THE WOMAN'S PAGE

DURHAM SOCIAL NOTES

HILLSIDE WILL OBSERVE NATIONAL NEGRO HEALTH WEEK

The Home Economics Department of Hillside Park High School is launching the annual clean up and health campaign, March 30 to April 6. During this campaign the school building, yards and homes of each student will be cleaned and made more beautiful. Each citizen of Durham is asked to cooperate in making this campaign a success by cleaning and beautifying his or her home thereby, making it a more healthful place in which to live.

During the week three chapel programs will be rendered at school concerning health. Pastors of the various churches of Durham will mention health in their sermons.

CALENDER SCHEDULE

SUNDAY MARCH 30

Churches

MONDAY MARCH 31

Chapel Program
Personal Hygiene and First Aid (Original playet)
Speaker, Miss Gary, Lincoln Hospital

TUESDAY APRIL 1

Chapel program
Sponsor Miss V. L. Jones

WEDNESDAY APRIL 2

Chapel program
Health program
Speaker, Dentist of the city
Sponsor, Miss P. M. Whitted

THURSDAY APRIL 3

Personal Hygiene Day
Boy's Assembly
J. A. Christmas in charge

FRIDAY APRIL 4

Inspection day

The Jlia Warren Circle met Sunday afternoon at 4 o'clock at the home of Mrs. Julia Warren.

It has been announced that the Greater Service Workers of Durham will hold a conference and Pew Rally, Sunday, March 30 at 4:30 at White Rock Baptist Church, for the purpose of trying to secure Laundry Equipment for training those who desire in tdis field.

The Satterfield Davis Dramatic Club met at the home of Mrs. J. A. Valentine, Wednesday March 26.

The Solmon Temple of Elks and Bull City Lodge presented a Mock Wedding at St. Joseph AME Cdurch, Monday night, March 21 for the benefit of the Annex Fund.

MANHATTAN CLUB

The Manhattan club sponsored the Intra Club Acquaint dance last Thursday night at the Chauffeurs Clubroom, which was a very swell affair as had been predicted. The clubroom held a capacity crowd as Scrappy Joe and his Swing Ola gave music for the occasion. Soft lights were used and the night with the Manhattaners was well spent.

The Hillside Park High School Band under the direction of W. H. Coles entertained a large group Monday night at the Burton Elementary School for the benefit of the First Grade Mothers' Club.

PHYSICAL EDUCATION DEPARTMENT GIVES PROGRAM

Miss Vivian Merrick and her Physical Education class and Mrs. Lusybil Taylor of North Carolina College, who were guest of the First Grade of which Mrs. M. A. Watson is instructor entertained the student body Friday morning, March 24th with a program which was highly enjoyed. Mrs. E. R. Merrick also accompanied the group.

A MEATLESS DINNER

now and then is relished by the best of men

Dorothy Greig

A MEATLESS dinner does not necessarily mean dining on a nibble of spinach. A meatless meal can be satisfying. And it will be if you replace meat with another high protein food . . . such as eggs, fish or cheese.

Shrimps á la King with curried rice—a main course for a meatless meal

In fact, when such a meal is carefully planned, meat will never be missed, and the members of the family will rise from the table content.

For the main dish in the dinner outlined here we have chosen shrimps because they are meaty and substantial to bite into and because they have lovely flavor. Also, either canned or fresh, shrimps are available to us all.

Chilled Tomato Juice

** Shrimps á la King with Curried Rice*
Buttered Green Peas
Cabbage Salad
Bread and Butter

Gingerbread and Whipped Cream
Coffee

Here is the recipe for the shrimp dish. In this, eggs are mixed with the shrimps in a rich, creamy and utterly delicious mushroom sauce.

Shrimps á la King with Curried Rice

1 tablespoon butter
¼ cup green pepper (cut in strips)
1 can condensed cream of mushroom soup
4 tablespoons milk
1 can (5½ ozs.) shrimps
3 eggs, hard-cooked

Cut the green pepper into strips about 1 inch long and ⅛ inch wide and cook in the melted butter. Then add the cream of mushroom soup and stir well, gradually add the milk and heat. Add the cleaned shrimps and heat in the sauce and just before serving add the sliced hard-cooked eggs.

Curried Rice

2 tablespoons butter
1 teaspoon curry powder
4 cups cooked rice
Egg slices for garnish

Add the curry powder to the melted butter. Then add the cooked rice, heat and mix well. Pack the curried rice in bottom and around sides of casserole dish or serving dish. Fill the center with the Shrimps á la King. Garnish the rice ring with egg slices. Serves 6
Note: Buttered rice may be substituted for curried rice.

Service . .

You will find our SERVICE complete to the smallest detail. Our years of experience enable us to anticipate your need and therefore serve you better.
"Thoughtful Attention To Even The Smallest Detail"

AMEY'S FUNERAL HOME

401 Pine Street — 24 Hour Service — Phone J.2971

Suggestions For Shrubs

Most shrubs should be planted about three feet apart so that they will not crowd each other and should be arranged about the house so as not to give the impression of the house being set down in a wilderness of planting. The foundation of the house should apepar in certain places. Shrubs should be pruned so that they will not become obstructions to the view and will retain their natural character.

HEALTH WEEK MOTIVE EXEMPLIFIED

Young Girl Scout, chosen in the nation's capitol as one of the official symbols of this year's observance of National Negro Health Week. The attitude of the Girl Scout, above, represents this year's preparedness theme.

We have never been able to understand people who, without any obligation of duty, seek to injure people for their misdeeds.

* * *

The funny thing about life is that those who bemoan their inability to teach the people anything continue to try to do the impossible.

Aid to Great Britain and Greece is only justified when we believe that Great Britain and Greece are aiding mankind and particularly the United States of America.

Serrano Suner proclaims devotion of Spain to the AXis.

●

Farms are geared to rush aid, Agriculture Department says.

IN THE SHADOW OF THE STARS

By Abbe' Wallace

YOUNGEST MENTALIST ON THE AMERICAN STAGE

Note:—YOUR QUESTION WILL BE ANSWERED "FREE" IN THIS COLUMN. For a *"Private Reply"* . . . Send only 25c for my new ASTROLOGY READING & LUCKY DAY CHART and receive by return mail a confidential letter of *Free Advice* analyzing three (3) Questions privately. Sign your full name, address, and birthdate to all letters, and please include a self-addressed, *stamped* envelope for your reply. *Send all letters to: ABBE' WALLACE, care of*

CBC — I feel that I am in a position to buy me a little home now and I wish to know if it would be a good idea? Do you think I should wait awhile?

Ans: The sooner you get into a place of your own and begin paying on it the better. The place you have chosen seems to be such a nice location and the price of the place seems to be within your means. Go ahead and sign up for it.

JEG—I'm writing in behalf of me and my husband. We haven't been getting along well for the past month, in fact since we married. It seems that he can't leave a girl alone that he went with before we married. We are separated now but he insists on keeping me up, but I don't want him to if we don't live together. What must I do?

Ans: — You are quite right in in wanting come to an agreement once and for all about this outside girl. Tell him frankly when he feels he can leave her alone permanently you will return to him, but not before. Your husband loves you but this other girl is after him and he doesn't seem to know how to resist her charms. He doesn't love her if he did he would have married her instead of you.

CR—I have been thinking of leaving town pretty soon to look for a job and I want to know which direction I should go?

Ans: A change of towns is not the thing for you. You are living in a big city now and you could not possibly better yourself by leaving. I do think that you need to look for a job instead of sitting around so much talking about wanting work. Register at the agencies advertise in the papers get out and make personal calls and you will find something to do.

HTT — Is this natural fat or not and please tell me what to do quick,

Ans: I recommend you calling on your doctor for a checkup. He can tell you exactly what to expect. Your guess is wrong.

GB—I love my wife and try to do the right thing by her like giving her nice things and carrying her out to places to have fun. Everytime we go out she will get with someone and get drunk before I know it and I want to know what to do as I don't drink?

Ans: — It's a good thing that you don't drink with a wife who can't control herself after she has a couple of little drinks. In a case of this kind you must be

(Continued on page eight)

Lemon Juice Recipe Checks Rheumatic Pain Quickly

If you suffer from rheumatic, arthritis or neuritis pain, try this simple inexpensive home recipe that thousands are using. Get a package of Ru-Ex Compound today. Mix it with a quart of water, add the juice of 4 lemons. It's easy. No trouble at all and pleasant. You need only 2 tablespoonfuls two times a day. Often within 48 hours — sometimes overnight — splendid results are obtained. If the pains do not quickly leave and if you do not feel better, Ru-Ex will cost you nothing to try as it is sold by your druggist under an absolute money-back guarantee. Ru-Ex Compound is for sale and recommended by Good Drugstores Everywhere.

It's Time To Plan For Spring Remodeling

It's time for spring thinking . . . Time to start planning the repairs and improvements that the old homestead needs. Changes can be easily paid for in small monthly payments under the home modernization plan of the FHA.

Sarting at the top of the house, check the roof. Worn, split, curled warped shingles are signs of coming stains on the ceiling. Don't buy buckets; buy a new roof. And this time, make it a fire-resistant one.

Take a good look, then, at the house windows. Loose, putty, bare paint, broken sash that destroy more windows than time and use combined. Extend the physical check-up to these too: screens, awnings, basements stairs, electrical outlets, plumbing, heating plant, chimney, porch posts and railings, fences.

QUESTIONS and ANSWERS . . .

Q. The color of our wood-shingled roof is beginning to fade. How can it be renewed?

A. A shingle stain of the same color as that originally used may be applied over the shingles. The stain should be applied in a thin even coat. The shingles should be thoroughly dry. Prepared shingle stains can be obtained at most paint dealers.

Q. I wish to change the color and texture of an existing stucco wall by applying a new stucco coat. The persent stucco is in good condition. Should any treatment be given the wall before applying the new stucco?

A. Wet the existing stucco and then clean with a solution of one part muriate acid and six parts water. The surface should be washed thoroughly to remove all traces of the acid and then allowed to dry. Moisten again prior to applying the new coat. If the existing stucco is smooth it will be necessary to apply two coats, dashing on the first coat to establish bond. Otherwise the new finish may be a single coat applied with a trowel.

Q. I have heard builders use the term "bearing wall." What does this mean?

A. Bearing walls are used to support the ends of floor joists and roof rafters. Non-bearing walls or partitions act merely as screens or separations between

National Health Program Strengthens Home Defense

KEYED to the fundamental premise that no army is stronger than its home front, a vast new plan to co-ordinate all health and welfare agencies in America is now under way.

Under the direction of Paul V. McNutt, Federal Security Administrator, every man, woman and child in America will benefit from the scientific tests and health measures which now safeguard the Army and Navy. Writing in the April issue of Cosmopolitan magazine, Donald E. Keyhoe states that all information being compiled by the best medical corps working for the Army and Navy will be available to citizens.

According to Keyhoe, Mr. and Mrs. America are already getting the dividends of the national emergency-defense program through the Selective Service Act. Thorough physical check-ups on prospective draftees have brought to light America's medical needs and steps to cure tuberculosis, venereal and dental diseases and malnutrition have been taken.

In his article Keyhoe stresses the point that men who have been rejected as unfit for Army service are receiving treatment either by private doctors or government agencies, because in the all-out defense program health is a vitally important item. In the Army a strict health procedure is followed. Stooped shoulders are straightened, inadequate diet corrected, mental inertia banished by classroom work. Even men whose health was par will return from service toughened, more competent.

During the last war Keyhoe says, comparatively little attention was paid to the mental health of soldiers, but this important factor has not been overlooked in the current defense effort. In addition to an I.Q. given every inducted soldier, specialized tests have been administered to discover mental ailments such as inferiority complex, split personality, and other quirks of the mind. The questions used by army experts have been prepared for business use to aid in the selection of men for industry. Diet education prepared under the national program will also be available to all the housewives of America to raise nutrition standards.

Linked with the medical-nutrition phase is another health plan to organize the nation for community sports. All youth organizations, Keyhoe reports will be asked to join in awakening America to this chance for better health. If the present plan proves successful, Doctor Thomas Parran, Surgeon General of the United States Public Health Bureau, believes that a ten year addition of the present span of life is within our grasp.

CHARLOTTE SOCIAL NOTES

BY MRS. BESSIE HARDY
Telephone 31626

Rev. A. H. Prince returned to the city last week after an extensive trip through Georgia and Florida in his work. Rev. Prince went as far as Key West, Fla., where they have one of the most flourishing Presbyterian churches.

Rev. J. Frank Henderson, of Charleston, S. C., and Rev. Millard F. Adams, of Albany, Georgia, spent a short while in the home of Rev. and Mrs. Prince at their home on Oaklawn Avenue last week.

Rev. R. L. Moore of Flint street suffered recently in an auto accident at Oaklawn Avenue and Beatties Ford Road. Rev. Moore was taken to Good Samaritan Hospital where it is reported that he is improving.

Plans are being made for the Spring session of Catawba Presbytery, which will meet ten miles from Charlotte on the York Road at the McClintock church. Rev. A. H. Prince is stated clerk of the body.

W. R. Saxon of Asheville, N. C. was a recent visitor in the city and was the house guest of Presiding Elder S. W. Hamilton of Oaklawn Avenue.

The Paw Creek Hoskins school entertained parents at a reception last week because of the fine attitude of the parents toward building up a community consciousness in the school and with the teachers.

Chauffeurs, Wives and Sweethearts Delightfully Feted

Ninety Chauffeurs, their wives, and sweethearts were delightfully entertained at a banquet last Thursday evening March 20 in the beautiful and spacious dining hall of Johnson C. Smith University. Mr. H. S. Adams, founder of the Adams Business School, acted as Toastmaster. Words of greeting on behalf of the Chamber was brought by T. E. McKinney, Dean of Johnson C. Smith, and President of the Negro Chamber. Mr. R. E. Crump, executive of the Taxi-Cap company, was presented. He spoke to the group on on the responsibilities of the Commercial Auto driver and private car chauffeur.

(Continued on page seven)

Take off refreshed
DRINK Coca-Cola

DO DROP IN
to
THE HOLLYWOOD INN
"If Not Satisfied . . . Don't Tell Others . . . Tell Us"
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