

LIBERTY MARKET
AT 5 POINTS
GOVERNMENT INSPECTED MEATS

Butter BROOKFIELD OR CLOVERBLOOM **27c**

Lard 4 POUNDS OR CARTON **39c**

BEEF ROAST CUT FROM WESTERN BEEF **14 1/2c**

Steak ROUND OR SIRLOIN POUND **19 1/2c**

Pork ROAST CHOPS 22c lb **16 1/2c**

Veal CHOPS 12 1-2c lb ROAST **14 1-2c**

Lamb SWIFTS lb PREMIUM SHOULDER **9 1-2c**

Spare Ribs Lb. **14 1-2c**

PIG FEET — 6 1-2c PIG TAILS — lb 12 1-2c **8c**

NECK BONES — 7 1-2c CHITTERLINGS **8c**

OYSTERS Pl. **17 1-2c**

Social Notes

MRS. LOWE TO ENTERTAIN MOTHERS CLUB

The opening meeting of the Mothers Club was held at the home of Mrs. Mildred Kney. The next meeting will be at 801 Elizabeth Street with Mrs. Lottie B. Lowe hostess.

SURPRISES HUSBAND ON BIRTHDAY

Mrs. Doris Holland helped her husband, Excell Holland, to celebrate his birthday on Wednesday, October 19, by giving a surprise party at their home in his honor.

About thirty persons attended this delightful party, and spent the evening playing cards and dancing. Toward the end of the party punch, sandwiches, minis, peanuts and cake were served.

WEST DURHAM

Misses Ethel and Ruth Stanfield were guests of Mrs. J. A. Norris of Shirley Street at a birthday dinner given in honor of Miss Ethel Stanfield.

Mrs. Martha Williams has moved into her beautiful new home on Pettigrew Street.

Mrs. Rosa Stanfield Holloway, who is a teacher in Danau School spent the week end at home.

Misses Emma, Ethel, and Lena Watson of the Terrell Creek Community were the guests of Mrs. Rosa Holloway and Miss Ethel Stanfield.

ENTERTAINS MOTHER ON BIRTHDAY

Tuesday, October 4, Mrs. Lucy Gates of 104-Cobb Street entertained her mother, Mrs. Bullock, with a delightful birthday party at her home. The home was beautifully decorated and a number of friends share the festivities.

A surprise birthday party was given by the Safford Drama Club at St. Joseph A. M. E. parsonage 800 Fayetteville St. in honor of Mrs. Valentine who is the club's sponsor.

Those present were: Mrs. Earle Grandy, Mrs. Sylvia Markham, Mrs. Arlab Hines, Misses Annie Mae Tucker, Catherine Burnett, Thelma Spaulding, Elizabeth Moffitt, Mary Holloway, Mary Baines, Chancy and Florence Weaver. Messrs. Lawrence McCLOUD, Alexander Link, W. S. Taylor, Milton Johnson, and Rev. J. A. Valentine.

SILVER MOON CLUB

The members of the Silver Moon Club were entertained at the home of Mrs. Preston Edwards Thursday evening October 17th. Bingo was the main game for the evening and Mrs. Edwards served a delicious punch followed with Chicken salad and other tasty dishes.

At the close of the meeting each member presented Mrs. Edwards with a useful gift and it was her birthday. The gifts came as a complete surprise to her.

SPAUDING HEADS HALLOWE'EN COMMITTEE

L. J. Spauldin, Durham business man, has been named head of the committee which will arrange for the Halloween festivities for Durham's colored citizens.

On Halloween night, Monday Oct. 31, Fayetteville street will be closed to traffic between Fowler Avenue and Pettigrew St. for the 'spooks' to have their fling, and during the evening judges will select the most unique costume. The winner will be crowned "Miss Halloween."

CALVIN DIGEST

(Continued from page four) Accommodation in any part of Germany today. During my several visits in Germany, I found no land freer from color prejudice.

Catholic Germany was equally free from color prejudice. St. Maurice, one of the most popular Catholic saints of Germany is everywhere depicted as an un-mixed Negro. He is also patron saint of the city of Coburg.

The term, Nordic, is often used as a symbol of race prejudice. But the true Nordics, the Danes and the Scandinavians, are delightfully free from it. France, too in spite of the American invasion, still remains

Dental Needs—

(Continued from page four)

stead fast a clean mouth—and sound well cared for teeth are positively essential to perfect health, even to the average of good health, and that such teeth, used to masticate the food as intended by nature, will go a long way towards inducing and conserving that degree of health.

If we would intelligently care for the teeth we must first learn some thing about them. The mother should know how many there are in the first or temporary set and what they are; how many there are in the second or permanent set and when they are erupted or cut; the relation of the first set to the second. It will perhaps aid all young mothers to remember that the number of the first or temporary set of the child if they associate them with the fingers and toes. Ten fingers, ten temporary teeth in upper jaw; ten toes ten temporary teeth in lower jaw.

Usually by the second year end all the first teeth are in place and should remain in healthy condition until the permanent teeth are ready to replace them. In the case of the child whose mouth has been kept in a wholesome clean condition the temporary teeth are pushed out by the erupting permanent ones. All teeth making their appearance after the third year are permanent and the first large tooth appearing in the bark jaw may be considered a major event in the child's life.

Upon the first permanent molar or six year molar (so called since it makes its appearance around the sixth year) depends the regulating and shaping of the jaws and face contour in general. There are four of these six year molars lower right and left, and upper right and left. Due to the fact that these appear while the temporary teeth are still in place has caused many parents to consider them as only temporary equipment. As to the care of

the teeth for the mother to properly instruct the child she must first know herself—and she must instruct. The teeth should be scrubbed using either powder or paste use the brush as you would a scrubbing brush on the kitchen floor or in your bath tub. Do not use the brush cross wise of the teeth. You will only touch the high surfaces that are kept automatically clean, and decay may be worked by sawing cavities in the teeth at the gum line. Begin by brushing from the gum line down in the upper and from the gum up in the lower. Scow the surfaces in all directions bearing in mind that the tooth surfaces hardest to reach demand the most brushing and attention.

Remember that the mouth is a veritable breeding ground for disease germs it possesses both moisture and uniform temperature and that they multiply with alarming rapidity if left undisturbed while the raking, scraping given to them by the proper use of the brush and disinfectant germicides in the form of dentifrice and mouth washes prevent their increase almost wholly. A larger proportion of the cavities in teeth start between them, where the brush however skillfully used, can not reach. To thoroughly clean these spaces is therefore of utmost importance. For this, waxed floss silk should be used. The floss is inserted between the teeth and drawn back and forth until these surfaces are perfectly clean. In spite of the best care we are able to give the teeth deposits and stains slowly form on them in most cases, and there will be some decay.

Therefore it is necessary to visit the dentist at regular intervals. The frequency of these visits should be governed by the individual needs and should be left to the knowledge and judgment of the dentist. These visits should never be less than twice a year. In closing just a word as to why teeth decay an illustration will aid in making the point clear. If a drop of one of the highly caustic acids is spilled upon the marble top of dresser or wash basin, it boils and bubbles, and if allowed to remain will dissolve out the lime and leave the surface dark and roughened. Nearly every student is familiar

with the old experiment of pouring an acid on a marble top to show how it bubbles and bubbles until the acid has dissolved the marble and the normal acid of the mouth. Decay of a tooth is caused by a similar process of dissolving the lime. The lime in the tooth is eaten by an acid, this acid is known as lactic acid, it is the acid present in sour milk. Its presence in the mouth is due to the fermentation or souring of food particles adhering to and between the teeth. In the mouth, uncleaned for the teeth are bathed in this acid practically all the time the acid is at work dissolving out the lime salts in the teeth just as the acids do with marble and the egg shell. This clearly shows why tooth start to decay at those points hardest to keep clean, and rarely on the exposed surfaces.

The Dental Committee of the Nat'l Dental Association is composed of the following, each of whom in some way is trying to carry the message of tooth health to those of our group in their respective communities:

Dr. Roscoe Brown, U. S. Health Service, Chairman, Washington, D. C.

Dr. S. J. Cullum, Houston, Texas.

Dr. A. S. Hunter, Durham, North Carolina.

Dr. L. B. Meriwether, Indianapolis, Ind.

Dr. J. B. Singleton, Nashville, Tenn.

Smith—

(Continued from page 2)

ments of the second quarter, Creecy recovered a 8 m : t h fumbled ball and ran 57 yards for a touchdown. The extra point was missed. A twenty yard gain on pass by Smith brought the half to an end.

At the half the official crown of "Miss Johnson C. Smith" took place. President McCrorey crowning the Queen as the members of the Freshman Class formed the letters Smith U. in the background. The Alumni presented flowers to the Queen and the President of the local Alumni Edward H. Brown, gave a toast which was responded to by Dr. McCrorey and Miss Lou Emma Pogue who was "Miss J. C. Smith a mock funeral in which the image of Shaw was buried, read out the entertainment at the ball.

AN EXPRESSION

Of

APPRECIATION

To The

BUSINESS INSTITUTIONS AND FRIENDS OF

North Carolina Mutual Life Insurance Company

Who So Graciously Extended Greetings On The Occasion

Of Our 40th Anniversary

WE TAKE PRIDE IN THE FACT THAT THE AFFAIRS OF THE COMPANY HAVE BEEN SO CONDUCTED AS TO MERIT THESE EXPRESSIONS OF COMMENDATION.

ON OUR 40th ANNIVERSARY THERE IS MUCH FOR WHICH TO BE THANKFUL. WE VALUE THE GOOD WILL OF OUR BUSINESS FRIENDS, POLICY HOLDERS, AND THE PUBLIC. AND SHALL STRIVE DURING THE COMING YEARS TO CONTINUE TO MAKE THE FUTURE FINANCIALLY SECURE FOR ALL WHO AVAIL THEMSELVES OF THE FACILITIES WE HAVE TO OFFER.



NORTH CAROLINA MUTUAL LIFE INSURANCE COMPANY
C. C. SPAULDING, President
Durham, North Carolina

"NO HOME IS COMPLETE WITHOUT NORTH CAROLINA MUTUAL POLICIES"

Progressive Stores, Inc.

"NORTH CAROLINA STORES FOR NORTH CAROLINA PEOPLE"

712 FAYETTEVILLE STREET DURHAM—603 N. GREGGSON ST.
1013 CHAPEL HILL STREET 600 ROXBORO STREET

SPECIALS FOR FRIDAY and SATURDAY OCTOBER 23rd — OCTOBER 24th

HEALTH AND BEAUTY SALE CONCENTRATED Large size — 23c SUPER SUDS Med size — 10c PALMOLIVE SOAP 4 FOR 25 CENTS Octagon Soap — 5 for 12c Octagon Powder — 2 for 5c Octagon Chips — 2 for 18c Octagon Cleanser 3 for 15c Octagon Granulated — 2 for 19c	PROGRESSIVE Coffee Lb. 17c	HOT BREAKFAST Coffee Lb. 15c
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Jewel Shortening 8 Lb. Carton 82c

Southern Belle Oleomargaine, Pound 12 1-2c	Fat Back Meat, 3 Pounds — 25c	Kraft Cheese, 2 Pound Box — 47c	Ga. Dessert Peaches, 3 No. 2 Cans — 25c	Superfine Midget Peas, No. 2 Can — 17c	Pumpkin, Large Can — 10c	Green Beans, 4 No. 2 Cans — 25c	Mayfield Corn, 4 No. 2 Cans — 25c
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Cream of Wheat Pure Lard 50 LB. STAND \$4.79 25 LB. STAND \$2.65

28 Ounce Package — 25c	14 Ounce Package — 15c	PROGRESSIVE SALAD DRESSING Half Pint Jar — 10c Pint Jar — 18c Quart Jar — 27c	Pink Salmon, 3 cans — 23c	Baby Lima Beans, lb — 5c	Evaporated Apples, lb — 10c	TOMATOES 4 No. 2 Cans — 25c
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Corned Beef No. 1 Can 17c

Fresh Fruits And Vegetables

YORK APPLES, 10 POUNDS — 10c	Fancy Fla. Oranges Doz. — 15c	Fancy Tokay Grapes, 3 Pounds — 20c	Fla. Grapefruit, 3 for 10c	BANANAS, POUNDS — 5c	Fresh Green Cabbage, 1 Pounds — 10c	NUMBER ONE Cobbler Potatoes 10 Pounds — 17c	CELERY, LARGE STALK — 7c	LETTUCE, Large Hard Head — 7c	CAULIFLOWER, POUND — 7 1-2c
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