

a touch of class

NEW YORK (ED) — For most women, clothes offer more than protection against the weather. Our wardrobes speak volumes about self-image. This winter, look as marvelous as you feel (and add a touch of class to your wardrobe) by selecting an impeccably tailored fur cover-up. But don't swathe yourself in acres of figure-concealing fur that make you resemble a grizzly bear! Close to the body Swakara® broadtail lamb from South West Africa pairs up with the newest fashions now.



BLAZING AWAY. Instant class is easy to achieve. The details: ascot, small hat... and super blazer in tortoiseshell Swakara® broadtail lamb from South West Africa. Designed by Anne Klein, this is the body-hugging jacket to carry you elegantly through the chilly months ahead.



BREEZING ALONG. When the weather dictates head-to-toe warmth, fashion dictates the dramatic black and white Swakara® broadtail lamb coat. This Halston creation lets the fur speak for itself. The only trim: a pair of oversized pockets.



BALANCING ACT. The Princess silhouette turns up in a perfectly balanced coat that holds your shape to the waist, sweeps outward toward the hem. Tailored in brown-dyed Swakara® broadtail lamb from South West Africa by James Galanos, it could add the ultimate touch of class to your winter wardrobe.

Fire Prevention During Winter is Stressed by Insurance Institute

Winter! Cold, windy, frost-biting winter!

To many Black Americans—especially those who live in substandard, dilapidated housing—the annual choice between numbing, spirit-sapping cold and the threat of fire due to improper heating equipment looms again.

Don't let the "Almighty Hawk...Mister Wind" catch you unprepared, says the Insurance Information Institute. Cold is probably the indirect cause of more fires—many of them fatal—than any other factor.

Last year fire destroyed more than \$2.3 billion in property and killed 11,900 people—the greatest number of fatalities being persons 65 or older and infants five years of age and younger.

And there is little question that the threat of fire is especially acute for many minority residents who hang their hats in the countless tenements of the Harlem, Hough and Watts sections across the country.

About one out of every six fires are caused by faulty heating or cooking equipment, the problem becoming particularly serious during the colder part of the year, the Institute points out.

To prevent fires, homeowners should check the entire house, including attic and closets, for unneeded piles of old newspapers and magazines, discarded clothing, broken furniture or other combustibles such as old paint cans and brushes. Throw them out! These are the kinds of things on which fires breed and feed.

Apartment dwellers should ask the superintendent to check the cellar (or do it yourself) for combustible refuse, such as unclaimed furniture or piles of papers. If you can't get action any other

way, contact the Sanitation Department. Your safety is at stake.

Check all electrical appliances, outlets and wires and heating and cooking equipment to see that they are in good condition.

Homeowners should have their heating plants inspected by a qualified person at least once a year. A good idea would be a before and after winter heating system examination.

And if the colder weather drives you into the kitchen area with the stove on for heat, leave a window slightly open. An improperly burning stove—leaking gas into a closed area—can result in fire, explosion or cause death by suffocation, warns the Institute.

Apartment dwellers should check the power requirement of any electrical heater they have or might wish to

purchase. Remember:

—Don't exceed your home power limits.

—Don't put pennies in the fuse box to get extra power. Use only 15 ampere fuses for regular household lighting circuits.

—Don't purchase any heater that doesn't have a U.L. sticker on it.

—NEVER use a kerosene "bowl" heater indoors. You're asking for more than trouble—you're begging for a quick and fiery death.

Keep the number of your local fire department near the telephone, and the next time you go out check the location of the fire alarm box nearest your home.

And just in case of fire, the Institute warns, you should plan in advance how to get everyone out of the house quickly—especially anyone who is over 65, incapacitated, an invalid, or an infant.

The price of registering a cattle brand in Mattoon, Ill., still remains at 15 cents after 101 years.

Sat., Dec. 1, 1973

THE CAROLINA TIMES—29

Raise Your Hand

What do Alexander the Great, actress Kim Novak, basketball superstar Dave Cowens and baseball great Stan Musial have in common? They're all left-handed! Lefties make up only 10% of the population but their achievements are major in spite of discrimination in the form of equipment designed for "righties." For the hunter, the problem is annoying. Handling a right-handed gun can be awkward as spent shells can fly past his face. But now, another triumph in the southpaw battle for equal rights, Remington Arms has expanded their left-handed gun repertoire to include their popular Model 700 BDL bolt action rifle. Today, a new left-handed gun... tomorrow, the world!

Hunting, American Style

We tend to see hunting as a purely American pastime, with

roots in our pioneering background. But many aspects of American hunting have been imported... did you know the popular ring-necked pheasant wasn't brought here till 1881? For many years, we have even imported those shotguns made with the over-and-under barrel arrangement. But now Remington Arms has introduced the Remington 3200, the only over-and-under shotgun currently made in America. This new gun is fast becoming a faithful companion to today's sportsmen... and it may just help correct our import-export imbalance!

Beyond any reasonable doubt, smoking in pregnancy has adverse effects on the developing fetus, the British Medical Journal said recently. These effects range from inhibition of fetal growth and prematurity to an increased risk of perinatal death from all causes, a survey indicates.

Continental Croquettes Spark Low-Cost Meal



Continental Croquettes, nestled on a bed of spaghetti, are a new variation on an old favorite. Serve with green salad.

NEW YORK (ED)—Keeping the family contented, while coping with soaring costs, can be a genuine problem for the cook. Clever homemakers solve it by updating old favorites.

One such is croquettes. Traditionally a tasty way to use leftovers, they're even better when you start from scratch—and best of all when they're given an Italian accent. Continental Croquettes from the kitchens of Progresso Foods are a zingy Italian variation on the classic American theme.

CONTINENTAL CROQUETTES
1½ lbs. mixed ground beef and veal
1 small onion, minced
½ tsp. basil
¼ tsp. thyme
1 Tbsp. minced parsley
salt and pepper to taste
1½ cups Redi-Flavored Bread Crumbs
1½ cups thick white sauce (Prepare according to standard recipe)
flour
2 eggs
3 Tbsps. water
olive oil
1 jar Progresso Marinara sauce
1 lb. package of spaghetti

Thoroughly mix meat, onion, seasonings and ½ cup bread crumbs. Reserve remaining bread crumbs. Add cold white sauce and blend well. Spread meat mixture in greased pie pan. Chill several hours or overnight. To shape croquettes, cut chilled meat mixture into wedges and roll between palms of hands into cones or cylinders. Roll each croquette in flour and dip in egg and water beaten together. Roll in reserved crumbs until evenly coated. Let stand for 30 minutes, then fry in olive oil until browned and crisp.

Place cooked croquettes on bed of spaghetti, cooked according to package instructions. Immediately before serving, spoon heated marinara sauce over croquettes; serve remaining sauce in sauce boat. Makes 8.

BRIGHT IDEAS

by Sylvan Lumiere, GTE Sylvania Lighting and Design Director

Party Lights

Outdoor night-time parties have always presented two challenges to the party-giver: how to light up the area festively and how to keep the bugs and insects away from the food. GTE Sylvania's new Bug Foiler bulb helps eliminate the pest problem. Set in light-weight lanterns, their yellow light adds a spark of color and won't attract insects. Because they can't see yellow clearly they are drawn ordinarily to other kinds of light.

Aside from utility lighting—like direct light on the barbecue pit so that it's easy to tell when the food is ready—the enterprising host or hostess can devise clever ways of providing a gala atmosphere. It just takes a little imagination and a ladder. Strings of oriental lanterns over the dining area always prove a nice touch. Lighting up trees and shrubbery will also add a pleasantly dramatic and romantic effect. Again the Bug Foiler bulbs come in handy.

The 100 watt mercury vapor bulb in a special compact fixture equipped with ballast will bring an enchanting highlight to trees and green shrubbery. The color tone of this source emphasizes greens, green yellows and blue spruce.

An understated, indirect light placed in the stick of your table umbrella will set the mood for dining. Reflecting off the brightly-colored underside of the umbrella, the light's glow enhances the meal. Tinted reflector bulbs in pink or blue may also be used.

Food always tastes better when you can see it clearly and the insects and bugs can't. Light your next outdoor soiree properly and your guests won't need a light to find their way back.

Convey Your Christmas Cheer In Pictures

NEW YORK (ED)—No matter how much the sunshine and the foliage look like October, it's actually Christmas right now. At least it is if you're planning a photo-greeting card.

Now is the time to dress up your own little angels, assemble a few Christmas props, and make the picture for a card that will be warmly, and uniquely, yours. Your photo dealer can show you the many card designs and folders that are available, but the picture that sets your greeting apart, that conveys the feeling of Christmas joy you wish to share, is up to you.

You may already have the perfect picture, of course. A shot of the family sailing or skiing, your house in new-fallen snow, or a fresco of a Byzantine Madonna from last summer's trip to Greece are all good candidates. Or you may want to create a picture specially to express your holiday wishes.

For the benefit of out-of-town friends and relatives, the family is the best choice of subject, although possibilities by no means end there. Why not try a shot of a particularly lovely Christmas angel or a little carved Swedish tree—or the family pet peering through a Christmas wreath?

No matter what your subject choice, the key to a striking card will be a simple, personal picture. In a family shot, strive for a natural appearance. Of course you will want the children well groomed and on best behavior for the picture, but they also should look active. You can achieve the spontaneity you desire by getting them involved in an activity they enjoy.

Remember that a simple background flatters the picture subject and contributes to a good photo-greeting-card shot, whether the subject be of the family or a tabletop manger scene.

Once you have decided upon the picture, take the negative, slide or print to your



These little angels, in their ruffles and lace, express all the charm and nostalgia of an old-fashioned Christmas.



When the newest addition to the family is a puppy, a photo-greeting of the pup and his happy owner would be a great way to introduce him to your friends.

Actual case history photo: North Carolina Mutual agent Vander Purcell reviews the retirement policy of Reverend B.L. Curry and his wife, Alice.



"Now when you retire, we'll be able to get that little place we've always talked about."
"Or have an income for as long as you live."

We all look forward to a happy retirement. And your local North Carolina Mutual agent can help you plan for it. But since retirement is just one phase of your life, you need an insurance program that works for you no matter what your age. So we've got policies to help you achieve most any worthwhile goal. Whether it's security for your family, education for your children, or simply a plan to help you save money. Call your local North Carolina Mutual man today. And find out how we can help you long before you become 65.

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