

## Milk Means Better Health, Lower Food Cost

"June is Dairy Month" and that means it's time to enjoy plentiful health-giving dairy foods.

It's part of the American way of life having abundant supplies of cool, fresh milk, luscious ice cream, flavorful butter, tangy sour cream for salads, creamy cottage cheese and a variety of cheeses for snacking.

Miss S. Virginia Wilson, nutritionist for the Agricultural Extension Service at N. C. State, says one quart of milk supplies the average teen-ager with approximately 1/4 day's needs for calories, 1/3 of the day's needs for protein and 1/4 of the day's need for calcium. It also includes two per cent of the day's need for blood building iron, 1/2 of the day's need for good eye sight vitamin A, 1/4 thiamine — the steady nerve B vitamin, and over 1/4 day's need for riboflavin.

Just think about some of the foods that are richest in calcium, riboflavin and protein and see how much it will cost to furnish the

same amount as you would find in four glasses or a quart of milk.

Let's look at calcium first. Not only is milk the richest source of this mineral, but it is hard to meet your daily needs without drinking one or more glasses of milk daily.

Miss Wilson says calcium is needed by people of all ages to build and keep bones from becoming brittle, to overcome fatigue, to help the blood to clot and to help the nerves and heart muscles to function properly.

To furnish the same amount of calcium as is found in four glasses of milk at 28 cents, you would have to eat: 6 3/4 lbs. of cabbage, which would cost about 35c; 27 lbs of potatoes at about \$1.35; 7 1/4 lbs of carrots at 72 cents; or 28 oranges costing \$1.25.

The next nutrient for which milk is most valuable is riboflavin. This B vitamin is needed to keep the skin healthy, vision clear and is essential to help cells use oxygen to release energy.

To get the same amount of riboflavin as 4 glasses or a quart of milk, you would need to eat: 2 1/2 lbs. of beef costing about \$1.65; 12 large eggs costing 48 cents; 14 ounces of cheese at 56 cents; or 1 1/2 lbs. collards or turnips greens at 20 cents.

Protein of the finest quality is found in milk. Protein is the main substance that makes up all cells of the body. Life itself depends upon it. To get protein of the

## Bride-Elect Honored With Recent Shower

Saturday night from eight to ten in the home of Mrs. E. V. Scott the ladies of the Oak Grove Community were hostess at a floating shower for Miss Ella Moore, bride-elect of Johnny Mallard.

Summer flowers were used throughout the home. In the dining room white net with satin trim over green satin was used on the table with white center piece flanked by silver Candelabra.

Mrs. Scott received guests at the door and presented them to the receiving line composed of Miss Moore, her mother Mrs. J. M. Moore, Mrs. A. J. Mallard, Mrs. Joice Palmer and Miss Shirley Moore sisters of Miss Moore. Mrs. Bernice Meadows and Mrs. Grover Mallard, grandmothers.

Mrs. Claude Banks invited guests into the dining room where Mrs. E. C. Armstrong served cake and Mrs. Hazel Turnage poured punch.

Mrs. J. C. Hargett received in the gift room, and Mrs. Frederick Killingsworth at the bride's book.

same quality and amount as in a quart of milk, you would have to eat: 5 eggs costing around 20 cents; 5 1/2 ounces of calves liver at 35 cents; 6 1/2 ounces of fish costing 15 cents; 5 1/4 ounces beef at 33 cents or 4 ounces of cheese at 20 cents.

Surely, this is convincing evidence that milk is a bargain for the homemaker. Milk combines with many fresh vegetables and fruits which are now on the market. So now is the time to perk up summer menus with plenty of dairy products.

## "Teen Topics"

BY  
TERESA  
CREAGH

Well, Saturday is another election day. I'm sure that everyone is aware that it is the date of the second primary. I would like to urge all the adults who may happen to see this column to vote on Saturday. Voting is a duty and a privilege granted to all American citizens. There are so many people in this world who are not allowed this privilege that it is a shame if Americans fail to exercise it. I have said before that I feel it is good for teenagers also to take an active interest in politics. It helps to prepare us to take an active part in the government of our country.

A friend of mine recently had a very interesting conversation with a good friend of Kathy Roper's. I wonder if Kathy would be at all interested in what was said.

Sue Booth and Donna Mallard, accompanied by Donna's mother, have been visiting New York for

a little over a week now. We hope that they are having a good time.

Sharon Mateja is due to return Saturday night from South Carolina where she has been visiting her aunt and uncle, Mr. and Mrs. Wade Tolin. I'm sure that many Jones Central students remember Mrs. Tolin as one of the most beloved teachers ever to teach here. We hope that Sharon had a nice visit.

### Wonder . . .

What happened at the Pollocksville Teenage Club last Saturday night?

If there have been any interesting new arrivals in Maysville lately?

What's with this foursome we've been seeing so much of lately? (namely Carol Chapman, Elaine Thomas, Alan Mallard, and Alan's cousin.)

If Linda Haddock has heard from Danny lately?

## Kathy Stillely Is Given Party on Fifteenth Birthday

Saturday night Kathy Stillely was honored on her fifteenth birthday at a party given by her parents, Mr. and Mrs. Wayne Stillely of Trenton, route 1.

Approximately 30 guests attended. Included from out of county were William and Walter Parker of Sneads Ferry, Mr. and Mrs. Charles Lee Dail, Ann, Joyce, Lois, May, Charles Lee Dail Jr., Billy Wade, Jimmy Gray and Billy Dail of Snow Hill.

Refreshments of hot dogs, hamburgers, chicken salad sandwiches, potato chips, cookies and birthday cake were served. She received many gifts.

## Lee's Chapel Bible School is Success

Lee's Chapel Methodist Church conducted its Vacation Bible School June 8th through the 12th.

Director was Mrs. Milton Arthur, Instructors for the school were: Mrs. Donald Phillips, Mrs. Woodrow Parker, Mrs. Herbert Phillips, Jr., Mrs. Nelson Riggs and Mrs. Jack Grimsley — Nursery and Kindergarten; Mrs. Bill Rouse, Mrs. Jack Wilson — Primary; Mrs. George Bull and Mrs. Bobby Riggs — Juniors; Mrs. J. N. Fosque Jr. Junior High and Music, Arts and Crafts — Mrs. Milton Arthur and Miss Bonnie Wilson.

Commencement exercises and the exhibits of the work of each department was held Friday morning, followed by a wiener roast. Parents and friends attended. The average for the week was 37 with 29 perfect attendance.

## Local Wallace Effort

Agents of Alabama Governor George Wallace set up headquarters in Kinston this weekend to help secure the 10,000 signatures needed in order to get Wallace's name on the presidential ballot in the November General Election. The team in Kinston was seeking petition signers in Greene, Lenoir, Craven, Pamlico, Jones, Onslow and Carteret counties. The deadline for getting the names and having them certified as registered voters is July 1.

## LaGrange Area Man Held Without Bond

James Jones of LaGrange route 1 was bound over to superior court without privilege of bond following a hearing before Recorder Emmett Wooten last week in which Jones was charged with five instances of rape upon his 14-year-old stepdaughter.

## "Ask any Camel smoker!"

### Why Camel?

Well, like most people, Camel smokers shopped around a lot before they made Camel their brand. They still try another smoke once in a while when they run out.

But, for their steady choice, they go for quality. And that's Camel.

The best tobacco makes the best smoke. It's as true today as ever before.

That's why, year after year, Camel remains the overwhelming choice of smokers who prefer regular cigarettes...the millions of men and women who enjoy the smoking pleasure that goes with

**Camel Time**

