

Shared News
 The Department of Rose...
 The guest minister...
 The program was as follows:
 Miss Annie McAnn made the introduction, the welcome address was

made by Beadie Johnson, the ten commandments were recited by Brenda Chasten, prayer was offered by Avis Pierce and response to the welcome was made by Miss Debra Jones. Miss Idell Pierce was mistress of ceremony. Mrs. Margaret Henry directed the Junior Choir. Miss Johnnie Mincey was at the piano.
 In the afternoon the largest group that has taken part in a Twelve-Tribe Rally in years enjoyed gospel singing. St. Phillip's Methodist Church cooperated fully. The Third Sunday evening in July we will present a Tom Thumb wedding. Rehearsal will be next Saturday afternoon at 4 o'clock. All



D. H. S. Student Attends National NHA Meeting

Miss Sandra Annette Carlton, daughter of Mr. and Mrs. Galloway Carlton, RFD 1, Watauga, N. C., attended the National New Homemakers of America Meeting held June 10-14 at Bethune Cookman College, Daytona Beach, Florida.
 Your Home - A Key To The Future, was the theme for the 1963 Meeting. Many interesting speeches, dramas, and discussions were held for the purpose of helping NHA Members understand what constitutes good family life and ways they, as individuals, may influence homes.

The seventeen other girls from all parts of North Carolina along with the three advisers who attended the meeting with her came home inspired for action.
 The rich experiences that she received as a delegate at the meeting should prove very beneficial to other chapter members as well as to herself.

Sandra is a rising Junior at Douglass High School and President of the NHA Chapter there. She was recently installed as President of District II; and State Parliamentarian of N. C. Association of New Homemakers of America for 1963-64. Her Home Economics Teacher, Mrs. S. D. Hill was also installed as Adviser for the offices in which she holds in the NHA Chapter.

Participants are asked to be present and on time. The children of the Angel Choir are also asked to be there for rehearsal. New Joiners are invited at this time.
 At the 4-H Club District Elimination Day June 6, in Kenansville, Patricia and Beatrice McKoy won second place with their demonstration "Cooperatives". It was their first venture, but they will try it again next year.

Hay conditioned with a crusher will dry faster and more uniformly than hay conditioned with a crimper. New Holland tests show.

Day Of Medicine Man Not Passed Says FDA Consumer Consultant

The health and pocketbook of the American public are being severely cheated by the modern-day medicine man—the self-styled nutritionist and the quack.
 "The age of the medicine man is not behind us, but it is still with us," said Mrs. Elizabeth D. Whitlock, consumer consultant with the Food and Drug Administration.

"The American public is wasting at least \$1 million a year on falsely promoted, worthless or dangerous products or methods of treatment of disease," she told a group of women attending Homemaker's Week at North Carolina State.

Mrs. Whitlock observed that Americans constantly are bombarded with hypnotic spiels on radio, television, newspapers, magazines and from door-to-door salesmen. These spiels are directed at the attentive ears of Americans who have become "health conscious, diet conscious, weight conscious, vitamin conscious, mineral conscious, fat conscious and protein conscious."

"Yet, the consumer doesn't have sufficient knowledge to distinguish between sound medical and nutritional advice and the false and misleading claims of the promoter or advertising expert," she added.

TWILITE DRIVE-IN THEATRE
 Beulaville, N. C.
 Thursday June 27
 Walt Disney's **Moon Pilot**
 Starring Tom Tryon and Brian Keith

Friday Only June 28th
Bridge to the Sun
 Starring Carrol Baker and James Shigeta

Saturday Only June 29th
"Escape From Fort Bravo"
 Starring William Holden Eleanor Parker
Journey to the seventh planet
 In Color

Sun. and Tues. June 30-July 2
Kid Galahad
 In Color
 Starring Elvis Presley
Follow That Dream
 In Color
 Starring Elvis Presley

Special foods and food supplements are being used by many healthy, well-fed Americans who basically have no need for them. Many times they abandon a sound nutritional diet when they succumb to the false claims, Mrs. Whitlock asserted.

"If people consume a variety of foods, there is ordinarily no special need for extra vitamins, minerals, proteins, polysaturates, lipotropic factors, amino acids, etc., etc. And, as is generally true, overeating is likely to be more of a problem among those past 65, than under-eating," to whom much of the nutritional nonsense is directed.

Mrs. Whitlock urged that consumers be on guard against the four common myths of nutrition, described as the hallmarks of modern food quackery. These four are:

1. "All diseases are due to faulty diet. This is a false proposition. 2. Our foods are nutritionally inferior because our soils have become impoverished through long use and because chemical fertilizers have 'poisoned' the land. This likewise is a false proposition that has been scientifically disproved.

3. Commercial food processes destroy the nutritional value of foods. The truth is that while processing reduces the nutritional value of some foods, it preserves nutritional

values and adds to it on other foods. 4. Most Americans suffer from nutritional deficiencies that cause all of the vague aches and pains and tired feelings that effect human beings. This, too, is medical nonsense."

Mrs. Whitlock suggested that the consumer become suspicious that quackery is involved when she is told by a pitchman the medical profession or a nutritionist is "against me" or when testimonials are offered as part of the spiel.

"The testimonial is a sign that the promoters feel a need to pres-

sure you into buying their product," Mrs. Whitlock said.

MUSCLES ACHE?

Don't suffer... STANBACK relieves pains of tired, sore muscles. STANBACK acts fast yet so gently, and with pain relieved you feel relaxed, comfortable. Let STANBACK's combination formula free you from pain due to over exercise and other muscular aches. STANBACK Tablets or Powders.

Isaacs-Kahn
 Presents a wonderful new Vinyl Flooring Style for your home

Armstrong MONTINA VINYL CORLON
 Its natural looking in design that it looks as though it were made just for your particular home and style of architecture. Its realistic "stone-like" effect is a perfect setting for today's popular natural wood, stone and metal decorating accessories. Yet it is at home with any color scheme or period styling. Montina is styled for easy, quick and well give outstanding service in bathroom, kitchen as well as residences.
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Parrott's Spring and Summer **SHOE SALE**
 Hundreds of Pairs of fine Shoes At Tremendous Savings!
 Starts Thursday, June 27th. Doors Open 9 A. M.

Rhythm Step's Caressa's Paradise Kittens \$9.95 Values to \$16.95	As Always Our Sale Never Disappoints	FLATS \$6.45 All Colors and Styles Values to \$11.95
Life Strides Penallo's \$7.95 and \$8.95 Values to \$14.95		Odds and Ends \$2.99 Wonderful Buys
One Group Of CASUALS \$4.99 Values to \$10.95	Group Of Size 4B's \$5.95 Many Colors Values To \$16.95	Special Group Rhythm Step's and Paradise Kittens \$5.99 Values to \$16.00

Spring and Summer Handbags 1/3 OFF
Parrott's
 No Exchanges No Refunds
 All Sales Final
 Goldsboro, N. C.

NOTICE!
THE BANK OF MOUNT OLIVE WILL CLOSE AT 1:00 P. M. Each Wednesday Through July
 In order to give our employees more recreation time during the summer weeks.
THIS NEW CLOSING TIME APPLIES TO OUR TWO OFFICES IN MOUNT OLIVE AND TO THE BRANCH OFFICE IN CALYPSO.
Bank Of Mt. Olive
 2 CONVENIENT LOCATIONS IN MOUNT OLIVE - 1 IN CALYPSO
 MEMBER OF FEDERAL DEPOSIT INSURANCE CORPORATION
 All Deposits up To \$10,000 Insured by an Agency of the U. S. Government