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Men's Council Observes Its 10 Anniversary

HAMPTON, VA. (Special) — Reference books are the proper place for facts, but the head should be used for assessments from and making judgments based on them, was the leading thought in the address made by H. Gordon Pinkett, Business Manager of Delaware State College at Dover, at the 10th Anniversary Dinner of the Men's Council of Hampton Institute last Saturday (April 6).

Urging greater student attention to seemingly unrelated courses, Pinkett, a Hampton alumnus, asked for greater concern with human problems, whose solutions have not kept pace with scientific and technological advances.

For today, business and industry demands of a young man dependability, self-discipline, imagination, competent self-expression, both oral and written, cooperation, a ability to plan and realize physical stamina and adaptability without the sacrifice of standards.

"A man today," stated Pinkett, "is judged by three profound standards: 1) his qualifications based on academic achievement; 2) his attitudes affecting his ability to get along with others; and 3) his habits as related to work and personal life." In a dynamic world, Pinkett asked for a "fuller appreciation for personal dignity and development."

Presiding at the dinner was Leon C. Hart, president of the Men's Council, a senior in Industrial Education from Empress, Va., who also officiated at the presentation of Citations to Mrs. Niza Kendall, Director of Food services at HI and Mr. Don A. Davis, Business Manager at HI.

Thomas E. Hawkins, Dean of Men at HI, who envisioned the birth of the Men's Council and since has directed its growth, was awarded a special bronze plaque in recognition of his services, John H. Pleasants, III, a senior in General Studies from Charlottesville, Va., was also honored for having the highest academic average among the men of the College over a period of four years.

Off-campus guests at the dinner and other events included Kenneth Brown, Dean of Men, and McQuay Kiah, assistant to the Dean at Moravian State College in Baltimore, Md. Norman S. Williams and William Bulth, educational advisers in residence halls of Howard Univ.

IN DOUBLE BATTLE OF SONG — Ed Hall and his Sensational Evening Five Quintet, shown in top photo, will engage

In a double battle of song Thursday and Sunday nights at the Raleigh Safety Club here at 7:30 p. m. On Thursday night the group will compete against the Famous Harmonizing Four of Richmond, Va., and the Royal Lights of Angier. On Easter Sunday night the group meets the Mighty Five Rising Stars of Creedmore and the Silver Echoes of Garner. Prizes will be given. M. C. for the program will be Jimmy Byrd of radio station WSRG, Durham, shown in lower photo. Members of the Evening Five are: front row, left to right, Eugene Brown and Ed

Hall. On back row are left to right, Cecil Harris, William Banks, William Scarborough and William Giles, Jr.



JIMMY BYRD of M. C. song battle...

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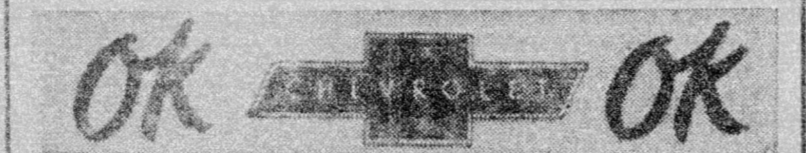
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NHA SCHOLARSHIP WINNERS — These three NHAers were awarded scholarships during the 12th annual convention



of the Florida Association of the New Homemakers of America held recently at Florida A and M University. They are (from



left to right): Wilton B. Pittman, Greenwood; Helen Cromarty, Rockers; and Marjorie R. Bowers, Dawson.



BLOODMOBILE VISITS — The American Red Cross Bloodmobile made its 1,500th visit to Hampton Institute, Va., on April 4. George W. Catling, Jr., a freshman electrical student from Concord, N. C. was the 1,500th donor.

Founders' Day Audience At FSTC Hears Need For Great Faith, Spirit

FAYETTEVILLE — Featuring as guest speaker, Dr. Marshall L. Shepard, for the past 31 years, Pastor of the Mount Olivet Tabernacle Baptist Church in Philadelphia, the Founders' Day exercises at the Fayetteville State Teachers College were a huge success this year.

Dr. Shepard's address centered about the need for a double portion of the faith and the spirit of the founders of the College. He was also guest minister at the First Baptist Church (Maxwell and Franklin Streets) Sunday.

Graduates and former students from all sections of North Carolina and from adjoining states were in attendance to participate in the program that went forward on Saturday and Sunday, April 6 and 7. An impressive ceremony at the monument of Dr. E. E. Smith followed Dr. Shepard's address.

By way of initiating the week end of exercises, the Future Alumni Club, sponsored by Vivian O. Windley of the Area of Education staged an interesting assembly program. It centered about the presentation of an assortment of former graduates who have gone

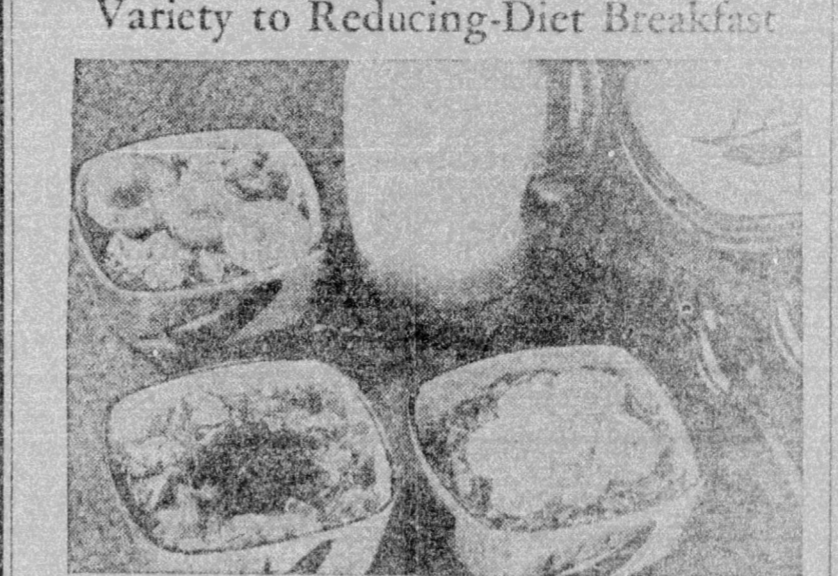
out as successful teachers, ministers, dentists, law-enforcement officers, and school principals.

The list included William Bullock, Cumberland County teacher; Walter Burton, principal, Wilson School, Richmond; Dr. E. S. Butler and Dr. Charles Chappin, Fayetteville dentists; Mary Cherry, Fayetteville City librarian; Virginia Frederick, Fayetteville teacher; William R. Hill, principal, Armstrong High School, Fayetteville; Lonnie J. Lockwood, principal, J. W. Seneca School, Margaret Lockwood, teacher, Lewis Chapel School, Fayetteville; M. C. Clarence McDonald, assistant principal, Ashley School, Elizabeth City; M. C. Ernest Taylor, law-enforcement officer, Fayetteville, N. C. and the Rev. Frank W. Winder, minister and principal, Willow Grove School at Tabor.

The Alumni Founders' Day Committee included Mabel Powell, Chairman, E. M. Ferguson, Lettie Parker, E. P. McMillan and Vivian O. Windley.

Orlander F. Hudson, principal of the Leonard Street School in High Point, is president of the General Alumni Association.

Fruit with Cereal and Milk Adds Variety to Reducing-Diet Breakfast



Nutritionists recommend that dieters divide the day's calorie intake into three meals of equal size, starting with breakfast. A good breakfast is the key to successful weight-reduction plans. If you skip breakfast, you are more apt to resort to between-meal snacks or to overeat at the other two meals of the day.

Research at the State University of Iowa has demonstrated that young and old alike not only felt better, but they performed better, especially in the late morning hours, if they had eaten an adequate breakfast. To ensure an adequate breakfast, doctors and nutritionists recommend a basic breakfast pattern of fruit, cereal, milk, bread and butter. This breakfast pattern provides 1/4 to 1/2 of the daily nutritional requirements for most people. It is also the basis for an adequate breakfast in a reducing diet. Here is a 400-calorie breakfast which is 1/2 of a 1200-calorie diet commonly recommended in weight-reduction programs.

- 400-Calorie Breakfast
- Corn Flakes (1 ounce) with Sliced Bananas
- Blueberries, or Apples
- Milk, nonfat, 1/2 cup for cereal
- Toast, 1 slice, with Butter, 1 teaspoon
- Milk, nonfat, 1 cup for beverage
- Coffee, black

Wide variety is possible in the fruit, cereal, and milk variety. There are more than two dozen varieties of breakfast cereals, hot and ready to eat, both regular and pre-sweetened types, available at your grocery store. Fresh fruits will soon be in season in quantity. You will find that a breakfast planned according to a 400-calorie basic breakfast pattern is satisfying, inexpensive, and offers variety in your reducing diet.

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CARD OF THANKS

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ADMINISTRATRIX'S NOTICE

Having qualified as Administratrix of the Estate of Laidie Cross, deceased, late of Wake County, North Carolina, this is to notify all persons having claims against the Estate of said deceased to exhibit them to the undersigned at Route 1, Box 257, Apex, North Carolina, on or before the 15th day of March, 1957, or this notice will be deemed in bar of their recovery. All persons indebted to said estate will please make immediate payment. This is the 15th day of March, 1957. MISS HESETH THOMAS, Administratrix of the Estate of Laidie Cross, deceased. March 26, 22, 20, April 6, 18, 20, 1957.

ADMINISTRATRIX'S NOTICE

Having qualified as Administratrix of the Estate of Blanche Holmes Robinson, deceased, late of Wake County, this is to notify all persons having claims against the Estate of said deceased to exhibit them to the undersigned at Route 1, Box 257, Apex, North Carolina, on or before the 15th day of March, 1957, or this notice will be deemed in bar of their recovery. All persons indebted to said estate will please make immediate payment to the undersigned at the address above. This is the 15th day of March, 1957. ALLEN LANGSTON Attorney at Law. 211 W. 10th Street. Raleigh, N. C. April 18, 20, 22, 24, 26, 27, May 4, 1957.

ADMINISTRATRIX'S NOTICE

Having qualified as Administratrix of the Estate of Rose A. C. Yarbrough, deceased, late of Wake County, North Carolina, this is to notify all persons having claims against the Estate of said deceased to exhibit them to the undersigned at Route 1, Box 257, Apex, North Carolina, on or before the 15th day of March, 1957, or this notice will be deemed in bar of their recovery. All persons indebted to said estate will please make immediate payment. This is the 15th day of March, 1957. MISS HESETH THOMAS, Administratrix of the Estate of Rose A. C. Yarbrough, deceased. March 26, 22, 20, April 6, 18, 20, 1957.

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