

### SEEING THE LIGHT OF DAY

Did you ever stop to think a camera isn't necessarily something you buy, but were born with?

When you first saw the light of day, nature's camera began



**SPORTSMEN CATCHING QUOTAS** of fish shield their eyes from the sun's quota of potentially harmful ultraviolet and infrared rays with quality lenses by the Sunvogue People.

to focus and bring you a world of people, places, things to study, and even some things to avoid.

20th Century men and women know how to avoid harmful ultraviolet and infrared rays penetrating the earth's atmosphere and look good doing it. Professionally made sunglasses, ground and polished to prescription quality, not only protect nature's cam-

era — the eyes — but become a fashion accessory when framed in good taste.

"Many sunglasses are only dark glasses that shut out the light," the American Optical Corporation of Southbridge, Mass., states in literature on the care of the eyes.

"Sunvogue, the serious sunglasses, filter out harmful rays while permitting you to see the world as it is and to be seen, as well. The lenses are ground optically correct to prevent distortion."

Optical counsel for the fashion-conscious male and female also advises against the wearing of frames that act as blinders — designed with wide side-pieces which hamper peripheral vision.

Compiled by the Sunvogue people at American Optical, the following steps will help you be kind to your natural camera and to see as well as you look:

- Choose the finest sunglasses you can buy and allocate the bargain table to other purposes than protecting your eyes.

- Select individually-styled frames that fit well and look well. (A pleasing appearance is important as well as good vision.)

- When not wearing your sunglasses, put them away in a well-made case or the lens may become scratched.

Designed for the extraordinary woman who likes to flatter and be flattered, Fashion Green and Fashion Tan lenses by Sunvogue do not hide your eyes from view. Fashion Lens

Shades reveal eye makeup. It's visible through the lens.

Quality lenses also come in cool-green (Calsolar) and neutral gray (True-Color) for people who know that fashion and quality are one and the same.

No matter the need, there is a Sunvogue style for the man and woman of the day, who want to enjoy the light of day, while protected. Many Sunvogue are also heat-treated for greater impact resistance during the out-of-doors recreational seasons.

When "getting the picture" of a beach-beauty (mermaid or Adonis) or scanning the streams so you can pose for the



**NOT BLINDERS**, but quality lenses by Sunvogue People are preferred by pert sunbathers who simultaneously protect and show their eyes — the mirror of the soul.

other type camera with your catch, it's wise to give your eyes quality care and then, of course, frame them in fashion. You'll look as well as you see.

### Fighting Increase Pondered

**SAIGON** — Fighting increased significantly Sunday but whether the puzzling two-and-a-half week lull in combat was over remained unclear.

Allied military spokesmen reported Sunday afternoon that there had been 21 "significant" and 22 "insignificant" enemy shelling Saturday night and Sunday morning. Only one significant and 16 insignificant shelling were reported Saturday.

A South Vietnamese spokesman said the enemy had initiated 38 battlefield incidents during the 24 hours ending Sunday morning. In Saturday's government report, only 10 enemy-initiated incidents were reported.

#### No Figures

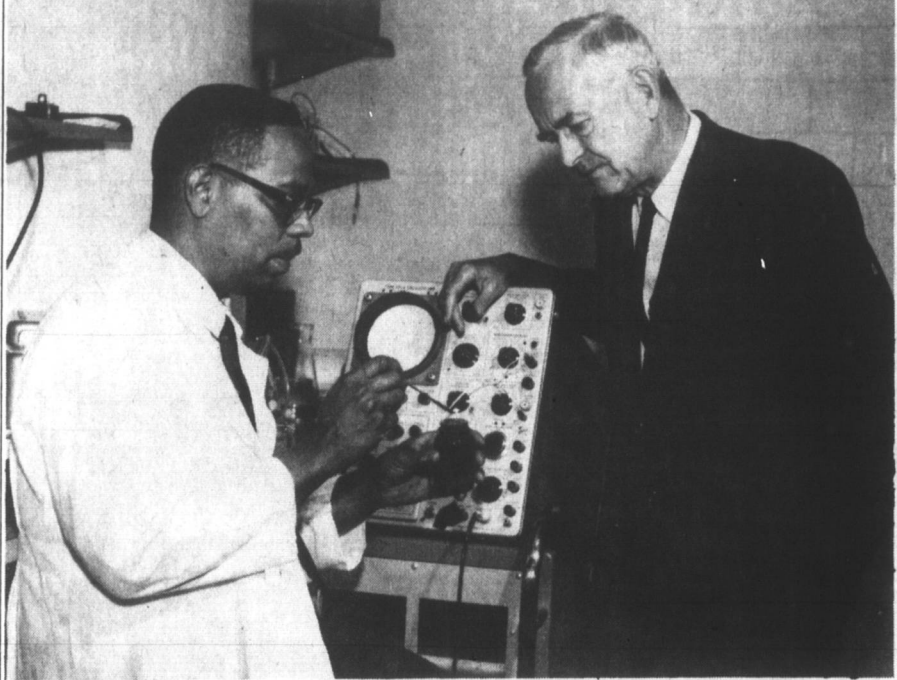
The United States command does not announce its figures on enemy-initiated battlefield incidents.

Although the American and South Vietnamese shelling and battlefield reports were much more numerous Sunday than Saturday, none talked of serious or lengthy fighting. Most of the shelling caused few casualties and minor damage and most of the ground engagements left fewer than a dozen dead.

The battlefield lull began June 19 by official calculations. Since then, allied officials also have reported what appears to be a fall-off in infiltration of troops and supplies from North Vietnam and the apparent withdrawal of some North Vietnamese units from the area near the Demilitarized Zone.

#### Intrigue Saigon

These developments, plus an enemy announcement that three American prisoners-of-war would be released, have intrigued Saigon with the possibility that the enemy might be de-escalating the war.



**NEW PRESIDENT** — Dr. William E. Lee (left), a research chemist at Eastman Kodak, was unanimously elected president of the Urban League of Rochester. With Dr. Lee in his laboratory is Dr. John Leermakers, a Kodak vice president and the director of Kodak's research laboratories. Dr. Leermakers was renominated to the Urban League's board of directors. Dr. Lee, who is head

of the Photographic Mechanisms Laboratory, joined Kodak in 1959. He received his doctorate, master's and baccalaureate degrees from Ohio State University.

### Kittrell Loan

**HENDERSON** — A loan of \$435,000 has been made by the Federal Housing and Development Agency to Kittrell College for a new building to provide dining facilities to serve 400 students.

Dr. L. G. Horton, president of the college, said the funds will be used also for laundry facilities, small games room, lounges, a utilities room and general offices.

Dr. Horton said blueprints for a student union are in preliminary stages and will be completed in time for construction to begin this fall. The two-story structure is expected to be ready for occupancy by late spring of 1970.



**You feel a little edgy, or maybe cross.**

Sooner or later, that day comes, the day when a woman feels she's changing. It's not a good feeling either. And she could use a good old-fashioned medicine then.

You might even have what we call hot flashes and feel sad and slightly off-balance. Whatever you feel, we have something for the day you need a little comforting. Lydia E. Pinkham Tablets. They're made with gentle, natural ingredients that work to help you feel better. When you start changing, you could use a good old-fashioned medicine for an old-fashioned problem. And, you don't run any chance of the kind of unpleasant side effects you can get from some of the newer drugs.

**Lydia E. Pinkham**  
Tablets and Liquid Compound  
For free booklet, write Dept. M.L.,  
Pinkham Medicine Co.,  
Lynn, Mass. 01904

### FRAME OF REFERENCE

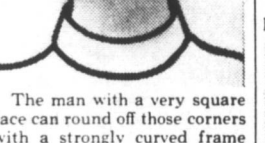
Men are stealing the fashion scene — but they can still take a few tips from the ladies.

Long ago the girls learned to camouflage or contour a less than perfect face shape with make-up and hairstyling.

Make-up for men may still be far off—but sunglasses can do wonders with a man's face.



The jaw-line and narrow-browed needs a frame with strong emphasis across the eyes to put the face in balance.



And for the man with an oblong face or a fast disappearing hairline, the right frame is a wide wraparound that cuts down the length.



While contouring his face with sunglasses, a man can also give his eyes very special care.



The unique molecular structure of Polaroid lenses provides protection from dangerous reflected glare and leaves his eyes rested.



Men don't want those squint lines any more than the girls do!

Watch styled by Cool-Ray Polaroid Sunglasses.

A face that is broad through

ABOUT THE A.B.M. "ONE CANNOT ESCAPE FACTS"

Our superiority in the latest types of military technology is a fact, comrades, and one cannot escape facts.

This statement was made July 2, 1969, by Leonid I. Brezhnev, First Secretary, Communist Party of the Soviet Union, to USSR Party and Government Leaders and military graduates.

The USSR has this superiority in Anti-Ballistic Missile defenses now. Its political and military planners have been working to build this edge since 1958—17 years ago.

In April 1969 a new book, "Thirty Years of the Arms Forces of the USSR" revealed how the Soviet leadership put an ABM first in USSR defense planning. The book, written by Marshall M. V. Zakharov, Chief of the General Staff of the Soviet Armed Forces, said this:

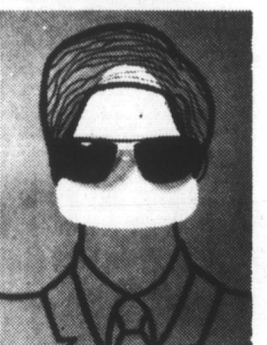
"The creation of ballistic missiles and space vehicles required a modern air defense system to respond not only against the aircraft threat, but also—and first of all—to provide anti-missile and anti-space defense."

The Soviet moved in 1958 without faltering and without debate because none is permitted in the USSR about national security, to concentrate all of its energy and growing scientific skills to develop a then new defense. It was called PRO literally that means anti-rocket defense—or ABM in U.S. missile language.

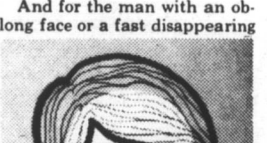
These PRO missiles were first deployed in Russia in 1963—six years ago! Marshall Zakharov's book confirms that the Soviet's 10-year head start on its own ABM system has moved steadily forward. The Soviet Chief of Staff says:

"The range of operations, speed of launching and all other operational characteristics of PRO missiles are constantly being improved."

President Nixon is facing these known facts—and many USSR facts that are not known, in urging Congress to approve a start on a minimum



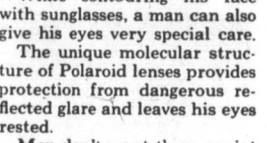
the jaw-line and narrow-browed needs a frame with strong emphasis across the eyes to put the face in balance.



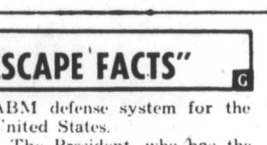
And for the man with an oblong face or a fast disappearing hairline, the right frame is a wide wraparound that cuts down the length.



While contouring his face with sunglasses, a man can also give his eyes very special care.



The unique molecular structure of Polaroid lenses provides protection from dangerous reflected glare and leaves his eyes rested.



Men don't want those squint lines any more than the girls do!

Watch styled by Cool-Ray Polaroid Sunglasses.

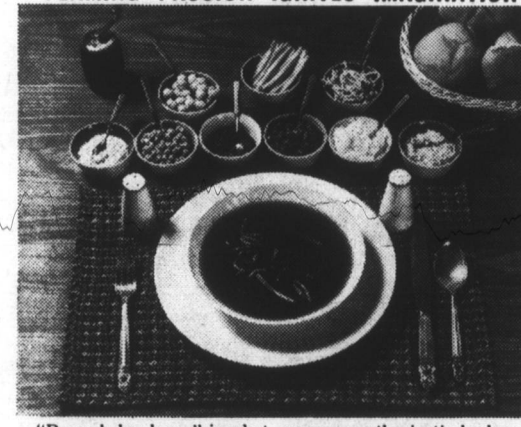
A face that is broad through

### Counseling Study

**GREENVILLE** — An intensive three-week study of vocational counseling for the disadvantaged in Eastern North Carolina begins at East Carolina University July 21.

Sponsored by the ECU Division of Continuing Education, the "Workshop for Counselors Working with the Disadvantaged" will be open free of charge to 30 participants. Enrollment will be selected from among agency and institutional personnel primarily engaged in counseling the disadvantaged.

### FLAMING PASSION IGNITES IMAGINATION



"Burn, baby, burn," is what many an enthusiastic barbecuer thinks to himself as he waits for his black charcoal to turn cooking white.

But the wait is worth it say those whose imaginations are fired up at the prospect of a cookout, and one of the hottest of the new ideas provides cold comfort.

The idea: gazpacho, a Latin-American soup served cold. For an international flavor, make it with American vegetables, an English beef concentrate, Italian cheese, and even Chinese noodles. (Chinese noodles in a Latin-American soup? Yes. In pre-Castro days, some of the world's finest Chinese restaurants were in Cuba.)

To make your gazpacho a group soup, arrange the ingredients on a table, then let each guest add ingredients to the soup in any amount (within reason) he sees fit. But keep control of the beef broth yourself; make that from Bovril, the nutritious English beef extract.

#### GAZPACHO

- |                        |                     |
|------------------------|---------------------|
| English beef broth     | diced green peppers |
| Chinese noodles        | parsley flakes      |
| Italian cheese, grated | onion flakes        |
| carrot strips          | chick peas          |
| green peas             | rice                |

Prepare the beef broth by adding 3 teaspoons of Bovril for each quart of boiling water, cool, then serve, letting each guest add ingredients, amigo.

### CHILDREN'S CORNER

PROBABLY THE EARLIEST TOY THAT WORKED IN A PRINCIPLE WAS COMPLICATED THAN A MERE PULLED STRING WAS MADE OVER 2,000 YEARS AGO! IT WAS A WOODEN DOVE THAT FLEW WHEN ITS BODY WAS FILLED WITH AIR!



BUT THE SIMPLEST MOVABLE TOY EVER TO PLAY WITH—A ROY WITH YOUNGSTERS WORKED ON THE PRINCIPLE OF A SHUFFLE SYSTEM... THE FAMOUS JACK-IN-THE-BOX!

NOW THE LATEST "JUMPING" TOY COMBINE THE TENSION OF A TIME BOMB WITH A NEW EXPLOSIVE KIND OF FUN... IN MILTON BRADLEY'S "DYNAMITE SHACK" THE OBJECT IS FOR YOUNGSTERS WEARING RUBBER THUMBSTICKS TO FLAT ALL THEIR DYNAMITE STICKS IN THE SHACK, BEFORE IT BLOWS ITS TOP!

**GUIDANCE CONFEREES** — Guidance and counseling services for the non-college bound student were discussed at Tuskegee recently during a three-day conference sponsored by Tuskegee Institute's School of Education in cooperation with the International Paper Company Foundation. Henry Frye (center), North Carolina's first Negro state legislator, urged the conferees to "acquaint students with the nature of change and how change takes place in the social order." Frye pursues a point here with (left to

right): Richard Millett, a vice president of International Paper Co.; Dr. William Hunter, dean of Tuskegee's School of Education; Dr. Fannie R. Cooley, associate professor in the School of Education at Tuskegee and Guy Crawford, principal of Nichols Junior High in Tuskegee, Ala.

**Insect Control**  
Vegetable growers should be particular about insect control. Cleanliness and appearance of vegetables help determine their market appeal.

## Old Boone

86 PROOF  
KENTUCKY  
STRAIGHT BOURBON  
WHISKEY

**\$2.70** PINT **\$4.30** 4/5 QUART

THE OLD BOONE DISTILLERY  
Meadowlawn, Kentucky

Phone 682-9295

## New Method Laundry and Dry Cleaners

**CASH & CARRY OFFICES**  
Corner Roxbury and Holloway Streets  
Chapel Hill St. at Duke University Road  
Quick As A Wink—Roxboro Rd. at Avondale Dr.  
Sanitary Office: 2385 Angier Ave.

## BETTER SAFE THAN SORRY

PROVIDE PROTECTION WITH AUTO INSURANCE

Have you compared your rates and benefits on auto insurance with other companies? Before you renew or start a new policy, check with us. Compare our low rates.

CONSULT US ABOUT OUR INSTALLMENT PAYMENT PLAN

### Union Insurance & Realty Co.

814 FAYETTEVILLE ST. PHONE 682-1128

# SAVE!

Here Are 3 Plans! Take Your Choice!

**4 1/2% Passbook Savings Plan**

Save any amount—any time

4 1/2% per annum

**5% Bonus Savings Plan**

\$5,000 or more in multiples of \$1,000 for 6 months

5% per annum

**5 1/4% Bonus Savings Plan**

Now \$10,000 or more in multiples of \$1,000 for 12 months

5 1/4% per annum

• All Savings Insured up to \$15,000

• All Dividends Paid Quarterly

## MUTUAL SAVINGS and Loan Association

112 W. Parrish St., Durham, N. C.

"WHERE YOU SAVE DOES MAKE A DIFFERENCE"