

Hasty... COMMENTS

by Mary Alice Hasty

She is a big woman — almost six feet tall. Large bones supporting massive contours of flesh give an immediate and lasting effect of solidity. When you see her for the first time you are struck by the sheer size of her, and then your eyes travel upward to her face and you see how pretty she is. Unlike most big women, she moves with a sure and stately grace, a measured motion of ease.

Her keen awareness and love of beauty transform wild flowers, berries, or a few green boughs into distinctive arrangements at a touch.

Hops d'oeuvre, fragile pastries, delicately molded salads — name it — she turns them out as if by magic. Let her put a pot of plain water on the stove and I swear it smells delicious by the time it boils.

These are good things, pleasant things. Yet they are only a part of the story. Beneath the calmness, the unbelievable competence, there are torrents of deep and mysterious inhibitions which only those with the ability to scan soul with soul shall ever see, and even then never fully understand.

She is my friend. I doubt I shall ever be hers. There is a gulf between us that she will never cross. I do not see the gulf but I know it is there. I admire her more than I can express. She sees my countless faults at a glance and without a word reduces me to a feeling of total ineptness.

She is a mother five times. I am a mother two times. It is only because I am a mother that she deigns to share her time with me. She knows we need her so she runs her household with one hand and mine with the other. A remarkable woman.

Of all her talents she is a mother first — a great mother hen whose huge wings spread out to encompass every little child.

When I organized and taught kindergarten I had to have her with me. I watched twenty-five preschoolers succumb to her charm, and on many occasions burrow down in the softness of her flesh. They never questioned her being there. She was their teacher just as I was, and the only discernible difference between the two of us was brought to light by the priceless remark from Betsy Snipes, age four.

"Mrs. Goodlett," explained Betsy to her family, "is the teacher with the pony tail on the side."

But the roads we travel run side by side, never together. A few years ago she went shopping in another town, a hurried affair to pick up a few things her family needed. She was refused service abruptly. A white man looked at her and said, "We don't sell to Negroes."

In embarrassed confusion she fled the store. I cried with pure rage when I heard it, and made two unsuccessful trips to the store to protest.

She dismissed the incident with no outward show of emotion other than surprise at my reaction, but the wound was there... one more added to a lifetime of hurt.

Wounds heal, they say. But healed wounds have a way of leaving scar tissue, and scar tissue has a tight, constricting, even abrasive way about it that is foreign to uninjured flesh — or emotions.

Conditions have changed since those few years ago. Our sons are in the same room at school and mine wishes he had the strength and speed hers has. Mine unwrapped a gift last Christmas Eve and shouted, "Oh boy! A shirt just like William's!" My five-year-old daughter is furiously jealous of any child who even looks like he or she wants to smuggle down on that soft lap.

But the invisible gulf is breached only by the little ones. I can only conclude that it is too late for the rest of us.

Doctor in the Kitchen



By W. W. Besser, M.D.
Consultant, National Dairy Council

FATS, FATTY FOODS AND FATTIES

People are still being fooled by the old chestnut, "Which is heavier, a ton of feathers or a ton of lead?" They are also being confused by loose and inaccurate use of common terms like... well, for example:

If someone mentions fattening foods, you nod wisely and think of fat meat, sugar,

sweets, starches, potatoes, bread, cooking oils, chocolate and so on, but...

There are four basic food groups, for convenience in everyday diet planning. But in scientific nutrition the necessary nutrients are listed as proteins, carbohydrates, fats, minerals and vitamins, and water. All are essential in a good diet such as is more or less instinctively enjoyed by normal people, based on the foodstuffs most readily available to them. So now let's look at fats, fatty foods and fatties.

Fats are compounds of fatty acids and glycerols (glycerine-like compounds). They are the richest source of calories in small bulk, supplying nine to the gram. Some fats, like the fish-liver oils, are rich in essential vitamins A and D, which dissolve in fatty solvents. Milk is regularly reinforced with vitamin D to provide the 400 I. U. (International Units) recommended by the Food and Nutrition Board, for infants and children.

There are a few vegetables—soybeans, olives, avocados, and corn — which yield oil and cooking fats or are eaten in their natural or cooked state. Whether they will put fat on YOU depends simply on how much you eat of each. It is foolish, unnecessary and harmful to cut such foods out of the diet, since some of them bear vitamins and others consist of compounds of fatty acids which are required for good nutrition.

So much for so-called fatty foods. The term 'fattening' is properly applied only to the diet as a whole, never to any one food. The fattening diet is one which supplies more calories than the person's energy output can burn up; no matter what foods contribute to the surplus. Foods which contain many calories in small bulk may need to be limited more than those which supply few calories in large bulk. The individual, too, influences the tendency to gain or not to gain. A rabbit might get fat on lettuce; a human being couldn't eat enough to do likewise. There are differences among individuals of the same species as well as among different species.

And what about fatties? Well, if you eat much and don't get off your seat and on your feet enough, that's liable to be YOU. Or me!

SO EASY
It is always easy to substitute our prejudices for our good judgment. — Baptist Observer.



MRS. MICHAEL DEAN DANIELS
... was Glennie Kaye Overman

MISS GLENNIE KAYE OVERMAN WEDS MICHAEL DEAN DANIELS

College place Methodist Church Greensboro, was the setting on Saturday evening at 6 o'clock for the wedding of Miss Glennie Kaye Overman and Michael Dean Daniels.

The Reverend Fred Macon officiated and Mrs. Marianne Chamberlain, organist of Greensboro, and Terry Ashe, soloist of Statesville, presented the wedding music.

The bride is the daughter of Mr. and Mrs. Rex Thomas Overman of Route 2, Harmony. She attended Harmony High School and is a January graduate of the University of North Carolina, Greensboro, earning a degree in home economics education. She is employed in Residence Hall Department at UNC-G.

The bridegroom is the son of Mr. and Mrs. Joe Eustace Daniels of Route 4, Mocksville. He is a graduate of Davie County High School and expects to be graduated in June from the University of North Carolina at Greensboro. He is a member of the American Chemical Society.

The bride was given in marriage by her father. She wore a gown of white peau de soie made with long sleeves ending in calla points, a controlled bell skirt, and a chapel train with lace appliques and ended in English point lace. Her fingertip veil of illusion was attached to a crown of beaded pearls and orange blossoms. She carried pink sweetheart roses on a white lace-covered Bible.

Miss Peggy Everhart of Greensboro was maid of honor. Miss Andrea Ray of Greensboro, Miss Emily Folger of Chapel Hill and Mrs. Larry Gobble of Mocksville were bridesmaids. Mrs. Ken-

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Mrs. Tatum Entertains

On Tuesday at noon, Mrs. E. C. Tatum Sr. entertained Mr. and Mrs. Charles Isley and Mr. and Mrs. M. H. Ridenhour at an old fashioned dinner at her home on Route 4, Mocksville.

The table was overlaid with a damask cloth, centered with

fellowship hall of the church following the ceremony.

The refreshment table was covered with lace over green and centered with a white arrangement of snapdragons and chrysanthemums flanked by white candles in silver.

Mrs. J. N. Andrews, Mocksville, and Mrs. Perry Cartner of Harmony assisted in the entertaining.

For the wedding trip to Western North Carolina, the bride wore a winter white wool dress with a navy blue coat and navy accessories.

The couple will be at home at 612-A Kenilworth Street, Greensboro, after February 1.

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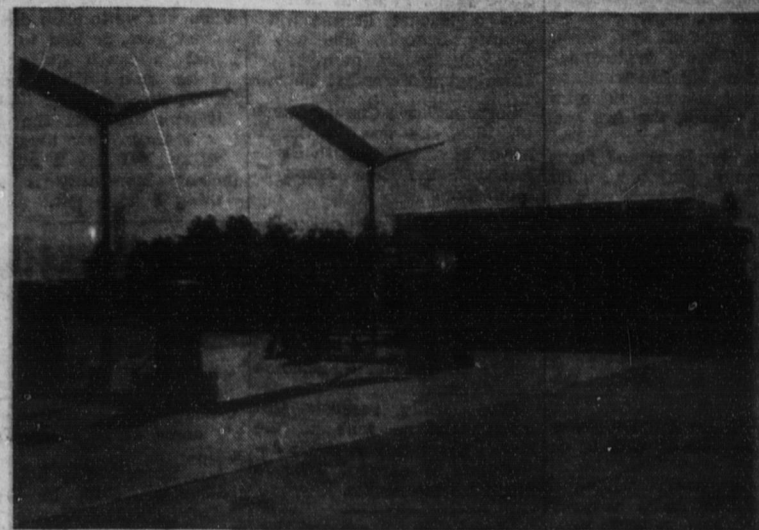
an arrangement of Yellow Jasmine. The table was attractive with her Blue Willow China and blue crystal. A menu of beef, and gravy, potatoes, collards, turnips, cracklin corn bread sticks, biscuits, jello fruit moulds, spiced pickled peaches and cheesecake was enjoyed.

At last the long-staying guest was ready to depart. "Goodnight," he said. "I hope I have not kept you up too late." (Host yawning): "Not at all. We have been getting up soon anyway."

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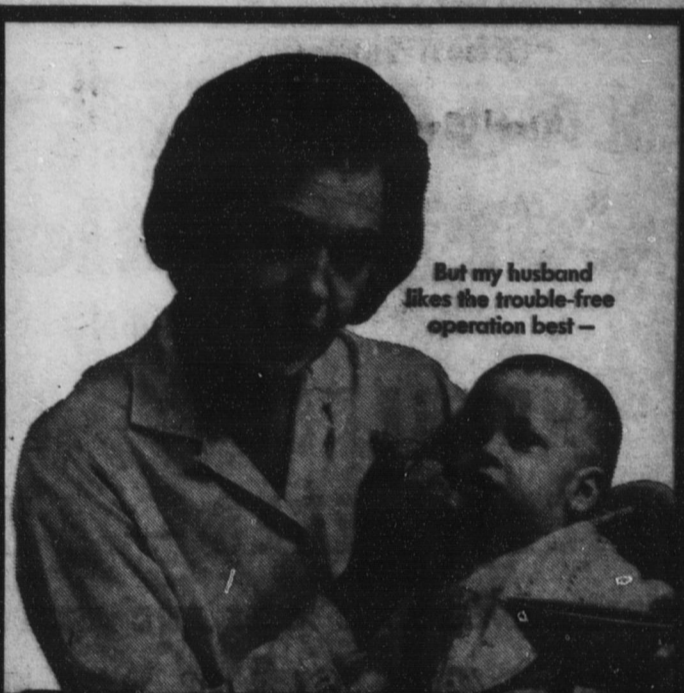


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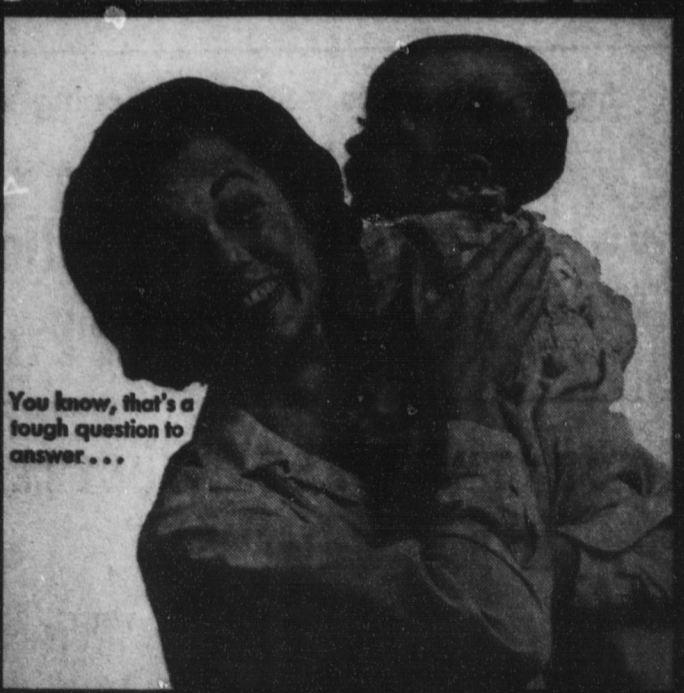
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