

TIMES SPORTS CORNER

BY E. COGGIN BRIDGES



Street for holding the lucky number. Miss Minnie McManus, a member of the Rams squad added an additional spark to the game and proved again that there is no truth in the old saying, "A woman's place is in the home."

The Durham Rams played the Winston-Salem Giants in Winston-Salem Sunday, May 30 and lost by a score of 7-4.

Coach Crawford of the "Be-bops and the Tree Tops," the two principle teams representing the W. D. Hill Center, says that, "The boys are showing much progress, and will be ready for playing when the season opens this month."

The John Avery Boys' Club "Falcons" softball team has given notice to the other teams of the Junior Division of the Community Softball League that they mean business this year. Playing under the guidance of their co-captains Joseph Lambe and Thomas Allen, the Falcons have a record of 11 wins and three losses.

At present, the team is in third place. Other members of the team are: Frank Burt, Lorenzo Bell, Walter Penny, Herbert Pointer, John Alston, Alfonso Pointer, John Hairston, Haywood Brown, James Crawford, Charles McClain, Rayford Shaw, Tim Shaw, Sterling Upchurch, Chester Jenkins, Billy Moore, Clarence Collins, and Billy Lumpkins.

Giants look to win pennant with the "Say, hey Kid Willie Mays. Since the Giants won the pennant in 51, Mays has been regarded as a combined inspirational force and good-luck charm.

While part of Durham waited for the returns from the political election, the other part took to the ball park where they watched the Durham Rams beat the High Point Red Sox by a score of 9-7.

Douglas Gordon, manager of the Rams, made every effort to make the game as interesting for his fans and visitors as possible. Ernest Anderson, disc-jockey of the Jam-A-Ditty radio show, provided witty chatter and colorful laughter between each inning.

A prize of \$5. was given to Belton McNair of 511 Colfax

Junior Open Tennis Tournament Set For Algonquin Club In July

Junior tennis players and enthusiasts will gather on the Algonquin Club's tennis courts July 20-24 to engage in the Southeastern Junior Open tournament. Play will begin Tuesday, July 20 at 1 p.m. with boys and girls under 15 years of age participating in singles and doubles matches.

The tourney is being sponsored by the Merrick Memorial Park Association (formerly the Algonquin Club). It is recognized by the American Tennis Association.

Members of the tournament committee are: Mrs. Margaret Goodwin, Mrs. H. M. Michaux, Mrs. Grace Massey, J. H. Wheeler, W. L. Cook, G. W. Cox, Jr., and Harry Edmonds. Rooms will be available at North Carolina College. Reservations may be made by writing Mrs. B.A.J. Whitted, Box 847 Durham.

Second Ward Gives Awards To Students

Outstanding seniors of second Ward High School were feted at the annual Honors Awards Day program held in the school gymnasium. The program was sponsored by the school's chapter of the National Honor Society.

Frederick Ervin received the Civitan Club Citizenship plaque and awards as the most outstanding citizen in the senior class and in the school.

William Churchill received a \$1.44 scholarship to Morehouse College through the Ford Foundation and a \$150 scholarship for the summer session at Anderson Academy, an Alpha Phi Alpha scholarship was won by Thomas Griffin; Delta scholarship, Robert McCleod; Johnson C. Smith University scholarships, Andrew Lightsey, Barbara Montgomery; Shaw University scholarship, Mildred Mobley; Kellene Wyche Memorial award, William Harris; Bennett College scholarship, Addie Watson; and a Livingstone College scholarship, Doro-

Rev. Fisher To Speak In Memphis, Tenn.

The Rev. Miles Mark Fisher will deliver the commencement address to 165 graduates of the Manassas High School, Memphis, Tenn., Saturday night, June 5, at 8 o'clock. Manassas High is one of the five Negro High Schools in Memphis and will hold its commencement at the city auditorium.

The subject of Dr. Fisher's address is, "To These Truths We Hold". It is expected that he will outline the thesis of his most recent book, "Negro Slave Songs in the United States"; saying that the things that Ne-



THE LIGHT REFRESHMENT

HEALTH HORIZONS

Guarding Your "Life Stream"

When we want to describe a man as healthy and vigorous, we speak of him as "red-blooded." It's an expression that happens to have a good deal of medical truth in it. If your blood has plenty of color, it's usually a good healthy "life stream." If it loses color, you're pretty apt to have a form of anemia that will make you feel tired and listless, without enough energy to get through your day's work.

What Anemia Means

Anemia is a sign that you do not have as many red blood corpuscles as you should, or that there is not enough hemoglobin (the coloring substance of the corpuscles) in your blood. There are many possible reasons for this, so it's a matter that calls for a physician's diagnosis. It's encouraging to know, however, that most anemias are caused by nutritional deficiencies. That's good news because it means that the condition can be corrected, more easily today than ever before.

Medicine has found out a great deal in recent years about how the blood is formed. The scientists are not yet sure exactly how many substances go into the making of a drop of blood, but they do know it takes a variety of minerals, protein substances, and vitamins.

What You Need

Perhaps that makes it sound as though any treatment for nutritional anemia would have to be complex too. But it isn't. Today you can get most of the required substances in a single capsule. Your doctor may prescribe one to get you started back on the road



to health—but then, he's pretty sure to tell you another simple secret. You can protect yourself against nutritional anemia simply by eating good meals. That doesn't necessarily mean costly ones. A pot roast, for example, is just about as nutritious as a steak, and beef liver every bit as beneficial for your blood as calves' liver. Fish or chicken make good substitutes for meat, nutritionally, and are often less expensive. Add a salad, a quick-cooked vegetable, with potatoes if you like, and some fresh fruit, and you have a good supply of all substances to help keep yourself "red blooded" and vigorous.

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groes should hold to are the old time religion, their Africanism, and their skills.

These should be held because they have brought Negroes through, and because they have been creative.

He challenged the parents to make it possible for their children to get the most out of their school life and encourage their children to press forward.

After the address awards were presented to Wilford Matthews in dairy farming; Donald Allen in farm mechanics; Wendell Spearman in farm electrification; Clarence Spearman in far mand home improvement; and Ross Melvin for public speaking.

The girls of the NHA Chapter gave an impressive emblem ceremony. Vivian Treadwell spoke to the parents on, "What My Mother Means To Me." This was responded by Mrs. Annie M. Brunson. Remarks were made by W. H. Hill, the school principal.

New Farmers Meet Jointly

GARLAND
Garland's chapter of the New Homemakers of America and the New Farmers of America gave their annual joint banquet recently at the Garland High School auditorium. Mothers and fathers were guests of the two organizations.

The NFA Chapter held the opening ceremony with the officers presiding. Wilda Cooper offered the prayer, Ross Melvin welcomed the guests and Mossette Matthews responded.

W. T. Johnson, executive secretary of the State NFA Association at A and T College, was the banquet speaker. E. W. Gray, teacher of agriculture, in-

Sorors Organize Durham TAU Gamma Chapter

A new sorority chapter made its debut in the Carolinas recently when the Tau Gamma Delta Sorority organized its first North Carolina chapter to be known as Lambda.

Installation ceremonies were held at the Algonquin Club with eight out-of-town sorors, including National officers from Beta Chapter, Detroit, Mich.; Gamma Chapter, Indianapolis, Ind.; Eta Chapter, New York, N. Y.; Kappa Chapter, Augusta, Ga.; and Graniteville, S. C., in attendance.

Charter members and officers of the Lambda Chapter are: Sorors Viola Poe, basileus; Lucinda Harris, ante-basileus; Louise Dawson, recording and financial secretary; Estelle Thorpe, treasurer; Elizabeth Tate, dean of pledges; Evelyn

Thorpe, parliamentarian and historian; Ora Thomas, editor-in-chief, and Estelle Freeland, chaplain.

West Charlotte Graduates 119

West Charlotte High School awarded diplomas to 119 seniors in its 14th annual commencement program.

A pageant, "Music-The Universal Language," preceded the procession of graduates who received diplomas from Principal C. L. Blake.

Participating in the pageant were the band, the chorus and the modern dance group, presenting ancient music scores, minstrels and troubadours, folk songs, pipers the romantic spirit and work of famous modern American composers. Winners of awards in 59 fields of excellence were also recognized.

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