

Race Women Set History In Nash As Variety Store Opens

Business Is First of Kind In Rocky Mt.

By J. R. Harren

ROCKY MOUNT — The local group of Business and Professional Women have formed a unit and organized and opened the Variety Store, Inc., located in a newly erected building on West Thomas Street in the Happy Hill shopping center.

The first of its kind in the area, the store takes on the look of a dime and dollar store and is entirely under the direction of women. Souvenirs were given away on opening night recently and prizes were awarded to lucky number holders. The very energetic president is Mrs. Ellen Battle Allen, city teacher and girl scout leader, who also operates a beauty shop nearby. Miss Amelia Hilliard, a teacher, is asst. mgr., while still another school ma'am — Mrs. Marie Higgins, is secretary. Business woman et cetera Mrs. Nora E. Bailey is chairman of the board and Mrs. Hattie Banks Glover, insurance secretary, is treasurer. It is reported, Mrs. A. L. McNair, a beautician, is also a board member.

COMMUNITY STORE FOLDED

The new enterprise is being financed with much interest since only recently another cooperative store (grocery) was, reportedly, dissolved due to the heavy indebtedness of stockholders to the business after about ten years of operation. Likewise, in Raleigh a large mutual grocery closed its doors this spring. But, in Gastonia, the Hall's Mutual Grocery, organized in 1931, did a \$60,000 gross last year and is well-stocked using 4 clerks.



MOTHER 'CAMPS' TOO—The first three mother-children groups to take advantage of the unique vacation program sponsored by the Federation of Jewish Philanthropies of New York, had a bus for camp Bronx House-Enmanuel at Copake, N. Y. Mrs. Eleanor Rubin, Mrs. Dorothy Sparks, and Mrs. Helen Markowitz (left to right) are shown with their brood, who are still not sure they like having "mummy" along at camp. (Newspress photo.)

From the Woman's Angle

The Family Roundtable:

Kid Sister's Beauty Irks Girl, 12; Parents Seek Professional Advice

BY ELGIVA BALL
NEW YORK (GLOBAL)—
Dear Miss Bell:

I am concerned about my daughter Jill. She is twelve years old and has a younger sister

whom she really adores, but against whom she seems to be turning lately. Her sister's name is Jean and she is nine years old.

I believe much of Jill's feeling stems from the fact that many tactless people have a way of raving over Jean's red hair, leaving Jill completely out of the picture. This has gone on all their lives, but only recently has Jill paid too much attention to it. She has become a different personality entirely, and I am certain it is all unnecessary. Jill is a pretty child, actually much prettier than her sister. But people for some reason, seem attracted to Jean's gorgeous hair and look no further. As their mother, I think they both are beautiful, but it is more important to me for them to be happy. How can I help Jill to realize her best points?

Dear Mrs. C.—Philadelphia

The problem you are having with your daughters is a very common one, although it is certainly unpleasant. Every child wants approval and it is a pity that people are so tactless as to discuss the children's looks in their presence. However, it would seem that your problem will soon be over. Jill's pre-occupation with looks is normal for a twelve-year-old girl, and she will soon begin to pick out her best points. You can help her in this. If you will go with her to choose her clothes, and help her pick just the right things for her own personality, she will appreciate the little special attention and will feel that she is growing up. You will be pleasantly surprised to see how just this little gesture will give her a new feeling of self-esteem.

Of course, you are wise in trying to de-emphasize the beauty angle, but we all must face the fact that people are conscious of it and talk a great deal about it. Jill will soon begin to look at herself in a new light and if you help her to keep her balance and her deep appreciation for "good character," she will be much happier. Don't overlook any opportunity to help Jill look her best, but don't let her go overboard in her concern for skin-deep beauty. Jill will come through this little ordeal with flying colors if she is sure of your love for her.

E. B.



NCC PROFESSOR RETURNS TO EUROPE — Professor Pauline F. Newton, above, is shown studying a globe, above, in a study of a global map of the countries which she will visit on her return trip to Europe this month. In Europe last in 1952, Miss Newton, who teaches English at N.C. Miss Newton joins Professor Gladys Cooper of the Department of Commerce who is concluding a year's study on a Fulbright Award in England and Mrs. Omeda E. Livingston, who is also touring Europe on a sight-seeing trip. Two other NCC professors will head for Europe later in the summer. They are Dr. Helen G. Edmonds, historian, who will do research at the University of Heidelberg in Germany, and Miss Alayeta Hutson, instructor in the dance, who will study in France. Miss Newton is accompanied by Miss Carolyn Smith, granddaughter of the late Dr. James E. Shepard, and instructor in business at

St. Augustine's College, Raleigh. The two will visit England, Norway, Sweden, and Denmark. They will also see Holland, Belgium, and France, in trips that will mark their visits for Miss Newton.

FASHION-OF-WEEK

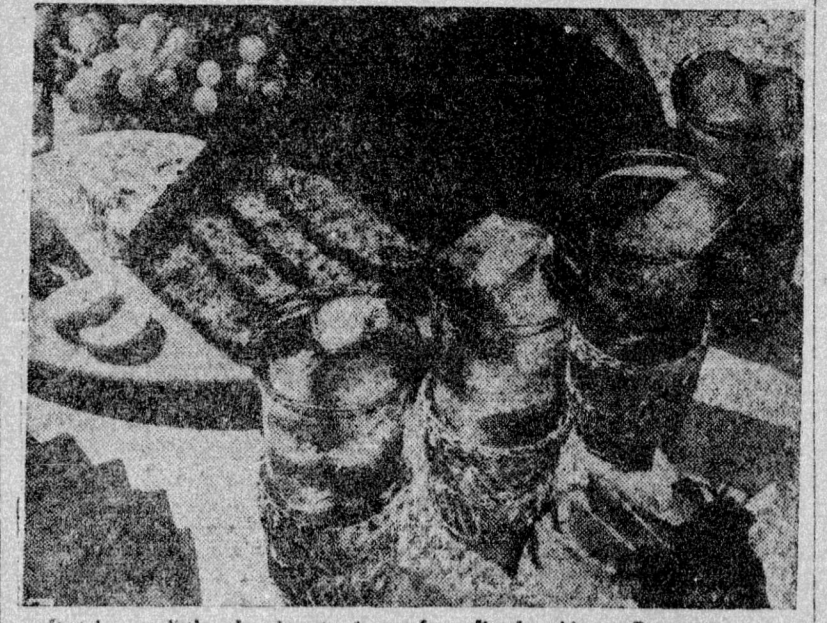


TOP BILLING is what you will give to this unique, sleeveless beauty adorned with fringed tulle or collar of white, underscored by a red middie tie. The skirt is profusely full. Sold in homes everywhere by housewife representatives of Fashion Frocks, Cincinnati, O. (ANP)

SHARE YOUR WISDOM

NEW YORK (GLOBAL) — With God for you, you will never be found in the ranks of those who are fearful of what tomorrow may bring forth. You will realize you, yourself, are a God in the making and you are chiefly responsible for the type of life which will greet you tomorrow. Self-fulfillment is the essence of an undeveloped life. As we resolve to see the best in the worst and the light in the darkness, we tend to increase the best and augment the light. Presently a decided betterment will take place for all concerned.

ICED TEA—LOW IN CALORIES—WELCOME BEVERAGE



It takes a little planning to be a gifted hostess. . . that is, one who enjoys herself as much as her guests. But it's a real gift to be able to plan simple, self-serving refreshments that won't turn you into a hot, tired hostess during the summer months.

There's one thing you can count on when you're expecting company on a hot day—and that is that practically everyone who arrives is generally pretty thirsty. And what could be more thirst-quenching than a nice, tall frosty glass of iced tea topped off with a sprig of mint and lemon wedge. You cool off just by looking at it! And, of course, it has practically no calories, as you'll note from the following chart.

Beverages	Approx. No. Calories per six ounces
*Iced tea (unsweetened)	4.0
*Iced coffee (unsweetened) without cream	11.0
Sugar-free carbonated beverages	16.0
Beer	39.0
Cola beverages	82.0
Lemonade, fruit	84.0
Carbonated, fruit-flavored beverages	91.0
Grape juice	112.0
*Iced Tea—35 with sugar and lemon	
*Iced Coffee—94 with sugar, cream	

To make 2 quarts or about 10 servings of iced tea, pre-measure 5 tablespoons loose tea (or 1 1/2 tea bags). Bring 2 quarts fresh cold water to a tall rolling boil. Remove from heat.

RAISIN BRAN BREAD

1 cup raisin bran
2 cups sifted flour
2 1/2 teaspoons double-acting baking powder
1 teaspoon salt
1/2 cup sugar

1 egg, well beaten
1/2 cup milk
3 tablespoons molasses
3 tablespoons melted butter or other shortening

Sift flour once, measure, add baking powder, salt and sugar, and sift again. Combine egg, milk, and molasses. Add to flour mixture, in moderate oven (350° F.) 1 hour, or until done. Cool. Wrap in damp cloth or waxed paper and store several hours or overnight before slicing.

GLOBAL JOTTINGS BY Lou LuTour



NEW YORK (GLOBAL)—The most talked about event here in New York right now is the recent convention of the National Educational Association which brought 11,000 together to discuss and evaluate the educational systems in our country. The Convention was chaired by William A. Early, retiring President.

Mr. Early, who is also Superintendent of Schools of Chatham County in Georgia, urged a greater understanding between schools and the community, and emphasized the need for keeping professional high, and keeping the public well-informed on the activities in the schools at all times. The administration of this personality was of particular interest to us because of the high praises given him by the members of the NEA and especially by Miss Mettella Maree, one of the principals of Georgia and one of the official delegates from Chatham County.

A highlight of the Convention program was the Principals' Breakfast at the Hotel New

Yorker, when over 2,000 heard a performance by the Choraleers, under the direction of Mrs. Grace Outlaw. The group and the Director hail from Junior High School 84 in Brooklyn, where Mrs. Elizabeth O'Daly is principal. A feature of Classroom Teacher Night, was a pageant "Through Freedom's Door," a dramatization of the general program and activities of the schools. The program was followed by a banquet at the Astor Hotel. . . . The International Friendship Hour at the United Nations brought 12,000 educators together. Mrs. Eleanor Roosevelt spoke on "Human Rights" stressing the fact that teaching is the greatest and most important profession in the world. She emphasized that through teachers, there could be developed the true meaning and understanding of the UN as an instrument through which we can build an atmosphere in which there will be peace.

Miss Wawine Walker of Austin, Texas, was elected the new President.

State Colleges

HINTS TO HOMEMAKERS

Miss Ruth Current
Soy Bean Demonstration Agent

PLAN ONE-DAY CAMPS FOR CHILDREN — A day camp is the answer for thousands of children, with supervised periods of crafts and sports, near the homes of the children. It would be educational and would bring happiness to children.

Provisions for meals and snacks, along with recreational activities, must be planned since outdoor sports create hearty appetites. Here is a guide for snacks and meals at a day camp.

Children should have had a nourishing breakfast.

Plans for a mid-morning — cold, fresh or canned fruit juice and crackers. In the afternoon,

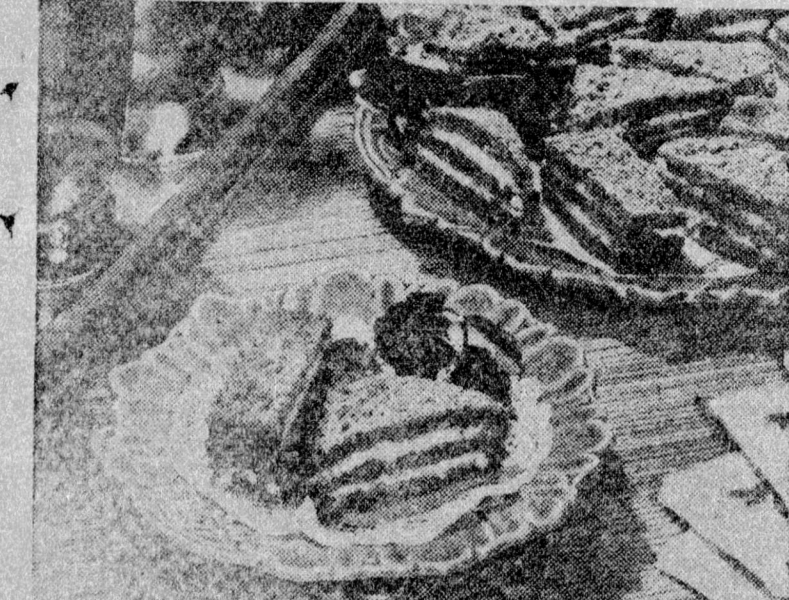
milk or milk drinks may be served with cookies.

Miss S. Virginia Wilson, Extension Nutritionist at N. C. State College, will give more suggestions on request.

TIPS FOR HOME SAFETY — An unfilled apron is less of a fire hazard than one with ruffles. Flat pockets on aprons are not as apt to get caught on handles.

Dust cloths that are used for furniture polishing and other household tasks requiring the use of oil, as well as paint cloths should be placed in a covered jar or metal container when not in use.

Raisin Bran Bread Stars in Menu of Month



IT'S QUITE AN ACCOMPLISHMENT these days to produce menus that are delightful and low-cost too! Ideas along this score sometimes run out, but that's where the "Menu of the Month" takes over. This appealing supper or tea menu includes assorted sandwich fillings spread on thin slices of luscious and nutritious Raisin Bran Bread pictured above. A low-calorie cranberry sherbet, Lemon Angel Food Cake, and iced tea with aromatic bitters and pretzels round out this cooling and appetizing menu.

GARDEN TIME

ROBERT SCHMIDT
N. C. STATE COLLEGE

While we are between crops, in a sense, we should be thinking of ways to improve our garden soils.

Much needed organic matter may be added through the use of stable manures or summer and fall green crops to be turned under. These materials will make heavy soils easier to work and will give sandy soils a better water-holding capacity and along with that, there is the added fertility.

But what I wish to talk about is soil acidity and the use of lime. Many gardeners do not understand the proper use of lime because they do not know the needs of the individual crops. Also, they do not know how acid their soil is. It is foolish to add lime to soil if you do not know that it needs lime or that the crops to be grown require more lime.

Lime reduces soil acidity. Most vegetable crops will thrive in slightly acid (pH 6 to 6.7) soils but there are a number of them that will not thrive at all in very acid (pH 4.5 to 5.0) soils — these are asparagus, spinach, onions, celery, lettuce, beets, muskmelons, cauliflower, broccoli, pumpkins, okra and salsify. Crops such as beans, cucumbers, watermelons, corn, sweet potatoes, Irish potatoes and tomatoes are quite tolerant of very acid soils — in fact, it is desirable to grow Irish potatoes on quite acid soils in order to prevent the development of potato scab, a serious disease which is made worse by liming the soil.

The soil testing laboratory of the N. C. Department of Agriculture, Raleigh, will test your soil free of charge and tell you how much lime to use. That leaves no excuse for not knowing the correct acidity of your soil. Take samples by slicing the soil with a spade or trowel to a depth of four to six inches. This

Comb Away Gray Hair

You don't need to tolerate gray faded, burnt hair any longer. Newly improved JET BLACK COLORING POMADE does the trick with your comb and brush. Apply it as you would any Giesse Pomade then brush and comb away gray, bring new highlights and sheen. Make the hair look livelier, gleams. Makes you look younger. It's easy, so simple, a child can do it. It's as easy as one, two, three. You can't lose. Try it. Every cent back if you are not delighted. SEND NO MONEY NOW. On delivery pay only \$1.50 plus postage. Just try it. It will wash out but will not rub off. Pretty up. Have lovely looking hair the easy quick way. WRITE FOR IT NOW TO

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CHARM

NEW YORK (GLOBAL) — When he pays you a compliment, say "thank you," and remember to say it sweetly. Never embarrass him with "this old rag!" or some other depreciating remark. He dislikes to have the thing he admires belittled. The bouquets which he casts your way are your chance to make use of your personality life's most powerful magic. Through the ages, most favored women have used it. You guessed it right — charm. Keep it handy.

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Tips on Touring

By Carol Lane
Women's Travel Authority

Are you guilty of spending long "lost week-ends" at home buried in the Sunday paper and the doldrums? Or are you wisely using your week-ends to "get away from it all"?

This summer's long week-ends spell long breaks from daily routine for those who know how to take advantage of the family car.

The whole family can learn while having fun by taking what I call "Tour-ettes." These are short week-end trips within a 200 mile radius of your home town.

Adventure lies just up the road or around the corner on little known highways and byways of the main turnpike. Chances are 10 to one you can discover a museum, an historical landmark or an exhibition that both younger fry and parents will enjoy. In addition, many factories open their doors to industrial tours. Such tours will take you behind the scenes of a textile mill, a cereal plant, an iron foundry or a food canning or packaging plant. An advance phone call usually insures you of a kindly cook's tour — and maybe some free samples, too.

If you have a bent towards the exotic, many states have flower festivals and tours. And, for a backward look at early history, why not visit an Indian reservation or witness a tribal dance. And there's always the lure of lakes, rivers and beaches for the marine-minded motorist.

Adventures by automobile are just a few miles from your front door this week-end.