



TOP SPEAKERS — Winners in the annual public speaking contest, sponsored at A&T as a part of the observance of Language Arts Week, included: Miss Sara Reardon, Edgefield, S. C., first place in the Original Division, and Miss Nellie Feaster Greensboro, first place in the Declamatory Division. Mrs. Pearl Bradley, left, associate professor of English, makes the presentation.



PANELISTS — Participants in a panel discussion during the annual observance of Negro History Week recently at A&T College, Greensboro, were, from left to right: Floyd Bixler McKisick, Durham, attorney and national chairman of CORE; Dr. Richard Bardolph, professor at the University of North Carolina, Greensboro; the Rev. Cecil A. Bishop, pastor of the Greensboro Trinity AMEZ Church, and Dr. Robert Johnson professor of humanities at A&T.



SWEETHEART OF DURHAM BUSINESS COLLEGE CROWNED — Miss Marie Finney Roanoke, Virginia, was crowned Sweetheart of Durham Business College at the annual Valentine Sweetheart's Ball recently. Miss Finney, who is a graduate of Lucy Addison High School, Roanoke, Virginia, won the title by popular vote of the student body against six other young ladies. Miss Finney is shown as she is crowned by Miss Edna F. Crawford, Dillon, South Carolina, who is vice president of the Dramatics Club, the school organization that sponsored the affair. She was escorted by Edward Charleston, left, a senior at North Carolina College.

Good Eating Predicted During Month Of Mar.

Nine items appear on the plentiful food list for March. The features are eggs, peanuts and peanut products. Also included are beef, broiler-fryers, rice, potatoes, canned corn, ripe olives, and fresh apples.

Miss Gwyneth Hagan, marketing specialist for the Agricultural Extension Service at N. C. State, says March is egg month, and supplies at this time of year are always generous. This year is no exception. There has been no reduction in the number of layers, and they are producing more eggs per hen. Plan to use eggs in many ways since they provide valuable protein for good health and strong bodies.

And speaking of protein, peanuts and peanut products are also a good source. Four tablespoons of peanut butter is equivalent to one cup of meat, one egg, or 1 cup cooked poultry or fish, or 2 to 3 ounces of lean meat.

This year's peanut crop tops the abundant 1962 harvest by 166 million pounds. That's just a little less than an extra pound for every man, woman and child in this country. So pass the peanut butter often—

Addresses Audience At Greensboro:

"In Our World Today, Leadership Needs Courage, Boldness:" Davis

GREENSBORO—The thesis that tragic freedom is better than compulsory happiness was developed by Dr. John W. Davis, of New York City, in his vesper address at Bennett College recently. He is former president of West Virginia State College.

Dr. Davis, representative of the Legal Defense and Educational Fund of the NAACP, declared that the world today is beset by many problems which he hopes that the present generation of college students may help to solve following graduation.

"In our world today," he said, "leadership requires courage and boldness. It involves loneliness, insecurity and even death. There is an urgency for each of us to accept a place in the front line of the struggle for freedom."

Pointing out that many of the difficulties of the world are intensified because of hatred, Dr. Davis stated that "whether we want to admit it or not, there is a revolution sweeping the world," and he listed trouble spots around the globe in support of this statement.

In a reference to the sweep of automation, he asked: "Will the job which you anticipate three years from now still be there?" He explored those "pillars of society" who refuse to take part in today's affairs as "tired liberals and refugees from responsibility."

"Every man or woman who admits satisfaction with the present state of affairs," he said, "is a person who has been dead a long time."

On The Home Front

(Items this week from Edgecombe, Mecklenburg, and Halifax Counties.)

KITCHEN IMPROVEMENT CONTEST

Homemakers in Edgecombe County are taking a look at their kitchens as they launch a kitchen improvement contest for 1964. They will be analyzing their kitchens as they plan for work centers.

Mrs. Hazel Parker, home economics agent, says the homemakers know they spend much of their time in the kitchen and want to plan it for more convenient work centers. Last year, 79 homemakers completed 779 projects during the kitchen improvement contest.

PLAN THE FOOD SUPPLY

The Home Demonstration Club members in Halifax County realize that family members are not eating their daily requirements of certain foods. The diets are especially lacking in vitamin C foods as well as green and leafy vegetables, says Miss Ruth Whitworth, home economics agent.

All families are being asked to start planning for a garden and to plant enough to conserve for the winter months. The club members are studying the daily food guide as they plan their menus.

SEWING CLASSES STARTED

Learning how to "stretch" the dollar has been one of the major goals in Mecklenburg County, reports Mrs. Mary Martin, home economics agent.

The Home Demonstration leaders have found that a good way to do this is to learn to sew and make some of their own clothes. So Mrs. Martin has started a beginners sewing class for the homemakers in the county. "Sew Much More in '64" is the slogan the 30 ladies have adopted for their sewing class. Some of the clothing leaders plan to assist in teaching the class.

PLAN NOW FOR LATER

How much have you planned for your family garden to be valued this year?

The only way you will be able to place a high value on your garden will be to produce an adequate one.

To produce an adequate garden you should keep the following suggestions in mind when planning: Plant about 15 or more recommended varieties of vegetables; plant about 1-10 acre per person; rotate garden site from year to year; buy vegetable seeds by variety name and at a reliable firm; buy seeds ahead of time; follow good cultivation practices; and, keep vegetables free of diseases and insects.

Plan now to plant an adequate garden in order to receive a high value later.

Mrs. Mary B. Graham is Associate Home Economics Extension Agent in Wake County.

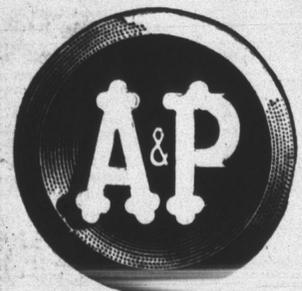
In the 1830's and 1840's dams and locks were constructed in an effort to make the Haw River navigable. These efforts were not successful.

- FUEL OIL
 - KEROSENE
 - OLGA STOKER COAL
 - BRIQUETS
 - FURNACE SERVICE
 - INDIAN MAID STOKER COAL
 - HADEES POCAHONTAS STOVE
 - NUT FOR FURNACES
 - BLACK ACE EGG For Stoves and Grates
- FILL UP YOUR COAL BIN OR TANK NOW!
- DIAL 834-1318**

Men - Women! Earn Big Money

No experience needed. Ages from 21 to 45. High school graduate and married men or women preferred. Only 6 hours training. You can earn up to \$100 a week in your spare time . . . using only 2 hours a day. Salary begins as production starts. You can work locally or state-wide. No debit.

FOR DETAILS CALL TE 4-6753 Between 8:30 to 10:00 A.M.



Your Friendly A&P Proves It

CASH SAVINGS ARE YOUR BEST SAVINGS

NO LIMIT

On Purchases At A&P

Extra Special Buy! Marvel Chocolate - Vanilla - Strawberry

ICE MILK

STOCK UP

HALF GALLON CARTON-EACH

39¢

PRICES EFF. THRU SATURDAY FEB. 29

JANE PARKER PIE

DUTCH APPLE

39¢

1 1/2 LB. EACH

SUNSHINE HYDROX COOKIES

One Pound Box

45¢

Another Big A&P Special! Allgood Brand Sliced

Bacon

STOCK YOUR FREEZER

1-Lb. Pkg.

39¢

Cheese

BENCH CURED CHEDDAR

Per Lb.

59¢

Special Cold Stream Pink

Salmon

16-Oz. Can

53¢

Special! Marcel Pastel

Napkins

3 60-Ctn. Pkgs.

25¢

"Super-Right" Fresh Dressed

FRYERS

PER LB. WHOLE

24¢

FUEL OIL KEROSENE

DISPATCHED BY 2-WAY RADIO FOR QUICKER DELIVERY ON TICKET PRINTED METERED TRUCKS

We Give S. & H. Green Stamps

TE 2-4474

WHITE OIL CO., INC.

1115 W. Lenoir St.

Exquisite 3-Diamond PRINCESS RING

A MAGNIFICENT CLASSIC BEAUTY! Choose Yellow or White Gold!

NOW ONLY **\$59.50**

ON CREDIT! PAY ONLY 50¢ WEEKLY

GEM WATCH SHOP

205 FAYETTEVILLE ST. TE 2-8431

TOP QUALITY KRAFT RECAPPING

SAVE

On New Tire Cost

- Modern Tread Design
- 8-Hour Service
- Same Quality Rubber as Used in New Tires
- Easy to Balance

KRAFT RECAPPING

A GENERAL TIRE SERVICE

Terms To Suit You!

14 and 15 INCH TIRES RE-CAPPED

HUNT GENERAL TIRE CO.

428 S. McDOWELL ST. PHONE TE 2-0571

WILL YOU OWN YOUR HOME IN '64?

As little as \$350 down and payments as low as \$75 per month, can give you ownership of a well built, comfortable home — split level, 2 story, or ranch. Open houses every Sunday in beautiful . . .

Biltmore Hills

Estates Building Co., Inc.

4700 YADKIN ST. RALEIGH, N. C. PHONE 787-1231

JOHN W. WINTERS & CO. 507 E. MARTIN ST. PHONE VA 8-5786