

Sugar (Continued from page 9)

People haven't always eaten as much sugar as they do today. In 1909, people got twice as many calories from complex carbohydrates (68.3 percent) as they did from sugar (31.7 percent). Today, sugar takes up 52.9 percent of the share, while starch has dropped to 47.1 percent.

The average North Carolinian now eats about 125 pounds of refined sugar, corn sweeteners, molasses and honey each year.

"Sugar provides calories and very little other nutritional value. That is why calories from sugar are often called empty calories," says Mrs. Hinton. A little won't hurt, but "if sugary foods replace more nutritious foods in the diet, serious nutrient deficiencies could begin to occur," along with obesity.



New Brochure On Keeping Cool

As the summer heats up, so should your concern about preventing heat-related illnesses.

A new brochure by Carolina Power & Light Co. gives practical advice on keeping the heat off and the cost down. Entitled "How to Keep Cool and Save Money," the brochure is designed especially for those more susceptible to health problems caused by hot, humid weather.

It was developed in consultation with the North Carolina Division of Health Services.

Dr. Ronald Levine, state health director, says the elderly must be particularly careful during hot weather.

The elderly do not adjust well to extremes in temperatures, he explained. They're more at risk to suffer from hyperthermia, a medical condition marked by an abnormally high body temperature. Also, many of the elderly are on medications, and some medications may cause a person to lose body fluids or prevent sweating, Levine said.

"Disability and death due to exposure to excessive heat are entirely preventable, and it's a tragedy if people don't take simple precautions to minimize the risks," he said.

"We believe the more our customers know about keeping cool, the better their chances for a safe and healthy summer," said CP&L New Bern area manager Victor H. Horrell. "Energy conservation and good health can go hand in hand."

The brochure has illustrations with simple advice on low-cost ways to cope with hot, humid weather.

One suggestion in the brochure is to drink plenty of liquids such as water, fruit juices and iced tea because the body needs

extra fluids in hot weather. You should not wait until you're thirsty.

Another suggestion is to place electric fans in windows facing the cool, shady side of the house. It's also pointed out that using a window fan for ten hours costs about a nickel.

A suggestion in the brochure for keeping cool at night in a two-story house without air-conditioning is to open the downstairs windows from the bottom and the upstairs windows from the top. This helps to circulate cool air better.

The brochure also lists common symptoms of heat illnesses such as dizziness, nausea, chest pain, breathing problems, and fatigue. If a person experiences any of these symptoms during hot weather, he or she should call for help.

The brochure is available at the local CP&L office.

Corey's Barber & Beauty Shop

For the entire family

The HOTTEST THING at COREY'S now is THE SPIKE HAIR CUT.

Quick Tanning Center also.

Our staff

Mike, Susan, Faye & Corey

Morris Plaza

244-0220

Vanceboro

Hook Your Grill To A Tank



\$700
For Tank Refill



Swain Gas Co

At Stoplight, Downtown Vanceboro 244-0320

SUTTON'S SUPERMARKET

We reserve the right to limit quantities

We reserve the right to correct errors

We Welcome Wic & Food Stamp Program Ph. 244-0733

Whole Fryers **59¢**

Smithfield **Hot Dogs** 12 oz. **99¢**

Smithfield **Bacon** 1 lb. **\$1.49**

Western **Boneless Roast** lb. **\$1.89**

Western **Shoulder Roast** lb. **\$1.59**

Western **Chuck Steak** lb. **\$1.59**

Western **Chuck Roast** lb. **\$1.29**

Kraft **Grape Preserves** 18 oz. jar **79¢**

Mt. Olive **Sweet Salad Cubes** 12 oz. jar **89¢**

Armour Treet **Luncheon Meat** 12 oz. can **99¢**

Barbecue Sauce 18 oz. hot... **99¢**

Carnation **Milk** tall can... **49¢**

Lucky Leaf **Apple Sauce** 303 can... **2/79¢**

Soft Ply **Toilet Paper** 4 roll pk. **69¢**

Dukes **Mayonnaise** qt. jar **\$1.19**

Wisk **Liquid** qt. **\$1.79**

Heinz **Catsup** 32 oz. jar **\$1.29**

Comet **Rice** 28 oz. box **79¢**

Fresh **Ground Beef** lb. **\$1.09**

All Kinds **Pepsi Cola** 2 liter **\$1.09**

Bush **Bake Beans** 16 oz. can... **2/89¢**

Pocahontas **Cream Corn** 303 can... **2/89¢**

Jack and the Bean Stalk **Cut Green Beans** 303 can **2/89¢**

Famo **Flour** 5 lb. bag **99¢**

Crisco Oil 32 oz. bottle **\$1.69**

Parade **Margarine** **2/\$1.00**

Veg-All **Mixed Vegetables** **2/89¢**

Merica Butter-me-not **Biscuits** 9 1/2 can... **2/89¢**

Fresh **Peaches** lb. **29¢**