

CHAVIS HEIGHTS

The Boker T. Washington Club will meet Sunday at 4 o'clock at the home of Mr. and Mrs. Joseph Eechwith, 1502 Poole Road, Pres. John Chavis.

Captain Moyma Ferrell of 4 Chavis Way and Lt. Floanie Jones of 542 S. Boundary St. were out of the city last Sunday to attend a business meeting in Rocky Mount, N. C.

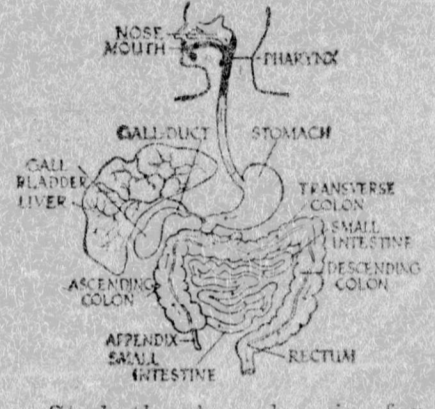
Near Morgan of 905 S. Mount St has returned home after being a patient in Saint Agnes Hospital.

Men, Women! Old? Get New Pep, Vim Feel Years Younger

Do you become exhausted, worn-out, restless or sleepless? Do you lose weight, or gain it? Do you feel nervous, or do you feel tired? Do you feel like you are getting old? Do you feel like you are getting old? Do you feel like you are getting old?

At all drug stores everywhere, in Raleigh at Walgreen's and Eckerd's

TAKE A LOOK AT YOUR INSIDES



Study the above drawing for a few minutes. Notice particularly how the bile flows from the liver into and out of the gall-bladder and thence into the small intestine where it mixes with the partly digested food just below the stomach. Bile is a necessary adjunct to proper digestion. Its absence from the intestines inevitably causes putrefaction and fermentation.

NATURE'S DANGER SIGNALS

When your stomach, liver, and gall bladder have been upset by improper eating or drinking, or when they are not working well because retained and putrefying food matter in your intestines is poisoning your entire body, your bile stops flowing freely and you, sooner or later, begin to feel some of the following symptoms:

Your breath may become unpleasant (halitosis), your tongue coated, a bad taste in your mouth, your coffee (and tobacco) lose their natural flavor, your food does not agree with you; you may have headache, heartburn, gas and dizzy spells, you may be troubled with belching; at night the gas in your bowels may press upon your bladder making you get up frequently, thus breaking into your sleep.

In the morning you are tired instead of refreshed. Gradually your health is impaired; you have constipation, gas, putrefaction and self-poisoning ("intestinal toxemia" or "acute gastritis" as many doctors call it).

HOW TO GET RELIEF

You can relieve this condition, usually overnight, by taking Calotabs at bedtime and drinking water freely next day. Calotabs are a thoroughly dependable laxative designed to effectively relieve symptoms of biliousness and acute gastritis due to constipation or faulty digestion, and to promote the flow of bile through the intestines.

Calotabs are pleasant to take (sugar coated), prompt and effective. Try them and see. Follow label directions. At your druggists.

Demand the original Calotabs in the distinctive checker-board box. Accept no substitute.



for several days. Mr. and Mrs. H. Smith and granddaughter, Laddie Flynn of 12 Franklin Terrace motored to Kinston, N. C. Sunday.

Dr. Melvina Ferrell of 4 Chavis Way celebrated her birthday recently. She received many nice presents. Happy birthday, Dr. Ferrell.

Mrs. John Florida was a visitor in Chavis Heights over the weekend. She has returned home to Jacksonville, Fla.

Dr. Bessie H. Chavis of 429 South St. celebrated her birthday Monday. She received many nice presents. Happy birthday, Dr. Chavis.

All families of Chavis Heights and elsewhere are in deep sympathy with Mrs. Charlotte Brooks and family of 4 Chavis Way in the passing of her brother, O. Glee or Garner, whose funeral was held Sunday at the Good Samaritan Church near Auburn, N. C., and her husband, Mr. William O. Brooks whose funeral was held Sunday.

FINDS LIFE WORTH LIVING AFTER TAKING HADACOL

Al D. Engles, a retired construction worker at 509 Dennis Street, Houston, has changed his mind and again believes that life is worth living. There was plenty of darkness before light for Mr. Engles and he would not feel like a new man today if a friend had not rented him a room in his home and showed him how HADACOL would help him.

Mr. Engles had been in the hospital for 35 days two years ago with pneumonia and soon was a beaten, dependent man. He was nervous, could not sleep, his food did not agree with him, he suffered digestive disturbances, gas, bloating and pains in the stomach. He lost so much weight that friends sometimes did not even recognize him. He also suffered with rheumatic pains of neuritis.

AL D. ENGLIS

"To say life was not worth living was putting it rather mildly," said Mr. Engles. "I just figured life was over and the remaining time would be a nightmare on earth. The fact that he is a changed man today is due to a chance meeting with an old friend. The friend had been unable to work for a year but Mr. Engles was amazed to find him feeling fine and on the job every day. When Mr. Engles expressed amazement at the change the friend urged him to come home with him and see how HADACOL was bringing him relief every day.

"I was impressed by my friend's sincerity and had taken so many remedies that I was willing to try anything," said Mr. Engles. "I went home with my friend and started taking HADACOL just as he did. After taking several bottles of HADACOL I felt better than at any time in years. I have never regretted finding out about this remarkable medicine and realize what my friend meant when he explained that HADACOL gave him the needed vitamins and minerals to bring back his health."

Mr. Engles started taking the \$1.25 size HADACOL but soon shifted to the \$3.50 economy size bottle. He still rents a room from the friend and they both take HADACOL to stay well.

Mr. Engles is just one of the countless thousands who found relief through HADACOL. Many persons who suffered and waited and hoped for 10 to 20 years or even longer, are able to live happily, comfortable lives again because HADACOL supplies the B vitamins and minerals in which their systems were deficient. Be fair to yourself. Give HADACOL a trial. Get a bottle today from your drug store. — Adv.

Sunday at the Springfield Baptist Church near Auburn at 4 o'clock. Sympathy is also expressed for Mr. and Mrs. Frank Copeland and family of 7 Dare Terrace in the passing of Mrs. Copeland's grandmother, Mrs. Carolina Poole of Cotton Place.

MIDGET GRID LOOP FORMED

The Midget Football Association held a call business meeting Wednesday night at Chavis Heights Community Center to discuss the possibility of equipping the football team with uniforms.

Local business men throughout the city were invited to attend to help sponsor the association which is for Negro boys under the age of thirteen.

Funds were not available for the activity and the local citizens were asked to give support, both financial and spectator to these ambitious, energetic youngsters.

The meeting was called for seven o'clock and was full of recreation enjoyed boys and one adult, Miss Katherine Young, an instructor at Oberlin School.

Mrs. Brown Is Guest At Surprise Party

A surprise birthday party was given in honor of Mrs. Mary Brown at her home recently. The guests were saved by the hostess her daughter, Mrs. W. M. Howard, assisted by Mrs. Sadie Giles, Mrs. A. Artis, and Mrs. Edna Page.

HOUSING OF NEGRO STUDENT CREATES PROBLEM AT OKLA. U.

NORMAN, Okla. (ANP) — The refusal of Julius C. Hill, 49, of Tulsa to accept cancellation of his reservation for a room on the University of Oklahoma campus, made rocky the position of two unwritten but effective Jim crow laws at the school.

Hill, a graduate student in English, protested to University President George L. Cross that his reservation for a room had been cancelled although his deposit of \$10 had been accepted. He explained that he had mailed in his application with the word "American" written in the blank for race.

Cross summoned the board of regents into an extra session to discuss the matter. The board ruled that Hill was entitled to housing accommodations on the campus and also that he might remain in the university city of Norman after dark. They ordered Cross to enforce segregation "to the greatest extent," but gave him power to "set up temporary housing for Negroes." Cross said it would take two or three days to get temporary housing for Hill.

MAPLE TEMPLE

According to the grace of God which is given unto me, as a wise masterbuilder I have laid the foundation, and another buildeth thereon. But let every man take heed now he buildeth thereupon. 1 Cor. 3:10.

Regular worship services were held at Maple Temple Congregational Christian Church at East Martin and Camden Streets, Miami for the day was furnished by the Senior Choir with Mrs. L. Haywood as organist and director.

We all enjoyed listening to the wonderful sermon by our pastor. His subject was "A Sure Foundation" 1 Cor. 3:10. After the sermon Mrs. Leslie Durston sang a very beautiful solo, "O, Father Have Jesus Than Any Thing Else."

We were glad to hear the encouraging remarks by the Rev. G.

A. H. Kornera our visiting minister at 7 p.m. We had a short prayer meeting followed by a brief sermon by the Rev. Mr. Collier, a visiting minister from Burlington.

On our side and shut in list are Mrs. Emma Reavis Wilder, Mrs. Estelle Pully to Rev. E. D. McClain.

REGISTER 138 BENNETT FROSH

Greensboro, N. C. — The Bennett College campus became a center of lively interest last Thursday as Freshmen and New Students arrived to begin their period of orientation. The 138 new enrollees represent 20 states and the District of Columbia included in this number are 15 Greensboro residents. Among the states represented are New York, Illinois, Kentucky, Florida, Missouri, Louisiana, Ohio, Alabama, New Jersey, Mississippi, Texas, Connecticut, Georgia, Kansas, and Pennsylvania.

Following the Bennett tradition of "sisterhood" among the new arrivals are a number of students who have sisters to graduate from the college. Topping the list is Miss Kathryn Ann Foster, daughter of Mr. and Mrs. Richard Foster, St. Jacksonville, Fla. who is the fourth member of her family to attend Bennett. Two daughters of the Fosters, Gloria and Evelyn, now married, are teachers in Jacksonville and Chapel Hill, N. C. Another daughter, Shirley, received her degree at the last commencement exercises.

Two other students in the incoming class have had two sisters to precede them. They are Misses Mabel Hodges, a daughter of Mr. and Mrs. James Hodges, Parkton, N. C. and Doris Miller, daughter of Mr. and Mrs. Arthur Miller, Salisbury, N. C.

In addition to those who have had sisters to attend the college, there are a number of sets of sisters now at Bennett.

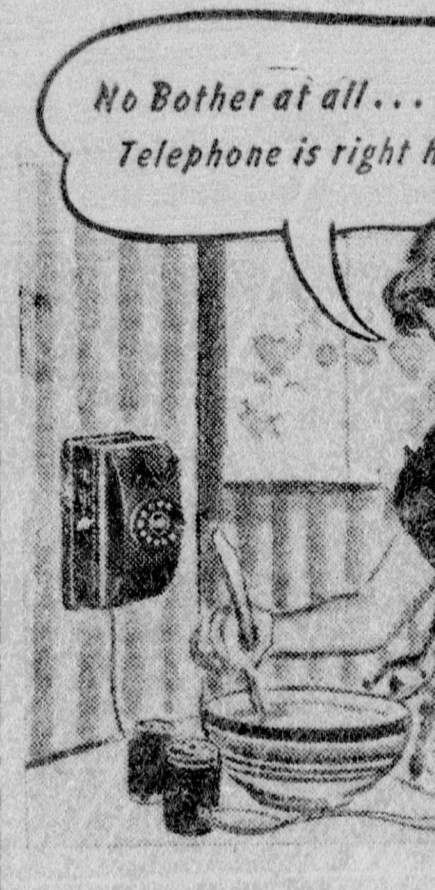
FIRST BAPTIST TO HOLD MEN'S DAY

The Women's League of the First Baptist Church will hold its annual observance of Men's Day Sunday, September 27, with two services, both scheduled to be held at the church.

WASH ANY DAY!

Why Make Monday A Wash Day When Our Machines Make Any Day An Easy Laundry Day. USE OUR

Laundromat HALF HOUR LAUNDRY QUICKER . . . EASIER . . . CHEAPER HUNT-JACKSON Laundromat 413 S. Bloodworth Street



Add Comfort and Convenience to your home with an EXTENSION TELEPHONE

Housework hums right along when there's an extension telephone handy. No need to "drag everything and run" when the telephone rings. You save time and steps—and finish work faster.

Many homes, both large and small, now enjoy extension telephone service. An extension in your home will provide a world of convenience and telephone privacy at little added cost. Why not call the Business Office and order yours today?

SOUTHERN BELL TELEPHONE AND TELEGRAPH COMPANY



PASSES EXAM—Mrs. Lillie Mae Sales, 222 South Tarboro Road, Raleigh, N. C., has successfully passed the teachers exam for elementary and is entitled to teach aspiring educators anywhere in the state. She plans to set up a Beauty College this term.

Mrs. Sales is a former graduate of Startts Beauty College and is now operating a beauty shop on South Tarboro Road, Raleigh, N. C.

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The Women's League of the First Baptist Church will hold its annual observance of Men's Day Sunday, September 27, with two services, both scheduled to be held at the church.

D. C. Groom principal of the Jordan School High School in Burlington, will speak Sunday morning at 11 — marking the first time in 20 years a layman has been principal. Services on Sunday morning will be presented by Walker H. Quarles, secretary of Shaw University and president of the State Laymen's League. Otis L. Bosteen, president of the local league will provide, and music

will be furnished by the male members of the three church choirs.

A panel discussion on the topic—"Should Community Recreation Be Sponsored by the Church?" will be conducted at 7:30 Sunday evening. Participants will be Dr. Nelson H. Harris, professor of Education at Shaw University, W. L. Greene, executive secretary of the N. C. Teachers' Association, John R. Watkins, state consultant on Negro Welfare, and William McBreath, principal of the Washington High Veteran's School.

SPONSORS POPULAR PASTORS CONTEST

A pastor's popularity contest is being conducted under the sponsorship of the Carpet Club of Grace AME Zion Church, the Rev. Mable Gary, pastor and the Pastor's Aid Society of Maple Terrace Church with the Rev. M. J. Becker as pastor is now underway and will be conducted through September 23.

DELICIOUS MONSTER — A rare fruit ripened in Florida for a short season that lasts only until September 1. The almost \$1-a-pound "monster delicious" tastes like a cross between pineapple and banana, is shaped like the latter, but oversized, has a sealy green rind.

EVAN ROASTING — Evan's better roasting was pronounced by a new roaster that fills on any roasting pan, holds chicken or roast up on skewers so that over heat circulates freely, evenly. Cost: \$1.50.

Advertisement for Annoying Noises Stop Wasting Water with Toilet Tank Master Water Master Toilet Tank Ball. Price: 25c & 50c. S. M. Young, 130 E. Martin St.

Named Winners Of Hoey Award

NEW YORK (ANP) — M. C. Clarke, president of the Dunbar Life Insurance Company of Cleveland, Ohio, was named co-winner of the 1949 James J. Hoey Awards for Interracial Justice by the Catholic Interracial Council. The award, made annually to a Negro and white leader in the field of race relations, also goes to Dr. L. O'Connor, white, secretary of the Catholic Interracial Council of Washington, D. C.

The Hoey awards were established by the family of the late James J. Hoey, one of the organizers and founders of the local council. Two silver medals are conferred each year upon one Negro and white layman who in the judgment of

Advertisement for Wake Salvage Co. featuring "VISIT OUR ENLARGED AND REMODELED STORE" and "Wake Salvage Co. 137 S. Wilmington St."

Advertisement for Godefrey's Larieuse Hair Coloring, featuring a woman's face and the text "DON'T LET Gray Hair SAY 'YOU'RE OLD'"

Advertisement for Godefrey's Larieuse Hair Coloring, featuring a woman's face and the text "Look years younger Color Your Hair This Easy Way"

Large advertisement for Bamby Bread, featuring a woman in a kitchen, a loaf of bread, and the text "NOTHING BUT THE BEST" and "Bamby Bread TAKE HOME BAMBY BREAD"