

Student of The Month

Mrs. Emma C. Blair, of Philadelphia, Pa., has been chosen as our student of this month. Mrs. Blair is a member of the senior class and is completing a double major in Sociology and Social Science. Her proposed life work is to be a social science teacher.

Mrs. Blair stated that this school was recommended to her father, a station's porter, by the husband of the famous artist, Dorothy Maynor.

While here at Bennett, she has held the offices as secretary of the Senior Class of 1947, and house president of Pfeiffer Hall also in 1947.

Having been married over a year, Mrs. Blair has found the new experience quite enjoyable and exciting. She has little difficulty in adjustment and feels that her course in marriage has proved very helpful toward making the necessary adjustment. She further feels that a course in marriage should be required for every girl at the beginning of the Junior year.

Mrs. Blair is the oldest girl in the family of six girls and four boys. When asked how she felt being a part of such a big family, she replied that the experience had been wonderful. In a large family, just as in a community, one is in close contact with various self-entertainments. She has learned the value of cooperation and how responsibility must be shared in work as well as in play.

"The large family also teaches one to be very unselfish and sharing. It teaches one to appreciate what one has," says Mrs. Blair.

The Bennett Banner staff is happy to have the opportunity to congratulate Mrs. Blair as our student of the month.

Sociology Club News

The Sociology Club is at present engaged in making an inquiry into the use of available and need for additional recreational facilities for Negroes in Greensboro. This inquiry is being made for the Greensboro Council of Social Agencies of which Mrs. Beatrice Harrison of the Welfare Department is president.

The investigation is employing the use of the block statistic method, certain selected blocks having a large number of Negro families and a low monthly rental per dwelling unit. This allows a possibility and a high degree of probability of getting a sample of the use of facilities and need for facilities by Negroes in the lower social-economic levels and poorer neighborhoods. This project expects to be concluded by the first week in March.

In addition to this project two members of the club, Miss Dorothy Pearson and Miss Eleanor Barnwell are interviewing the county and city school superintendents to secure some statistics on school plants and services for a member of the fifty four man committee appointed by the Guilford County Commissioners to look into county services.

Four Negroes are members of the fifty-four man committee. This committee is divided into four sub-committees and one of the Negroes are on each one. The sub-committee on school plants has requested these interviews being made by the students.

Students Welcome Weekly Social Hour

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days between 4:00 and 5:30 p. m. in the gym. Students can bring their guests for a casual hour and a half of semi-active entertainment. Ping-pong and dancing will be among the main features of this afternoon get-together. This project, offered to the entire student body by the Junior class, provides the needed diversion sought by many in other activities causing a strain upon the social and financial status of those concerned.

Kaleidoscope

Anger, like a rolling snowball on a hillside, gathers unto it speed, volume, and destructive ability as it proceeds.

This emotion may seem to originate from the air, like the immortal Topsy, but it does not. Anger is learned by degrees. Our rearing is what helps to keep it in its place. If it is allowed, like the snowball, to go unchecked it may become a harmful force against the host and the receiver.

This subject of anger is spoken of in many of the sciences. The "why" and "remedy" for it are discussed in Psychology; the how of it in Physiology. We learn that anger causes a poisonous secretion to take place in the body. This seems to verify the statement that an angry person always suffers more from his anger than the person who receives his anger. Besides this physical reason it has often been said that anger is an uncomfortable emotion to have because an individual naturally desires to be in harmony with other people, which he cannot achieve if he is angry.

Is anger ever justified? Jesus answered this in the affirmative when he drove the trades people and "sinners" from the temple in what he called "righteous anger."

We are taught from childhood that hate, which is a child of anger, is a sin. But there is the school of thought which holds that we can only comprehend the concept of love if we are capable of comprehending the concept of hate. Also it is said in many proverbs that hate is akin to love as are most opposites. Some say that hate is a healthy emotion to have once in a while. It is supposed to be healthful because it offers relief which, if not had, could result in a neurosis due to frustration.

I feel that there is an important difference between the frustrations which result from inhibiting oneself indulgence in anger or hatred. There are two ideas. The first is that refraining from allowing oneself to become angry about trivial things; things which have little importance indeed in the final analysis, strengthen one emotionally. At least one half of the things people allow to upset them aren't worth getting upset about. A person who is relatively strong emotionally is fortified against his own folly. Then the holding back of the emotion becomes easy without requiring all of the person's will power and even physical strength. The second idea is that a person mostly will develop a neurosis from the mere practice of frustrating the anger feeling without any real purpose. That is, his impulse to become angry scarcely ceases before it comes again. In other words, he is fighting a constant battle with his temper, which is "nerve-wracking" to say the least.

Overcoming the anger impulse is like walking along a forest path and being practically besieged on all sides by troublesome overhanging branches. These branches represent the little tiresome obstacles that are always keeping us from some goal or other. They "get in our hair" 'tis true but a man of purpose easily brushes them aside.

We appreciate:

Having had the Lincoln Players as our guests.

The installation of telephones in all of the offices on the campus.

The attitudes of students at basketball games.

The new schedule for dining hall waitresses.

The display of pictures in the hall of the Science Building.

The convenience and easy use of the Bulletin Board given us by Omicron Eta Chi.

The curtains at the end doors in Pfeiffer Hall.

We do not appreciate:

The attitude of some of the workers in the book store.

The idle gossipers on the campus.

The noise in the library.

Highlights of the Clothing Department

Gaining popularity and recognition is the new Clothing Department on the ground floor of the Henry Pfeiffer Science Building. Not only here on our campus, but in many communities contacted by our Negro newspapers, the department is contributing its knowledge and assistance to those who want to have the "new look." To broaden its own scope, ladies famed for their ability to create or produce the "ultra" in the new look have been invited in for discussions.

In the February twenty-first issue of *The Pittsburgh Courier* appeared an article on "Millinery" with illustrative pictures of processes used. There were also photographs of hats completed by the same process in our own millinery class. Several weeks ago, *The Afro-American* newspaper ran an article on the know-how of getting the "new look" in dresses on the "back shelf" of our wardrobes. Illustrative photographs and detailed instructions were included. The material of both articles can be of practical use to any girl's wardrobe.

Mrs. Richardson, personal shopper of Hotel Theresa in New York City, visited the department a few weeks ago. The discussion centered around "more opportunities in the field of clothing." Most interesting were her statements concerning her own business, 'personal shopping.' It would be interesting to note here that most of her customers are the elite of New York City. And, one of her most interesting customers is Phillipa Schuyler, a musical prodigy whom we are all proud of.

A few hours prior to the presentation of the Fashion Fantasy presented by the Beta Iota Chapter of the Alpha Kappa Alpha sorority, those girls interested were elated by a visit from a prominent and very successful madame in all phases of beauty culture. Miss Olivia Clarke, co-owner of the Rose Meta Beauty House in New York, gave a discussion-lecture on make-up, its use and its quality. Following the lecture, she made up the face and coiffed the hair of one of the students present... the result: a truly beautiful girl!

Keep all eyes open for future publications and discussions that will be held. The "new look" demands your attention. Become informed... be in style... by following in the steps of Bennett's Clothing Department!

Inquiring Reporter

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two sides to be taken into consideration: 1) Is he striving to actually win the presidency, or 2) Is he doing this to stir American minds for more liberalism? I feel that his movement is wise now in that election time is near and his action will affect the liberal movements of both parties. Each party in establishing its platform will make it as liberal as possible in order to retain its votes threatened by Wallace's program. I do not personally feel that Wallace wants the executive office as such for he knows the odds are against him. In any case, it is difficult to say just what wisdom lay in his action at the present. The coming year may prove a seemingly unwise act to be wise in the long run.

—Mildred Griffin, '49.

Note: Omicron Eta Chi is the new Greek letter title of the former Home Economics Club. Its symbol: OHX.



Pictured above are the members of the cast of "Dear Ruth" during a break in rehearsals.

Science In the News

By MARIAN L. ROBINSON

Man can get along without many things, but two substances are vitally essential, namely, air and food. Deprive him of either, and life becomes impossible. Foods are defined as those substances which when taken into the body furnish energy, build and repair tissues, and regulate body processes. Our food is composed of individual chemical substances, fats, proteins, mineral elements, and vitamins. Each nutrient has a specific function in the body which insures good health.

The body's need for energy is met through carbohydrates, fats and proteins. The building and repairing of tissues are primarily met by proteins and mineral elements, supplemented by vitamins. The regulation of body processes is regarded as the particular function of water, vitamins, mineral elements, organic acids and cellulose.

Among the common carbohydrates are the sugars and starches. Carbohydrates are compounds of carbon, hydrogen, and oxygen. There are only a few foods that consist of pure carbohydrates. Well known examples of these are cane sugar, beet sugar and corn starch. Carbohydrates are unique in that they are purely of vegetable origin.

Proteins differ from carbohydrates in that, in addition to the elements present in sugar and starches, they also contain nitrogen, and in some cases sulfur and phosphorus, as well as iron. A complete protein is one that when used as the only protein in the diet is adequate to support normal growth and to sustain life.

Fats are composed of carbon, hydrogen, and oxygen, but in different proportions in comparison with the carbohydrates. Their relationship, however, is very close. Either excessive carbohydrates or fat consumption may result in an increase in the amount of body fat. Fats are insoluble in water and consequently, are slower to digest than are the other food constituents. Because of this property, fats serve as an aid in preventing hunger.

The body needs certain chemical elements known as mineral or ash constituents. The chemical elements required by the body in order to assure good health are many in number, and a deficiency of any one of them will often result in a serious nutritional disorder. Among the most chemical elements considered as essential for health are: calcium, phosphorus, potassium, sulfur, iron, copper, chlorine and sodium. Calcium is essential for the building of body tissues and for the formation of bones and teeth. It also assists in the coagulation of the blood, the beating of the heart and is essential for the irritability of nerves and for the normal activity of the cells, and serves to neutralize the acids formed in the body. Phosphorus is an essential element in the building of

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"Dear Ruth" Presented By Bennett Players

Following their brilliant Fall production of Henrik Ibsen's *Hedda Gabler*, the Bennett College Theater Guild presented Norman Krasna's famous comedy hit, *Dear Ruth*, in the Bennett College Little Theater on March 12 and 13.

The double cast of women included Jean Stevens, New York City, and Queen Esther Barber, Wilkesboro, N. C., in the title role; Dorothy Pearson, Sumter, S. C., and Lillian Murphy, Gary, W. Va., as Edith; Gwendolyn Friend, Kernersville, N. C., and Katie Henderson, Bristol, Tenn., as Miriam; Marjorie Nance, Greensboro, N. C., and Mary Jane Winston, Washington, Pa., Martha; and Florence Johnston, Charleston, S. C., Marjorie Brooks, Lumberton, N. C., as Dora. The assistant director for the production was Maggie Ricks, Elm City, N. C., and the stage manager was Erma Weathers, of Columbia, S. C.

The play was directed by Miss Constance Johnson, director of drama and instructor of speech at the college.

Male roles in the play were taken by men from A. & T. College. These men were: Clarence Coles, La-Mar Howell, Thomas Goodrum, Charles Crow, and Warren Harris.

MURIEL RAHN APPEARS IN CONCERT

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