated peels; sprinkle over top. Dot with butter. Top with thin square of pastry. Cut slits in pastry to allow steam to escape. Bake at 425 degrees F. about 45 minutes or until apples are soft. Serve warm with cream. Makes 6 servings.

APPLE-CHEESE SALAD

1 package lemon gelatin
1/2 teaspoon salt
1 teaspoon sugar
1 cup boiling water
1/4 cup cold water
1 tablespoon lemon juice
1 cup diced apples
1 3/4 ounce package cream cheese
1/2 cup nuts

Dissolve gelatin, salt, and sugar in boiling water. Add cold water and lemon juice. Chill very thick. Fold apples into 1 cup gelatin. Pour into pan and chill until set. Whip remaining gelatin with cream cheese until fluffy. Fold in nuts. Pour over other gelatin. Chill until firm. Cut into squares to serve.

APPLE FRITTERS

2 cups flour
1 tablespoon baking powder
1/4 teaspoon salt
2 tablespoons sugar
1 teaspoon grated lemon peel, optional
2 egg yolks, well beaten
1 cup milk
1/2 teaspoon vanilla
2 cups finely chopped tart apples
2 egg whites, stiffly beaten
Sifted Confectioner's sugar
Mix dry ingredients together, and combine beaten egg yolks, milk and vanilla. Add apples, fold in stiffly beaten egg whites. (Add a small amount of extra flour after testing a fritter if batter seems too thin for easy handling.) Drop from a tablespoon into deep hot fat (350-380 degrees F.) When fritters rise to surface, turn and fry until deep golden brown, about 3 minutes. Drain thoroughly on paper towels; roll in sifted confectioner's sugar. Serve hot. Fritters are delicious served as dessert, or as an accompaniment for roast pork or ham dinner.

The variety of books available parallels that of conventional libraries with classics, westerns, juveniles, best sellers, books on religion, and many others. To keep the handicapped abreast of current events, the selection even includes twenty-six magazines, many available in both braille and audio recordings. Reader's Digest and Newsweek are the most popular. Shipments are made to individuals in line with their own reading pace and vary from one book every few months up to twelve at a time every few weeks.

The Special Services Division is eager to make its services available to every visually or handicapped person in the state. Further detail on the offering and eligibility can be obtained by writing to the Special Services Division of the North Carolina State Library, 109 East Jones Street, Raleigh 27611.

THE TAR HEEL SPOTLIGHT

The functions of the "Special Services Division" of the North Carolina State Library are special indeed in more ways than one.

Unlike other benefits of the state library which are passed along to the public through their local libraries, the Special Services Division deals directly with its patrons—the state's visually and physically handicapped.

The division currently serves more than 10,000 individuals at no charge, and the number is growing at about 3,000 per year. "Talking Books" comprise a major part of the offering—with 65,000 on hand and a monthly mailing of about 22,000 "books."

Many publications are also now offered on modern tape cassettes, and, even though this is a rapidly growing means of supplying reading material to the handicapped, it is still far behind the traditional talking book which uses low speed records. Less widely used, but available, are reprints in braille, which can be read by only 7 to 8 percent of the visually handicapped; open reel tapes, which are in declining use; and large type books.

In an effort to offer reading materials to a large number of those unable to use regular books, many "barriers" to library use have been dropped. All services, including postage both ways, are free, and there are no fines for late returns or damages to materials. Talking book machines (specialized record players) are provided free with the books, and all maintenance and repair of the machines is provided free of charge nationally by the "Telephone Pioneers," an association of telephone company employees with more than twenty years service.

The class is being jointly sponsored by the Continuing Education Division of Gaston College and the Charlotte Chapter of the American Society for Psycho-Phylaxis in Obstetrics, Inc. For further information you may contact Mrs. Peggy McNair at Gaston College, telephone 922-3135, extens on 253, or Mrs. Tom Godfrey, 735-5336 (Lincolnton). There is no fee or cost for the class.

Between 1970 and 1975, steel consumption is expected to almost double in Canada, Japan and European Common Market, while increasing only 50 percent in the United States.

"We are asking schools and churches to organize these groups of young people," said Mrs. Aurhne Wells, chairman of the county Muscular Dystrophy organization.

She pointed out that Gardner Webb College was in the process of organizing a TAD group and that anyone desiring further information about formation of such groups should contact her at 452-2387 or 487-7562.

This year's muscular dystrophy goal is \$2,700, said Mrs. Wells.

BIG TAX BITE
Cigarettes, which represents one of North Carolina's largest manufactured products and farm industries, were taxed a total of \$1.9 billion by the federal and state governments in 1971. These taxes accounted for more than 46 percent of the consumer expenditure for cigarettes.

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Childbirth Class Begins Tuesday

A special program in the Lamaze method of childbirth is being offered by Gaston College on Tuesday, Sept. 26, at 7:30 p. m. in the Classroom Building, Room C204 on the Gaston campus. The presentation entitled, "Lamaze Method, Birth As a Family Experience," is an introductory session on the Lamaze method. As part of this first session a film entitled "The Story of Erik" will be shown. The film tells the story of the actual birth of a child using the Lamaze method. Any expectant mother who has her physician's consent may enroll in the training classes. This training is given during the last two months of pregnancy but earlier registration is encouraged. The fathers are urged to attend the classes and become an active participant in the childbirth process. The method of childbirth which is taught in the training classes allows the mother to take part in the childbirth process consciously and effectively. During the class, an American Society instructor from the American Society for Psycho-Phylaxis in Obstetrics, Inc., will explain anatomy and physiology of pregnancy and childbirth and teach relaxation techniques and efficient management of the body, along with breathing techniques which will later be used during labor and delivery.

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FOR QUICK RESULTS USE THE HERALD CLASSIFIED PAGE

BARGAINS IN FABRICS

Lou's Mill Ends & Fabrics
3 miles West of Kings Mountain on left side of U.S. 74 or one mile East of Bethware school on right side of U.S. 74
Polyester \$1.49 yd. & up
Lace 10 cents yd.
Sleepwear 50c yd.
Elastic 5 yds. \$1.00
Open Monday thru Saturday
Each Week 9:30 - 6 p.m.
Mrs. Lucille Luckadoo,
Operator
Route 3
PHONE 739-6514

THE LIVESTOCK INDUSTRY NEEDS MEN

Trained As **CATTLE AND LIVESTOCK BUYERS**
Train now to buy cattle, sheep and hogs at auctions, feedlots, sale barns, etc.
Write TODAY for a local interview. Include your complete address and phone number.
CATTLE BUYERS, INC.
4420 Madison
Kansas City, Mo. 64111
Training Cattle and Livestock Buyers

County Drive Is Slated

A countywide muscular dystrophy drive will be held Nov. 11 and 12, and the county muscular dystrophy group is seeking to organize Teens Against Dystrophy (TAD) to help conduct the door-to-door drive.

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Weekly Health Tip

By **WILSON GRIFFIN**
Smarting, itching and inflammation of the eyes and eyelids often are caused by bacteria and viruses or by sensitivity to dust, pollens, or air pollution. Virus infections of the eyes can occur a few days after swimming in natural water or a pool even though chlorinated. Most bacterial infections of the eyes can be cured promptly by a physician, using sulfa or antibiotic drops or ointments.
After you see your doctor bring your prescription to

Griffin's Drug Store

FOR YOUR SHARE IN AMERICA

U.S. SAVINGS BONDS

BE READY!

NOTICE: ALL NATURAL GAS HEATING CUSTOMERS

As a public service and to avoid a last minute rush, the city has agreed to give Free Cut-On Service to existing customers who call us before September 30. Call 739-2351 Today and Avoid the Usual \$3.00 Cut-On Charge. Your gas will be turned on the day that you call or as soon as possible Free of Charge. The usual \$3.00 Cut-On Charge will be made if you notify us after September 30. **CALL NOW!!! AVOID THE FALL RUSH AND SAVE.**

City of Kings Mountain UTILITIES DEPARTMENT

Use Our 43 .. Yes .. 43 Branches SAVE By MAIL



We didn't know how many either, until we called the Postoffice.

There are 43 mail deposit boxes in the Kings Mountain Postoffice area.

Take the Easier Way ...

Save time, steps ... bank by mail and the postman will be glad to do all your footwork. Just ask us for free bank-by-mail forms and envelopes.

Kings Mountain Savings & Loan Association
300 West Mountain Street
Kings Mountain, North Carolina 28086