

JODY GARR COMMENTS

from the Car Care Council

DON'T RISK WORN DISCS

If you have bought a new car within the past few years and opted for front disc brakes as an extra safety feature, you may be one of the multitude who never really understood what it was you bought and why disc brakes work so well.

In simplest terms, which are about as technical as I will attempt, disc brakes utilize a principle of squeezing a disc to stop the car. The disc revolves with the wheel. When you push the brake pedal, a couple of pads clamp the disc and the wheel stops.

Since the wheel is attached to the car, the car stops. (I told you this would be simple.)

Disc brakes are very powerful and sensitive. They have been used for years on racing cars and sports cars. Finally, we old folks are getting them.

One special caution about disc brakes. The pads wear out, just as the lining does on conventional brake shoes. If you wait too long to have new pads installed, you may drastically increase the cost of the overhaul . . . because you have damaged the rotors (the discs) and/or the hydraulic components.

This is also true about conventional drum brakes: excessively worn brake shoes will

cut into the drums, which can be an expensive repair. With discs it is more so.

The thing to do about that is to ask an experienced mechanic to take a close look at your disc brakes about every six months to be sure the pads are not reaching the danger point.

When the moment of truth arrives, when you have to pay the bill, don't be shocked if the figure is 25% - 50% higher than what you've been used to in the past.

Prices have gone up since the last time you had a brake job, of course, and in the case of disc brakes the tab is even higher than with drum-type brakes. It takes a good mechanic longer to do a first class job.

And if you have waited too long before getting the relines, you could be in for a couple hundred dollars' worth of parts and labor.

That's the way it is, folks. But the secure feeling of good brakes is worth a lot. I can say with authority, having just recovered from a whopping disc brake job.



Jody Carr

FLOWER OF THE YEAR



When America's leading seedsmen, meeting at Penn State University, Pennsylvania, were asked to name a "Flower of the Year" based on popularity among home gardeners, the Giant Cactus-Flowered Zinnia won the title.

By far the most popular flower among home gardeners is the zinnia, and when leading seedsmen meeting at Penn State University, Penna., were asked to name a "Flower of the Year" according to popularity among their customers and performance in their own trial gardens, the Giant Cactus Flowered Zinnia got the vote.

It's easy to understand why these spectacular giant flowers are so universally grown among home gardeners. They grow with ease throughout the United States, the seeds are easy to handle and grow rapidly planted directly into the garden.

Giant Cactus Flowered Zinnias come in a magnificent range of colors from snow white through shades of yellow, orange, pink, red, and purple. They make beautiful flower arrangements, and last a long time in water. The giants withstand hot summers, humidity and drought, and just a few plants will create an impressive splash

of color. About the only demand of these lovely flowers is a sunny location. Seeds planted after danger of frost will usually germinate within 10 days, and the first flowers will appear in 8 weeks, keeping up a continuous display until fall.

The huge flower heads, measuring up to 5 inches across, often carry hundreds of quilled petals—hence the name "cactus flowers." Fifty years ago you would have had difficulty finding zinnias, and the giants did not even exist until modern hybridizers and flower breeders made tens of thousands of selections to improve the flower size and color.

SKIPPY SAYS



There's More Than One Way To Make A Peanut Butter Sandwich

Make it with almost any jelly, jam or preserve. That's America's favorite, whether it's eaten for breakfast, lunch or as a snack. But you can also make a peanut butter sandwich with bacon, olives or pickles. Season it with curry powder, mix in a little catchup or spread the bread with mayonnaise before adding the peanut butter. Add raisins, sliced apples or bananas. The sky's the limit!

But keep this in mind. It's the combination of nutrients in the peanut butter and enriched bread that makes this all American sandwich worth its well deserved reputation for good nutrition. It's the reason, too, that peanut butter on toast for breakfast has the sanction of nutritionists.

Peanut butter by itself is nutritious. Two tablespoons Skippy peanut butter contain at least as much protein as 1 medium size egg or 6 ounces of milk. In contrast to these animal-protein foods, peanut butter is relatively low in saturated fat. Two tablespoons Skippy peanut butter also furnish 30 per cent of the Recommended Dietary Allowance (RDA) of niacin, 15 per cent of phosphorus and 4 per cent of iron. The bread in a sandwich contributes vitamins and minerals, increases the protein and energy without adding a significant amount of fat.

Now for the additions. They all add to the enjoyment of the peanut butter sandwich, but because they are used in such small amounts, they contribute only small amounts of nutrients. For example, a peanut butter and bacon sandwich using 2 tablespoons peanut butter, 2 slices crisp bacon and 2 slices enriched white bread provide 16 grams of protein against 12 grams in a plain peanut butter sandwich or a peanut butter and jelly sandwich. The bacon also adds 25 calories over the peanut butter and jelly sandwich and 90 calories over a plain peanut butter sandwich. In general, most additions add carbohydrate and only modest amounts of other nutrients. It is better, nutritionally, to eat a whole banana, or apple, or snack box of raisins along with the peanut butter sandwich.

For the taste and enjoyment of a nutritious peanut butter sandwich, add whatever appeals to you.



90 AND GOING STRONG—Eubie Blake, who recently celebrated his 90th birthday makes a guest appearance on an upcoming segment of BLACK OMNIBUS. Blake,

who is the acknowledged father of "Ragtime" piano has spent more than seventy years entertaining. In addition to Blake, host James Earl Jones welcomes singer

Carmen McRae; magician Goldfinger; singer-pianist Shadrack and the singing Sylvester family to this segment.

NEW COCONUT

At least one firm has come out with colored and flavored coconut. Chocolate, lemon, orange and peppermint varieties feature the familiar shredded texture but with new flavor and color, says Mrs. Ruby Uzzle, extension consumer marketing economist, North Carolina State University.

NO HARM

Farm pond owners shouldn't be concerned about turtles and fish-eating birds. They do not harm the fish population, according to North Carolina State Uni-

versity specialists. The turtles will eat dead or sick fish or steal your catch off the stringer, but they will do more good than harm. Same goes for birds, such as

kingfishers and herons (cranes). They do no real harm, and their presence around a pond adds to the scenery. Besides, killing them is against the law.

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Green Thumb Tips

There's a special reason to grow Oak Leaf lettuce in your garden. When it's time to harvest, you don't have to pull up the entire plant. Instead, you can pick the outer leaves from different plants, and more new leaves will grow to take their place. That way they remain productive for a longer period. Oak Leaf is also the most heat resistant lettuce, and belongs to the looseleaf class, which is the easiest and fastest to grow.

More gardeners are reporting that marigolds help control pests in the vegetable garden.

By planting a row around crops you want to protect, the odor in the leaves will keep rabbits and rodents away. The roots are also reported to rid the soil of nematodes (destructive root-eating worms).

You don't need a vegetable garden to grow mustard and cress. A shady window will allow you to grow them indoors with ease. Just sprinkle the seeds on a paper napkin and keep moist. Within 24 hours the seed coats will split, and within 10 days the cress will be high enough to cut for adding a zesty flavor to sandwiches, salads and egg dishes.

When tomatoes were first found growing by European

explorers in South America, they imagined the fruit to be poisonous because of its striking resemblance to Deadly Nightshade, a poisonous plant common throughout Europe. But once this belief was proved wrong, tomatoes rapidly gained favor, and the French even called them "Love Apples."

For an easy and inexpensive way to clean lint off velvet, use an old nylon stocking. Gently rubbing the fabric with the stocking, you can take lint and dust off very quickly and very easily.



Brother Lawrence Harper who is confined to a wheel chair is asking the churches and public for a contribution for a cause. Mail or bring to 310 Baxter Street, Durham, N. C. 27707.

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