

...While Looking For Something Else

Simply Amazing How Much Information You Can Discover

It is simply amazing how much information you can discover while looking for something else. Consider the following:

-In 1900, boy babies could expect to live to age 46, girls to age 48. By 1983, boy babies could expect to live to age 71, girls to age 78.

-Nearly half the fat in chicken is in the skin.

-In the past three years, Americans reduced their intake of bacon by 21 percent, hot dogs, eggs, and beef by 16 percent, fresh pork by 14 percent, refined sugar and sugary foods by 29 percent, salty foods by 21 percent, butter by five percent, and other fats and oil by 11 percent, according to USDA reports. During the same period, Americans increased their consumption of fruits and vegetables by 25 percent, poultry by 17 percent, and fish by 15 percent.

Doll Show Will Be Held

Dust off your dolls and get them ready to compete in the Fourth Annual "Dolls through the Years" Doll Show to be held Saturday, April 26. Open to the public, the show will be held at Marion Diehl Recreation Center, 2219 Tyvola Road in Charlotte, from 10 a.m. to 4 p.m.

This "Life. Be in it." event is sponsored by the Charlotte Parks and Recreation Department and the Queen Charlotte Doll Club. Over 800 people viewed the over 500 dolls featured in competition and on exhibit at last year's show.

Adult categories include dolls made:

1. Before 1900
2. 1901-1925
3. 1926-1945
4. 1946-1960
5. 1960 - present

6. The Wonderful World of Non-Commercial Dolls

7. Reproductions

Children's categories include:

1. Bears
2. 1970 - present

A 3" x 5" card with the doll's information must accompany each doll. Entries will be accepted on the day of the show between the hours of 8 a.m. - 9 a.m. Ribbons and prizes will be awarded; the viewing public will vote for Best of Show.

For more information, call the City's Cultural Arts Specialist, Bonita Heffner, at 338-2584.

WITH AHMAD DANIELS

THE QUALITY LIFE



Ahmad

-Verdi composed his "Ave Maria" at age 85. Michelangelo was carving the Rondanini Pieta six days before he died at age 89. Titian painted "The Battle of Lepanto" at 98.

-Lean veal can have as little as one-tenth the fat of lean beef, though the cholesterol content of veal and beef is about the same.

-Boston or Bibb lettuce has twice as much vitamin C and three times as much vitamin A

by weight as iceberg lettuce. Even better, Romaine has six times as much C and eight times as much as iceberg. In general, the darker the lettuce, the more nutritious.

-Sucking on hard candies or lollipops is a greater cause of tooth decay than eating larger amounts of ice cream or cake, since the candies dissolve slowly and surround the teeth with

sugar.

-The number of premature deaths due to smoking in the U.S. is the equivalent of 920 fully loaded 757 jumbo jets crashing every year - 350,000 people each year, according to the American Lung Association.

-Men who are 30 percent overweight have a 70 percent higher risk of developing coronary heart disease than those at their recommended weight.

-Fruits and vegetables provide virtually all the vitamin C (92 percent) and half the vitamin A (49 percent) in the nation's food supply, but only nine percent of the calories, says the U.S. Department of Agriculture.

Editor's Note: Obesity, in the last column, should have been defined as 20 percent above the desirable weight set by life insurance tables, not 200 percent.

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SISTER MARGO

Got bad luck, life seems to be treating you bad? Do you have a pain in your body and the doctors say there is nothing wrong with you? Do you want your loved one or sweetheart back? Do you suffer from lack of money? Do you want to win in everything that you do? Do you have drinking problems? Did your husband or wife leave you and you did not know why? One letter will convince you that Sister Margo can help you. She can help in love, marriage, business, health, divorce, lawsuits, luck, happiness, money. No power on earth is greater than her power. God gave her the power to heal and protect. She solemnly swears successes where others fail. **YOU'VE RECEIVED HER MESSAGE, AVOID IT NO LONGER!**

One Visit Is All You Need

Mrs. T.M. writes: Someone has come between me and my boyfriend and we separated. We couldn't get along. I just couldn't hold him, no matter what I did. He was seeing another woman and I didn't think I would ever get him back, but I loved him and that's why I went to Sister Margo. Thanks to her and her prayers, we are married and very happy in our new home!



Mrs. T. M.

HELP AWAITS YOU!

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