



**SHAW RECEIVES \$10,000 FROM SOUTHERN BAPTIST CONVENTION** — Dr. James E. Cheek (center), president of Shaw University, receives a check for \$10,000 from the Home Mission Board of the Southern Baptist Convention for the University Emergency Fund Campaign. The State Convention had already contributed in excess of \$10,000 toward this drive, making a total of more than \$20,000 received by the University from Southern Baptists. Shown in the picture with Dr. Cheek are, (left) Dr. W. R. Grigg, State Secretary, Department of Interracial Cooperation, North Carolina Baptist State Convention, and Dr. E. L. Spivey, director, Division of Missions, Baptist State Convention, who is also a member of the university's Board of Trustees.



**THEY'RE ENGINEERS, IN PARTY CLOTHES** — Three young ladies enrolled as upperclassmen in architectural engineering at A&T College chat during a recent party given by the Department. They are, from left to right: Misses Frances Herbin, Greensboro; Sandra Echols, Niagara Falls, N. Y.; and Otelia Pittman, Chuckatuck, Va.

**The Veteran's Corner**

Here are authoritative answers by the Veterans Administration to questions from former servicemen and their families:

Q—When will educational and training benefits expire for veterans of the Korean Conflict?

A—The educational program for Korean veterans will expire on January 31, 1965. The educational program for World War II veterans has already expired.

Q—My husband's World War I insurance is more of a burden on our very limited finances. Will this ever be paid up?

A—Some types of insurance contracts are paid up after 20 or 30 years. If you cannot tell from reading the policy, you may write to the office to which you pay your premiums.

Q—In case of a serviceman's death while he is on active duty, what are the limits of the Death Gratuity and who receives it?

A—The benefit is a sum equal to six months pay of the deceased. However, it shall not be less than \$800 nor more than \$3,000. It is paid to the surviving spouse, child, or children unless the serviceman designated his parents.

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THE HEART OF A GOOD COCKTAIL

**Food Choices, Planning Are Very Important**

To make sure your family is receiving the required amount and kinds of foods daily the "Basic Four" or "The Guide to Good Eating" should be followed. The Basic Four consists of groups of food that will supply safe amounts of all the food nutrients you need.

The Basic Four Food Plan includes: Milk Group — 3 glasses for adults and 4 glasses for children; Fruit and Vegetable Group — 4 or more servings daily, one a green or rich food; Meat Group — Two or more servings of lean meat, poultry, fish or eggs; Cereal and Bread Group — Four servings daily (enriched or whole grain).

The recommended amounts of foods in the four groups will supply the average adult with all of the proteins, minerals and vitamins needed.

The time to plan good meals is when you are hungry. Get a pencil, some paper, a basic food plan and meal patterns for planning a good breakfast, lunch or supper and dinner.



**INITIATED INTO ENGLISH HONOR SOCIETY**—Mrs. Eloise McKinney Johnson, left, Associate Professor of English at A&T College, congratulates high-ranking students recently initiated into the Lambda Iota Tau Honor Society in English. They are from left to right: Cecil M. Brown, Bolton; Johnny F. Thompson, Clinton; and James H. Randall, also of Bolton.

**WRITER PREDICTS NATION'S BITTEREST POLITICAL CAMPAIGN**

CHICAGO (NPD) — A prominent Chicago writer last week predicted that the upcoming November Presidential campaign will be one of the bitterest in the history of the United States.

Columnist Irv Kupcinet, of Chicago Sun-Times, noted a growing political trend for crossing party lines, saying:

"The GOP is now becoming the home not only of the conservatives, but also those who oppose the new civil rights law. Many dissident Republicans, by the same token, will work for Lyndon B. Johnson's re-election. Prediction: One of the most vicious campaigns in the U. S. history."

FOR SOME REASON I associate thinking with smoking and so, when I try to think of a paragraph to write, I light a coffin nail (as cigarettes were called in my boyhood).

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**On The Home Front**

(Items this week from Gates, Mecklenburg and Chowan Counties.)

**PROPAGATION OF PLANTS**  
Many -Her's in Gates County are interested in an inexpensive way of beautifying their home grounds. So several Home Demonstration leaders have assisted in the selection of several 4-H Club members to conduct demonstrations in the propagation of trees and shrubs by summer stem cuttings.

Mrs. Fennie Battle, home economics agent, says the demonstrations will be carried on in several communities so that more people will be able to observe results of the experiment.

**FAMILY PLANNING PAYS**  
Family planning — is it necessary? This question has been asked in all Home Demonstration Clubs in Mecklenburg County following the family life seminar.

According to Mrs. Mary Martin, home economic agent, the ladies are being urged to involve themselves and their family members in a program of family life education. Some things which families can plan for together are owning a home, educating children, taking vacations and use of the income.

**HOME PRODUCED FOOD**  
Two tours in Chowan County showed that families are producing much of their home food supply. Mrs. Onnie Charlton, home economics agent, says gardens were checked for dark green and yellow vegetables, and small fruits high in vitamin C and a variety of vegetables.

As a result, Mrs. Charlton found that there was an average of 11 different vegetables growing in the gardens; the gardens had four dark green and yellow vegetables; and an average of three vegetables and small fruits high in vitamin C were observed.

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