

**61ST ANNUAL CHRISTMAS SEAL CAMPAIGN OPENS NOVEMBER 14**

The sixty-first Christmas Seal Campaign opens Tuesday, November 14 when over 660,000 letters containing approximately 198,000,000 Christmas Seals will be mailed to the citizens of North Carolina.

These 1967 Christmas Seals will support year-round services and program based on local needs in the 100 counties of North Carolina. Christmas Seals provide free health information materials on emphysema, tuberculosis, and other respiratory diseases; air pollution; and smoking. They meet specific needs of individual tuberculosis patients, support and provide for tuberculin testing in schools, cooperate with case finding programs of local health departments, supports medical research in the state and works to meet the needs of each local community.

Rear Admiral R. B. Ellis has been selected to serve as State Chairman of the Christmas Seal Campaign.

A native of Durham, the 1967 Christmas Seal Chairman was reared in Trinity and Salisbury. He was graduated from the U.S. Naval Academy in 1925.

During his tour of 37 years in the regular Navy, Ellis served on twenty-three ships including submarines, destroyers, cruisers, battleships and auxiliaries.

Following his retirement, Ellis took up residence in Wilmington, the hometown of his wife, the former Elizabeth J. Stewart. Their daughter, Mrs. J. D. Hall, lives in Griffin, Ga.

**Statement By Dr. Martin Luther King**

Atlanta, Ga.—Today, Rev. Ralph D. Abernathy, Rev. Wyatt Tee Walker, Rev. A. D. King, and I leave Atlanta to present ourselves at the County Jail in Birmingham, Alabama, to serve a prison sentence of five days and to pay fines of \$50 each. Our brothers, Rev. Fred Shuttlesworth, Rev. T. L. Fisher, Rev. J. W. Hays, and Rev. John Porter have just completed their sentences in a Birmingham jail. This sentence was imposed upon us following our conviction for breaking an injunction issued by the State courts of Alabama during the memorable days of April 1963.

Before commenting on the dangerous rule of law which supported these iniquitous convictions, we depart for jail in Birmingham convinced that our imprisonments is a small price to pay for the historic achievement which directly flowed from the convictions on the streets of Birmingham, Alabama. We recall citizens facing dogs, fire hoses, mass arrests and other outrages against human dignity bore dramatic witness to the evils which pervaded the most segregated city in our nation. History has since recorded how these non-violent demonstrators led to the enactment of the Civil Rights Act of 1964, legislation which finally brought the end of legal segregation.

Today we return to a Birmingham jail once again to bear witness, this time against a weapon which has the potential of doing greater harm to America than Bull Connor's dogs and fire hoses. The weapon is the "X-party injunction" used by hostile local courts to frustrate and silence the vital First Amendment rights of all citizens to assemble and petition when they wish to protest or dissent. Justice Brennan, one of the four dissenting judges, warned that the majority on the Supreme Court "let loose a devastatingly destructive weapon for suppression of cherished freedoms heretofore believed indispensable to maintenance of our free society."

In 1963, Bull Connor did not issue the permits we requested for our demonstrations, then arrested hundreds upon hundreds of demonstrators for marching without a permit and then obtained a state court injunction copying the illegal ordinance to restrict our demonstrating without the very permit he had callously denied.

Four years later in 1967 the majority of the Supreme Court, in an atmosphere charged with war in Vietnam and riots in Northern ghettos, used this "Bull Connor injunction" to deliver a lecture to the Negro people on respect for the law. The majority ruled that it mattered not that the Bull Connor injunction was illegal. The injunction having been issued by a court of law, it must be obeyed until the court which issued it overrules itself or in some distant future the highest court rules on its invalidity. The fallacy of this was pointed out by dissenting Justice Douglas. "If a person must pursue for judicial remedy before he may speak, parade or assemble, the occasion, when protest is desired or needed, will become history and any later speech, parade or assembly will be futile or pointless."

This we then believed was truly the law of the land and we hazarded our liberty on that belief.

One of the most disturbing aspects of this decision was the wholly unfounded claim that we in Birmingham were showing "disrespect for the law." Paraphrasing the inflammatory "law and order" cliché, the majority lectured the Negro on the need for "respect for judicial process" and how the Negro could achieve his "constitutional freedom."

**Local Births**

The following births were reported to the Durham County Health Department during the week of October 30 through November 4:

Vinston and Magdeline Tanner, boy; Matthews and Iris Cain, girl; George and Barbara Hart, girl; Willie and Rosa Rogers, girl; William and Frances Parker, boy; James and Helen Price, girl; Willie and Dorothy Bailey, boy; George and Sandra Quick, boy; Charlie and Annie Mangum, girl; Vernon and Emma Bridges, girl; Benton and Stella Grace, girl; Thomas and Janie Taylor, boy; Robert and Gwendolyn McQueen, girl.

The flavor of cheese is affected by its temperature. At room temperature, cheese develops its most flavorful, distinctive taste. Twenty minutes to an hour at room temperature usually are required to bring cheese to top tastiness.



**THE RAMSEY LEWIS TRIO** is shown in concert at North Carolina College last week. Middle picture: Twins Bertha and Barbara Avery (far right) seek autographs from members of the Ramsey Lewis trio. From left, trio members are Maurice White, Cleveland Eaton and Ramsey Lewis. Bottom photo: NCC audience expresses its appreciation of the music of the Ramsey Lewis Trio.



**LOVELY PINK A LINE DRESS** in bonded orlon. The dress has short sleeves and neckline are edged in lace. A Babe Frock by Nannette.

**Ebenezer Floral Club Holds Meeting in Church Assembly**

The Floral Club of Ebenezer Baptist Church met in the Assembly Room of the church November 5, at 3:30 p.m. Devotions were held. Mrs. Addie Barbee, president, opened the meeting for business and Mrs. Ethel McNeil made the sick report for the month of October.

Twenty-seven teen-agers responded to an invitation from the Floral Club to inspire them to devote further service to the church. This project motivates them to organize immediately.

Others present were: Mesdames Lovella Kelly, Mattie Lillie McIntyre, Effie Chavis, Holloway, Martha Stanley, Margaret Adams, Ronnie Primus, Helen Jones, Marina Fisher, Della Hubbard, Essie Malone, Louise Dalrymple, Lillie Jones, Louise Norwood, Nonnie Hamilton, Maud Thorpe, Helen Lash, Howard Robinson, Percy Jones and Beulah Morgan who was welcomed as a new member.

**Medical Folklore Usually Wrong**

While much of medical folklore is now obsolete and largely forgotten, there are still many completely erroneous beliefs about their health held by sizeable numbers of people in our so-called age of enlightenment.

TODAY'S HEALTH GUIDE, the American Medical Association's manual of health information for the American family, points out that grandma is not always wrong in her concepts of health. But she often is wrong.

- Scales from scarlet fever and measles spread the disease (nose and throat secretions actually do).
- Sewer gas makes people sick (no—it's just unpleasant).



- Eating between meals is always harmful (untrue).
- Bad breath means disease (not so).
- Milk should not be taken at the same time as sour fruits (not so).
- Proteins and carbohydrates should not be eaten at the same meal (incorrect).
- Daily bowel movements are necessary for health (untrue).
- Pain in the back must indicate kidney disease (incorrect).
- Pain in the abdomen means an overloaded stomach (wrong).
- A laxative is good for abdominal pain (it is sometimes dangerous).
- Food kept in an open tin can is necessarily poisonous (not if properly refrigerated).

- Pimples and boils indicate bad blood (they are due to infections).
- Boric acid strengthens the eyes (it does not).
- Fried and highly seasoned foods are harmful (not in moderation).
- A cold can be broken up or cured (it cannot).
- You feed a cold and starve a fever (no).
- Eye muscle exercises will eliminate the need for glasses (a dangerous fallacy).
- Vegetarianism is good for health (it simply makes good nutrition more difficult). 10/30/67

**"LET'S SHOOT THE KIDS!"**

DORIS PINNEY'S PHOTO TIPS from Yashica



How many times have you looked at pictures of babies in magazines and thought your own baby had looked just as photogenic—but you've never been able to capture him in a picture the way you know he can be.

There are three rules to keep in mind when you want to get good pictures of your baby: 1. Photograph him when he's fresh and wide awake—not when he's fretful and needs a nap. 2. Put him in surroundings where he will feel secure and happy. 3. Make sure your camera is loaded and set to go. If you're using a tripod and lights, have them set up in advance.

I have always found babies easy to photograph in their bath. Use a small plastic tub, place a towel in the bottom of it so baby won't slip, and keep the water tepid and comfortable. Have another person there to watch him so you can concentrate on the camera. He'll be content to splash in the water or play with a washcloth. If you do give him a bath toy, make sure it's not too large. For as every mother knows when baby is teething, objects go right to his mouth. And of course if the toy is large, it's apt to obscure his face. Always make picture taking time a fun time for baby, and you'll get those smiling pictures you're looking for.

**Mrs. Dazelle Lowe Honored by Homemakers**

GOLDSBORO—Mrs. Dazelle F. Lowe, Winston-Salem, an important contributor to the educational program of the N. C. Agricultural Extension Homemakers Association at their State Council meeting in Goldsboro, Oct. 25.

The Home Demonstration Loan Fund was re-named the Dazelle F. Lowe Loan Fund in her honor. Mrs. Lowe began her Extension career in the summer of 1916 when she was hired by D. Jane S. McKimmon to do emergency work in Davidson County teaching Negro women how to can and use fireless cookers.

In 1923, at Dr. McKimmon's request, Mrs. Lowe left her teaching County.

Two years later she was appointed district agent to coordinate the work of other Negro home demonstration agents in the state.

In the intervening years, until 1942 when 24 agents were working under her leadership, Mrs. Lowe was instrumental in starting, along with others, the first State 4-H Club Week program at A & T College. She coached the first 4-H girls team demonstration and helped establish the first Farmers and Homemakers Conference at A & T College.

In 1940 her influence led to the development of the State Council of Negro Home Demonstration Clubs. In 1955, about 1,500 women attended the Council meeting. Ten years later, Council attendance reached 3,500.

Her Extension Service career was capped by her receipt of the USDA Superior Service Award in 1955. She retired that year, after 32 years with Extension.

A graduate of Shaw University, she also studied at Boston University, Hampton Institute, Simmons College and Cornell University.

Mrs. Lowe began the loan fund that was re-named for her. On May 27, 1935, she, meeting with eight agents, cited the need for a loan fund was established that day. Mrs. Lowe made the first contribution. Since then the fund has assisted 42 girls from 32 counties.

**ARE YOU A HAPPY CHRISTMAS SHOPPER?**

The happiest shoppers are those who have Christmas Club checks to shop with. You can join these happy shoppers next year by joining our Christmas Club for 1968 right now.

Come in this week and pick the size check you'll want in November 1968.

**Mechanics & Farmers BANK**

114 WEST PARRISH ST. DURHAM, N. C.

**GORDON'S GIN**

\$3.65 3/4 5 QT. \$2.30 2 PINT

THE HEART OF A GOOD COCKTAIL

100% NEUTRAL SPIRITS DISTILLED FROM GRAIN, 90 PROOF - GORDON'S DRY GIN CO. LTD., LONDON, N. J.

**Tonight's easy pick-up**

**BUCKET OF CHICKEN..... 3.75**

15 Pieces Tender, Tasty Chicken  
1 Pint Delicious Cracklin' Gravy  
Melt-in-your-mouth Biscuits  
(serves 5 to 7 people)

Take it from the Colonel... "It's finger lickin' good!" Take home Kentucky Fried Chicken tonight. All you do is pick it up. The service is sudden.

**We fix Sunday dinner seven days a week**

COLONEL SANDERS' RECIPE  
**Kentucky Fried Chicken.**

**RINALDI'S TAKE HOME**

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