

TV Series Will Help Adults Get H.S. Certificate

CHAPEL HILL — If you did not finish high school, it's not too late to get your certificate. And you can do it right in your own home.

A television set, either at your house or at one of North Carolina's community colleges, will be your teacher and one of your lesson books.

"Your Future Is Now," a series of 60 half-hour TV programs, will give adults an opportunity to receive their high school certificates. The programs will appear three times a week on University of North Carolina television channels across the State beginning Oct. 2.

The TV classes will help adults improve their skills in reading interpretation, mathematics and use of English. These skills will help them pass the high school equivalency examination, officially called the Test of General Education Development or the GED test.

The series will offer 26 lessons on reading and interpreting short passages in literature, science and social studies, 17 lessons in English—grammar, spelling usage and vocabulary—and 17 lessons in general mathematics—arithmetic, beginning algebra and beginning geometry.

Lung Diseases Often Do Not Involve Pain

Some diseases of the lungs trigger pain. Most, however, cause mild or extreme discomfort instead.

The lungs are soft, spongy organs made up of millions of microscopic sacs which inflate and deflate like tiny balloons. Although the lungs are equipped with nerve endings that pick up pain, pressure, and other sensations, they do not have highly pain-sensitive nerves. Infections and diseases of the lungs, though, can cause pain, especially when the infection affects the thin membrane that completely covers each lung.

This thin membrane, called the pleura, surrounds a very narrow fluid-filled space between the lungs and the chest wall. Within this pleural space is a fluid that normally enables the lungs to expand and contract against the chest wall without any friction whatever. Unlike themselves, the membrane lining the pleural space is a rich network of nerve endings highly sensitive to pain. When the membrane is injured or irritated, pleuritic pain—commonly called pleurisy—can be sharp and stabbing. The fact that the pain is so intense usually directs the doctor to the site of the problem immediately.

In other lung diseases, such as flu, stiffness and pain in the muscles of the chest may occur. But this type of pain is usually dull and aching, made worse by muscular movement rather than by breathing.

Pain is not involved in lung diseases such as bronchitis, colds, TB. When any kind of breathing problems develop, they should always be checked out with a physician.

For more information about the symptoms of many different kinds of lung disease, contact your local lung association. They have the facts.

Register Now For Fall Classes At Textile School

Students may register now for fall quarter classes at N. C. Textile School in Belmont where classes are scheduled to begin on Monday, September 17.

Two year diploma programs are being offered in yarn manufacturing, weaving and designing, knitting and designing, mill maintenance, dyeing and finishing, and tailoring. These programs involve 15 hours each week.

A two-year associate degree program, involving 25 hours weekly, will be offered in textile manufacturing technology.

All programs are approved for veterans with half or full-time benefits and convenient schedules are available for all three shifts of employees.

JULY WETTEST
July is usually the wettest month of the year in North Carolina. Based on averages for the period 1911 to 1970, the July rainfall has averaged 8.53 inches near Wilmington, 5.65 inches at Raleigh and 5.19 inches at Laurel Springs in the mountains.

WEEEEEE!

Exact Low Price! Absolutely No Compromise in Quality!

SHOP AHEAD FOR HOLIDAY SAVINGS—A&P WILL BE
Closed Labor Day September 3rd

USDA INSPECTED WHOLE **FRESH FRYERS** WHOLE LB. **59c**

U.S.D.A. INSPECTED FRESH
FRYER PARTS
BUCKET-CHICKEN LB. **89c** LEG QUARTERS LB. **63c** BREAST QUARTERS LB. **69c**

"SUPER-RIGHT" HICKORY SMOKED
HAMS
SHANK PORTION LB. **89c**

"SUPER-RIGHT" CORN-FED FRESH
PORK LOINS
WHOLE (SLICED INTO CHOPS FREE OF CHARGE) **\$1.19**

OUTSTANDING LOW PRICE ON SPECIAL OFFER
COLGATE TOOTH PASTE 9-Oz. Tube **99c**

CHECK! COMPARE A&P PRICES ON HOUSEHOLD PRODUCTS
LIQUID BLEACH CLOROX 1/2-Gallon Size **37c** A&P 1/2-Gallon Size **29c**

MEAL OR KIBBLER 10-Lb. Bag **\$1.55** DAILY Cat Food 15-Oz. Can **14c** DAILY ALL FLAVORS Dog Food 2 15-Oz. Cans **23c**

EIGHT O'CLOCK COFFEE
WHOLE 1-Lb. BEAN Bag **85c** 3-Lb. Bag **\$2.49**
100% BRAZILIAN INSTANT 10-Oz. Jar **\$1.39**

A&P BRAND THRIFTY **Vienna Sausage** 4-Oz. Cans **26c**
CHECK AND COMPARE A&P **Ham & Dumplings** 24-Oz. Can **63c**
CHECK AND COMPARE—ANN PAGE **Pork and Beans** 21-Oz. Can **19c**
FOR SANDWICHES & HAMBURGERS **A&P Round Cheese** 6-Oz. Pkg. **47c**

ANN PAGE REALLY FINE **MAYONNAISE** 8-Oz. Size **59c**
A&P BRAND HOLIDAY VALUE **Cornd Beef Hash** 15 1/2-Oz. Can **59c**
CHECK AND COMPARE A&P **Chicken & Dumplings** 24-Oz. Can **59c**
CHECK AND COMPARE A&P **Beef & Dumplings** 24-Oz. Can **62c**
MEL-O-BIT PROCESSED, AMERICAN **Cheese Slices** 12-Oz. Pkg. **75c**

CHECK, COMPARE HOUSEHOLD VALUES AT A&P—SINGLE PLY
A&P PAPER TOWELS 3 Jumbo Rolls **79c**

SAVE 20c ON A 4-BATH BAR PACKAGE **LUX SOAP** WITHOUT COUPON YOU PAY 79c WITH COUPON YOU PAY ONLY **56c**
VOID AFTER SEPT. 8

PRICES IN THIS AD ARE EFFECTIVE THROUGH SATURDAY, SEPTEMBER 1 AT A&P WEG IN KING'S MTN.

A&P WEG
WHERE ECONOMY ORIGINATES
IMPORTANT FOR YOU!

A&P POLICY:
Always do what is honest and fair for every customer.

RAINCHECK:
If an advertised special is ever sold out ask the Manager for a Raincheck. It entitles you to the same item at the same special price the following week. Or if you wish we'll give you a comparable item at the same special price.

GUARANTEE:
A&P offers an unconditional money-back guarantee. No matter what it is, no matter who makes it, if A&P sells it, A&P guarantees it.

"SUPER-RIGHT" FULLY COOKED 3 1/2 - 4 1/2 LB. AVERAGE
BONELESS HAMS LB. **\$2.29**
VIRGINIA FARM COUNTRY STYLE

HAMS Whole or Half LB. **\$1.49** 1/4 Ham SLICED LB. **\$1.69**

BYRON'S 8-Oz. Pkg. or Box of 5 Sandwiches Ea. **\$1.39** "SUPER-RIGHT" ALL MEAT Franks 12-Oz. Pkg. **89c**

A&P DELI DELIGHTS **Pimento CHEESE SPREAD** 8-Oz. Cup **43c** 16-Oz. Cup **83c** CAP'N JOHN'S FROZEN Fish & Chips 1-Lb. Pkg. **69c**

DELICIOUS BAKED OR AS FRENCH FRIES—ALL PURPOSE WHITE
POTATOES 10-Lb. Bag **89c**

SAVE MONEY ON JUICY LUSCIOUS CALIFORNIA
BARTLETT PEARS LB. **27c**
JUICY AND SWEET—J-4 SIZE CALIFORNIA

HONEYDEW MELONS Each **77c**
HEARTY AND VIGOROUS **OUR OWN TEA BAGS** 100 Count Package **89c**

GREAT FOR SALADS—FIRM CRISP **Lettuces** Each **27c**
100% ORANGE JUICE FROM FLORIDA
CONCENTRATED FROZEN
A&P ORANGE JUICE 12-Oz. Cans **3 \$1.00**

STOKELY - VAN CAMP
TRY REFRESHING **Stokely Gatorade** LEMON-LIME AND REGULAR 32-Oz. Bot. **37c**

STOKELY **Fruit Cocktail** 17-Oz. Can **39c**
STOKELY CUT GREEN BEANS 16-Oz. Can **27c** 27-Oz. Can **37c**
STOKELY SHELLE BEANS 4 1-Lb. Cans **\$1.27** 27-Oz. Cans **39c**
STOKELY Whole Kernel or Cream Style **Golden Corn** 4 17-Oz. Cans **\$1.00**
VAN CAMP'S **Beanee Weenee** 4 8-Oz. Cans **\$1.00**

SCOTT PAPER VALUES
ASSORTED LADY **Scott Facial Tissue** 3 200-Ct. Pkg. **\$1.00** 3 2-Ball Tissue Pkg. **89c**
4c OFF LABEL ON WHITE OR ASSORTED **Scotties Facial Tissue** 200-Ct. Pkg. **31c**
WHITE, ASSORTED, OR DECORATED **Waldorf Bathroom Tissue** 4 Roll Pkg. **39c**
WHITE OR DECORATED **Viva Towels** 3 Jumbo Rolls **\$1.00**
SCOTT **Cut Rite** WAX PAPER 125 Roll **33c**
SHOP A&P WEG FOR **Softwave Bathroom Tissue** 3 2-Roll Pkg. **89c**

SAVE 50c ON 10-OZ. JAR INSTANT **NESCAFÉ COFFEE** 10-OZ. JAR WITH COUPON YOU PAY ONLY **\$1.45**
LIMIT ONE COUPON PER FAMILY VOID AFTER SEPT. 8th

A&P CHILLED ORANGE JUICE 1/2-Gal. Bottle **79c** **A&P CHARCOAL BRIQUETS** 20-Lb. Bag **\$1.19**



If CASH can help with BACK-TO-SCHOOL BILLS...

Call us Today. Our budget planning experience can help find a way for whatever you need or want. Back-to-School bills? Start smiling! New Clothes? Medical bills? Unexpected emergency? Count on us!

Want to clear up old bills and installment debts? That's good money management... the real key to the art of living. So start living! Call us today or drop in anytime. We want to help—with CASH!

LIBERTY LOAN
CORPORATION OF KING'S MOUNTAIN
124 W. GOLD ST.—GR. FL.—PHONE: 739-6441
At Cherokee Street
Kings Mountain, North Carolina 28086
Open Friday 10:30-6:30, Wed. & Sat. 10:15-5:00



SAVE UP TO \$1.35 EVERY TIME.

If you dial your own long distance calls direct after 5 p.m., you can talk to anyone in North Carolina for 3 minutes for only 70c or less, plus tax. Which saves you \$1.35 over a Person To Person call. And these low rates last all weekend, too.

Here's how it works:
MAXIMUM EVENING RATES
DDD..... 70c
Station To Station (Operator handled)..... 95c
Person To Person (Operator handled)..... \$2.05
Maximum Savings..... \$1.35
Dial it yourself! Rates do not apply to coin, credit card, person-to-person, collect, hotel-guest calls, or calls charged to a third number.
Share a smile. Dial long distance tonight. Southern Bell