

BABY CONTEST HELD AT SAINT MARK A.M.E. ZION CHURCH JULY 23

The Annual Baby Contest of St. Mark A.M.E. Zion Church was held in the Fellowship Hall, Sunday, July 23, at 4:00 p.m. The reports from contestants were received after the opening congregational song, with scripture and prayer by Rev. Lawrence A. Miller, pastor.

Mrs. Fannie Green, the sponsor, was in charge of the afternoon's program as this contest was an effort on her part toward the upcoming Queen's Contest which is scheduled to be held at the church in the near future. W. L. Bradsher assisted Mrs. Green.

The contestants and prize

winners were as follows: first prize, Ivan Stroud; second prize, Chester Ronson; third prize, Yvette Long.

Honorable mention went to Dwain Lemont Smith, Kelvin Hatch, Kevin Edwards, Rena Tedder and Constrandra Justice, also Clarence Edward Butler, Anglia L. Perry and Maurice Eades.

Others participating in the contest were John Allen, Jr. and Princess Ann Douglas.

At a later date, all parents of the contestants will be entertained at the home of Mr. and Mrs. W. L. Bradsher, 1704 S. Roxboro Street.

(See picture page 4A)

Dr. Charles Johnson Enters Private Practice in Durham



DR. JOHNSON (Photo by Purefoy)

Dr. Charles Johnson, a member of Lincoln Hospital Diagnostic Clinic here, has entered private practice in Durham specializing in internal medicine and endocrinology it was announced this week.

A 1963 graduate of Howard University Medical School, Washington, D. C., Dr. Johnson served his internship at the D. C. General Hospital in 1964. Following a year as assistant resident in medicine at Lincoln Hospital and Duke University Medical Center here in 1966, he became a Fellow in Endocrinology in 1967, at Duke. During this period he presented a paper entitled: Carbohydrate Metabolism in Uremia, in collaboration with Dr. Edward S. Horton and Dr. Harold E. Lebovitz, Head of the Department of Endocrinology at the medical center here. The paper was presented before the Southern Section of the American Fed-

eration for Clinical Research, January 1966, and is to be presented in August of this year at St. Louis, to the Internal Medical Association. He is also serving as a clinical associate in medicine at Duke.

Dr. Johnson served as a jet fighter with the U. S. Air Force from 1963 to 1967.

He resides with his wife Carolyn and two children, Carla, a daughter age 6, and Charles, a son age 2, at 1312 Rosewood Avenue.

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2 GREAT STORES TO SERVE YOU

In Children—Obesity Is Health Risk

That plump, healthy, happy youngster may grow up to be a fat, unhealthy, unhappy older child, and later into a fat adult who is prey to all of the physical ailments that are a part of obesity.

Faulty eating habits started in early childhood often are the cause



of overweight adults in later life, says Today's Health, the magazine of the American Medical Association.

All too many mothers, with the best of intentions, nag their small fry into eating more than they want to eat. The healthy, fat baby who remains chubby as he grows into pre-school and first grade years becomes less attractive as an individual. And the habit of eating more calories than necessary is likely to remain the rest of his life.

The parent is not the one to decide whether the child should lose weight, how he should lose it, or whether he should continue to remain "pleasingly plump," says Today's Health. The doctor should be consulted.

If it fits your doctor's counsel, here are some tips to help your youngster lose weight—

- Weigh once a week and keep track of the weight. Use the same scale and wear approximately the same clothing.
- It isn't necessary to cut out all desserts and snacks, as long as their calorie count is included in the daily total. Fresh fruits are good for snacks.
- Keep a supply of raw carrots, radishes, celery sticks and pickles for more snacking. Tomato juice



TOURS PHILADELPHIA—Miss Wandra Hill, 2nd Vice President of the Student Council Convention of N. C. and Vice President of J. E. Shepard Junior High School Student Council has recently returned from a tour of Philadelphia sponsored by National Student Council Convention. During the tour, Miss Hill visited Independence Hall, Franklin Institute Planetarium, the Statue of William Penn, Temple University and other places of interest.

Others making the tour were Misses Linda Johnson and Gwendolyn Norman.

or clear bouillon can serve for drinks.

- Cut out rich salad dressings; instead use vinegar and lemon juice.
- Trim fat from meat, take it easy on the butter, substitute skim milk for whole milk. But be sure to get sufficient Vitamin A from fruits and vegetables.

The most important factor in helping the obese child to reduce poundage is to handle it naturally. Don't make a point of telling the child he is on a reducing diet. Just serve the meals naturally and as a matter of course. Avoid nagging the child about his diet. It will only make him rebellious and more inclined to snack on the sly.

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G. M. Target Of 'Operation Breadbasket'

DETROIT—Dr. Martin Luther King Jr., president of the Southern Christian Leadership Conference, has named General Motors Corporation as a future target of Operation Breadbasket, a boycott campaign to get more jobs for Negroes.

Dr. King, widely known civil rights leader, blames unemployment and slum conditions for the unrest which is currently spreading over the North where Negroes migrated from the South in the hope of securing better living conditions and higher wages.

GENERAL MOTORS, however, has explained its hiring and promotion policies regarding Negroes, and has received some support from the United Automobile Workers Union.

Meanwhile, GM is conducting an institute where 18 Negroes are taking courses. General Motors Institute is a five-year engineering college located at Flint, Mich., financed by the company. There are 3,000 students in training for future GM executives.

NORTH CAROLINA DURHAM COUNTY ADMINISTRATOR'S NOTICE

HAVING QUALIFIED as Administrator of the Estate of Elizabeth Washington, deceased, late of Durham County, North Carolina, this is to notify all persons having claims against said estate to exhibit them to the undersigned at 116 West Parrish Street, Durham, North Carolina, on or before January 22, 1968, or this notice will be pleaded in bar of their recovery.

All persons indebted to said estate will please make immediate payment.

This 17th day of July, 1967. Mechanics and Farmers Bank, Administrator Estate of Elizabeth Washington, Deceased July 22, 29; August 5, 12.

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