

## Zeta Phi Beta Sorority Inc., Raleigh

Omicron Zeta Chapter of Zeta Phi Beta Sorority, Incorporated, is now making plans for the observance of Finer Womanhood Week, a national project sponsored annually by Zeta Phi Beta Sorority.

We salute the Shaw University Undergraduate Chapter of Phi Beta Sigma for having as a recent speaker Atty. Hudson Lovell, National President of Phi Beta Sigma Fraternity. Dr. Lovell's topic was "Greek Letter Societies—What of the Future?" While in the city Atty. Lovell was guest of Reverend and Mrs. A. J. Turner of Rochester Heights. He was honored at a smoker held in the drawing room of the Home Eckers Hotel.

We wish to express our deepest sympathy to Soror Pauline W. Young on the death of her uncle, Mr. John M. Adams of Winston-Salem. Mr. Adams was president of the Safe Bus Company of the above city.

**15c WASH**  
**5c FLUFF DRY**  
FIVE MINUTES  
OPEN 24 HOURS—DAY AND NIGHT  
**MARTIN STREET SELF SERVICE LAUNDRY**  
328 E. Martin Street  
FREE PARKING IN BACK

LOOK — WE WILL DELIVER  
Coal or Kerosene  
**KEARNEY'S GROCERY**  
HARGETT & STATE STS. DIAL TE 2-9418

ELECTRICAL CONTRACTOR WIRING  
If You Have An Electrical Problem Call Us For Prompt Service  
**WIMBERLEY ELECTRIC CO.**  
1321 Battery Drive Dial TEmple 2-2024

**ACME REALTY CO.**  
Real Estate - Rentals - Surety Bonds  
Fire and Automobile Insurance  
**WE BUILD AND REPAIR HOUSES**  
Dial TE 2-0956  
129 E. Hargett St. Raleigh, N. C.

**Old Quaker**  
STRAIGHT BOURBON WHISKEY

**\$2.25** PINT  
**\$3.55** 4/5 QT



A PARCEL OF QUALITY IN EVERY BOTTLE

**OLD QUAKER**

BOTTLED BY THE OLD QUAKER DISTILLING COMPANY, LAWRENCEBURG, IND. & FRESNO, CALIF.

36 PROOF • OLD QUAKER DISTILLING CO., LAWRENCEBURG, IND.



UP AND ABOUT AT 110 — Waving to some of her relatives, Mrs. Lydia McKnight, soon to celebrate her 110th birthday, sets out for a stroll in Dallas, Texas. The hardy woman, who was brought to Texas as a slave from Virginia, recently made an amazing recovery from a fall in which she broke her hip. Mrs. McKnight, who doesn't wear glasses, use a hearing aid, or have false teeth, is up and walking again with the aid of a cane. In the background are great-grand daughter, Mrs. Lena Troy Davis, and great-grand grandson Timothy Davis, 10 months. (UPI PHOTO).

### HOW'S YOUR BEDSIDE MANNERS?

Chances are that sometime you'll be called on to play "Florence Nightingale" to a member of your family who is sick in bed. Well, there's an art as well as a technique to home nursing. As the makers of Mum point out, you are caring for a PERSON, not just a PATIENT, and they have some suggestions for ways to make that person feel better—speed his recovery.

Always try to make him as comfortable as possible. Keep sheets smooth and light. Fluff up pillows from time to time. Provide adequate support for back and shoulders. A bedrest can be improvised from a sturdy pastry board fixed securely in a standing position, or from a straight chair turned upside down in the bed. Eliminate drafts and distracting noises. Help your patient fresh up occasionally.

And surround him with the things he needs. Place a table or chair at bedside within easy reach, and stock it with books, magazines, and other recreational materials, writing equipment, a container of fresh water and a glass, a bell for signalling, facial tissues, possibly a portable radio or record player.

A warm bath is one of the creature comforts that make life pleasant for anyone — and for the bed patient this is particularly true. A bath not only cleanses, it refreshes, relaxes, and stimulates circulation. If the patient is unable to use the tub, a bed bath should be given daily—usually about an hour after breakfast.

Have the room comfortably warm (at least 70 degrees F) and free of drafts, then assemble your equipment. You'll find it easier to collect everything you need before you start, and a good-size tray is convenient for holding bath and grooming supplies. You'll need a basin of warm water, milk soap, towels, washcloths, nail brush, rubbing alcohol or toilet water, talcum and a deodorant. Also have fresh nightclothes and bedding ready.

Protect the bedside table or chair with newspapers, or a plastic or rubber sheet. Protect the bed with a bath towel. To avoid chilling and unnecessary exposure, keep patient covered as much as possible with a cotton or lightweight wool blanket. Place this on top of the bed, then slide the bed clothes out from under it.

Be systematic. Begin by washing the patient's face, or having him do it. Then go on to the chest and abdomen, arms and hands, legs and feet, being sure to dry each part before proceeding to the next. When washing upper arm, pay particular attention to the armpit. The back comes last, and, while the

Miller, treasurer. The treasurer's report pointed out that the Credit Union has had a successful year with assets of \$34,916.15, and paying dividends of 3 percent.

New officers for the year are: Board of Directors, J. H. Miller, S. O. Jones, B. C. Power, Loan Committee, Mrs. Annie Coleman, Mrs. Edmonia Hall; Audit Committee, John Nicholson, Alexander Monroe, Mrs. Pauline Wright; Publicity and Education Committee, Mrs. Mary Perkins, Mrs. Lottie Whittington and O. K. Beatty.

To win out-of-state markets pack eggs in new cases.

## Thirty-Three Seniors From St. Aug. Student Teachers

Thirty-three seniors at St. Augustine's College have begun cadet teaching in the various schools of North Carolina, announced Dr. P. R. Robinson, dean of the college.

At Hawley High, Creedmoor, are: Simon Short, music; Benjamin Redmond, business; Cecil N. Coble, social studies; Charles Boler, physical education; Naomi Crandal, biology and science.

Franklin County Training School, Louisa: Marion S. Potter, English; Stafford Sweeting, history; Jesse Lucious, physical education; Mary Williams, physical education; Arline Tilley, biology, and Helen Braxton, music.

Cooper High School, Clayton: Velma Perry, second grade; Albert Huey, physical education; Wilma Bryant, physical education; and Irvin Reinhardt, eighth grade.

Johnston County Training School, Smithfield: Joseph McNeil, physical education; Edwin Wilson, biology; Jane Blakley, music; and Robert Taylor, French and English.

Richard B. Harrison High School, Selma: Cecil Perry, mathematics.

Person High School, Spring Hope: Talmadge Hunt, social studies; Lucile Bunn, fourth grade; Hubert Rogers, eighth grade; Freddie Davis, physical education.

Shawtown High School, Lillington, Lottie Yarborough, third grade.

J. W. Ligon Junior-Senior High School, Raleigh: Lena McLean, biology; Harriet Malone, social studies; Delores Wade, English; Mark Harvey, physical education.

Washington School, Raleigh: Barbara Thomas, physical education.

Shepard High School, Zebulon: Rebecca M. Goldston, business.

Inboden High School, Enfield: Delores Harvey, business.

## State College Answers

QUESTION: How do most out-of-state buyers feel about Tar Heel eggs shipped in used cases?

ANSWER: Most of the out-of-state buyers prefer new cases. They say the eggs arrive in better condition and the product is more attractive.

QUESTION: If I follow the Choice B cotton plan in 1959 and plant up to 40 per cent above my regular allotment, can the increased acreage be used in determining my allotment in future years?

ANSWER: No. The law prohibits this. The law specifically reads: "The additional acreage authorized under Choice B shall not be taken into account in establishing future state, co. & farm acreage allotments."

**N. C. PRODUCTS**

**QUALITY CONCRETE**

**PRESTRESSED**

- BRIDGE BEAMS
- PIPING
- FLOOR
- ROOF

• CONCRETE PIPE (4" thru 72")  
• CONCRETE BLOCK AND BRICK  
• CONCRETE STEPPING STONES

RALEIGH—DIAL TE 4-2557  
DURHAM—Dial 2-6491 • KINSTON—Dial 2514

PATRONIZE OUR ADVERTISERS

No other car conquers lean and sway  
like a wide-track PONTIAC!

AMERICA'S NUMBER 1 ROAD CAR



Wheels are 5 inches farther apart. This widens the stance, not the body.  
Gives you a steadier, balanced, road-hugging ride.

SEE YOUR LOCAL AUTHORIZED PONTIAC DEALER FOR A ROAD TEST TODAY

**CONN-GOWER PONTIAC CO.**  
3623 HILLSBORO ST. RALEIGH, N. C.  
Dealer License No. 2417

# RHODES FEBRUARY SALE!

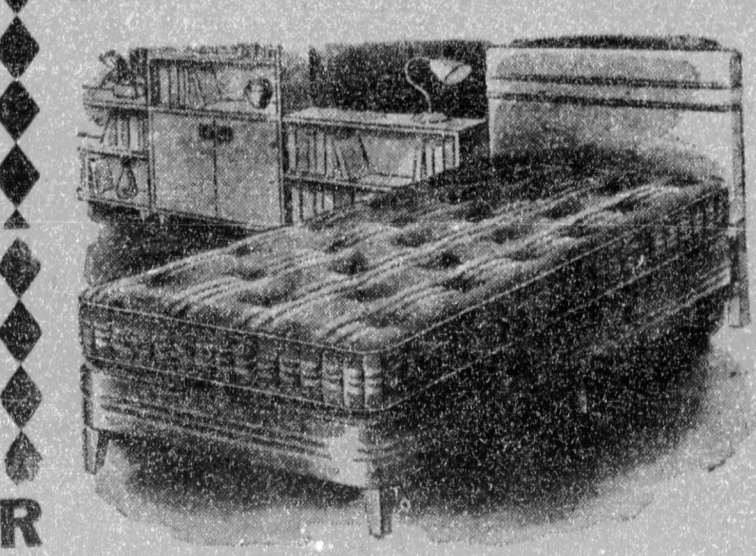


**10-PC. SOFA BED GROUP**

- Tweed Covers
- Polyfoam Cushioned

**\$5.00 DOWN DELIVERS \$119**

Includes modern sofa bed, large matching chair, 2-step tables, 1-cocktail table, 2-lamps. Plus 3 decorators Ash trays. DEEPLY COMFORTABLE... HANDSOMELY MODERN... EXCELLENTLY CONSTRUCTED! All this PLUS the convenience of having an attractive living room sofa that converts easily into an equally attractive bed that sleeps two. Just notice the textured tweed cover... the smartly tapered and ferruled legs... the button and welt detailing. SELECT YOURS FROM SEVERAL NEW DECORATOR COLORS!



**9-Pc. HOLLYWOOD BED OUTFIT**

Innerspring mattress, matching box-springs, attractive headboard, 6-sturdy legs.

**\$1.00 DOWN**  
Complete **\$39.95**

Serving the South Since 1875

# Rhodes FURNITURE

Corner Wilmington and Martin Sts.  
Tele. TE 3-5541 or TE 3-5542