



EDITORIAL CONFERENCE — Miss Barbara Bode, seated left, with three student editors. At left is Daphne Page, Durham sophomore, poetry editor; in the center, Sandra Page, Durham junior, fiction editor; and on the right, Kenneth Addison, Boston, Mass., junior, editor-in-chief. The magazine is open to contributions from students at other colleges as well as those at NCC.

N. C. Housewives Have Hold Of Key to Better Family Health

CHAPEL HILL — The Tar Heel housewife starting out for a shopping foray at the supermarket may not feel like a VIP. But that innocent-looking grocery list she carries is a factor in setting her family on the road to better health and longer life, says the North Carolina Heart Association.

It's not necessarily the expense of the order, or even the quantity of food she carries home that has such a bearing on the family's wellbeing. More often it's a matter of selection, the heart group points out—and wishful thinking can be turned into "dishful shrinking." Those two bugaboos, calories and cholesterol, bear constant watching.

It's not the holiday feasting that adds the bulge to the midriff. It's day-to-day eating habits that should be revised by substituting foods which are just as nutritious and often just as tempting and tasty as those offered in the old regimens.

Therefore, the "advance planning" for a long and healthy life for your family starts at the supermarket. With the holidays in the offing, here are some tips that could be followed to advantage now and for the year 'round:

A basic rule for each meal (holiday or otherwise) is "Don't push seconds." Moderate portions will help keep calories — and waistlines — down.

(The housewife doesn't want to take the meals away from

her family—she should merely try to take some of the calories away from the meal. Of course, this requires some knowledge of caloric and nutritional values, a few cooking tricks . . . and a little forethought.)

- Eating patterns are established in early childhood, and it is especially important not to push seconds because children can easily get into the "overeating" habit and the observant little eyes will take due note of their parents' example at the dinner table.

- Buy only lean cuts of meat. Avoid fat-laden prime steaks and rib roasts. Plan more meals around fish and poultry.

- Use skim milk in recipes calling for milk.

- It is better to broil than to fry or saute.

- Use poly-unsaturated cooking oil and special margarines wherever possible.

- Prepare soups and stews a day ahead and refrigerate; skim the congealed fat from the top before heating and serving the next day.

It might be a good idea to discuss the matter of family nutrition with your family physician on your next visit to his office. The North Carolina Heart Association has a special word of caution to the housewife: "Don't fool around with fad diets and crash diet programs." A diet which eliminates certain foods may very well need to replace them with other foods because the objective of a meal is to provide the needed nourishment.

Nourishment includes enough but not too many calories, enough protein, the needed vitamins and minerals, and—enough but not too much temptation for the family's taste buds.



SHARING THEIR BLESSING—Members of the Civic and Welfare Committee of North Carolina College's New Residence Hall held their traditional party for underprivileged girls Saturday, Dec. 11. Shown with Mrs. Beatrice Brown and Mrs. Mildred Wilson are advisors to the occupants of New Residence Hall.

Mrs. Earlie Grandy Attends Regional Sorority Meeting

Mrs. Earlie S. Grandy attended Southeastern Regional of Alpha Chi Pi Omega Sorority and Fraternity, held in Richmond, Virginia, November 28-29. Soror Grandy, Second Antibasileus of the Alpha Chi Pi Omega Sorority and Fraternity and Director of the Southeastern Regional, Durham, greeted the well attended Workshop at its Grand Fellowship gathering Sunday, November 28. The theme: "Cosmetologists in a Business World."

Mrs. Marjorie Stewart Joyner is the organizer of the sorority and fraternity which

includes the states of Delaware, Carolina, Washington, D. C., Maryland, West Virginia, North Virginia and South Carolina.

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With Our Area Men In the Armed Forces

USS HIGBEE—Commissaryman First Class George A. Ellis, USN, son of Mrs. G. A. Ellis of 113 E. Lynch St., Durham, is serving aboard the destroyer USS Higbee, which operates out of Yokosuka, Japan as a unit of the Seventh Fleet.

Destroyers are high-speed ships used primarily in anti-submarine warfare. They also operate offensively against surface ships, defend against airborne attack, and provide gunfire support for amphibious assaults.

USS AMERICA—Radarman Seaman William T. East, USN, ward of Miss Lizzie G. Chandler of 2811 Fairbourn Road, Durham, has departed Norfolk, Va., aboard the attack aircraft carrier USS America for her first deployment with the Sixth Fleet in the Mediterranean.

USS EXULTANT—Seaman Douglas W. Evans, USN, son of Mr. and Mrs. G. F. Evans of 4712 Hope Valley Road, Durham, is scheduled to participate in an Atlantic Fleet training exercise during the first two weeks of December while serving aboard the ocean-going minesweeper USS Exultant, which operates out of Charleston, S. C.

PARRIS ISLAND, S. C.—Marine Private Jack H. Brown, son of Mr. and Mrs. William H. Brown of 1516 Edgevale Rd., Marine Private Donald T. Coffield, son of Mr. and Mrs. Thomas G. Coffield of 2410 Green St., all of Durham, have completed Marine recruit training at the Marine Corps Recruit Depot, Parris Island, S. C.

USCGC PONTCHARTRAIN—Steward First Class Stancil Hall, USCG, son of Mr. and Mrs. Bruce M. Hall of 805 Simon St., Durham is deployed aboard the Coast Guard Cutter Pontchartrain operating out of Long Beach, Calif.

Pontchartrain, an ocean station vessel, rotating with other cutters stands month-long watches at sea performing a multi-purpose task.

At least 13 times as many North Carolinians died from heart and blood vessel disease as died in automobile accidents in 1964, the North Carolina Heart Association reports. Live safely, the state heart group urges—the heart you save may be your own.

Asks Probe of Police Killing Of N. Y. Man

WASHINGTON, D. C.—The National Association for the Advancement of Colored People has called upon the Department of Justice to investigate the police killing of a Negro traveler in Liberty, S. C.

In a telegram to Attorney General Nicholas deB. Katzenbach, Clarence Mitchell director of the Association's Washington Bureau, urged a thorough and prompt probe of the shooting of Willie B. Tucker of Brooklyn, N. Y., by Jack Stewart, a Liberty policeman, on Dec. 3.

Tucker, with his wife and two children, was en route from New York by automobile to his home in Opelika, Ala., when he was stopped and questioned by police about his identity. According to Sheriff P. C. Bolding, he was shot in a scuffle with a police officer over a police rifle which he allegedly attempted to seize while in the police station.

The slaying was investigated locally by NAACP officers from the nearby Greenville Branch—Rev. D. C. Francis, president, and Mark D. Tolbert and A. J. Wittenberg. They reported to the Rev. I DeQuincey Newman, NAACP field director for South Carolina, that there was no apparent justification for the shooting. The body was removed to Opelika for burial.

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INSTANT HOLIDAY PUNCH



To add a festive flair to your holiday entertaining, take any large tureen you have in the house and stencil on "Happy New Year," "Merry Christmas," or other season's greetings. Presto! You have a gay punch bowl ready to greet holiday callers with colorful hospitality.

Fill the bowl with Cranberry Punch, sparkling with the flavors of fruit juice and your favorite alcoholic beverage—whiskey, gin, etc.

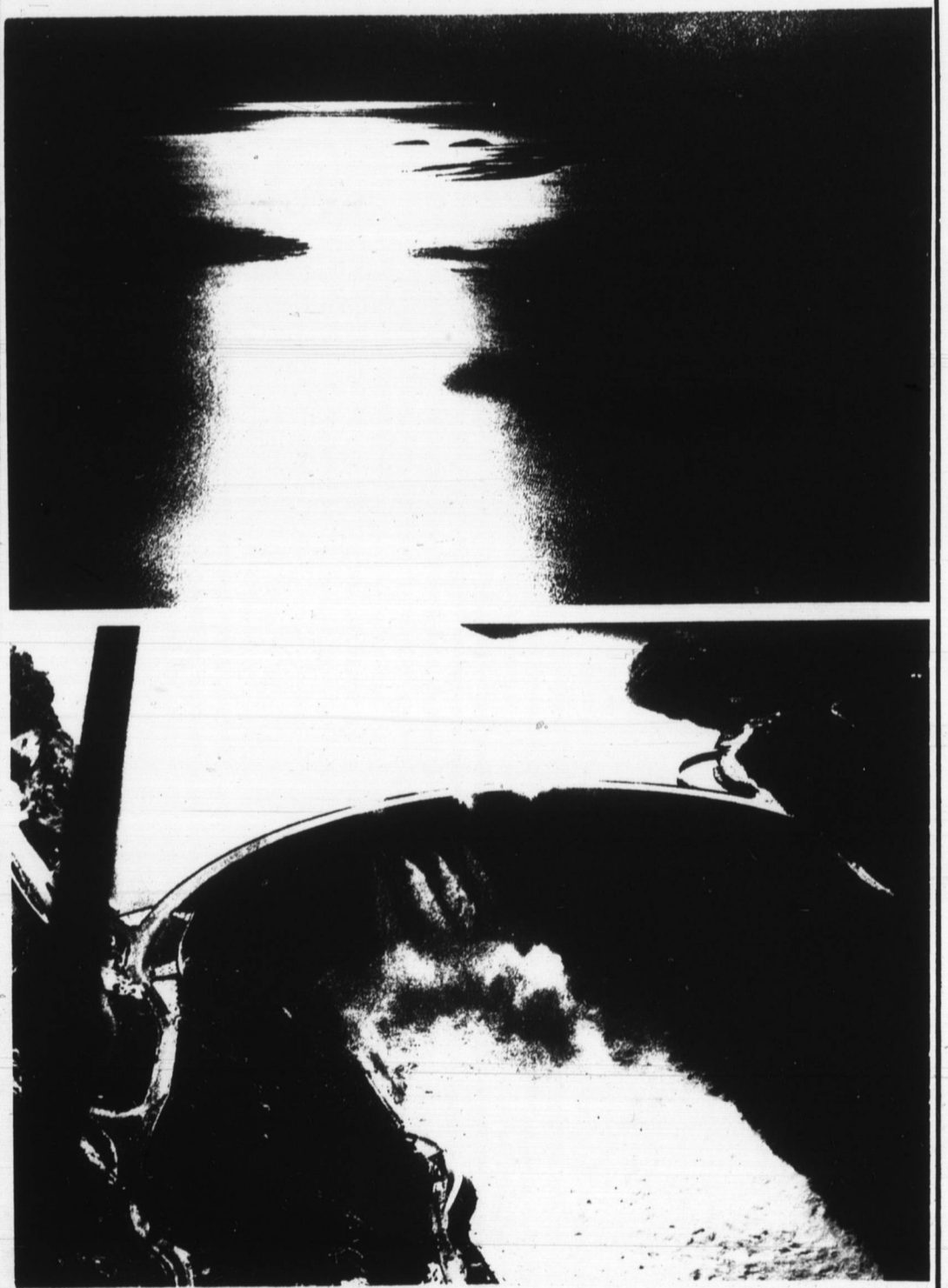
INSTANT CRANBERRY PUNCH

1 pint cranberry juice cocktail
1 quart apple juice
1 cup orange juice

Juice of 2 lemons
1 quart sparkling water
1 quart liquor—any kind

Combine the juices and chill well. Add a little sugar, if desired. At serving time, pour over large block of ice in bowl. (This will dilute punch less than tiny cubes.) Add sparkling water and liquor, and stir gently. Makes about 1 gallon, 32 four-ounce cups.

For savory pancake foldovers, prepare pancakes as directed on the package, thinned out with additional eggs, oil and liquid. Stuff with your favorite meat filling—such as chopped ham and pimiento, chopped chicken and mushrooms, or pepper and hamburger mixture. They can provide an excellent accompaniment to the punch when you entertain guests at a Christmas or New Year's fun-fest.



NORTHERN RHODESIA

POPULATION: African 3,410,000
European 76,000
Asian and mixed 10,000

AREA: 290,587 sq. miles

THOUGH FAR FROM THE SEA, THE COUNTRY IS RICH IN WATER

Aerial view of the huge man-made Lake Kariba and its dam. Power from Kariba is used not only in the Copperbelt, and S. Rhodesia, but by growing numbers of secondary industries. These include: (1) car-assembly, (2) sulphuric acid manufacture, (3) timber-sawing for furniture, plywood and veneers, (4) cement production. Kariba and other lakes are also kept stocked with fish. (5) Young fish about to be transported to Kariba by oxygenated tanker from this fish-farm 90 miles away.