

Legion Dance Saturday; Who's Who Taps Student

"The Blue Velvets" will play for Saturday night's American Legion dance for members and guests at the American Legion building.

Dancing will be from 9 until 12 p.m.

Reservations for the March 31 luau to be sponsored by the American Legion Auxiliary are requested by 5 p.m. Monday with Mrs. Orangrel Jolly, 739-2140, Ticket chairman. Tickets are \$6 per couple and include refreshments and dancing.



Beth Hughes, daughter of Mr. and Mrs. Jack Hughes of the Dixon community, has been selected to participate in the seventh annual edition of "Who's Who Among American High School Students."

Who's Who is the largest student award publication in the nation.

Miss Hughes is a senior student at Kings Mountain high school where she is active in Future Teachers, Bus Driver's club, and the choir. She was recipient of the Woodman of the World Safe Driving Award as a student driver.



MRS. JOHN STEVEN PARKER
(Mary Lynn Blanton)

Parkers Wed; Couple Sets Wedding Date

Miss Mary Lynn Blanton became the bride of John Steven Parker March 4th in a double-ring ceremony performed in El Bethel Methodist church.

Rev. James Sanders, pastor of Bethany Baptist church of Grover, officiated.

Mrs. Russell Watson was organist for the program of nuptial music and Miss Judy Rayfield was vocalist. Miss Rayfield sang "Whither Thou Goest" before the ceremony and "Wedding Prayer."

The altar of the church was banked with ferns and arranged with three wrought-iron candelabra interspersed with groupings of carnations, gladioli and white roses.

Michael S. Elanton escorted his sister to the altar and gave her in marriage. The bride's formal wedding gown was designed of silk organza and imported peau d'ange lace posed over taffeta and styled in empire silhouette. The lace bodice was fashioned with sheer yoke outlined with lace threaded with velvet ribbon and finished with high neckline outlined with Edwardian collar of lace florets. A latticed panel enhanced the front bodice and full Bishop sleeves ended in deep lace cuffs at the wrist. The column skirt, applied with garlands of lace motifs, had a wide lace-trimmed flounce which framed the Chapel length train. Her cathedral length veil of English tulle and imported Venise lace was caught to a lace camelot cap. She carried a white Bible topped with yellow rosebuds and carnations and centered by an orchid with streamers of baby's breath and pompons.

Mrs. Dwayne Yarbrow attended the bride as matron of honor and bridesmaids were Miss Denise Blalock, Miss Lenette Blanton, sister of the bride, Miss Ree Smith and Miss Diane Swofford.

All the attendants wore formal length gowns of taffeta covered with spring green sparkle organza fashioned with empire waistlines and long sleeves ending in deep cuffs and covered buttons. They wore bow head-dresses with shoulder length veils attached and carried yellow mums with fern and yellow streamers.

Miss Tammy Collins of Wimsboro, S. C., cousin of the bride, was flower girl and Tony Mull linax, nephew of the bridegroom, was ringbearer.

Tommy Tindall, Mike McDaniel, Jack King and Dale Blanton, brother of the bride, served as ushers.

The bridegroom's mother wore a pale blue jacket dress with matching accessories. For a trip to Myrtle Beach, S. C. the bride chose a pale blue polyester dress with the orchid lifted from her bouquet.

The bride and bridegroom cut their wedding cake at a beautifully-appointed reception after the ceremony in the church fellowship hall. The five-tier cake was central decoration for the table from which punch, cake and refreshments were served. Mrs. Emmett Ross assisted in details of entertaining.

The newlyweds are at home at Castlewood Mobile Homes.

BRIDE AND BRIDEGROOM

The bride is daughter of the late Mr. and Mrs. Frank Lee Blanton of Kings Mountain. She is a senior student at Kings Mountain high school where she is captain of varsity cheerleaders, and active in Future Teachers, Future Homemakers, National Honor Society, French club and Math club. She is employed in the lab of Spectrum Textured Fibers.

The bridegroom is the son of Mr. and Mrs. Noble S. Parker

and the late Faye Martin Parker. He is a graduate of Kings Mountain high school and has completed a three year tour of Army duty in Germany and Vietnam. He is attending Gaston college and is employed at Craftsman Yarns.

Mr. and Mrs. James P. Camp of Kings Mountain announce the engagement of their daughter, Teresia Ann, to Darrell Ladd, son of Mr. and Mrs. Claude Dale Ladd of Gastonia.

The wedding will be an event of April 1st in Kings Mountain's Cherokee Street Baptist church.

The prospective bridegroom, grandson of Mr. and Mrs. Arnold Moore, was graduated from Hunter Huss high school in 1968 and is employed by Western Auto Warehouse.

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The prospective bridegroom,

Carolyn Bridges, Frank James Exchange Vows

Miss Carolyn Bridges and Frank James, both of Bessemer City, were married Sunday evening in a ceremony performed in Gallinney, South Carolina.

The bride and bridegroom cut their wedding cake at a cake cutting at the home of Mr. and Mrs. Max Brooks on Waco road where traditional colors of green and white featured decorative details.

Mrs. James attended Tryon and Bessemer City schools and is employed in Bessemer City.

Mr. James is a member of the Kings Mountain Rescue Squad and has served in the U. S. Army. He is also employed in Bessemer City.

Kings Mountain is home for the newlyweds.

SOCIAL CALENDAR

Thursday: 7:30—American Legion Auxiliary at the American Legion building. Committee meetings to complete plans for March 31 luau.

Saturday: 9:00-12 p. m.—American Legion dance for members and guests at the American Legion building. Music by "The Blue Velvets."

Sunday: 6:30—Mission study covered dish supper and program at Central Methodist church.

The Tar Heel Kitchen

By MISS YORK KIKER
Marketing Home Economist
Cottage cheese has been favored for centuries. In pioneer days, it was made at home, hence, the name "cottage" cheese. Cream was skimmed to make butter, and the remaining milk often was utilized for cheese.

Today cottage cheese is made in modern processing plants, by scientifically controlled methods. The solid form of milk because Cottage cheese might be called it is the curd or coagulated protein of fresh pasteurized skimmed milk.

Cottage cheese is one of the most popular of dairy products, well-liked because it is economical with no waste, low in calories, and a good source of protein and other nutrients. In its familiar cartons, it comes in two varieties—creamed which contains a small amount of cream, and plain, or sometimes called dry. Either type is available as large curd or small curd, deter-

mined by the size into which the curd is cut, more it is heated. According to the U. S. D. A. Home and Garden Bulletin No. 153, two tablespoons of creamed cottage cheese yield 1.5 calories and two tablespoons of plain or dry (not creamed) cottage cheese yield 25 calories.

Unfortunately, North Carolinians are not as familiar with the use of cottage cheese as the people in some areas. During the Lenten season and while looking for a good source of protein, it is an ideal time to learn more about cottage cheese. The pleasingly mild flavor makes it a delectable food in its own right and also adaptable in appetizers, casseroles, and main dishes, cheese-cakes, sandwich fillings, and in all sorts of salads.

Store cottage cheese covered in the refrigerator as you do fresh milk. It should be used within a few days after purchased. Cottage cheese is not ripened like most cheeses, thus the fresher, the better. Creamed cheese should not be frozen for it tends to separate when defrosted.

DEVILED DIP

1 cup cottage cheese
1 can (2 1/4 oz.) deviled ham
1 tablespoon chopped parsley
1 tablespoon grated onion.
Dash of pepper.
In a mixing bowl beat together cottage cheese, ham, parsley, onion and pepper. Cover and chill. Serve with carrot or celery sticks, other raw vegetables, crackers or chips.

EGG SALAD SANDWICH FILLING

4 chopped hard-cooked eggs.
1 1/2 cups small curd cottage cheese
1/2 cup finely chopped celery.
1 tablespoon Worcestershire sauce

A tablespoons prepared mustard
1 1/2 teaspoons seasoned salt.
Combine all ingredients and blend thoroughly. Chill several hours or overnight before using.

CURRIED EGGS

4 tablespoons butter
4 tablespoons flour
1 teaspoon curry powder
1/2 cup milk
1/4 teaspoon salt
1 cup cottage cheese
4 hard-cooked eggs, quartered
2 1/2 cups hot, cooked rice
Melt butter in heavy saucepan. Add flour and curry; mix well. Pour in milk all at once; immediately stir vigorously over moderate heat. Continue to cook until thickened, stirring constantly. Season with salt. Add cottage cheese; stir constantly until curds disappear. Fold in eggs, carefully; continue to cook stirring gently and frequently until hot. Serve over rice. If desired, garnish with parsley or paprika. Note: In case curry is not your favorite, substitute other seasonings to the basic recipe.

POTATO SALAD

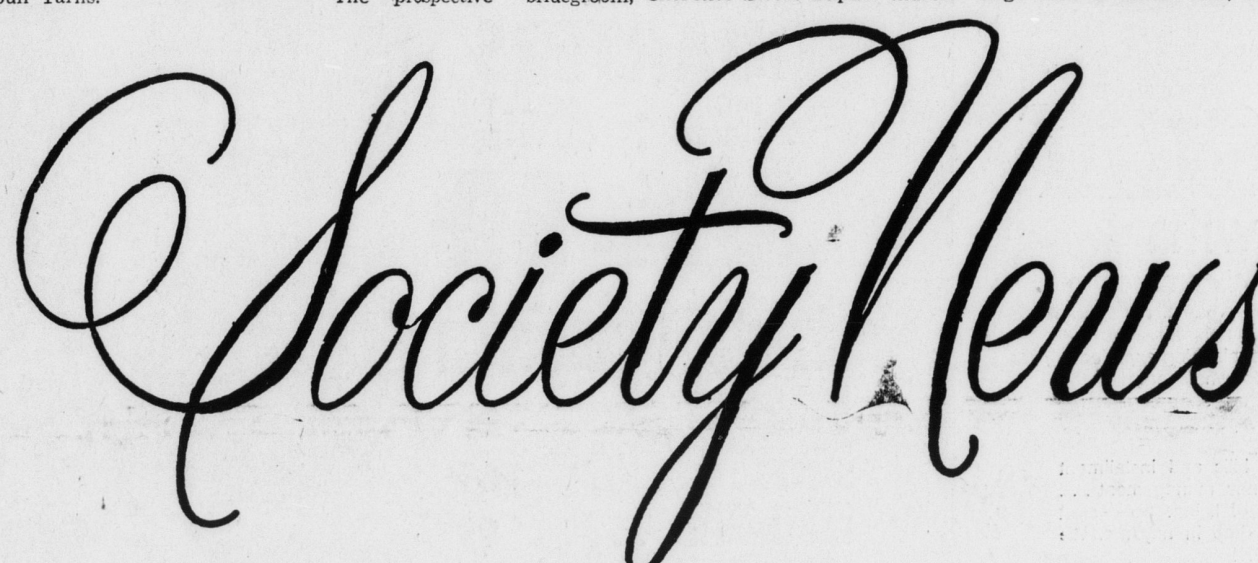
1 1/4 cup dairy sour cream
2 tablespoons Italian-style dressing
2 cups peeled diced cooked potatoes
2 hard-cooked eggs, chopped
2 cups cottage cheese
1/2 cup sliced celery
1/3 cup chopped ripe olives
1/3 cup sliced radishes
1/3 cup chopped green onions
1/2 teaspoon salt
Salad greens
In a large bowl blend together sour cream and dressing; add potatoes and eggs and allow to marinate while preparing rest of ingredients. Add cottage cheese, celery, olives, radishes, onions and salt to potatoes; mix well. Pack into 5 or 6 cup-ring mold. Refrigerate several hours. When ready to serve, unmold onto greens and fill center with vegetable stick relishes, if desired. In case ring mold is not available, use any other suitable container. Yields 6-8 servings.

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PERSONALS

Mrs. Madge V. Arrowood spent the weekend in Atlanta, Ga.
When All the Laughter Died In Sorrow—Renzel



SECTION B THE KINGS MOUNTAIN HERALD, KINGS MOUNTAIN, N. C. Thursday, March 22, 1973

Women's Council Meeting Mar. 31

The North Carolina Council of Women's Organizations will hold its annual meeting March 31, beginning at 9:30 a. m. at the Carolina Inn, Chapel Hill. Mrs. Bert G. Tyson of Greenville, president of the council, will chair the meeting. Presidents and representatives from the 41 affiliated organizations are expected to attend as well as interested women from across the state.

The featured luncheon speaker

Safety Record For Yarn Firm

The Carlton Knit division at Kings Mountain had a Safety Feed for its employees on Monday, March 12. It is the policy of Carlton Incorporated, as part of its promotion of safe working habits, to provide two Safety Feeds each year for employees of departments with effective control of lost-time accidents since the time of the last Safety Feed.

All employees of the Carlton Knit plant and Carlton Yarn Plant were eligible for this Safety Feed. The division has operated a six day schedule for the past six months without a lost-time accident. Richard Long, plant manager of Carlton Knit division, said that it took the cooperation of all the employees to achieve this goal. It also means that our slo-

gon, "Where People Make the Difference," has been proven again by the employees safe working habits. Mr. Long said that all of the yarn produced in the yarn plant is used to make double knit fabric in the knit plant. The knit plant produces both single and double knit fabric and is continuing to employ additional employees due to its expansion.



SAFETY FEED — Employees of Carlton Knit Division were treated to a "safety feed" in the plant recently in recognition of their safety record. The Division has operated a six day schedule for the past six months without a lost-time accident. A group of Carlton employees are pictured at the luncheon table. (Photo by Gary Stewart)

MISSION STUDY SUNDAY

Mrs. Bethia Watts, retired deaconess of Brooks Howell Home of Asheville, will conduct the third in a series of mission study courses Sunday at Central United Methodist church.

Mrs. Watts will be assisted in the program at 7:15 p.m. by Mrs. Edna Bradley, retired missionary, who will show slides.

A covered dish supper will be served at 6:30 p.m. in the church fellowship hall.

The interested community is invited to participate, said a spokesman.



Donna Marie Nelms, daughter of Mr. and Mrs. Leonard Wright of route four, celebrated her eighth birthday March 13th with a family party at her home.

Donna's decorated birthday cake was cut and served with party refreshments.

Donna is granddaughter of Ted Grant of Chester, South Carolina and Mr. and Mrs. Horace Wright of Kings Mountain.

IT'S A GIRL

Mr. and Mrs. Keith A. Hullender of Woodbury, New Jersey announce the birth of a daughter, Stephanie Ann, February 22nd.

Grandparents are Mr. and Mrs. Neil E. Hullender of Kings Mountain and Mr. and Mrs. Arnold Slater of Woodbury, New Jersey.

Great grandparents are Mr. and Mrs. Clyde B. Hullender and Mr. and Mrs. John W. Foster of Kings Mountain and Mrs. Blanche Hammond of Woodbury, New Jersey.

IT'S A BOY

Mr. and Mrs. John F. Owens of route 1 announce the arrival of a son, Marcus John Owens, March 20th, Cleveland Memorial hospital.

The baby weighed nine pounds, 12 and one-half ounces.

Grandparents are Mr. and Mrs. Fred M. Owens and Rune Swansson and the late Mrs. Swansson.