



CHRISTMAS PARTY—The National Sorority of Phi Delta Kappa sponsored its annual Christmas Party for the youths of Central Carolina Orphanage at the T. A. Grady Recreation

Center, Lakeland Avenue, December 16th. In addition to the twenty-eight youths from the Orphanage, several local teenagers were invited. Merry-making favors were provided.

The party was enhanced by a variety of Christmas treats. Each guest was presented a gift. Staff members chaperoning the bus load of vivacious youngsters were Mrs. Sadie Watkins and

Mr. David Gooch. Included in the picture with the youths are the two chaperones from the Orphanage and several members of the Sorority.

FIRST BLACK WOMAN AMBASSADOR

PATRICIA R. HARRIS
OF WASHINGTON, D.C.

BRILLIANT ATTORNEY WHO IN 1965 BECAME THE FIRST BLACK WOMAN TO BE APPOINTED A U.S. AMBASSADOR BY PRES. LYNDON JOHNSON, TO SERVE IN LUXEMBOURG. A NATIVE OF MATTOON, ILL., SHE ENTERED HOWARD UNIV. ON A SCHOLARSHIP AND COMPLETED A 4-YEAR LIBERAL ARTS COURSE IN 3-YEARS. IN 1945 SHE GRADUATED SUMMA CUM LAUDE, A DELTA KAPPA CUP WINNER, WENT TO UNIV. OF CHICAGO FOR HER M.A. IN INDUSTRIAL ARTS.

ACTIVE IN THE CIVIL RIGHTS FIELD AS A LOBBYIST, SHE DECIDED TO STUDY LAW. GRADUATED FROM GEORGE WASHINGTON LAW SCHOOL IN 1960 WITH HONORS. A YWCA PROGRAM DIR., ASSOCIATE DEAN OF STUDENTS LECTURER AND PROF. OF LAW AT HOWARD UNIV. HER ACTIVITIES ARE TREMENDOUS. ON THE BOARD OF 3-COMPANIES. A TRUSTEE OF GEORGETOWN UNIV. FIRST BLACK SINCE 1982. FIRST BLACK TO CHAIR THE POWERFUL DEMOCRATIC CREDENTIALS COMMITTEE (1972-CONVENTION), VICE-CHAIRMAN OF WETA-TV. A BUSY LADY.

It's Not "Take The Pill — Or Else!"

For those wise women who want to plan their families, it's not simply "take the pill — or get pregnant!"

Ortho Research Foundation — which has the world's largest laboratories studying birth control — says there is no one method that is perfect for every woman all the time. It urges that you discuss with your doctor which of the following methods may be best for you:

The oral method calls for a woman to take contraceptive pills for as long as you wish to prevent pregnancy. When you do want to become pregnant, you stop taking them.

The diaphragm also is a highly effective method of family planning used successfully for almost 100 years. It involves the use of a contraceptive cream or jelly in combination with a device made of soft rubber, shaped like a bowl, with a flexible spring at the outer edge.

In position, the diaphragm completely covers the cervix and holds the contraceptive cream or jelly tightly cupped over the entrance to the womb. This provides a physical, as well as a chemical, barrier that kills male sperm. Vaginal spermicides are available without doctor's prescription in many drug stores. They come in different forms — cream, gel or foam — each designed to be used alone without a diaphragm.

The I.U.D. — or intrauterine device — method differs considerably from the others because the woman using it needs hardly be concerned with it at all, once it is inserted. The I.U.D. is a small, soft plastic device that is inserted by a physician and left in the uterus for as long as a woman desires to prevent pregnancy. No other contraceptive protection is necessary once this device is in position, and the woman wearing it should be totally unaware of its presence, though she should examine herself weekly

Consumer Scene

Phosphates, Ecology And The Consumer

For years the American homemaker has been bombarded with detergent advertising promising her sheets whiter than white and colors rivaling the rainbow.

For the most part, the detergents were able to live up to these promises. Modern synthetic detergents have relied heavily on phosphates to achieve these high performance levels.

Now the era of "really clean" clothes appears to be in jeopardy as local restrictions on the sale of phosphates in detergents go into effect in many areas of the country.

Some feel that use of phosphate-free detergents will slow down the eutrophication of many of our rivers and lakes, but it also promises a more difficult washday for the consumer. And "ring around the collar," that spectre of scrupulous homemakers, may once again be a commonplace complaint.

How will the phosphate ban affect us? The General Electric and Hotpoint Consumers Institute, after thoroughly testing non-phosphate detergents, offers a discouraging report.

As a general rule, the GE home economists say, you may find your washing results less effective than with the regular phosphate detergents to which you've become accustomed, particularly with synthetic fabrics and hard water.

In relatively soft water, GE laboratory observations indicate non-phosphates will generally clean cottons as well as phosphate detergents. However, some non-phosphates are more difficult to dissolve and are not recommended for use in cold water.

Your automatic washer could be affected as well as your clothes. Paris exposed to the wash solution will develop a scale-like buildup.

which in time can impair the washer's action by plugging up various small openings in the wash system that are essential to proper performance.

What can you do about it? GE recommends that if you live in a hard water area where phosphate detergents are banned, you may wish to consider installing a water-softening system.

Most important, though, is to follow the manufacturer's recommendations on how to use their non-phosphate detergents, and to follow sound washing procedures. With the advent of phosphate-free detergents, proper washing habits are now more important than at any time in the recent history of home laundering.

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R for your child's safety

Preventable burns and scalds are among the principal causes of permanently disfiguring and fatal injuries to children, according to Albert H. Domm, M.D., child safety specialist and medical director of the Prudential Insurance Company.

To prevent these tragic disasters, parents do not need expensive vaccines, medical books, college degrees or even a first aid kit," Dr. Domm said.

"Most burns and scalds can be prevented by a simple combination of protective measures and education," he said.

Young children should be protected by keeping them away from matches, lighters, kitchen stoves, heaters and fireplaces. Dr. Domm warned parents never to leave a toddler alone in the kitchen where he might be tempted to turn on the stove or in the living room when there is a fire in the fireplace.

"Always turn pot handles in to prevent children from pulling scalding liquids over on themselves," Dr. Domm said.

Education can begin by the time the child is two years old, according to the medical director. At this age the child must still be given 100 per cent protection against major fire hazards, but he can be taught the meaning of "hot" and learn respect for fire through educational experiences.

Michaux Praised By District Bar

H. M. "Mickey" Michaux Jr. has been honored by lawyers of the 14th Judicial District for his service as a district solicitor in the district during the past 3 years.

A resolution adopted by the 14th District Judicial Bar cites Michaux, saying "The service to this bar rendered by Mickey Michaux has been in the highest and best tradition of the bar.

Michaux was elected as a state representative from Durham County in the November general election.

your family, remember that whichever of these methods you choose — even rhythm — is more effective than no method at all!

Dr. Albert H. Domm

WAFR-FM

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BLACK

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Famine Perils Area

LAGOS, Nigeria — Gov. Musa Usman of Nigeria's Northeastern state says the area is threatened by famine because of backward farming methods.

Wallace Facing More Surgery

MONTGOMERY, Ala. — Gov. George C. Wallace has decided to undergo surgery for the sixth time to repair the damage a would-be assassin's bullet did to his internal bodily organs.

His press secretary, Billy Joe Camp, confirmed Tuesday that the governor will be operated on, at an undetermined date, in an effort to prevent urinary infections.

Camp said the surgery is neither serious nor mandatory and "can be done at any time."

Since he was shot down at Laurel, Md., last May 15 while campaigning for the Democratic presidential nomination, the governor has undergone surgery five times to control abdominal infections. His doctors say that problem has cleared up, but Wallace is still paralyzed in both legs.

RALEIGH — Bob Wills, publicity director for the North Carolina State Fair, resigned Tuesday to enter private business.

YOUTH VOLUNTEERS RANK HIGH IN MARCH OF DIMES PROJECTS

By JANET DE JULIO

"They never told me I would be a bigger person." This is the last line of a poem written by Debi Hegi, active in the Future Homemakers of America. Debi, a high school senior from Monett, Mo., is one of the thousands of young people around the country who are working to make their generation aware of our nation's most serious child health problem.

Members of the March of Dimes Teen Action Program (TAP) and the College Action Program (CAP), give time and energy on behalf of educational, service and fund-raising programs aimed at prevention and treatment of birth defects. Some quarter of a million infants are born every year in the United States with congenital damage.

TAP and CAP volunteers often join with youth service organizations to enlarge their impact. They team up with such groups as the Camp Fire Girls, Y Teens, Beta Beta Beta, Future Homemakers of America and Future Business Leaders of America. Together they plan and support activities which encourage widespread interest in March of Dimes research, Medical Service Programs, and health information projects.

Service Projects

As parents of the next generation, these youths have a common denominator. Programs such as Operation Birthright and Project HELP put them in the front line of the fight to prevent birth defects.

Operation Birthright is carried out in cooperation with the Camp Fire Girls. The objective is to give handicapped children the right to a life of dignity and meaning. The ultimate goal is to see that all babies are born healthy.

Activities range from rap sessions to full-scale community service projects, such as

SETTING UP THE NEXT PLAY. TAP (Teen Action Program) volunteers are buddies to handicapped youngsters at a summer day camp in Portsmouth, Va., sponsored by the March of Dimes and the health department. TAPs and CAPs (College Action Program) are involved in many community service projects.

painting and decorating a prenatal care clinic. With medical guidance, these teens sponsor educational forums, campaign against drug abuse, show March of Dimes filmstrips and distribute educational literature.

Operation Birthright members donate their time to teach, read to and play with handicapped children. Others serve as typists and record keepers for community health centers.

Other young volunteers give speeches at school assemblies or baby-sit with youngsters while their mothers attend a prenatal care clinic.

Project HELP (Health Education Leads to Progress) is done in cooperation with the Future Business Leaders of America and Phi Beta Lambda. The philosophy behind it is that economic health is largely dependent upon the physical health of all our people. Project HELP aims at reaching students and business leaders and their employees with word of how they can help.

In-house educational programs, planned in cooperation with March of Dimes chapters, benefit company workers. Volunteers provide luncheon speakers, exhibits, films and displays.

Leadership Roles

Future Business Leaders also handle correspondence and office duties for their local March of Dimes chapter or other health services. Many teach their office skills to handicapped children and adults. In addition, they sponsor or help with March of Dimes Walk-a-thons and a variety of other educational and fund-raising projects in the community.

Whether these youths are members of TAP, CAP, Camp Fire Girls or Future Business Leaders of America, they combine to inform, serve and raise funds for the hoped-for day when prevention of birth defects becomes a reality. Because of their dedication to improving the quality of life at birth, they are all "bigger people."

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CONSTELLATION FOR JANUARY
CETUS (the Sea Monster)

Southwestern sky. The variable star Mira, now visible with binoculars, will attain brightness of the North Star by late April.

The Morehead Planetarium gratefully acknowledges the generous cooperation of this newspaper in presenting this program listing.

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