BETTERMENT LEAGUE'S MONTHLY MEETING

The Mill Grove Community Betterment League, Inc. held its regular monthly meeting recently at Mount Level Baptist Church. The members were glad to have a new person to join, Mrs. Jean M. Parker. Mrs. Parker is at Bragtown Satellite Clinic in Oxford Manor. Mrs. Parker gave highlights on the clinic. Members present were Mrs. Roumania Lipscomb, president-presided; Mrs. Syminer Daye, assistant secretary (served), Mrs. Maice Scoggin, Mrs. Jean M. Parker, Mrs. Ruth Satterwhite, Robert Hall, Duke Lipscomb, H. Dunnegan. Albert Scoggin, Sr., Orange Lipscomb, and Miss Josephine Washington, member of the staff of Operation Breakthrough.

Sincere sympathy to the late Mrs. Cora Justice family, to th late Slyvestia Bass family.

Blessed are they that mourn for they shall be comforted. St. Matthew 5-4.

CONGRATULATIONS

Congratulations and best wishes to newlyweds: Mr. and Mrs. Kelly LeForest Bennett, Mr. and Mrs. Willie Perry and children, Inga and Jeffrey of Seat Pleasant, Maryland. They spent a long week with Mrs. Perry's parents, Mr. and Mrs. Edie Bolden, Kenion Denfied.

D. C. VISITORS

Mr. and Mrs. A. Hicks and children of Washington, D. C. spent a few days with Mrs. Hicks' parents, Mr. and Mrs. Burnice Turrentine on Milton Road. . . .

The Bragtown, Bluefield, Mill Grove Health Clinic Advisory Board, held its regular monthly meeting, Monday evening, Feb. 12, at 7:30 p.m. at area "C" on Dearborn Drive with the Chairman, Mrs. Mary Hester and Secretary, Mrs. Syminer Daye, presiding. Members present were Mary Hester, Syminer Daye, Roumania Lipscomb, Moses Richardson, Walter Williams Igustus McEachern, Josephine Washington, Dr. Schmidt and Dr. M. Hamil-

RED MOUNTAIN HOLDS REGULAR SERVICES

The Red Mountain Baptist Church of Rougemont, held its regular services Sunday, Feb. 18, at eleven o'clock. A wonderful message was delivered by the pastor, Rev. Nealie Harvey. Subject, Jesus Promises, the Spirit and Peace. He said-the holy spirit is something that will shield us, wrap us up and protect us. Junior boys and senior

men ushered. Music was rendered by the senior choir under the supervision of Mrs Violet P. Rogers, organist. Service concluded with taking of communion. (Lord's Supper).

SICK AND SHUT-INS Mr. H. Haley, Jeanie M. Jones, Mearlie Harris, Lona Parker, Mollie Mason, Lucenda Jones, C. B. Nixon, D. F. Warren, Sandara Mebane, Edith Crisp, Annie (Dep) Mack, Mamie Edwards, Moten Parker, Ellis D. Jones, Sr., Simon Shaw, Mr. and Mrs. Claiborne Tapp, Charlie Atkin, Sr., Joseph Wade, L. Hester, Johnnie Tilley, Jake Pointer, William McMillian, Virginia Bridges (Rev. Bridges' wife), Lola T. Mangum. Mary Evans, Mary Stanfield, Elena Jones, Jeanie M. Jones, Selena Walls, Harvey Tilley, Otis Rogers, William Carrington, Meardie Mangum, Macon Hester, William Thompson, Sr., Joseph Wade, Grant Robinson, Jake Pointer, George Nunn, Wilhemenia Crossatt, Johnnie Tilley, Sammie Parker, Macon Hester, Andrew Parker, Wilbur Paker, Ida Allen, Nellie Bailey.

The Lord is my shepherd I shall not want. Psalm 23-1.

Scholars Are

Four of the first seven National Alumni Scholars at North Carolina Central University are listed in the university's honor roll and dean's list for the fall, 1972, semester.

Also included in the honor roll are four others of the 17 who were nominated for the scholarship, which was awarded for the first time in September, 1972, by the university's Alumni 'Association.

The Alumni Scholars who achieved averages of at least B (3.0) for the first semester are Larry S. Height of Raleigh, Tandra L. Johnson of Fayetteville, Charliese E. Maxwell of Charlotte, and Faye A. Mizelle of Cofield. All are freshmen,

Other nominees who achieved the honor roll are Joseph A. Brown of Eden, Matthew Cogdell of Fayetteville, Rita C. Floyd of Lumberton, and Robert M. Revelle of Ahoskie.

Fish cannot live in the concentrated brine of the Great Salt Lake, but other forms of life are found there, including the brine shrimp.



Peach Almond Cream is a great dessert for bridal shower, baby shower or any festive get-together. A creamy almond whip is layered over peach halves in a graham cracker crust. Velvetized evaporated milk

from CARNATION FOOD SERVICE CENTER

adds special body and smooth texture to the whip. You'll like the results.



PEACH ALMOND CREAM (Makes 8 servings)

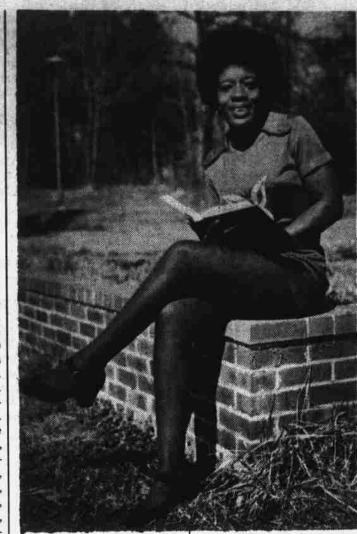
1 cup graham cracker crumbs 1/4 cup melted butter

Evaporated Milk

8 (1 pound 13-ounce can) rell drained peach halves 13/3 cups undiluted Carnation

21/2 cups (about 36) large 1/4 teaspoon almond extract 1 tabelspoon lemon juice Sliced almonds

Combine graham cracker crumbs and melted butter. Press into bottom of spring form pan. Place well drained peach halves on crust. Combine 1 cup evaporated milk with marshmallows in top of double boiler over hot water. Heat until marshmallows melt. Cool until slightly thickened. Stir in almond extract. Chill remaining 3/3 cup evaporated milk in refrigerator tray until soft ice crystals form around edges of tray (10 to 15 minutes), Whip until stiff (1 minute). Add lemon juice. Whip very stiff (1 minute longer). Fold whipped evaporated milk into marshmallow mixture. Pour into spring form pan. Chill until firm (2 to 3 hours). Garnish with sliced almonds.



HOT PANTS IN COLD WEATHER appear to suit this coed at Fayetteville State University as she takes tration major from Goldsa study break in the chilly boro. winter sunshine on campus

recently. The lovely smile belongs to Phyllis Currie, a sophomore Business Adminis-

Association of School Librarians Offers Awards and Scholarships The Awards and Scholarship | tify or do graduate work in li-

Committee of the North Carolina Association of School Librarians is again accepting applications for the annual scholarship of \$500.00 available to school librarians, it was announced today by the chairman, Mrs. Willie B. Hill. The scholarship is awarded each year to an applicant who already holds an undergraduate degree but who wishes to cer-

Silver Leaf Club Sponsors A After Valentine's Tea

The Silver Leaf Club of St. Mark AME Zion Church had an "After Valentine's Tea" at 4:00 p.m., Sunday, Fe bruary 4:00 p.m., Sunday, Fe bruary 18, 1973 in the Fellowship Street). The members and friethe S. P. Perry Builders Club. Mrs. Hill's two daughters, Mrs Theresa Hill Fearrington, and Miss Wandra P. Hill served as hostesses for the After Valentine's Tea. Mrs. Lillian Roberts is the Presdient of the Silver Leaf Club. Mrs. Hill would like to thank all those persons who attended the tea and the persons that gave donations.

VALUE UP

The estimated value of all hogs and pigs on North Carolina farms as of Dec. 1, 1972 was 40 percent higher than at the same time a year earlier -- \$71.2 million. rise occurred despite a 4 percent drop in hog numbers.

The Make Yourself Over Clinic BY DOLLY REED WAGEMAN, Director, The Carnatic

Q: Dear Dolly: Business lunches with the other secretaries are ruining my figure. What to do?

A: Women who spend most of the day inside an of-fice definitely need a change of scene at noon, but that needn't be the interior of a restaurant. Ask around a-mong friends and co-workers, and you're sure to find some-

o gallery. nopping, houq u e walking around with you. The most refresh-

ing thing to do is to take an exercise break-especially if yours is a sedentary job. Join a class at the nearest health club. Schedule a half-hour midday swim at the YWCA three times a week You'll be surprised how alert this makes you feel all afternoon!

Naturally, I'm not suggesting you eliminate lunch altogether. Have a quick, delicious lunch at your desk

gether. Have a quick, delicious lunch at your desk —
one which gives you plenty of
protein-packed energy without excess calories, like a can
of Slender diet food from
Carnation. This ready-todrink meal is just 225 calories, comes in portable pulltop cans in Vanilla, Butterscotch or Checolate. Drink top cans in Vanilla, Butterscotch or Chocolate. Drink
up; then go out and play.
Keep busy while you keep
your slender measurements.
P.S. If you'd rather "eat"
your lunch, put a can of
Slender in the freezer overnight. By lunchtime the following day, eat it with a
spoon like soft ice cream.

librarian. One aim of the scholarship is to encourage entrance into the field of school librarianship or advancement for those already members of the profession. This N.C.A.S.L. Scholarship program is in its seventh year. Applications may be ob-

brary science and be a school

tained from each county and city school superintendent or from the scholarship committee chairman, Mrs. Willie B. Hill 1609 Fayetteville Street, Durham, North Carolina 27707. Deadline for this year's applications is April 1, 1973.

Mrs. L. Marie Hill (2423 Otis nds of the Silver Leaf Club were joined by the presence of the S. P. Perry Builders Club.

On February 19, Mrs. Hazel McBroom of 615 Price Avenue gave Mrs. E. B. Flintall a Surprise Birthday Dinner at her home. As she walked in they sang "Happy Birthday" which surprised her very much.

The table was beautifully decorted red and white, with a white cake with one pink and white candle. Mrs. Mc-Broom lit the candle and Mrs. Flintall blew it out. A delicious dinner was served to the following friends:

Mr. and Mrs. Issac Flintall, W. J. Wilson, Apex; Mrs. Truemiller Smith, Mrs. Fidela Brooks, Mrs. Servater Evans, Mrs. Gladys Battle, Miss Bessie Burnette, and Mrs. Alice McLean, all of Durham.

After the dinner Mrs. Flintall opened her beautiful gifts. Everyone expresseed having had a lovely time.



Mrs. Louise Gleaners Club

The Gleaners Club met February 18 at the home of Mrs. Louise Davis, 10B Ridgeway. The meeting was opened with devotions after which we had our business meeting with the president, Mrs. Lula Royal presiding. We had a very inspiring business meeting. We are now making plans for our anniversary. The next meeting will be at the home of Mrs. Kittyola Curtis the 3rd Sunday in March.

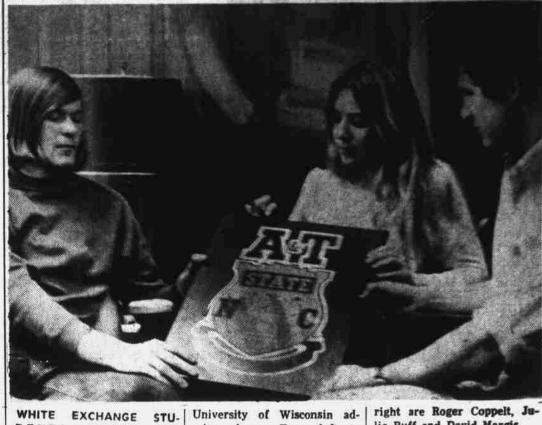
We were then served a delicious dinner by Mrs. Davis, Mrs. Thelma Bullock and John Chancy. Those present to enjoy the repast were Mesdames Lula Royal, Dorothy Steele, Fleur Steele, Vira Nicholson, Thelma Bullock, Pearline Lennon, Louise Davis, Sarah McNeil, Marilyn McNeil, Florence Cooper, Wila Coward, Mamie Prince, Iris Smith, Frank Williams, Fred Cuttino, James Smarr, Madison McDonald, Willie Sherriell, Desi Bond, Dona Freeman, Corenelia Brown, John Chancy, Katie Chancy, and Mr. Ford (visitor).

NEW PATTERN

Do you have a favorite pattern that you've used so much it's worn out? Or do you mix parts of different patterns to create your own fashions? If so, you can make a like-new pattern from the old by using a strong, but lightweight, woven tissue that is sheer enough to see through. Place tissue as overlay and cut, pin, mark) use tracing wheel or write information on it to make the new pattern.

Someone inquires as to the meaning of the work ethic. The work ethic is what drives men to play golf on their day off.

Women's Page



DENTS LIKE A&T - Exchange students from the

mire plaque. From left to lie Ruff and David Margis.

THE CAROLINA TIME

Nurses Breakfast Club Holds January Meeting

The nurses Breakfast Club held its January meeting at the YWCA-Umstead Street with the President, Mrs. W. McCoy presiding. All business discussed and future projects for 1973 were planned. Our new member, Mrs. Doris Self, was introduced and welcomed by our advisor, Mrs. K. Evans.

Future plans for the club include the clubs third anniversary by sitting in at a local church, annual cabaret and family picnic.

Birthday honorees were Mrs. Mae Dell Gallis, Mrs. Gladys Richardson, Mrs. Onnie Rogers and Mrs. Bertha Snipes. Other members present

were: Ms R. Day, K. Evans, R. Brown, M. Gattis, A. Ingram, L. McCoy, J. Miller, P. Nuchurch, N. Poole, G. Richardson, C. Scott, L. Swinton. and D. Self.

A delightful breakfast was served by our hostesses Madames Margaret Howard, Eliza-George and Bertha Snipes.

NEW BOOKS AT CITY-COUNTY LIBRARY

FICTION Bassani-Behind the Door Heyer-Lady of Quality Seifert-The Doctor's Reputation

Smith-Annie; A Novel Wylie-The End of the Dream

NON-FICTION Chilton's Foreign Car Repair Manual, Vol. 2

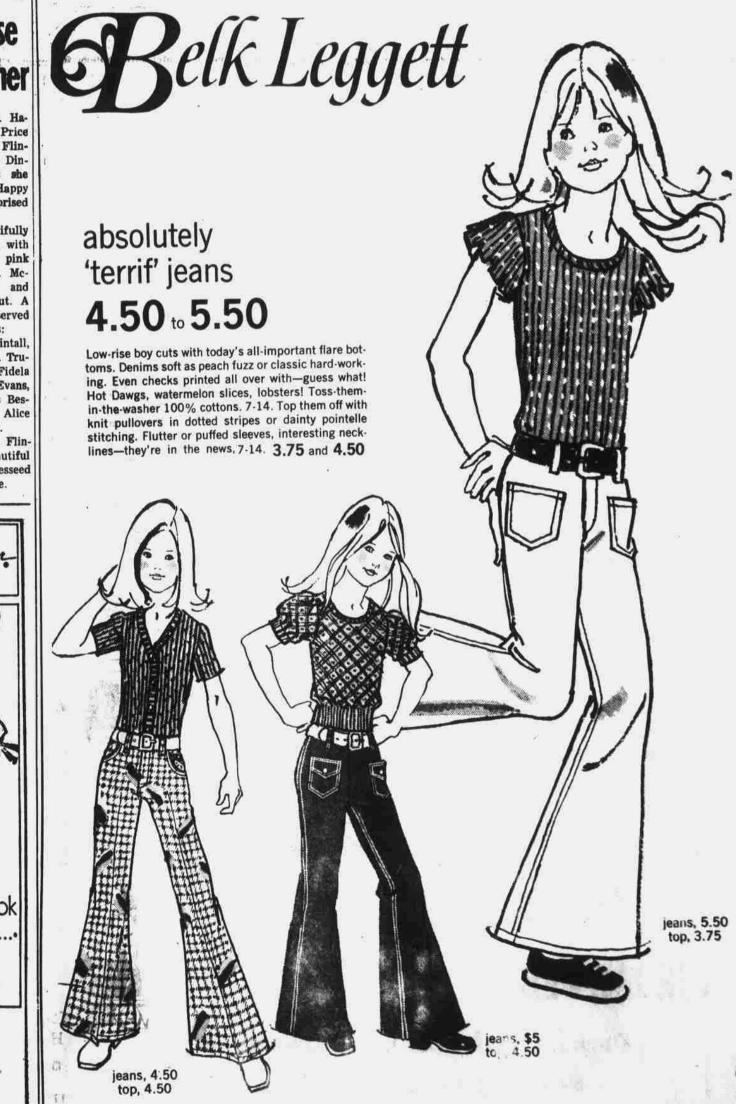
Conn-Ida Tarbell Muckra-Dabbs-Haunted by God Kent - Copyright: Current Viewpoints on History, Laws, Legislation

TV'S - CAMERAS TYPEWRITERS RECORD PLAYERS TAPE PLAYERS

Weaver-Winning

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