

FASTEST-GROWING

It is not surprising that now nearly 30 percent of the nation's households own dishwashers, when you consider the saving in time and effort, the reduced dish breakage, and the fact that automatic dishwashers -- used with dishwasher detergent -- sanitize dishes far better than hand dishwashing.

WOMEN on Wheels

Liz Stimley
In the Driver's Seat
Tips For Cleaning Upholstery
Sometimes I think it's human nature to accidentally spill things and get spots where we least want them.

Luckily, most stains can be removed from a car's interior with a little know how and elbow grease.

Here are a few tips I got from Plymouth on cleaning common spots from the carpet, vinyl, or cloth upholstery.

Candy (non-chocolate): Rub with a cloth soaked in very hot water. Remove any residue with fabric cleaning fluid.

Chocolate: Apply ice to harden, then brush off. If stain remains, rub with a cloth soaked in lukewarm water.

Blood: Rub with a clean cloth saturated with cold water and a small amount of ammonia. Then rinse with clear water. Never use hot water, or soap and water.

Cheating gum: Harden with ice cube, scrape with a dull knife. Moisten any remaining gum with fabric cleaning fluid and scrape.

Fruit stains, liquor, wine or coffee: Soak up excess with paper towels, then sponge with hot water. On stubborn stains use cleaning fluid. Soap and water is not recommended.

Grease and oil: Rub with a clean cloth saturated with cleaning fluid. Blot area with cleaning tissue to remove excess cleaner and loosened grease or oil.

Mummy, Yes. Mommy, No.

This is the 100th anniversary of the discovery of the oldest medical book known. Written in Egypt 3,500 years ago, around the time of the pharaoh Ramses -- that's his mummy -- the book includes advice on how women may prevent pregnancy.

The so-called Ebers Papyrus advised women to use a variety of strange things such as honey, wool and dates; also the fermented juices of acacia tree leaves. These contain lactic acid, which was used for contraception even in recent times.

Today, however, there are far better and more reliable spermicides like Conceptrol and Deifen that can even be obtained easily in drugstores without prescription. So while Ramses became a mummy, you can decide for yourself about becoming a mommy.

GREAT SCOT!

HARNESSING HORSEPOWER
Does one horse's power equal one horsepower? "Neigh," says the Teacher's Scotch Information Centre.

The average workhorse can produce only two-thirds of one horsepower. But don't accuse the horse of not doing his best. The blame belongs to a canny Scotsman, James Watt, who not only invented the steam engine but also created the term "horsepower."

Watt measured the average strength of a horse and added a factor of 50 percent to create the unit of work he called a horsepower. Thus, his four horsepower engine could actually do the work of six horses.

Mine owners were so impressed with the efficiency of the steam engines that mines were soon mechanized and horses were turned out to pasture.

So only getting two-thirds of a horsepower from a horse is nothing to get steamed up about.

With Children, Talk Less and Listen More

RALEIGH--Talk less and listen more is pretty good advice when it comes to dealing with children.

Mrs. Faye Haywood, extension family life specialist, North Carolina State University, suggests you listen to your child when he talks to a doll or his dog.

"This form of listening isn't eavesdropping," she points out. It's a way to find out some of your child's innermost feelings -- about himself, about his lot in life, about his feelings toward others.

Also listen when the child tries to talk to you. Too often parents are likely to want to tell a child what to do, rather than posing a question that makes a child think about his own choices.

It often takes a lot of patience to hear a child out -- especially when he's slow at getting around to the point, Mrs. Haywood says.

But cutting him off with a "hurry up, I haven't got all day," will lessen your chances of a good communication channel with your child later.

He'll be more free about telling you his troubles, his joys, his

plans when he gets older if you let him know you're interested in what he has to say when he's little and eager to tell all.

Show interest in what he has to say, even though it may seem trivial, Mrs. Haywood recommends. And ask him leading questions to encourage him to talk all the more.

This is a good step toward having a child who

Being Free to Fail Is One Secret to Success

RALEIGH -- The secret of success--what is it? Probably not what most persons are inclined to think.

Some think that the basic quality of human nature is that of being responsible for one's life. That means a person must be free to fail, as well as free to succeed, notes Mrs. Faye Haywood extension family life specialist, North Carolina State University.

The human being has some unavoidable, basic responsibilities. These include deciding how to develop his potential, and deciding on what is right and wrong, says Mrs. Haywood. No one else can assume these tasks for him.

The creative person, the successful person,

has an attitude of openness to experience, Mrs. Haywood observes. He accepts each event, good or bad, as a new challenge, a new revelation of life. He tries to put something together out of life, given the pieces that his position gives him.

He is aware that there is no one quite like him, no one who has the same collection of inherited traits and the same combination of experiences. He knows that each of his responses will be special and unique, that no one else will be able to see and feel about a situation the same way he does.

The future for him is an open book, one that he can affect in his own, unique way. He can afford to fail, because he is

OUR HEALTH

By C. H. Tracy, M.D.

I notice when I get up in the morning, or after sitting a long time in a car or at the movies, that my legs are quite stiff and it takes awhile to limber up. What causes this?

Increasing stiffness in the joints of predominantly middle-aged and elderly people is the usual symptom of osteoarthritis.

Generally this disease affects the weight-bearing joints such as the knees, hips, and spine and is thought to be caused by years of wear and tear with inadequate or faulty repair of the joint tissue.

After periods of inactivity you'll notice it takes time to limber up. Also, joint pain is most pronounced after exercise. There may even be mild swelling in the joint. But don't worry about becoming bed-ridden or severely restricted. It rarely leads to real crippling or deformity. Osteoarthritis cannot be prevented, but chances of developing this condition can be lessened.

Proper diet and living habits, the avoidance of obesity, the maintenance of correct posture all contribute greatly to joint endurance. Symptoms can be helped by physiotherapy, weight loss and proper medication from your physician.

I like to bathe everyday but I'm told it's bad for the skin. How often should people bathe?

People with dry skin usually find that bathing every day may irritate their skin and cause unnecessary itching, especially during cold weather. Such people are usually advised to bathe no more than once or twice a week. However, if one's occupation involves exposure to excessive dirt or soot, more frequent bathing will, of course, be necessary. Special soaps can be used which may help to cut down on skin irritation resulting from bathing. Alpha Keri, a totally water dispersible bath oil, is also an excellent treatment for dry skin when a capful is added to the bath water. Also, simple water baths, without soaping, may be taken more frequently.



Dr. Tracy is a board certified dermatologist and is the medical director of the Skin and Hair Clinic at the University of North Carolina at Chapel Hill.

special and significant. Therefore, he is also free to succeed.

The United States accounts for about a fifth of the world's agricultural exports.

Card Carriers

Findlay, Ohio--(HK)--What happens between the time you discover the loss or theft of your credit card and the receipt of your warning letter by the issuing company? The card's finder can meanwhile charge hundreds of dollars to your account. One issuer, Marathon Oil Company, has set up a WATS telephone service by which card-holders can phone collect from any part of the country to register a card loss, get additional cards, change an address or verify a charge.

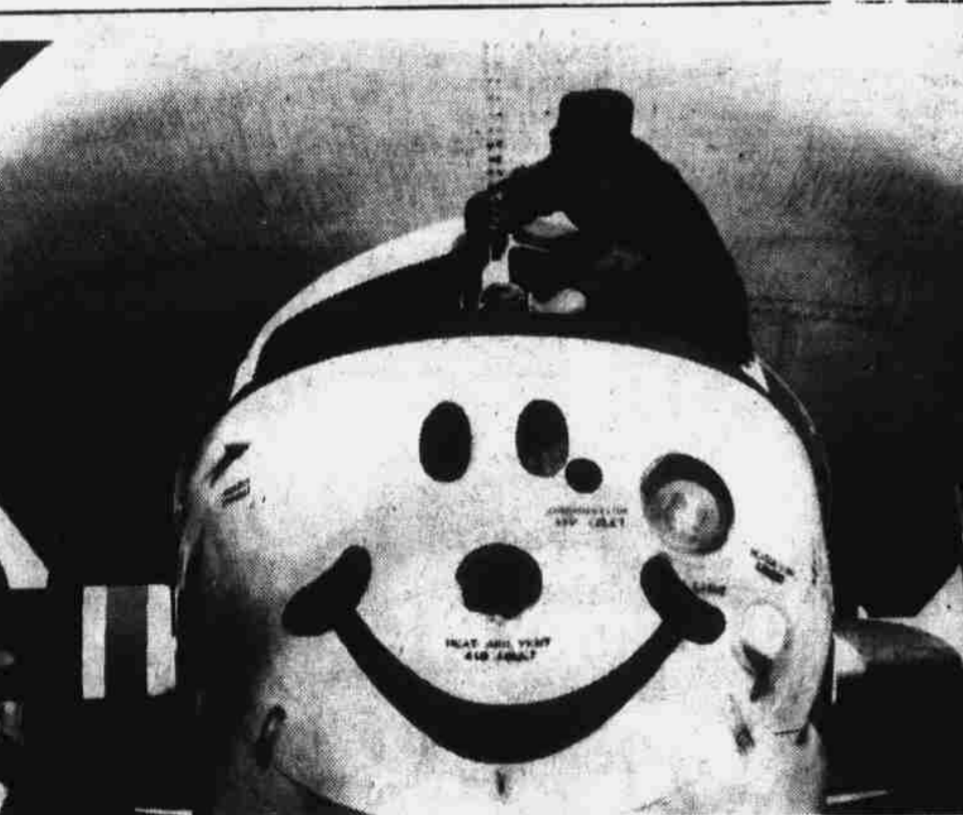
SEWING MACHINE SICK?

MAY SPECIAL
--CLEAN--OIL & ADJUST
\$3.95
with a copy of this ad
FREE PICKUP & DELIVERY
ALEXANDER'S SEWING CENTER
223 Wellons Village, 688-3450

Modern Steel in Sculpting and Spreaders



Corten steel has a wide variety of uses because of its rust-resisting qualities. The diversity of uses is illustrated in these two photos. On the farm it is used in the side panels of this New Holland manure spreader. Despite the highly corrosive nature of animal wastes, the manufacturer guarantees to replace the spreader sides if they ever rust out. Animal manure has been proven to be even more effective as a fertilizer than many commercial fertilizers, making this an important part of the farming scene today. But, art in the city is another aspect of the modern steel scene as illustrated by the photo at left. The 22½ foot-high Corten steel sculpting by Louis Nevelson graces the southeast entrance to Central Park in New York City. Valued at \$150,000 the sculpting was donated to the city by the artist.



MARK SHUBRICK IS A "FUDD" MECHANIC

Mark Shubrick joined the Navy after graduating from high school in his home town of Chester, Pennsylvania. After boot camp training Mark went to a Naval Air base on the west coast. His assignment -- Keep the "Fudds" flying.

Mark is receiving on-the-job training as an aviation mechanic. He knows his way around airplanes. The plane he knows best is the Navy's E-1 Tracker, better known as "FUDD" contains some very sophisticated radar and computerized tracking equipment. It is literally the eyes of a carrier essential to its operation.

"IN DURHAM CALL CHIEF TILLEY OR PETTY OFFICER WITT 682-2800"

THE NEW NAVY
Navy Yard, Building 157-4, Washington, D.C. 20374
Please send information on Navy Programs for
 High School Students College Students
 High School Graduates College Graduates

Name _____
Address _____
City _____ State _____ Zip _____
Telephone No _____ Age _____

Fancy Young
U. S. Grade 'A'
Turkeys
8 To 10 lb. Average
lb. 59¢

Shortening
Crisco
3 lb. Can **69¢** Limit 1 With \$5 Order Or More

Save On
Salad Dressing
Miracle Whip * Quart **59¢** Red Gate * Quart **39¢**

Washington State
Red Delicious Or Large
Winesap Apples
3 lb. Bag **79¢**

Large
Florida Oranges
5 lb. Bag **59¢**
8 lb. Bag **79¢**

Prices Good Thru Sat., May 19th, 1973 - Quantity Rights Reserved.

Save at Colonial!

Dunbar High of Little Rock, Ark. Hold Reunion of Classes 1930-56

The Detroit Chapter of the National Dunbar High School Alumni of Little Rock, Arkansas, is sponsoring a reunion of all the graduation classes to be held in Detroit, Michigan, August 24, 1973. The site of this gala occasion will be the Howard Johnson Motor Lodge at West Grand Boulevard and Third Ave.

This extravaganza is given in honor and tribute to the school (Dunbar High) that was closed by the governor of Arkansas during the fight for integration.

Dunbar High has to its credit more than 15,000 graduates over the years and we are expecting all of these, worldwide, to gather in Detroit for this event August 24, 1973. We are very proud of our school and we will be very proud to see you, its graduates, here with us.

Don Walters is Chairman of the Detroit Chapter of Dunbar High School Alumni, and Ronnie E. Robinson is Publication Chairman. For further information about this coming event, write or contact: Ronnie E. Robinson, 2800 Calvert, Detroit, Michigan 48204, or call 1-313-887-8888.

EBONY DIRECTIONS

With Your Host,
KYSER WILSON

SUNDAY 10:30PM

wrtvd 11

Durham-Raleigh