

### For Women

ASSOCIATED NEGRO PRESS  
BY BETTY COOK FOR  
FROZEN VEGETABLES IDEAL  
FOR COOK-OUTS

Did you ever think of taking packages of frozen vegetables along on your cook-outs? They travel well (wrapped in newspapers on short trips or stowed in an insulated picnic bag). Then, wrapped in foil, they cook to perfection over a charcoal fire. And they make a nice change from the usual baked potatoes and corn.

Just be sure that the foil (either regular or heavy-weight) is large enough to cover the frozen block of vegetables completely—twelve by eighteen inches is about right. Take the frozen vegetables (green beans, wax beans, peas or cut corn) from their package, add a couple of pats of butter and a sprinkling of salt and pepper, then wrap securely in the foil. Bring two sides of the foil up over the top and press the edges together; then fold over twice. At the side ends, press foil together and fold over firmly. The foil will then keep the steam inside to cook the vegetables.

Place the foil packages on the grill over glowing coals and cook until tender, turning once or twice. The cooking time will vary from about 30 minutes to an hour depending upon the type of grill and fuel used. So we suggest opening the foil to test for doneness; then, if necessary, rewrap tightly and continue cooking. We think you'll like this easy method of cooking vegetables outdoors and everyone will enjoy the fine results.

#### QUICK-FROZEN VEGETABLES (Outdoor Grill Method)

Place frozen vegetables on square of aluminum foil. Spread with 2 to 3 tablespoons butter or margarine and sprinkle with salt and pepper. Wrap tightly in the foil and place on grill over glowing coals.

Cook until just tender, turning once or twice. Open foil to test for doneness and, if necessary, rewrap tightly and continue cooking. Use Golden Sweet Corn, Green Beans, French Styled Green Beans, Wax Beans, or Green Peas.

Repairs to Any TV, Radio Phono, Hi-Fi or Small Appliance.

24-HR. SERVICE!

### TAYLOR RADIO & TV SERVICE

"The House Service Built"  
CALL TE 2-3950  
224 E. MARTIN ST. RALEIGH

### BUILDING BLOCKS

Solite  
Solite - Concrete  
Cinder Blocks

When in need of blocks for building, call us for immediate delivery.

### STANDARD CINDER BLOCK COMPANY

TE 2-2168  
N. McDowell St. Raleigh

### Plant A Fall Garden

SNAP BEANS  
BUTTER BEANS  
PEAS - TURNIPS  
and SALADS  
Fertilizers and Tools

### S. M. YOUNG Hardware

130 E. MARTIN ST  
Dial TEmple 2-7121

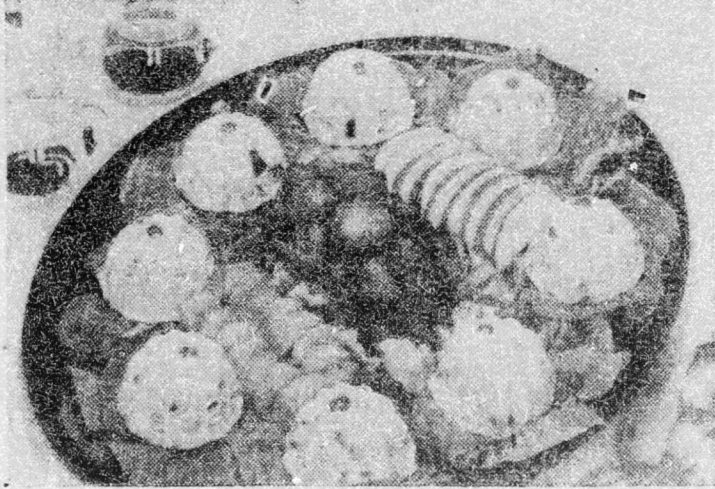
### CARNATION COOKING HINTS

by Mary Blake

HOME SERVICE DIRECTOR AND HER STAFF



Rich flavor at one-third the cost of cream when you cook with double rich Carnation Evaporated Milk. Cheese and Nut Molds served with fresh fruit and hot biscuits or corn bread make a wonderful quick-to-prepare hot weather supper.



CHEESE AND NUT MOLDS  
(Makes 6 to 8 servings)

1 package lemon flavored gelatin  
Fruit cocktail syrup plus water to make 1 cup  
1 1/2 cups well-drained fruit cocktail  
1 cup cottage cheese

1/2 cup chopped unpeeled apples  
1/2 cup chopped nuts  
1/4 cup lemon juice  
1 cup undiluted CARNATION EVAPORATED MILK

Dissolve gelatin in boiling syrup-water mixture. Cool. Add fruit cocktail, cottage cheese, apples, nuts and lemon juice. Mix well. Stir in Carnation. Spoon into individual molds. Chill in refrigerator until firm, about 2 hours. Unmold and serve on salad greens garnished with fruit.

### REPAINT & REDECORATE YOUR HOME NOW

No Down Payment  
36 Months To Pay  
CAPITAL PAINT & WALLPAPER COMPANY

700 Glenwood Avenue Phone TE 3-6361



PHONE TODAY GET CASH TOMORROW

### MODERN FINANCE CORP.'S

Conveniently Located Offices

110 W. Martin St. Phone TE 2-5826  
330 S. Salisbury St. Phone TE 2-7547  
Better Service... In Raleigh For Over 25 Years

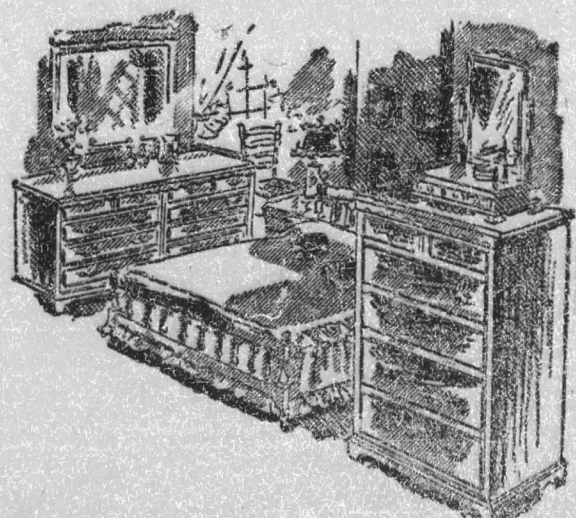
Cash You Receive	Monthly Payments
103.26	13.00
219.22	20.00
320.82	24.00
415.14	30.00
509.46	36.00

ABOVE PAYMENTS INCLUDES ALL CHARGES.

### MODERN FINANCE CORP.

Supervised By The State Banking Commission.

### YOUR CREDIT IS GOOD AT QUINN'S



Freshen Up Your Home For Spring From Distinctive Furniture  
R. E. Quinn Furniture Co.

108 E. Martin St. Your Capital City Tel. TE 2-4471

## Mboya Critical Of American Tan Press, NAACP For Meager International Affairs

Critical of the American Negro press and the NAACP for not taking a more active role in international affairs, Tom Mboya, Africa's brilliant young nationalist outlines in the August issue of Ebony Magazine a program that he feels will put United States Negroes in the vanguard of the global struggle for freedom and brotherhood.

"The time has come," says the chairman of the All-African Peoples Conference, in an exclusive article called "Message from Mboya," "when we must do missionary work. In this, the colored people in this country have a large part to play to exerting their influence, by winning for themselves freedom, liberty and equality, by giving the world the moral leadership it needs."

According to Ebony, Mboya condemns the use of hair-straighteners and skin-whiteners by American Negroes. Their use, he says, betrays an

inner question of personal worth, a sense of shame and a feeling of inferiority. However, he points out that the problem is not peculiar to American Negroes. He says he tells his own followers in Africa what Dr. J. E. K. Aggrey, the great educator said: "If I could be blacker, nothing would give me more pleasure."

Mboya advises the American Negroes "not to fall victims of vindictive action by seeking revenge on other peoples or by fighting racism with racism, or by seeking to lower ourselves to the level of any of the white races. The moment we fall victim to vindictiveness—and there is a real temptation in this particular case—we impair our effectiveness."

The task ahead, says Mboya in Ebony, requires a concerted effort. There can be no room for little personal grievances and jealousy or ambition. Mboya says there is another and probably more noble aspect of the struggle rarely mentioned. "This is inherent in any battles we win," he says. "We shall have contributed in a large measure to ridding the world of un-Christian, inhuman and undemocratic practices. We shall also have served the white man and colonial powers by saving them from a sin against mankind. Our struggle is therefore doubly blessed and therefore all the more justifiable."

#### PATRONIZE OUR ADVERTISERS

real thirst- quencher!



SEVEN-UP

BOTTLING CO.  
129 W. South TE 2-1825  
Raleigh, N. C.

### Girl, 15, Charges White Man Raped Her In Ga.

MACON, Ga. (AP) — Detectives here last week arrested a 26-year-old white man accused by a Negro girl of raping her.

Authorities refused immediately to give the name of the man until final charges are filed. The girl's name was also withheld in accordance with Georgia law.

The 15-year-old girl told police the man raped her in the home of a white waitress whose children she watched, while the woman worked. She customarily slept in the house with the children, she

explained. According to the girl, the man came to the house to see the waitress, his girl-friend, but she was at work. Entering the house, he threatened to kill her if she cried out, then raped her.

The man denied the charge. In 1900, North Carolina's population was 90 per cent rural. By 1955, it was estimated that less than 30 per cent of all Tar Heels were farm residents.

## Buy Savings Bonds

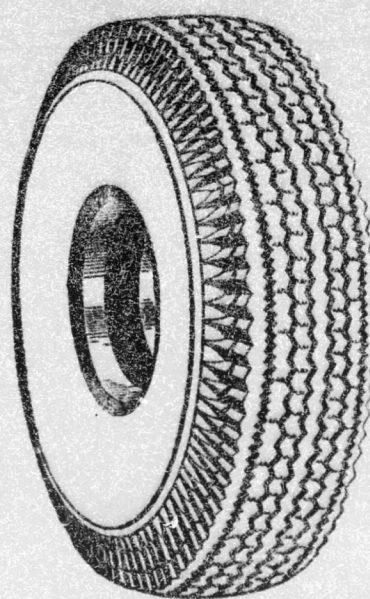
If You Want To Take The (IF) Out of Life

C. KARL LIGHTMAN

PILOT LIFE INSURANCE CO.  
DIAL Vance 8-8748



### TOP QUALITY KRAFT RECAPPING



SAVE 50%

On New Tire Cost  
• Modern Tread Design  
• 8-Hour Service  
• Same Quality Rubber as Used in New Tires  
• Easy to Balance



Terms To Suit You!

14 and 15 INCH TIRES RE-CAPPED  
HUNT GENERAL TIRE CO.  
428 S. McDOWELL ST. PHONE TE 2-0571

**IT'S NEW! COLONIAL'S OWN PREMIUM QUALITY**

**ALL PURPOSE OIL**

NATURALLY TENDER... NATUR-TENDER

**37¢**

**CHUCK ROAST**

**39¢**

COLONIAL STORES

NATUR-TENDER RIB ROAST	lb.	69¢
SHOULDER BONE-IN ROAST	lb.	55¢
BONELESS RIB STEAK	lb.	99¢

**RATH'S BLACKHAWK SLICED**

**COCOANUT BAR CAKE**

14-OZ. SIZE

**33¢**

**BACON**

lb.

**57¢**

SAVE ON OUR PRIDE SANDWICH

**BREAD**

16-oz. loaf

**10¢**

**CHERRIES**

CS BRAND RED SOUR PITTED

NO. 303 CAN

**19¢**

**MELONS**

LARGE FAMILY SIZE

each

**49¢**

**CORN**

TENDER GOLDEN YELLOW BANTAM

CS FROZEN

**12 CANS 49¢**

**CHERRY RIBS**

6-OZ. PKG.

**25¢**

**MEATS**

BOLOGNA, PICKLE & PIMENTO LOAF, SPICED LUNCHEON MEAT

6-OZ. PKG.

**25¢**

**SALADS**

READY TO SERVE

POTATO 1-LB. CUP

**29¢**

**TURNOVERS**

DANISH APPLE

PKG. OF 4

**39¢**

**SAV-A-STAMPS**

ARE GOOD AS GOLD!

YOU GET **FREE** SAV-A-STAMPS WITH EVERY PURCHASE AT COLONIAL!

**FROZ. ROLLS**

FROZEN RITE PARKER HOUSE

DOZ.

**29¢**

**CREAM PIES**

MORTON'S CHOC. & LEMON

16-OZ.

**55¢**

**ORANGE JUICE**

CS FROZEN

2 12-OZ. CANS

**69¢**

Your Total food bill is less when you shop at **COLONIAL STORES**

2808 S. WILMINGTON ST. • CAMERON VILLAGE • NORTHSIDE CENTER • GLENWOOD VILLAGE