

# Yes, We All Talk

BY MARCUS H. BOULWARE  
SPEECH TEST

READER'S NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_  
How do you rank on the following test? Draw a circle around your answer.

Yes No 1. Do you look at your listener when talking?  
Yes No 2. Is your voice pleasant?  
Yes No 3. Do you talk adequately loud?  
Yes No 4. Is your pronunciation good?  
Yes No 5. Is your pitch of voice suitable for your sex and age?  
Yes No 6. Do you fawn when talking to a superior?  
Yes No 7. Do you gossip about people?  
Yes No 8. Do you answer the

telephone pleasantly?  
Yes No 9. Do you walk around criticizing people?  
Yes No 10. Is your voice convincing?  
Yes No 11. In a public speech are your ideas organized?  
Yes No 12. Do you stammer when talking?  
Yes No 13. Do you enunciate words clearly?  
Yes No 14. Does your voice have vibrant resonance?  
Yes No 15. Are your jaw and throat muscle tense when you talk?  
Readers: If you want the test graded, send a stamped self-addressed, long business envelope to Dr. Marcus H. Boulware, Florida A&M University, Box 310-A, Tallahassee, Florida, 32307.

Telephone: TE 3-9395

## JAMES SANDERS TILE CO.

License No. 1939

Ceramic, Asphalt, Rubber and Vinyl Tile

519 ELLINGTON STREET

RALEIGH, N. C.



Mad About the Girl? Call Her Long Distance...

### Lowest Fare to Anywhere!

If absence makes your heart grow fonder... why not tell her so by Long Distance. No matter how far apart you are, your telephone can bring you together almost instantly. So go ahead. Have a date by Long Distance. It will make you both happy.



Southern Bell

STILL IN FULL SWING...

SHOE MART'S ONCE A YEAR

## SALE!

EVERYTHING IN THE STORE Up To 1/2 PRICE

Over 3,000 famous name shoes to select from. Every pair bears the original manufacturer's trade name. Not every size in every shoe, but sizes to fit everyone.



ALL PRICES FROM \$2.99 to 5.99 VALUES TO \$19.95

Our Usual Policy of Exchange and Refund Will Not Be Available During This Sale!

NONE HIGHER NONE RESERVED

'Raleigh's Busiest Shoe Store'  
**THE SHOE MART**

8 East Hargett Street  
Dial VA 8-3721, Raleigh  
Open Friday Nites

## Value Of Enriched Corn Meal

BY JOAN GOODSON  
4-H Member, Wake County

Many people take the foods they eat for granted. They never think of the nutritive values given by wheat they eat. This holds true for cornmeal. Many people never stop to think why it is being stressed that they should use enriched cornmeal. I hope that when you finish reading this article you will see why it is important.

As you probably know 50 percent of the people in North Carolina eat cornmeal daily. An average of one-third of the daily consumption of cereal products are made from corn. Since this is true, the corn should be of the best quality and enriched.

One important reason for using enriched cornmeal is that extra food value has been added. This extra value has been added in the form of vitamins and minerals. These are added because corn by nature lacks enough vitamins and minerals that whole wheat has and enrichment adds.

Actually the B vitamins, niacin, must be taken from other foods for the complete digestion of corn products. The 3 B vitamins are the most important factors in the enrichment of cornmeal. They are so important because many people wouldn't be able to get them unless they used enriched cornmeal as a cheap source of these vitamins and minerals.

Thiamine does the following things: Keeps appetite and digestion normal; keeps nervous system healthy; helps prevent irritability; helps body release energy from food.

Riboflavin helps cells to use oxygen; keeps vision clear; keeps skin and tongue smooth; helps body keep up daily function. Niacin prevents pellagra.



CHEMICAL RESEARCH — Three high school students attending NSF-sponsored summer science institute at Bennett College, Greensboro, engage in research experiment in chemistry. Left to right, Miss Patricia Turner, of Raleigh, Cosby Alton, of Norlina, and Stephen McLeod, of Hope Mills.

NEXT TO NEVER being allowed to finish a sentence, the other cause of social dismay is to be expected to carry the entire conversational load.

### Prescriptions

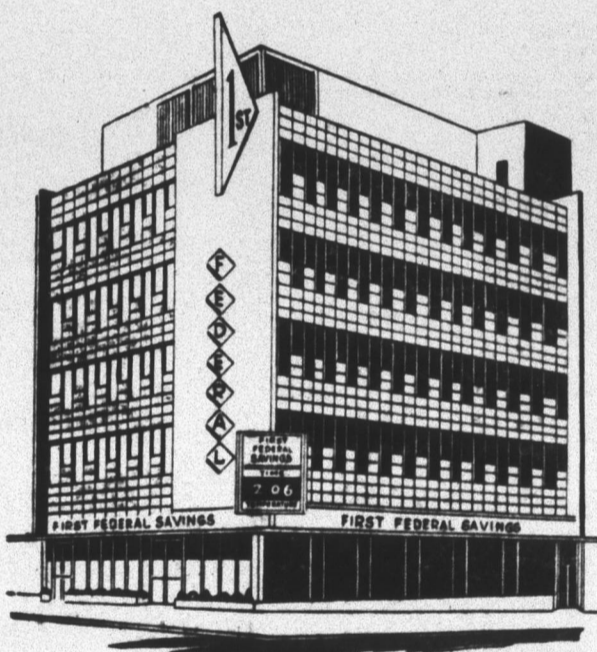
FILLED

R. E. WIMBERLEY, Ph. C.

### CENTRAL DRUG STORE

BABY SUPPLIES — COSMETICS

501 E. Davie St. Raleigh, N. C.  
Phone TE 2-8084



First Federal Savings of Raleigh and Zebulon is 1st in Savings and Home Loans in the area it serves!

MAIN OFFICE: 9 SOUTHWEST and MARTIN STREETS  
OTHER BRANCH OFFICES AT: CAMERON VILLAGE  
609 BURN AVENUE • NORTH HILLS • ZEBULON



### For Your Best Buy

In Used Furniture And Appliances

SHOP AT

**Wilson-Ferrell FURNITURE CO.**

LARGE SELECTION OF NEW FURNITURE!

★ Shop in Raleigh for Your Best Buys ★

## Thomas J. Byrum CP&L Pioneer

Thomas J. Byrum, division engineer for Carolina Power & Light Company in Raleigh, has qualified



THOMAS J. BYRUM

for membership in the CP&L's Pioneer Club by serving 25 years with the company.

Byrum, a native of Mecklenburg County, attended Great Falls High School and graduated from Duke University with a Bachelor of Science degree in Electrical Engineering.

He joined CP&L in 1939 as a meter tester and was promoted to local manager at Dillon, South Carolina, in 1941. His service was interrupted in 1943 when he joined the Navy. He was discharged in 1946 with the rank of lieutenant. Byrum then assumed the duties of local manager at Warrenton and moved to Raleigh as district engineer in 1948. He was promoted to division engineer in 1955.

Byrum is a teacher and Sunday School superintendent of the Fairmont Methodist Church. He is a member of the Raleigh Engineer's Club and the local school committee.

He is married to the former Miss Louise Ward and they have three children, Thomas, James and Beth.

### National Dieters' Club, TOPS Works Like Alcoholics Anonymous

It takes an ex-fatty to help make an ex-fatty. This is the philosophy of the nationwide weight-reducing club known as TOPS, the initials of Take Off Pounds Sensibly.

As described in an article in the July issue of Coronet Magazine, TOPS is an organization of 60,000 dieters with branches all over the country. There are several in the far-flung states of Alaska and Hawaii and even at the American Army base on Okinawa. Although it started as a purely female movement, TOPS now has a number of male groups.

The basic premise on which TOPS was founded 16 years ago by Mrs. Esther S. Mans of Milwaukee is similar to that of Alcoholics Anonymous.

Both organizations believe that in order to be helped a person must first admit that he needs help. Group therapy can supply the right kind of atmosphere for a dieter just as for an alcoholic. In addition, they say, that the person who is best qualified to help is someone who has experienced the same

problem whether it be alcoholism or overweight.

"Each member of TOPS helps another member form sliding into the temptation of overeating," Mrs. Manz says in Coronet. "After all it takes an overweight person to really understand what another overweight person is going through."

TOPS accomplishes its most important work between weekly meetings. Each TOPS member is assigned a pal when she joins and it's this pal she can turn to when she feels like reaching for a piece of chocolate cake. Many of the calls for help come in the middle of the night.

According to psychologists, states Carmel Berman author of the Coronet article people do overeat because of loneliness or a desire to compensate for a feeling of rejection or disappointment. But no TOPS member need feel alone, for she can call her TOPS pal who will understand. A fellow TOPS member sympathizes because she shares the problem.

**Tan Topics**

THIS RACETRACK IS THE ONLY PLACE IN THE WORLD WHERE THE WINDOWS CLEAN PEOPLE!

### It Pays To Advertise

## RALEIGH SEAFOOD

Fresh Seafood Daily

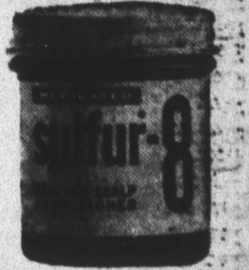
410 E. DAVIE ST.

DIAL TE 2-7748

Brings Out Rich, Full-Length Hair Beauty



- Promotes hair luster
- Prevents breaking ends
- Builds hair body
- Fights dandruff infection
- Relieves itching
- Leaves hair fragrant



controls dandruff and scalp problems, too

### FOR SALE by JOHN W. WINTERS & CO.

1939 BOAZ DRIVE ..... \$11,250.00  
2627-2629 DAVIS STREET (each) ..... 14,500.00  
FHA or VA Financing (Full basement)  
1020 CROSSLINK ROAD — 8 1/2 acres ..... 12,000.00  
1130 CROSSLINK ROAD — 2 1/2 acres .....  
One five room brick house ..... 18,000.00  
ONE LOT—QUARRY STREET—40x120 ..... 1,500.00  
INDUSTRIAL SITE — Maywood & Rhankette Rd., 5.6 acres ..... 23,500.00  
One Five Room Frame House  
SANDIELAND VILLAGE — Lot 100x150 10,000.00

#### HOMES NOW UNDER CONSTRUCTION:

1216 EAST EDENTON STREET — Mrs. Sarah Morgan  
315 COX STREET — Mr. and Mrs. W. A. Rainbow  
1141 E. JONES STREET — Mr. and Mrs. Wade E. Hunter

LET US BUILD FOR YOU!

FOR FURTHER INFORMATION CALL:  
Henry Brown or Ronald Carter

VA 8-5786

LET US HANDLE YOUR RENTAL ACCOUNTS!

507 E. Martin Street

## end-of-summer sale!

Shop Friday Night 'til 9!

SALE! Sample Lingerie  
Reg. 2.00 to 40.00  
**134-2667**

Lucky Small or 34 sizes! Here are great savings on salesman's samples—including slips, half slips, gowns, peignoir sets, capri and long pajamas, briefs and panties! White and pastels.  
LINGERIE  
SECOND FLOOR

SALE! Sample Sportswear  
Reg. 6.99 to 11.99  
**466-1799**

Sizes 36 and 38 only! Sweaters in v-necks... classic cardigans... bulky knits... prints! Skirts in size 10 only... all wools — slim, pleated and A-line styles! Dozens of colors!  
SPORTSWEAR  
SECOND FLOOR

### SALE! Girls Bambury Coats

Regular 45.00

**34.99**

Regular 36.00

**29.99**

Special pre-season savings on girls' favorite coat styles—boy coats with detectable raccoon collars... and velvet trimmed chesters! All wools or wool blends.

YOUTH CENTER — SECOND FLOOR

SALE! Girls' Swimsuits  
Reg. 2.99 to 12.00  
**3.00-8.00**

Catalina... Pandora... Jantzen... Stretchini — all her favorite makers and styles! 2 piece, blouses and one piece styles in dozens of colors. 7 to 14 girls', 8 to 14 preteen.  
YOUTH CENTER  
SECOND FLOOR

Men's Summer Pants  
VALUES TO 12.99  
**2.99**

One special group of men's cool summer pants — broen sizes, mostly 29 to 33. Daron polyester blends... pleated or plain front styling... all the season's favorite colors!  
MEN'S STORE  
STREET FLOOR

## Hudson-Belk