

INFOGRAMS

BY MARY WHITMORE HOME ECONOMIST AGRICULTURAL --EXTENSION OFFICE

YOUR FAMILY'S HEARTS - HOW TO KEEP THEM HEALTIIY

In 1970, some 666,000 Americans, of whom about 171,000 were under the age of 65, died of coronary heart disease (CHD) and many more were disabled by the same disorder. In North Carolina, over 9,000 people die each year from CHD. Experimental and clinical studies have identified a number of 'risk factors" associated with susceptibility to CHD. Though there are no guaranteed ways to prevent CHD at this time, it is important that you be aware of the risk factors. Perhaps the most important factor for you to be aware of is that the group most susceptible to CHD is the male, 45-64 years of age. This means that many of your husbands, fathers and friends are in or will soon be in this high risk group. Though there is nothing you can do about sex or age, there are steps that you can take to try to reduce conditions that contribute to the other risk factors associated with CHD.

A well-known magazine featured an article a few years ago entitled,"Ways to Murder Your Husband". Some of the sure ways mentioned were pump him full of alcohol, keep him sitting down, salt his food liberally, keep the coffee pot going, keep cigarettes handy, don't let him sleep at night (insist on watching the late show), nag him often, feed him sweets galore, feed him lots of fats, especially highly saturated ones, be sure he never has a Angola. vacation, and be certain he is overweight. Remember your job will be easier if he is a diabetic, has high blood pressure or has a CIA is not involved in the history of heart disease in the family.

These may sound humorous, but many of our day to day health and food habits make us high risk potentials for coronary heart disease. Some recommendations for keeping hearts healthy

1. Have yearly physical checkups to detect high blood pressure, high blood cholesterol and triglyceride levels and irregularities in glucose tolerance test, which might indicate

Follow doctor's instructions if any problems are detected; a checkup may be especially crucial for those persons with a family history of CHD.

- 2. Maintain desirable weight.
- 3. Exercise regulary and at a moderate rate.
- 4. Reduce as many of the daily stresses of life as possible. 5. Reduce smoking and drinking.

6. Eat a well balanced diet that includes the recommended amounts of nutrients.

These are no drastic changes or complicated food preparations, but just a few foods you could eat less of and a few changes you may have to make to reduce risks of heart disease. Among these are cutting down on foods high in cholesterol, reducing comsumption of fats and replacing a great percentage of fat that is saturated (solid at room temperature) with fat that is polyunsaturated. To limit intake of saturated fats:

* Fat fish, poultry and veal more often than beef, lamb or

- * Select lean cuts of meat and trim off visible fat.
- * Eat less bacon and sausage, cold cuts and franks. * Avoid deep fat frying, especially with solid fats.
- * Use margarine and vegetable oils that are highly
- polyunsaturated, instead of butter and animal fats. * Substitute skimmed or low-fat milk for whole milk and
- cream; sherbet and ice milk for ice cream.

* Ear fewer commercial baked goods and mixes containing whole milk and eggs.

HAPPY HEART'S DAY!!!

Yes, We All Talk

By Marcus H. Boulware

THE VOICE EFFECTIVE USE OF

The public speaker does not have to use articifial voice tricks. If you become excited you will shout. It this is your habit, fine. If it is not, then it is wise to use such an approach when speaking in public. (For instance, Oral Roberts does not become excited when delivering a sermon.)

The quality of a public speech is not measured by the quantity of sound. A forceful statement, spoken quietly, sincerely, and slowly, can be more powerful than the loudest outburst of words.

You can be effective, if your voice is adequately loud, clear and distinct, the pitch or tone of voice is suitable for ones age and sex, and the utterance is suitable to the meaning the speaker desires to impress upon the listeners.

Give your points a chance to impress themselves on the listeners. Even if you are a rapid talker, pause, pause after a sentence or a significant passage. Enlarge your vocabulary, for it equips you for all kinds of speaking.

READERS: For my Bibliography on Snoring, send three 13-cent stamps to M. H. Boulware, 430 Mercury Drive, Tallahassee, Florida 32304.

The Helping 5108.4 Million Grants **Hand Club Holds Meet**

The Helping Hand Club of Bell Yeager Freewill Baptist Church had their annual New Years' Dinner the first Sunday in February at the home of Mrs. Cora Allen, 53-C Cooper Street.

Mrs. Queen Johnson, president, was assisted by Mrs. Annie Lee, vice president. Mrs. Pinkie Riggsbee, secretary, Mrs. Pauline Carter, treasurer, Mrs. Flora Burton, program committee chairperson, Deacon Arthur Burton, Chaplin. Also attending was Mrs. Charlotte Rogers, Nathaniel McLaughlin, Mrs. Mary Richmond, Mrs. Lela McMillian. Mrs. Cora Allen served as hostess.

The next meeting will be at the home of Mrs. Lcla

Henry Kissinger Alludes Angola

Question

Following the Congressional ban on secret U. S. aid to UNITA and FNLA, Henry Kissinger, in testimony before the Senate Foreign Relations Committee, said that the Ford Administration ' is now seriously considering overt financial aid"to the two groups.

Kissinger claimed that there are now 11,000 Cuban troops in Angola, and said that "it is the first time that the U.S. has failed to respond to Soviet military moves outside their immediate orbit." Kissinger also said this was "the first time the Congress has halted the the process of meeting that kind speaker for the Annual the past fiscal year. The of threat," despite the fact that Congress eventually cut off funds for the war in Indochina.

Following the hearings, the The public is invited to screening and treatment Senate passed the Military Aid attend. Bill which contained a provision prohibiting military aid for

Kissinger testified that the recruitment of mercenaries in Angola, but when asked by Senator Charles Percy if U. S. funds are being used directly or indirectly to recruit American mercenaries, Kissinger answered. "it depends on how you define indirectly."

Voorhees Prof Selected From Inter'l Scholars

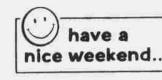
DENMARK, S. C. - Dr. Leland C. Barrows, Associate Professor History on the Voorhees College faculty has been one of several selected scholars from countries throughout the world to publish specific works at the Hoover Institution at Stanford University (California).

Dr. Barrows won a grant last summer to prepare several articles for the institution. He has recently returned to the Voorhees compus after completing 5 weeks of writing articles entitled 'Faidherbe (Governor of Sengal: 1854-1965), for an anthology on "Colonial Governors of Occupied Africa." Another dissertation, "General Faidherbe, the Maurel and Prom Company and French Expansion in Sengal, Africa" will be published by the Hoover Institution Press.

His other current work is: "A Study of the Influence on the French Army of Colonial Warfare in Africa in the 19th and 20th Centuries". This is a preliminary article for a colloquium schedule to be published by UCLA Press. This was a part of a UCLA seminar entitled 'Double Impact: France and Africa During the Era of Imperialism.'

The 33 year-old professor teaches History of Africa Since 1800; Social Institutions; American History and Seminar in European History at Voorhees College while continuing his writings for various professional journals in the United States and abroad.

Dr. and Mrs. Barrows live in Orangeburg.





CRADLE ROLL CALL

reported to the Durham County Health Department during the and Evelyn Tew, girl; week of February 2 through February 7:

The U.S. Department of

Commerce's fiscal year 1975

investment in minority

business development,

including procurement and

Office of Minority Business

Enterprise (OMBE) grants and

contracts, reached \$108.4

Roland and Cheryl Gee, boy; Roy and Elaine White, girl; Richard and Marsha Taylor, boy; Lemmic and Shelly Carroll, boy, Danny and Mary Roberts, girl;

The following births were and Jeannie Ellis, boy; George and Lois Walters, girl; Modric

Richard and Mary Every, boy; Norman and Doris Epps, boy; Douglas and Rita Tyson, boy; Ilonda and Debra Craige, girl; Robert and Mariana Cole. boy; Gary and Christine Champion, boy; Gerald and Elwood and Alice Murphy, boy; Nancy Serwer, girl; Charles and Michael and Frances Allison, Holly Rose, boy; Hubert and girl; David and Esperanza Deborah Hawkins, boy; William Sanchez, boy; Wallace and and Shirley Keith, boy; Bobby Jewell Yarbrough, boy; Albert and Mary Matthews, boy; and and Phyllis Blalock, boy, Roy Isaac and Carolyn Williams, girl.



DAVID T. FLAHERTY

GUEST SPEAKER

David T. Flaherty, Secretary of the North Carolina Department of Human Feb. 15 at 11:00 at Union 144,700 young people in Baptist Church, 904 N. Roxboro North Carolina are eligible Street

Card of Thanks

Helen A. Wade wishes to With Dependent Children emergency. express its sincere thanks to are eligible, as well as, and great grandmother. May disability. God bless all of you.

North Carolina Family of Mrs. Helen A. Secretary of Human

program.

All children under 21

Resources David T. Flaherty voiced concern in Raleigh this week over the lack of participation in the EPSDT program.

RALEIGH - Less than

one-third of the eligible

young North Carolinians

are taking advantage of a

free comprehensive health

Medicaid program.

Less Than One-Third North Carolinians Are Taking

"All of us know that screening, diagnosis and children are our greatest treatment program offered resource. EPSDT through the state's strengthens that resource by offering a practical and The Division of Social humanitarian method to Services of the N. C. prevent needy children Department of Human from being handicapped Resources reports that by conditions that could only 43,805 youngsters under 21 years of age were lead to chronic and disabling ailments later in screened by the Early and Periodic Screening, their lives. Health experts Diagnosis and Treatment estimate that more than Resources will be the guest program (EPSDT) during one-half of these handicapping conditions in Brotherhood Service, Sunday, Division estimates that children can be prevented or corrected by early health care," Flaherty for this free health stated.

"It is readily understandable why medical attention is not a poor family's first priority. years of age in families The family of the late Mrs. receiving Aid to Families unless it is a serious

We have both a moral their many friends and other children in families and an economic neighbors for their kind that have been denied the obligation to assist these thoughts, deeds, floral tributes, support of one or both children without financial during the illness and death of parents because of absence means. We are faced with a their mother, grandmother, from the home or choice of helping them realize a life of achievement or a life of being handicapped by

is a simple choice when pays 68.03 percent of the the ultimate costs are cost and the remainder is compared. Basically, we shared by state and county are concerned with doing governments. what is right. At the same time, we have a strong screening program, belief that preventive care. Flaherty said that of the especially for children, is 43,805 youngsters who

emphasized. screening and treatment, or private physicians

Advantage of Free Health Program of Medicaid disability and disease. This The federal government

Citing the value of the the most effective way to were screened last year, deal with this massive 17,924 needed treatment,

problem." Flaherty The EPSDT program in North Carolina is He also stated that it's a administered by county shame that over 100,000 social services eligible youngsters in departments. The actual North Carolina are not screening is given by getting this health county health departments



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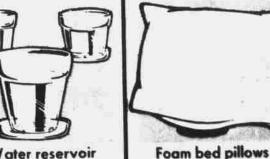
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