

**THE RAT**

The Rat has been on the lookout for the past four weeks, waiting to give you the latest press reports of the romantic happenings on the N. C. College campus.

The Rat has caught Lerlaine Mitchell "ditching" Joe for "Duck." Miss Mitchell decided that the mud needed repacking, so she re-ditched "Duck" for Joe.

Readers of this column will be delighted to know that the Rat is making progress when he learned that Bill Moore had found her long lost yellow basket, he was really getting somewhere.

Duckwilder and Brett have really got what it takes. Brett has decided that if Duck is the only person whose jive can touch her heart, she might as well discard the other fellows whose jive isn't getting them anywhere.

The Rat is unable to tell why "Slim" and "Slam," the tallest fellows on the campus, prefer State's shortest co-eds.

J. W. told the Rat that he didn't like the slang "Babes," but a certain little co-ed, "Henry-Penny," thinks that it sounds better than "Fuzzy."

Naomi Watson and player No. 7 (Ennis) have a lot to say lately. Naomi told the Rat that they were just "palsy-walsy."

Sentimental is the word for Shade Green and Helen Todd. "After having searched for a course of six months, I've found my little 'chippie,'" Shade told the Rat, grinning.

"Net" Leak has got it bad over Prexy Charles. Charles seldom sticks to one, but when he does, they're as good as glued.

If "Hattie" hasn't joined a sorority yet, it would be rather wise not to, because Page owns a frat pen and too many accessories, pens, jewels, etc., aren't so very becoming.

Warmick has the reputation of having more *sticknitivity* about him than any other boy on the campus. He told the Rat that one was a plenty and that a bird with a beak was worth two without a bill.

Queen "Dimples" Lyons is about to cross Joe off her list. "I don't like to keep one too long at a time," she told the Rat, "so my latest hubby is "Bill J."

Miss Vines loves her "Robert." The Rat has been trying to discover who Robert is, but will have to take Viola's word for it.

William S. Borden is the latest rival of Lochinvar, Charles Smith. William has a larger number of ladies on his list, but Charles still has the smoothest line of jive.

State wouldn't have lost to A. & T. the second time if Duckwilder hadn't forgotten to wear his tie to Greensboro and Eva Ford had worn stockings to school that day. Or at least so the Rat thinks.

Next month the Rat will report to you whether or not Joretha Little is competent of refalling in love with Spears. If she is Spears won't be the least bit disgusted.

"Big Train" will probably begin his career as a typical business man next year. But during the four years that he has been a student at this college, he has

**Dr. Marshall Shepard Predicts Capitulation**

Speaking in a round-about, but dominantly Democratic fashion, Dr. Marshall Shepard, formerly assistant to Rev. A. Clayton Powell, Sr., and present minister of Mt. Olive Baptist Church in Philadelphia, who is a member of the state legislature, appeared before the student body twice during his visit here on the fifth and sixth of March.

Calling the students to an awakening to the exploitation of the South by northern capitalists, of the need of more favorable understanding of our poor white neighbors who hate us because of no more than our "common misery," Dr. Shepard was in no way lax in urging the young Negro to the polls, to choose his leaders, to shape the destiny of the South.

Now, the South is almost solidly Democratic. But, when, after the southern resources are entirely depleted, after the South has been reduced to raw poverty, and when the Democratic party breaks in the South, nothing short of catastrophe will result. Riots, Civil War, possibly; even the native home of the Negro will be uncertain. And Dr. Shepard believes it is up to us to save the day.

"Negro youth, shape your destiny; vote."

**Kappa Vice-President Presents Petition**

Vice-president Gammer recently presented to Congress the petition of the Washington alumni chapter of the Kappa Alpha Psi fraternity concerning an increase of colored personnel in the military establishment and its integration into all branches of the army. The resolution was referred to the committee on military affairs.

The Kappa's resolution also urged the enactment of the Fish bills prohibiting discrimination in the army and authorizing the appointing of two colored cadets by the President each year to the military academy.

**Aspiration**

I'd like to be a butterfly  
And flit from flower to flower,  
To fill the air with beauty rare,  
Reflect both sun and shower.

I'd like to be a violet  
Of native modesty,  
Exhale perfume in every room,  
With true humility.

I'd like to be a giant tree  
To serve as sentinel,  
A near retreat from storm or heat,

Where men might safely dwell.  
I'd like to be a mountain high,  
Majestic, noble, strong,  
Where all could climb to heights sublime,

Beyond the reach of wrong.

won the reputation of having the ability to make laurels of the ladies' hearts that will not be forgotten. The Rat has a five year guarantee on that.

Old love never dies. Does it?

Just heard from a reliable source that Miss Mitchell does not have a monopoly on the ditching business but that the last round was won by Joe Robinson throwing the dirt around and was she surprised with her favorite trick being played on her!

**Dean Mayes Offers Recipe of Success to Student of 1939**

Speaking on "This Paradoxical Life," Dr. Benjamin Mayes, Dean of the School of Religion, Howard University, opened a series of two lectures in the B. N. Duke auditorium on Sunday, February 26.

Contrasting the good and evil, and at the same time relating the two, Dean Mayes scored the great successes and dishonorable failures in the world as moving toward a common end—of getting caught, of suffering for it. His point of projection was from Christ's crucifixion on the cross—an example of extreme goodness suffering with the like of thieves and rogues and murderers. "You are never famous in this world till after you're gone."

In the Monday chapel service, using the Sunday theme as an introduction, Dean Mayes gave "The Goals Toward Which I Would Strive If I Were a College Student in 1939."

In building a foundation here's the program I would pursue:

1. Develop, now, a habit of moral integrity and intellectual honesty.

2. Develop my mind.—"The greatest calamity is not to be able to use your mind."

3. Find my life work.—"Every man is put in this world to do something distinctive and if you do not do it, it will never be done."

4. Differentiate between seriousness and having a good time. "Youth is the time to dream, to build air castles, to wrestle with great thoughts of the world and problems of life."

In scholarly fashion, in an earnest tone of voice, Dean Mayes closed with:

"No vision and we perish,  
No ideals and we're lost.  
Our hearts must ever cherish  
Some faith at any cost,  
Some hope, some dream to  
cling to,  
Some rainbow in the sky."

**Y. W. C. A. Treasurer's Report**

SECOND QUARTER 1938-39

RECEIPTS:

Brought Forward (1st quarter) .....\$ 60.30  
Sales ..... 289.15  
Contributions (Christmas Project) ..... 4.15  
Membership ..... 2.00

DISBURSEMENTS:

Total Receipts .....\$355.60  
National Fees .....\$ 15.00  
Cooking Project ..... 30.00  
Purchases (Candies, Peanuts, etc.) ..... 179.65  
Social Service ..... 9.19  
Delegates ..... 9.00  
(Area Meeting and Interracial Conference)  
Program Materials,  
Stamps, Money Order  
Fees ..... 5.77  
Social (Christmas Tree Decorations) ..... 1.10  
Picture for Annual..... .75

Total Disbursements..\$250.46

Balance .....\$105.14  
Mae B. Bryant, Treas.  
R. G. Rush, Advisor

**The Voice Of The Practice Teachers**

They Have Finished Their Course (?)

By HARDY

To those future practice teachers who someday must make that weary pilgrimage to the Hillside altar, and particularly to those who have a feeling that disaster might come along, get some inspiration by reading what the following master minds, considered authorities in the field of education (with all respect to Miss Rush) have to say.

William Davis says: "The first mention of practice teaching sent cold shivers down my spine. Heck, said I, Davis can do it, just make a try. So through six long weeks I dug hard despite the help given Miss Rush by nature, such as constant rain, freezing temperatures and pretty white snow."

"The great mentor critically viewed my class upon several occasions, but I failed to falter externally. Practice teaching is a great life if you can live through it."

From Dot Whitted we get: "Practice teaching—that colossal something in my college career. Rain, snow, zero weather—nothing could stop the daily trips to the "mighty" Hillside.

It's over now and once again one can have at least one minute in the day which he can call his own—oh but juniors, maybe it won't be so hard as it looks, at any rate when the second quarter of 1939-40 rolls around, you'll find out it's a great thing."

Edna Smith says: "The grandest experience that anyone could have is to practice teaching, believe it or not."

The well-known Frank Alston concludes that: "Practice teaching was a tremendous asset to me. I found that it consumed a great deal of my time, but I found that it was also a pleasure to work with my class. It is waiting for the coming seniors. To them I say, practice teaching is what you put into it."

From Mary Kelly we get another angle; she says: "Having paced the aisles of *ma petite salle de classe* for six long weeks trying to pour into the heads of the students the little knowledge that sometimes to me seemed skeptical, I consider practice teaching a *necessary evil*."

Mittie Kelly tells you: "Despite the cold, rainy, intolerable weather, plus the energy exerted in walking to Hillside, I can truthfully say that my six weeks of practice teaching was the most fascinating and thrilling experience that has ever happened to me."

Other people who have completed their observation and practice teaching are: St. Clair Williams, John Daniels, John Smith, Ruth Baxter, Rosetta Maggett, Beatrice Madison, Evna Penn, Pocahontas Scott, Dorothy Harrington, Lucy Woodruff, Ellen Nivens, Alpha Jenkins, Charles Black, Mary Boykin, Ruby Chisolm, Louise Chambers and Frances Hall.

William Tuck says: "Practice teaching turned out to be just about the same as any other 'task.' The worst part of it was

**"Win a Man Through His Stomach," Says 'Y'**

Beginning January 10, through March 9, the Y. W. C. A. sponsored cooking classes with Mrs. Myrtle Mitchell, who is one of the home economics teachers here, as supervisor.

The entire membership of the Y. W. C. A. was divided into equal groups, one group met twice for one week.

I shall give you a brief summary of what we learned.

Foods are defined as those substances which when taken into the body furnish energy, build and repair tissues and regulate body processes. Foods as included in the dietary are often complex substances, capable of meeting more than one of these body needs. Thus energy and building material may be supplied by one food; regulation of body processes and energy may both be furnished by another. The contribution that a food makes to the body depends upon its constituent parts and the ability of the body to utilize these. The chief constituents of foods are classed into six groups: carbohydrates, proteins, fats, minerals, vitamins, and water.

The body's need for energy is met through carbohydrates, fats and proteins. The body's need for building and repairing of tissues is primarily met by proteins and minerals supplemented by the other constituents. The regulation of body processes is commonly regarded as the particular function of water, vitamins, minerals, organic acids and cellulose.

In planning a well balanced meal the six groups of food constituents must be represented every day. If any one group has been low in the previous meals, it should be included in the last meal of the day. At least two vegetables other than potatoes. At least one of these should be of the green leaf variety, meat or meat substitute, use fruit daily. One fresh fruit, preferably citrus or tomatoes, canned or fresh, should be included. Use a minimum of one pint of milk daily to provide the calcium and phosphorus and supplement the protein. Include grain products. Include such other foods as are necessary to supply calories for maintenance of average weight.

After the menu was planned a host, hostess and daughter was selected from the group. Each group was allowed to invite one member of the faculty as guest. Each member in the group was responsible for preparing one particular dish. All meals were served informal family style. We followed the old proverb: "No work, no eat."

Every step was planned with thought and carried out as planned.

We wish to thank Mrs. Myrtle Mitchell for her splendid cooperation in supervising these classes.

This is just a synopsis of what you missed by not being a member of the Y. W. C. A. "Better luck next time."

—GENEVA HARPER.

the fearful anticipation, and it cannot be denied that the best part of it is the knowledge that it's over."