



CALORIE COUNTDOWN

BY SUSAN DUFF MASTRO

THE GADGET FRAUD

Everytime I see an ad which promises you can lose weight by means of a hand vibrator, fat-rolling device, vibrating couch, "reducing" lotion, body-wrap bandaging, or sweat apparel, I get furious. The ads always sound so authoritative and they make it sound so easy to vibrate, roll or sweat away those extra pounds. No wonder desperate dieters send away for such things with such frequency. Unfortunately, all they stand to lose is their money.

Dr. Morton Glenn who has many credentials to make him an authority in the field of weight control (past president of the American Nutrition Association, former head of the Obesity Clinic at Knickerbocker Hospital, and present chief of the Community Nutrition Resource Center of the New York Department of Health) has condemned these gimmicks as fraudulent money-wasters. Because fat is living tissue within the cell, he has stated, the only way to "loosen" or remove it from the cell is by the biochemical process of caloric reduction in the diet.

The Better Business Bureau in many areas has also come down on many of the mail order firms that try to mislead dieters by making unfounded promises for their "weight-reducing" products. The New York BBB has called much of this advertising "deceptive."

But with so many advertisements for weight-reduction equipment nowadays, how is one to know what is legitimately effective and what isn't. Established medical opinion indicates that any device which helps you to exercise your heart, lungs and muscles (you can feel all these organs being used as you exercise) will help to tone and firm your body and, WITH A PROGRAM OF WEIGHT CONTROL, can help to spot reduce certain areas of your body. If the device or gimmick does not involve exertion on your part, calories cannot be burned, nor muscles toned, nor spots reduced.

Some doctors are even cautious about the weight-reducing benefits of actual exercise that involves the vital organs and the muscles. For one thing, obese individuals should have medical guidance in the matter of exercise -- and for another thing, even very energetic exercise is not helpful to hopeful reducers unless accompanied by careful calorie-counting. For example, it would take over an hour of continuous and strenuous bicycling to burn up the 542 calories in a chicken TV dinner; it would take over a half hour of hard, fast, uninterrupted swimming to burn up the 377 calories in a piece of apple pie. Exercise is best employed to tone and firm as you reduce by counting calories.

Nonetheless, I believe that exercise is a psychological booster to the calorie counter (unless it makes you very hungry) and, especially for the over-30 dieter, it can help to prevent sags. But make sure the device or gimmick you choose really does provide exercise or it will be of no use at all in helping you attain a fit and trim figure.

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THE HOME GAME

by MARY FUREY CRYMES

VEGETABLE VARIETY — Try adding minced green onions to mashed potatoes for a change of pace. It's a treat for tired palates.

BRINGING FALL INSIDE — Those fall hikes can produce a bounty of material for dried arrangements for autumn. A few rules for drying: Pick flowers and plants at their peak of perfection and when they have the least moisture on them. Hang the treasures upside down in a warm, dry spot to dry for seven to 10 days and store in covered boxes until ready to use.

PILLS FOR POOCH — If you have ever wrestled with Fido to get him to take a pill you know the meaning of frustration. Coating the pill with peanut butter often works like a charm, or you can bury it in a piece of meat or cheese and see which of you is the smarter!

RATTLING REMEDY — A rattling doorknob can get on anyone's nerves. Usually a simple tightening of the screw will do the trick. If the problem persists, remove the knob and insert modeling clay into the knob opening. Replace the knob and screw back on.

SOAPY SAVINGS — Save all those slivers of used bath soap! Place them in a jar, cover with hot water and let stand until a jelly solution forms. Then use for your hand laundering and rejoice in the money you have saved!

FAKING IT — For antique buffs who can't afford today's high prices, "age" your unfinished pieces by beating with chains and rubbing on an antique finish. Even Grandma won't know the difference.

WINTERIZING HERBS — You have canned and frozen your garden harvest, but have you salvaged the last of your parsley? Before it goes to seed, snip it off and allow it to dry in a very slow oven. Then seal in an airtight jar for use all winter.

BACK SAVER — To plan furniture arrangements, make a scale drawing of the room. Be sure you indicate all windows, radiators and doors. For newer apartments, you may be able to save yourself all this trouble by asking the rental agent for a floor plan.

Deaths

MRS. SALLY JANE FOSTER

Mrs. Sally Jane Foster, 80, 504-D Anaheim St., died in High Point Memorial Hospital. Funeral services were held at Mt. Olive Baptist Church. The Rev. W.H. Haile, officiating. Burial was in Greenhill Cemetery. MOORE'S FUNERAL HOME handled all arrangements.

MR. JOHNNY G. MCGILL

Mr. Johnny G. McGill, 69, 218-A Brentwood St., was dead upon arrival at High Point Memorial Hospital. Funeral services were held at the Mt. Vernon Baptist Church. The Rev. F.O. Bass, officiating. Burial was in Piedmont Memorial Gardens. MOORE'S FUNERAL HOME handled all arrangements.

MRS. PARTHENA MOORE

Mrs. Parthena Moore, 103, of 104 Tremont St., Thomasville, died in Community General Hospital. The funeral services were held at Brown New Calvary Baptist Church. The Rev. J.W. Flake, officiating. Burial was in City Cemetery. THOMAS-HAIZLIP FUNERAL HOME handled all arrangements.

outreach

Human Resources in Action in North Carolina
by Clay Williams

What do the words "Grade A" mean that you see prominently displayed in your favorite eating place?

The term "Grade A" used by sanitarians indicates, that as a result of an inspection and evaluation by a sanitarian, the restaurant exceeds the minimum sanitation requirements for operation. It also means:

--The building is structurally sound and well maintained, and designed specifically for a restaurant.

--The properly designed equipment is in a good state of maintenance and repair.

--Food service workers use good foodhandling practices in the preparation, storage and serving of the food.

A major responsibility of the Division of Health Services in cooperation with county health departments is to protect North Carolina's citizens and visitors against eating unclean, unsafe food in public eating places. County sanitarians, acting as

agents for the Division of Health Services, conduct most of the inspection and field work.

The General Assembly passed the sanitation food-handling law in 1917. Regulations resulting from the law have been updated periodically since then. They deal with safe and sanitary storage, handling, preparation and serving of food, in an environment that assures the consumer safe, wholesome, unadulterated food.

Provisions of the regulations apply to restaurants, coffee shops, cafeterias, short-order cafes, lunch-ettes, school lunch-rooms, delicatessens and all other places where food is prepared, handled and served wholesale or retail for pay. Other regulations and standards deal with food service facilities in hospitals, nursing homes, rest homes, orphanages, and child day care facilities.

Sanitation grading of all foodhandling establishments in North Carolina is based on a system of scoring that permits a "Grade A" rating for those scoring at least 90 per cent. Those scoring 80 per cent and less than 90 per cent are awarded "Grade B", and those scoring 70 per cent and less than 80 per cent are given a "Grade C" rating.

Are you more apt to eat unsafe food in a "Grade B" restaurant than "Grade A"?

"Generally speaking Grade B establishments are not constructed and equipped to easily facilitate proper foodhandling and cleaning," said Stacy Covil, assistant sanitation branch head of the Division of Health Services, "or employees simply fail to use good foodhandling practices. The presence of either situation encourages the development of the other situation. Likewise, in either case, the possibility

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IT'S AMAZING!

A WELINGTON, N.Z., COW WAS SENTENCED TO 2 DAYS IN JAIL RECENTLY, BECAUSE SHE GOBBLED UP THE GRASS OF A LOCAL COURT-HOUSE!

LEOPATRA OFTEN RUBBED BUTTER ON HER EYES, SO THEY WOULD BECOME "LARGER AND BRIGHTER"...

A HARD-TOOK RESISTANCE MADE DURING THE GREAT BREAD CRUMBS WAR WAS RECENTLY FOUND IN A KITCHEN'S STOVE AND DISCARDED FROM 25 YEARS OF EXPOSURE... BUT THE RESISTANCE WAS A PERFECT SPECIES OF PRESERVATION!

BEFORE ERASERS WERE KNOWN BREAD CRUMBS WERE USED TO REMOVE PENCIL MARKS!!

60.

THE STRUCTURE AND ROOF OF THE GOLDEN UMBRELLA OR "MTI" IS MADE OF 57,835 LBS. OF GOLD AND 212,161 LBS. OF SILVER... (SOURCE: THE GOLDEN UMBRELLA, SINGAPORE)

Freshman Studies Program At Bennett

GREENSBORO — "Most freshmen have mixed emotions of what college is about. Some feel that it will

eventually give them a financially rewarding profession or give them some insight into the philosophy

of questions of society." Miss Dorothy Harris, the director of the newly established Freshman Studies Center at Bennett College, is faced with the challenge of creating a viable program to assist freshmen in adapting to college studies.

"If students are going to have a successful college experience and eventually an exciting career, they will have to do certain things for themselves. Our center at Bennett, is designed to help them pursue their goals through extensive academic counseling," she stated.

Miss Harris further explained that the Center will be evaluating the student's study skills and interests in order to assess the individual's needs, her potential and her demonstrated talents.

"We must attempt, through the cooperation of all college components, to assist each young woman at Bennett to achieve with confidence the realization

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Getting It Together!

by Shelia King

This seems to be the time that many churches are starting their reunions. Oak Spring Baptist Church's Reunion starts October 6, 1974, at the 11:00 service. The Rev. Curtis Carrington will be the Speaker. The afternoon service will be carried out by the Rev. Hall. Rev. Carrington will officiate at services for the week.

At the Warrensville Church of God, their reunion starts October 13th, (2nd Sunday in October), at 3:00 P.M. The Rev. Jordan Smith of South Carolina will speak. Music

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Dear Debbie

Letters to DEBORAH WHITE

Dear Debbie:
My husband used to be very lukewarm about sex, but all of a sudden he's driving me crazy. He just turned 45 and acts like the world were coming to an end tomorrow. Before I was lucky if we made love once a month. Now he comes home lunchtime, rushes back after work and won't leave me alone. Why didn't he behave like this 20 years ago when I would have enjoyed it? After all these years of indifference the shoe is on the other foot but I'm just not interested. Should I suggest he get himself a girlfriend?

Too Tired

Dear Tired:
You won't have to. Just be patient a while longer and he'll get one on his own. Many women wish they had a husband like yours. I just hope you won't be one of them when he starts to stray.

Dear Debbie:
I'm 15 years old. Everytime my uncle visits us, he picks me up and holds me for about 10 minutes. I keep telling him I'm not a baby anymore but he says I'll always be his little niece. He is 60. To add insult to injury, now he tells me I'm getting plump. I'm not getting plump, I'm just filling out, but his hands are so busy he doesn't even know what he's feeling. I've told my mother but she laughs and thinks it's funny. If you print this maybe she'll tell him to stop.

Manhandled

Dear Manhandled:
Whether you're plump or not doesn't matter. He has no business feeling the filling. Tell him you're growing up and his horseplay makes you uncomfortable. If he persists, make yourself scarce when he visits.

PERSONAL TO JILTED: Ordinarily it's proper to return the ring, but since you paid for most of it I'd tell him to go jump in the lake.

If you have a problem, sometimes it helps to air it. Write to me in care of this newspaper. Personal replies aren't always possible, but I'll answer the letters of widest interest in this column.

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VOTE
ZOE BARBEE
Guilford County Commissioner
November 5.

Helps Shrink Swelling Of Hemorrhoidal Tissues

caused by inflammation

Doctors have found a medication that in many cases gives prompt, temporary relief from pain and burning itch in hemorrhoidal tissues. Then it actually helps shrink swelling of these tissues caused by inflammation.

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