

commercially emphasize the nutritional value of breakfast cereals to the cartoon generation, along with the sugar-coated good taste. Likewise, famous athletes pride themselves in being "meat and potatoes men." But there is a serious question as to whether either of these groups is getting the necessary nutrients his body requires to remain healthy.

"When we think of starvation, we see a child being deprived of food, or an elderly person who mopes in his food as a baby would," explained Mrs. Elizabeth Koontz, newly appointed assistant secretary of the North Carolina Department of Human Resources for Nutrition Coordination. "But we never think in terms of starving the body of certain nutrients."

Mrs. Koontz, a Salisbury native, after serving four years as director of the Women's Bureau of the U. S. Department of Labor. She was appointed to that position by President Nixon, and became the first black woman ever to hold the position.

With an estimated 43 per cent of North Carolina's pre-school children considered lacking in nutrition, it is clear that good nutrition begins at home.

"Plumpness in babies is often mistaken as a sign of good health," Mrs. Koontz said. "But sometime very fat babies continue to be very fat adults."

Children soon reach the age of wanting to accompany their mother to the supermarket and load the foodbasket down with their favorite foods.

"Mothers shouldn't carry their children to the market," Mrs.

er giant who dines on steak and potatoes several times a day, but this is not a true picture. Mrs. Koontz says, "That guy may be suffering from hypertension; in other words, eating more meat than the body needs." At the same time, his body goes wanting for other necessary nutrients because he fuses to eat salads, for instance resolved they are considered "sissy" and equated with women. The wife then becomes resolved to living with what her husband wants to eat, and what his taste buds demand. "She killing him softly with food," Mrs. Koontz maintains.

Soon the body will revolt, and make its need for other food substances known. This is often in the form of illnesses, low energy level, and tiring easily. The solution lies in forcing

on their husband's eating habits. The words "growth" and "progress" are considered positive words in our vocabulary; who can be against them? They denote what has brought our nation from Plymouth Rock to a world power, from the Wright brothers to astronauts in space.

To farmers growth and progress have also meant graduation from backbreaking labor behind a horse and plow to modern efficient farm machinery.

Farmers, and other concerned citizens are not ready to call a halt to progress but they do believe the time has come to give it some wise and strong guidance in the area of land use planning. They don't want the "green, green grass at home" to become only a fairy tale to their great-grandchildren.

As urban sprawl inches its path across our land replacing the green and golden landscape with shopping centers and subdivisions, environmentalists call it an "out-rage" against nature. Farmers agree but they have another vitally important concern—the very real threat of continued loss of productive land.

The Veterans Corner

Editor's Note: Veterans and their families are asking thousands of questions concerning the benefits their government provides for them through the Veterans Administration. Below are some representative queries. Additional information may be obtained at any VA office.

Q.—An explosion killed my son during military service in Vietnam, and his body was never recovered. Will the Veterans Administration provide a memorial marker?

A.—Yes. The memorial may be erected in a private cemetery plot provided by the applicant, or in the memorial section of a national cemetery. Apply to the nearest VA office.

Q.—The Veterans Administration is giving my daughter dependents' educational assistance based on the service connected death of my husband. Since she plans to marry soon, I wonder if this will affect her assistance?

A.—Your daughter's marriage would have no effect on her education benefits. A widow's remarriage under the same program, however, would result in termination of benefits, unless the remarriage was terminated by death or divorce.

Q.—My husband was killed in action during World War II, and I never remarried. Am I eligible for a Veterans Administration GI home loan?

A.—Yes. The Veterans Housing Act of 1970 restored unused, expired loan benefits to veterans of World War II and later periods, including their unremarried widows.

SHOPLIFTERS
A 1971 study shows shoplifter's favorite ways of concealing supermarket merchandise are in packets, 27.7 per cent in purses, 25.8 per cent and under clothing, 23.9 per cent.

Garden Time

By M. E. GARDNER
N. C. State University

Rainfall has been extremely deficient in the Raleigh area since the middle of August. In fact, we have not had a good soaking rain since that time. This has interfered with the seedling of fall evergreen lawns and the planting of bulbs. If we do not get relief soon, Raleigh will be buying water from Durham and Butner.

Three weeks ago I overseded my lawn, and that of one of my sons, with fescue and Italian rye grass. We used 25 lbs. of seed and 150 lbs. of 8-8-8 fertilizer and hoped for rain. None has fallen, so the seeds are right where they land and the fertilizer pellets still solid and waiting. This brings into sharp focus the importance of water for all growing things and how dependent we are on an adequate supply.

As soon as the soil is in condition, now is a good time to plant all of the evergreen shrubs and trees—holies, rhododendrons, hemlocks, etc. Don't be stingy when you dig the holes. Separate top and sub-soil and place the top soil around the roots and mixed with an equal volume of peat moss, or well decomposed compost.

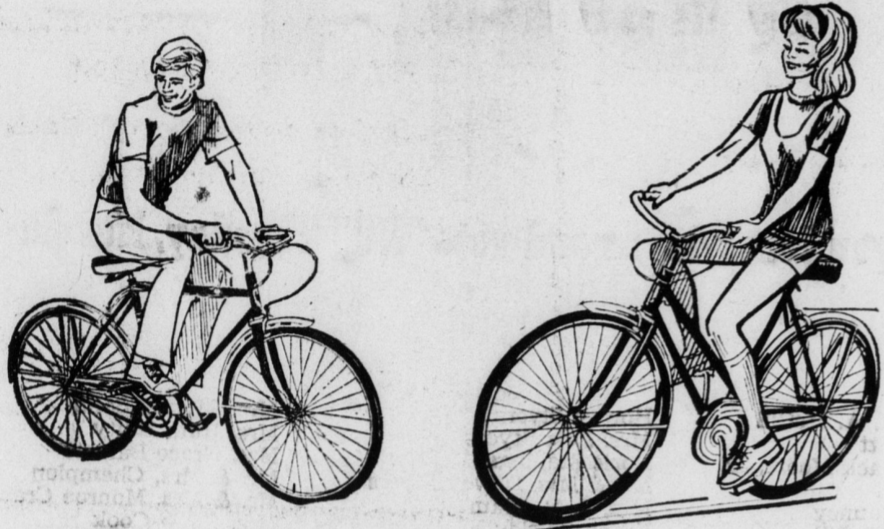
Remember not to plant azaleas and camellias too deep. They are shallow rooted plants and will not tolerate too much overburden of soil. If balled and burlapped, place the top of the ball even with the soil level. The same is true for container-grown plants. Use equal volumes of peat moss and good soil for filling the hole. Much.

If rainfall is deficient, water all newly set trees and shrubs after planting. A thorough soaking about once a week should be sufficient. Overwatering will result in a water-logged soil and cause trouble. Garden sanitation is a good practice for each month of the plant growing year. This is especially true in the fall when so many plants have matured. Get rid of them so that they will not serve as hibernating nests for insects and carry-over for diseases.

Another good practice. Have your vegetable garden soil tested, add the lime and phosphoric needed, as shown by test; and deep plow the entire area. This will place the lime and phosphate in the root zone area. Leave the ground in rough fallow until spring planting time.

SAFETY

Because ...
We are concerned
for Bikers of all ages!



We want you to have our
Bike Safety Pennant at a
very special price.

This 6' fiberglass mast with Day-Glo pennant can be yours for only \$1.50



Kings Mountain

Savings & Loan Association

P. O. BOX 746 KINGS MOUNTAIN, NORTH CAROLINA 28086

ASK YOUR TELLER

ANNOUNCING THE
OPENING OCTOBER 29TH

THE NEW

Kings Mountain Convalescent Center

716 Sipes Street, Kings Mountain, N. C.

- 62 SKILLED BEDS
- AIR CONDITIONED, FIREPROOF
- PHARMACY SERVICES, LAB SERVICES
- MEDICARE, MEDICAID, PRIVATE, V.A.
- LICENSED BY N. C. STATE BOARD OF HEALTH

704-739-8132

We Are In Compliance With Title VI

Dreamline Furniture Salesroom

307 S. BATTEGROUND AVENUE

FEATURING

FACTORY-TO-YOU CUSTOM-MADE

FURNITURE

Prices You'll Hardly Believe

Look Over These

Register For

PRIZE DRAWING

1st The Sofa of Your Choice

2nd Swivel Rocker

3rd Handsome Lamp

SATURDAY, OCTOBER 27

YOU MAY WIN

You Don't Need to Buy to Register.

Register Beginning Friday and

All Next Week

WHOLESALE PRICES

LOVE SEATS \$160 SOFAS \$199 to \$220

SWIVEL ROCKERS \$79 2-pc. SUITES \$298

COFFEE TABLES \$35 to \$50 END TABLES \$35

SWIVEL ROCKERS (high or low back) \$79

SOLID BRASS LAMPS \$33.90

FACTORY REPRESENTATIVES WILL BE HERE

FRIDAY AND SATURDAY TO HELP SHOW OUR LINE