

# MIRROR-IMAGES



## Activity Agenda

Of Interest To Women...By Sylvia Holmes  
Phone: 739-5829 or 739-3851

### ... Of Beds, Coupons, and Lemons...

Like many other housewives, I find some of the routine chores to be rather boring and then, on the other hand, I enjoy some of the chores that most housewives despise.

Ironing is one of the tasks I enjoy, provided that there is plenty of time and the pile of laundered clothes is not too high. Now that most garments are permanent press, I find myself spending less and less time at the ironing board.

The chore I despise the most is bedmaking. Perhaps because I am small, the reach of my arms is rather limited and I begrudge all that wasted time and effort spent in going from one side of the bed to the other and back again. I have not managed to devise

an efficient way to make a bed single-handedly. The ultimate solution is to make sure that there is some volunteer on the other side of the bed, because two persons can do the job in one fourth of the time with one fourth of the effort!

In the kitchen, I meet minor irritations over which I have no control. Whenever I open a new sack of flour from the grocery store and start to pour it carefully into my kitchen container, there is usually a messy spill as the hidden coupon suddenly emerges from the hole in the top of

the sack and diverts the flow of flour onto the counter and the floor.

I detest manufacturers who place coupons inside sacks of flour and sugar. I cannot figure out the mentality of the executive who decided that the housewife's bonus coupon should adhere to the top slice of bacon in the packet. Who wants a collection of greasy coupons with an odor of bacon?

While still on the subject of minor irritations, how about slices of lemon served with iced tea in restaurants? I have not yet learned how to squeeze a slice of lemon successfully. Would the profit margin suffer so tremendously if wedges of lemon were served?

S.H.

ROUND TABLE BOOK CLUB meets on Wednesday, January 26th at 1 p.m. at the home of Mrs. Marlene Neisler.

NEWCOMERS BRIDGE LESSON on Wednesday, January 26th at 7:30 p.m. at the home of Mrs. Mary Wade Smith on W. Mountain St.

MEASLES VACCINATIONS for all elementary school students on Wednesday, January 26th at East and North School. On Thursday, January 27th, at West, Bethware and Grover Schools. This is a free one-dose vaccination against red measles and German measles and will be administered by the Cleveland County Health Department.

THURSDAY AFTERNOON Book Club meets on Thursday January 27th at 3:30 p.m. at the home of Mrs. R.S. Plonk in Bessemer City.

BLOODMOBILE WILL BEAT THE Kings Mountain Community Center on Monday, January 31st from 11 a.m. to 4:30 p.m.

CIRCLE NO. 2 OF CENTRAL United Methodist Church meets on Tuesday, February 1st at 9:30 a.m. at the home of Mrs. Nell Biser.

HOME ARTS BOOK CLUB meets on Tuesday, February 1st at 7:30 p.m. at the home of Mrs. Clarence Plonk.

COMMUNITY CONCERT FOR season ticket holders on Wednesday, February 2nd at 8:30 p.m. at Hunter Huss Auditorium, Gastonia. The program will be the "Young Americans."

**Physical Asset**  
The elderly clerk approached the personnel manager with some reluctance. "I suppose I'd better retire soon," he began. "My doctor tells me my hearing is going fast, and I notice I don't hear what some of the customers say to me." "Retire?" beamed the executive. "Nonsense, I'll put you in the complaint department."

This week's recipe was given to us by Dianna Allen who is featured in our new monthly series "At Home". Be sure to read this new feature which is of interest to women and will highlight some local family, their home, furnishings, and hobbies.

### WEEKLY RECIPE

#### Country Chocolate Pie

DIANNA ALLEN

1 1/2 cups sugar  
4 tbsps. cocoa  
3 tbsps. plain flour  
2 cups milk  
2 egg yolks (reserve whites for meringue)  
1 tpsps. vanilla  
Butter (size of walnut)  
3 tbsps. sugar for meringue  
9 inch unbaked pie shell  
Mix sugar, cocoa and flour in the top of a double boiler. Cook until mixture begins to thicken. Beat egg yolks thick and add to mixture, stirring constantly. When mixture becomes thick, remove from heat, add vanilla and butter. Pour filling into a 9 inch unbaked pie crust and bake at 350 degrees until crust is brown and filling is done.  
Beat egg white until they peak, slowly add 3 tbsps.

#### Creamy Hot Chocolate

1 (6 oz) jar powdered creamer  
1/2 cup powder sugar  
1 (8 quart) package dry powdered milk  
1 (2 lb.) box chocolate flavored drink  
Combine all ingredients and store in air-tight containers (makes a large quantity) Use 1/3 cup of mixture and fill to 1 cup level with boiling water. An ideal drink for snowy days.

#### February Is Heart Month

The month of February is traditionally designated as Heart Month and Heart Sunday will be February 27th, the day when volunteer collectors will be going from door to door asking for contributions to the Heart Fund. For 1972, the Heart Fund goal for Cleveland County has been set at \$25,000.

Top executives express confidence about '72.

### Eye Testing A Success

During last weeks visit of the Lions mobile eye testing unit to Kings Mountain, over 180 pre-school children between the ages of three and six were screened for possible visual defects. At least 20 children were advised to seek further professional advice. This was considered to be a very worthwhile project according to Mrs. Betty Masters, school nurse. In addition to the eye test, children were eligible to receive free

measles vaccinations from the County Health Department. The Mobile Eye Unit has been made available throughout the County during the month of January by local Lions Clubs by special arrangement with the Lions Clubs of Buncombe County who own the special unit.

1971 French wines will more costly in U.S.



### Bridal Shower Given for Pamila Nicholson

A drop-in Bridal Shower was given for Pamila Gail Nicholson from 7-9 p.m., Saturday night at Temple Baptist Church. The lingerie and kitchen shower was given by Kathryn Owens, Kathy Nicholson, Donna Nicholson, Carolyn Jane Parr, Jorene

Graham, Diane Spearman, Linda Sellers, and Debbie Porter. Enjoying refreshments here are Mrs. Alice Nicholson, Mrs. Charles Edward Goforth, Pamila Nicholson, and Mrs. Corbett Nicholson. The groom-elect is Charles Edward Goforth, Jr.

### Community Development Plans Given

A stepped up effort to assist North Carolina communities in the development of their total resources has been outlined in a comprehensive educational program of the N. C. Agricultural Extension Service. The effort calls for emphasis on housing, job training, employment, recreation, health and planned use of water and land resources.

The North Carolina State University-based Extension Service sets specific goals to be reached by 1976, largely through the cooperation with other planning and developmental agencies and groups on the local, state and national levels.

One goal calls for increased public housing units from 22,000 to 60,000 by 1976, the termination date of the Extension Service's Impact '76 program. Training programs are planned in helping low income families determine alternatives available to them to improve their living conditions.

In the area of education and manpower development, the extension agency sets forth plans to enroll 40,000 people a year in occupational training.

Assisting communities in planned development is designed to contribute to increased per capita and median family income, especially in economically depressed areas.

The Impact '76 program, which was developed county by county with the assistance of some 10,000 Tar Heel citizens, includes plans for encouraging community

recreation programs for all age groups, young and old. Extension also outlines plans to continue to help local leaders and organized groups in their efforts to improve health programs in North Carolina communities.

The community development segment of the long range Extension Service program cites planned use and development of water and land resources as a major priority area in the next five years.

**MINI-MELON**  
A horticulturist at a mid-west University has bred a mini-watermelon called Petite Sweet. The melon, which weighs about eight pounds, would be good for small families and will fit into most compact refrigerators.

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### LOUISA'S LETTER

Dear Louisa,  
I am a working woman and both my husband and I have jobs so that our children can live comfortably and get an education. But it takes what we make to buy things we really need so we have very few luxuries.

Now this is what burns me up. I buy groceries once a week and have to be very careful of every dollar. We eat ground meat and the cheaper cuts of meat. Very often in front of me at the checking counter I will see this well dressed woman with a basket heaped high with expensive steaks and the finest coffee and butter and then she pays for these things with food stamps.

What do you think about that?

D.B.--N.C.

Answer:  
I dare say there are always people who take advantage of welfare programs

In Fashion

The Chinese influence is seen in some of the new garments--blouses and dresses.

Pants suits seem to be passe\* for evening wear but are still being worn for sports and daytime wear.

**Dr. Stanley Hardin**  
CHIROPRACTIC PHYSICIAN  
518 DeKaib St.  
Sheby, N.C. 28150  
Phone 482-7271

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B <sub>12</sub> Tablets, 25 mcg., 100's	\$1.50	\$1.19	31¢
B <sub>12</sub> Tablets, 50 mcg., 100's	\$2.50	\$1.89	61¢
B <sub>12</sub> Tablets, 100 mcg., 100's	\$4.00	\$2.98	\$1.02
Calcigard 300's	\$3.00	\$2.29	71¢
Dicalcium Phosphate Comp., 100's	\$1.50	98¢	52¢
Dicalcium Phosphate Comp., 250's	\$3.00	\$1.98	\$1.02
Vitamin E, 100 Int. Units 100's	\$4.00	\$2.98	\$1.02
Vitamin E, 200 Int. Units 100's	\$6.00	\$4.49	\$1.51
Vitamin E, 400 Int. Units 100's	\$9.00	\$6.69	\$2.31
Niacin, 50 mg., 100's	70¢	53¢	17¢
Niacin, 100 mg., 100's	85¢	65¢	20¢
Pan A-C Capsules, 100's	\$5.00	\$3.99	\$1.01
Wheat Germ Oil, 8 oz.	\$3.50	\$2.63	87¢
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