



This picture was taken at the annual N. F. A. Father-Son Banquet at Henderson Institute, Henderson, March 24. M. S. Sanders, teacher of Vocational Agricultural presents Charles W. Allen, a first year member with a watch as first prize in the N. F. A. Chapters Fund raising drive for North Carolina N. F. A. Association Camp Fund Program. Dr. F. A. Williams, Dean of the Graduate Division at A. and T. College was the banquet speaker.

## Committee On Rural Life Plans Meeting

GREENSBORO

Final details for the first annual Rural Life Institute to be held at A&T College on July 6-9 were worked out by an advisory committee meeting here at the college on last Tuesday, April 9.

The board and general purposes of the institute were outlined as: to present to ministers of town and rural churches the latest information concerning the problems of rural people and means of solving these problems; to enable these ministers to better understand the problems facing the communities which they serve and to prepare them for more effective leadership towards the solution of these problems; to stimulate improved working relationship between all agencies dedicated to improving rural life; to focus the attention of rural ministers upon some of the social problems which have grown out of recent scientific developments and to acquaint these ministers with the resources of A. and T. College available to them for the solution of their common problems.

The theme, "Seeking A Better Life Through Church Leadership," was adopted for the coming institute. The institute is being sponsored by A and T. College, under the supervisions of Rev. Cleo M. McCoy, the college's director of religious activities, in cooperation with an interdenominational advisory committee.

Those attending the advisory committee meeting were: Rev. M. P. Sawyer, Greensboro; Rev. H. L. Mitchell, Gatesville; Dr. A. H. George, dean, School of Theology, Johnson C. Smith University, Charlotte; Dr. M. S. Williams, Raleigh, farm management specialist, State College; Rev. Morton Kurtz, Durham, executive director, N. C. Council of Churches; R. E. Jones, state agent, Extension Service, A. and T. College and Dr. F. A. Williams, Dr. W. E. Reed and Rev. McCoy, all of A. and T. College.



W. Frank Brower, Durham attorney, who was admitted to practice before the United States Middle District Court Wednesday, April 7 upon motion and oath administered by Attorney Dan K. Edwards, Ex-Mayor and former Assistant Secretary of Defense.

llams, Raleigh, farm management specialist, State College; Rev. Morton Kurtz, Durham, executive director, N. C. Council of Churches; R. E. Jones, state agent, Extension Service, A. and T. College and Dr. F. A. Williams, Dr. W. E. Reed and Rev. McCoy, all of A. and T. College.

## APEX NEWS

By C. R. Lassiter  
APEX

A musical program was sponsored recently at Hollands Chapel AME Zion Church by the Trustee Board of the church. Appearing on the program were the Russell Memorial C.M.E. Church choir of Durham, and the Harmony Male Chorus of Hollands Chapel.

The Sunday School of Hollands Chapel Church held a joint session recently with the Sunday School of Mount Zion Baptist Church. The meeting was held at Hollands Chapel with the superintendent, E. H. Powell, in charge.

A spirit of cooperation was recognized throughout the entire session. Interesting remarks were made by Johnnie Couch, P. C. Lewter, Sr., S. J. Edwards, Ethel Council, Clifton Stone, and Clarence Powell, superintendent of the Mount Zion Sunday School.

A Birth Month Supper was held recently at Hollands Chapel with captains for each month reporting as follows: Mrs. Gailha Lassiter, January, \$34.75; Mrs. Valet Lassiter, February, \$21.80; Mrs. Thelma Horton, March, \$46.95; Mrs. Dillie Wilson, April, \$75; Mrs. Dorothy M. McNeil, May, \$28; Mrs. Lucy Stone, June, \$21.80; Mrs. Trannie Thompson, July, \$7; and Miss Geneva Wilson, August, \$13.

Others reporting were Mrs. Maggie Thompson, September, \$12; Miss Vallie Stroud, Oct., \$3.95; Mrs. B. Pettiford, November, \$37.50; and Mrs. Ronnie McNeil, December, \$36.35. The total amount raised in the drive was \$365.62.

A program was held at O'Bryants Chapel Church Tuesday evening, April 6, with the Rev. J. A. Jones, pastor of Cameron Grove Church, and the Harmony Male Chorus of Hollands Chapel participating. The Rev. C. T. Farrow is pastor of O'Bryants Chapel.

The Home Demonstration Club of Chatham County held its seventh annual banquet recently in the Horton High School lunchroom. More than 250 people attended the affair. Clubs assisting in the success of the banquet were: Bonlee, Bear Creek, Bynum, Hamlet, Goldston, Haw River, Hinton-Beckwith, Lambert Chapel, Jordan Grvbe, New Hope, Milliken, Mitchell, Mount View, Mount Zion, Pittsboro, Saint Luke, Taylor's Chapel, and Webster.

## COW FACTS!

INDIA'S sacred brahman cows now are imported for improving U.S. breeds!

LOUIS PASTEUR, 1822-1899 developed pasteurization as a method of purifying MILK!

MODERN SCIENCE has made possible the control of bovine mastitis which reduces milk production 20% and costs U.S. farmers over \$200,000,000 annually... Terramycin, wonder drug, suspended in linacid, and squeezed into the cows udder does the trick!

## "The Confessions Of A Ham Singer"

BY CHARLES JACOB HARRIS  
(Continued from last week)

### GREAT ARTISTS

(Continued)  
It was my pleasure to meet and hear the then famous tenor, Sidney Woodward along about this time. Lillian Nordica had said some things of his singing which gave him a big boost in the music world. Sidney had a voice of adequate range and eloquent beauty. He was of robust constitution, a marvelous asset to any artist.

There was a new satellite who moved into Atlanta about this time; Professor Broadnax, former voice teacher at Tuskegee Institute in Alabama. He had a vibrant baritone of rich quality. I have never heard a baritone who surpasses him in power. Titta Ruffa (the Italian baritone) had a wider range, but no more potency.

I heard Mr. Broadnax a few years ago, after a lapse of 30 or more years. He was then a member of the Eva Jesse Choral group. To hear him sing "Hold On" with the choir was an all-movng and otherwise dynamic performance. I took voice culture from Professor Broadnax during the time I was in Atlanta.

I am positive he must have said to himself, "What have I got here?" when I made such a feeble effort at vocalizing. Once in a while he would let go with a voluminous tone in order to drown out the "sounds" with which I was crucifying him. It reminded me of a friend of mine in a vocal recital at Steiner Hall in Boston. This friend had a parlor-sized voice, not one for the concert hall. While he sang, a woman in the audience said with a sigh, "If I could hear someone 'holler' just once."

**Sad Experience**  
Before leaving Atlanta, I had a few experiences which are peculiar to most musicians. I directed a choral group for four months in one of the city's churches. We gave two performances of the Cantata, "Ruth The Moabitess," which we labored on for a long time. Musically, we had a flattering success, but financially, nothing to rouse the envy of a Croesus. I got exactly seventy-five cents for all that labor.

## Caswell County Student Wins Speech Finals

It was not so long, however, before I was at it again with another choir. We prepared the cantata, "Queen Esther" for the public, and gave two performances of it. The second appearance came near being a calamity for the tenor soloist did not show. The group said, "Harris, you must sing it." Reluctantly, I took the part.

I knew nothing of covered or dark tones. I sang open tones in every register of the voice. Kind readers, if you have ever heard "Esther," you know the tenor sings the words, "Woe is me, for the devices of the wicked prosper." Woe, it was! I doubt any tenor has ever sung that particular number any more lamentably than I did that night in '05.

My days in Atlanta ended and my thoughts turned toward Boston. I was organist of Mount Olive Baptist Church. I was paid \$8 a month for playing the organ at church services, and \$1.50 a month for playing the piano in Sunday School.

You may think this scant pay, but wait! Suspend judgment 'til I record another incident. Before going to Atlanta, I had been organist of my church in Augusta. My monthly stipend there was twenty-five cents a month. It happened altogether too often that when they attempted to raise this amount, they got no further than 15 cents.

I put away \$60 for my cash on Boston. The amount should have been \$85. A good "brother of the cloth" borrowed \$25 for a rally in his church and never got around to refunding me. Hence, I consoled myself in the thought that it was bread cast upon mighty waters.

(Continued next Week)

## Caswell County Student Wins Speech Finals

Dr. Foster P. Payne, dean of Shaw University announced that Sadie Slade, first year high school student of the Caswell County Training School, Yanceyville, was the winner in the Eastern District finals of the High School World Peace Speaking Program, held at Shaw University, Thursday morning. She was sponsored by Mrs. M. G. Wiley, who also coached last year's winner. Selected as an alternate was Kenneth Frazier, a junior of Jordan Sellars High School of Burlington, sponsored by Mrs. M. G. London.

The winner and her sponsor will receive an expense-paid trip to Washington, New York City and the United Nations.

## HEALTH HORIZONS

When Bigger is Not Better

"It's a boy!" (or girl, as the case may be) — "seven pounds, three ounces." That's the way babies are usually announced. Weight is given even more importance than the child's name. And then, as the months go by, the proud parents boast of each new pound gained, and enjoy hearing visitors exclaim "My, how he has grown!"

**A Possible Health Problem**  
Everyone loves a fat, cuddly baby. Everyone, that is, except the pediatricians who are concerned with infant health. Many of these specialists believe that parents often tend to over-feed their babies in their mistaken belief that a fat baby is necessarily a healthy baby. This has worried some doctors so seriously that it was discussed at a recent Conference on Fat Metabolism held at the Johns Hopkins Hospital under the sponsorship of M & R Laboratories, manufacturer of infant foods.

**Reasons for Faster Weight Gain**  
Children actually gain weight much faster today than they used to, Dr. Harry A. Gordon, Associate Professor of Pediatrics at Johns Hopkins Medical School stated at the Conference. In six months, many infants weigh three times as much as when they were born. The rule used to be that a baby should take a year to triple its weight. Of course, some infants appear to be naturally heavy eaters, but there are other reasons for this increased growth rate. Many mothers today tend to feed the baby whenever he expresses hunger — or, rather, whenever she thinks he is expressing hunger. And then there is the present-day tendency to start infants on solid foods at too early an age.

**Grow Faster, Learn Slower?**  
"Park-bench pediatricians"—Dr. Gordon's term for non-medical advisers on baby care — often solemnly pronounce that it's a sign of intelligence if a baby can take in large amounts of food. Possibly this notion comes from the idea that if a baby can eat solid, "adult" foods at an early age, he must be maturing rapidly. In actual fact, physicians have found that a fat baby will be slower than other infants in learning to crawl, walk and sit. This has led some pediatricians to be wary of too rapid weight gains.



"Bigger is not better," is Dr. Gordon's conclusion. Being overweight is no health asset for a child or adult. A fat baby may be cute, but habits of overeating developed in infancy are apt to carry over into later life. Then, excess weight is no longer "cute," but apt to be a physical burden and social handicap.

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## Over 3,000 NHA Advisors Will Attend Annual State Meeting

Some 3,800 members and advisors of the North Carolina Association of New Homemakers of America's annual State Convention are expected to attend sessions in the Men's Gymnasium at North Carolina College at Durham on Saturday, May 1. The theme of the 1954 conference is "Working Together."

Miss Ernestine Taylor of the Harnett County Training School of Dunn, is president of the state group. Mrs. Marie C. Moffitt, itinerant teacher trainer in the North Carolina College Department of Home Economics, is state advisor to the New Homemakers of America. Registration

Charlie Swall, a student at A and T College, was the recent guest of Mr. and Mrs. C. R. Lassiter.

is planned for 9:30 a. m. Among the features of the afternoon session will be the awarding of the Advanced Homemaking Degree, the conferring of membership certificates, and the installation of the 1945-55 state officers and advisors. The NHA State Office today said the convention would also have the opportunity to nominate a candidate for the national office of president and vice-president.

Candidates must make campaign speeches during the morning session. Voting will take place in the afternoon.

North Carolina will be allotted 31 delegates to the National New Homemakers of America Convention, June 7-11 at Virginia State College, Petersburg. The total number will be divided over the eight districts.

**NEWSBOYS! NEWSGIRLS!**

HIGHEST SELLER IN APRIL  
TO APPEAR ON  
**JAM-A-DITTY'S SHOW**  
THE SECOND WEEK IN MAY  
ON STATION  
**W S S B**

Which one has that MONTHLY LOOK?

**EYES SHOW CRAMPS, "NERVES", MISERY**  
You, too, may not be able to hide that tired, nervous, jittery look each month no matter how much "make-up" you use. Keep your secret safe during "those" days—don't be the one girl in three who shows the strain from tell-tale nerves and cramps—has "that monthly look."

Take Cardui, a special medicine trusted by thousands of women, girls to help insure against cramps, "nerves" and monthly misery. A little Cardui each day helps build strength so resistance may be greater each month, nervousness and suffering less and less. Look more natural—feel and sleep better. Ask your dealer for Cardui. (Say: "card-goo-ee"). Many scientists estimate that as many as 1 out of every 3 women suffers from monthly discomfort.

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