

# Teens Joining JA Firms In Record Number in Area

Junior Achievement today surpassed the 400 mark in its record climb in southeastern Michigan. The current standing of 401 miniature J. A. companies was reached when 37 more teenagers enrolled in the educational program to form two additional companies.

Two adult adviser teams each consisting of three volunteer businessmen from Chrysler Corp. and the Detroit Junior Chamber of Commerce were assigned to the new companies.

Interested high school juniors and seniors can still enroll in the free

program designed to give them a working knowledge of the American free enterprise system "by doing."

ANY STUDENT, regardless of race, color or creed, is eligible to enroll at any of the 16 different Junior Achievement business centers in S. E. Michigan.

The companies are formed every fall with the teenagers being divided into groups of 20, assigned a team of volunteer advisers from business and industry, and incorporated under regulations similar to the laws of Michigan.

They elect their own officers, sell stock, and go into production of a product of their own choosing. Meeting one evening a week from 7 to 9 p.m. in their neighborhood centers, the students keep business records, conduct board of directors' meetings, prepare advertising and selling campaigns, and generally operate the same way as big business.

ASIDE FROM gaining actual on-the-job experience in running their own corporations, members of Junior Achievement are invited to attend functions of the Detroit Economic Club, Sales Management Executive National Secretaries

Association, Greater Detroit Safety Council, Young Presidents' Organization, Employers Association of Detroit, Michigan Association of C.P.A.'s and many other professional organizations.

Sponsoring firms often have J. A. days in their plants; achievers meet the workers on the production lines, and have lunch with the corporation executives.

In May the companies are voluntarily liquidated and their stockholders sent a published report of company standing. Eighty-two per cent of the 367 companies last year paid their stockholders a dividend.

THE PROGRAM in southeastern Michigan was started in 1949 and has grown to be the largest in the nation, encompassing 107 of the national Junior Achievement program.

Over 1,200 adult advisers have been trained to assist each company in the field of management, production and sales.

As a non-profit, educational organization, J. A. is supported locally through an annual fund campaign. Last year, under the chairmanship of Earl Ward, vice-president-consultant, of Ford Motor Co., and four co-chairmen, some 600 campaign workers from Livingston, Macomb, Monroe, Oakland, Washtenaw and Wayne counties solicited \$300,000 from 4,000 business concerns and individuals.

This enabled Junior Achievement to continue expanding its work in the field of economic education among young citizens.

While the present opportunity for membership in J. A. is most evident at the Wayne, Schaefer and Grand River business centers, teenagers interested in joining are invited to call the J. A. headquarters or phone or visit their neighborhood center between 7 and 9 p.m. Monday through Thursday.

The North Woodward business center is located at 4250 Woodward at Normandy in Royal Oak. The headquarters is at 14812 Grand River in Detroit.

WHEN THOMAS Kraus, 18, of St. Clair Shores, was selected "Junior Achievement president of the year" he was asked what benefits he received through Junior Achievement. Tom replied, "Besides \$1,500, I am now able to understand the unification of the American concept of the individual as perceived through the economic, religious and political spheres.

"I've acquired self confidence in my ability for untested inclinations and I've experienced a general widening of horizons with the acquired knowledge of our American free enterprise system."

"The necessity of precision teamwork cooperation in any corporation is now apparent," he said. "Throughout my two years in J.A., I've been exposed to Economic Club luncheons, conference, business meetings at the Detroit Athletic Club and a long list of experiences. I wouldn't have had otherwise. "Even my summer job with The Jam Handy Organization was the result of a J. A. contact," Tom said.

## Air Force Recruiting College Grads

More than 400 graduates of Michigan colleges will attend Air Force Officer Training School during the next twelve months. OTS is an intensive precommissioning course, three months' duration located near San Antonio, Texas. Classes of men and women—all with bachelor or higher degrees—enter training each six weeks throughout the year.

OTS graduates are commissioned as second lieutenants of the Air Force Reserve and placed on active duty at one of our global Air Force's far flung installations. Women as well as men officers may serve overseas, although most officers are stationed stateside. Minimum active duty tour is four years for non-fliers, five years for fliers.

Types of assignments in which OTS graduates serve are nearly as varied as the academic majors in which they received their college degrees. Business administration majors, for example, may serve in supply, accounting, administration, or personnel fields.

Engineers serve in civil, electrical or maintenance engineering or in research and development. These are only a few of the many officer fields. Pilot or navigator training is open to male OTS graduates with any type of degree.

WOMEN ARE not given flying assignments, but they are eligible for nearly all other officer assignments on an equal footing with the men. They receive identical rank, pay and privileges and compete for promotion on an equal basis with their male counterparts. Women officers are needed in science, engineering and other technical as well as administrative assignments. Women must be single upon entering OTS, but may marry at any time after being commissioned.

On the other hand, married men are eligible to enter OTS, even for flying training after OTS. College students are invited to apply during their senior year for OTS assignments after graduation from college. College graduates 23½ years old or less may apply at any time. Applications are made through any Air Force recruiting office, one of which is located at 123 S. Main St., Royal Oak.

## Savings Bonds In Chain Letters Termed Illegal

The public was warned today that chain letter schemes involving U. S. savings bonds and stamps violate federal regulations and leave their victims subject to possible prosecution.

The warning came from the U.S. savings bonds division of the treasury, in the face of a new rash of savings bonds chain letters in several parts of the state.

At the same time, money invested in savings bonds designed for use in chain letter schemes can be recovered if the bonds still exist in the purchaser's possession.

REFUND OF THE money so invested may be obtained without penalty or incrimination of the investor by completing a special bond of indemnity obtainable at any bank or from the Detroit branch of the Federal Reserve, 100 W. Fort, Detroit 48226.

The complete form and the bond should be sent to Bureau of the Public Debt, Division of Loans and Currency, 506 S. Clark, Chicago, Ill. 60605.

A major objective of the bond program is to provide a risk-free security backed by the full faith and credit of the United States in which the American people can invest their savings without fear of loss or market fluctuations.

Past Office experience shows most chain letter plan participants lose their entire investment—and the greater the amount to be invested, the sooner the supply of interested persons is exhausted.

## Something all Newlyweds should know

... about financial success. The first step towards this much-sought-after goal is the basic protection of the family through Life Insurance.

Should you buy now? Or can it be put off safely if both husband and wife are working? The wise thing is to buy now. Postponement till you're older means higher premiums and the risk of poor health striking in the meantime. Someday too, that second income may stop, making it doubly important that a new mother be guaranteed a living income—an income enabling her to devote full time to raising that precious new addition.

The best buy for the young family is permanent insurance. It provides that most important guarantee of family income. In addition, it's a savings plan providing cash in an emergency and funds for long-range objectives such as a university education for a son.

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# MANUFACTURERS LIFE INSURANCE COMPANY

A MESSAGE FOR PARENTS—ABOUT RESPONSIBILITY...

## Parents who teach their children sensible eating habits help the young avoid costly food faddism.

IT HAS BEEN ESTIMATED that Americans spend from 500 million to one billion dollars each year needlessly on food fads, vitamin pills that are not necessary, and so-called "health foods" which may be perfectly good foods but which do not live up to some of the elaborate health claims made for them and which may not be worth the premium prices charged. Parents really interested in getting their children off to a good start in life should be alert to food faddism and health quackery and should prepare their children to avoid being victimized by the faddists and quacks who prey on the young, as well as the aged, because they know of the concern the young have for health and strength and body development.

Although scientific research has demonstrated that drinking milk on the day of an athletic event apparently has no adverse effects on the athletes' performance, there are still athletic coaches in high schools and colleges who instruct their teams to avoid milk at certain periods or meals. Some physical education teachers, who influence the attitudes of young people they are instructing, are not well informed about sound nutrition principles.

Parents concerned about the good health of their children should be aware of what the children are being taught, if anything, about what they should eat and why. Generally, schools use nutrition teaching materials prepared under careful supervision of nutritionists who know their business, but there are some cases in which nutrition teachings are not based on well established nutrition principles.

### PARENTS CAN TEACH THROUGH GOOD EXAMPLES

In most families, it is likely that the examples set by adult members in their own eating habits will be a very strong influence on the children's eating habits. If adults shun certain foods, then the children, especially the teen-agers, may assume they, too, can avoid these foods. Parents should understand at least the fundamental principles of good nutrition so that they can guide their children toward sensible eating habits and toward an understanding of the role which food plays in health and development.

Parents need not be walking textbooks on nutrition. Nutritionists have made life much easier for us by developing the Daily Food Guide. Family meals may be planned for both taste appeal and good nutrition by selecting from four major food groupings: (1) Milk and Other Dairy Foods; (2) Meats, Fish, Poultry, Eggs, Dried Peas and Beans, Nuts; (3) Fruits and Vegetables; (4) Breads and Cereals. The groupings are based largely on the kinds of nutrients provided by each group. The Guide recommendations provide only a foundation for a well balanced diet. Depending upon total calories required, other foods not included in these four groups may be selected to round out the daily diet.

The Daily Food Guide is excellent because it fits the needs of the entire family. Food selection varies only in terms of individual nutrient needs. In other words, an adult whose life is quite sedentary does not require the same quantities of food as a very active teen-age boy or a growing child. (See below for instructions on how to receive your copy of the Daily Food Guide for your family.)

### THE DAILY FOOD GUIDE IS EASY TO USE

The Daily Food Guide is designed to make food selection for the family as easy as possible. Here is an example of how the Guide suggests that selections be made:

**Milk and Other Dairy Foods:** The Guide suggests 3-4 glasses of milk daily for children and teen-agers and 2 glasses daily for adults (or the equivalent amounts of milk in other dairy foods such as cheese and ice cream). These quantities of milk are recommended because milk provides important nutrients for all age groups.

Milk is a leading source of calcium, essential for the development of bones and teeth and required for proper functioning of muscles and nerves and for normal clotting of blood. Milk is also an important contributor of riboflavin—which is vital in the body's metabolism—and high quality protein that provides the amino acids needed for body tissue growth and repair. Milk also supplies other vitamins and minerals.

For a moderately active adult man, two 8-ounce glasses of milk provide about 10-15% of his recommended daily caloric allowance; about 25% of his protein; about 70% of his calcium; about 45% of his riboflavin; about 15% of his vitamin A; and over 10% of his thiamine.

For an adult woman percentages of these nutrients provided by 2 glasses of milk would be slightly higher because of the generally lower nutrient recommendations for women, but the calories in 2 glasses of milk still provide only 14-20% of the recommended daily allowance for a moderately active adult woman.

Selecting foods from the other food groups in proper quantities provides the additional nutrients recommended. If the entire family follows this very simple Daily Food Guide, and if reasonable effort is made to develop understanding among the young why it is wise to select foods in this pattern to provide a balanced diet, then it is likely that the young will be less susceptible to the siren songs of faddists and quacks who promise them a "quick and easy" path to super bodies and brains via their pills and "health foods."

For complete information on the Daily Food Guide, write: Daily Food Guide, Dept. SPF, American Dairy Association, 20 N. Wacker Drive, Chicago, Ill. 60606.

### HAVE YOU TRIED PEANUT BUTTER BREAD?

Every homemaker knows how her table should look. We've all known those moments when we are preparing dinner, checking to be sure the roast is browning nicely, setting out the gravy ingredients, peaking at the vegetable simmering gently, and taking a last look at the table to be sure everything is ready. And we all know those moments when we realize that something is missing... like the empty bread basket. That's the time when it's a good idea to have a few loaves of the family's favorite bread in the freezer, ready to be thawed and warmed in the oven, sliced and set on the table to make a complete and satisfying meal. Actually, I don't need to label our family favorite, because it's always the same... peanut butter bread. I find that using Shedd's Smooth Peanut Butter makes a fine textured bread in this recipe and the flavor outstanding. Of course, you use Shedd's Smooth Peanut Butter for sandwiches because its smooth texture (it's homogenized, you know) spreads well and the flavor blends to perfection with jelly or crumbled bacon or sliced bananas. This same smooth creamy peanut butter makes a delicious bread.

PEANUT BUTTER BREAD  
2 cups flour  
½ cup sugar  
2 tsp. baking powder  
½ tsp. salt  
1 cup peanut butter  
1 egg, beaten  
1 cup milk

Sift dry ingredients together. Cream peanut butter and egg. Add milk. Bake in well greased pan at 350° F about 50 minutes. (Use regular bread pan loaf.) Since this recipe makes only one loaf, you can double it for the extra slice to freeze.

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a message from dairy farmer members of  
**american dairy association**