

Smart Driving Techniques

Squeeze More Miles Per Gallon

Special To The Post
Galloping prices at the gas pump make it more desirable than ever to get the best mileage you can from each gallon you buy. From the December Reader's Digest here are some proven-and sometimes surprising-techniques gathered by Robert Sikorsky, a consultant to several major oil companies.

Don't warm up your car. Idling just burns gas. An engine on the road at slow speeds for the first couple of miles warm up faster and lubricate more efficiently. Don't tailgate. Constant braking and accelerating is murder on the mileage. The 55 mph speed limit was enacted because it saves gas. A car traveling at 70-mph gets only two-thirds the gas economy of a car going 45.

Open windows create wind turbulence and holds the car back. At highway speeds, they can lower mileage as much as ten percent. Keep your tank on the full side to prevent gasoline loss from evaporation or condensation, but not to the brim in hot weather. Gas expands in heat and forces itself out; you could lose a half-gallon of gas this way.

Inflating your tires three or five pounds above the recommended pressure will increase tire life and gas mileage. Running on underinflated tires could cost you two miles per gallon. Radial tires improve mileage; snow tires cut it down. So don't put your snows on until you absolutely need them, and take them off as soon as you can. Some car extras will cost you in gas mileage, others will improve it. An overdrive, or five-speed transmission, can improve highway fuel economy by up to 15 percent. Conversely, battery-powered accessories activate the alternator-generator to restore to the battery what is being used up. The car burns more gas to provide power to turn the generating unit.

As a rule of thumb, anything that adds weight to the car decreases mileage. The best way to lower your gas consumption is to car pool. A Federal Highway Administration study shows that if you drive 10 miles each way to work in a standard-sized car, the yearly cost—including gasoline, insurance, depreciation and repairs—is \$750. If you join a four-person car pool where each person shares in the driving, each of you can save \$524.

Reduce Holiday Chores With Advance Planning Here's some plan-ahead ideas to help reduce the flurry of activity surrounding the Christmas holiday: Start baking and freezing cookies weeks before Christmas and arrange them in tins with a variety on every layer. Then you can fill a tray with an assortment in a matter of minutes, say specialists with the North Carolina Agricultural Extension Service. Buy staples and holiday food necessities early. For minor, last minute shopping when the supermarkets are crowded, you can use the express checkout lanes. Stock up on cheese, crackers and nonperishable party food items so you can say "drop in" to friends on the spur of the moment. Bake a batch of assorted holiday breads and wrap them in separate packages to freeze and use as you need them. Christmas Sewing Leafing through pattern books is almost the same as leafing through a "wish book" for home sewers. While searching for inspiration for a special holiday outfit don't forget the back of the book section where the crafts, toys and costumes are located. It's there that you may find the accessories to complete your outfit, say specialists with the North Carolina Agricultural Extension Service.

Reduce Holiday Chores With Advance Planning



"SUIVEZ-MOI"

The Look: The hair is beautifully waved and rolled. The Feeling: Romantic and elegant. Beads (from the hardware store!) are used to accentuate the contours of this style.

Light Touch: The waves are captured and kept in place with the help of Light Touch, which is combed through the hair before it is rolled.

Posner Introduce

"Light Touch"

Special To The Post
Be it in New York, the West Indies, London or Lagos, today's black woman is into a whole new look—ultra-chic and naturally feminine. Stunningly beautiful, she turns heads in every city and graces the covers of leading fashion magazines. The leaders of the fashion and cosmetic industry have been quick to spot this burgeoning new market.

That is why Posner Laboratories, a company with 80 years experience in the beauty business, is introducing Light Touch, a new hair care concept for the black woman. Light Touch is a conditioner and grooming product that will ensure easy-to-manage hairstyles for a free and natural look. These softer styles have been impossible to achieve with the heavy pomades and conditioners which have been the only choices to date.

Transparent, pale gold Light Touch contains only a small fraction of solids, compared with 40 percent to 90 solid materials in most other products. It does not contain petrolatum or wax and so is both light and emollient. Light Touch adds slip to the hair, and there is no sticky "drag", a real problem in cold weather when waxes solidify. Even the cream's lanolin component is

a special, de-waxed liquid lanolin.

Light Touch is a specially formulated combination of rich substances. Besides lanolin, it contains silicone, which imparts gloss, softness and easy manageability. Another important ingredient is protein oil which replenishes hair protein lost during washing and chemical treatments.

Light Touch also maintains proper moisture balance by acting as an insulator on the hair's surface: it locks in natural moisture and prevents outside humidity penetration so the hair is naturally lubricated.

In addition, delicately scented Light Touch protects and heals the hair's cuticle, a natural protective layer which can peel off as the hair ages or is subjected to repeated chemical treatment. If the cuticle is lost, the hair shaft falls apart and the resulting split ends, uneven growth and surface holes deaden the look of any hairstyles—no matter how flattering.

In essence, Light Touch is a whole new experience in hair care for the black woman.

The extensive Posner line of hair care products and cosmetics is carried by major retail chains and drug stores throughout the U.S. and abroad.



General Baptist Association held their annual Awards and Banquet Night at Friendship Baptist Church on Friday, December 1. An estimated 225 persons, representative of 19 churches were present for this event. Patricia Funderburk, a former Broadway actress, was the special guest of the evening. She gave a dramatic performance in which she portrayed two persons. Rev. W.C. Kerry, pastor of Friendship Baptist Church, was the guest speaker for the occasion. Three churches received a valuable service award plaque based on their active service and financial support for the organization. Recipients include: Usher Boards of Friendship Baptist, pastored by Rev. Kerry, First Baptist, pastored by Dr. J.B. Humphrey and Oak Grove Baptist, pastored by Rev. W. Nash. Each family brought a covered dish for the banquet. Robert H. Watson serves as president of the Usher's Auxiliary. Dr. J.B. Humphrey is Moderator of the Association.

Farmers Market To Open For Three Saturdays

The Farmers Christmas Market, an extension of the County's popular Farmers Market, will be open for three consecutive Saturdays: December, beginning Saturday, December 9. It will be in the lobby of the Jefferson-First Union Tower on South Tryon Street, between East Second and East Third Street.

The Market will be open from 8 a.m. to 2 p.m. each Saturday, December 9, 16 and 23, and free parking will be

available in the parking garage on East Second Street.

You will find a wide variety of handmade Christmas gifts and decorations at the Market, plus baked goods and plants. All items must be grown or produced by the person selling them.

Sponsored by County Government, the Market is free and open to the public. The space has been made available by First Union National Bank, and the County Agricultural Extension Service is providing management and coordination services. Harold Frazier, manager for the Farmers Market that operates during the summer growing season, will be the manager for the Christmas Market, and many of the vendors who sell each summer at the regular Market will be there with special Christmas crafts and decorations.

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Goal Set For Little

Red Stocking Appeal

The Children's Home Society of North Carolina, Inc. is launching its annual Little Red Stocking Appeal for 1978. Traditionally this appeal occurs during the Thanksgiving and Christmas Seasons. The goal set for this year by the Board of Directors of the Agency is \$125,000 as announced by Mrs. James G. Whitton, President.

The Children's Home Society, a United Way agency, is North Carolina's only statewide, non-sectarian, voluntarily supported adoption agency. Almost half of the Society's funding comes from direct contributions, the major portion of which is derived from gifts made to the Little Red Stocking. Approximately 31 percent of the Children's Home Society's funding comes from allocations from North Carolina United Ways, with the remainder of the operating budget coming from other sources.

In making her announcement, Mrs. Whitton said, "The philosophy of The Children's Home Society remains of working policy today: every child has a right to the love and security of a family at home of his very own." Trained, professional staff of the Agency use their expertise in finding the most suitable home for each child who comes to the attention of the Children's Home Society need of adoption planning.

In addition to the placement of babies and older children adoptive homes, The Children's Home Society offers free, professional problem pregnancy counseling and post adoption counseling.

Merchants Who Advertise

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