

Adventure Rated G

Mutual of Omaha's Wild Kingdom Premier



World-famed zoologist Martin Perkins is the star-host of the popular television series.

Tagging the endangered sea otter, searching for the seldom-seen angel shark and studying the rare Persian onager are just three of the many weekly adventures in store for millions of armchair explorers this fall as Mutual of Omaha's Wild Kingdom premieres its 12th consecutive television season in September.

The series, which provides educational and entertaining programs for young and old alike, continues to rate as one of the finest shows on television. Over 220 stations across the country will carry the popular all-family program for the 1973-74 season.

World-famed zoologist Martin Perkins, who has hosted the program since its inception in 1963, will continue in this role. No one has spent more time sharing his experiences and knowledge about animals with television audiences than has Martin Perkins. Making his television debut in

1945, he is in his 28th year of relating his first-hand observations of wildlife through the medium.

Mutual of Omaha's Wild Kingdom will continue to maintain all of the action of the past seasons while at the same time placing greater emphasis on the in-depth research being accomplished in today's world to save dwindling wildlife, preserve and protect rare and endangered species of wildlife and safeguard natural habitat and threatened environment.

A free Animal Chart and Program Guide for this season is available at local Mutual of Omaha offices.

questions on your family's move...

by Alice Bowman Allied Van Lines Home Moving Consultant

Dear Miss Bowman: We are in the process of planning our interstate move and have two young children, ages 4 and six months. Any suggestions on how we can make the drive to our new home easier for the children and ourselves? Mrs. L.A.J., Detroit, Michigan.

Answer: Here are some excellent ideas for easing that long drive offered by Stanley Harrison, M.D., of the American Academy of Pediatrics.

• Don't try to drive too long at one time and make sure the children are secured by their seat belts.

• Make frequent stops and get some exercise during those stops so that the children can release some of the energy they built up sitting in the car.

• Start each day's drive either late at night or early in the morning. The children can be whisked from their beds to a comfortable blanket in the back seat, and go right on sleeping.

• Pre-pack two kits — one with toys, books, etc., to keep the children amused, and the other, a portable first-aid kit.

• Carry photocopies of your child's medical records, particularly if he has a chronic condition of any kind.

• When traveling with infants, be sure to use disposable diapers, pre-moistened towelettes and strained infant foods in jars.

In sum, Dr. Harrison believes that a long distance move for a family with young children can be accomplished with minimal problems if the family plans ahead and keeps the children's needs in mind.

A booklet devoted to the topic of traveling with young children can be obtained free simply by writing to Marketing Department, Allied Van Lines, Inc., Broadview, Illinois 60153.

CHURCH NEWS

Mt. Olive AME Zion Chancel Choir To Present Concert

The Chancel Choir of the Mt. Olive AME Zion Church will give a concert of Sacred Music, Sunday, September 9 at 6:00 p.m.

Soloists of the choir will appear along with other visiting artists. Guest artists appearing are Miss Jessie Willis, organist of the Oak Grove Freewill Baptist Church Senior Choir, Mrs. Dorsey an accompanist, the Rev. A.W. Reeves, Albertus Wingate, Miss Goldie Evans, tenors, Clarence Ringer, bass.

Soloists from the Chancel Choir will be Miss Effie Fuller, Mrs. Christine Faucette, James Ford, Mrs. Mildred Williams, Mrs. Gwendolyn Roary and Miss Joyce Perry.

Featured soloist will be Mrs. Miranda McPherson, recording artist and aunt of Mrs. Frances Price, who is organist and director of the choir. Mrs. McPherson is a retired school teacher and a member of the Dickerson A.M.E. Church in Hillsborough.

Rev. L.P. Perry is pastor of the church. Everyone is cordially invited to attend this concert of sacred music.

SENIOR CHOIR TO CELEBRATE ANNIVERSARY

The Senior Choir of First Calvary Baptist Church, corner of Morehead Ave. and Kent St. will celebrate its 61st anniversary Sunday, September 9 at 6 o'clock Rev. Bigelow of Greater St. Paul will be the anniversary speaker. Two of his choirs will accompany him. Rev. A. L. Thompson is the pastor at First Calvary and Wallace Hinton is president of the choir.

Food Labels Will Be Improved

U.S. RDA is one set of initials which should become familiar to every consumer interested in nutrition and good health.

U.S. RDA stands for "United States Recommended Daily Allowances." These are the amounts of vitamins, minerals, and other essential nutrients that the average healthy person needs to stay healthy.

Based on years of study by the National Academy of Sciences, this new system represents the best scientific data available at this time. The U.S. RDA measurement is also flexible enough to incorporate changes as new scientific discoveries in the field of nutrition develop.

Our Health

By C. H. Tracy, M. D.

Is it necessary to undergo surgery to treat varicose veins? Not always. Small varicose veins which cause no symptoms can be ignored. Indications for surgery upon varicose veins are: Pain in the legs and generally fatigued feeling in the leg muscles at the end of the day; swelling of the legs; hemorrhaging; unsightliness; or a general impairment of circulation which can lead to varicose ulcers of the skin of the legs or chronic eczema of the skin of the legs. Sclerosing treatment, which is the injection of the veins with substances which cause closure of the vein by scar tissue formation, is often all that is needed to obliterate smaller varicosities which may remain or show up after surgery.

During the summer, I lead a very active and outdoor life. I'm constantly in the sun and I'm at the beach practically every day. With this constant exposure to the sun and surf, my skin already is beginning to look and feel remarkably like fish scales. What can I do?

Don't over do the sun. Too much sun and salt water may cause your skin to become dry and itchy. Obviously, you won't be able to avoid the sun altogether, so try using a good all-over moisturizer such as Kerl Lotion. It's a soothing lubricant that is not sticky or greasy, and may be used several times a day for treatment of dry, itchy or chapped skin.

Do put a moisturizer on before you go outside, and remember that it is especially soothing after a bath or shower.

Durham Ushers Union Sponsors California Tour

Durham Ushers Union members sponsored a Tour of Los Angeles, California on August 12. A total of 27 persons made the trip and had a most enjoyable tour of many of the surrounding areas. The trip lasted for one week and Delta Airlines provided the flight. During the week long activities, the Olympian Hotel in Los Angeles was their home base.

Among the many places of interest visited were Hollywood, Beverly Hills, Universal Studio, San Diego, Farmer's Market, Santa Monica, Marineland, San Clemente and Tijuana, Mexico.

The group was able to visit the homes of many of the well known and popular movie stars, as well as to observe the sets and making of a movie on location scene. The members report that the many delightful memories and the educational and informational impressions gained from the week long tour will remain for a long time for both the old as well as the young who went on the tour.

Trip Coordinator, Mrs. Louise Harvey served as a most gracious hostess on the tour and those traveling with her are looking to the next trip planned by the organization. Clyde Moore, Jr. serves as president of the Durham Ushers Union.

Members participating in this enriching and most delightful tour were: Mr. and Mrs. Jimmy Manley, Mr. and Mrs. R.B. Rogers, Mr. and Mrs. Henry L. Holman, Mr. and Mrs. Robert Jones, Mrs. Ester Pennis and 5 years old son, Marvin Alexander, Mesdames Elizabeth Scott, E.S. Bounnell, Elveta Monroe, Deamer Comming, Elizabeth Edwards, Hazel Bullock, Arnetta W. Barnes, Rosetta W. Southerland, Louise Burrough, Mary Bradley, Flora Stevens, Elsie Lane, Louise Harvey, Minnie Ford, Bennie Woods, Mable Holeman and William Southerland.

Ushers Union to Meet Sunday at Mount Vernon

The monthly program of the Durham Interdenominational Ushers Union will be held at Mount Vernon Baptist Church on Sunday, September 9 at 3:15 p.m. This meeting is sponsored by the Arts and Crafts Department of the Ushers Union. They have chosen for their theme, "Life is Beautiful through Art."

Music for the occasion will be offered by the Mount Vernon Church Choir. Rev. B.A. Mack will give the address, and remarks will be offered by Rev. Percy L. High, minister of Mt. Vernon Baptist Church.

Mrs. Hattie B. Thomas will preside and Mrs. Viola Thompson will give comments and make announcements.

The public is cordially invited to attend.

Annual Fall Revival Set for Community

The Annual Fall Revival of Community Baptist Church, located on Barbee Road will begin on Monday Night, Sept. 10, Rev. E.T. Thompson is the Pastor.

The Guest Minister for the week will be Rev. F.O. Bass, Pastor of Mount Vernon Baptist Church of High Point. Rev. Bass is formerly of Durham. He has served as Assistant Pastor of the Mount Vernon Baptist Church of Durham under the Leadership of Late Rev. W.C. Williamson. Services are scheduled to begin each night at 7:30 p.m. The public is invited.



WORDS FOR THE WORLD

IT IS quite apparent to the seeing mind that a man's spirit is something very different from his physical body. The spirit is changeless, indestructible. The progress and development of the soul, the joy and sorrow of the soul, are independent of the physical body.

—BAHA'I WRITINGS

**THE EXPLORING COOK**  
by MURIEL JANSEN

**SHE COOKS BY VIBES**

If you don't know Verta Mae, then read her cookbook, "Vibration Cooking" (Doubleday). Actress, poet, designer, cook — you name it — that's Verta Mae. She impregnates each page with her pride and love for blackness, its pains and its pleasures, its struggles and victories.

In meeting Verta Mae I discovered how much we have in common. I, too, cook by vibration and swear by my black cast iron pots. Verta Mae is a cosmic force with the Sun RA Solar Myth Science Orkestra. I, too, in my own way believe in astrology.

The recipes in "Vibration Cooking" reflect the author's Black heritage and interest in foods from all Black cultures. They are all so personal: Grandmama Sula's Hoe Cake, Nat Turner Apple Pork Thing, Uncle Zander's Corn Muffins, Eddie's Mama's Pig's Feet. One of my favorite comes from my own beloved Caribbean area.

Clean fish. If large, cut crosswise in 2-inch slices. Season with lemon juice, onion salt, seasoning salt, pepper and paprika. Cover and refrigerate about 3 hours. Pat fish dry with paper towels. Pour corn oil in large heavy skillet; heat until very hot (375°F.). Fry fish, turning once, until brown and crisp. Remove from pan and drain on paper towels. Empty skillet, clean and return to heat. Add vinegar, water, sugar and salt. Bring to boil, add onion, hot pepper sauce and allspice, reduce heat and simmer 5 minutes. Place fish in baking dish, cover with onion and pour vinegar mixture over fish. Cover and chill overnight, turning fish occasionally. Serve cold or reheat and serve hot. Makes about 6 servings. Note: Muriel Jansen is a home economist with Best Foods, a Division of CPC International Inc. She tested the above recipe with Mazola corn oil.

**White Rock Baptist Church**

Lorenzo A. Lynch, Pastor  
3400 FAYETTEVILLE STREET

**Sunday, September 9**

9:30 A.M. Church School  
10:55 A.M. Worship

Sermon— Pastor  
On Some Neglected Themes in today's pulpits— Confession and Repentance! (Hebrews 11:13-6)

Senior Choir leading the singing. J. H. Gattis, Director.

5:00 P.M. Monthly conference— Extending Our Ministry— Dr. John B. Brown, Jr. speaking All Choirs singing.

7:00 P.M. Deacons Program

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Registration Begins September 10  
Classes Begin September 18

CLASSES NIGHTLY 7-10 P.M. TUESDAY THRU THURSDAY

**AUTO TIPS**

By John Collins

Gas Mileage Becoming Major Factor In Car Selection

As the energy crisis worsens, more and more car buyers are making good gas mileage their number one consideration in new car selection. And, a whole range of legislation has been discussed or put in the works to encourage both manufacturers and consumers to get more miles per gallon.



Michael Sanyour and the record-breaking Quadrosential engine.

With no short-range solutions to the problem, there's another term liable to show up more and more. According to Michael L. Sanyour, president of Subaru of America, Inc., that term is "miles per dollar." Says Mr. Sanyour, "As gasoline prices increase people are really becoming conscious of automobile travel. Figures as high as a dollar per gallon have been forecast for the not too distant future." He adds, "with large cars, consuming even larger amounts of gasoline because of emissions control requirements, something must be done to protect the consumer."

Mr. Sanyour's company is the exclusive importer of the Subaru, made by Fuji Heavy Industries, Ltd. of Tokyo. The car is powered by a unique, Quadrosential engine which is used in combination with front-wheel drive to give both excellent mileage and outstanding handling. The Quadrosential engine is technically a four-cylinder, water-cooled, horizon-

tally opposed, aluminum alloy engine which minimizes vibration and offers high efficiency and economy. (One federally sponsored study also indicated that cars with front-wheel drive were subject to fewer accidents than conventional rear-drive vehicles.)

Subaru isn't the only front-wheel drive car in the country but it's dramatic increase in sales puts it in the forefront of what some experts have termed "the wave of the future." Other front-wheel drive cars include the Oldsmobile Toronado and the Cadillac Eldorado. Likely, the future will see numerous other front-wheel drive cars made available to the consumer.

What Is Good Gas Mileage? Gas mileage is probably the most difficult figure in the

world to compute because no two people drive the same way, on the same roads, or under the same conditions. Subaru, according to Mr. Sanyour, provides "around 25 miles per gallon" but he adds, "we constantly receive reports from people who get well above 30 miles per gallon."

If you want to get more miles per gallon, here are some tips offered by Mr. Sanyour: Don't "step on it" when you begin to move; keep an eye on the traffic ahead and slow down by removing your foot from the gas pedal; don't leave your car idling for short stops — it's better to turn off the engine; allow a few extra minutes to get where you're going — by driving slower you can drive a lot cheaper.

Increasingly, smaller cars with high performance account for a larger percentage of sales annually. This trend reflects the dramatic shift in consumer preference and recognition of the all-round virtue of smaller cars. Subaru committed itself a number of years ago to producing this kind of transportation so it's not unusual to see its product in the forefront of consumer demand. There's no indication of the trend changing but there does seem to be a reluctance on the part of some manufacturers to provide the kind of quality and economy that Subaru is stressing.

More Than Just A Campground...

Sequoyah Country Combines History And Nature

SEQUOYAH COUNTRY, Ala. — For most camping enthusiasts, finding a scenic area unspoiled by commercialization is incentive enough for a pleasant, inexpensive vacation.

But campers who discover Sequoyah KOA Kampground just off I-59 near Valley Head, Ala., are delighted to find not only outstanding camping facilities amid breathtaking natural scenery, but much more — a wonderland of things to do and see.



Pool and recreational building at Sequoyah KOA Kampground.

Narrowed Sequoyah Country in honor of the Indian chief who developed the Cherokee alphabet and taught it to his people, this unusual family vacation area is a fascinating combination of history and nature. It is located just 35 miles south of Chattanooga, Tennessee.

Rare white fallow deer and American bison graze in rolling pastures. Tame mallard ducks and huge rainbow trout frolic in a clear mountain stream. Magnificent caverns, an Indian museum and scenic hiking trails assure that there's always something to do.

The beautifully designed swimming pool is located conveniently near the campground's recreational lounge. Showers, restrooms and laundry facilities are also available.

For recreation, campers can pit their grass-court talents against family or friends in a game of badminton, challenge opponents to an exciting game of table soccer, or just settle down and watch a favorite television program.

The campgrounds are fully equipped with utilities, and mail service is provided. Staple groceries are available at the campground store, and picnic tables are strategically placed.

Located only a short distance from the Sequoyah Looking Glass Caverns and the Ani-Yun-Wiya Museum, the campground offers a serenity rarely found amid today's unrelenting pace.

Complete information on Sequoyah KOA Campgrounds, Sequoyah Looking Glass Caverns, or Ani-Yun-Wiya Museum may be obtained by writing P. O. Box 628, Chattanooga, Tenn. 37401.

Last Rites Held Mrs. Catherine Keith Bailey

Last rites were held Monday, August 27 at Roger Grove Baptist Church for Mrs. Catherine Keith Bailey, daughter of the late Roger and Emma Keith.

Mrs. Bailey was born in Wake County, April 27, 1933, and departed this life Saturday, August 22. At an early age she joined the Chestnut Grove Baptist Church, and later the Rogers Grove Baptist Church. She attended the Wake County School.

Her survivors are her husband, Calvin E. Bailey; one daughter, Miss Connie L. Bailey; one sister, Mrs. Ruth Mangum of Creedmoor, North Carolina; one brother, Ernest Keith of Creedmoor; and a host of other relatives and friends.



Tame mallard ducks eat from visitor's hand.