

Study Of Teen-age Diet Shows Benefits From Use Of Vegetable Fats

growing teen-agers show better improvements on a top-quality diet containing substantial amounts of vegetable fats.

This is shown clearly by results of a nutrition study conducted recently at Texas State College for Women under the direction of Dr. Pauline Berry Mack.

One hundred and twenty-two teen-age college girls who volunteered for the study proved that better looks, greater energy and proper weight can be enjoyed by teen-agers who faithfully follow a sound diet in which fat accounts for about one-third of the calories.

Conclusion Reached
After careful analysis of exhaustive medical-nutrition tests given students participating in the study, these major conclusions were reached:

1. Fat does not necessarily make you fat.
2. The right kind of fats help improve skin beauty.
3. Generous amounts of fat increase energy and vitality.
4. Bone mineralization improves with the intake of Vitamin-A rich fats.
5. Diets high in Vitamin A help produce good red blood.
6. Vitamin A builds increased resistance to night blindness.

Four Diet Groups
The student volunteers were placed on a carefully controlled, top-quality diet for an entire school year. Fat was varied from moderately high to low in four diet groups, all with the same basic diet except for fats.

To control the fat content of the diet, all visible fats were first eliminated. Certain fats were then put into the diet in carefully measured amounts. (The same brands were used all the time so there would be no change in quality).

Diet Choices
The highest fat diet contained vegetable shortening for all baking and frying. It also contained margarine as a tablespread and vegetable seasoning.

Another diet eliminated margarine, but contained foods prepared with vegetable shortening.

One of the low fat diets contained margarine, while the lowest fat diet omitted both margarine and shortening.

30-35% Fat Pays Off
Results of the Texas study proved conclusively that a top-quality diet with fat contributing 30-35% of the total calories pays off for teen-agers in better health, weight control, skin beauty and many other factors so important to this age group.

The diet study was conducted at TSCW on a grant-in-aid from Lever Brothers Company.

EXCHANGE STUDENT TO STUDY FARM OPERATIONS
(Continued from Page One)

their experiences with youth groups, rural organizations, and civic organizations in Argentina.

Since the beginning of the project in 1948, 629 delegates from the United States have participated and 659 farm youths from other countries have visited the United States under the IFYE program.

BIBLE SCHOOL CLOSES
A vacation Bible school closed at Bay Branch Church July 27 after a successful week. Teachers were Mesdames Mammie Hurdle, Isetta Hollowell and Marian Frierson, and Misses Virginia Parker and Bertha Rumber. Mrs. M. B. Frierson was

This man can give you dependable delivery of THE CHRISTIAN SCIENCE MONITOR
an international daily newspaper

Housewives, businessmen, teachers, and students all over the world read and enjoy this international newspaper, published daily in Boston. World-famous for constructive news stories and penetrating editorials. Special features for the whole family.

Mr. and Mrs. Burton Myers and son, Gary of Wilmington were week-end guests of Mr. and Mrs. W. T. Smith. They left Monday to spend the week at Nags Head.

Airman Jay Winslow White and Friend of Charleston, S. C., were Sunday visitors with his grandparents, Mr. and Mrs. L. J. Winslow.

First Sunday in September Rally and Promotion Day will be observed at Piney Woods Church.

Mrs. Sylvia Copeland and daughter, Sylvia Rae are spending this week with Miss Lucy Lamb at Media, Pa.

Mr. and Mrs. J. M. Copeland and Miss Olive Layden, accompanied by Mrs. Harmon Young and three sons of Tampa, Fla., spent Thursday as guests of relatives in Portsmouth, Va. On Saturday they visited with Mr. and Mrs. J. A. Copeland and family of Petersburg.

Freda Stallings of Hobbsville spent last week with her grandparents, Mr. and Mrs. J. Hurdle.

Mary Lee and Peggy Jane Ballard of Portsmouth, Va., are visiting their uncle, Thurman Riddick, and family.

The N. W. Chappell family and Mack White and family spent Sunday at Nags Head and Manteo.

COLONIAL DIVIDENDS
Regular quarterly cash dividends of 50 cents and 62½ cents on preferred 4 per cent and 5 per cent stock respectively and a 27½ cents dividend on common stock was announced at Colonial Stores Incorporated's headquarters here following a meeting of the Board of Directors in Columbus, Ohio. The dividends are payable September 1 to shareholders of record August 27, 1956.

The directors met in Columbus in order to visit and tour the recently opened large, modern warehouse which provides 250,000 square feet of space. A visit to several typical supermarkets operated by the Albers Division of Colonial Stores was also made at this meeting.

the director. A total of 71 children were enrolled at the school.

BURGESS NEWS
Joe Ward Proctor is spending the week at camp on White Lake with the FFH.

Mr. and Mrs. J. B. Basnight attended homecoming at New Hope Church Sunday.

Mrs. Winston Lane and Annie Lou Lane went to Raleigh Wednesday.

Mr. and Mrs. Kenny Woolwine and Mrs. W. W. Hanbury of Norfolk, Va., were week-end guests of Mrs. V. L. Proctor. They attended the Watson-Proctor wedding.

Bob Overton spent Wednesday with his mother and father, Mr. and Mrs. Ed Overton.

Mrs. Winston Lane, Jr., was called to the bedside of her mother, who had suffered a severe heart attack.

Those spending the week-end with Mr. and Mrs. Josiah Proctor and attending the Watson-Proctor wedding were Mrs. Annie Law, Mr. and Mrs. Clarence Watson, Sr., Bobbie Zelinsky and Donald Hawksworth of Nanty-Glo, Penn.

WHITESTON NEWS
Mrs. Clinton Winslow, Mrs. Lynwood Winslow and Miss LaClaire Winslow spent Friday in Norfolk, Va. While there they visited Miss Gwendolyn Davis, who is to be LaClaire's roommate at Guilford College this winter.

Those attending N. C. Yearly Meeting at Guilford College this week from Whiteston are the Rev. Orval Dillon, Ina Lane, Joannie White, Pearl White, Waldo Winslow, Mr. and Mrs. Arba Winslow, Mr. and Mrs. Merrill Winslow and family and Mr. and Mrs. Lynwood Winslow and LaClaire Winslow.

Mrs. Ralph White is improving after undergoing treatment at the Albemarle Hospital.

Speaking About Time
"Pardon me, but have you the correct time?"
"Don't keep any artificial time, mister, it's just milkin' time, and I don't pertain to be any statistician. If you're a city daylight savin' man you kin do your own addin', subtractin', or multiplyin'."

TOP YOUR SHOPPING LIST WITH... 2

WALL-SATIN
Benjamin Moore & Co.

• Tough Film \$5.25
• Washable
• Quick Drying GALLON
PHONE 5401
HARRIS
Plumbing - Building
Supply Company
HERTFORD, N. C.

TRY A WEEKLY CLASSIFIED Ad... Get Results!

POSITION OPEN
The position as assistant to the Clerk of the Town of Hertford is now vacant.

Applications, to fill this position, will be taken at the Clerk's office at the Municipal Building in Hertford up to five P. M., Monday, August 13, 1956.

Applicants are requested to apply by letter, giving age, clerical experience and list former employment.

Town of Hertford

IT WILL PAY YOU TO CHECK NATIONWIDE LIFE INSURANCE FIRST

For Full details - No obligation - Call or drop a card

CLYDE LANE
PHONE 4186 HERTFORD

NATIONWIDE
LIFE INSURANCE COMPANY
HOME OFFICE - COLUMBUS OHIO

Try A Weekly Classified Ad... Get Results!

They're Switching to Chrysler at a Record Rate!

WE ARE PROUD OF THE INCREASING NUMBER OF COMPETITIVE CAR OWNERS SWITCHING TO CHRYSLER. THE PERCENTAGE OF BUYERS SWITCHING TO CHRYSLER FROM THE SIX MAJOR COMPETITORS IN OUR PRICE RANGE IS UP 48.9% OVER 1955.

THE YEAR AHEAD CHRYSLER
Biggest buy of all fine cars

TOWE - WEBB MOTOR COMPANY, Inc.
Hertford, N. C. Phone 2411
DEALER'S FRANCHISE NO. 1690

WHY YOUR CHILD SHOULD BE VACCINATED AGAINST POLIO NOW!

Vaccine given in July and August will prevent paralytic cases and even deaths in August and September.

PUBLIC HEALTH SERVICE REPORT FROM 22 STATES AND NEW YORK CITY IN 1955 --

UNVACCINATED	29.2 cases per 100,000
VACCINATED	6.3 cases per 100,000

GET YOUR POLIO SHOTS AS SOON AS YOU CAN... CONTACT YOUR DOCTOR OR PUBLIC HEALTH OFFICER NOW!

THE NATIONAL FOUNDATION FOR INFANTILE PARALYSIS

EVERY U. S. NATIVE SHOULD KNOW TELEPHONE SERVICE IS FASTER, TOO - WHEN YOU KNOW THE RIGHT NUMBER

Every U. S. native should know telephone service is faster when you call by number. Why not keep a list handy of the numbers you call most frequently. You'll be surprised how this speeds up your telephone service.

THE NORFOLK & CAROLINA TELEPHONE & TELEGRAPH COMPANY
R. City - Edenton - Manteo

HEY, KIDS! SCHOOL OPENS SOON!

Get A Bicycle For Transportation Made By Columbia

YES... a bike will provide quick, safe trips to and from school. It's great for errands before and after school, too!

See Our Bikes For Boys and Girls

WE ALSO HAVE BICYCLE ACCESSORIES
Tires Tubes Baskets Saddles
Seat Covers Pedals Axles
Lamps Bells Hand Grips
Chains-Handle Bars-Pumps

COME IN TODAY AND SEE OUR COMPLETE LINE OF BICYCLES AND ACCESSORIES!

Easy Terms On Bikes If Desired

Hertford Hardware & Supply Co.
"Trade Here and Bank the Difference"
PHONE 3461 HERTFORD, N. C.

Everything For Fishing

Here are the rods and the lures that are getting the big ones this year! Everything to make fishing lots of fun—with more fish at the day's end...

WE HAVE YOUR NEEDS NOW

RODS—REELS—BAITS—LINES
HOOKS—CORKS—SINKERS—POLES
TACKLE BOXES—MINNOW BUCKETS
LAND NETS—MINNOW SEINES
BOAT SEATS AND CUSHIONS
LIFE PRESERVERS—SPORT CAPS
THERMOS BOTTLES—THERMOS JUGS
OARS—PADDLES

Get Our Prices!
WE ALSO SELL FISHING LICENSES AND PERMITS.

Hertford Hardware & Supply Co.
PHONE 3461 HERTFORD