### ANGIER NEWS

BY MRS. POLLY C. STOKES ANGIER—Sunday was regular pastoral day at Williams Chapel. Rev. A. B. Massey, pastor preached a powerful and soul-stirring sermon His text: Forsaken Christ, taken from St. Matt. 2746. He emphasized that Christ came in a sin cursed world to seek and save the lost, to redeem humanity. Yet He was left alone to de in a wying hour and was for-

He will not forsake us. If we leave him out of our program we have left out all and cursed is any nation who has no king such

We were happy to have Rev. M. M. Freeman of Lillington at the services Sunday. The morning services were fol-

lowed by a children's day program

The Raleigh District Sunday School Convention will convene at Cedar Grove AME Zion Church on the 4th, 5th and 6th of July Pastor, Rev. L. R. White, Rev. T.

Mrs. Arletha G. White is spending vacation days at home with facture symptoms. These are all her mother. Mrs. Rosa B. Greene, i effected by physical changes, and Mrs. Rater Bundy of Virginia the lack of accommodation by the and Fuquay Springs and Mrs. Sa- mother. Therefore, we must direct ra Young of New York City visit- considerable attention to the physed their mother last week. Mrs | ical state of the expectant mother.

Mary Matthews | The important care here must

BIRTHDAY Misses Delores (Dee Dee) Mat-thews, birthday Sunday, June 16th, Willa Delores Stokes, Jen-thifer Stewart, and Rev. L. L. Mc-tation with the doctor of chiro-Laughlin birthday, June 23. Many happy returns.

Rev. J. W. Jones and choir of

Raleigh will be at Cut's Chapel the 3rd Sunday in July, Dinner will be served on the ground. The affair will be sponsored by Mr.

SICK AND SHUT INS Rev. A. M. Minter, Dunn. N. C. pastor of Cuits Chapel is in Lincoln Hospital at Durham, Other shut-ins: Rev. Wiley Cutts, Mrs. Dora Dewar and Mrs. Katie Covington. Remember your sick and

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#### HEALTH HINTS

By Dr. Harley D. Scanlan, President National Chiraprostic Association

For The Mother-To-Be

The usual discomforts that occur during pregnancy—backaches, leg cramps, abdominal pains, are the result of physical alterations and changes which occur during that period. The most marked of these takes place in the abdominal and pelvic areas where the child is developing and in the lower back, which must alter its position to accommodate the increased weight, by correspondingly in-greasing the gight of the curve of the lower back.

This curve increase often creates the appearance of "sway-back." It develops rapidly during the period of pregnancy. Follow-ing this acressed growth in the abdominal area, organs become crowded. The mother's body changes to keep pace with the weight increase of the mother's weight increase If the mother's back is not flexible enough for this change to come about, backaches will occur, and all of the conditions mentioned above may develop. Crowded organs encour-

The important care here must CONGRATULATIONS ON YOUR come from the chiropractor who specializes in the treatment of the practic will bring prompt relief and correction of these conditions. Such attention, plus moderate exercises and proper diet and hy-gione, will be of great value to the expectant mother.

## St. Matthews Church News

By Mrs. Marie Riddick

Sinday School opened at 9:30 with a good attendance. Bible school has been going on of this week. The morning service opened with the processional. The first hymn was "Hark How the Watchman Cry." Prayer was led by Brother Jack Spring Choir 2 was in charge of music with Mrs. Ruby McKinney as organist. The second song was "Just a word for Jesus," The services were wellattended with many visitors. The pastor. Rev. Upshaw, chose as his text Mark 1:17 "And Jesus said unto them, come ye after me and I will make you fishers of men."
His theme was "Fishers of Men."
there are many kinds of fishermen

He elaborated on the fact that but Jesus said if you will follow hun he will make you not fishers of the sea, but fishers of men, and by doing so you will be able to conmany and lead them into the folds of God. The sermon was enjoyed by all. The Sunday School convention will convene July 4th

Visitors are always welcome and you are invited to attend. A Youth Wedding will be held

The Home Demonstration Club met at the home of Mrs. Alberta Stewart last Minday night, June 17th. The topic for discussion House Cleaning, Mrs. Alberta Stewart demonstrated canning beans. Cookies and ice cream were served as refreshments.

If you have civic, social or church news please contact West-End Beauty Shop, Church Street. Mr. Henry Cutts is your news

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BEST BUY IN THE CAROLINAS

Spotlight on MEALTH Science Features Another Kind Of Ulcer

Peptic ulcers in the stomach are so common that few persons realize they also occur in the csophagus, the tube that carries food from the mouth to the stomach. In fact, a recent medical study indicates that esophagitis — as this condition is known medically—may be much commoner than previously believed, even by doctors.

Reporting in the "American Journal of Surgery," Drs. E. B. Benedict and G. I. Nardi, of the Harvard Medical School, state that improved methods of diagnosis have led the medical profession to discover more cases of esophagitis than ever before.

esophagitis than ever before.

The condition appears to be more prevalent among men than women. It also occurs most frequently between the ages of forty and seventy, although the Harvard researchers report one fifteen year-old patient and another of ninety years.
The condition is one that grows

progressively werse unless detected early and properly treated. At first, it produces heartburn, occasional vomiting, and soreness in the throat. Eventually, the eso-

is very important in the treatment of an ulcevated esophagus. Unwise eating or drinking may be very injurious to the inflamed membrane. Alcohol, fried or highly seasoned foods should be entirely omitted from the diet, the doctors recommend. As for medical treatment, the doctors point out that antacids are particularly useful because they neutralize gastric acidity,



in either tablet or liquid form, as excellent for the treatment of escphagitis. Gelusil, probably the most widely prescribed of the anphagus becomes so narrow the patient can hardly cat or drink, and then only with great pain.

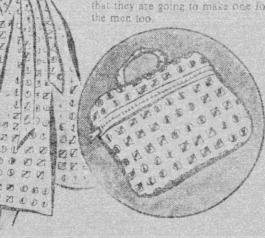
Diet, the Harvard doctors write. In cases which have progressed too far for medical and distary treatment, the doctors say surgery may be necessary to remove the ulcerated tissue.

As yet, the condition is not nearly as common as stomach ulcera

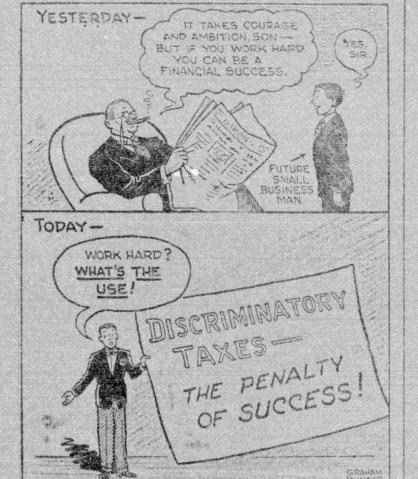
but the Harvard researchers point out that any person with a stomwhich is the cause of the ulcer. I to ulceration of the ecophagus.

### The Robe that Packs in Its Own Pocket

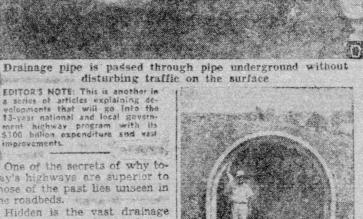
Here's a nest travel companion right inside its own pocket. Take it off, stuff it in the pocket, zip up and becomes a next little packet for easy carrying or packing. The real magic however, is in the foulard fabric of Celanese acetate, which is so free of wrinkles that you can shake it out of its little eight-inch square pocket. and wear it immediately without pressing Designed by Lady Fair, the robe is creating so much excitement that they are going to make one for



HOW TIMES HAVE CHANGED!







PREXY FLEES HAIT! -- Provisional President Daniel Fignole of

Haiti faces the press of Miami airport, shortly after arriving in

this country in exile. Fignele, who ruled the island republic for

19 days, was spirited from Port-au-Prince by plane when a mili-

tary coup overthrew his government. Rumors that Fignole has

been executed kicked off three days of rioting in Raiti in which

A SECRET OF DURAL LITY HIDDEN IN MODERN ROADS

scores died. (Newspress Photo).

a series of articles explaining de-velopments that will go into the 13-year national and local govern-ment highway program with its \$100 billion expenditure and vast improvements. One of the secrets of why today's highways are superior to those of the past lies unseen in

the roadbeds. Hidden is the vast drainage system that underlies each new super-road. A model of modern highway construction, the Pennsylvania Turnpike, contains up to three miles of concrete pipe for each mile of thoroughfare Adequate drainage at each side of the pavement and in the median strip assures long-term stability for the highway.

The familiar round shapes of concrete drainage pipe remain basic, though engineering science has come to the fore with new designs. Today, one hears the words flat-base, elliptical, or

Both old and new types of steel reinforced concrete pipe are produced by American-Marietta Company in 50 of its plants. They and other manufacturers have their work cut out in the dollars of superhighway expenditure means the purchase of 2.000 miles of concrete drainage

And the 304,600 bridge structures, called for in the 13-year master blueprint of roads to be built, represent only crossings of 20 feet or more. For many of the smaller overpasses, sizable drainage pipe are now available without the expense of tailored to the job in varied dia- | pedestrian underpasses. /



Factory-made flat-base culverts for pedestrians and livestock

meters, lengths, and strengths. Where space is limited or special conditions exist, there are newly developed designs. Placed upright, oval shapes

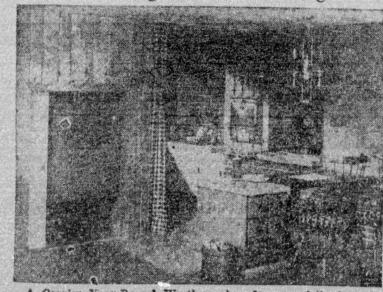
save on trench width and result in greater self-cleansing velo-cities when dry weather has re-duced flows. Placed on its side, oval pipe requires a shallower excavation. American-Marietta's Tunnel-

iner, an oval pipe with special dimensions, can be laid below ground without disturbing surface traffic. A tunnel car on temporary tracks brings in each succeeding length and carries out excavated earth. Sections are hauled lengthwise, so they pass through those previously placed. The car's operator pulls a lever at the placement point, and a machine twists the oval pipe upright, firmly positioning

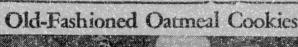
Livestock crossings are built able without the expense of with quick precision through building culverts on the site.

Round concrete shapes are Other flat base types serve as

#### Truly American-Including Air Conditioning



A Carrier Year-Round Weathermaker fits gracefully into the wholesome atmosphere of this warmly traditional kitchen, lending to its comfort no matter what the season. Easily tucked into closets or other out-of-the-way locations, the Weathermaker, is an inconspicuous part of the household it serves, delivering controlled climate throughout every room every day of the year. It provides central heating as well as cooling at the twist of a thermostat. The Weathermaker insures a cleaner and healthier home as it cools, heats, debumidifies and filters the air.





The sandbox set will soon be home for the summer so the house The sandbox set will soon be home for the summer so the noise will be fairly bursting with activity. After a hard afternoon of building castles in the sand, the "younguns" will be more than ready for old-fashioned oatmeal cookies and tall glasses of icy milk.

Be sure to keep the cooky jar filled to overflowing with Catruial Raisin Cookies for just such an occasion. This chewy cooky hall a nutrich flavor due to the rolled oats inside and is chuck-full of plump raisins. Oatmeal Raisin Cookies are a one-in-a million snagkatime treat that are delicious as well as nutritious!

Ontmeal Raisin Cookies Makes & dezen cookies

1-1/2 cups sifted enriched flour l teaspoon soda 1 teaspoon salt 1-1/2 teaspoons cinnamon 1/2 teaspoon nutmeg 3/4 cup shortening, soft

1/2 cop granulated sugar

I cup brown sugar

Isaac G Alexander, Charlotte;

Heat oven to moderate (350°F). Sift together flour, soda, salt, and spices into a large how! And shortening, sugars, eggs and milk. Beat until smooth, about 2 minutes. Stir in rolled oats and raisins. Chill in refrigerator for about one hour.

Turn cut onto well-houred board; knead just enough flour into dough to make handling easy. Roll out to 1/4-inch thickness and cut.

with large floured cooky cutter. Sprinkle lightly with granulated sugar; place on greased cooky sheets. Eake in pre-heated oven (350 F.) 12 to 15 minutes, Remove from cooky sheets immediately.

# 122 Degrees Awarded By J. C. Smith University CHARLOTTE - Johnson C Laura B. Wingste. Charlette:

Smith University awarded degrees to 122 seniors during its eighty ninth annual commencement exercises here last week. Those re- Charlotte ceiving degrees from North Caro-

Bachelor of Arts

Selma M. Abraham Charlotte
Almette H. Alexander, Charlotte
Almette H. Alexander, Charlotte
Samuel Lee Allen Norlina Pecola L. Allison Mocksville Betty
E. Anderson, Hillsboro, Alice J.
Barber, Belmont, Willie Marshall
Barber Belmont, Layce M. Bogus
Barber Belmont, Layce M. Bogus
Barber Belmont, Layce M. Bogus
Barber Belmont Layce M. Bogus
Barber B Bachelor of Arts Barber, Belmont: Joyce M. Bogue,
Belcross Ruby H. Brown, Charlotte; Sara L. Burns, Monroe; Barbara J. Carson, Tryon Thelma
H. Carter, Charlotte: William B.
Cooper, Rose Hill, Maude L.
Crains, Gastonia; Rosella I. Davidson, Charlotte: Barbara C. Dogan, Asheville: Thomas Harold
Duff, Gastonia, William T. Eddlemon, Rockwell: Lillian T. Faison, Wadesboro; Shirley D. Gard-Barber, Belmont, Joyce M. Bogue, Reidsville, James H. Houston, III son, Wadesboro; Shirley D. Gardner, Reidsville; Laura J. Gibson, Louisburg; Nora Belle Gooding, Charlotte, Paul Hastle Hailey, Charlotte (Cum Laude); Mildred

Johnson, Charlotte; Emma

Jones, Clinton. Beverly J. Kelly, Charlotte Mildred E. M. Ledbetter, Char lotte (Magna Cum Laule); Jame H Lindsay, Charlotte, Frankie M McCree, Charlotte, Susie M. Mc Gill, Charlotte; Sandra V. Mc Neill, Whiteville: John Frederick Moore. Charlotte: Jesse L. Moore Charlotte: Philip W. Moses, Charlotte . Sammie L. Pittman, Charlotte: Mildred Y. Richardson, Charlotte: James Robinson, Charlotte: Odell Slade Jr. Mount Holly, James A. Starke, Golds-boro; Wilbur B. Stinson, Charlotte: Margaret M. Thomas, Mor ganton; Lester J. Wade, Charlotte James Carson Walker, Charlotte Joan Elizabeth Walker, Ply-mouth; Marilyn Walker, Roxboro (Cum Laude): Lelia Hunter Wal-ton, Charlotte: Vastis Ward, Hendersonville; Bessie B. Warlick Wells, Hickory (Cum Laude); Mary L. Williamson, Yanceyville

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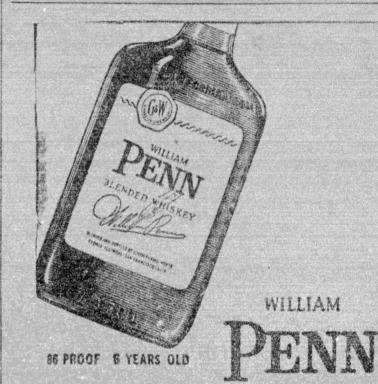
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