

Woman's World

STYLE CHATS

Designers are choosing sumptuous fabrics for their evening dresses this year. Duveline as soft as velvet—patterned metal lames—metal-shot taffetas and sheers—double faced satins—silk laces—silk jersey—ribbed silks—metal threaded matelassas.

Not all the skirts will be as narrow as an eel this time. There will be a gathered fullness back or front. The backs of some of the day and evening dresses are gathered thickly to give a wide swing while the front is slim and straight.

The well-dressed woman will surely carry this idea out this winter. She will wear a hat especially designed for her dinner gowns.

Dress buttons are playing an important part this winter. Wooden buttons in forms of animal, signs of the zodiac, flower designs, Belt buckles are in the same theme. You can use your antique coins of gold and silver for smartness and individuality. Have the coins trim the suit lapels. Hang a few on your charm bracelets or into necklaces. Coin buttons are also used on winter dresses. And, use them as fobs for key rings.

Have you seen the new collection of formal and informal bags? The new jeweled fabrics are used for evening bags. Isn't this full of sparkle, a rhinestone mesh—white rhinestones on black—seed-pearls on satin (the satin must match the color of your evening slippers.) Black antelope and satins are designed for tea-time and dinner costumes. They have extremely odd shapes—forms of bottles, pyramids and feed bags. There is also a bag

just for afternoon or dinner. It is black satin with a chiffon handkerchief tied to the top handle or pulled under the flap to make the handle. This handkerchief can be removed easily and a colored one substituted. Isn't that a charming way to carry out the color scheme of your costume?

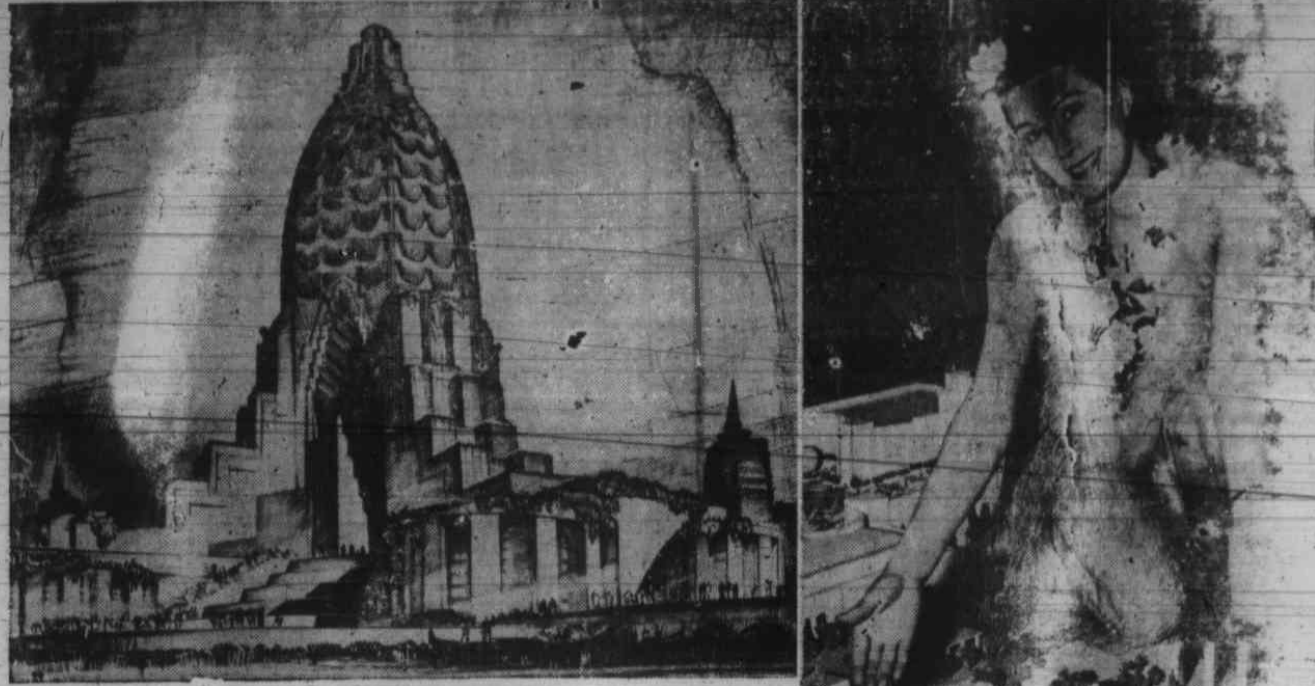
If you are thinking of purchasing a new evening wrap for the gay times soon to be you'll want to know about this new material. It is suede crushproof and waterproof. Just the thing indeed for crowded automobiles and rainy, snowy nights.

DR. CREECY HONORED FOR 25 YEARS OF SERVICE AT RICH SQUARE INSTITUTE

Continued from page five

Dr. Newbold was followed by Prof. H. L. Trigg who spoke on Dr. Creecy's constructive leadership and his love for humanity. Short addresses were made through the session by the following: Mrs. Jeannett Brown, white of Rich Square; Dr. C. M. Cartwright, Elizabeth City, N. C.; Prof. C. F. Graves, Principal of the Graded School, Elizabeth City, N. C.; Dr. J. H. Bias, President of Teachers College, Elizabeth City; Dr. J. W. Seabrook, President State Normal School, Fayetteville, N. C. and others. Music for the occasion was rendered by the Rich Square Institute Glee Club, A.M.E. Junior Choir, Mt. Olive choir, First Baptist church choir of Rich Square, Bathany choir. There were solos by Mrs. C. V. Brown and Miss Kathleen Lassiter, both of Rich Square. Benediction was pronounced by Rev. S. T. Rousen.

MAGIC CITY ON SAN FRANCISCO BAY FOR 1939



Nations, States Participate In Golden Gate Exposition

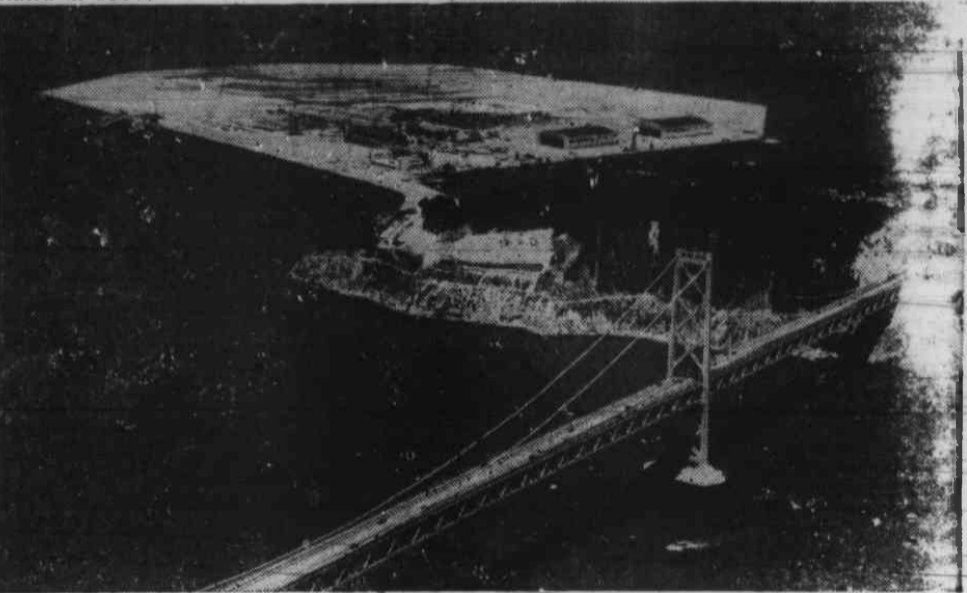
SAN FRANCISCO.—Mammoth exhibit palaces are rising, spectacular towers are etching a new pattern on the skyline and a "magic city" is taking shape in San Francisco Bay for the \$50,000,000 World's Fair of the West, to be held on Treasure Island in 1939.

On the largest man-made island in the world, dredged up from the bottom of the sea, a \$18,000,000 building program is under way. Contracts totalling over \$10,000,000 have been let and ten buildings are practically completed.

Two million dollars budgeted for landscaping and illumination will assure "the most beautiful World's Fair in history," experts declare. One outstanding building will be the Temple of Music.

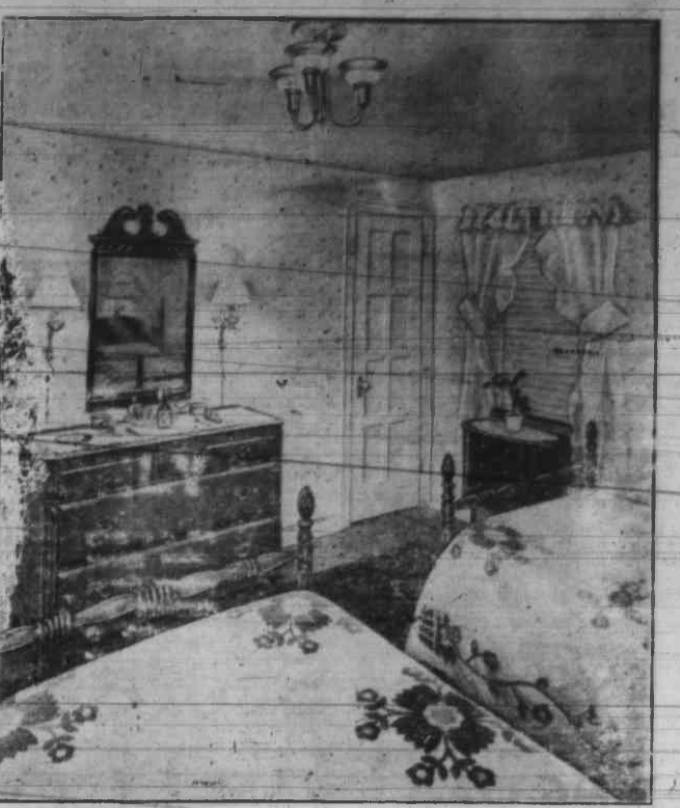
More than half the states in the Union have already asked for exhibit space in the 1939 Golden Gate International Exposition, millions already having been appropriated for state exhibits. Japan, Mexico, the Dutch East Indies and Ecuador are the latest foreign nations to announce plans for colorful exhibits. Other countries which have announced participation are Cuba, Santo Domingo, Guatemala, Honduras, Nicaragua, Costa Rica, Panama, Peru, Venezuela and El Salvador. Thus a true "Pageant of the Pacific" is assured. Exhibit palaces will be windowless, with spectacular illumination by day and by night. In a 40-acre island, San Francisco will again reign as "Queen of the Amusement World," with a galaxy of kaleidoscopic amusements for millions of visitors.

Temple of Music, above. Right, Lenore Lombard shows Hawaiian Palace model.



This striking aerial photograph by Clyde Sundeland shows Treasure Island, San Francisco Bay, of the 1939 World's Fair of the West, adjoining Yerba Buena Island and the San Francisco-Oakland Bay Bridge, a portion of which is seen in foreground. Note World's Fair Palaces under construction on Treasure Island.

Bedroom Lighting Can Be Inexpensive As Well As Decorative



Decorative and efficient is the ceiling fixture used in this bedroom. Inexpensive portable wall lamps supply the needed extra local light at beds and dressing mirror.

By Jean Prentice

BEDROOM lighting that makes full provisions for dressing, facial make-up, and reading in bed, is rare to see—but easy to obtain. And with the new types of fixtures on the market today, it can be quite inexpensive, as well.

A good example of lighting efficiency and decorative balance is shown in the accompanying illustration. Ample general lighting is provided by a simple but attractive ceiling fixture made of ivory-glass and brass, carrying three 40-watt bulbs. It's no trouble at all to find a collar-button or hairpin when light like this is available.

Note the fixtures at either side of the mirror. These are the new portable wall units, sold at many good specialty shops and department stores. Costing little, yet good-looking, they suspend from a push-pin inserted in the wall, are mounted at face height, and carry 60-watt bulbs. Concealed beneath the shade is a translucent plastic bowl that

diffuses the light, and sends it in both upward and downward directions. One advantage of them, among others, is that they leave clear the entire surface of the dresser-top.

Reflected in the mirror is a similar type of unit placed on the wall above the bed. Contrary to early belief, reading in bed is not necessarily harmful to the eyes. When lighting and body posture are correct, it can be a relaxing, comfortable pastime.

Many a boudoir lamp hung upon the headboard of a bed is unsatisfactory, because its light is glaring and its location makes the reader assume an uncomfortable, cramped position. With the new portable wall units, however, we almost unconsciously assume a fairly upright position. The light coming from the unit is properly diffused, and shines into the page, instead of into the eyes. Altogether, it's a vast improvement over most of the types of lighting formerly available for a purpose.

Marie Downing BEAUTY AND ROMANCE

SPONSORED BY LARIEUSE BEAUTY FOUNDATION

The Larieuse Beauty Foundation was established by the Godfrey Manufacturing Company to study methods of preserving women's natural beauty, and to make the results of this research available to the public.

RELAX BY EXERCISING

The text of today's "sermon" is "Relax by Exercising." A great number of people today suffer continually from nervous tension. Exercise will aid materially in remedying this condition. Exercise does two important things: first, it encourages relaxation and second, it speeds up circulation and increases quantity of stimulation. When nervous tensions are relaxed the body functions normally, provided, of course, that the individual is free from any other physical disorder.

A special feature of relaxation after the day's work is completed will revive drooping spirits and help us face the evening's program with some anticipation. The office worker or housewife will profit by the addition of this period to her daily schedule.

A twenty-minute period of perfect relaxation after the bustle and hurry of your every-day business will virtually give you a new slant on life—if you work at it. Most people have a very difficult time relaxing, so give yourself every opportunity to do it right. Precede the rest by a leisurely shower and a set of exercises designed to loosen the nervous tension which has been gathering bit by bit since you awoke this morning. Do not wear binding garments or have your hair up on curlers.

All exercises taken to relieve nervous tension should be performed in an effortless manner. Any good set of stretching exercises performed in a lazy way will serve the purpose. For the back muscles: Stand with feet wide apart and let the trunk fall forward limply, the head and arms dangling loosely. Straighten the body and repeat slowly several times.

Following the exercises lie down on a bed in a quiet unlighted room.

In the most comfortable position you can find and concentrate on relaxing. Start with your feet, then your legs, and so on all over the body, consciously striving to relax until you feel limp and comfortable. Finally you will feel very heavy and perfectly at ease. Warm compresses on the chest will relax the muscles around them. Don't do any mental gymnastics at this time. Try to forget all the trials of the day and think only of your bodily comfort.

This sounds as if it is a great effort to relax. It's true. Few persons know how to relax and the job is worth concentrating on. Once mastered, it is automatic. Exercises done with vigor and enthusiasm, in addition to stimulating the process of elimination of bodily waste, will make you feel young and light on your feet. Here is a splendid exercise to aid you in preserving firm abdominal muscles and a supple waist line. Lie flat on your back on the floor (sure the bed is softer, but—) hands clasped behind the head or neck, legs and feet together. Rise slowly to a sitting position to the count of five. Feel the pull on the abdominal muscles. Slowly return to original position. If this exercise proves difficult at first and you have trouble keeping your feet on the floor, pin them under a chair or bed. Eventually do the exercise unaided.

So, in outlining the beauty program which you are to follow throughout the year, don't forget the important part relaxation should play in your daily habits. And so relax properly, you must exercise—the most effective method of unlimbering tense muscles and stimulating the process of elimination.

MANICURES AT HOME

When you want to look your very best, there's nothing that puts the finishing touches on that dressed-up feeling better than having your nails manicured by a professional cosmetologist. But most girls can't afford to have that done regularly, and in between-times they must care for their own nails. If it is done properly, the manicure you give yourself at home can make your nails almost as attractive as a professional treatment.

Here are a few tips that will help you do a good job:

1. You will need a long, slender nail file, not too rough; an orange-wood stick; cuticle scissors, or cuticle remover; some emery boards; a nail bleaching cream; cuticle cream; polish and polish remover. If that's too big an investment, you can use olive oil instead of cuticle cream, and use pure lemon juice for a bleach, but you will need the scissors, file and orange-wood stick. It's wise to buy a fairly expensive pair of nail scissors, as the cheaper ones are frequently too dull and too poorly made to cut properly.

2. First file the nails to the desired shape. Remember what we learned in the last column—long nails are for long fingers, and shorter nails for shorter fingers. Don't soak your hands in water first, but do your filing while they are dry and the nails are stiff. Don't scrape the file back and forth, but stroke in an upward direction, toward the tip of the nail. File the file toward the under side of the nail a little bit—this helps shape the nails evenly, and helps get under the corners. When the nails are shaped properly, give them a few strokes with an emery board or file downward

across the edge of the nail to remove the loose bits of nail which will be clinging to the edge.

3. Soak your hands in warm, soapy water to loosen the dirt. If you have a stiff handbrush, scrub the nails with it. This keeps the skin under the nails healthy, and gives it an attractive tint.

4. Clean the nails with the orange-wood stick. Never use the point of the file, as this will make a line across your nails. And your orange-wood stick should have a dull point—if it is too sharp, twist a bit of cotton around it.

5. Soak the cuticle (the skin around the bottom of the nail) with your cuticle cream, or with olive oil. Then, with the cotton wrapped around your stick, gently push the cuticle back of the nail so that the "moons" will show at the base. If there are any loose bits of cuticle, or "hang nails," clip them off with your scissors, or remove by applying cuticle remover. (Many women are warning that the use of cuticle remover is preferable to the use of scissors.)

Hornets Lose To Florida

MONTGOMERY, Ala., Oct. 10.

In a game marred by excessive penalties and costly miscues on the part of both contestants, a much improved but over-anxious Alabama State Teachers Hornets eleven bowed before the assault of the visiting Florida Rattlers 7 to 0 in a weird game filled with alternately thrilling moments and heart-breaking losses of opportunity.

The scoring of the evening was all over within the first three minutes of play. Favored by a short Florida kickoff which gave them the ball on their own 43 yard line, the Hornets proceeded to lose the ball by the fumble route on the second play from scrimmage. A few seconds later,

Butler ran the ball from the wide-field stripe 44 yds. to the Hornet 6 where the Hornets held them for no gain on their first trial for a marker. The Hornets were offside on the next play and on the Rattler second attempt from the 1 yard stripe, Butler went over for the touchdown. James converted. James, Butler, and Jones of Florida and William Peters, and Archie of Alabama State filled the rest of the evening with thrills as they saw-sawed the oval back and forth biercing many times into pay-off territory only to have their hopes snatched from them by penalties for off-sides or holding. Several plays were completed for nice gains in compiling tremendous yardage for naught.



Among the clothes which Americans have been ordering recently for private wardrobe to be taken back to America with them are suits and coats sketched above. The sports costume at the right, worn over a scarlet woolen consist of a biege diagonal shet-suit. The reofer is marked by interestingly strapped seaming, in a curved yoke-and-panel formation at the back. At the left is a brown suit of heavy monotone tweed green revers and jumper, ever which is worn a topcoat of checked tweed.

COLLEGE WOMAN MAKES "MIRACLE" PRODUCTS

A young college woman, experimenting with a formula which suddenly "came to" her as she went about her work teaching home economics in the South, found "MIRACLE," a miracle which rules the hair.

Does your scalp perspire? Does your hair kink or roughen when exposed to water and perspiration? Is it uneven, short, stubborn and hard to grow? Do you have bald spots?

From the Elizabeth Esther Laboratories, 132 W. 125th st. New York City, established by Miss Elizabeth Parham, we'll know writer on home economics topics, come the following "miracle" products for milady, that may be had for 35c each, or any four for \$1 plus 15c postage: MIRACLE Vio-Sun-Ray Hair Grower; MIRACLE Waterproof-

The game probably set a record for penalties with the Hornets absorbing 100 yards for their infractions to 115 yards for the visitors.

This was the late home appearance of the Hornets until November 5. They take the road on three successive weekends playing Morris Brown at Columbus, Ga. Saturday Oct. 16, and S. C. State at Orangeburg, and Ky. State at Birmingham in the order named.

ing Hair Cream; MIRACLE X Non-Periprant for the Scalp; MIRACLE Waterproofing Hair Oil and Wave-Stay; MIRACLE Waterproofing Pressing Oil; MIRACLE Waterproofing Marcelling and Curling Wax; MIRACLE Finger Waving Soap; MIRACLE Special Scalp Medicine; MIRACLE Man-Gro-Slick (for men).

These products, the first to be placed on demonstration in white stores in 125th street, New York City, have stood up under all tests. Give this young college woman a chance to prove her products to YOU. Send an order to Elizabeth Esther Laboratories, 132 West 125 street, N. Y.

SWORN IN AS CHIEF BUYER OF CHEMICALS FOR NEW YORK

NEW YORK, October 14.—Maurice Moore, 33, of this city, was sworn in this week as the chief buyer of chemicals and drugs for the city of New York. The position pays \$4000.

Mr. Moore, a graduate of Fisk and Columbia universities, took the civil service examination for the position, making the highest mark, 86.76. Of the 141 men who took the examination, only nine passed and the next highest mark to that of Mr. Moore's was 83.86.

The new chief buyer is the head of his own firm, the Davis

Lincoln Swamps National Champs

LINCOLN University, Jefferson City, Mo., Oct. 9.—Displaying a brilliant heads-up brand of football from the opening kickoff to the final whistle, the Lincoln U Tigers today upset all advance predictions and fought their way to a 24 to 0 victory over the 1936 Negro National Collegiate Football Champions, the West Virginia Yellowjackets from Institute, W. Va. A series of deceptive plays leading to long end runs, an intercepted pass, a short line plunge, and a long forward pass accounted for the four touchdowns for the Tigers, who successfully avenged the 27-0 defeat at the hands of the West Virginians last year.

An unflinching defense and a set of capable ballcarriers told the story today before an anxious crowd of Lincoln rooters who rivaled the team in exhibiting a spine-tickling improvement over all previous performances.

The start of the game marked the first of what will be Annual Curator's Day when Dr. William J. Thompkins, member of the Curators and Recorder of Deeds for the District of Columbia, threw out the ball to the referee for the opening of the same. The majority of the members of the Board of Curators, including Attorney McClellan of St. Louis, president of the board, were in attendance at the game.

The razzle-dazzle mode of play announced by Coach Kemp earlier in the season, as the line of attack to be followed in the games this season played, a prominent part in the scoring. Frequent criss-crosses, laterals and forward passes sent players scrambling all over the field in pursuit of the elusive ball.

Jail 3 For Labor Interference

FORREST CITY, Ark.—(AP)—Sheriff J. M. Campbell arrested three Negroes after E. Bledsoe, white farmer of Roundbound said the trio threatened colored cotton pickers on his plantation with whipping unless they quit work until they were paid one dollar a hundred.

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