

Negro Home Demonstration News

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

Rev. F. H. LaGarde, pastor of Providence Baptist Church, will be guest speaker at the Young Men and Women's (YMW) Club meeting, Monday, December 5, at Robin's Restaurant, 8:00 P. M. He will speak on the subject, "The True Meaning of Christmas." Members and non-members between the ages of 21-35 are asked to be present.

December Schedule

December 5—YMW Club at Robin's Restaurant, 8:00 P. M.
 December 6—4-H Clubs at White Oak School.
 December 7—Center Hill Community Group at Community Building, 7:30 P. M.
 December 8—St. John 4-H Club; Hudson Grove Community at Hall, 7:30 P. M.
 December 12—4-H Clubs at Edenton High School; Awards Program, Community Progress at White Oak Consolidated School, 7:30 P. M.
 December 13—Edenton H.D. Club with Mrs. G. E. Tillett, 8:00 P. M.; Yeopim Community at St. John School, 7:30 P. M.
 December 14—4-H Clubs at Edenton High School.
 December 15—Triangle H.D. Club with Mrs. Evelyn Bond, 11:00 A. M.
 December 19—Paradise Road H.D. with Mrs. Minnie Summers, 7:00 P. M.; Paradise Road Community with Mrs. Minnie Summers, 8:30 P. M.
 December 20—Hudson Grove H.D. Hall, 2:30 P. M.; Warren Grove-Green Hall Community, Educational Building, 7:30 P. M.
 December 21—Canaan Temple HD with Mrs. L. B. Coston, 2:30 P. M.
 December 22—St. John H.D., Mrs. Roxie Bonner, 1:00 P. M.; Center Hill 4-H Club, Community Building, 7:30 P. M.
 December 26—Virginia Fork H.D., Mrs. Evalina Spruill at 2:30 P. M.
 December 27—Warren Grove H.D., Mrs. Fannie Lassiter at 2:30 P. M.
 December 28—Green Hall H.D., Mrs. Claudia Armistead, at 2:30 P. M.
 December 29—Center Hill H.D. Community Building, 2:30 P. M.; Ryans Grove H.D., Mrs. Roxanna Simpson, 7:00 P. M.; Ryans Grove Community, Mrs. Roxanna Simpson, 8:30 P. M.

To many people the sweet potato is included in Thanksgiving, Christmas and New Year's Day menus. When served on such occasions, this delicious vegetable is considered a great luxury. This is not the case with Tar Heels, for the plentiful supplies the year-around make sweet potatoes a most welcome food at any meal. Although sweet potato consumption varies from region to region across the United States, in areas where supplies are largest their usage is greatest. North Carolina is fortunate in that it is one of the major producing areas of this wholesome, nutritious vegetable. It is no wonder, then, that sweet potatoes are no strangers to the people of Tarheelia for they are good any time as "Tater Pie", "Candied Yams" or in many different forms. The sweet potato is a prize package of food values. It is a rich source of vitamin A, sizeable quantities of vitamin C and several important minerals. Sweet potatoes are also a good provider of food energy.

If you must buy sweet potatoes, choose those that are:

1. Smooth and plump in order to avoid waste.
2. Fresh, bright, dark and clean to avoid decay.
3. Select large ones for mashing.

ing.
 4. Select uniform shape and size—medium to small for baking.
 5. Buy only two or three days' supply at a time to insure good keeping quality especially during seasons when quality is somewhat variable.
 Sweet potatoes need a dry storage place, not too hot—not too cold. They will keep best when stored at temperatures of about 52 to 60 deg.F. Sweet potatoes are easily bruised, therefore, they should be handled carefully. Waxed sweet potatoes generally have a longer storage life.

SUNDAY SCHOOL LESSON

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his creation. God is not capricious; He can be depended upon and is responsible in his dealings with mankind. They also taught that, in turn, man is responsible in his dealings with God. Man has received the great gift of life; he lives on an earth he did not create; he uses a body he did not fashion. He has limitless access to sources which he did not provide. Therefore, he is beholden to learn and

obey the will of God, the creator and provider of all these great blessings. According to the prophets, obedience to the will or laws of God is man's part of the covenant. It is through this obedience to law he attains order and harmony in his relationship with God and, as a natural consequence, within himself and with his fellow men.

Man is responsible. He can choose to obey or disobey. He can work with God in complete cooperation, or he can rebel against God. He can either follow his own whims and desires, or he can discipline them in loyalty to a higher law. And this is the awesome glory that lifts us above all else in creation. What a heavy responsibility we have! This is, at one and the same time, both our glory and our anguish. Knowledge of moral law teaches us what is right, but it does not enable us to do what is right. What conflict ensues!

No one has described this fundamental human predicament better than the Apostle Paul, when he said of himself: "I do not understand my own actions. For I do not do what I want, but I do the very thing I hate—I can will what is right, but I cannot do it . . ." (Romans 7:15, 18, 24). Who among us does not recognize in that blunt

statement the truth about himself?

Jeremiah, the most sensitive and perceptive of the prophets, realized that the old covenant that man had with God asked of man what he could not do; therefore a new covenant between man and his Creator was needed. And this new covenant must not be one of law, but one of grace. It must be God entering man's life to do for man what he cannot do for himself.

And as Jesus becomes a person to us—one we can love and follow—his great love for us awakens the power of love in us, in return. This new covenant which is offered to us is formed by the inexhaustible love of God, written in the hearts of men, and entered through Jesus Christ. It is God's gift to us—an act of grace. Being a gift, it cannot be earned. But it can be humbly accepted, in a spirit of gratitude and dedication. And who can refuse such a gift?

[These comments are based on outlines of the International Sunday School Lessons, copyrighted by the International Council of Religious Education, and used by permission].

The race is not to the swift, nor the battle to the strong. —Ecclesiastes IX

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There is a wider selection in Norfolk's attractive stores. There are more than 200 apparel stores, 150 furniture stores, more than 2,000 retail establishments offering a variety that will enable you to find exactly what you want to give for Christmas.

You can select the right gifts for everyone on your shopping list from the big variety and wide selection in Norfolk stores.

SHOPPING INFORMATION

Attendants on duty until Christmas at the Shopping Information Booth in Trailways' Norfolk Terminal will provide all the helpful shopping information they can.

COME BY BUS!

Regularly scheduled Trailways busses make it possible for you to leave for Norfolk in the morning, do your shopping and return home in the afternoon.

DRIVE!

The number of convenient parking places in Norfolk increases every year. (Traffic is lighter on Tuesdays and Wednesdays and even more spaces are available.) It's easy to drive TO Norfolk and to drive IN Norfolk — and it's easy to shop there.

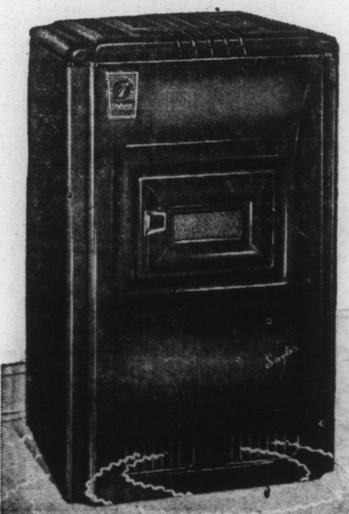
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