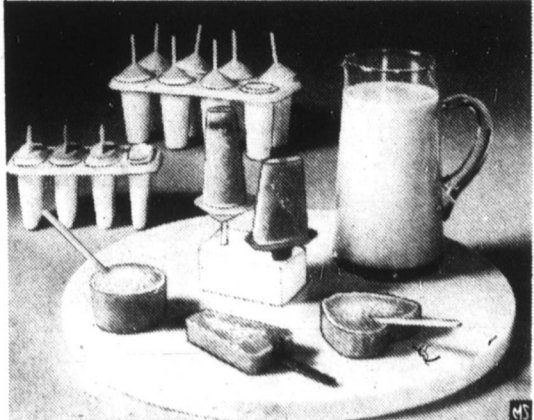


Popsicles Plus Good Nutrition



Snacks for children provide important nutrients when they are frozen popsicles made with frozen juice concentrates and fortified with eggs or dry milk. Any of the frozen juice concentrates can be used, depending on the fruit flavors your children prefer.

Plastic popsicle forms and wooden popsicle sticks are available at food stores and houseware departments, but neither are necessary. Paper cups and individual gelatin molds can be used in place of the commercial forms and sturdy straws or plastic spoons can be substituted for the wooden sticks.

FROZEN JUICE POPSICLES

- 1 can (6 ounces) frozen fruit juice concentrate (any flavor)
- 3 cans water
- 1/2 cup sugar
- 3 eggs or 1 cup non-fat dry milk powder

Reconstitute frozen fruit juice concentrate with water. Add sugar and stir until dissolved. If eggs are used, beat lightly until blended. Do not overbeat or mixture will be too foamy. Stir eggs or milk powder into juice mixture. Blend well. Pour mixture into popsicle forms, paper cups or individual gelatin molds; insert wooden stick or sturdy straw into each. Place in freezer until frozen solid.

Makes 12 to 16 popsicles, depending on size of forms used.

HERE'S HOW!

WHEN YOU REPAINT OUTDOOR METAL FURNITURE, GO OVER IT FIRST WITH VINEGAR... THE PAINT WILL GO ON MORE SMOOTHLY.



DOES YOUR HUSBAND HAVE AN IRRITATING TRAIT? ACCEPTING IT MAY HELP IT VANISH, ACCORDING TO LUTHER E. WOODWARD, FIELD CONSULTANT OF THE NATIONAL COMMITTEE FOR MENTAL HYGIENE.



TALKING ABOUT THINGS OVER A PEPSI-COLA CAN BECOME A REFRESHING FAMILY HABIT... FOR PEPSI BEATS ALL OTHERS COLD.



WET SCISSORS WHEN CUTTING MASKING TAPE...IT HELPS KEEP THE BLADES FROM STICKING TOGETHER.

SHOOTER'S NOTEBOOK

BY ROBERT ELMAN

MANAGING EDITOR, GUNS AND HUNTING MAGAZINE

Retirement Club of NCM Holds Picnic

No one would have thought that driving through a summer rain storm could lead to such pleasant outing. The outing was the annual picnic of the N. C. Mutual Retirement Club Thursday afternoon, July 20. The drivers were the members of the Retirement Club and their guests, out in full force for the occasion. Their destination was the recreation area at Lake Michie where the weather cleared up beautifully and every one according to all reports had a very good time.

The table was spread in no time flat. Food appeared in abundance and variety. Soft drinks were everywhere, cooling and refreshing and not to be left out of the running, a big, fat, cold watermelon was carved up and served as a chaser.

It was surprising that any were able to get up from the table; but some did and they got in a few licks at their favorite activity. Fishing gear was very much in evidence although fish seemed nowhere to be found. Golf clubs came out of cars and the harmless plastic balls were soon in lively flight. A soft ball was tossed around cautiously and sometimes plainly rolled on the ground. Badminton raquets were seen sending the shuttlecock in all directions without reference to field or net, but every one had a good time including those who wielded nothing heavier than a knife and fork.

The two little Palmer grandchildren enjoyed the ducks to no end. The ducks present themselves immediately upon your arrival at the picnic area. They are noisy, nosy, greedy, but fascinating critters; and they almost stole the show. Those two little boys were not the only ones who enjoyed the antics of the ducks.

Members of the Retirement Club at the picnic: C. M. Palmer, President; Mr. and Mrs. R. C. Foreman, Mr. and Mrs. C. Smith, Jr., Mr. and Mrs. Jas. Strickland, Mr. and Mrs. Wendell White, Mesdames Nola Cox, Eula Harris, Charity Rivera, Fannie McLean, Charma Dunigan, Bessie Doby, Sophonia Green, Mary Saunders. Guests in attendance: Mrs. Elliot Palmer and children, Mrs. Laura Burnette, Mrs. Ellen Brown, Miss Mavis Dunigan, Miss Joan Martin and Miss Laurreta Smith.

The event closes Retirement Club activities for the summer. The next regular meeting is scheduled for September 28.

In 1908 Jack Johnson knocked out Tommy Burns in Sydney, Australia for the heavyweight title in the 14th round.

George Washington Carver died at Tuskegee Institute in 1943.



MRS. PAULINE H. JOHNSON

Mrs. Johnson New Bursar at N. C. College

Mrs. Pauline Hardin Johnson, an 11-year employee in the Bursar's Office at North Carolina College, has been named bursar at the college.

She succeeds Mrs. Sudie H. Marrow, who resigned effective June 30 after holding the position for 34 years. Mrs. Marrow, wife of a Durham minister, is currently assisting in the changeover of responsibility in the office.

As part of an updating of fiscal procedures now underway, some of the duties formerly performed by the Bursar's Office will be undertaken by other units of the Business Office, a college official stated.

A native of Jefferson, Indiana, Mrs. Johnson holds the A. B. degree from Indiana State Teachers College, Terra Haute, and has studied at Indiana University and North Carolina College. She is the wife of Dr. Norman Johnson, professor of education at NCC.

She has been a public school teacher in Jeffersonville and has worked in the General Accounting Office at Indianapolis. She joined the NCC staff in 1956 as a part-time employee, later becoming full time.

"Teach In" Meet for Lawyers Held

BOSTON, Mass.—The nation's largest "teach-in" for lawyers—with a vital impact on 100 million Americans—will take place in Minneapolis, between July 23-29 at the Hotel Radisson.

Sponsored by the 25,000-member American Trial Lawyers Association in its 21st national convention, the "teach-in" will probe and review what has happened in law in our nation during the last year and help lawyers meet these "happenings" in their day-to-day cases.

Law and its effect is the No. 1 happening in the United States today.

Never before in our history have so many legal changes and interpretations reached down into the lives and affected the welfare of so many millions of Americans.

And the trial bar—in daily 10-hour demonstrative programs—will share the experience of medical, judicial, legislative, business, and labor representatives to help translate into practical legal significance the "happenings" in our homes and factories, in doctors' offices and hospitals, in courtrooms and jails on the highways and airfields, on the lakes and oceans, in slum areas and schools.

Explaining why the bar association's entire convention was being devoted to the gigantic "teach-in," ATL national president Al J. Cone of West Palm Beach, Florida said:

"The American Trial Lawyers Association has an obligation to the legal profession to

HONORED AMERICANS... by Thompson



JAMES ALLEN MARTIN, HONORED AS 1967 TRUCK DRIVER OF THE YEAR BY THE AMERICAN TRUCKING ASSOCIATION, HAS SHOWN MORE THAN ONCE THAT HERDISEN AND SERVICE TO OTHERS... IS A PART OF HIS JOB, AS WELL AS PART OF HIS PERSONAL PHILOSOPHY OF LIFE.

MOST YOUNG DRIVERS ARE OK IN JIM MARTIN'S VIEW. "THERE ARE LOTS OF GOOD TEENAGE DRIVERS... GOOD, SENSIBLE KIDS WHO MAY NEED A LITTLE COACHING NOW AND THEN... BUT, THE MAJORITY ARE OK," HE SAYS. HIS POSITIVE ATTITUDE TOWARD YOUTH WAS REFLECTED NOT LONG AGO IN A SERIES OF LECTURES IN OHIO TO HELP COMBAT JUVENILE DELINQUENCY.



A PROFESSIONAL TRUCK DRIVER FOR SIX YEARS, 33-YEAR OLD MARTIN HAS A PERFECT DRIVING RECORD OF MORE THAN A HALF MILLION MILES. HE WAS THE KEY FIGURE IN A SPECTACULAR RESCUE OF FOUR PERSONS FROM THEIR WRECKED AUTO NEAR PLYMOUTH, IND., LAST THANKSGIVING. TWO SECONDS BEFORE IT WAS SWASHED BY A FREIGHT TRAIN.



COMMUNITY SERVICE IS IMPORTANT TO JIM MARTIN AND, THOUGH HE DRIVES NEARLY 100,000 MILES A YEAR, HE STILL FINDS TIME TO SERVE AS A PART-TIME POLICE OFFICER AND VOLUNTEER FIREFIGHTER IN HIS HOMETOWN OF GRANVILLE, OHIO. THE FATHER OF FIVE, HE ALSO GIVES TIME TO BOY SCOUT, PTA AND OTHER CIVIC ACTIVITIES.

North Carolina Garden Times

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

Rats—Again? Yes, rats again. You may remember that I devoted most of a recent column to a discussion of damage caused by rats on *Elaeagnus* (Oleaster, Silverberry) and a few young dogwood trees. These plants had been heavily mulched with leaves which the rain had settled to a solid mat, creating an ideal environment for rat tunnels and hide-outs.

For control I suggested that the tunnels be carefully located and poisoned bait placed in the runs. This can be done by carefully opening small holes, at intervals, in the top of the tunnel, placing the bait and covering. This injury occurred in the Raleigh area.

Yesterday an associate brought in an azalea plant from the Greensboro area which was badly wilted. Upon examination, we found that the plant had been about two-thirds girdled at the base of the stem just below ground level.

This is what happened. The rats had gnawed away approximately two-thirds of the conducting tissues which provide the plant with uptake machinery for the movement of water and nutrients. Having only about one-third of live tissue left, the plant could not survive.

Rat damage is somewhat more widespread than I had thought. It might be well to periodically examine your plants by removing mulch and soil from the base of the plant and exploring for tunnels and tissue damage.

A man called yesterday and told me that he had a "beautiful red rose" which he wanted to propagate. He wanted to know about seed production and handling. He apparently did not know that the best method of producing the plant is by using cuttings. By this

method, using a plant part, your reproduction is positive.

Would suggest that you not employ the seed method of reproduction unless you just want to experiment or have a basic knowledge of plant breeding and selection.

Be on guard for white flies, aphids and lace bugs. If found, do a thorough job of spraying or dusting with Malathion.

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Cornwich Stacks



Teenage parties or easy summer suppers are marvelous occasions for versatile Cornwich Stacks. They make mealtime a relaxed event for mother. She assembles the sandwiches in the cool of the morning, wraps and sets them aside until serving time. Try baking the tender corn bread a day or two in advance. Double the recipe and save the breads in their baking cans for snack foods, or quickie lunches.

A zesty filling of ground ham, deliciously stretched with pickle relish, celery and mayonnaise, and spiced with horseradish is a perfect "go-together" with corn bread. Slices of tomato and onion, plus stuffed olives complete the towering sandwich. This make-ahead dish is easy on the cook when enriched self-rising flour and corn meal are used. The baking powder and salt preblended in self-rising products allow you to stir the batter together, refrigerate overnight and bake at leisure the following day. The enrichment formula in self-rising flour and corn meal contains 16 times as much calcium as regular flour, plus four other important nutrients—thiamine, niacin, riboflavin and iron.

CORNWICH STACKS

- 1 3/4 cups sifted enriched self-rising corn meal *
- 1 tablespoon sugar
- 2 eggs, beaten
- 1/4 cup oil
- 2 1/2 cup milk
- Ham Salad
- 3 large tomatoes, sliced
- 2 onions, sliced
- Stuffed green olives

Combine corn meal and sugar. Blend together eggs, oil and milk. Add all at once to dry ingredients, mixing lightly until moistened. Add more milk if necessary to make a thin batter. Pour into 2 well-greased no. 2 cans (1 lb. size). Bake in preheated 425° oven, 30-35 minutes, or until done. Cool for 10 minutes; remove from cans. Cool completely. Cut each loaf into 12 slices. Spread 12 slices with Ham Salad. Place 8 tomato slices on 8 ham-covered slices; cover with remaining ham-covered slices, spread side up. Top each with 1 slice of corn bread, tomato, and onion, making 8 sandwiches. Top with stuffed olives.

Ham Salad

- 1 1/2 cups (8 oz.) cooked ground ham
- 3/4 cup sweet pickle relish
- 3/4 cup diced celery
- 1 1/2 teaspoons horseradish
- 1/2 cup mayonnaise

Combine all ingredients. Mix thoroughly. * If you don't sift and in the absence of other ingredients, spoon flour directly from container into a one-cup dry measure, level off, then remove two level tablespoons per cup, according to USDA recommendations.

Soviet pledges to aid efforts of Latin Reds.
Presbyterians urged to combat racial bias.
U.S. claims in Cuba exceed \$2.7-billion.



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