

Teen Topics



IN NEW BERN TODAY

We are glad to see our New Bern High school majorettes participating competition on a State level. Win or lose, it's a wonderful way to gain experience and compare the quality of your twirls with other baton wielders.

August is a long way from New Year's Day, but the time is here to make some resolutions. We should plan to make the next nine months all that they ought to be in our classrooms. After all, we're doing ourselves a favor when we get the best education possible.

It is wise to give a great deal of thought to the courses we select. Most of us are hoping to go to college, and our plans should be made on a long-range basis.

No one wants to study all the time, and pass up the extra-curricular activities at our school. We need both to become well rounded individuals. You can accomplish a great deal scholastically and otherwise, if you make good use of your time. After all, all of us have the same number of hours in a day.

Are you keeping a scrapbook? Unless you preserve the newspaper clippings and sentimental keepsakes that are dear to you, they will be misplaced or lost forever. Don't let them get away from you. These things become doubly precious in later years.

We think it's a nice idea too to have an autograph book. Usually we get a lot of autographs from friends to go into our yearbooks, but it's also fun to have a small, handy autograph book that's filled with the signatures of fellow students, special adult acquaintances, and—if we're lucky—a few celebrities.

Plan now to attend every football game this year. Give the Bears your full support, and get your voice in good rooting condition.

Top Ten Tunes In New Bern This Week

1. Three Bells — The Browns.
2. There Goes My Baby — Drifters.
3. Sea of Love — Phil Phillips.
4. Lavender Blue — Sam Turner.
5. A Big Hunk of Love — Elvis Presley.
6. Sleep Walk — Santo Johnny.
7. What'd I Say — Ray Charles.
8. I'm Gonna Get Married — Lloyd Price.
9. My Heart's An Open Book — Carl Dobkins.
10. Broken-Hearted Melody — Sarah Vaughan.

THAT DAY —

(Continued from Page 1) hood continue to plague Junior throughout his school days. It isn't a pleasant prospect, but it must be faced nonetheless.

This morning, however, the thing that really counted was that at long last 431 boys and girls saw their dream come true. They weren't little any more. They were big—big enough for the first grade.

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IT'S HIGH SCHOOL NOW—Jean Gosnell seems almost wistful, as she takes a last look at vacation and thinks about studies. Today's Mirror Maid is a freshman at New Bern high, and quite proud of it.—Photo by Billy Benners.

MASONIC
SUN. - MON. - TUES.

Alec Guinness who, because of an extraordinary resemblance to another man, has been tricked into taking over the latter's identity, finds that he also has "inherited" his mistress, Nicole Maurey. This is one of the suspenseful situations in MGM's "The Scapegoat," film version of Daphne du Maurier's best-selling novel. Bette Davis co-stars.

HINTS TO HOMEMAKERS

(Continued from page 6) wine poured over the fruit will impart a delicious flavor. You will find this makes a perfect salad or dessert. When served as a salad, you may like to place a scooped-out cantaloupe shell in the center of your melon bowl and fill with creamed cheese, to which you have added a little salad dressing, freshly ground nutmeg, and sweetened with honey. This should be blended into a smooth cream.

The diet of an older person should be watched carefully to be sure it includes good quality protein foods like milk and meat to protect them against anemia, vitamin deficiencies and so forth. Nutritionists recommend that older people continue to use a

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moderate amount of milk—about two glasses a day. Milk is a

Keep Your Head After Accident

By Martha Johnson
Dodge Safety Consultant

REMEMBER these important rules if you're ever involved in a traffic mishap:

- Notify police or highway patrol.
- Don't panic. Keep calm. It will help set the pattern for others involved.
- Give first aid to the injured. Don't move them.
- If your car can be moved, drive it off the highway, but don't leave the scene.
- Exchange name and address, license number and name of insurance company with the other driver.
- Get names and addresses of witnesses.
- Make notes of pertinent details that may be useful later.
- Don't admit liability to anyone. Don't sign anything. Leave it to the legal authorities to decide who is at fault.
- When released by the police, have your car towed to a garage if repairs are necessary.
- Call your insurance company and give them the facts.

source of good quality protein, a moderate amount of calcium and a very good supply of riboflavin.

A balanced diet for older people should be composed of meat, milk, yellow and leafy vegetables, fruits and a moderate amount of cereals and breads. This group should not let themselves fall into the all-too-common habit of nibbling biscuits, cakes and other sweets and then not having an appetite for the foods they should get each day.

We have brought out this point before in this column, but we believe it is worth bringing up again, and it is—that the worst diets are found among the very poor and the very rich. People with extremely low incomes and a low level of understanding of nutrition tend to eat too much of the dry, staple foods that are high in starch.

In the upper-income groups they tend to eat too many sweets and starchy foods because they taste good. Children in this group always have plenty of spending money and they usually eat the wrong things, too.

Good nutrition is most often found in the upper-middle class of families where the homemaker is intelligent and interested enough in good nutrition to take pride in providing balanced meals for her family.

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