

Womans Club Yule Project

The Christmas project of the Kings Mountain Womens Club this year is to send Christmas gifts to patients at Broughton Hospital and Western Carolina Childrens Center both at Morganton. These gifts will go to residents of Cleveland County who are currently patients at Broughton or children of Cleveland County who are residing at the Western Carolina Center. At the present time, there are one hundred patients in Broughton who normally live in Cleveland County and there are approximately thirty

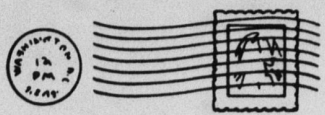
children residing in the Center from families of this county. Mrs. W.T. Weir, Club President, reminds members that the deadline for donating suitable gifts is December 7th and they are to be brought to her house on the Grover Road. Members of the Cleveland County Mental Health Association will be responsible for the transportation of the gifts to Morganton. Gifts will be accepted from any interested persons, not just club members, says Mrs. Weir.

Messiah To Be Presented

Handel's Messiah will be sung by a 55 member choir next week. The presentation will be on Sunday, Dec. 12th at 4 p.m. at Central United Methodist Church. Mrs. Merle McClure will direct and Bob Cashion will play the organ for the choir which is made up of choir members from many local church including Kings Moun-

tain Baptist, 1st Baptist Bethlehem Baptist, Eastside Baptist, St. Matthews Lutheran, Resurrection Lutheran, Boyce Memorial A.R.P. and Central United Methodist Churches. Soloists for the Messiah will be Mrs. Sue Dixon, soprano, Mrs. Betty Anne Deal, alto, Jake Dixon, tenor, and B. S. (Sonny) Peeler, bass.

LOUISA'S LETTER



Dear Louisa,

I have a friend who criticizes me because I do not give as much to the church as she does and we're both in about the same financial bracket. But what she doesn't consider is that I give to many things like the Salvation Army and some poor families I know who need help and what I give to them makes up for more than she contributes. But she says that is not the same—that I should give my tenth to the church. What do you think about this?

B.L.--W. Va.

Answer:

My personal opinion is that when we help people who need help we are doing the Lord's work. Jesus said that when you "do it unto the least of these you do it unto me" and certainly this

not only means giving money but it means giving one's time to be kind, understanding and tolerant of other people's needs.

I think that we should support our churches for they are the greatest factors for teaching us and our children moral values and standards. I have known people who were scrupulous about church attendance and tithing but who were not kind to other people—who felt that they were paying their way into heaven—by keeping the rules of the church.

We can't let other people decide what is best for us to do. Look into your own heart and then do what you think is right.

Louisa.

Address your letter to Louisa, P.O. Box 532 Orangeburg, S.C. 29115

Barbara Sipe Among Students Honored

Four Gaston County students were among the 280 sophomores honored at a special reception at the University of North Carolina at Greensboro on Nov. 18. They are: Rebecca L. Feemster, daughter of Mr. and Mrs. R.S. Feemster, 1018 N. New Hope Rd. and Deborah E. Kerr

daughter of Mrs. Mary T. Kerr, 3136 Imperial Dr., both of Gastonia; Elizabeth A. Scott daughter of Mr. and Mrs. David M. Scott, 108 Boyd Dr., Stanley; and Barbara A. Sipe, daughter of Mr. and Mrs.

Junius F. Sipe, Rt. 1, Box 297-A, Kings Mountain.

The scholars were chosen on the basis of academic achievement from a sophomore class of 1,439 students.

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Local Births

Mr. & Mrs. Robt. G. Metcalf 814 N. Weldon St., Gastonia a girl, Nov. 23, 1971.
Mr. & Mrs. Danny Beck, 224 Young St., Shelby, a boy, Nov. 23, 1971.
Mr. & Mrs. John Forrest, Rt. 1, Box 73 A., Kings Mtn., a boy, Nov. 24, 1971.
Mr. & Mrs. Geol L. Pittman 813 Carrid Dr., Gastonia, a girl, Nov. 24, 1971.
Mr. & Mrs. Aaron M. Brooks 409 Waco Rd., Kings Mtn., a girl, Nov. 11-25-71
Mr. & Mrs. Johnny Steven Ledbetter, 612 West Gold St. Kings Mtn., a boy, Nov. 26, 1971.
Mr. & Mrs. Paul Bridges, Rt. 3, Box 233 A., Kings Mtn., a boy, Nov. 27, 1971.
Mr. and Mrs. Floyd Harold Roseberry, No. 12 Silver Dollar Tr. Pk., Kings Mtn., a boy, Nov. 28, 1971.
Mr. & Mrs. Robt. Dean Goins 104 3rd St., Cherryville, a girl Nov. 28, 1971.
Mr. and Mrs. Danny A McAbee 114 E. Alabama Ave., B.C. a boy, Nov. 30, 1971.

Distaff Deeds

New Homeowners Attend Home Management Class

By JANICE R. CHRISTENSEN

Building a house is one thing; making it livable is another. So families completing self-help housing in the Robbinsville area, Graham County, will go to school to learn how to take care of their new houses—before they move in.

"Classes will emphasize home management," reports Sandra Roberts, home economics extension agent, "and will include care of floors and fiberglass fixtures, use and care of appliances, how to operate thermostats and furnaces for best use of heat, and how to budget for housing expenses."

After families move into their new houses, Extension agents will continue to visit them to answer questions and provide additional information, the agent says. Self-help housing in Graham County is a cooperative venture between the families, the Qualla Housing Authority and IBEC, contractor for the houses.

LEARN SKILLS

Even women who work full time outside the home would do well to learn a

few basic homemaking skills, including sewing and drapery making, believes Mrs. Evelyn Anderson, Mehane, Rt. 3.

Mrs. Anderson and other family members recently spent their "spare time" remodeling an old house. The family saved money by making the curtains and

CROCHETED NECKLACE

If you want a necklace to match your new dress, crochet your own, advises Mrs. Wingate Morris, Angier, Rt. 1.

The Johnston County homemaker first strings the beads, then crochets them into a rope type necklace, according to Mrs. Patricia Brown, assistant home economics extension agent.

Mrs. Morris says the crocheted necklace idea originated in Florida but she learned the technique from a friend.

HEALTH AND BEAUTY



Too many people in apparently good health suffer from chronic fatigue. The only way to fight fatigue is to learn its causes and types. You must learn to avoid that weary feeling before it strikes.

The best medication for fatigue is food and sleep. Too often habits made over the years prevent adults from getting this needed rest and food. It may be that you drink too much coffee or take too many pep pills to allow yourself to relax enough to sleep.

It may be as simple a habit as staying up too late. Say you are in the habit of reading or watching TV until after 12:00 p.m. You still

have to get up at 6:30 or 7:00 a.m. to be on time at the office. You need more rest than this, day in day out.

Emotional fatigue is a great drain on many people. It takes a great deal of energy to get angry and to carry on an argument. It even takes a lot of energy to brood in silence.

You owe it to yourself to develop control over your emotions. It's important to know your limitations. Don't wear yourself out

preparing for the approaching Christmas season and trying to attend every social event to which you're invited.

give him the real 'totes'



'totes'

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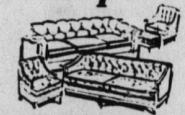
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