

You Can Guide Your Child By Using Discipline

ETA Zeta Phi Beta Sorority NEST Inc., Raleigh

EDITOR'S NOTE: The CAROLINIAN welcomes Zeta Zeta in its growing list of weekly columns. This column will report the activities of the sorority and name a Soror of the Week.

The three local chapters of the Zeta Phi Beta Sorority, Inc. are: Eta Chapter, 1000 S. Salisbury St., Raleigh, N. C.; Theta Chapter, 1000 S. Salisbury St., Raleigh, N. C.; and Phi Chapter, 1000 S. Salisbury St., Raleigh, N. C.

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From the Woman's Angle

GLOBAL JOTTINGS

BY BUCK TENNYSON

men over by the pastor of the...
D. L. McAdams, a box supper...
with hot coffee was prepared...
by the following members:
Onderson Choate, Shaw Univer-
sity; Leta Hanks, Hester
Nunn, Annie Blane, Christine
Wright and Barice Carter.
Phi Beta Chapter, Saint Augus-
tine's College; Doris Bar-
ney, Helen McLamb, Eloise
Washington, Lora Hines,
Thelma Washington, Rosa Lee
Cordell, Catherine M. Oye,
Sally Fields, Lillian Roberts,
Butler M. Rae, Susie Ballator
and Ruth Hight; Members of
Onderson Zeta, the graduate
chapter present were: Sorors
Mary E. Carnage, Maude
Evans, Alice Thomas, Ruth
Thompson, Katherine Simp-
son, Virginia T. Brown, Anna
F. Harrison, Augusta Gray,
Catherine Winters, M. E.
Ligon, Mildred Smith, N.
Lockhart, Beverous Peltier,
Mozelle Lane, Evelyn Pope,
Wanda Poole, Mildred Davis
and Fona McAlvey.

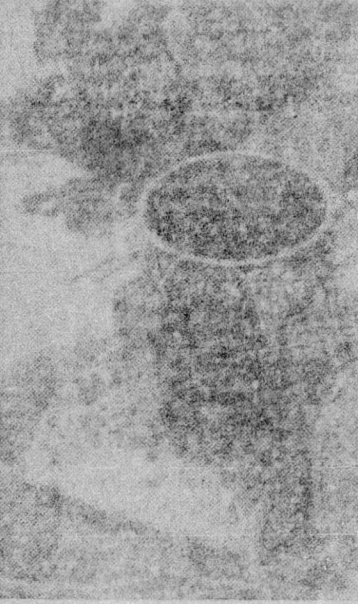
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Seven Bennett College seniors who were chosen for inclusion in the current edition of Who's Who Among Students in American Colleges and Universities. Left to right, front row: Misses Mary Estelle Birmingham, Ala.; Yvonne Ireland, Greensboro; Janice Hightower, Birmingham, N. Y.; and Barbara Wilkins, Orangeburg, S. C.; back row: Barbara Patterson, Roanoke, Va.; Thelma Owens Johnson, City, Tenn.; and Eita Woodfork, Redville.



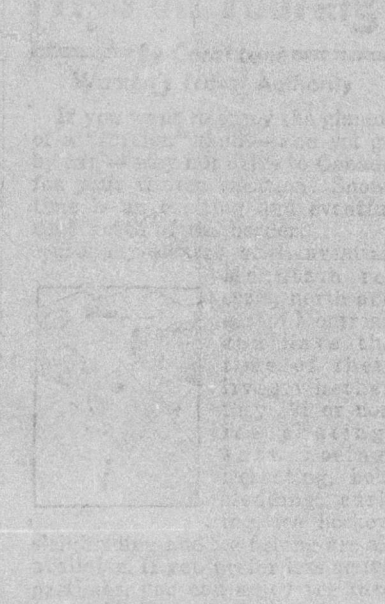
After Pop has left for work and the young ones have been tucked off to school, it's time for Mom to relax (or perhaps, reorganize for a second cup of coffee).

Sometimes if the beginning of the day has been a busy one, you'll want to invite a neighbor friend in to help with the housework. And, of course, for such occasions, you'll want to have a special treat always tastes better when accompanied by some interesting beverage, such as this one which features the cereal, Grape-Nuts.

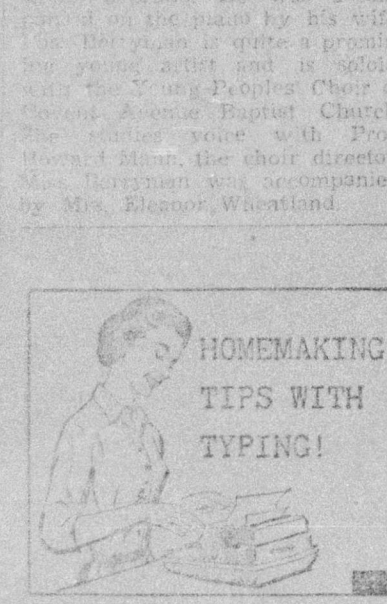
Here, then, is a delicious morning treat with a twist that is certain to become an immediate favorite.



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The Family Roundtable WIDOW TOLD TO SEEK COMPANIONSHIP

NEW YORK (GLOBAL) — Dear Miss Dow:—

I am a widow myself and the past year has not been very hard. My husband, John, 49 and aged 12. My husband's pension has helped and I started at the top floor of our home so that I could help on. My friends seek consent to get me out in the morning. I love John passed, we used in his a sitter at least two evenings a week. I loved John very much and feel I should not seek any other man but rather remain true to him. And too, the Editor says I should not marry again. I just don't see how I could become interested in any one else. John was my whole life. Please advise.

Janice — Little Rock, Ark.

Dear Janice:—

You are rather a young widow but you are lucky to have two lovely children and to have the

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Share Your Wisdom

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Charm

By EUG LITOUR

Dance Group in Recital

GREENSBORO — The Modern Dance Group of A&T College will present its annual recital

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A DOCTOR'S PRESCRIPTION FOR THE SCALP

Your hair roots are in your scalp. The condition of your hair does depend heavily on the health of your scalp. That's why Doctor Carnon invented a medicated shampoo, Kerolan, which is mixed with Sulfur, Borax and Balam of Peru. Kerolan is a strong, powerful antiseptic, and does not irritate the scalp. It kills dandruff and keeps it from coming back. It's the only scalp medicine that's been used for over 20 years. It's the only scalp medicine that's been used for over 20 years. It's the only scalp medicine that's been used for over 20 years.

Bennett Grad Gets Married

GREENSBORO — Miss Fanny Bennett, 1934, graduated from the University of North Carolina at Greensboro. She is now married to Mr. John Bennett.

For Women Only

METHOD: Prepare yellow cake mix as directed on package, adding beaten lemon yolk to the batter. Bake in 13-x-9-2-inch pan as directed on package. Cool.

SPREAD: Melt butter. Frosting over top and sides of cake. Cut into serving pieces and decorate each piece with a swirl of chocolate or a hatchet made from the conical cherries and gumdrops.

LEMON BUTTER FROSTING: Melt 3 cups sifted confectioner's sugar. Cream 6 tablespoons butter with 1 teaspoon grated lemon rind. Add a dash of salt and part of sugar gradually, blending after each addition. Add remaining sugar alternately with 2 tablespoons lemon juice. Add 2 1/2 cups milk. Add 1/2 cup lemon juice and then enough milk to loosen frosting. Beat frosting with each addition until smooth.

No Salt Diet Problem Faced in Many Homes

A new "salt" without sodium, named Co-Salt by scientists, is now available in drugstores to housewives who face the problem of preparing appetizing meals for members of the family on "no salt" diets.

The growing number of persons being placed on low sodium or "no salt" diets by doctors in treating such conditions as high blood pressure, heart disease and obesity is adding to the problems of the housewife.

The difficult task of preparing appetizing meals for members of the family who are forbidden salt in diet is being faced daily by hundreds of thousands of American housewives, according to most recent medical statistics.

The first real answer to the housewife's "no salt" dilemma, however, has been found in a newly developed product called Co-Salt, which tastes, looks and cooks like common table salt, yet is completely free of sodium, the harmful agent in most "no salt" diets.

With this frequently prescribed new "salt" product now available in drugstores without doctor's prescription, the housewife can restore that "salty" flavor to meals prepared for dieting in the family.

The product, developed by a team of scientists at the U.S. National Government, comes in both large and small quantities in specially designed shakers, which can be carried in pockets or in handbags.

Winter Is The Time For Plans

Winter days are a good time for the "hard work" of setting the stage for other things that can be done in the spring.

To the farmer who says, "There's nothing I can do until it warms up," Johnson warns, "Mr. Farmer, you'll be awfully busy next July."

Admitted that there is time left to do many of those outside jobs when it is a little warmer, Johnson points out that there are still lots of things that can be done in a cold winter day.

Here are a few reminders by Johnson:

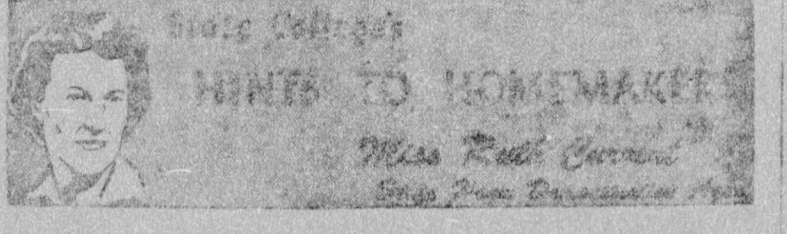
Take out that best report sheet and make out fertilizer orders, attend all of the educational meetings being held for farmers (they are all held in well-ventilated buildings, make sure that you understand your crop ailments, place order for hybrid seed, cotton seed, garden seed, and peat soil).

Stop by the post office and get that Social Security number and other information, take an inventory of farm equipment and buildings, place your order for hay chicks, and sit down with the family to consolidate plans, goals, and objectives.

Comb Away Gray Hair

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

Guld Medal Hair Products, Inc.
Dept. B-3, Brooklyn 23, N. Y.



MEAT LOAF, CASSEROLES, AND CREAMED DISHES — Try using creamed soups in meat loaf — cream of tomato, mushroom, or celery. There are other creamed soups on the market that will add zest to meat loaf. I'll have the experimenting up to you and your imagination.

You'll find casseroles are a snap to prepare when you use the new method with condensed soups as the sauce. Foods that add interest and flavor to casseroles are chopped nuts (pecans), Brazil nuts, walnuts, almonds, chopped green pepper, strips of mushrooms, sliced olives. For extra condense appetizers use creamed casseroles, crisp crackers, or crushed potato chips.

Old favorites such as Creamed Ham and Chicken or a King are becoming more and more a regu-