

A 3-Point Health Program For Every Durham Family!

1. PROPER REFRIGERATION.
2. PROPER MEAL PREPARATION.
3. HOME LIGHT CONDITIONING...

...It's SIMPLE and EASY with a

New Westinghouse Electric Range

- 1 You get the right heat every time from 5-Speed Control units—clean, electric heat.
- 2 Cook complete meal for 5 people in Economy Cooker—for about 1 cent.
- 3 Control big True-Temp Oven by Single Dial. Balanced Heat automatically maintained.
- 4 Start and stop oven automatically with Timer Clock. (Extra on some models.)



Exclusive Single-Dial Switch reduces or shuts off heat automatically.

BUY THIS BEAUTY

FOR ONLY **\$10.00** Down

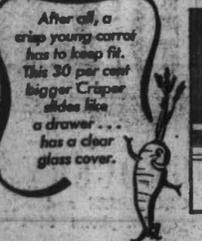


COME IN—LEARN HOW EASY AND SIMPLE IT IS TO PREPARE MORE HEALTHFUL MEALS.

Get KELVINATOR



I'm headed for that big dry vegetable bin. Holds more than a bushel. And they tell me even the lamb chops have their own special Meat Chest at near-freezing temperatures.



After all, a crisp young carrot has to keep fit. This 30 per cent bigger Crisper slides like a drawer... has a clear glass cover.



The Magic Shelf has 5 easy finger-tip adjustments—makes room for big bottles and bulky foods.



"Homework's been pretty tough lately. Guess it was because my eyes hurt. But since Mom took out that 25-watt bulb and put in that big 100-watt in my study lamp, I sail right through my work."



The whole family is pretty happy about this better light. It does make a world of difference in the way you see and the way you feel...and best of all, it costs only a few pennies an evening.

Here is a sound, practical health program which the average Durham family can achieve.

First, be sure your foods and liquids are adequately protected by refrigeration. Second, take advantage of the new modern method of meal preparation - electric cooking. Seal in those valuable minerals and vitamins.

Third, light condition your home. Poor lighting cheats your eyesight. Poor lighting causes unnecessary accidents. Poor lighting creates a gloomy atmosphere. Good lighting guards your eyesight. Good lighting helps avoid accidents. Good lighting creates a cheerful atmosphere.

DURHAM PUBLIC SERVICE CO.

"YOUR FRIEND FOR BETTER LIVING..."

MEMORIALIZED



Mrs. Millie Markham, deceased wife of the late founder of S. Joseph A. M. E. Church who will be memorialized Sunday, March 30, when the membership of the church will close a rally in an attempt to raise \$6,000 for the purpose of building a \$35,000 annex to the present structure of the church. Rev. Edwin Markham, founder of the church, was its first pastor.

HITLER FORCES BRITAIN Every activity of mankind has its tricks and none is better known than the ancient device of speakers, the setting up of straw men for the purpose of tearing them down, bravely.

Mr. Padmore asserts that the total collapse of France was followed by the British of the effect of their color discrimination. He declared that the imminent danger of German invasion has forced the British to abandon the color line and welcome all defenders, regardless of race or color.

HENDERSON CHURCH CHOIR (Continued from page seven) At the conclusion of the evening's program the choir presented its director a golden key in token of their appreciation for his long years of faithful service.

Prof. Johnson of this city spoke briefly during the program.

We appreciate, more than we can state, the kindly expressions of those who are nice enough to say that we are publishing a good newspaper and we are not mad with those who say nothing but send in their checks.

MODEL LAUNDRY

and
DRY CLEANERS

PHONE N-171

SANTONE

...Marie Downing BEAUTY AND ROMANCE

SPONSORED BY LARIEUSE BEAUTY BUREAU

The Larieuse Beauty Bureau 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.

The other day I saw a young woman step into an office reception room with a long, lithe stride, head up, chest and shoulders high—a wonderful example of correct posture and carriage.

She strode over to a chair and sat down, alas, but how she sat down. She looked like a sack of potatoes thrown in a corner. She slumped down and practically folded up. Gone was that fine posture, that proud carriage.

Some people take a lot of pains with their posture when they walk down the street, but neglect it when they are standing or sitting. Posture is something we should think about all the time, not just part of the time. We should sit straight, stand straight, and walk straight. Then and only then will nature begin to do something about your figure. You know it is said that one of the best ways to achieve a slim waistline is to keep the stomach in... and up! Some of the most effective exercises for the waist consist primarily in stretching the stomach muscles... in and up. Army men found this out a long time ago, and before long we will see the effect of army training on the physiques of our young men who have been called from farm, shop and office for military duty.

It is surprising how closely related posture is to our emotions and spirits. Watch yourself or others when spirits are low. The chest tends downward and the body more or less hangs itself on its frame. But when we are buoyant and excited, the chest expands and lifts. Our entire body expresses self-

assertion, courage, animation and heartiness. For this reason, we can stimulate physical and mental well-being by an erect carriage. This means much to a woman's appearance these days when curves are the vogue. Thank goodness, the sophisticated slouch went out several years ago.

I have always contended that any woman, young or old, can make herself smart and attractive if she will look to her carriage, to her make-up, and to her hair. A good carriage will make a slim woman appear to fill out, and will serve to streamline one who has a few too many curves.

Take either the slim or not-so-slim woman with poise and vitality in her carriage, give her the right kind of make-up, and you have what the fashion experts call a woman chic, smart and stylish.

Both these things are so easy to accomplish. One calls for a little discipline of the body. The other calls for a little study of the art of make-up, selection of right powder, rouge, etc., and applying it correctly. Too much powder, too bright a rouge, wrong shade of lipstick, and an unnatural effect. Proper and careful application of these most important items are the search for beauty.

What are your beauty problems? Write: Marie Downing, Larieuse Beauty Bureau, 3509 Lindell Blvd., St. Louis, Mo., and she will be glad to answer them. Be sure to enclose a self-addressed, stamped envelope.

Notes and Comments

Threats seldom accomplish amiable settlements but sometimes they help.

Courtesy is too cheap for some people to be interested in.

Life would be more enjoyable if more people tried to enjoy it.

Businesses go to pieces when the brains of the executives go to sleep.

Baruch says priorities' timing would end bottlenecks.

In about ten years there will be a Congress to vote another disarmament parade.

Believe it or not, Winter is about over; you can begin to make your plans for Spring.

Scarborough & Hargett

FUNERAL DIRECTORS

AMBULANCE SERVICE

Phones: Day J-3721, Night J-3722 522 E. Pettigrew St.

HOUSES for RENT

No.	ROOMS	ADDRESS	WEEKLY RATE
3		408 St. Joseph Street	3.50
2		6 Adams Court	\$ 2.50
2		8 Adams Ct.	2.50
		509 Dowd Street (Store Bldg.)	6.00
2		1010 Fayetteville Street (Spt.)	15.00
3		1204 Hanover Street	3.00
2		1209 Merrick Street	2.00
2		1213 Merrick Street	2.00
3		511 Mobile Avenue	3.00
5		605 Mobile Avenue	6.00
2		108 Piedmont Avenue	2.25
5		418 Piedmont Avenue	5.50
4		514 Proctor Street	5.00
2		517 Proctor Street	2.50
3		521 Proctor Street	3.50
3		514 Ramsey Street	3.75
2		604 Ramsey Street	2.50
2		612 Ramsey Street	2.50
2		408 Roney Street	2.00
3		410 Roney Street	3.00
3		416 Roney Street	3.00
4		303 1/2 Sowell Avenue	4.00
6		821 Third Street	4.00
3		714 Whitted Street	3.00
3		724 Whitted Street	3.50

Union Insurance and Realty Company

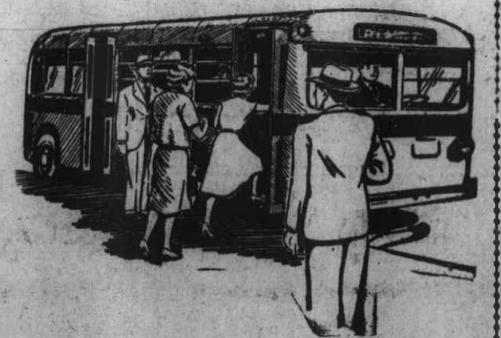
REAL ESTATE--RENTING--INSURANCE
REPAIRS AND BUILDING SUPPLIES

DURHAM NORTH CAROLINA
PHONE J-6521

Save Time and Money

By Relaxing in the

BUS



GOING TO AND FROM work can be a pleasure if you ride the bus. You get home earlier.

Durham Public Service Co.