



**WOUNDED GI AWAITS EVACUATION**—(Near the Cambodian Border)—A wounded member of the U.S. Fourth Infantry Division rests beside a barricade of stacked logs as he awaits evacuation by helicopter following a battle with North Vietnamese troops. The battle took place about 55 miles west of Pleiku. (UPI Radiophoto)

## Choirs From W Durham Bapt. Cut Recordings

The choirs of West Durham Baptist Church have made an album. The music program of the church includes for choirs that are co-ordinated through the music council and its chairman, the minister of music, Charles Bowling.

The Children's Choir under the direction of Mrs. A. W. Morris with Miss Shelia Gunn its accompanist are featured in "Open the Door for the Children," "No one ever Cared for Me Like Jesus," and "When He Cometh."

The young adult choir consists of 22 young people of the church. Mrs. Lillie Kelly is directress and Miss Lana McClary accompanist. The Young Adult Choir recorded "Once in Royal David's City," "Nothing can harm me now," and "The Lord is My Shepherd."

The Male Church is made up of twenty men of the church. Charles Bowling is director and Miss Jennifer Love is its organist. On the album the Male Chorus recorded "Christ is all," Henry Gunn, Tenor Soloist; "Don't Care What the World May Do," Willie Love, soloist; "On my way to Canaan's



**TWO TOP SALESMEN**—A promotion for George H. Adams, left, of Humble Oil and Refining Company, came shortly after the above luncheon ceremony honoring him as the No. 1 oil heat salesman of the year in the company's eighty-state Northeastern Region. Vernon Christopher, right, was not far behind Mr. Adams, rating 3rd in the eight-state area in equipment sales and fourth in the number of accounts gained. In

both equipment sales and accounts gained, Mr. Adams was first among about 70 professional Esso marketers who were eligible for the region's "top salesman" award. Shown with the two guests of honor at the luncheon is George P. Carse, Humble's New York District manager, who presented awards for outstanding sales achievement to both men.

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## GO HOP A FREIGHT? IT'S GREAT — IN THE CABOOSE!



The little red caboose at the end of the train may soon join the coal-burning, smoke-belching locomotive as a relic of the past.

The first of 150 newly designed cabooses—the railway men's home away from home—has been approved and soon will be joined by the remainder, in service on Canadian National Railways' transcontinental lines.

The new design is the result of four years of study, experiment and consultation between CN and the Brotherhood of Railroad Trainmen, the union representing the men who ride the rolling

bearings, specially designed trucks and shock absorbing underframes. Another feature is the wide-vision metal and glass cupola located in the center of the car, instead of at the rear as on the older versions.

New furniture and equipment include upholstered swivel chairs with safety headrests, a chesterfield-bed, two modern oil stoves, a high-capacity water system for cooking and washing, refrigerated drinking water and generally improved facilities for food preparation. The pleasant interiors are finished in bright, contemporary colors.

The improvements are many. Electricity is used for the first time in the new units. Lighting, refrigeration, hot plate, radio telephones and incinerating toilet are all operated by means of an axle-driven generator.

The cars are five feet longer than the "old" models and are equipped with roller



However, the old-fashioned childhood-favorite little red cabooses won't disappear right away. CN has a fleet of 1,150 and they'll remain in service until the newer cars gradually replace them.

## Researchers Outline Plan To Aid Heart

Control of the "widespread current epidemic of coronary heart disease" may be achieved if middle-aged "at-risk" men—and their wives—will change their ways of life.

This is the promise held forth in Current Medical Digest by Jeremiah Stamler, M.D., director of the Chicago Board of Health's Heart Disease Control Program and executive director of Chicago Health Research foundation. It is based on his long-term experience with potential coronary heart disease patients.

Dr. Stamler describes the candidate for a premature reart attack as a middle-aged man who is overweight, has high blood pressure, high levels of cholesterol in his serum, and is a heavy cigaret smoker. His article outlines the regimen he recommends for these persons. It calls for weight reduction, reduced food intake with special attention to fats and cholesterol-rich foods, no cigarets, more exercise.

The program enrolled 335 men over the 8 years it has been in operation. The dropout rate has been 33.7 per cent, and 173 men have been in the study for three years or long-

er. Most dropouts occur in the first two years.

Of 82 who continued over six years, only 1 died of coronary heart disease; of 33 dropouts, 3 died of the same cause in the same period.

Dr. Stamler concludes by saying of his data: "Although they are not yet unequivocal, the results... suggest that the mortality rate from coronary heart disease can be reduced."

The first shipment of albums were received Monday, June 5. Rev. F. D. Terry is pastor.

The last songs on the album consist of the Senior Choir. The Senior Choir has thirty-five members and is directed by Charles Bowling with Leon Cole as organist. The Senior Choir renders a variety of music on the album as Hallelujah Chorus, from the Messiah by Handel; "Won't it be Sweet," "Let Mount Zion Rejoice," Miss Hazel Graham, Soprano soloist and "Thank you all the days of my life," W. L. McAuley, baritone soloist.

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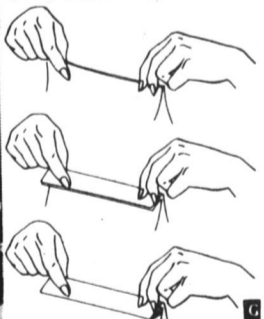
## SAVE THOSE SOUVENIRS



Tourists exploring marketplaces all over the world delight in "finds" of beautiful native wools—but they often neglect to make sure that those bargains stay bargains once they get them home.

A Mexican *rebozo* makes a marvelous souvenir, but there's no way of telling if it's moth proof. Don't take chances with your treasures—take these tips from the Moth and Carpet Beetle Information Center.

1. All items to be stored should be clean, given a good dose of paradichlorobenzene (better known as para) and placed in a moth-proof, airtight, light-proof aluminum foil wrapping. Contrary to popular belief, it is the vapors that kill—not the odor of the moth preventive. When sealed with a tight double fold, super-strength Alcoa Wrap retains these vapors because it is impenetrable.

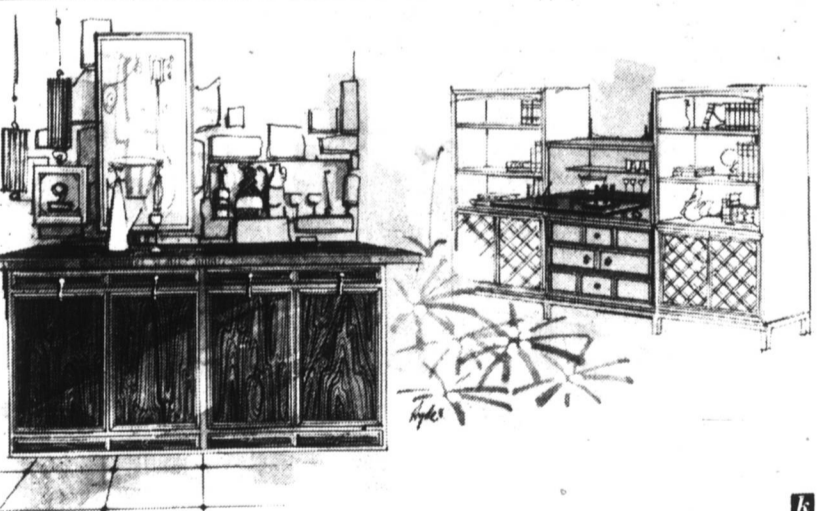


**USE THIS DOUBLE FOLD**

2. The foil wrapping method saves cedar chest space—packages can be tucked into a drawer or placed on a cupboard shelf. It's also a good idea to seal your packages with masking tape, and mark them for identification.

3. When mothproofing closets, place crystals on a high shelf or suspend them from a clothes rod or hook high in the closet, since the vapors from the moth crystals are heavier than air and tend to sink to the bottom.

4. Use 2 pounds of para for every 100 cubic feet of space. A closet that is 7' high, 5' wide and 3' deep (105 cubic feet) would require a bit more than two pounds of a good quality para such as Reffer-Galler moth crystals.



## Mod. Mod Modularity!

No matter where you live—in an apartment or a home in the suburbs—it's a pretty good bet that one of your biggest problems is lack of storage space. But don't despair. For many years, American furniture manufacturers, attuned to the situation, have been producing modular units—chests, desks and shelves—that can be arranged in a variety of ways to help solve the space problem without adding construction costs.

Modular furniture, with its fashionable styling and finishes, puts distinction in home decorating, according to the Southern Furniture Manufacturers Association.

In addition to individualizing the often cell-like interiors of suburban homes and city apartments, wall units are a great boon in a servantless society. Instant neat housekeeping lets everything

intermixing with other furniture. In a guest room or den combination, modular stacking units and cabinets take up a minimum of floor space, yet provide comfortable storage.

In a bedroom, one series of units includes a wardrobe that will take care of clothes storage the average closet will not accommodate. It includes hanging racks, drawers and shelves.

The units can also be used as room dividers, breaking up the monotony of a large open space. Used as a bar, it can be a delightful entertainment center complete with storage for stemware, and beverages. Shelves come in handy for hi-fi speakers and equipment.

A variety of styles, sizes and wood finishes adds to the versatility of such units, and gives the homemaker a wide selection to fit her individual needs.