

Negro Home Demonstration News

By MRS. ONNIE S. CHARLTON, County Negro Home Economics Agent

Easter means Christ is alive. Easter means Love still lives. It means Love is at work in the world today, if we desire it to be.

We wish to congratulate the Home Demonstration Foods and Nutrition Project Leaders for doing a good job in presenting the demonstration "Milk And Good Health" in their clubs.

The consumption of milk by families in our county is still low, so this remains one of our nutritional problems.

Since the production of milk is very low in our county, we are, through our clubs emphasizing the use of dry milk and evaporated milk in our meals. These two forms of milk are cheaper for families.

Milk makes you healthier. It adds variety to your meals—adds goodness, appetite appeal and charm. Milk is one of our best health foods. All people of all ages need a constant supply of minerals. Milk is rich in calcium and phosphorus, the minerals you need to build and maintain strong teeth and bones, to help regulate the heart beat, and to assist in clotting of blood. Milk has good quality protein to build and keep muscles strong. There are at least six vitamins in whole milk, also fat and milk sugar. So you see milk is a food.

At their demonstration, project leaders emphasized the use of milk and milk products for snack and club refreshments. They prepared and served one of these:

1. Cheese Dainties
2. Cocoa
3. Pineapple Cheese Salad
4. Spiced Milk
5. Egg Cream Cheese Sandwich
6. Chocolate Milk
7. Ice Cream
8. Cake or Cup Cake
9. Milk Drinks (such as banana, chocolate or peach) Cookies
10. Baked Custard—served with fruit, such as canned peaches, apples or pears.

Foods and Nutrition Project Leaders are: Edenton, Mrs. J. B. Sessoms; Paradise Road, Mrs. Mary Brown; Hudson Grove, Mrs. Louise Taylor; Canaan Temple, Mrs. Orena Wills; St. John, Mrs. Carrie Harrell; Triangle, Mrs. Mary Nixon; Virginia Fork, Mrs. Mary Askew; Warren Grove, Mrs. Clara Carter; Green Hall, Mrs. Cleo White; Center Hill, Mrs. Maggie Reddick; Ryans Grove, Mrs. Tamar White.

Home Demonstration Club women are helping to canvass neighborhoods on the Cancer drive. These workers will contact you. Cedar Grove, Mrs. Pernelle Newby; Canaan Temple, Mrs. Wilma Wills and Mrs. Louella Bemby; St. John, Mrs. Susie Rodgers and Mrs. Rhodie Roberts; Green Hall, Mrs. Halie Morning, Mrs. Roxie Roberts, Mrs. Cora Capehart and Mrs. Pauline Perry; Warren Grove, Mrs. Mary Harris, Mrs. Alethia Privott and Mrs. Elletta McClenny; Ryans Grove, Mrs. Tamar White; Paradise

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THE CHOWAN HERALD

Road, Mrs. Minnie Summers; Hudson Grove, Miss Fannie Taylor; Triangle, Mrs. Mary Nixon; Virginia Fork, Mrs. Katy Morning; Center Hill Mrs. Maggie Reddick.

Dr. Lake Speaker At Lions Meeting

Continued from Page 1, Section 1 Carolina should take a firm stand on principles of Constitutional Law, if we would guide the South through "the quagmires into which we have been plunged by the Supreme Court." Speaking on matters of education, Dr. Lake pointed out that he would not be moderate in matters of improving the educational opportunities of North Carolina children. He stressed that teachers are overloaded with pupils, record-keeping and the requirement of extra curricula responsibilities. While not being moderate in these matters, the speaker stressed that he would strive to be practical. He pointed out that while reforms are needed, the schools are not in as bad condition as some critics would have one believe.

Dr. Lake assured his audience that he would be sufficiently practical to recognize that there is a limit on the ability of North Carolina to increase appropriations for her public schools. He warned that the present tax burden is not sufficient to keep salaries at present levels unless there is a business boom, which is not predicted. The speaker struck out at the present "moderate" administration for pursuing a ruinous financial policy. Among those school improvements, which do not require additional money, Dr. Lake mentioned the stressing of basic subjects in grammar grades, such as English, history, geography and spelling, as well as practical subjects in high school. The practice of "social promotion" also came under attack from the speaker, while recognizing that returning to meritorious promotions would require support of the teacher on the part of the principals, superintendents and parents. Turning to those improvements in education that require money, he stated that an ultimate aim would be providing teachers with sick leave equal to that given other state employees, providing clerical help to relieve teachers of record keeping, granting both teachers and state employees cost of living salary adjustments, and a teacher salary schedule that would compete with other employment opportunities. These improvements would be effected, according to Dr. Lake, as funds become available. He also expressed the view that the future of the schools could best be served by maintaining separate schools for the two races, citing as an example the experience of schools in the District of Columbia. Returning to the matter of race relations, Dr. Lake assured his audience that if he is elected Governor he would not be moderate in recognizing the right of a restaurant or lunch counter owner to serve whom he wished, pointing out that "it is the man, or the corporation, who invests his or her own money in a business establishment who has the legal and moral right to decide what kind of service that establishment will render and what type of customers he will serve." He pointed out that in North Carolina there were about one million Negro citizens, and that about 13,000 persons belonged to the NAACP, some of whom were white, thus leaving about one in a hundred Negro citizens belonging to this New York organization. Dr. Lake closed his talk by stating that the NAACP is opposed to his candidacy as it regards him as the most likely candidate to defeat its program.

Well? Indeed His wife began to laugh at him. "You silly," she said. "Fancy being superstitious after all these years! Why, do you remember the first time we met? We walked under a ladder, and you said you were sure something horrible would happen to you." "Well?" said he.

"I consider that an honor," he stated, "and I welcome its opposition, for I am opposed to it and I believe I am the candidate most likely to defeat its program." He assured the audience that he is committed to defeat its program, not moderately but wholeheartedly.

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