

Other Editors

Dallas Morning News

The Great Cannots

Lincoln's legacy is not that of negative thought. Yet some of his most telling points were driven home in reverse. Consider: "A house divided against itself cannot stand."

His counsel is apropos in these times, when elements of the American team strain to run off in all directions. He had other negatives that are as positively valid today as they were more than a century ago:

- You cannot bring about prosperity by discouraging thrift.
- You cannot help small men by tearing big men down.
- You cannot strengthen the weak by weakening the strong.
- You cannot lift the wage earner by pulling down the wage payer.
- You cannot help the poor man by destroying the rich.
- You cannot keep out of trouble by spending more than your income.
- You cannot further the brotherhood of man by inciting class hatred.
- You cannot establish security on borrowed money.
- You cannot build character and courage by taking away man's initiative and independence.
- You cannot help men permanently by doing for them what they could and should do for themselves.

Lincoln's dream was of a decent society united by a common bond of freedom. It was little more than a dream when he wrote his 10 cannots. It has flickered to reality all too seldom since.

Although the dream may yet be largely that and no more, it still glows deep within the bosom of a principled people — an indivisible nation seeking, under God, liberty and justice for all.

Lincoln speaks to us in negative terms. So does the Bill of Rights, which, to preserve the dignity of individual man, tells government what it cannot do. From that ancient tablet, eight of the Ten Commandments thunder, "No!"

Together, their negatives fan the coals of that dream toward positive fulfillment.

HOME ECHOES

? - Can frozen meat be cooked satisfactorily without thawing ahead of time? Yes. Frozen meat may be cooked satisfactorily by defrosting either before or during cooking.

? - How should you defrost meat before cooking? The most practical methods are in the refrigerator and at room temperature. The meat should be defrosted in its original wrapping and not allowed to remain at room tem-

perature after defrosting. ? - Are there any times that meat might be defrosted in water? Only if the meat is to be cooked in liquid.

? - Are there any special methods for cooking meat that has been frozen then defrosted according to direction? After meat is defrosted, it should be cooked in the same way as other fresh meat.

? - Do you need to increase the cooking time when cooking a roast from the frozen state? It is necessary to allow additional cooking time. They require approximately a third to a half again as long for cooking as roasts that have been defrosted.

? - Why should air be sealed out of packages when wrapping meat to be frozen? If air gets in the package the meat will lose moisture and become dry. If the juices in the meat are lost food value as well as flavor.

New Law May Help Keep Filthy Mail Out of Kids' Hands

Mail patrons offended by pandering advertisements can now take steps to curb such mail, Postmaster A. F. Waller said today in announcing plans for administering a new law which gives each family the right to decide that an ad is "erotically arousing or sexually provocative".

When an advertisement sent through the mail is offensive on these grounds, a postal patron can now ask the post office to direct the mailer to send no more mail to him and to remove immediately the patron's name from all mailing lists he owns, controls or rents.

To assist patrons, the Post Office Department has published a brief pamphlet — "How You Can Curb Pandering Advertisements" — which is now available at the Kinston post office. In addition to explaining how the law works, the pocket-size leaflet contains a form letter one can use when sending his complaint to the post office.

The pamphlet explains that when a patron receives an advertisement which is, in his opinion, pandering, he must send the ad, its envelope and the form letter, or one which includes its language, to his post office with the words, "Request for prohibitory order" on the face of the envelope.

forests mean money



WHAT IS THE ANSWER?

by Henry E. Garrett, Ph.D.

Professor Emeritus, Psychology, Columbia University
Past President, American Psychological Association

Dr. Garrett, this professor of psychology — Dr. R. M. Dreger of LSU — says that Carleton Putnam's ideas (author of Race and Reality) if put into practice could lead to another Hitler's Germany. Do you think this a fair statement?

A: The comparison of Putnam with Hitler is so monstrous that one can only hope that Dr. Dreger was making a bad joke. Almost exactly the reverse is true. It is not Putnam but the Federal government and its minions which has brought our country to its present sorry state: crime rampant, Negroes in defiance of authority, the two groups — white and black — drawing farther and farther apart, as the President's Crime Commission has said. Putnam's plan would give the Negro a fair (not necessarily an equal) shake; encourage him to build up his own communities and schools, own and operate his own banks and hotels, stand on his own feet. If this country ever comes to open conflict it will be Lyndon Johnson and the Liberals on whom the blame must fall — not on Carleton Putnam and his supporters.

Sgt. McBynum on Vietnamese Thrust

Army Platoon Sergeant William H. McBynum, whose parents, Mr. and Mrs. William McBynum, and wife, Helen, live on Route 1, Trenton, is participating in "Operation Truong Cong Dinh" in Vietnam with other

members of the 9th Infantry Division.

Located in the Mekong Delta

region south of Saigon, the allied counter offensive also includes 11th Regiment of the Republic of Vietnam's Seventh Army, as well as American Naval and Air Cavalry units.

Named after a local patriot, the operation is designed to drive the communists away from the major population centers and keep traffic moving on Route 4, the vital lifeline between Saigon and the southern-most region of the delta.

There's A Diet To Fit Your Need

The American public is now well aware that any effective weight control program must include dieting.

Hundreds—perhaps thousands—of different diets are presented to us. Most are billed as a "sure-fire" means of trimming off excess pounds.

The American Medical Association's home health book, Today's Health Guide, points out that weight can be lost on virtually any dietary plan, good or bad, that ensures a calorie intake less than energy used. It is apparent, however, that many diets are only temporarily effective and do not promote the fundamental purpose of permanent weight loss.

Reducing diets, ideal weight charts, calory-counting tables are available almost everywhere. It is our purpose here to discuss briefly some principles of the good reducing diet.

• The diet should be individualized in harmony with income, national origins, religious principles and personal circumstances.

• The diet should be practical, consistent with work patterns and other everyday obligations and responsibilities.

• The diet should be balanced, and in conformity with good nutritional practice.

• The diet should be a pattern for life, not just for the period of weight reduction.



Generally, physicians do not recommend the crash diet in routine weight reduction. Instead, they are more likely to prescribe a diet aimed at a gradual weight reduction over several months.

It usually isn't necessary to go hungry while dieting. Your physician can help you work out a diet that will be satisfying and at the same time enable you to lose weight.



BEEFEATER GIN

5²⁰/_{FIFTH} 2⁷⁰/_{TENTH}

FROM ENGLAND BY KOBRAND, N.Y.
94 PROOF • TRIPLE DISTILLED
100% GRAIN NEUTRAL SPIRITS

Frosty Morn Meats Inc.

"Helping to build a better Livestock Market for Eastern North Carolina"

Top prices paid for Hogs & Cattle Daily

**No Commission Charge
No Waiting**

Phone JA 3-5103 Kinston, N. C.

Jenkins Machine & Supply Co., Inc.

306 S. Heritage St. Phone JA 3-5896

Specializing in Custom **Flatbed Truck Bodies** (all sizes)

- ★ EQUIP. REPAIR
- ★ TOBACCO TRUCKS
- ★ TOBACCO TRAILERS
- ★ FARM TRAILERS
- ★ PORCH COLUMNS
- ★ HAND RAILS
- ★ ALL TYPE FARM EQUIP. REPAIRS
- ★ SALE OF STEEL AND ORNAMENTAL IRON

- Commercial or residential "If it's metal, we can make it or repair it."
- Custom Work & Fabricating Anything in Metal
- ★ STEEL ROLLER & HYDRAULIC PRESS SERVICE
 - ★ PORTABLE WELDING
 - ★ FAST ON-THE-SPOT SERVICE

Kinston's Steel Headquarters & Complete Machine Shop Service



CHICK'S CAMERA CENTER, INC.

TRIANGLE PLAZA SHOPPING CENTER
NEW BERN, N. C.

Wedding Photography and Bridal Portraits