

## Eat A Good Breakfast To Start A Good Day

Breakfast is the most important meal of the day, but many people skip it completely.

Modern breakfasts are keyed to the changing tempo of American life. Huge and hearty breakfasts that belonged to days of hard physical labor are no longer needed so generally. As a result of modern ways of living and the hundreds of conveniences at home and at work, most people lead a sedentary life.

From many standpoints breakfast is the most important meal of the day. It must provide not only a sufficient quantity of food should be adapted to age, sex and activity of the individual. The kinds of food needed—and nutrients required—are essentially the same for all persons.

Miss Jo Earg, food nutrition specialist for the N. C. Agricultural Extension Service, says fruit should be a part of breakfast because it gives zest to meals, helps prevent constipation, and many have ample vitamin C.

Cereals and breads give protein, iron and other minerals, vitamins, and food energy. With milk added, you get enough calcium and B-vitamin, riboflavin. A meat is important at breakfast since it provides high-grade proteins for body building and repair.

Summer or winter, there's something hot, as a rule, in a good breakfast—a hot beverage, or hot cereal. Something hot is cheering and gives you a sense of well-being.

The basic breakfast pattern of fruit, cereal, milk, bread and butter is a guide to the preparation of an adequate morning meal for most persons, advises Miss Earg.



ST. AUGUSTINE'S FACULTY-STAFF CONFERENCE SPEAKERS: — Left to right, Dr. James A. Boyer, president; Dr. John Hope Franklin, speaker and Dr. F. E. Robinson, dean. This session was held on the campus here this week.

## A&T College Faculty-Staff Orientation Confab Held

GREENSBORO—The annual Pre-Session Faculty-Staff Orientation held at A&T College on September 4-5 gave special emphasis to the Self-Study Project underway at the college.

Conducted on the theme, "Introduction—An Approach to Improvement in Higher Education," the two-day meet featured Dr. R. Orrin Cornett, specialist in College and University Organization, Office of Education, U. S. Department of Health, Education, and Welfare, Washington, D. C., as keynote speaker.

Speaking at the morning session on Saturday, Dr. Cornett told the group a self-evaluation of an institution should not be a "white wash" job.

## Orientation Begins At St. Augustine's

Orientation Programs for freshman and new students began at St. Augustine's College on Tuesday, September 15, announced J. L. Copeland, director of guidance. On Wednesday, September 16, students were greeted by Dr. James A. Boyer, president and Dean P. R. Robinson.

During the day, examinations were given in English and science. At 7:30 p. m. in Taylor Hall, a movie, prepared by the Public Relations Office was shown.

On Thursday, September 17, the mathematics and French test was administered, ending with a bus tour of Raleigh and a social in Taylor Hall Friday, September 18, the A.C.E. test was given from 9-10 a. m.

The president's address was delivered at 10:30 a. m. followed by pre-registration counseling. On Saturday, September 19, music test will be given by the Music Department Staff.

Sunday, September 20, all students will attend chapel services at 8 a. m.

Registration will begin on Monday, September 21.

## Jas. McBride Dabbs To Spark Meet Of Southern Christians

COLUMBIA, S. C. — (ANP) — James McBride Dabbs, author of "The Southern Heritage," and president, Southern Regional Council, Inc., will be guest speaker during the Southern Christian Leadership Conference when it convenes Oct. 1.

Dabbs, a native of South Carolina, is one of the increasing number of white southerners currently seeking interracial equality and justice in the south.

During the meeting, a Crusade for Citizenship dinner will be held in honor of the Rev. Martin Luther King Jr., SLC president.

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"A College self-study," he said, "should result in reinterpretation of purposes and objectives, if not actual revision of them."

He said that an effective self-study cannot be carried out according to a schedule planned in advance and should never cease, but should have alternate periods of activity and consolidation of gains. Important benefits accruing to the college or university from such studies were listed as: achieving among faculty and staff, of a vastly increased familiarity with all phases of the college program; recognition of basic strengths and weaknesses in the institution and modifications of policy or program, hammered out by those representing different facets of the college community and understood by all.

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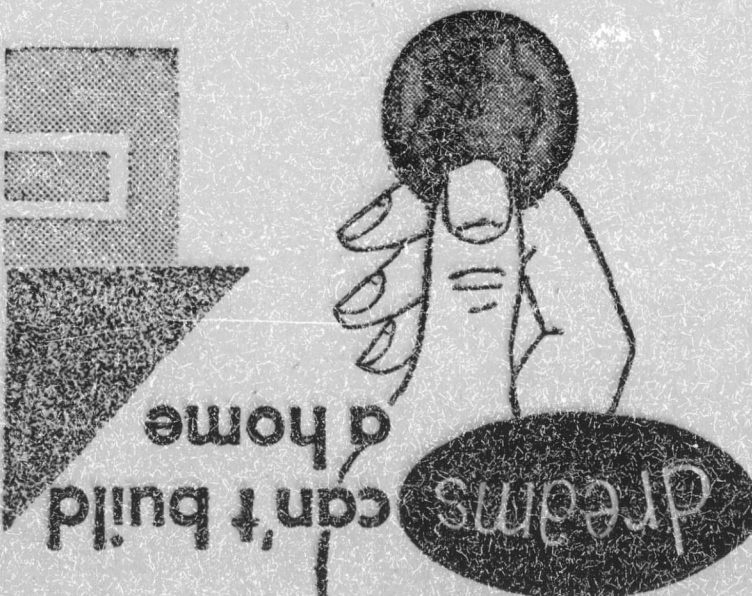
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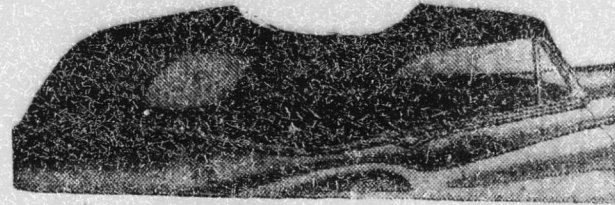
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