

## Focus on Fun

Lynda Vaughn

### COLOR IT SPRINGTIME



Picture this egg-coloring episode in color. That's what Mother's doing with her handy Kodak Instamatic X-30 camera.

Spring is in the air and all sorts of new things are popping out of their winter wraps—things like buds and babies, Little League, fishing rods and golf clubs, Easter bunnies and bonnets.

While all these springtime specials are fresh, keep a Kodak Instamatic camera handy to record them. In color, of course.

Since the weather's tricky this time of year, be prepared to use flash. On sunny days, flash lights up shadows that can spoil snapshots; on dull days and indoors, it helps you catch the action as it happens.

If you have a flash camera, take advantage of a special spring picture-taking bargain. Between March 1 and April 30, you will receive enough flashes (cubes or bulbs) for eight pictures if you mail proof of purchase of two rolls of Kodak color film and two GE flash product packs to: GE Free Cube Offer, P.O. Box 2596, E. Cleveland, Ohio 44112.

And here are eight springtime picture-taking ideas for your eight free flashes:

1. The children coloring and hunting for Easter eggs.
2. Easter or Passover dinner being prepared or eaten.
3. The family leaving home to worship together.
4. Your minister or rabbi chatting with a member of the family.
5. The first spring flowers from the forsythia branches you brought into bloom indoors.
6. A child outdoors in rain togs on a wet day.
7. A child's-eye view of a birthday party or any other festive occasion.
8. The youngest child with a young animal at home, at the children's zoo, on a farm or in a pet store.

One of these springtime flash pictures might turn up next Christmas on your family's photo-greeting card. In any case, keep your camera, film, and flash with you for a picture story that will always say "Springtime, 1973."

## CONSUMER



### IT'S A POOCH OF AN IDEA

Label-conscious consumers insist on knowing exactly what they're getting when they buy dog food nowadays. Now not only are all the ingredients listed on the label, but the directions are spelled out as plain as day. And Champion Valley Farms goes one step further in telling dog owners how NOT to use their new Recipe Brand product, Mixing Chunks. Since Mixing Chunks is the first and only product made just for mixing with dry dog foods, the label on the can clearly states that Mixing Chunks should not be served any other way.

What makes Recipe Brand Mixing Chunks unique is that it's the only all-meat product made especially for mixing with dry dog food, just like the label says.

Independent research has indicated that 73 percent of dry dog food is mixed with something else before being served. Sometimes it's scraps from the dinner table, which don't have all the nutrients dogs need. That's why new Recipe Brand Mixing Chunks give every dog his day-by-day adding nutrition as well as the taste appeal of real meat to your dog's favorite dry dog food. They're the best thing that ever happened to dry dog food.

Available in 14½-ounce cans, the Recipe Brand Mixing Chunks come in three varieties: Beef and Meat By-products in Chicken Gravy, and Ribs of Veal and Liver in Brown Gravy.

By simply adding Mixing

Chunks from the can the dog-owner can now make certain his or her dog gets the meat it enjoys. The gravy is designed to blend readily with the dry food and adds the appetite appeal of real meat.



The Recipe Brand Mixing Chunks are only for mixing—just like the label says. Mixing chunks fill a void which previously existed in the prepared dog food field, according to John R. Morris, President of Champion Valley Farms, Inc.

"A continuing problem among dry dog food feeders has been satisfying the desire to add the nutrition and taste appeal of real meat to the dry foods. With less and less meat leftovers available in more homes, and the added cost and inconvenience of purchasing raw meat separately for this purpose," Mr. Morris noted, "dogs have at times not received a meat ration."

Now they can. Recipe Brand Mixing Chunks blend smoothly and quickly with dry dog foods, adding not only palatable moisturizing ingredients, but nutrition and flavor as well.

### ECOLOGY IS CHILD'S PLAY

"Parents should realize when they throw away junk mail, they're robbing their children of an inexpensive and ecological toy," says Dr. Henry L. Harris, noted pediatrician and advisor to Open Line, a national telephone network to answer medical and psychological problems while keeping the caller anonymous.

"Junk mail delights a child," he adds, "because the tot enjoys taking letters out of envelopes, and of course, drawing on scrap paper."

Dr. Harris suggests parents and children start using recycled materials to create toys, crafts, and gifts. "Teaching a child about ecology at an early age, helps him appreciate his environment more, especially when he sees the many uses for a single item," he says.

For example, toys for the tub can be expensive. "And since children like playing in the tub, this is an excellent place to start with re-cycled toys," Dr. Harris recommends. Sponges, milk cartons cut in half, or an empty Mr. Bubble plastic bottle a child can fill and sink are often more exciting than costly wooden boats.

"One reason tots like tub play is it gives them a chance to release tension by splashing and throwing water, something they would be punished

for in any other part of the house," Dr. Harris says. And if mothers have trouble getting their children in the tub, these toys and a bubble bath like Mr. Bubble give tots added incentive to take a bath.



Other re-cycled toys: cardboard shipping boxes become building blocks; a pie tin tied up with string and filled with bread makes an easy bird feeder, and fabric glued on a paper plate with eyes, nose, mouth and hair placed appropriately is a cute funny face to hang on a kid's wall.

"Once children start learning to re-use throw away articles around the house, they'll be more ecology-minded while learning to use their imagination and inventiveness," Dr. Harris concludes.

## High Blood Pressure Knows No Age -- But Has Color Preference

Pediatricians may soon be taking blood pressure readings as a routine part of physical examinations.

Although high blood pressure is usually found in persons over 19 years old, children with a family history of essential hypertension are at increased risk of developing the condition, James L. Reynolds, MD, President of the Louisiana Heart Association, reports.

There is increasing evidence that essential hypertension is set in childhood, perhaps during the first two years of life, or even before birth, according to an article by Dr. Reynolds of the Louisiana State Medical Society.\*

"It cannot yet definitely be said that it does begin in

childhood," he says, but concludes that "blood pressure-measurement should, indeed, be a routine part of childhood physical examination."

Most researchers agree that high blood pressure runs in families and that heredity is a major determinant of essential hypertension.

Sex and race factors influence the development of the disorder.

More women have it, but it is more severe in men.

"It is the major health problem faced by black Americans," says Jeremiah Stamler, MD, professor and chairman of the department of medicine at Northwestern University, Chicago. One hundred out of every 500 blacks have high blood pressure.

### Almond Cake Roll—Frankly Fancy, Frankly Great!



Sure it's fancy, but so are some occasions, and these call for desserts in kind. Like Almond Cake Roll for instance. Packaged cup cake mix gets the pastry cook off to a fast—and easy—start. But who would ever guess!

#### ALMOND CAKE ROLL

Makes 8 servings

- |                                     |                                  |
|-------------------------------------|----------------------------------|
| <b>Cake Roll:</b>                   | 1 cup milk                       |
| One 11½-oz. pkg. Flako Cup Cake Mix | 1 egg yolk, slightly beaten      |
| ½ cup milk                          | 1 tablespoon butter or margarine |
| 3 egg yolks                         | 1 teaspoon vanilla               |
| 3 egg whites, stiffly beaten        | ½ cup toasted slivered almonds   |
| <b>Filling:</b>                     | 1 egg white, stiffly beaten      |
| ¼ cup sugar                         |                                  |
| 1 tablespoon cornstarch             |                                  |
| ¼ teaspoon salt                     |                                  |

Grease bottom and sides of 15x10-inch jelly roll pan. Line with waxed paper; grease again and flour. Place cup cake mix, milk and egg yolks in bowl. Beat 2 minutes at medium speed on electric mixer. Fold egg whites into batter. Spread in prepared pan. Bake in preheated moderate oven (350° F.) about 20 minutes.

Immediately loosen edges and turn out on towel sprinkled with confectioners sugar. Remove waxed paper; roll cake in towel. Let stand 20 minutes; unroll cake and spread with almond filling (see below). Reroll cake and let stand 30 minutes before slicing.

### ONE CUBIC INCH IN 120 YEARS



Luray Caverns in Virginia's Shenandoah Valley is world famous for variety and profusion of formation. Stalactites form from the ceiling down, and stalagmites build from the floor up, when they join they form a column. Alice Gray is holding one cubic inch of Luray Caverns Oayx which required 120 years to form. Scientists estimate this cave has been building for more than 10,000,000 years.

### Durham Elks Sponsor Fashion Show At Auditorium On Sunday, Evening, April 22

Bull City Lodge No. 817 and Salome Temple No. 704 held a joint fashion show Sunday, April 22 at the Auditorium, under the direction of Daughter Jean Washington. The theme was "The Fashion Is You." Guest Models were Mr. Robert Cozart, Mr. Ronald Johnson, Misses Janie Shaw, Harriette Atkins, Geneva Sanders, Misses Deborah McKoy, Ola Farris. Daughters modeling were Jean Washington, Minnie T. Forte, Catherine Leslie, Lillian Moore, Willie Mae Harris.

More blacks die from hypertension as it is called medically, was declared a significant public health problem in the United States at a National Conference on High Blood Pressure Education held in Washington, D.C. earlier this year.

About one in every seven Americans, an estimated 28 million persons, have high blood pressure. Of this number, about 11 million don't know they have it. Less than one-fifth of the total number are receiving adequate treatment.

Hypertension is a chief contributor to stroke, heart attack, and kidney failure—diseases that will kill more than 90,000 Americans in 1973, the American Heart Association emphasizes. "A man whose blood pressure is under 120 systolic," the AHA states.

Approximately 85 percent of all elevated blood pressure cases are diagnosed as "essential hypertension" — that is, persistent elevated readings which cannot be attributed to any specific organic cause.

Jacqueline Brittain, Ophelia McCloud, Ghitya Williams, Alice McCoward, Alice Woods, Minnie Ruth Horn, Eula Laney and Connie Alexander. Brothers modeling were Jeff Poole, Floyd Shackelford, Chastie Thompson, Melvin Parker, General Parker, Robert McCowan and Elder Woods.

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