

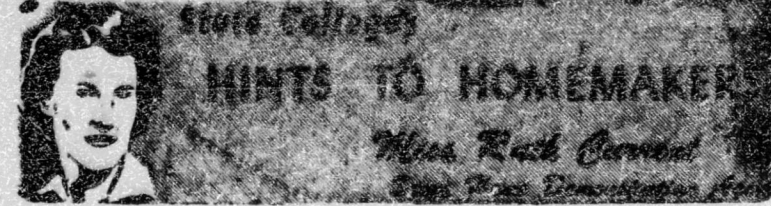


WHO'S WHO AT ST. AUGUSTINE'S COLLEGE—Seated from left to right: Misses Jean Catchings, Thomasville, Ga.; Nancy Rhice, Sims; Charity Bingham, Plainview, Va.; Rachel Rayford, Maxton; and Geneva Wilkins, Charleston, S. C. Standing: left to right James Schumpert, Newberry, S. C.; and Curtis Means, Charlotte.

Says American Jewish Congress:

'Enforceable Anti-Bias Laws Cover Over Half Of All U. S. Citizens'

NEW YORK — For the first majority of Americans live in time in United States history, the states with enforceable laws barring racial and religious discrimination, the American Jewish Congress reported.



FOR VARIETY—Use milk in creamed soups... on hot and ready-to-eat cereal... in bowls of hot milk toast... in cocoa or milk shakes... heated and mixed with equal parts of hot coffee or tea... in puddings or custards. Eat ice cream, in a variety of flavors, plain or with fruit toppings — make your own.

Cheese is good for us. Use it often—melted in toasted sandwiches or used in cold omelets... melted in scalloped potatoes, in rarebits and souffles, in sauces with hard-cooked eggs, seafood or vegetables over toast... cheese in vegetable or fruit salads, with fruit for dessert, with crackers or in small cubes for snacktime.

Serve scrambled eggs... in omelets, poached, in custard, or hard-cooked for salads or diced in cream sauce.

Add a little cottage cheese

MORALE BOOSTERS — Treat yourself to something extra special every now and then... a meal out, a new hat, movie or play. It's also a good idea to treat others your age to calls and visits, and small children to your "specialty" in cookie and milk snacks.

EATING ALONE?—It's smart to take extra care to see that food is appetizing and good, and that it's eaten in pleasant surroundings — perhaps in company with the radio, television, a favorite record or an entertaining book.

U. S. Department of Agriculture chemists report that tobacco smoke may contain as many as 630 to 400 different compounds.

State College Answers

QUESTION: How many people must vote favorably on the peanut, quotas, and cotton quotas and assessment for the issues to carry in the Dec. 15 referendum?

ANSWER: Two thirds of the voters participating.

QUESTION: How does the 1955 cotton crop in North Carolina compare with previous crops?

ANSWER: Better than average. Per acre yields, however, were down somewhat. The crop in 1955 was 26 per cent larger than last year because more acres were planted. Pre-er yield is estimated at 395 pounds. This is below the 466 pounds last year but above the 10-year average of 324 pounds.

QUESTION: Does heredity play a part in mastitis?

ANSWER: Yes. Research at State College over the past four years shows that heredity plays an important role in determining a cow's resistance to mastitis. Pro-

er milking procedures, good bedding and other sound management practices are still the best bet to hold down mastitis. But dairy farmers of the future may get some assistance from mastitis resistance developed through breeding.

Don't let high-priced machinery stay outside during the winter. Wholesale neglect of a good vaccination program invites hog cholera.

Cattle grubs cost U. S. dairymen about \$100 million annually. Don't bump trees and shrubs with lawn mowers.

Get Rate Prices
ODOM CUT RATE CLOTHING
136 E. MARTIN ST.

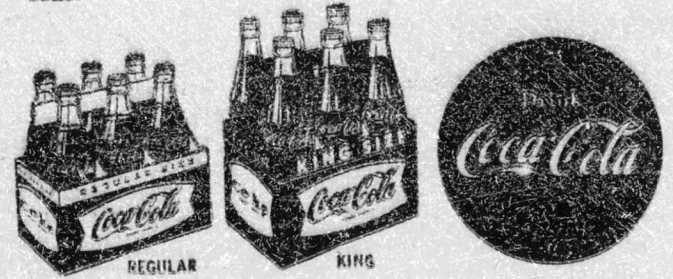
For a king-size thirst...

ENJOY COKE

in big KING SIZE!



WHY SETTLE FOR LESS than world-famous Coca-Cola? Coca-Cola: so good in taste... in such good taste! Now that Coke comes in big King Size, it's easier than ever to have delicious Coca-Cola on hand... always! Bigger value, too! Feel thirsty right now? Open a frosty King-size bottle of Coke!



Copyright 1955 The Coca-Cola Company. "Coke" is a registered trademark. Bottled under authority of The Coca-Cola Company by

THE CAPITAL COCA-COLA BOTTLING CO., Inc.

With The Farm Women

BY MAIRED MORRIS

(Items this week from Cabarrus, Macon, Perquimans, Durham, Har- nett, and Wake Counties.)

MEANING OF 4-H
The fact that there is more to a book than its cover was brought out in the October 4-H demonstration on "Putting the 4-H Pledge to Work."

According to Mrs. Sara Stewart, assistant home economics agent in Cabarrus County, 846 girls were given copies of the 4-H pledge bulletin. Now when the girls repeat the pledge, they will know the meaning and significance of the words.

4-H LEADERSHIP CAMP
Thirty-three 4-H Junior leaders in Macon County attended the second annual 4-H Leadership Camp held recently at the Cullasat Camp grounds. Twelve adults assisted in making the camp a success.

Mrs. Jessie D. Cabe, assistant home economics agent in Macon County, says the program was geared toward helping the leaders get a good start this year. Classes included parliamentary procedure, record bookkeeping, demonstrations, a nature tour and opportunities for club members.

GOLDEN ANNIVERSARY OF 4-H
The high school and 8th grade 4-H Clubs in Perquimans County had a float featuring the Golden Anniversary of Club work in North Carolina in the homecoming parade in Hertford.

According to Miss Pa Grey McIlwain, assistant home economics agent, the state demonstration and project winners in Fruit and Vegetable Use and Corn rode on the floats to show two phases of 4-H Club work.

PATRONIZE OUR ADVERTISERS

NORTH CAROLINA'S BIGGEST

RANGE

BUY!

COMPARE! Big G-E 40-Inch Keyboard Range

ONLY
179⁹⁵

MODEL J-50M WITH TRADE

LOOK AT THESE EXTRA VALUE FEATURES

- 23-inch Master Oven with side-opening door
- Removable oven liner for easy-quick oven cleaning
- Pushbutton controls
- 16-speed Control (2) unit
- Focused heat broiler
- Electrical oven vents
- No-drip top

SEE YOUR NEAREST G-E DEALER NOW

Walker Martin, Inc., Distributors, Raleigh, Asheville, Charlotte, Greensboro

Join America's Most Popular Club

1960 Christmas Club

1960 Christmas Club Now Open— Select The Savings Plan That Suits You Best



Weekly Payments for 50 Weeks

\$ 50
1.00
2.00
5.00
10.00

1960 Christmas Club Check for You

\$ 25.00
50.00
100.00
250.00
500.00

• All Christmas Club Accounts Safety Insured

Christmas Club Savings Accounts Available At All 4 Offices

RALEIGH SAVINGS
and Loan Association

Raleigh's Oldest Financial Institution

Main Office:
219 Fayetteville St.

Branch Offices:
2127 CLARKE AVENUE
Cameron Village
113 N SALEM STREET
Apex, N. C.
S. MAIN STREET
Fuquay Springs, N. C.