

**INFOGRAMS**  
By MARY J. WHITMORE  
Home Economist  
Agricultural Extension Office



**SEE THE FACTS ABOUT WHAT YOU EAT ON FOOD LABELS**

Next time you're in the supermarket, take a careful look at the labels of the foods you buy, because over the next few months and years, there will be significant changes in the information on the labels.

The changes will come about because of a Food and Drug Administration Program to make food labeling more informative as an aid to better nutrition. The program is designed to provide information that American consumers can use to identify and select nutritious foods. Government studies indicate that many Americans don't get the amounts of essential vitamins and minerals they need. Modern lifestyles in our society sometimes make it hard to choose a balanced diet.

Many women are working and have less time for planning and preparing meals. The highly varied and mobile life of many people means that each day's nutrition is the total of various meals and snacks eaten at different times and places, rather than three planned meals. Pressures of time have led to increased use of convenience foods with little thought about their nutritional contribution. Breakfast is increasingly prepared and eaten at different times by individual members of the family. The traditional evening family meals is frequently interrupted by varying schedules of family members. As packaged foods and recipes have become more complex, it's harder to fit them into the basic four groups: vegetables and fruit, milk products, meat, breads and cereals.

Spanish soufflé, for example, is used as a vegetable but also contains milk products and is a good source of protein. With nutrition labeling, you know what is in a product and what it contributes to the diet.

Leaders in health and nutrition, the food industry and consumers have become concerned about and are all giving greater attention to the nutritional values of food and how food can be selected to improve the nutritional status of our population.

All nutrition information must follow a standard format. The information includes the size of a serving and the total number of servings in the container.

The number of calories and the weight in grams of protein, carbohydrate and fat are listed per serving. Optional information is the fat content by degree of saturation and the amount of cholesterol. The sodium content may also be listed. This is very helpful to persons on physician's recommended modified diets.

Every nutrition information panel gives the percentage of the U.S. Recommended Daily allowance for protein, five vitamins and two minerals. Percentage of the U.S. RDA for an additional 12 vitamins and minerals may be listed. Since nutrition is the process by which all living organisms obtain and use nutrients from food for the maintenance of their functions, for the growth and repair of tissues, and for reproduction, a clear understanding of what nutrients do for the body is necessary for one to benefitfully use nutrition labels.

If you would like to review what nutrients do for your body write me at 721 Foster Street or call 688-2900 to request a free pamphlet.

**The Reason Nations Go To War**

By REV. W.R. ROYSTER

Why do Nations Go To War? This question has haunted serious thinking social scientists for many years. We may note that war is rooted deep into the history of mankind. Many scholars believe that war is a plague that has plagued mankind even during prehistoric times.

Social scientists have examined such various patterns as institutional breakdowns, economic depression - class struggle like that in Soviet Russia prior to 1917 capitalism versus Communism nationalism and racism, inborn aggression. Social scientists can name many causes.

Someone has said in the case of the civil war that it was not the failure of democracy that precipitated the war between the states, but rather the men failed who were obligated to implement it. This is true with nations throughout the world.

When you look at the trodden path along which western man has travelled since around the 17th century, the path has been western mixed



ROYSTER

with much and human blood every step of the way.

The path led through Africa, the home of the black man, Indochina, Australia, the original home of the Aborigine, a dark, woolly haired people, North America, South America, the home of the so-called Indian, red man, brown and black.

The Western white man made great contributions to the scientific development of these nations by economic exploitation, but a tremendous price in blood was paid. He drew blood from these other nations and had to give blood in return.

A question continues to haunt my mind. Did this nation and others have to travel a path of brutality, murder, war and genocide with the stench of death hovering along the path every step of the way? Did this nation and other have to travel a sordid route in order to reach the point in civilization where we are today? Was there no other course for the Western man to take that would have led him to the pinnacle of economic and technological height where he finds himself today other than the bloody road of war he chose?

What if the Western man had coshen the road of education backed with negotiation and reconciliation? When you apply this theory it appears that there was no other way than the way that was chosen war. This of course identifies seemingly one motivational pattern that has typically preceded war. When all of this is applied to the present it seems to predict another American war in the near future.

Looking closely at the history of this country and the methods used to achieve success, the road of education, negotiations, reasoning and reconciliation were apparently overlooked to the point where they could see only one road to lead to success - the road of violence, murder and war, taking that which they were not willing to give in return. It appears that man's savagery transcends his intellect in his thirst for power in this country.

Is there any meaning to the words Jesus used in reprimanding Simon Peter when he cut off the high priest's ear in Jesus' defense? Jesus said, "Put up your sword Peter, for he who fights with the sword shall perish by it." This nation in time will inevitably perish by the sword.



MISS BRENDA HOKE



MILTON

**NCCU Grads Join FSU Faculty**

Two graduates of North Carolina Central University have recently joined the faculty at Fayetteville State University. The announcements of the appointments of Miss Brenda Hoke and Carl J. Milton was made by FSU Chancellor Dr. Charles Lyons, Jr.

Miss Hoke was appointed as an instructor in the Department of Sociology at Fayetteville State University. A native of Gastonia, she received her undergraduate training at North Carolina Central University, getting the B.A. degree in 1968 in sociology. She attended Atlanta University, Atlanta, Georgia, where she earned the Master's degree in sociology in 1974.

Miss Hoke has worked with the Department of Social Services in Gastonia, and taught in the public school system at Nottoway, Virginia. She is a member of the Alpha Kappa Delta Honorary Society and the Las Amigas Inc.

Milton, a native of New Jersey, has been appointed to the faculty at Fayetteville State University. As a counselor in the General Education Program. Milton received the B.A. degree in history and political science from Kentucky State College. He earned the Master's degree from North Carolina Central University with a concentration in Guidance and Counseling and Business Management.

The nations of the world are delicately poised on the verge of an historic era according to Secretary of State Henry Kissinger. "The next decade could either be one of the great periods of human creativity or it could be the beginning of extraordinary disarray."

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**A Potpourri of Recent Events**

By GEORGE B. RUSS

Mrs. Nettie Evans and Charles E. Watkins of 2015 Cheek Road, Durham, has been informed by the Department of the Air Force Headquarters 64th Flying Training Wing (ATC) Reese Air Force Base, Texas, that their son, Shelton Watkins, has recently been named a student pilot. His training is scheduled to last approximately forty-nine weeks. He is enrolled in a class of approximately fifty students. In addition to Shelton's prescribed curriculum he will continue to develop his leadership and managerial skills and will undergo an extensive course in physical development.

Colonel, Schuyler Bissell, told the parents, "It is always a pleasure to associate with eager, vital young men of your son's caliber. It helps keep us young and the United States Air Force progressive."

On January 6, the officers of the Willing Workers Missionary Circle held its Annual Planning meeting in the home of Mrs. Pauline Boxley. A format was drawn up of all activities to be sponsored by the W.W.s. in '75 chairman, Mrs. Celestia Sanders presided over the meet. Other officers in attendance were: Mrs. Madie Tucker, Mrs. Annie E. Daniels, Mr. and Mrs. Stattie H. Russ. Mrs. Boxley served a delicious, delightful, deluxe supper.

The One-day session of the East Cedar Grove Association will be held on the 4th Sunday in January, at Red Mountain Baptist Church.

The UBC Sunday Nursery is still open for business. Mrs. Irene Caldwell and her staff of coworkers will be happy to help make your day a church a pleasurable visit.

Thanks again to our Sunday visitors who registered with our Hospitality Committee Hostess, Mrs. Blance Morehead, Durham, Mrs. Frances Johnson, grandson James Gynat, Orange Grove Baptist Church.

The Dorcas Class liaison,

Mrs. Ransom, is still taking bows for the excellent Christmas program presented December 29. A bevy of amiable, talented young persons were imported from various Sunday School classes. Most of these young people are children whose parents are members of the Dorcas Class.

The Hospitality Committee held its Annual New Year's Day Meeting with Chairman, Mrs. Pauline Boxley, at 701 Lee Street. The planning aspects of the meet were lost in the out-lay of delicious buffet. The traditional collards, blackeyed peas, and baked ham were among the piping hot dishes served. If feasting New Year's Day is an omen of good-fortune for the days to follow, the Hospitality Committee is in for a windfall of good-luck.

January 1 was Mrs. Stattie H. Russ's birthday the gang pitched right in and made this a memorable occasion. Gifts were exchanged and Mrs. Boxley demonstrated her musical talent at the piano. Guests, Mrs. Hattie P. Partin, Mr. and Mrs. Frank Pratt, Mrs. Annie E. Daniels, Mr. and Mrs. George B. Russ, Shawn Jeter.

"There's A Bright Side Somewhere" was the subject of Dr. Davis's 1st Sunday, in the New Year, message: John 1 Corinthians 10:33. A conciliatory message in times like these to remind Christian that our worlds crashing around our feet are not a total loss: "these things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulations: but be of good cheer, I have overcome the world."

Music was under the direction of Mrs. Vera Farmer/Grover Wilson, Jr., hymn of Praise: "Another Year Is Dawning." Our Father, tho' the coming year we know not what shall be, But we would leave without a fear its or-d'ring to thee. It may be we shall toil in vain. For what the world holds fair, And all the good we tho't to gain, deceives



A 'HEALTHY' COMPANY-The cast from FEELING GOOD gathering at Mac's Place, a small variety store, includes Rex Everhart (Me), Priscilla Lopez (Rita), Ethel Shutta (Mrs. Stebbins), Ben Slack (Hant), Marjorie Barnes (Melba), and Joe Morton (Jason). Premiering November 20 on the UNC-TV Network, FEELING GOOD conveys basic health information and encourages viewers to maintain or achieve good health. FEELING GOOD is produced by CTW, creators of SESAME STREET

**HILLSIDE HIGH SCHOOL BAND SEEKS FUNDS**

The Hillside High School Band, under the supervision of Clark Edgerton Jr., is making preparation for their trip to Florida February 13th to participate in the Grand Festival.

Funds are needed. If you have not made a contribution to the Hillside Band we would appreciate you doing it now. Mailing your check to Mrs. Medessa W. Justice, Chairman 2109 Concord Street.

and proves but car-But clamly, Lord, on thee we rest, no fears our trust shall move, Thou knowest what for each the best, and Thou art perfect love.

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**NATIONAL BRIEFS**

The American people are in the proces of writing a new "Social contract" with business and the corporate structure. Hence, a lecture series: "Social Responsibility, An Indepth look at the Policy Issues," now being held at New York University and featuring well-informed speakers. It attempts to make a social audit of the corporate institution as it exists today. What makes all this news is that the series is made possible through a grant from the International Telephone and Telegraph Corporation (ITT), one of the world's largest conglomerates.

Signs have now been placed at all corners designating Adam Clayton Powell, Jr. Boulevard, the former Seventh Avenue area in Harlem bounded by 110th and 155th Streets and running through the center of the comm\*\*\*

George M. Brooker, secretary-treasurer of Webb, Brooks & Brooker, Inc., a top realty management company, has been re-elected Secretary of the Greater New York Chapter of the Institute of Real Estate Management, the only black official of IREM

While a lot of folks are screaming and wailing about the lack of housing and the decrease in building, others are forging ahead and somehow or other building new homes for New Yorkers. Recently opened was the 600-unit, two tower, 35-story Schomburg Plaza, sponsored by the multi racial 110th Street Plaza Housing Development Corp. Then there's the 1199 Plaza cooperative project, sponsored by the multi-racial hospital union which will accommodate 5,500 persons. And to be ready soon will be the St. Philip's On The Park houses, sponsored by the Harlem parish of St. Philip's Episcopal Church which will house 260 apartment units. What's more, two black firms are sales and rental agents for this new housing, Homefinders, Ltd. and Webb, Brooks, and Brooker.

Do you know to conserve energy at home? Then how would you answer this question, part of a MiniQuiz issued by Con Edison: Cooking several dishes at one time in the oven is: 1. hard on the oven, 2. a good way to save gas or electricity; 3. likely to spoil the food. If you answered No. 2, you're saving energy.

The ladies continue their one-upmanship in the news field. Newest is Mrs. Elizabeth Murphy Moss, who is the new vice president-publisher of The Afro-American chain, with Mrs. Ida Murphy Peters elected vice president-general manager. And the Iowa Bystander has a new editor in the person of Mrs. Barbara Epps, who majored in speech pathology and broadcasting at the University of Northern Iowa.

Twists of fate. When K.C. Jones and Al Attles were standout guards as players in the NBA, neither made the All-Star Game. On January 14 at Phoenix, both appeared as head coaches. Jones is coach of the Bullets and Attles is coach of the Warriors the first black All-Star coaches.

Signs of change at the infamous Attica Prison, scene of the 1971 uprising which ended with 32 convic' and 11 employees dead. Now, 35 of 417 guards are member' of minority groups. Still, 1,010 of the 1,588 inmates are members of minorities. But wait, prior to 1971, none of the guards were members of minority groups.

Blacks prefer the Baptists, figures prove. There are 22.6 million blacks in the U.S. and more than 10.4 million of them belong to churches affiliated with three major black Baptist conventions. In addition, several thousand blacks are members of the predominantly white Baptist denominations. Source: Baptist World Alliance, National Baptist Convention, Inc., (Black) has 6.3 million members. There are about 600,000 blacks in the American Catholic Church.

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