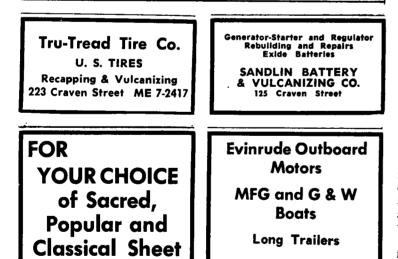
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THE NEW BERN MIRROR, NEW BERN, N. C.

Friday, January 18, 1963

I een Toppics 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-- 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

l. Telstar--Tornados.

2. Go Away Little Girl--Steve Lawrence.

Limbo Rock--Chubby
Checker.
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.

> For Top Tunes by Your Favorite Recording Stars YOUR TEEN-AGE MUSIC CENTER IS

HAWKS Radio & Appliance Co.

327 Middle St.

Don't Forget Your Week-End Special

