

Lisa Hampton, Chuck Austin Wed Saturday

From Page 1-B

and Miss Ruth Hullender, all of Kings Mountain.

All the attendants wore long formal gowns of lilac sheer polyester over taffeta. The gowns were designed with off-the-shoulder ruffled necklines with satin ribbon trim, slightly raised waistlines belted with satin ribbon and full skirts with flounced hemlines extending upwards in the back to form a bustle effect. They carried long-stemmed cranberry open silk roses framed in white lace.

Miss Laura Howell, niece of the bride, was flower girl. She wore a long white taffeta dress with a wide lace trim collar giving a capelet effect. The dress was enhanced by short puff sleeves and a taffeta cummerbund sash. She wore a lilac and pink flower-trimmed crown and carried a white basket with pink and lilac-trimmed streamers filled with pink petals.

Best man for the bridegroom was father, Gene F. Austin.

Groomsmen were Brad Austin, brother of the bridegroom; Ray Howell, brother-in-law of the bride; Lyn Valentine, Wayne Bridges, Ronnie Wilson and Ronnie Grigg, all of Kings Mountain.

Master Andy Ross, son of Mr. and Mrs. Roger Ross of Gastonia, carried the rings.

The bride's mother wore a formal length dress of soft lavender chiffon over taffeta with a V neckline and short flounce sleeves. She wore a shoulder corsage of cranberry silk rosebuds.

The bridegroom's mother was gowned in a long purple gown which featured an accordin pleated overblouse and full skirt. She wore a corsage of white silk roses.

Miss Lisa Crawford of Kings Mountain presided at the register. Miss Karen Ware of Kings Mountain, cousin of the bridegroom, distributed wedding programs.

Wedding director was Mrs. Margaret Jordan of Gastonia, aunt of the bridegroom.

Grandparents of the bride and bridegroom were ushered and seated in special family pews marked with satin ribbons. Honored guests were Mrs. Leneva Weaver and Mrs. Grace Hampton, grandmothers of the bride, and Mrs. Vera Huffstetter, great-grandmother of the bride; all of Kings Mountain; the bridegroom's grandparents, Mr. and Mrs. C.D. Ware of Kings Mountain and Mrs. Viola Walker of Gastonia.

The bride's parents entertained after the ceremony at a beautifully-appointed wedding reception in the church fellowship hall. The wedding colors of pink and lilac were combined in decorative details and refreshments.

Mrs. Jerry Ross and Mrs. Russell Putnam cut and served

the wedding cake and Mrs. Jim Testa poured punch, assisted by Mrs. Jo Ellis of Shelby. Missy, Christen and Valerie Gupton distributed rice bags.

The three refreshment tables were overlaid with lace cloths with the three-tiered white wedding cake centering the round bride's table. The cake was topped

with fresh roses and baby's breath. Centering the refreshment table was an arrangement of roses and baby's breath in a silver branched candelabra. Cheese rings, chicken salad pastries, and apple tarts were served from silver appointments. The silver punch service, from which pink punch was served,

centered a round punch table.

For their wedding trip the bride chose a white dress with turquoise belt and lifted the corsage from her bridal bouquet.

BRIDE AND BRIDEGROOM

Mr. and Mrs. Charles Hampton of Kings Mountain are parents of the bride. She is a

1980 graduate of Kings Mountain Senior High School and is employed by Norick Brothers of Kings Mountain.

The bridegroom is the son of Mr. and Mrs. Gene Austin of Kings Mountain. He is employed by Lincoln National Insurance Company of Charlotte.



These prices good thru Saturday, July 21, 1984

VACATIONING?
You'll find Food Lion's low prices in Ocean City, Nags Head, Virginia Beach, Carolina Beach and Myrtle Beach!

Round Steak \$1.88 Lb.
USDA Choice Beef Round Full Cut - Boneless
USDA CHOICE

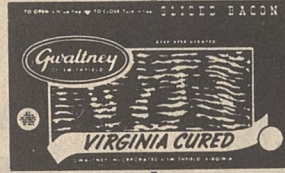
\$1.98 Lb.

USDA Choice Family Pack
Cube Steak

We reserve the right to limit quantities.

68¢ Lb.

4-8 Lbs. Average - Sliced FREE
Smoked Picnics



\$1.29 Lb.

Gwaltney Bacon

Sweet South Carolina Peaches



4 / \$1 Lbs.

99¢ Lb.
Northwest
Bing Cherries

59¢ Lb.
"YOUR CHOICE"
California Red Plums Or Sunblushed California Nectarines

99¢ Head
Snow
White Cauliflower

89¢
32 Ounce

Del Monte Catsup

59¢
Half Gallon

Sealtest Lemonade

\$1.29
24 Ct.

Lipton Tea Bags

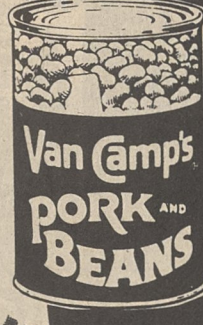
\$1.05

Pepsi Cola

\$1.79
49 Oz. - 25¢ Off
Tide Detergent



3 / \$1
16 Oz. - Van Camp's
Pork & Beans



\$1.09
64 Oz. - White House
Apple Juice

Society Publishes Guidelines

Following its report on nutrition and cancer in February 1984, the American Cancer Society has published "Nutrition, Common Sense and Cancer," a quick-reference leaflet highlighting the ACS's seven nutritional guidelines.

According to the leaflet, evidence indicates that eating certain foods may increase or decrease one's risk of developing certain types of cancer, although no direct cause-effect relationship between diet and cancer has yet been proved.

The following ACS recommendations are briefly explained.

- 1) Avoid obesity
- 2) Cut down on total fat intake
- 3) Eat more high fiber foods
- 4) Include foods rich in vitamins A and C in your daily diet
- 5) Include cruciferous vegetables in your diet
- 6) Eat moderately of salt-cured, smoked and nitrite-cured foods
- 7) Keep alcohol consumption moderate, if you do drink

"Nutrition, Common Sense and Cancer" notes that the development of cancer involves many complex factors, and states that research on the links between nutrition and cancer is being funded by the American Cancer Society.

The leaflet is available free from your local American Cancer Society office.

"Experience is a dear school but fools will learn in no other."
-Benjamin Franklin

6800 EVERYDAY LOW PRICES