

Plastic Poultry Containers



Two plastic shipping containers specially made for the poultry industry by U. S. Steel's Molded Plastic Products Department have been redesigned for easier handling. The chick and poul box (left foreground) is easier to stack now that external steel stacking rods have been replaced by internal plastic ribs that allow them to be stacked or nested. It holds and protects up to 100 chicks or a lesser number of poults. The larger coop (right background) now comes in two heights — 9 and 10-3/4 inches — to accommodate various size grown birds. Both shipping containers carry a 30-month guarantee but are expected to last much longer with normal use. A companion product, a feeder tray, on the young lady's knee, has a special ribbed bottom for optimum feed dispersion and minimum waste. All three products are lightweight, moisture resistant, easy to clean, economical, and can be provided in several attractive colors, according to the company.

Dear Consumer

Take a Look At Safe Glasses

By Virginia Knauer
Special Assistant to the President and Director
Office of Consumer Affairs

As a result of a new government regulation, the next time you buy a pair of glasses—whether they are non-prescription sunglasses or prescription eyeglasses—they will probably contain impact-resistant lenses.

The regulation which went into effect Jan. 1, 1972, is the result of several years of research by Food & Drug Administration into injuries caused by shattering lenses. The only exception to the FDA regulation is in the case of prescription eyeglasses where the ophthalmologist finds that these lenses will not fulfill the visual requirements of the patient.

According to the regulation, impact-resistant lenses can be made of three main types of materials: plastic, glass or laminated glass (protective material is sandwiched between two pieces of glass). Under the regulation, lenses must pass certain resistance tests. These tests show that the lenses are resistant to impact under most normal conditions, but they do not show that the lenses are shatterproof and therefore will not break.

Although the next pair of glasses you buy will probably be impact-resistant, there are still certain decisions you will have to make concerning the type of lens and frame you want. Along this line, you may want to keep these points

in mind the next time you get a prescription filled for eyeglasses:

- Discuss with your optician, optometrist or ophthalmologist the type of lens—glass or plastic—that would best suit your needs.

- Ask about the pros and cons of the different kinds of lenses, especially in relation to the frame you have chosen and the types of situations in which you expect to wear the glasses (on the job, during sports activities, reading).

- Ask what cleaning procedures you should follow if you decide upon plastic lenses. Unlike glass lenses, plastic lenses can be scratched if not cleaned properly.

For more information on impact-resistant lenses and eye safety, you may want to order two booklets published by the National Society for the Prevention of Blindness: "The Case for Protective Lenses and 20 Questions on Eye Safety." For a free copy of each, write the National Society for the Prevention of Blindness, 79 Madison Ave., New York, N.Y. 10016.

Pecan Trees Will Need Feeding for Big Crop

When you're "feeding" the lawn and the plants around the homestead this spring, don't forget the pecan trees. The size of the nut harvest next fall will depend heavily on how adequately the trees' plant food needs are met. Early March is a good time to fertilize pecan trees, according to North Carolina State University extension specialists. If your trees are on sandy soil, you may want to split the fertilizer applications, applying some now and more at blooming time.

Trees in production should be fertilized enough to maintain a minimum annual terminal twig growth of four to five inches, with 6 to 8-inch growth being optimum.

Fertilizer needs can be determined by a soil test, which is a free service offered North Carolinians by the N. C. Department of Agriculture. If a soil test isn't taken, the following programs are suggested:

For young trees, apply one pound of 8-8-8 fertilizer with zinc after the tree has been set and the buds begin to break. This should be applied around the tree,

one foot from the trunk. Increase this application one pound for each year of growth until the tree comes into production. If the fertilizer used doesn't contain zinc, the zinc should be supplemented at the rate of about one-half pound of zinc sulfate per year of age for young trees.

Bearing trees will need from two to three pounds of an 8-8-8 or 10-10-10 fertilizer per inch of diameter of the tree trunk measured one foot above the ground. For trees not in good condition, use the three-pound rate.

The trees will bear normally only when they receive supplemental amounts of zinc. Zinc deficient trees are characterized by small, narrow, crinkled leaves growing on shoots with practically no internodes or stem. A rosette of leaves near the tip of the shoots is visible from a distance. The leaves eventually develop white veins and then turn white or colorless. Then they turn brown and die.

To correct this, apply 10 to 12 pounds of zinc sulfate per mature tree, then use annual applications of two to five pounds to control rosettes.

Good Nutrition

by Terahy A. Robinson, Ph.D.

New Labels Provide Wealth of Information

The extensive changes in food labeling regulations announced by the Food and Drug Administration on January 19, 1973, herald a more complete form of food labeling which is already beginning to appear on food products on grocery shelves. This new form of labeling presents the shopper with a wealth of data which can be put to good use in planning nutritious meals.

These data, compressed into the small space a label affords, are likely, at first glance, to seem bewilderingly complex. In addition to size and price, here are more figures to cope with.

In this "Good Nutrition" column, we will focus on the new regulations and how to use the data given on food labels. Here we begin with an example of how nutrients add up.

The first item on the nutrition information panel is serving size. Next are listed calories, protein, carbohydrate and fat contents and, finally, vitamins and minerals in the designated one serving.

Since the form is standardized, anyone can add up the nutrients in packaged foods

used together at a meal and thereby get a picture of the nutrient value of the combination. Take for example a plain chicken sandwich, illustrated below. The label on the jar of Hellmann's or Best Foods real mayonnaise tells you the nutrients in one tablespoon mayonnaise, the amount used to spread on bread for a sandwich. The label on enriched bread gives the nutrients in two slices of bread. Although the new FDA food labeling regulations do not cover poultry, or other fresh meats, there is a possibility that nutrition information on these will be distributed if not on labels then in the form of posters or literature. For the chicken sandwich illustrated below, we have used the data that might appear on a package of sliced chicken. Put all the figures together and here's what you get. A high protein sandwich that is a good source of thiamine, riboflavin, niacin and iron. It shows that the sandwich is particularly low in vitamins A and C and in calcium, faults that can be remedied by adding tomato and lettuce to the sandwich and serving it with a glass of milk.

Nutrition Information	1 Tbsp. Hellmann's/Best Foods mayonnaise	2 slices enriched white bread	2 oz. roasted chicken	Sandwich
Calories	90	120	160	370
Protein (grams)	0	4	23	27
Carbohydrate (grams)	0	23	0	23
Fat (grams)	10	1	7	18
% U. S. Recommended Daily Allowance				
Protein	0	6	50	56
Vitamin A	0	0	0	0
Vitamin C	0	0	0	0
Thiamine	0	8	4	12
Riboflavin	0	6	8	14
Niacin	0	6	35	41
Calcium	0	4	0	4
Iron	0	6	10	16

*Less than 2% of U.S. RDA. From the information here, there is no way to tell that the mayonnaise spread on the bread makes an important polysaturated contribution to the sandwich. In our next column, we cover this particular aspect of fat labeling.

Growing, Canning Food Sparks Other Progress

By JANICE CHRISTENSEN

Home improvement and family pride can be accomplished in many ways, even through food conservation.

For example, during the spring, aides with the Agricultural Extension Service's Expanded Nutrition Education Program encourage families to plant gardens. Later, family members can or freeze surplus vegetables for out-of-season use.

One Franklin County homemaker, who has a

family of nine, took the advice of program aide Mrs. Mildred Williams, and planted a garden last year. She canned all surplus vegetables.

The woman's husband was so proud of his wife's accomplishments that he built some storage shelves for the canned goods.

The family enjoyed their canned foods all winter and they are equally proud of their new household storage, confirms Mrs. Bernice Harris, home economics extension agent.

MULTI-COLOR

Like Joseph's coat of many colors, Mrs. Evelyn Coats of Angier, Rt. 1, has a pants suit top of many colors. And she made it herself.

According to Mrs. Patricia Brown, home economics agent, Johnston County, the homemaker cut fabric scraps into rectangles and stitched them together in a patchwork pattern. She used white polyester fabric for the sleeves, collar and trim.

By selecting white, a neutral color, to coordinate with the colorful patchwork, Mrs. Coats can combine the jacket with many different skirts and slacks, the

agent observes.

GOOD FRIENDS

"The sewing machine and I are the best of friends," says Janet Forte, a member of the Drewry 4-H Club, Warren County.

By teaming up with her "friend" on weekends, Janet has added several garments to her wardrobe, including two pairs of jeans, a pants suit and a princess-style dress.

"Sewing enables me

to have more clothes without adding a lot of expense to the family budget," Janet told Joseph Warner, 4-H agent.

"And," she added, "with the fashion world changing every day, I can keep up with the times by making my own garments."

Tell a truly sensitive person that you think he looks good today and he'll worry about what was wrong with the way he looked yesterday.

R for your child's safety

Thirty seconds alone by the swimming pool is all a toddler needs to meet death or tragic brain damage, according to Albert H. Domm, M.D., child safety specialist and medical director of the Prudential Insurance Company.

"Prompt medical attention may save the life of a child who has drowned, but the loss of oxygen to the brain, even for a few seconds, may render the victim a hopeless invalid for life," Dr. Domm said.

Tragedies such as this strike even the most conscientious families. According to Dr. Domm, where a devoted mother has left a child unattended "for just a minute" to answer the phone or do a chore, the child's life is destroyed.

"Sometimes the anguished parents never recover from the shock, guilt and self-incrimination that follow," Dr. Domm said.

Dr. Domm also warns against leaving older children unsupervised in the pool. "Your ten-year-old may swim like a fish, but he lacks the mature judgement to be completely pool-safe. While you're inside washing the dishes, your child may be flirting with disaster," he said.

"For the protection of your own children as well as those in the neighborhood, swimming pools should be fenced and fence-gates locked," he said.

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By the way...

by Joe Black



As we work our way into the 70's, we find ourselves working into a decade of meaningful change.

And one of the most meaningful changes that has developed, so far, is the increasing enrollment of Black youth in colleges and universities.

A giant step in the right direction for all of us. Because the better educated Blacks become, the better the opportunities for higher paying jobs, economic freedom, and power.

But education should include Black history and culture. And too often today, too many of our young people are bypassing the Black universities, where they can be exposed to this important heritage, to enroll in white institutions.

Are our students' egos leading them to other places, to achieve notoriety through militance? Have our Black colleges become unfashionable?

I sincerely hope not. And now is the time to make sure not.

Now is the time for Black communities to earnestly support our colleges. Enhance them. Aid them where necessary.

There is a solid need for these schools. They can effectively reinforce a Black student's identity. They can also make it possible for more inner-city educated Black youths to enroll in college.

If we are to continue making meaningful changes for Blacks, it's time to change our minds about Black colleges.

Joe Black
Vice President
The Greyhound Corporation



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