

Women's Page



LYON PARK ROSE GARDEN CLUB HOLDS MEETING

The Lyon Park Rose Garden Club held its meeting at the home of Mrs. Catherine Shaw, 116 Carroll Street.

Mrs. Ruth Mears was the hostess for the club meeting. The devotional period was led by Mrs. M. W. Webb. The President, Mrs. Annie Bell Green called for the minutes of the last meeting and the committee reports. Mrs. Josephine Foushee gave a talk on how to care for roses when and what to do. Mrs. Catherine Shaw talked about scrubbery, when and how to prune them. The following members were present: Mesdames Pearl Brown, Mattie R. Canty, Mae Willie Webb, Mary Hardy, Helen McClain, Fannie Cozart, Irene Mebane, Annie B. Green, Josephine Sneed, Catherine Shaw, Mable Freeland and Ruth Mears.

Mrs. Mears had a delicious repast which was served by Mrs. Catherine Shaw and Mrs. Helen McClain. The dinner was enjoyed by all. We had two guests Miss Mary L. Stephens, and Mrs. Rose Grafton. Miss Stephens thanked the hostess for an enjoyable time.

STUDENTS FROM NCCU Department of Homemaking discuss buying tips with a shopper during program at UDI Supermarket, March 2. Pictured from left are: NCCU

student Laurette Allen, Henry Hayes of the Durham Police Department, and NCCU students Gwendolyn Biggs and Jacqueline Dixon.

PREGNANCY PLANNING AND HEALTH



by Mrs. Gloria Riggsbee

Dear Mrs. Riggsbee: I have recently read an article of yours in which you talk about abortion. Through my recent experience with a abortion I can say that the descriptive information is true, but I would like to add a few words of my own. It is very important for women who are considering abortion to have good counseling and an understanding doctor. I was very lucky because I had the best doctor around and also had loving and understanding parents by my side, both of which helped very much. I can't imagine going through an experience of that sort alone.

The most helpful part to me, I think, was that after much soul-searching and hard thinking on my own, I was able to talk over the pressures and problems I had with my doctor and his trained staff. My abortion was done only after discussions with these professionals and my parents, and they were all a great comfort to me.

Having an abortion is not an easy decision to make, and I am truly grateful that I had such fine help in making what I can definitely see now, was the right decision. I thank God because I am a very lucky woman in many ways.

I hope you will print this letter. Maybe it will help someone else.

"Starting Over"

Dear Starting Over: Thank you for writing. You are absolutely right about the need for abortion counseling. The decision to have an abortion is not an easy one. Professional counseling can help the woman and the man explore their own feelings and their own situation in relation to whatever course of action is taken.

Now that the Supreme Court has declared a bortion a decision between the woman and her doctor, more and more abortions will take place—and to the benefit of everyone the illegal abortionist will be put out of business. But just because abortions will be easy to obtain does not mean that that decision will be an easy one for anyone, and certainly no one should consider the availability of an abortion as a reason for not using a good method of birth control.

Excellent abortion counseling is available in many places in North Carolina and you are indeed lucky to be able to take advantage of it.

Dear Mrs. Riggsbee: I am 37 years old and I have done a pretty good job of keeping my figure except for my stomach. I have one son who is 18 years old. I was 19 when he was born and the doctor never told me to exercise. I had my son by Caesarean Section and I was wondering whether or

not that could have made the stomach muscles less likely to firm up. I will like to know also if exercises would help now.

I am a very active person and never more than 5 pounds overweight

A. B.
Dear A. B.:
The Caesarean Section you had when you were 18 does not have any effect on your stomach muscles now. Doctors tell me that women tend to gain weight in the stomach and hips because of hormones—much like men tend to lose their hair because of changes in hormones. There is nothing you can take to correct this tendency.

Exercises may do some good but there are certainly no secret exercises for this particular problem. Sit-ups and waist bends are probably the best. Also, active sports such as horse-back riding and tennis are particularly good for this kind of problem.

Address letters and requests for a free booklet on birth control to: Mrs. Gloria Riggsbee, 214 W. Cameron Avenue, Chapel Hill, N.C. 27514

Guys and Dolls Club Celebrates Togetherness

A "We are Together" fellowship hour of the Delta Chapter of Guys & Dolls, Inc. was held recently at the home of Guy & Doll William Malone of Weaver Street. The Malones entertained the group in the beautifully decorated lower level of their home.

The most recent families joining the chapter were recognized, Mr. and Mrs. John H. Hunter and Dr. and Mrs. Charles George. A sign decorated in green and white by Doll Emma Gatling extended a personal welcome to the new families.

The dinner table arranged in buffet style was the center of attraction for everyone.

Families present were: Guys & Dolls Ervin Allen, John Amey, William Bivens, Frank Bright, Henry Brooks, Herman Gatling, Oliver Hodge, Fred McNeill, Jr., John Packenham, Ronald Patterson, George Quiet, Randolph Young and Dolls Dorothy Joyner and Bernice Clark.

St. Patrick's Day Scheduled For 'Y' Is Cancelled

The Harriet Tubman Branch Y.W.C.A. announces that the St. Patrick's Day Tea scheduled for March 18 has been cancelled.

Special Exhibit To Be Held in City Mar. 9-10

A special two-day presentation of original lithograph, serigraph, intaglio and woodcut prints will be held Friday and Saturday 9 and 10 March from 12 noon to 9 p.m. each day at Babco Enterprises, Inc. 2704 Chapel Hill Boulevard. The public is invited to view this unique collection of Lakeside Studio from Lakeside, Michigan and to meet their representative, David Berrett, who will be happy to answer questions both historical and technical. All works to be displayed are available for purchase.

The work to be exhibited here, valued at over \$100,000, contains prints by old master and modern master artists such as Albrecht Durer, Jacques Callot, Georges Rouault and Pablo Picasso. Also there will be prints by contemporary artists Leonard Baskin, Garo Antresian, Mark Tobey, Sid Chafetz, S. W. Hayter and many others including Herb Jackson, Laura Groesch and Stephen White from North Carolina.

The purpose of Lakeside Studio is two-fold. First, to make available high quality, original prints to established and beginning collectors and, second, to fulfill a need for rapport with the working printmaker.

Located on five wooded acres overlooking Lake Michigan, yet within an hour's drive of Chicago, the studio offers a fully-equipped lithograph and intaglio workshop. These facilities have been set up and operated by master printers trained at Tamarind Lithography Workshop in Los Angeles.

Prints by Rudy Pozzatti, Sigmund Abeles and Misch Kohn, to name only a few artists, have been printed and published by Lakeside; a total of nearly fifty editions have been completed so far. The studio also offers a summer course for professional printmakers. This course is directed each year by various noted artists and professional printers. Included on the property is a 50-room hotel which was once a popular resort and now provides living quarters for visiting artists, educators, curators and gallery directors.

The Lakeside Studio collection of over 1000 original prints tours the country each year, visiting major museums and universities.

New Bethel Baptist Hosts Ushers Union

The regular monthly meeting and program of the Durham Interdenominational Ushers Union will be held at the New Bethel Baptist Church on Sunday, March 11, at 3:15 p.m. New Bethel Baptist Church is located at 2608 Crest Street. Dr. L. W. Reid serves as pastor.

Durham Ushers Choral will sponsor the program under the general theme "Music Hath Charm". All music will be offered by the several choirs and congregation.

Mrs. Nathaniel T. Haskins will deliver the address for the occasion. Introducing her will be Mrs. Doris Holland of Union Baptist Church.

Mrs. Keller Leathers serves as president of the Durham Ushers Choral Society and Mrs. Hattie Williams is Chairman of the Program Committee.

Chamberlin Studio Honor Roll Is Announced

Mrs. Margaret S. Shearin announces the students making the honor rolls for the recent period. Included are the following students:
First Honor Roll: Karen King, Renee Page.
Second Honor Roll: Rita Hester, Annette Page, Deborah Thompson, Kathy Thorne.

Triangle Community Circle In Monthly Meet in February

The Triangle Community Circle held its monthly meeting at the home of Mrs. Lois Mayo, Larchwood Drive in February.

Members present were: Mesdames Lizzie Charles, Lottie Campbell, Ann Butler, Mable Fairley, Janie Garrett, Lynda Gerald, Pearl Hunter, Margaret Jones, Lois Mayo, Oneida McGhee, Doris Stalk, Teresa Jones, Eunice Wilson, Elise Green.

The next monthly meeting will be held at the home of Mrs. Oneida McGhee.

NEW BOOKS AT CITY-COUNTY LIBRARY

FICTION
Kempsey—The Probability Factor
Lewis—Children's Party
Rolph—Long Division
Silverberg—Recalled to Life
Willcock—The Street of the Small Steps
NON-FICTION
Fischer—Bobby Fischer's Chess Games
Muggeridge—Paul-Envoy
Extraordinary
Shiller—Childhood Illness
Sklare—America's Jews
Waters—Psychologists: An Operating Manual for the Mind.

Durham Social Notes Of Of Interest

MRS. SYMNER DAYE TELEPHONE 477-6970

RETURNS TO PITTSBURGH

Miss Norma Alyce Bennett has returned to Pittsburgh, Pa. after spending a few days with her parents, Mr. and Mrs. N. H. Bennett, 1120 Masondale. Miss Bennett works at the Children's Hospital in Pittsburgh, Pa.

HONORED

Mr. and Mrs. Wilbur Parker and their family were honored with a delicious dinner given them by his mother and her mother-in-law, Mrs. Margaret J. Parker, Sunday, March 4 on their seventeenth wedding anniversary. Congratulations to Mr. and Mrs. Wilbur Parker! May you have many more happy occasions.

Congratulations and best wishes to newlyweds Mr. and Mrs. Irving Presley McPhail.

EVERREADY CLUB MEETS WITH MRS. HAZEL MCCLAIN

The Everready Club met at the home of Mrs. Hazel McClain on South Briggs Avenue, Sunday, March 5. During the business session which was presided over by the President, Mrs. Moore, plans for future projects were discussed.

After an enjoyable meeting the hostess served a delicious repast. Members present were:

Mesdames Esther Moore, Dorothy Gray, Ollie Mae Hubbard, Virginia Peaks, Shirley Holloway, Bessie Jones, Tessie Crooks, Louise Lee, Ronea Barbee, Servater Hunter, Edna Royster, Miss Felicia Perry.

Our prayers and best wishes go out to our sick member, Mrs. Virginia Bridges. The meeting was closed by singing "God Be With You Till We Meet Again."

BETTER HOMES AND GARDEN CLUB CELEBRATES VALENTINE WITH PAGES

On February 26 at 7:30 p.m. the Better Homes and Garden Club entertained their husbands and friends with a Valentine Dinner at the home of Rev. and Mrs. R. E. Page on 123 Masondale Ave. The dining room was beautifully decorated with the theme of Valentine. The menu was also carried out the same. Games were played led by Gardener Beulah Hill and the president, Gardener Ella Brown. Gifts were passed out to the guests by Gardener Mildred Smith and Gardener Beulah Hill passed out souvenirs to all. Then all gathered in the living room to hear Rev. W. E. Daye, speaker for the evening, who was introduced by Gardener Carrie Vereen. Rev. Daye gave an inspiring message which was enjoyed by the following members and guests: Mesdames Helen Brown, W. E. Daye, Carrie Vereen, Mary Taylor, Ella Floyd, Nettie Davis, Mildred Smith, Francis Watson, Louise Jenkins, Doletha Pratt, Lyda Wray, Rev. and Mrs. R. E. Page, Mr. and Mrs. J. W. Hill, Mr. and Mrs. Elvin Eings, Mr. and Mrs. Wilbert Leathers, Mr. and Mrs. Theodore Bryant, Mrs. Ella Brown, Leondeas Williams.

SICK AND SHUT-INS

Mrs. Meale P. Harris, Mrs. Annie (Dep) Mack, Mrs. Lona Parker, Mrs. Mollie R. Mason, Mrs. Virginia Bridges, Simon Shaw, William (Bill) Carrington, Miss Wilhemina Crossatt, Claiborne Tapp.

George Cash, H. Holey, Mrs. Lucenda Jones, Mrs. Sandra Mebane, D. F. Warren, Motten Parker, Ellis D. Jones, Sr., Charlie Atkins, Sr., Joseph Wade, Johnnie Tilley, Jake Pointer, William McMillian, Elena Jones, William Thompson, Grant Robinson, George Nunn, Sammie Parker, Andrew Parker, Mrs. Ida Allen, Mrs. Nellie Bell, Mrs. Nellie Bailey and Mrs. Victoria Joyner.

But my God shall supply all your needs according to his riches in Glory by Christ Jesus. Philippians 4:19.

Community Club Meets with Mrs. Eva McCloud

The Community Friendly Club held its monthly meeting February 26 at 7:30 p.m. at the home of Mrs. Eva McCloud, 806 Matthews Ext.

The meeting was opened by the President Mrs. Adline Davis by singing the club song, "I Want To Be More Like Jesus In My Heart." The scripture lesson was read by Mrs. Maggie Green, 27th Psalm, 1st thru 10th verse; Prayer by Rev. G. G. Ewing. The meeting was called to order by the President, Mrs. Adline Davis. Eighteen members were present. Mrs. Eva McCloud, Mrs. Ethel Smith and Sadie Page served a delicious repast which was enjoyed by all. Mrs. Cora Jackson thanked the hostess.

The next meeting will be at the home of Mrs. Jackson, 303 W. Enterprise St.

Local Births

The following births were reported to the Durham County Health Department during the week of February 26 through March 3:
Kenneth and Ruby Phillips, boy; Leslie and Rose Boyd,



AS PART OF PROGRAM held March 2nd, Mrs. Maude Thompson talks with NCCU Economics student Laurette Allen on how to get the most out of her food dollar at the UDI Supermarket.

ry, girl; Clarence and Lillie Bonnette, boy; James and DeLois Frazier, girl.

VEGETABLES

North Carolina farmers produced commercial vegetable crops last year valued at \$28.5 million, a 2 percent increase over 1971. A large portion of this amount was fresh market vegetables -- \$20.1 million compared to only \$8.4 million for vegetables for processing.

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