



A FAMILY AFFAIR—The Thompson family has a large part in the epic story of the Cherokee Nation "Unto These Hills." Three generations of the family have important roles in the drama, which plays nightly except Mondays at Mountainside Theatre, and two of them have appeared in the show since it opened. Arsen Thompson (center) has filled the role of Elias Boudinot since 1950. His son, Jeff (left) has portrayed "White Path" since 1952. Arsene's grandson, Robert, joined the cast in 1953 and has the part of "Tsali's second son." He is also a dancer in the well-known "Eagle Dance," a highlight of the show. Arsene's daughter and granddaughter, too, appear in several scenes of the Cherokee Drama, along with 45 other members of the Eastern Band of Cherokee Indians. Director Harry Davis states that the veteran Cherokee actors are very capable and do much "to bring the play together" quickly during the short rehearsal time which they have each June. They are descendants of the Indians who actually lived the tragic "Trail of Tears," and their realistic performance instills in our newer actors the basic emotion of this page of American History.

Day of Medicine Man Not Gone in the U. S.

The health and pocketbook of the American public are being severely cheated by the

modern-day medicine man--the self-styled nutritionist and the quack.

"The age of the medicine man is not behind us, but it is still with us," said Mrs. Elizabeth D. Whitlock, consumer consultant with the Food and Drug Administration.

"The American public is wasting at least \$1 million a year on falsely promoted, worthless or dangerous products or methods of treatment of disease," she told a group of women attending Home-maker's Week at North Carolina State.

Mrs. Whitlock observed that Americans constantly are bombarded with hypnotic spiels on radio, television, newspapers, magazines and from door-to-door salesmen.

These spiels are directed at the attentive years of Americans who have become "health conscious, diet conscious, weight conscious, vitamin conscious, mineral conscious, fat conscious and protein conscious."

"Yet, the consumer doesn't have sufficient knowledge to distinguish between sound medical and nutritional advice and the false and misleading claims of the promoter or advertising expert," she added.

Special foods and food supplements are being used by many healthy, well-fed Americans who actually have no need for them. Many times they abandon a sound nutritional diet when they succumb to the false claims, Mrs. Whitlock asserted.

"If people consume a variety of foods, there is ordinarily no special need for extra vitamins, minerals, proteins, polyunsaturates, lipotropic

factors, amino acids, etc., and, as is generally true, overeating is likely to be more of a problem among those past 65, than undereating," to whom much of the nutritional nonsense is directed.

Mrs. Whitlock urged that consumers be on guard against the four common myths of nutrition, described as the hallmarks of modern food quackery. These four are:

1. All diseases are due to faulty diet. This is a false proposition.

2. Our foods are nutritionally inferior because our soils have become impoverished through long use and because chemical fertilizers have 'poisoned' the land. This likewise is a false proposition that has been scientifically disproved.

3. Commercial food processes destroy the nutritional value of foods. The truth is that while processing reduces the nutritional value of some foods, it preserves nutritional values and adds to it in other foods.

4. Most Americans suffer from nutritional deficiencies that effect human beings. This, too, is medical nonsense."

Mrs. Whitlock suggested that the consumer become suspicious that quackery is involved when she is told by a pitch-

More Food Money Will Go for Fresh Fruits, Produce

Are you a shrewd shopper of perishable fruits and vegetables? Do you plan for the use of these foods quickly to get the most food value, fresh flavor taste and money value?

Mrs. Ruby P. Uzzle, consumer marketing specialist for the Agricultural Extension Service at N. C. State, says fresh fruits and vegetables will soon be taking a larger portion of our food dollar. Many people throw away nickels and dimes each week in the form of fruits and vegetables.

If you want to save money, you will need to plan for the use of available fruits and vegetables in menu plans. Buy in amounts that will be used within a week. You will need to

man the medical profession or nutritionist is "against me"; or when testimonials are offered as part of the spiel.

Homogenized milk was first sold successfully in 1919.

consider your storage facilities.

If you want to save on your food bill, especially on fruits and vegetables which we need daily in our diets, then follow these tips which Mrs. Uzzle lists:

1. Make your own selection of perishables.
2. Do not handle fruits and vegetables unnecessarily.
3. Remember the largest is not always the best.
4. Avoid commodities that show decay.
5. Do not buy merely because the price is low.
6. Consider the fruits and vegetables in season in the nearest production area.
7. See that containers hold full measure.
8. Study the market information regarding the current market trend.

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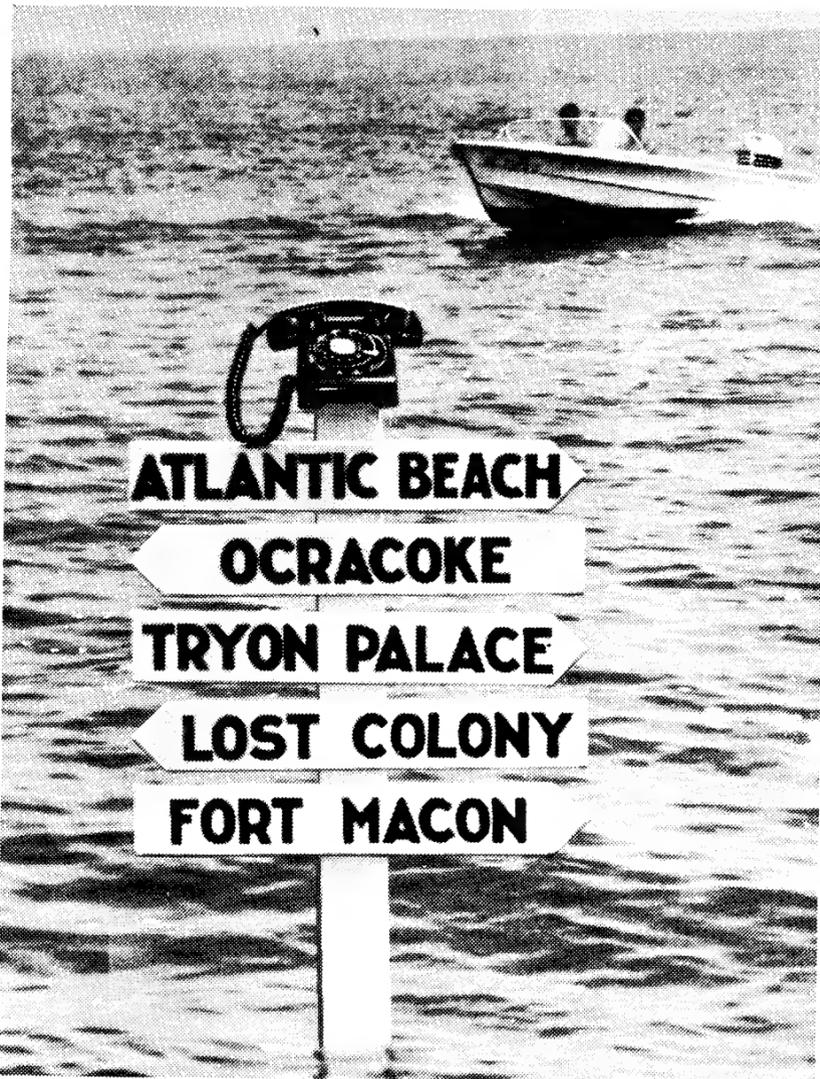
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