

**The Greeks Had A Word For It: Protein**

The Greek word "protein," which means "first or primary," is an "in" word today. It's important to all of us because protein is part of every cell in our bodies. And, as with calcium, protein must be ingested daily because it can't be stored in the body.

Like school, there are all grades of protein. But high quality protein comes only from animal sources and contains amino acids which can't be manufactured or synthesized in a test tube. Meats, dairy products, poultry and fish are basic sources of this high quality protein.

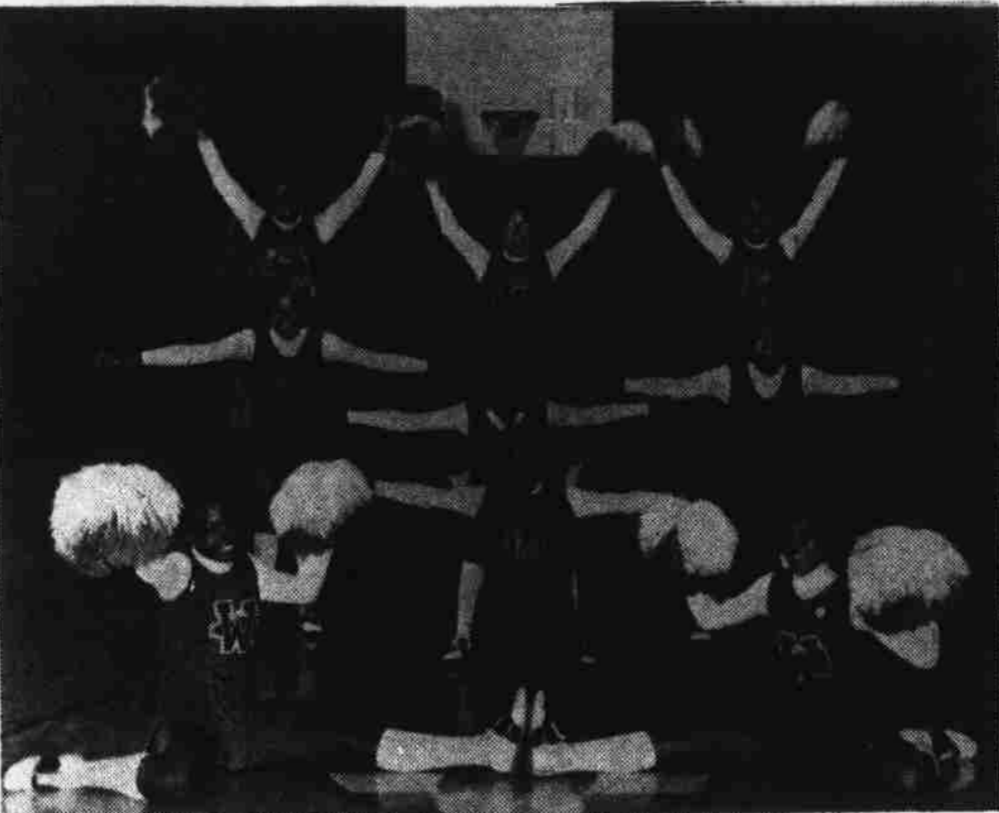
In our editorial opinion, protein is a thin sounding word and should be colored blue. High protein diets are more than a fad in the United States today, they're a way-of-eating life. But how can we maintain our proper protein level in the current inflationary period with the threat of "protein shortage" resounding around the world?

The best way is to rely on the Basic 4 Food Group to supply protein necessary for your family's health. Use bread crumbs and wheat germ to stretch ground meats into meat loaf; cottage and mozzarella cheese can supply the missing protein if you put less meat in the lasagna. Cheese can extend your food budget by replacing ounce for ounce some of the meat you're not eating.

Cheese and tomatoes will fill in for the missing meat in a spaghetti sauce. Milk and eggs can put protein power back into your French-toasted, low-on-meat sandwich. Or extend servings by adding peas, mushrooms, pimiento and white or cheese sauce to chicken-a-la-king or a tuna casserole.

Another tasty way to get your daily protein is to drink it. Two-thirds of a glass of milk provides the same amount of protein as an ounce of meat, poultry or fish. If you prefer, you can add milk, the natural food, with no trimming, peeling or waste, to cereals, canned soups or main dishes.

With pennies buying less, it makes good sense to shop comparatively for protein the same way you do for any other product. When you do, you'll find that with the exception of vinegar, milk is the lowest priced consumable liquid food of the 8,000 products found in your supermarket. Remember, the cast and players of the Basic 4 Food Scenario are the same. Only the protein roles have been changed to protect your food budget. The last word, Greek or otherwise, is protein.



**WHITTED JUNIOR HIGH SCHOOL CHEERLEADERS - SECOND PLACE WINNERS:** The Whitted Junior High School Cheerleaders placed second in their division at the Southeastern Cheerleading Workshop in Greensboro. This workshop was directed by the Dynamic Cheerleader Association, Kansas City, Missouri.

Over 30 squads competed in this event and the competition was very stiff. Each cheerleader received a Certificate of Honor.

In the dynamic field of youth leadership their Association is dedicated to the following goals.

\*To initiate exciting challenges in an effort to help cheerleaders attain their highest potentials.

\*To radiate a special spirit in effort to help cheerleaders develop increased enthusiasm and establish friendships.

\*To teach and share the most worthwhile and effective cheerleading techniques.

\*To promote self-improvement, insight, and dedication to the highest personal, as well as cheerleading standards.

Mrs. E. M. Johnson and Mrs. P. P. Cobb extend congratulations and thanks for such a fine performance and also for such a great representation of Whitted Junior High.

Left to right; Charlene Thompson, captain; Shawantha Sawyers, co-captain. Second row; Regina Washington. Third row; Sheila Owens, Cheryl Spann and Wanda Bullock. Forth row; Joyce McCollum, Cheri Waller and Yvonne Mitchell.

**USDA Lauds Programmer For Timely Suggestion**

WASHINGTON, Nov. 30—Mrs. Bertha E. Jackson, a computer programmer for the U.S. Department of Agriculture's (USDA) Foreign Agriculture Service, who congratulated Mrs. Jackson for "excellent work which has benefited us in FAS as well as the Department, the exporter, and the American farmer."

In addition to the certificate and a \$225 check from USDA, Mrs. Jackson was given an Outstanding Achievement and Administrators. The award was presented "in recognition of distinguished work in the United States Government, exemplifying in an outstanding manner the highest characteristics of public service through paperwork improvement and simplification."

Also receiving the award from the management association were Helene Patridge of FAS management, and Gerald Sheldon, market development, both members of a team assigned in 1971 to the task of automating the direct mailing of agricultural trade inquiries to U.S. firms.

In the summer of 1972, Mrs. Jackson suggested that a newly-developed computer form be used for the direct mailing inquiry. Based on this suggestion, a new processing procedure was developed and put into operation in May, 1973. Mrs. Jackson had "a significant part in the development of the overall system," an FAS newsletter said.

Mrs. Jackson began her federal career in 1942 as a GS-2 tabulator equipment

operator in the Treasury Department. She worked for 21 years with the Patent Office before transferring to Agriculture Department about three years ago.

She said this was her first suggestion in 30 years of government service. "I had an idea for one many years ago, but my supervisor talked me out of it," she smiled.

Mrs. Jackson rose from her GS-2 job to her present GS-11 post, which pays over \$15,000 annually, by working hard and taking training courses at every

opportunity. She studied computer programming at the USDA Graduate School and took other job-related courses during her 30-year career.

"I try to tell all the young people to go into Federal service," she said. "It offers many opportunities, but sometimes you have to look for them and always you have to prepare for them."

Her daughter, Brenda Kelley, a Howard University graduate, is an auditor in the USDA Office of the Inspector General in Hyattsville, Md.

**HOME FASHIONS**

As the interest in Americana, ethnic designs, classic casuals and the natural look continues, greater emphasis is being placed on detailing of home fashions. Denims, dots, gingham and patchworks are receiving attention via ruffles, border designs and delicate embroidering, says Mrs. Edith McGlamery, extension house furnishings

**specialist, North Carolina State University.**

**TAPE FASTENERS**

When washing garments or home fashions with Velcro tape fasteners rather than zippers or buttons, be sure to close the tapes before placing in the washing machine. This will prevent the tiny woven nylon hooks from picking up lint during laundering.

**CITY OF ATLANTA EXTENDS POLICE OFFICER AGE RANGE**

The age range for Atlanta Police Officers is now 20-38. High school graduation required. Vision 20/50 correctable to 20/30. Excellent starting salary \$722 - High school graduate. \$754 - 2 year's college. \$786 - college degree. Application process requires at least two trips to Atlanta. Apply: Personnel Department, City Hall Annex, 260 Central Ave., S.W., Atlanta, Ga. 30303

**LEGAL NOTICE**

The Annual Shareholders Meeting of the Mutual Savings and Loan Association will be held Tuesday, January 8, 1974 at 7:30 p.m. in the offices of Mutual Savings and Loan Association, 112 West Parrish St., Durham, N. C.

F. V. Allison, Jr., Secretary

**Williams Family Circle Guests at Xmas Oratorio**

Charles (Bobby) Alston, Jr., Minister of Music at the Enon Baptist Church of Edmondson Avenue and Schroeder Street in Baltimore, Maryland presented "The Christmas Oratorio" at the eleven o'clock service Sunday, December 9. The Oratorio was sung by the Sanctuary Choir of which Mr. Alston is Organist-Director.

A special invitation was extended the Williams Family Circle which Mr. Alston, formerly of Durham, is a member and thirty five members and friends of the Circle went from Durham to Baltimore by chartered bus to witness the presentation of The Oratorio.

Guests participants in the morning service included Mrs. Ruth G. Reeves, formerly of Durham who sang "O Holy

Night" as the Call to Worship and Mr. John H. Gattis, Organist-Director of the senior choir of the White Rock Baptist Church, Durham who accompanied the Sanctuary Choir as they sang "The Hallelujah Chorus." Other former Durhamites in the choir were Mrs. Vivian Scott Bennette, Mrs. Edith Scott Harrison, James A. Hill, Sherman M. Hill, Lloyd H. Ross and Mary W. and Richard W. Pindle.

A reception for the choir followed the morning service in the fellowship hall of the beautiful and spacious church.

Following the reception the Williams Family Circle and friends along with the minister of the church, Rev. Arthur J. Payne and Mrs. Payne were guests of Mr. Alston at a dinner

in a private dining room of the church. Ellis L. Allen, president of the Williams Family Circle expressed the joy and happiness the family felt in the fine contribution Bobby is making to the church and to the city of Baltimore. Bobby is Associate Professor of Music at Coppin College. Mrs. Alma Lassiter prayed the prayer for safety for all who would be traveling.

Family members and friends attending the service were: Mesdames Thelma Hill, Juanita Brown, Marge Turner, Plannia Harris, Rader Prince, Lettie Lassiter, Ethel Perry, Marion Alston, mother of Mr. Alston, Elizabeth Williams, Carolyn Williams, Bessie Wagstaff, Evelyn Nunn, Hattie Scott, Mable Lyons, Virginia Hill, Margaret Goodwin, Alma Lassiter, Misses Cloyce Lassiter, Edith Allen Terri Williams, Virginia Southerland, Susan Thornton, Mr. & Mrs. Ellis Allen, Mr. & Mrs. Thomas Bailey, Jr., Mr. & Mrs. Raymond Williams, Mrs. Sula Gilmore and children, Stephen and Apryl, John H. Gattis, Robert W. Bynum, and John A. Atwater all of Durham, Mr. & Mrs. Alfred Fisher and family of Columbia, Md., Mesdames Loretta Hill, Ina Carter, Lucille Jones, LaVerne Massenburg, a member of the circle, Frank Atwater, Kyle Rogers and Howard Bowles, a member of the circle all of Baltimore.

**PURPLE MARK**

Once again shoppers will find the round purple mark indicating meat has been government inspected. The earlier dye was discontinued due to questions regarding its safety. But a new dye -- violet # 1 -- has been approved by the Food and Drug Administration, says Mrs. Ruby Uzzle, extension consumer marketing economist, North Carolina State University.

**Head of Burlington Firm Arrested For Threatening Internal Revenue Official**

GREENSBORO--The president of a Burlington textile firm was arrested Friday (12-7) by federal officers after threatening Internal Revenue Service employees attempting to seize company property for non-payment of taxes.

John R. Owens, 37, president of Owens Textiles, Inc., Burlington, was taken in custody by Inspector John Larabee of the IRS's Greensboro Office of the Southeast Regional Inspector. Larabee was assisted by Deputy U.S. Marshal Joel Wetherington.

Owens was charged with threatening and intimidating Revenue Officers during an official seizure of company equipment for non-payment of employee withholding taxes owed the government. The alleged incident occurred December 6 at the Owens Textiles plant in Burlington.

Owens was taken to the Guilford County Jail following his arrest. He waived a preliminary hearing before the U.S. Magistrate on Saturday (12-8), and was released on his own recognizance pending trial.

**Helps Shrink Swelling Of Hemorrhoidal Tissues**

caused by inflammation. Doctors have found a medication that in many cases gives prompt, temporary relief from pain and burning itch in hemorrhoidal tissues. Then it actually helps shrink swelling of these tissues caused by inflammation. The answer is Preparation H. No prescription is needed for Preparation H. Ointment or suppositories.



**WINS FIRST PRIZE**—Claudie Dismuke, 19, Milwaukee, has won the \$150 first award in the 16mm category of the 1973 Kodak Teenage Movie Awards for a film on heroin entitled, "Junkie."



**FACE MURDER CHARGE**—ROMULUS, MICH.: Jerome Holloway, Geary Gilmore and Byron Smith (L-R) arrive at court in this Detroit suburb recently for arraignment on first degree murder charges in the kidnap-slaying of two small boys—Gerald Craft, 8, and Keith Arnold, 6. The boys who were abducted from in front of a Detroit home recently were found slain in a field in Romulus early.

Peace on Earth



"AND OF HIS KINGDOM, THERE SHALL BE NO END."

MAY PEACE AND JOY BE YOURS THIS CHRISTMAS TIME AND THROUGHOUT THE NEW YEAR, AND THE BLESSINGS OF THE CHRIST CHILD BE WITH YOU ALWAYS...

**Durham & Southern Railway**