

### BELL TELEPHONE EMPLOYEES ding anniversaries this month are FETED

Mr. and Mrs. William Mack Akins, The employees of the Southern | Sr., Mr. and Mrs. Charles Robert Bell Telephone Company neld Jones, Mr. and Mrs. Harold High their annual Christmas party Fri- Mr. and Mrs. Hezikah Whitaker, day, December 19 at the Club Dr. and Mrs. Clarence Colema Gine Gardenia, S. Bloodworth St. and Mr. and Mrs. Harold P. Cole Approximately 20 or more employ- | man. ces of the firm and their families HAS BIRTHDAY

her

Sponsored by the company, the menu enjoyed consisted of turkey with dressing, ham, cole slaw, potato salad, olives and pickle. Punch was served. along with desert as follows: apple, cherry and potato pic. retired member of the firm joined in the festivities.

The affair lasted from 9 p. m until 1 a. m.

TO WAYNE COUNTY FOR YULE Mr. and Mrs. J. C. Washington and family of 795 E. Edenton St., Ralcigh, will journey to Dudley and Goldsboro on Christmas Day o visit their parents and other rel atives. In Dudley they will be osted by Mr. Washington's parents, Mr. and Mrs. Cephus Washington, and in Goldsboro they will the house guests of Mr and

### Mcs. Cicoro LOS ANGELES VISITORS

Mr. and Mrs. Al Pare of Los Anneies, Calif., are visiting relalives in the city. Mrs. Pace is the opmer Miss Pearl Weaver, daughof Mr. Levi Weaver and niece of Mr. and Mrs. David Weaver of 1206 E. Lane Street. They will return to Los Angeles shortly after Vew Year's Day.

### MISS CHRYSTAL HUNTER'S RIRTHDAY

Miss Chrystal Hunter of 2 Nash Terrace celebrated her 6th hirthday December 13th at her home. A small party was given for her by her mother. Mrs. Josenhine S. Hupter, and was shared by her brother. Alfred, and sister, Alfreda Hunter, Chrystal is looking forward to beginning school in Santomhor.

JOLLY WIVES SOCIAL CLUB The Jolly Wives Social Club met home of Mrs. Elliott Smith, 1993 E. Edenton Street on Decemper 20 Members present exchangd Christmas gifts and enjoyed a loge. wonderful evening discussing plans for the holidays.

Mrs. Smith had as her guest Mrs. Geraldine Galloway Brown of 642 Coleman Street. A delicious repast was enloyed. EVANS FAMILY IN CITY

Mr. and Mrs. Carl S. Evans and children, Carl, Jr., and Donna Jean, spent a few days in the city

enroute to the Navy School of elementary and the high school Music, in Washington, D. C. While departments presented a Christhere they were guests of their un- mas Pageant, "At His Throne," on



### Heart Disease As Anxiety Defense CHICAGO (ANP) - For some and often referred to their "heart even though the diagnosis of hear

of secondary gain" from their

ailment, the doctors said. In

some, the pain represented

a means for setting limits to

their activities and freed them

temporarily from intense press-

ures or responsibilities. It

seemed to act as a means of

getting attention and of con-

trolling family members. In

others, the pain represented an

acceptable "excuse" for failing

to attain certain objectives.

For some, there was a definite

monetary compensation from

If their compensation or need for

validism was questioned, they be

onie angry and defensive, the doc-

"Once an individual has gliowed

simself to regress to this stage of

their pain.

**New Careers Offer Growing** 

**Opportunities**, But Young

persons to face life, they may need | pain." Some of them were totally | disease has been disproved. to believe they have heart disease incapacitated, while others were "Their eventual incapacity equals your feet? Most people aren't, but much longer. even when it has been proved they able to lead an active and con- the most serious types of heart di- New Year's is a good time to start do not, three eastern physicians structive life in spite of their sympsaid this week.

BALLENTINES TO S. C. Mr. and Mrs. W. Roy Ballentine Their conviction may represent a of S. Pettigrew Stret journeyed necessary defense against "potento South Carolina earlier in the tially overwhelming anxiety," the week where they will visit rela- doctors said in the current Journal lives. Accompanying them was a of the American Medical Associa-

neice. Ruth Ann, who is a fresh- tion, man at St. Augustine's College. Th They made a six-year study of ENTERTAINS IN NEW HOME 52 persons with chest pain. Of Mr and Mrs Johnny Jones cor- these 27 were classified as having ner Smithfield and Person Streets a "cardiac neurosis" in which they entertained friends on December showed no evidence of heart di-19th in their beautifully built new sease but were covinced of its prehome. A delicious repast was en- | sence.

joyed. Mr. John Winters, local con- | Twenty-five had angina pectoris. tractor, built the home and it is a disease marked by paroxysual everything one could dream about, chest pain with a feeling of suffo-KEYSVILLE TRIP

cation and impendig death. Caused Dr. and Mrs. Clarence Coleman by an oxygen shortage in the heart S. Pettigrew Street and Little angina pectoris is usually precipi-Miss Alexina Coleman motored to lated by effort or excitement. Keysville, Virginia last week, Re-The 27 patients who believed tors noted. turning with them was Mrs. J. V. they had heart disease were "all | Coleman who will spend the Chris- intensely anxious people whose

neurotic behavior was readily ap- dependency." the doctors continued tmus holidays here SPENDS DAY IN CITY parent," the doctors said. They "it is difficult or impossible for Joseph LeCompte, former tended to dramatize their symptoms bim to relinquish this way of lif

DuBois High School teacher, Wake | -Forest, spent last Thursday in the city visiting friends

Mr.

firs. Mary-Maude Rogers of

birthday on December

700 Calloway Drive celebrated

22nd. Her many friends join

her family in wishing her

many happy more.

VISITS FAYETTEVILLE Mr. and Mrs. E. Rogers. Miss Frances Rogers, Mrs. Primrose R. Jackson and sons. Eric and Melvin. of Calloway Drive spent last Sunday in Fayetteville visiting Mr. and Mrs. Elli Anderson. Mrs. Anderson is the former Miss Mararet Rogers of this city. SPENDS CHRISTMAS WITH

RELATIVES Attorney and Mrs. Richard Ball High school and college students of Lincoln Court spent Christmas are greatly underestimating the Columbia, South Carolina visit- career opportunities which ng realtives. The Balls are faculty on the reporting and editing staffs sembers of Saint Augustine's Col- of the nation's newspapers.

#### a report by Alvin E. Austin. who took a year's leave from Westside High his post as head of North Dakota University's journalism department to investigate news **School News** staff recruitment problems and solutions-across the na-

tion. His study was sponsored by Dow Jones & Co., publish-CHADBOURN - The primary. er of The Wall Street Journal. and by the Dow Jones Foundation. surveys, of 135

sease, Sudden withdrawal of long- building friendly foot relations continued compensation maybe dis- Considering the service fect rend-They showed "a high degree

that the conviction they have heart | take, it's important to give your disease may be essential for the feet a better deal in 1959. functioning of some patients in life at certain times." Under these circumstances it is | foot.

tient to maintain his cardiac neu- tor: rosis, they said. However, physi- (1) Get shoes that fit and get anxiety and his conflicts.

New Trend Puts

The Top Spot HOLLYWOOD, Calif. (ANP) -



## Start New Year On **Right Foot**

Are you on a good footing with | change - shoes and feet will last astrous. It seems highly probable | er and the amount of abuse they

Some easy-to-follow resolutions will belp get you off on the right They are wise counsels often advisable to allow the pa- drawn up by a leading foot doc-

cians should do all they can in rid of any that don't. Good fit helping such patients overcome means your toes are comfortabe, their fears by understanding the not cramped, so that tender nerves underlying sources of the patient's and muscles aren't squeezed and blood circulates properly. They must fit snugly around the heels.

enough to establish a trend. A week ago 20th Century-Fox showed them "Mardi Gras" and a couple of weeks ago M-G-M had a special publicists screening of "Tunnel of Love." In addition to the publicists, U-Angeles Press Photographers Asso group, to see "The Perfect Fur

# **CHA** Tenants To Draw For Year's Free Rent

My Lady's Doings

In And Out Of Town

CHICAGO (ANP) - A drawing free rent climaxed the Chicag by top-ranking tenants for a year's | Housing Authority's "Good Neigh bor" program at Henry Booth

high heels exclusively, and don't babit of changing ito flats or low heels after a day on the "heights." high-and low-heeled walking presented a Christmas turkey. moes.

(5) Out with the old. Threw out all old, beat-up shoes. They can do your feet nothing but harm. Same goes for flimsy fabric playshoes when you're putting in a hard day's work around the house. Give your feet firm support with eather flats or wedgies, prefer ably the kind that buckle or tic and stay securely on your feet. Happy Shoe Year!



126 E. Davie Street

Phone TE 3 3231



according to Alvin E. Rose, CHA executive director. In addition, Get your leg muscles used to both | each of the thirty families was

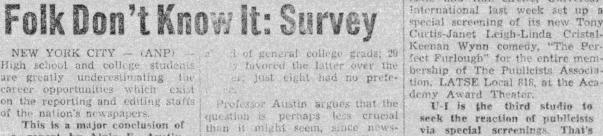
Proper winter care and storage can prolong the life of tarm ma-

Eighty-four per cent of North Carolina's forest and is in small



502 S. Bloodworth St. PHONE TE 3-9496





tion, LATSE Local 818, at the Academy Award Theater. seek the reaction of publicists via special screenings. That's papers agree that most of all they want young people with a broad liberal education, and this is obtainable either in or out of journ-In any case, the papers can not currently fill all their manpower needs from the journal-

and aunt, Mr. and Mrs. Fred December 17 in the gymtorium,

Messrs, Ernest Lenwood Sanders. Jr., and brother, Robert Sanders, 2nd, sons of Mr. Mrs. F. L. Sanders of 1107 S. Bloodworth Street, arrived in the city Monday night to spend the Christmas holidays with their parents and other relatives. Both are honor students at A. and T. College, Greensboro

ANNIVERSARIES Among couples celebrating wed-

DELINE HOTEL Member of N. H. A. Clean, Comfortable Rooms Miss Lucille Griswold. Prop. 220 E. Ca<sup>1</sup> arrus St. Raleigh Phone TE 3-6800 Fayetteville Street BAPTIST CHURCH Cor. Fayetteville and Hunter TE 3-3283 Raleigh, N. C Rev. J. W. Jones Pastor W. F. Peterson Secretary Joseph Whitaker Chairman of Finance 9:30 ..... Sunday School 11:00 Worship Service -6:00 P.M. ..... B. T. U. 7.30 Wednesday - Teachers Meeting. 8:30 Wednesday - Prayer Service.

and small daily papers, disclose Washington, Mr. Evans and family The bands-primary, rhythm, tere stationed in Honolulu, Ha- fluite, junior and senior; the glee that over 67 per cent consider "shortage of new manpower" to be clubs elementary and high

SANDERS BROTHERS RETURN school furnished the traditional one of their leading problems. Pay Christmas music. The Boy Scouts of troop 558 sponsored by the PTA will give baskets to the needy families dur- and ranges above \$100. Slightly ing the holidays. The senior patrol leader, Charles Gore, urges all boys 11-21 to join their local 000 annually. group. This troop has also started

a new Cub Scout Pack and its membership is growing every week. Stevie Lee Powell and Rus- journalism school? The report like baseball teams, could benefit sell Nixon have all ready passed notes that debate on this point from "farm" systems where rooktheir Bobcat, first rank of the still rages among newspaper exe- ies could be trained and exhibit Cub Scouts' requirements. The of- cutives. Of 128 managing editors their worth. One newspaper chain

NEW YORK CITY - (ANP)

This is a major conclusion of

chief; Glendale Smith, asit. denner: Chief, Steve Powell: denner Russell Nixon, faculty advisor, Mr. J. R. Brown The stfety patrol group has re-ported that traffic hazards have been lessened since the organizing of this group, and each member is soliciting every student and faculty member's support in mak-The senior drama group is working on a very good production to be presented to the student body following the Christmas holidays. Marie Gore, Larnell Lawrence, and Seymour Ellis have the leading roles of the cast, "Fa-

ther Knows Best," the senior production. Negro Births Up 110 Percent,

minors. He received the college award for outstanding achievement in history and was active in athletic and fraternity life.

Says 10-Yr. Study CHICAGO (ANP) - A recent births in Chicago in 1957 were nonsurvey revealed that non-white white. The exact figure is 31 perbirths in this city have increased | cent. During the same year, non-110.4 percent during the last 10 whites made up about 20 percent

years, while white births have de- of Chicago's population. clines 1.1 percent. The study showed that almost These were the figures behind the one fourth of the nonwhite births percentages: In 1948, non-white were classified as out of wedlock. births totalled 13,629; in 1957, 28,671. This change in the racial distribu-Thus, the number of non-whites tion of births was shown in a study born in the city more than doubled. published by the research depart As a result of the changing birth | ment of the Welfare Council of Mepattern, almost one-third of all the tropolitan Chicago



enlarge their recruitment from the staffs of college papers on campuses lacking formal journalism courses.

ism schools, whose enrollmet

has dropped more than 30 per

cent within a decade, There-

fore, he contends, they must

More and more newspapers have for beginning reporters just out of recently initiated their own traincollege is rising rather rapidly; it ng programs for young members now averages around \$73 weekly of their news staffs, the report shows. A spot check during the more than half the newspapers course of the Austin study turned surveyed are paying some top exup 35 of them in 28 states and the perieced news men more than \$10,-District of Columbia

alism schools.

Currently, there is a burst of in-Should the young person aiming at a news career go to a college | terest in the idea that newspapers ficers are: Charles Gore, den questioned, 91 would definitely has recently acquired two Florida ire journalism school graduates weeklies with this objective.

George W. Clarke: African Professor Makes St. Aug. ing the program a successful one. Appearance January 9, 10 & 11

> George W. Clarke, professor of | His advanced degree was rehistory and social science at Cutceived from Kent State University, Kent, Ohio. tington College, Liberia, Africa,

Mr. Clarke and his family, which will speak at St. Augustine's Colincludes his wife, and two children lege on January 9, 10, and 11th. Clarke served in the U.S. Army went to the Missionary District of from 1944 to 1946 and entered St. Liberia, where he joined the staff

Augustine's College in 1947. He was | of Cuttington College in January, a three-year honor student of St. | 1956. His appearance is being Augustine's with a history major sponsored by the speakers division, with social science and education National Council Protestant Episcopal Church.



MONUMENTS

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