

Having A Wedding?
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Photographer

Best Source Of Vitamins Is Food

RALEIGH — The most reasonable source of vitamins is food, not pills or other types of supplements, says Mrs. Marjorie Donnelly, extension nutrition specialist, North Carolina State University.

A diet selected from a variety of foods supplies all the nutrients a person normally needs, she

notes. Unless prescribed by a physician, vitamin supplements aren't usually necessary and are needless expense. The exception might be during pregnancy or nursing when a physician may wish to supplement the mother's diet with extra vitamins and minerals.

A physician might also suggest a vitamin C and D supplement for a nursing infant. However, infants on commercial formulas or formulas based on whole cow's milk should receive adequate amounts of vitamin D, Mrs. Donnelly adds.

The body won't store many vitamins. It uses only the nutrients

it needs and the excess is wasted. However, vitamins A and D are stored in the body. Therefore, high potency vitamin supplements, containing large amounts of A and D may actually be harmful, especially when given to children.

Why are vitamin and mineral supplements so widely promoted? Some persons are more apt to believe that their malnutrition is due to depleted soil or improper food processing than to their faulty diets.

These are not facts, but fallacies. The American food supply is unsurpassed in volume, variety and nutritional value, notes Mrs. Donnelly. In fact, most Americans can be well-nourished if they give a little thought or plan to wise food selection, she points out.

Many foods, such as milk, flour, margarine, most ready-to-eat cold cereals and infant formulas are enriched to supply ad-

supplements. For much less money, you can get all the nutrients you normally need from the common foods in your daily diet.

The 1970 population census will be made largely by mail, according to the census bureau. Forms will be sent to homes to be filled out and returned. Previously door-to-door calls were made to gather the data. A few personal calls will still be made, however.

THIS IS THE LAW

WITNESSES TO WILLS

How many witnesses are required to sign an attested written will in North Carolina?

Two. Lawyers frequently insist upon three, because there are a number of states which require this number of witnesses and the lawyers want their clients to leave wills that will be valid in all states.

A will executed in North Carolina may need to meet the formal requirements of another state either because it affects real estate located there or because the testator changes his domicile after the will is drawn and dies in another state without having executed a new will.

Must the attesting witnesses read the will or know its contents?

No.

Must the testator sign his name in the presence of the attesting witnesses?

No. In North Carolina it is not necessary that the testator sign his will in the presence of the attesting witnesses, but if he does not do so he must acknowledge to them his signature previously affixed thereto.

Must the attesting witnesses sign after the testator has signed?

Yes. There must be a signature to attest before there can be an attestation. Until the testator has signed, there is no will to attest.

Must the attesting witnesses sign the will in the presence of the testator?

Yes. The testator must actually see or be in a position to see not only the attesting witness but also the will itself at the time the witness signs it. The testator is not required to look at the witness, but his view must not be obstructed.

Must the attesting witness be an adult?

No. Although a person less than twenty-one years of age cannot make a valid will on his own, he may be attesting witness to the will of one who is an adult.

In North Carolina a person competent to be a witness generally in this State may act as a witness to a will.

Is a beneficiary under the terms of a will a competent attesting witness?

Yes. But competent lawyers never allow a beneficiary under a will to act as an attesting witness. There is a mighty good legal reason for this.

If there are not at least two other witnesses to the will who are disinterested, the interested witness and his spouse and any one claiming under him takes nothing under the will, and so far only as their interests are concerned the will is void.

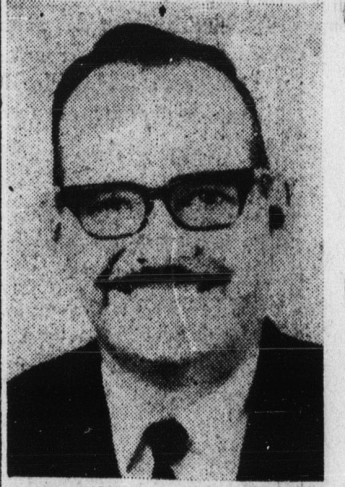
The important thing to remember is that if either you or your spouse is given anything under a will, don't either of you become an attesting witness to the will. If either of you do, neither will get anything under the terms of the will.

Scientists agree all fish have a sense of smell, but some are more sensitive to odors than others.

Hunters in Hawaii seek wild boar as a major sport. Some are as big as 300 pounds.

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 - Boneless Thighs..... 49¢
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