

**Distaff Deeds**

**Furniture in Packbarn Refinished, 'Recycled'**

By JANICE CHRISTENSEN

Recycling is mighty popular with Mrs. Odell Villines of the Hurdle Mills Extension Homemakers Club, Person County.

Several weeks ago she went shopping for a bed. After checking several stores, Mrs. Villines figured she might have something stored away that could do the job just as well.

Sure enough, tucked away in the packbarn was a three-piece bedroom suit that had been purchased more than 20 years ago.

Since she had already learned how to refinish furniture at an Extension-sponsored workshop, Mrs. Villines took on the mammoth task of refinishing a bed, chest of drawers and a dresser. Total cost was \$20. Time invested was about two weeks.

The homemaker is not only proud to display her new furniture, she's promised to conduct a workshop for others in her community who want to "recycle" old fur-

niture, says Annie Tuck, home economics extension agent.

MRS. SANTA Extension Homemakers Club members in Alamance County came to the rescue of Operation Santa Claus by contributing money, personal toilet articles, playing cards, books and clothing.

Amelia Watts, assistant home economics extension agent, explains that Operation Santa Claus was a county-wide project to secure Christmas gifts for Alamance County residents at the John Umstead Hospital for the mentally ill and the Murdoch School for

the retarded.

**SEAM GUIDE**  
Mrs. Kyle Williams, Bladenboro, Columbus County found a way to modernize her old sewing machine.

At a recent tie making workshop, the homemaker discovered that most newer model sewing machines have marking lines imprinted on the throat plate of the machine for help in making various width seams.

Since her older machine didn't have these marking lines, Mrs. Williams solved the problem by putting a piece of masking tape on the throat plate to the right of the needle and marking off, with pen, the various seam widths she would need.

It's helped speed up her sewing, adds Ann Bobo, assistant home economics agent.

Cocoa bean shells are used in fertilizer, cattle food and medicine.



CHRISTIAN

**Procter & Gamble Gets Representative**

Joe Christian, Jr., has joined Procter & Gamble as a sales representative in the Charlotte, North Carolina area.

Mr. Christian has responsibility for the development of P & G's business throughout his territory. This includes selling merchandising support for Procter & Gamble products, developing sound buying recommendations and conducting all aspects of promotional activity such as advertising and display handling administration of merchandising funds, and solving shipping and operational problems should they occur.

A native of Fairfield, Alabama, Mr. Christian attended Fairfield Industrial High School and holds a diploma in general business from Lewis Business College, Detroit, Michigan. In May of 1961, he was graduated from South Carolina State College, Orangeburg, with a Bachelor of Science degree in general business and received an MBA degree in Personnel Administration from Atlanta University, Atlanta, Georgia in May of 1972.

Among his various campus activities, Mr. Christian was a member of Omega Psi Phi Fraternity, a member of the Na-

**Air Afrique's "Kings Tour" Highlights African History**

Experienced travelers are already onto the simple fact that there is more to Africa than game parks and natural wonders. Those interested in the history and lifestyles of this fascinating continent can now take advantage of a new in-depth tour program from Air Afrique aimed at discovering more about its civilizations.

Called "Tour of African Kings," the 35-day adventure moves from Daka and the land of the tall, graceful Senegalese across the continent to the Bantus' hilly kingdom in Bwanda. Along the way, the tour visits among the peoples of Mali, the Ivory Coast, Togo, Dahomey, Chad, the Cameroons and the Congo.

Designed for those already familiar with Africa, the escorted program includes visits to primitive, inaccessible areas as well as stops in the sophisticated capitals of West Africa with their deluxe hotels and restaurants. Travel within Africa is by air and by safari vehicles.

After getting acquainted with the people of Dakar and the legendary slave island of Goree, the tour proceeds to Mali and fascinating Timbuktu at the gateway to the Sahara. This remote city was once the capital of a large, dynamic and advanced desert

kingdom. The antiquities of Timbuktu are brought into sharp relief by the strikingly modern capital of Abidjan in the Ivory Coast Republic, the next stop on the tour. Following the palm-fringed Atlantic coast, the tour pees at Lome, Togo's capital, and Cotonou, Dahomey. In the Cameroons, among the most unchanged of Africa's nations, visits are made to Douala, Yaounde, Oudjila, Mokolo, Rhumaki and Rasoua.

Chad, the desert kingdom with strong Moslem influences, is the program's jumping-off point for the Congo. Here dwell Watusis, pygmies, Baluba and Bantu peoples. A highlight is a two-day cruise on the Congo River to Kisangani (formerly Stanleyville). The program ends in Rwanda, where crops grow on almost vertical hillsides.

The "Tour of African Kings" includes the aid of an

expert tour manager, a la carte dining wherever possible, the finest accommodations available and many extras.

The "Tour of African Kings" is priced at \$1,985, covering only the land portion. Round-trip air fare from New York via Afrique is about \$1,100. The tour is limited to 25 persons each. During 1973, ten departures are planned between January 13 and October 6. For fur-

ther information on the "Tour of African Kings," write Air Afrique, Box DC-8, New York, N. Y. 10011.

**Many Kidnapings**

CAGLIARI, Sardinia Fifty-nine persons were kidnaped in Sardinia over the last seven years for a total ransom of more than \$2.4 million, authorities reported. Fifteen of the victims were killed by their captors.

**Saturday Classes Offered**

North Carolina Central University's School of Library Science will offer during the spring semester Saturday classes in "The Administration of the School Media Center" and in "Afro-American Material," according to Dr. Annette L. Phinazee, dean of the school.

Dr. Phinazee said, "Contributing to the continuing education of librarians in one of the ob-

jectives of the school and in-service librarians are invited to enroll in these courses or inform the Dean of others that they are interested in taking

The course in school media center administration will be taught by Mrs. Ann Jenkins. The course in Afro-American material will be taught by Mrs. Dorothy W. Campbell, and will emphasize materials for adults in academic, public, and special libraries. The Afro-American materials consists of a study of the selection, acquisition, and organization of materials as well as the establishment and operation of a service unit.

Dr. Phinazee said librarians in service are also expected to be interested in the afternoon classes offered in the school, which include "The Public Library," taught by George Linder; "Literature of the Natural Sciences," taught by Joe Rees; "Government Publications," taught by Judith Ganson, and "Supervision of Library Systems and Media Centers," taught by Louise Graves.

Graduate seminars featuring lecturers who have excelled in their fields, will continue to be held on Monday afternoon, Dr. Phinazee said.

The semester began on Monday, January 15.

**Horn Well Used**

GENOVA, Italy — Keepers at the Villa Duchessa di Galliera park near Genoa said a stag killed another two years ago for love of a doe, then did her in recently for consorting with another. The stag's name is Golden Horn.

**Health Hints FROM BLUE SHIELD**



**Winter Driving**

During this winter's icy and slippery driving conditions, follow these safety precautions. If the car begins to skid, steer in the direction of the slide until the auto begins to straighten out. Then, straighten the front wheels to avoid a skid in the opposite direction. Never use brakes to control a skid. Avoid sudden starts or stops. Avoid heavy braking and over-steering. And, when going over the crest of a hill and starting down, reduce speed to a minimum, put the car in low gear and pump the brakes to keep speed down.

**Dieting**

The post-holiday season finds many people in a frustrated attempt to shed excess pounds. If you are among the one in five Americans who is overweight and trying to diet, make sure you eat foods containing plenty of proteins, vitamins and potassium. Obesity experts agree that the best dieting formula is simply to "eat less and exercise more." Check with your family physician before beginning any diet regimen to examine the nutritional value of your diet. Then, simply reduce the portions you take of the foods you normally eat. Don't go on a semi-starvation diet unless your doctor recommends it. Diets of 600 calories or less a day make it almost impossible to get all the proper nutrients and can leave you exhausted, irritable and more susceptible to illness. Finally, don't underestimate the importance of regular exercise. Even moderate amounts of daily exercise can help your waistline as much as a strict diet.

**Dear Consumer: Brush Up Paint Skills Before You Start**

by Virginia Knauer  
Special Assistant to the President and Director  
White House Office of Consumer Affairs

If you're as fond of the American do-it-yourself tradition as I am, you probably like to tackle some household jobs, such as painting, on your own. It can be fun—sometimes challenging—and it can save you money.

But if you do your own painting, you should be aware of the most common causes of paint failure:

- Painting on a moist, greasy, oily or unclean surface;
  - Painting during excessively hot, cold or humid weather without benefit of air conditioning;
  - Painting without proper mixing, with low quality paint or with insufficient time between coats;
  - Painting without proper primer or undercoat to make the paint adhere to the surface being painted.
- These oversights can lead to peeling, blistering, "chalking," "alligatoring" and "checking." To help you avoid such problems, the Government has issued three consumer publications on painting. *Paint and Painting*, 24 pages, is available for 60c from Consumer Product Information, Washington, D. C. 20407 (stock number 2200-0066). *Interior Painting—In Homes and Around the Farm*, and *Exterior Painting*, both 12 pages, are available for

10c each from the same source (stock numbers 0100-1171 and 0100-0815, respectively).

Here are some good tips from these booklets that can make your paint job easier and minimize the mess when you're done:

- Rub protective cream onto your hands before you start, in order to facilitate paint removal later. Or wear old gloves.
- Remove any "skin" from the surface of the paint before you start to mix. Otherwise bits of the skin will drop up repeatedly to ruin the consistency of your paint job.
- Dip your brush into the paint no more than one-third the length of the bristles in order to minimize splattering and dripping.
- When painting around a window, experiment with wet newspaper as a masking material to keep paint off the glass. The moisture will help the newspaper adhere to the glass and also prevent the paint from soaking into the paper.

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