

Romney On Revolution

Secretary of Housing and Urban Development George Romney recently warned the nation of the plight of the poor in urgent terms. In essence, he said that unless the nation did more for its poor we faced revolution. Nevertheless, they deserve careful attention since the former Michigan Governor is not one to indulge in sensationalism or exaggeration for the sake of headlines. * * *

These are grim words which will shock some Americans. Everyone likes to hear the "truth" about someone else in whispered form.

Democrats Plan Huge Nationwide Fund-Raising Gala

WASHINGTON - The Democratic Party is making plans for a nationwide Fund-Raising Gala on February 5, 1970, with events in a number of major cities tied together by closed circuit color television. National Chairman Fred R. Harris announced Monday. A mammoth entertainment program, featuring major stars from Hollywood and Broadway, will emanate from Miami Beach, Florida, where thousands of Democrats will gather in the Municipal Auditorium, Senator Harris said. National leaders of the Democratic Party will join those attending the dinners, recep-

tion, and other events which will take place around the country. Proceeds will be shared by local sponsoring organizations and the Democratic National Committee. * * *

"This will be the Party's biggest fund-raising endeavor since the 1968 campaign, and will form a solid financial base for the Democratic Party's efforts in 1970 to help re-elect a Democratic Congress, to win back a number of Governorships, and to push for victories in the all-important state legislative races next year," Senator Harris declared. * * *

When parents try to control their grown-up children it is a sign that the parents have not grown up. * * *

Labor saving devices do no good unless the time saved is wisely utilized. * * *

March of Medicine

Some Advice for Pregnant Women

Pregnancy is a happy time for most women - but it is also a time when many women develop bad eating habits. Further, it is a time when many women first develop ugly varicose veins. How to enjoy the happiness its pitfalls, was outlined this week by William O. Elson, director of the research laboratory of the Fling division of the Kendall Company. "First of all, see your obstetrician or family doctor very early in your pregnancy," Elson recommended. "Don't wait until the fifth or sixth month. * * *

"Your doctor will put you on a diet, and he'll tell you to forget that old saw about 'I'm eating for two' - because all that can do is get you into serious trouble," the scientist said. * * *

According to a national organization of obstetricians, 20 per cent of the four million women who will be pregnant this year will gain too much weight. Dangerous eating habits can be formed, habits very difficult to break after the baby is born. * * *

20-Pound Gain Normal

A weight gain of 20 pounds is about normal. The baby and other by-products of pregnancy total about 11 pounds, and the balance is fluid stored in plasma and tissue, which is soon lost after delivery. * * *

"Even this normal gain of 20 pounds puts a strain on the mother-to-be's legs," said Elson. "If she has weak veins, those veins near the surface of her legs will slowly stretch and dilate, and ugly varicose veins may permanently mar the beauty of her legs. * * *

"Varicose veins can never be restored to normal. The only logical thing to do is to try to prevent their development in the first place. Here's where modern support hosiery can be most helpful - for they exert a scientifically planned distribution of compression, which gives important support to surface veins, and which tends to divert some of the blood-flow into deeper veins which have better natural support. * * *

"And today's young mother needn't be concerned about sacrificing any of her high-fashion appearance when she puts on support stockings, because it is true that 'until the wind blows, nobody knows' you're wearing them," concluded Elson. * * *

1,800 Calories Per Day

Many young mothers are overweight to begin with, records show. Doctors want to get them down to normal weight first, and then maintain control through a diet, usually containing about 1,800 calories per day. * * *

Pregnancy diets are not difficult to maintain. It is vital only to cut down sharply on foods that are rich in fat or sugar. This means little or no desserts, sweet rolls, candy, jelly, alcoholic and soft drinks, fat meats, fried foods, oils, creams, nuts, and potato chips. How much? The doctor will tell the young mother-to-be - and he'll also tell her how much salt her diet should contain. * * *

The pregnant woman who keeps in close touch with her doctor and follows his orders carefully, and who safeguards against varicose veins with

support hosiery can be reasonably sure of keeping her girlish figure and her unmarred legs - and can more fully enjoy her wonderful new baby! * * *



PRESENTS GIFTS-James E. Mack, President of B&C Associates, Inc., presents gifts last week to Miss Ruth Sykes, Special Assistant to the Executive offices of National Council of Negro Women and Dr. Dorothy Heights, President of NCNW on behalf of the F. W. Woolworth Co. The Woolworth gifts were presented at the recent convention of the NCNW in Washington, D. C. Woolworth also sponsored hospitality in the evenings for the 200 ladies in attendance at the convention.

Information On Americans Held In China

WASHINGTON, D. C. - December 1969--Christmas 1969 finds six Americans - four civilians and two U. S. airmen - being held as prisoners by the People's Republic of China. The four civilians, including a Roman Catholic bishop, all were convicted of espionage or crimes against the Chinese state and have been in prison from 11 to 18 years. The military pilots, one an Air Force captain and the other a Navy lieutenant, were captured in 1965 and 1967 when their planes came down in Chinese territory while on Vietnam combat missions. Through an arrangement worked out between the American Red Cross and the Red Cross Society of mainland China, all six prisoners are permitted to exchange letters with their families in this country and to receive two food packets from home each month. When this cooperative arrangement was first established, it was reported that the club dressed neatly in their black and white uniforms said they were a touring group and liked to help people when they found a need. * * *

ed by the two Red Cross societies in 1955, there were 44 Americans imprisoned in Chinese jails. All but six of them have now been released. * * *

On Grafting Trees

COLUMBUS, Ohio-Frank Pa-lack has produced varieties of apples, peaches, plums, pears and apricots by grafting three trees in his yard. The telephone engineer says it is a lot of fun and grafting made the multiple fruit trees possible. However, he cautioned that you can't mix stone fruits with seed fruits. * * *

When electronic brains operate our factories, will labor or management lose their jobs? * * *

WOOD'S 5 & 10
117 E. Martin St. - Raleigh, N. C.

FAMILY DAY - NITE SALE

10% OFF

ON ALL PURCHASES

1 DAY ONLY THURS. DEC. 18th

WILD TURKEY

STRAIGHT BOURBON WHISKEY
101 PROOF
8 YEARS OLD



AUSTIN, NICHOLS & CO., INC. NEW YORK, N. Y.

ROSES

DECORATE THAT DINNER TABLE WITH THE LATEST FROM MARION'S OF CALIFORNIA

<p>The Table Ensemble</p> <p>12 Pieces of Table Furnishings. Beautiful to Behold and Easy to Use.</p> <p>\$3⁸⁷</p> <p>FOR ONLY</p>	<p>Bedeck the Table with</p> <p>4 Stainless Steel Serrated Knives; 4 Placements; 4 All-Cotton Napkins.</p> <p>\$4⁹⁷</p>
<p>MEN'S SLIPOVER AND CARDIGAN SWEATERS</p> <p>Small, Medium, Large and Extra Large</p> <p>\$5⁹⁹ TO \$15⁸⁸</p>	<p>REPEAT OF SELLOUT</p> <p>REGENT PORTABLE MIXER</p> <p>Complete with Stand and Bowl.</p> <p>FULL GUARANTEED</p> <p>\$9⁹⁷</p>
<p>LADIES' SWEATERS</p> <p>V-Neck and Cardigans. Sizes 34 to 40. Assorted Colors. New Shipment.</p> <p>\$4⁹⁴</p>	

LAY-A-WAY CHRISTMAS TOYS AT THE CAROLINIAN TOY HEADQUARTERS

The New Budget

The Nixon Administration budget for 1970-'71, now being prepared, is reported to total ten billion dollars more than that for the current year (ending next June 30th). Despite military spending cuts in recent months, the Nixon Government is faced with rising costs in a number of fields. * * *

The biggest increases are expected in welfare, where President Nixon has proposed an increase of four billions in spending, in social security benefits, which will cost four billion more, and in medicare and interest on the national debt. Initial costs of building a supersonic airliner will also be included in next year's budget. * * *

Negro Business Aid

In announcing a program to aid Negro businessmen the Nixon Administration has taken an unprecedented step in building black capitalism. Coupled with the President's proposal to expand welfare payments by four billion dollars this gives the Republican government a claim to have done more for blacks than any predecessor. Of course, the primary aim is not political; the program called Project Enterprise enlists the support of eighteen private corporations, which have contributed \$150,000 each, and hopes to involve many more. Funds are to be acquired on a 2 to 1 basis, the government doubling the amount of money provided by private business. * * *

We'll trim the tree. Free.

Free holiday decorations... yours in cartons of Coke.

From us to you, with all our best. "Merry Christmas" times twenty... twenty bright, shiny decorations for your tree or your home. They're in twelve different booklets, with complete instructions, tucked into holiday cartons of Coca-Cola. Untuck a few for Christmas. And have a Coke while you're at it.

Bottled under the Authority of The Coca-Cola Company by CAPITAL COCA-COLA BOTTLING CO.

Free.

Free holiday decorations... yours in cartons of Coke.

From us to you, with all our best. "Merry Christmas" times twenty... twenty bright, shiny decorations for your tree or your home. They're in twelve different booklets, with complete instructions, tucked into holiday cartons of Coca-Cola. Untuck a few for Christmas. And have a Coke while you're at it.

Bottled under the Authority of The Coca-Cola Company by CAPITAL COCA-COLA BOTTLING CO.