Now – a ONE-CALORIE TABLET that gives you all the vitamins you need take for an entire day!

Never Before Has So Much Vitamin-Power Been Compressed Into One Tiny Easy-To-Take Tablet!*

THIS NEW VITAMIN FORMULA SUPPLIES WHAT YOUR BREAKFAST MAY LACK!

Now, from one of America's most famous laboratories, comes important vitamin news for you and your family! It's about *Geritol* BREAKFAST VITAMINS, a remarkable new vitamin tablet for daily supplement use—to give you *all* the *Vitamin Power* you need to *start your day right*—and *keep going*.

What Medical Records Show

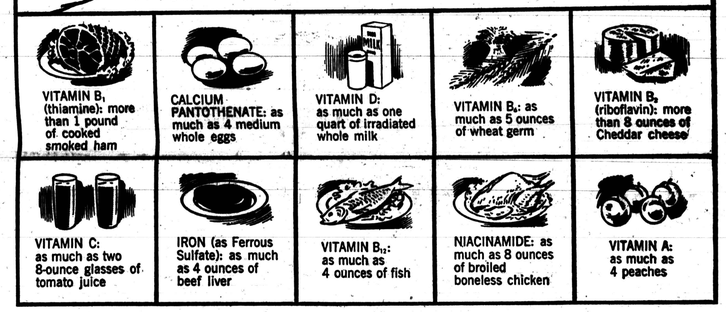
Medical records show that thousands of people start off with a breakfast that may be severely lacking in vitamins! You probably won't change your breakfast-eating habits. But you need never again fear a vitamin-short breakfast — because this full-power vitamin tablet *supplies* what many breakfasts *lack!*

Just one Geritol BREAKFAST VITAMINS tablet each day gives you the *full* minimum daily requirements of *all* the essential vitamins a normal person need take — *plus* an iron-booster. Never before has so much vitamin power been compressed into such a tiny easy-to-take tablet. Yet each tablet has only *one calorie*. It's the perfect vitamin supplement for people who have always had trouble swallowing a big, bulky vitamin tablet.

No More Vitamin Worries

You no longer have to worry about vitamin-skimpy breakfasts when you start the day with Geritol BREAKFAST VITAMINS. Put them on the breakfast table every morning and start the day *right* — with *Vitamin Power*. Be sure you ask for — and get — Geritol BREAKFAST VITAMINS — available wherever fine drug products are sold.

*Just one Geritol 'BREAKFAST VITAMINS' Tablet gives you all the vitamin values indicated in these fine foods.



'Breakfast Vitamins' Help You Start The Day With VITAMIN POWER

Breakfast time is the best time to fortify yourself with this full-power vitamin supplement—to help you feel your best and do your best. (Of course, BREAKFAST VITAMINS may be taken at any other mealtime).

How To Stay On A Diet Yet Not Be "Vitamin-Hungry"

Reducing diets mean lighter meals, less food intake, fewer calories. Your own reducing diet may completely satisfy your *food*-hunger — but in many cases, cutting down on food can also mean cutting away essential *vitamins* your body requires. As a result, you may be "vitamin-hungry" without suspecting it. *Especially* when you're dieting, it's important to fortify yourself with the vitamins you need every day. Geritol BREAKFAST VITAMINS supply a full vitamin formula that gives you *all* the vitamins you need take daily. Yet each Geritol BREAKFAST VITAMINS tablet has only *one calorie*. Here's the sensible breakfast vitamin tablet to help you stay on your diet and feel your best.

NOTE TO DOCTORS

Full information about Geritol BREAKFAST VITAMINS is available to you on request. Please address inquiries to Laboratories, J. B. Williams Company, Cranford, N. J.

Do You Eat a Vitamin-Skimpy Breakfast?

A leading Nutritional Expert says: *"The American neglect of breakfast at all age levels is a serious matter."*

You need never again worry about a Vitamin-Skimpy Breakfast when you start the day with Geritol 'BREAKFAST VITAMINS'

New 'Breakfast Vitamins' Ideal For Entire Family

— even for children

With the development of Geritol BREAKFAST VITAMINS, there is no longer any need to have different vitamins for different members of your family, unless specifically prescribed by your doctor. Geritol BREAKFAST VITAMINS are an ideal formula for *everyone* in the family—for active teenagers and *all* children who must get enough vitamins during the vital years when they are growing up. Be sure that you and your whole family take Geritol BREAKFAST VITAMINS, with the balanced formula of essential vitamins, every single day.

98c 30 Day Supply

$2.69 90 Day Supply

GERITOL *Breakfast Vitamins*®

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The Day The H-Bomb Came

(Continued from Page 1)

steel, huge locomotives, sprawling buildings, ugly and mountainous heaps of slag, were vaporized by the explosion, turned into a dust that was sucked up in the sky and spread out to form a deadly umbrella.

And men disappeared. As if they had never existed. Men, flesh and sinew, all gone, all gone, all gone.

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THE BRIDGE over Bear Creek, the one that connected Sparrows Point to Dundalk, disappeared at the same moment.

But then...no one would be using the bridge for a long time.

Most of the men were at work. But in Turner Station, there were those on the night shift, who lived the last few seconds of their lives doing the same small things they always did.

Jack Kent was raking the tiny plot of land that he jokingly called his "front yard."

His cousin, Bill, had just started out of the kitchen to join him. In one hand he held a sandwich and in the other a bottle of beer.

He started to push the door open with his foot, and then there was no door, no house, no front lawn.

On another street, two friends were playing horseshoes. One had just tossed a shoe into the air, when it was wiped out along with the tosser and his partner, as neatly as if someone had used an eraser.

Mr. and Mrs. Samuel Clifton were walking past the community center when the bomb exploded.

Mrs. Clifton's hand was on the handle of the baby carriage. Her husband had one last ironic thought before all was wiped out.

He wondered who was going to finish paying the hospital the bill for the baby's birth.

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THUS DID it begin, this horror horrors, this hellish man - made nightmare that had lurked in the shadows for years, and now strode to the center of the stage.

Almost every living thing in a five mile radius of where the bomb had exploded over Sparrows Point was dead.

Some evil giant had swung a bloody scythe across the earth and left behind a blank nothingness, in which even the birds, the crawling insects, had been turned to dust.

In Baltimore City, Sam Ford was standing at Eutaw and Saratoga Sts. when the sky exploded in a blast of white light that wiped out everything from his sight.

He felt the heat, and the blood in his veins seemed to dry up. Then the first blast wave hit him., picked him up and slammed him through a plate glass window, just as the window shattered into a million pieces, and the building buckled and then collasped in an untidy pile, with Sam and a hundred odd people at the bottom of it all.

Bus driver Steve Crane, who was due to retire that same afternoon, felt the blast of shriveling heat, and then the bus rose up in the air, paused for just the fleeing part of a second on its nose, and then flopped over on its back like a wounded animal.

Surprisingly, there was no panic at first. No screams, no fear-maddened crowds. Perhaps it was because it all happened so quickly there was no time for fear . . . That would come later.

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ARCHIE KITCHEN was driving down Gwynns Falls Parkway, on his way home from a super market, when he saw the light, more brilliant than anything he had ever seen.

Without conscious thought, he halted the car, pushed the door open, jumped out and ran over to a plot of grass, where he fell, face down.

Almost insanely he tried to dig a shelter in the unyielding ground, until sobbing with the helplessness of a child, he felt his fingernails break and he began to pray for the first time in God-alone-knows how many years.

He put his hands behind his neck and tried to bury his face in the earth. A heavy and hot wind swept over his body, as if someone had unleashed the pent up air in some huge oven.

Sharp articles dug into his skin and he could feel little fountains of blood began to spurt on his body. A gigantic hand seemed to try to pull him up from the ground, but he pressed his body down and resisted.

"God, don't let me die like this," he prayed, and then the hand was gone and his body shook with the violence of his own relieved sobs.

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WHEN THE last cry had escaped his lips, and he was sure there would be no more blasts, he looked up and saw, thank God, that the sky was still there.

Slowly he pulled himself into a sitting position and then forced himself to his unsteady legs.

His car had been overturned and gas was spreading around it in a wide semi-circle.

He looked back in the direction of downtown and saw a dull red glow in the sky. He thought he could taste the acrid smoke.

Sometimes running, sometimes walking, sometimes crawling when all the breath had left his body, he started toward his home.

He passed other people in the street, who were staggering about as if they had lost their sight. He hardly noticed.

His breath came in great gasps and he felt the warm rivers of blood run down his back.

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AS A WOUNDED animal seeks its lair, he sought his home and the safety it offered from this world gone mad.

The front door was open and as he entered he pushed it shut and locked it.

Through a haze he found his way to the basement door, and then down into the cellar and into the shelter he had built. He counted the faces before him. Thank God theye were all here. His wife and the children.

A black cloud washed up over his eyes and he sunk down into a well that seemed to have no bottom.

Days later he would waken, one of the lucky ones who had lived through the blast and had survived the radioactive fallout that struck with the stealth of a cat.

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EVERYTHING THAT had been pulverized by the bomb turned into the white snow of death.

Thousands died from the blast, and later thousands died from radiation. And still other thousands lived because they had not been complacent, because they had prepared for just such a day.

Perhaps many of the housands who died needlessly, wished at the very last that they had made plans, but by then it was too late.

It all boiled down to one thing—Those who were prepared had a chance to live through the nightmare —Those who had not prepared had no chance at all.

It was just as simple as that.

For Safety

There are protective measures:

DISTANCE

Since fallout arrives sooner and is more intense close to the bomb burst, your distance from the explosion is an important safety factor. If local authorities determine that evacuation of your area is practical, you will be so instructed.

SHIELDING

Fallout radiation can pass through any material, but some of it is "absorbed" on the way through. Thus, if sufficient shielding is put between you and the fallout, the radiation which comes through will not harm you.

Home Shelter

HOME SHELTER

Build an underground shelter, or select the safest area in your home, preferably in a basement corner, for use as an emergency shelter.

Store in your shelter, a 2-week supply of food and water, first-aid kit, battery radio, flashlight, blankets, and warm clothing. These items should be stored in such a manner that a 3-day supply can be quickly and easily transferred to your car.

Check your home food storage at least once a month, rotating for kitchen use regularly. Bottled water should be changed every 3 months.

When an atomic or hydrogen weapon explodes close to the ground, thousands of tons of earth, building materials, rocks and other forms of matter are pulverized and drawn high into the air, forming a mushroom cloud.

The contents of this atomic cloud are highly radioactive.

The larger particles fall to the ground quickly. The smaller ones are carried downwind and fall more slowly, hour after hour, in a pattern that may extend hundreds of miles.

This is fallout.

Fallout gives out a highly penetrating ray, like an X-ray, that can make you sick, or even kill you.

A FAMILIAR CHORE — Like scores of Baltimoreans, James Smith, 3209 Sequoia Ave., is engaged in the annual battle with the leaves that fall in the fall.

Winter Time At The Zoo

By Elizabeth Oliver

The animals are getting their cod liver oil regularly out at the Druid Hill Park Zoo, now that winter is coming.

Zoo keepers are busy getting the hundreds of creatures who live there bedded down for the long, cold season.

The heat was turned on in the various animal houses last week. Sleeping boxes have been placed in the lions' dens, chock full of warm, sweet-smelling hay. All long-tailed monkeys have been herded inside the house under Rock Island, only to be let out in balmy, pleasant weather. (Their tails will freeze if caution is not taken.)

Meantime, animals who are out of doors both winter and summer, have changed to warmer-weight fur coats, courtesy of Mother Nature. This classification includes the bears, camels, llamas, elands, goats, pumas, leopards, wolverine and other hardy specimen.

As the chilling late October breezes blow in, Park caretakers are raking up leaves which fall in showers of red and gold.

Squirrels are bustling about to collect an adequate store of nuts and supplies to last.

On Tuesday, Ben Gary, head zoo keeper for 26 years, told the AFRO the entire 700 acres of the famed park including the zoo area is in the process of changing seasons, a most important job.

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IN THE ZOO particularly, Mr. Gary has a great task to see that each of the hundreds of animals is prepared to meet snow, hail, sleet, rain and wind for the seven months ahead.

For example, sleeping boxes have to be placed inside for two cages of tigers, two cages of lions, the cages for the clouded leopard, the Java leopard, the wolverine and the three Hammaryas baboons.

Food has to be fortified with vitamins.

In the instance of the three new ostriches, purchased from Warren Buck, their diet will consist of rabbit pellets containing chopped alfalfa, enriched with the necessary supplements for good health.

In addition, they are getting some chopped fruit.

In August and September, the 250-pound birds automatically changed their old feathers for the new winter ones.

The 102 varieties of tropical birds, residing in the bird house, will not change their feathers since they enjoy summer-like atmosphere in a radiant heated building, year round.

This classification includes the Red Tanager, a South American bird, which has a completely red coat and jet black wings and claims fame as the zoo's most beautiful bird.

Also in the pampered group is the most exotic bird, the Toucans from South America and the Cassowary, the most expensive bird ($400).

They will bask in the man-made tropical climate and eat cracked corn, oats, small seeds, puppy meal and rabbit pellets this winter.

The reptiles, 54 species of them, will also stretch out in their 80 degree weather inside the Reptile House all winter without a care.

The most expensive and largest reptile, the Regal python, is not likely to change his skin. Incidentally, it covers all 20 feet of his boly. When zoo keepers need to change his cage, it takes six or eight of them to handle him. He weighs 150 pounds and is worth at least $600.

Smallest snake, the baby hog-nose snake, just six inches long, will follow the same routine for the long winter.

Additional health precautions are taken by zoo keepers who close doors to animal enclosures to avoid drafts in winter. Tropical natives and their young may get pneumonia or even distemper.

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STEAM heated quarters have been provided for the three elephant in the Elephant House, a building erected in 1926.

Only sad note as the elephants get ready for winter is the absence of George, the hippo.

George died Oct. 10 of old age. He was 36 years old, arrived in the world March 13, 1925.

Weighing one and half tons, George used to be the favorite of many children who tossed peanuts into his mouth through the years as he yawned.

He had been ailing for several months. After his death, a dead animal firm hoisted his body into a truck and drove the corpse away. A veterinarian performed an autopsy.

On his epitaph is enscribed a tribute to George by zoo keepers who remember him as: "a big likable fellow, quiet, cooperative, who spent his days swimming around his pool, enjoying the attention of thousands of children."

This winter, George's pool is likely to be left empty. No plans are made for another hippo.

HIS KIND OF WEATHER — A polar bear at Druid Park Zoo enjoys the first chilly breeze of Fall, a forerunner of the wintry blasts just weeks away. (AFRO photo by T. Henry Phillips)

CLARENCE, THE BABOON, casts a steady stare as AFRO Photographer I. Henry Phillips shoves his camera inside the cage to get this close-up Animals at the Druid Hill Park Zoo are being fed cod liver oil to prepare them for the winter ahead.

Baltimore Afro-American *Feature Page* OCTOBER, 28, 1961 17

Sports Car Gains Favor of Motorists

GAINING in favor as the darling of the motoring public is the foreign make sports car. There were almost one million sports cars on the American highway in 1959.

By Herb Mangrum

The American motorist has found a new love in the foreign make sports car.

To the dismay of Detroit, 34 different sports cars are sold in this country.

Only one, Chevrolet's 360 horse power Corvette is made in America.

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WHY THE STAMPEDE to drive the Jags, MG's, Austin-Healey's, Triumph's, Porsche's and the Mercedes-Benz's?

It is not for prestige for Cadillac, Chrysler and Lincoln still lead the field from the viewpoint of the status seeker.

It is not for comfort, for to get into and out of a sports car the driver has to be a contortionist.

People who have never been behind the wheel of a sports car complain about their size, the trouble of putting up side curtains and soft tops, luggage space and noisy mufflers.

They forget that the reason for wanting and driving a sports car is pleasure and profit.

Then too, there is that good will that exists between sports car owners. It's an ego booster.

Proof of this can be found in the waving of the hand and the broad grins whenever two drivers pass each other.

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FROM THE LOW slung cockpit of a sports car one gets a worm's eye view of the road, and looks up in contempt at the T-birds and the Corvettes, both of which are too comfortable to qualify for membership in the club.

Hurtling down the highway in a four banger with your elbow on the door is worth every payment at the finance office, providing you are not allergic to sunburn, tousled hair and sweaty hands.

Sunglasses, a variety of sports caps and scarfs or hairnets for the ladies, add to the fun of driving a sports car.

Robert O'Brien in a recent edition of Esquire Magazine describes a sports car technically as an automobile that is "fast, tough, sensitive and faithful, no matter what you ask of it in acceleration, braking, cornering and steering."

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FOR THE SAKE of competition, sports cars are graded into eight classes, A through H.

There are only two sports cars are in the Class A division. They are the Aston Martin and the Ferrari.

The Corvette is ranked Class B with the Mercedes-Benz 300 SL, another model Ferrari, four other makes of Aston Martin, and the Porsche Carrera.

Less costly cars in the C to H range include the MG, the Austin-Healey, Alfa Romeo, Jaguar, Triumph and certain types of Porsches.

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ALTHOUGH America has gone bug eyed over the foreign make sports car, it is ironic that often their names are not pronounced correctly.

Here is how some foreign car names are pronounced phonetically:

The Alfa-Romeo is pronounced, al'fa - row - may'oh.

Porsche, por'sha or portia.

Fiat, Fee'ott.

Jaguar, jag'war.

Mercedes - Benz, mer'say' des bens.

And the Lancia is pronounced, Lan'see-a.

The Mercedes-Benz's and Porsche's are put together in Germany, the MG's (Morris Garage) and Triumphs are manufactured in England, and the Alfa-Romeo's in Italy.

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HERE IS A breakdown on the approximate costs of some of the more popular four cylinder sports cars.

MG-A, 72 horsepower, 26 miles per gallon, $2,565.

Porsche convertible 1600, 70 horsepower, 28 miles per gallon, $3,765.

Austin-Healey 100-6, six cylinders, 117 horsepower, 24 miles per gallon, $3,450.

Mercedes-Benz, 190-SL, 120 horsepower, 22 miles per gallon, $5,600.

Triumph, TR-3 Sports Roadster, 100 horsepower, 16 miles per gallon, $2,795.

Jaguar, XK-150, six cylinders, 210 horsepower, 20 miles per gallon, $4,800.

Alfa-Romeo convertible, 65 horsepower, 28 miles per gallon, $3,400.

And the Fiat, 1200 roadster, 55 horsepower, 28 miles per gallon, $2,550.

Almost every foreign car will operate satisfactorily on regular gas.

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SINCE THE advent of the foreign car in America (there were one million in 1959) service has improved substantially.

The importer is still stocking more parts for replacement repairs, and it is no longer necessary for a sports car owner to wait from two to six weeks for parts to be shipped from New York or the country where the car was manufactured.

It is no wonder that Detroit is singing the blues.