



Teen Topics

By CHERYL SMITH

Congratulations Jimmie Meredith



On Your Recognition
Last Night as Teenager
of the Year by the New
Bern Junior Chamber of
Commerce



VICTORY SMILE—Spencer Gaylord, who coaches New Bern High School's J.V. basketball team, is a happy man these days. His youngsters have done well in early stages of the current campaign.—Photo by John R. Baxter

Nutritional Needs Remain the Same For All Children, But Amounts Vary

From infancy through life, your child should have nutritious feed but remember that food likes and dislikes vary. Don't make an issue of the way your child eats--all children are not cut by the same pattern.

Mrs. Rachel Ferguson, nutritionist for the N. C. Agricultural Extension Service, says nutritional needs remain the same--proteins, vitamins, minerals and calories are always needed--but amounts vary with the child.

"Children like simple foods instead of rich, elaborate sauces or a mixture of foods," she says. "They like color in foods such as bright colored fruits, vegetables and desserts."

Some of their other "likes" include mild flavored foods--leave of spices, herbs, pepper-foods easy to eat--cut in bite size pieces, chopped or mashed to be easy to handle and to chew: finger foods--meat cut in bite size pieces, small pieces or strips of fruits and vegetables; small servings and second helpings--the sight of large servings often takes the appetite: a surprise in food--like a piece of fruit in the bot-

tom of a custard cup; new foods, one at a time--the taste for new flavors has to be developed; the feel of food in the mouth--crisp, raw vegetables, chewy foods.

"The child-family meals will be influenced by the age and growth needs of the child, the activities and food needs of the adults, family customs, income, climate and the season of the year," adds Mrs. Ferguson. "For good health, all members of the family need to eat each day: proteins, minerals, vitamins and carbohydrates. No single food furnishes all these nutrients so well-balanced meals should be served."

Top Ten Tunes In New Bern This Week

1. Telstar--Tornados.
2. Go Away Little Girl--Steve Lawrence.
3. Limbo Rock--Chubby Checker.
4. Bobby's Girl--Marcie Blaine.
5. Return To Sender--Elvis Presley.
6. Hotel Happiness--Brook Benton.
7. Pepino The Italian Mouse--Lou Monte
8. Big Girls Don't Cry--Four Seasons.
9. Tell Him--Exciters.
10. My Dad--Paul Petersen.

Looking Glass--

(Continued from page 1)

When all of His friends and disciples had fled--
Even Peter, the one called "the Stone".

And, oh, I am sure that little black dog
With a heart so tender and warm,
Would never have left Him, to suffer alone,
But creeping right under His arm,
Would have licked those dear fingers in agony clasped,
And counting all favors but loss,
When they took Him away, would have trotted behind
And followed Him up to the cross.

It takes two to make a bargain, but only one gets it.

By the time some writers discover they have no talent, they are too successful to give up their literary efforts.

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