

GOLDSBORO

YOUR CHARM

BY LOU SWARZ

in your face. Develop these feminine lines which will make others notice you are YOU.

Love To possess charm you must have Love
For Love brings Harmony as from above

It is just as easy to love as to hate and since love grows upon you and gives you that soft beautiful facial expression which spells "Charm" to others.

It enables you to always see the more pleasant side of situations and to lend the moral support to those who might need it. So often just an encouraging word will help another to take a new step in life. That word can only be given by you when love has found it's way.

Think of the love of a mother for her own. How kind it is, and how she soothes the little girl's little happenings with loving kindness.

Remember too that Jesus said, "Love thy neighbor as thyself."

If you are sure to love everybody you have no need to worry about beauty. For you have more love beauty and just what you need and you will receive in return.

Begin now if you ever thought you desired agents to give you "charm" for that matter. So different it will make of your actions? Each will become a "charm" in your actions. And in your actions? Each will become most pleasant and enjoyable.

Only those who are pleasant can display CHARM, therefore you can be the beautiful you'll have, thru love for everybody.

Why not let this be your motto: TO LOVE AND BE LOVED BY ALL.

"Beauty is as beauty does," and as an asset to charm it must be developed from within. So why not think of Beauty as being the outward expression of the inner soul. Deep-rooted, deep-seated, or inwardly developed beauty never fades and surely helps you to be more charming in every way.

The only way to develop that everlasting or perpetual beauty is to think, act, say and do only those things which are Beautiful. Let nothing mar your day in the least manner that will make you give a second to unkind or ugly thoughts. For as sure as you do it will show

Enhance your beauty through cleanliness, sports and sunshine. Rest and relaxation, proper diet, regular exercise, cheerfulness, positive and confident, and grace and poise. Take plenty of time for those baths. Spend a few hours daily in the sunshine. Enjoy a 15 minute rest period everyday relaxing with clothes off and closing your eyes and mind to all outer things. Vitality and energy are your share. Careful selection of proper foods and drinking plenty of water. Keep that figure what is should be thru regular exercise. By all means stay cheerful by doing something good everyday.

Your posture and carriage should become an effortless part of your life. Grace and Poise always come hand in hand when you know what you are doing. Thus thru enhancing your beauty you have exemplified your CHARM.

Just remember that BEAUTY comes from within and it is a must for those who desire to possess CHARM.

All questions by Lou Swarz, G.M.S., P. O. Box 86, Manhattanville Station, New York 27, N. Y.

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Radio Contestants See Red



But the red they see is only "Red" Benson, the sparkling emcee on the entertaining "Take A Number" program heard over the Mutual network Saturday nights, at 8:30, EDT. Participants on this program match their wits with the listeners who submit questions—and when a studio contestant misses, the prize automatically goes to the person who submitted the question, without the necessity of phone calls to win down the exciting race of

500 ATTEND SUMMER SCHOOL AT LINCOLN

JEFFERSON CITY, Mo. — The largest registration in the graduate division since its inception in 1942 is recorded among Lincoln University's (Mo.) students this summer. More than 500 students make up the roll which includes a large representation of in-service teachers.

The intersession, six-week school has 46 teachers who must return to service before the close of the eight-week session and who are pursuing courses leading to the bachelor's degree. According to an announcement from the Registrar's office there are also 511 in the regular session, and 21 in the graduate division.

BAPTISTS LIST FINANCIAL AIMS

By W. P. OFFUTT
MEMPHIS — At its meeting here recently the board of directors of the National Baptist Convention, Inc. set up goals for financial drives involving two projects—a bath house in Hot Springs, Ark., and an education fund. To finance a \$20,000 bath house and the board will ask for \$150 each from 200 churches, \$150 each from 300, and \$50 to \$75 each from the others. For its \$20,000 education fund the board plans the following distribution of the funds: \$12,000 for the American Baptist Theological Seminary; \$4,000 for the National Baptist Missionary Training School; \$3,000 for the trade and profession-

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THE WEEK IN GOLDSBORO

By E. A. THORNTON



Miss Nevada McKiver has returned by Washington, D. C. after visiting her mother, Mrs. Melissa McKiver and relatives in the city.

Mr. Charles Simmons of New York City is spending his vacation in Goldsboro as the guest of Mr. and Mrs. S. J. Cooke, 207 W. Elm Street.

Miss Martha D. Hatcher is visiting Mrs. Carol Wiley in Weldon.

Mrs. Cora Pittman has returned home after visiting her mother, Mrs. Cora Hatcher and family.

Mrs. Nettie Hood-Alien of Fort Myers Fla. is visiting relatives and friends in the city.

Mr. and Mrs. Timothy Packer spent the 4th of July week end campsite in Craven County.

Mrs. Theresa Blund and daughter, Rose, are spending the summer in New London, Conn.

Mrs. Theresa Pittman of Rocky Mount, and Mrs. Vivian Wilburn of Roanoke, Va., spent the week end with their mother Mrs. Annie Huggins on Virginia Street.

T. C. Coler, James Waters, W. A. Cole, R. H. Howell, The Rev. H. G. Moye, B. B. Jordan and H. V. Brown attended the district convention of the Masonic Lodge in Wilson July 4th.

Dr. and Mrs. Ray Hines and Mrs. Sarah Hines of Wilson were the 4th of July guests of Mr. and Mrs. Robert Hatcher on S. Center St.

Mrs. Bertha Mae Whitfield has returned home after visiting her brother in Philadelphia and N. Y.

CROP Food Helps Homeless Girl, 4



Four-year-old Ursula Gramarok, one of the millions of refugee children in Germany, has no home of her own. But she does have some food every day. She gets it at the Grubweg church home, which is supplied from contributions which were made by American farmers in this and 25 other states to the Christian Rural Overseas program (CROP).

In the year ending June 1, a total of 75,668,581 pounds of farm commodities had been contributed for distribution in 22 of the 43 nations served by CROP's sponsoring agencies: Catholic Rural Life, Church World Service (22 Protestant denominations), and Lutheran World Relief. Gifts in kind included 28,475,504 pounds of wheat for 38% of the total, 22,061,357 pounds of corn for 28%, and 13,186,661 pounds of beans for 17%.

Meanwhile, plans are well advanced for extending the CROP drive nation-wide this year. Already, organizations have been set up in 20 states, and 11 others are in the process of organization for harvest season campaigns.

NATIONAL SCHOLARSHIP AWARD

Sixteen high school students from the Fremont Community have been chosen to compete for scholarship awards from the National Scholarship Service and Fund for Negro Students. The announcement was made by Dean Harry S. Carman of Columbia University, chairman of the organization.

Scholarship winners: Rudolph Arns, Hattie E. Coley, Irene Dawson, Aro E. Joyner, Ethel L. Perry, C. Willard L. Reid, and Edith S. Taylor. These students were selected as "qualified" and eligible for awards to one or more of the 1,059 non-segregated northern and western colleges and universities. The organization gets its data for the selection from conferences conducted by their high school principals. The Fremont students are seven out of 1,304 students who have been reviewed by the organization.

BUS OUTING

The American Legion Auxiliary Unit No. 215 is sponsoring a bus trip to Atlantic Beach, S. C. Sunday, July 24. Round trip per person is \$4.00. All Legionnaires and Auxiliary members and their friends are invited to go on the trip. The bus will leave Goldsboro at 6 a. m. in the morning and return around 10:30 p. m. All persons who would like to go on the trip are asked to contact or write Mrs. Rosetta Fason, 507 Wayne Avenue, Goldsboro, N. C., or Phone 3433 X-R. All members are urged to take part in this trip.

The city supervised play grounds at School Street School, Little Washington section and Greenleaf School, North Goldsboro section got off with a good start during the past week with an attendance of 1,697 children the first week. Greenleaf school, Mrs. Helen E. Harris, and Miss Cleo Barnes, in charge, registered 959 children. School Street School, Mrs. Laura C. Smith, and Mrs. Laura F. Foster in charge, registered 741 children. A total of 250 children came to the sprinkling parties during the week. The first doll and pet show of the season will be held at School Street School Playground Thursday, July 14, and at Greenleaf School Friday, July 15, from 3 to 6 p. m. A prize will be given to the boy or girl having the largest, prettiest or loveliest doll or pet. All parents are invited to attend the event. Activities of the play grounds include handcraft, color painting, checkers, horseshoe, pitching, soccer, both softball, volleyball, basketball, relay races, high jump, broad jump and various games.

The Play ground Softball and Baseball League will get under way during the week with four teams participating.

The participating teams are The Blue Jackets, Junior Pirates, Creech Street Yellow Jackets, and the Junior Torpedos. Each team will play two games a week. Coaches and Captains of each team will be selected during the week.

Mr. George E. Wilson, 617 Slaughter Street, has been appointed Commander of District No. 4 Division Six, Department of N. C. Mr. Wilson succeeds E. A. Thornton who has been appointed Department Adjutant.

Read The Carolinian!!