BABY CONTEST HELD AT SAINT MARK AME 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

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 contes 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 as-

sisted Mrs. Green.

contest were John Allen, Jr. and Princess Ann Douglas. At a later date, all parents The contestants and prize of the contestants will be entertained at the home of Mr. DOWNTOWN The Young Men's Shop NORTHGATE and Mrs. W. L. Bradsher, 1704

S. Roxboro Street. (See picture page 4A)

In Children---

Obesity Is

Health Risk

ngster may grow up to be a unhealthy, unhappy older hild, and later into a fat adult

who is prey to all of the physical

illments that are a part of obesity

Faulty eating habits started in ly childhood often are the cause

verweight adults in later life

All too many mothers, with

best of intentions, nag their

says Today's Health, the magazine

of the American Medical Associa

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

cating more calories than necessary is likely to remain the rest of his

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

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

Keep a supply of raw carrots, radishes, celery sticks and pickles

for more snacking. Tomato juice

good for snacks.

If it fits your doctor's counsel

The parent is not the one to

Tedder and Constrandra Jus-

tice, also Clarence Edward

Butler, Anglia L. Perry and

Others participating in the

Maurice Eades.

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winners were as follows: first **Dr. Charles Johnson Enters** Ivan Stroud; second Chester Ronson; third prize, Yvette Long. **Private Practice in Durham** Honorable mention went to Dwain Lemont Smith, Kelvin Hatch, Kevin Edwards, Rena



DR. JOHNSON

(Photo by Purefoy)

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 inter-

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

or clear bouillon can serve for

 Cut out rich salad dressings; instead use vinegar and lemor

· 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

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 eivil rights leader, blames unemployment and slum conditions for the unrest which is currently spreading over the North where Negroes mi-grated from the South in the hope of securing better living conditions and higher wages.

GENERAL MOTORS, however, has explained its hiring and promotion policies re-garding Negroes, and has received some support from the United Automobile Workers

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 exectraining for future GM exec-

NORTH CAROLINA DURHAM COUNTY

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 1067.

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

Dr. Charles Johnson, a member of Lincoln Hospital Diagnosis 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 Me tabolism 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 Fede-

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ration 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 1953 to 1957.

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

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interior. Nice 100% Guarantee. .

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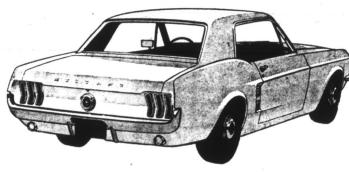
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