



ANNOUNCING \$75,000 GIFT AT LIVINGSTONE — Bishop and Mrs. W. J. Walls, Yonkers, N. Y., are shown as the bishop finishes his announcement that he and his wife were giving Livingstone College a Heritage House costing approximately \$75,000. Standing, left to right, are Bishop Raymond L. Jones, Salisbury; Mrs. Walls, Bishop Walls, and Dr. S. E. Duncan, President of the college, who accepted the gift. Standing between Bishop Walls and Dr. Duncan is Dr. F. D. Patterson, President of the Phelps-Stokes Fund, New York City who delivered the commencement address.

Heat --- Take It Easy This Summer

You can't really beat the heat. Whether it's the heat or the humidity or both, it's hot in almost all of the United States in July. After weeks of sweating and steaming, it's not uncommon to find the heat is beginning to wear you down.

You can't do anything about the outside temperature. You can avoid it if you're fortunate enough to work and live in air conditioned comfort, but it still will be hot outside.

The American Medical Association points out that there are some things you can do to be more comfortable—things that can help you beat the heat.

Stay out of the sun as much as possible, especially during the middle of the day when rays are hottest. Wear light, loose clothing. The ladies have an edge over the men in this respect. Drink more liquids than usual, but take extra salt only on your physician's advice, particularly if you have liver or kidney trouble or a heart condition.

Take a shower or dip in the pool once or twice a day to cool off. Get plenty of rest and sleep. Eat your regular diet and don't go overboard on cold cuts and salads, unless you like them anyway.

Get up early in the morning to do your heavy work on the lawn or garden. Or work at dusk in the evening, but try to avoid heavy exertion during the hottest hours of the day. There is a sound physical reason behind the siesta custom of the tropics.

HEALTH and SAFETY TIPS

Planning a trip to the mountains to get away from the heat for a week or so? So are several million other American families at this time of year.

The American Medical Association cautions that if you're headed for some really high mountains, above 7,000 feet, it would be wise to make the change gradually if you wish to avoid "high altitude sickness." Anyone who has made a trip to Mexico City can tell you of his troubles in this respect.

Try, if you can, to make the ascent over a span of days so that your body can adjust to the oxygen-poor "thin air" at higher elevations, cautions Today's Health, the magazine of the American Medical Association.

Symptoms of high altitude sickness are drowsiness, headache, blueness of the nails, lips, nose and

ears; a feeling of warmth and flushing of the face soon after arrival; troubled sleep; irritability, and shortness of breath.

There are some precautions that may help prevent distress if you have to make a fast trip from a low level to high elevations. Before the trip, get a good night's rest



and avoid alcoholic beverages and heavy smoking. A good breakfast an hour or so before departure is all right, but no food should be taken during the rest of the trip. Reduce physical activity during the trip. Sit quietly as much as possible. After arrival in the high altitude area, go to bed for a few hours and eat very lightly. Indulge in only light physical activity during the first 24 hours. Walk don't run, if you have to climb steps to a hotel or lodge.

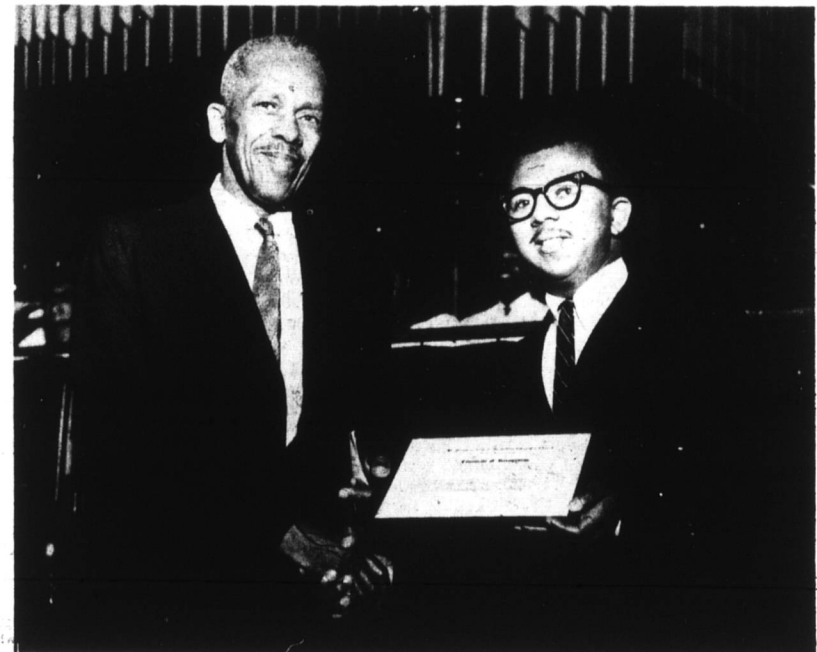
Patients with certain heart and respiratory conditions may encounter more serious discomfort by abrupt changes to high altitudes. However, physicians have noted that most patients with cardiac or pulmonary disease who can move around and engage in moderate activity at sea level most often can tolerate altitudes of 7,000 to 8,000 feet without serious effects.

If you have doubts as to whether you or someone in your family may suffer from a trip to the high mountains, consult your physician in advance.

B.O.A.C. chief foresees Atlantic shuttle service.

U.S. predicts food price rise by summer.

F.C.C. head joins fight over World Trade Center.



FATHER OF THE YEAR—Willie Eaton Brooks (left) receives the certificate designating him "Father of the Year" of Saint Joseph's AME Church. Making the presentation is Milton A. Grant, Chairman of the Father's Day Committee. Brooks, a native of Franklinton, moved to Durham in 1929. He is married to the former Miss Fidelia McAdams and they have one daughter, Brenda Joyce, a Junior at North Carolina College. Brooks attended the Presbyterian School in Franklinton. He joined St. Joseph's Church in 1934 and is a member of the Berean Sunday School Class. He was appointed a Class Chairman of the Class Leaders Council. (Photo by Purefoy)

N. Y. Schools are Named for 2 Noted Negroes

NEW YORK — Two Negroes who carved distinguished places for themselves in American history have been honored by the New York City Board of Education which has conferred their names upon new public school buildings. Names were also assigned to four other public schools.

The schools named for Negro are PS5, Brooklyn, which opened last September at 820 Hancock Street, and Intermediate School 332, Brooklyn, which will open next fall at Glenmore Avenue between

Christopher Avenue and Sackman Street. PS 5 will be called the Blanche K. Bruce School in honor of the outstanding Negro political leader of the Reconstruction period following the Civil War.

Intermediate School 332 will be called the Charles Hamilton Houston School in honor of the man who achieved distinction in the cause of equal rights for Negroes.

These two schools join the more than 20 other public schools in New York City

which have been named for Negroes.

Heat ---

You need exercise in the summer as well as in the winter, but don't overdo it, especially on extra hot days. Don't overdo physical exertion, whether at work or at play. The more relaxed outdoor life of the summer months has many advantages to compensate for the heat. Stay relaxed and use common sense and you can beat the heat—at least somewhat.

Fashion Flash!

NEW YORK (CFN)—The big "B's" of fashion — black, navy blue, and beige — are still around but they're going to be hard to spot in this year's kaleidoscope of colorful styles.

Prints, prints and more prints are what's in—and the brighter and bolder the better.

Stripes waiver and slither in all directions, geometric shapes have been loosened up, swirls swirl every which way and flower like designs bear little resemblance to anything created by Mother Nature.

And the colors! They're just lively psychedelic — hot pinks, glowing greens, brilliant blues, and often in mixtures that would have once shocked even a color quart.

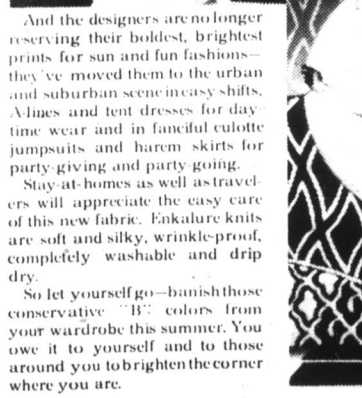
It may sound like a bit too much — but the fabric designers have so deftly blended the colors and prints that a woman looks bright and gay without giving the appearance of an animated Christmas tree.

One fabric house has developed a group of new bright prints in Enkalure, a new texture-set nylon knit that has the body, feel and luster of pure silk matte jersey.

Dress and sportswear designers have fallen not only for the zingy prints available in this new fabric but for the fabric itself — because it's weightier and heavier than the real thing, more precise tailoring and a greater variety of details are possible. Buttonholes, for example, keep their shape better.



(TOP) Bright and right for summer — a kite dress by Don Sophisticates, fashioned in new Enkalure nylon.



(BOTTOM) The last word in fashion — a pant dress designed by Beverly Paige in brightly patterned Enkalure nylon.



Personally Yours
... answers questions about Junior Miss etiquette, grooming and interests.

Q. One of the girls in our crowd is always asking personal questions. Sometimes it's very embarrassing, and we don't know what to say. We usually don't want to answer her questions. Any suggestions?

A. Sometimes a friend unwittingly asks personal questions. Give her the benefit of the doubt and don't take it personally. Then, without offending her, try to change the subject. If she keeps asking, though, say frankly, "If you don't mind, that's a question I'd really rather not answer." And smile! That usually helps to soften an embarrassing moment!

Q. Every summer my family rents a cottage on a lake not too far from home, in fact not far enough! My friends all want to be invited up, but if they don't help with clean-up, I have to do it all alone — Mom's orders! Looks like my summer will be all work and no play!

A. The summer can be grand! Cottage clean-up usually takes very little time. And if you explain the "house rules" to your friends, they'll cooperate by picking up after themselves, helping with the dishes or whatever. To make chores easy, keep a roll of Kleenex paper towels in the kitchen, bathroom,

and the spot you come into the cottage with wet bathing suits. Then mop up puddles, dry dishes, or wipe up the bathroom — and throw the towels away! The double secret is to tackle clean-up tasks on the spot and to share the chores. Happy swimming!

Q. I am going to re-do my room. My problem is that I must do it on a very limited budget and I'm afraid of getting stuck with bargain things that may not be bargains when they are used! Where can I look for inexpensive furniture and accessories that will last?

A. Why not go rummaging around? This takes some time, but it's usually worth it in values — and a lot of fun besides! Read your paper for announcements of auctions, estate or garage sales. Look for things like an old church pew or an old trunk. Either can be painted, topped with a cushion, and presto! you have a bench. A trunk does double duty because it can also be lined with Marvalon in a pretty pattern and used for storage. Bed head boards, desks, dressers, and chairs are usually easy to find at sales. A coat of paint or a day spent refinishing them makes for a new look at a real bargain!

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