

Other Editors

Dallas Morning News

How To Get There

If the problems of the low-income minority groups can be reduced to a word, it must be "jobs." The combination of undereducation majority of the nation's Negro population from sharing in the national affluence.

David Rockefeller, testifying before the U. S. Equal Employ-

ment Opportunity Commission the other day, offered a remedy: "Business can and must assist in every possible way," he said. "But the basic drive, determination, and will to succeed must come from within the Negro himself."

Rockefeller, president of the Chase Manhattan Bank, offers

Early Detection Will Help Defeat Cancer

What is cancer?

All of us are well aware that cancer is a serious health problem, one of the major killers. But how many of us really know what cancer is?

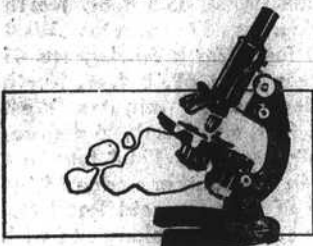
A pamphlet of the American Medical Association explains that during the process of cell division—the basis of normal body growth and repair—cells become differentiated into the specific kinds needed for each organ or body function.

Each kind of cell divides into its own kind, equipped to do the job it was designed to do. Under certain conditions not yet completely understood, some cells do not differentiate in this way. They multiply in irregular and disorderly fashion and compete with normal cells for nutrition and space. These cell masses are called tumors.

Tumors that remain localized are benign tumors and may not be troublesome unless they mechanically interfere with some body function. Tumors that grow rapidly and destroy tissue are known as malignant tumors. These are called cancers.

Cancers may affect any part of the human body. They also attack animals and even plants.

In man (and most animals) the unrestrained growth of cancer cells will infiltrate vital organs and destroy them if not checked.



Cancers spread by infiltrating adjacent tissue, by traveling through the circulatory system and lymphatic system, or by any combination of these.

The cause of cancer in man is not known. If treated promptly and properly, some cancers are highly curable. One-third of all cancers in the United States are being cured today. Cancers are most readily curable before they have spread from their original locations. To be cured, they must be found early.

More than 300,000 persons will die of cancer in this country this year. About one-third of these might have been saved through earlier detection and treatment.

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HEALTH and SAFETY TIPS

from the AMERICAN MEDICAL ASSOCIATION
535 N. DEARBORN STREET
CHICAGO, ILLINOIS 60610

Do Your Share: Help Stop Air Pollution

The problem of air pollution has been much in the news in recent years.

For people who live in metropolitan areas—which now means most of us—air pollution becomes more apparent all the time. The American Medical Association points out that there's little doubt that pollutants in the air aren't good for us. Just how serious a health problem is air pollution is a question still being studied. It has been associated with a number of various physical ills.

We read about air pollution, but it seldom occurs to us that we can do something about it. Isn't air pollution merely a matter for the factory with the belching smokestack, or the apartment building with a smoky incinerator?

Actually, there are some things we all can do to reduce air pollution:

- Make it a point to know air pollution dangers, and seek from elected representatives legislation to control these hazards.

- An important source of air pollution is the exhaust pipe on the family auto. Keep the engine in good order. Have the exhaust system inspected regularly. This will not only reduce air pollution, it also will save money on gasoline.

- Keep your home furnace in good working order. Have it checked annually, both for your safety and for the sake of the community.

- Leaves, trash and rubbish should not be burned in metropolitan areas. Arrange for the pro-



per agency to haul them away to a proper disposal point.

Prevention of air pollution is a matter that must be met by the whole community. Proper laws are required where voluntary actions are inadequate. Tight enforcement of these laws is essential.

We can anticipate that air pollution will continue to be much in the news in the years ahead. The problem will be solved much sooner if all of us become aware that it is serious, and that all of us are involved in its ultimate solution. 5-68

wise counsel. The thought is not new. Drive, determination, and the will to succeed have lifted many a "minority group" into its full share of life in American. The stories of immigrant Italian, Irish, Jewish, and Chinese families bear testimony to the wisdom of his advice.

When "black power" first became a headline-grabber, everyone hoped it was a challenge for Negroes to take pride in themselves and work to better their lot in society. It became, instead a racial alibi for failure, an excuse to demand, to threaten, to riot.

Millions of Negroes have refused to buy the slogan. Amidst the din of the shouting, they quietly work toward the goal of a full place in society through the exercise of drive, determination, and will to succeed. It is they who will make it.

SAM WATKINS IN NAVY

Gunners Mate Third Class Samuel A. Watkins, son of Mr. and Mrs. Samuel A. Watkins of 1309 Airlee Drive, Kinston, reported for duty with Attack Squadron-174 at the Naval Air Station, Cecil Field, Fla.

PFC FLOWERS IN VIETNAM

Private First Class Randolph Flowers, son of Mrs. Mattie L. Flowers of 13-E Carvers Courts, Kinston, is in Vietnam serving as a member of the First Battalion, Fifth Marine Regiment, First Marine Division.

BOBBY HILL HONORED

Army Specialist Four Bobby Hill, son of Mr. and Mrs. Cleveland Hill, of Route 2, Deep Run, was awarded a Certificate of Achievement while serving with the 528th Quartermaster Company near Vung Tau, Vietnam, Jan. 30.

DAVENPORT IN GEORGIA

Private Rickey Davenport, son of Mrs. Bernice Davenport, Maysville, completed nine weeks of advanced infantry training Feb. 2 at Ft. Gordon, Ga. His last week of training was spent in guerrilla warfare exercises.

FRANKS IN VIETNAM

Specialist Four Charles D. Franks, son of Mr. and Mrs. Willie Franks Jr. of Pollocksville, was assigned as a security guard in Security Guard Company, near Long Binh, Feb. 4.

JAMES KOONCE IN VIETNAM

Airman First Class James M. Koonce II, son of Mr. and Mrs. James M. Koonce of 1006 Oak St., Kinston, is on duty at Cam Ranh Bay AB, Vietnam. The airman is a graduate of Adkin High School.

WHITFIELD IN VIETNAM

Sergeant Clayton Whitfield Jr., whose mother is Mrs. Lena W. Jones of 405 E. North St., Kinston, is on duty of Cam Ranh Bay AB, Vietnam. The sergeant is a graduate of Adkin High School.

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TEATIME TREATS



When neighbors drop over mid-morning or mid-afternoon, there's no nicer way to say welcome than with a cup of steaming hot tea. If you don't want to use your teapot for making just a couple of cups, make the tea right in the cups, using teabags. And to solve the problem of what to do with the used teabags, which just don't look very attractive reposing on the side of the saucer, set a covered sugar bowl on the table or one of those little covered rice bowls sold in Japanese gift shops. They come in white china or bright colored enamelware and are attractive as well as practical for the purpose.

Incidentally when making tea in a cup, do be sure to let the tea brew for at least 3 minutes. And it's a good idea to convert the cup into a temporary teapot by placing the saucer over the cup during the brewing period. It helps to keep the tea piping hot and will discourage would-be teabag dunkers. Teabag dunking only colors the water—and cools it off, too.

To serve with tea, Orange Tea Muffins are delightful!

ORANGE TEA MUFFINS (Makes 12 muffins)

- 2 cups sifted all-purpose flour
- 3 teaspoons double acting baking powder
- 1/2 teaspoon salt
- 1/4 cup sugar
- 1 egg, beaten
- 1 cup milk
- 2 tablespoons butter, melted
- 2 teaspoons grated orange rind

Sift together into 2-quart mixing bowl the flour, baking powder, salt and sugar; make a well in this mixture. Combine egg, milk, melted butter and orange rind; turn into dry mixture. Stir only enough to moisten well. (Do not beat until smooth.) Divide into 12 greased 2 1/2 inch muffin tins. Bake in preheated hot oven (400° F.) for 20 to 25 minutes, or until tops are golden and sides are shrinking from pan. Serve immediately.

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