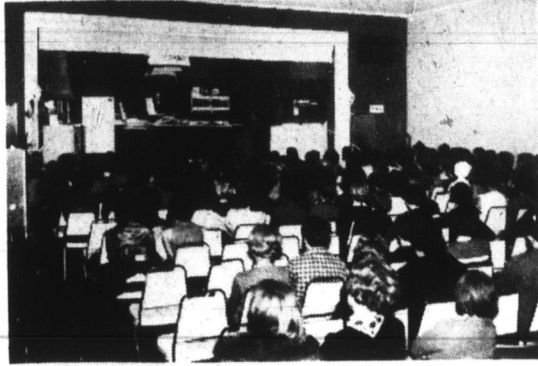


Homemaking "SAVVY" is Easy to Acquire



Homemaking classes for brides-to-be are just one of the services offered by many gas companies. Here, a home service representative addresses a house full of future homemakers.

NEW YORK (CFN) — Through the years, a bride's most obvious source of advice have been nervous mothers and other close relatives. Although this has long been the accepted manner of obtaining homemaking know-how, it has obvious limitations.

"Today," notes Mrs. Ellen Bridges, home service counselor for the American Gas Association, Inc. (A.G.A.) "many young women are turning to a new source . . . the home service department of local gas companies."

Mrs. Bridges said that almost every gas company in the nation maintains a highly trained staff of graduate home economists to advise homemakers on a variety of questions. These representatives are usually available for telephone counseling, personal calls at home or at company headquarters. In addition, they often speak to women's groups and other clubs.

What can the gas company home service representative do for you as a bride-to-be? A great deal! If you are going to buy household equipment for your new home, she can help list the items you will need. With her help, you avoid the risk of duplicating utensils. And, where restricted budgets are involved, she will suggest only those items she knows

from experience are absolutely necessary.

If you and your fiancé plan to purchase a range for your kitchen, a home service representative will suggest the one best suited for your home. And, she can show you how to use it to the best advantage.

A home economist can help you plan easy to prepare but nutritious and appealing meals. The menus she recommends will enable you to serve delicious meals even with a



Keeping in step with the time, a graduate home economist demonstrates the latest features of a new gas range. Better understanding of kitchen appliances makes setting up housekeeping an enjoyable task.

minimum of cooking experience.

The trained home service staff of your gas company can help you avoid cooking mishaps, including the curdled sauces and burned pie crusts that often plague the new bride.

If you're wondering about how to get the most for your food dollar, a home service representative can advise you in marketing. A little know-how here will cut down on food costs and do away with storage and spoilage problems.

To help you decide on a clothes dryer and washer, gas company staffs can show you various models and instruct you in their use and care. This will allow you to buy a combination flexible enough to meet the demands of both present and future family needs.

Mrs. Bridges emphasized that many gas company home service departments now conduct regular classes for brides. And although home economists from local gas companies are not expected to replace "mother-daughter tutoring," these experienced professionals can do a great deal to make your first few months as a new homemaker less tedious and definitely less worrisome.

3 Shaw Students to Participate In International Living Project

RALEIGH—Three rising seniors at Shaw University will take part in this year's "Experiment in International Living—Passport to Understanding" when they leave the city headed for three foreign countries where they will serve as Outbound Ambassadors of Goodwill.

Miss Sheyerl Pinckney, Johns Islands, S. C., whose major is sociology, will visit Italy and live with an Italian family. She is the daughter of Mrs. Rosa Pinckney.

Major J. Davis, Jr., Kinston, English major, is scheduled to reside in France during the summer months. He is the son of Mrs. Dorothy Davis.

Ernest H. White, Jr., Richmond, Va., a Community Relations (Psychology) student, will go to Switzerland. He is the son of Mr. and Mrs. E. H. White, Sr.

The Experiment was founded in 1912 as an attempt to find an answer to the most pressing question of our times; "Can people of different nations understand one another well enough to see to it that their governments live peacefully together."

Success of an Experiment conducted in 1933 sparked the present plans for home living. The Experiment attempts to remove the obvious obstacles to understanding, so that people have a better chance to enjoy and understand each other.

Experimenting is not an academic study of international re-

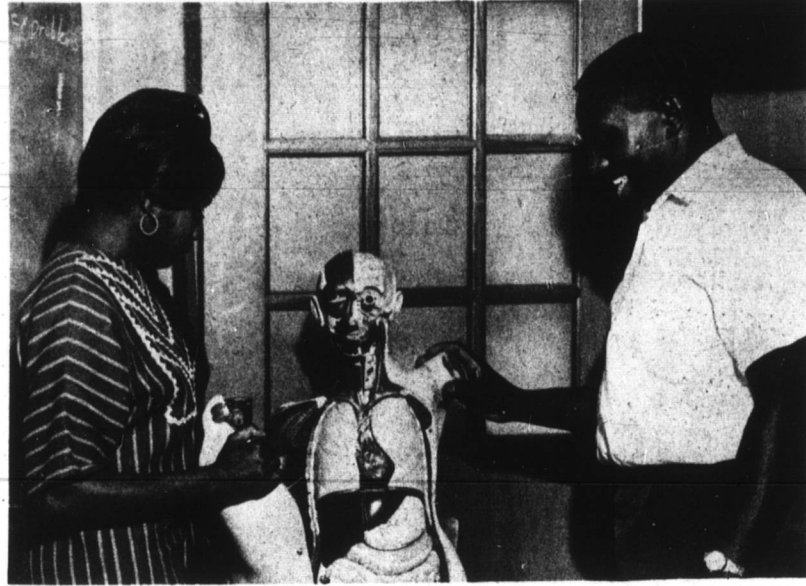
lations. No one particularly cares how much knowledge you accumulate about the diplomatic relations between nations in the past. This process of learning is called "cross-cultural education" and it often entails the "culture shock."

The home stay period for the Shawites will be about 4 weeks. At the end of this period, on a regular Experiment, they will join a work or field study project or depart for a two-to-three week informal trip, exploring the country by bike, on foot, train in a bi-national group.

Students are urged to observe the following rules while in foreign lands: be curious and eager to learn, be quick to observe, but slow to judge, don't be afraid to be corrected, show appreciation, adaptability, show a sense of humor, go to learn, not to teach, show consideration for others, as well as cooperation and enjoy yourself.

PUT YOUR MONEY WHERE YOUR HEART IS.

IN AMERICA Invest in U.S. SAVINGS BONDS



HEALTH PROBLEMS EXPOSED—Janet White, left, of New York City, and Leroy Way of Kinston, examine a model used in the Alcohol Studies Institute which ended recently at North Carolina College. The two school teachers were participants in the program sponsored by NCC and N. C. Department of Mental Health.

NMA to Hold 72nd Session in Saint Louis, Mo.

ST. LOUIS — The 72nd Annual Convention and Scientific Assembly of the National Medical Association will be held at the Chase-Park Plaza Hotel in St. Louis, Missouri, August 7-10.

A Formal Opening Session will be held Tuesday morning August 8 at which time Dr. Lionel F. Swan, of Detroit, Michigan, will be installed as the 67th President of the Association. On Tuesday evening the Distinguished Service Medal will be awarded. The Distinguished Service Medal is presented to the Physician who in the opinion of the NMA has contributed the most to the field of medicine on a national level. The General Practitioner Medal is presented to the Physician who in the opinion of NMA has contributed the most on a local level. The council on Scientific exhibits has arranged for more than 50 outstanding exhibits which are coordinated with papers on the same subject. There will be an abundance of Industrial Exhibits presented, which will display the latest in up-to-date research and medicine. Closed Circuit Color Television. Continued on page 4B

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St. Augustine's College Gets \$190,000 Grant

RALEIGH—Dr. P. R. Robinson, President of St. Augustine's College, has announced a grant of \$190,000.00 from the Department of Health Education and Welfare to establish a Human Relations Leadership Center at the College. A phase of this program will be a 1967 Summer Institute on School Desegregation for Elementary and Secondary Teachers and Guidance Personnel. This institute begins July 3 and ends July 28.

The Institute is designed to train school personnel who are presently working in desegregated school situations, or those who will be assigned to

such schools for the 1967-68 school year.

In selecting individuals for attendance at the Institute, and in otherwise conducting the institute, the selection committee and those otherwise conducting the Institute do not discriminate on account of the sex, race, creed, color or national origin of an applicant. Each person participating will receive \$75.00 a week and travel expenses.

St. Augustine's College in conjunction with North Carolina State University, will also operate a school desegregation consulting center. The Center will be located on the St. Au-

gustine's campus, but will use faculty personnel from both institutions.

The center will perform research on experiments on programs and policies which would aid communities, school officials, public officials and students in carrying out racial desegregation in the public schools.

The Journal of the American Medical Association says, "Tranquilized drivers are drunk drivers, and must be kept off the highways."

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SUCCESSFUL SEWMANSHIP

Professional Tips for Sewing Stripes

A Symphony of Stripes

That's the fashion effect that clever scissoring gives in a season when stripes run every which way—on purpose.

gone are the days when vertical stripes were used solely to create an illusion of slenderness and horizontal stripes were the tall girl's trick for looking shorter. Today's stripes, used in new ways, offer a fresh fashion look—and can turn the simplest shift into a conversation piece.

Fashion sewing experts from The Singer Company offer these tips for sewing with stripes:

Look at the Pattern Envelope

Some patterns are not suitable for stripes and they say so right on the envelope. Although the experienced designer can do wonderful things with stripes and complicated cut, the home sewer will find it easier to select patterns with simple lines, and a minimum number of pieces.

Plan Carefully

If the pattern doesn't match when it is laid out, it certainly won't match when it's sewn. In laying out the pattern, remember that the seam line, rather than the cutting line, is what counts.

Go by the Stripes

Sometimes printed stripes are slightly off grain. When this is the case, place the grain lines of the pattern pieces with the direction of (or at right angles to) the stripes—rather than with the grain of the fabric. Woven stripes are always on grain.

Check the Balance

To do this, fold the fabric in half, if both halves are the same, the stripe is balanced. If they are not, the stripe is unbalanced (or irregular). When using an unbalanced stripe, cut the garment out so that the right side is a mirror image of the left. This may necessitate

cutting pattern pieces separately in opposite directions on the stripes—and even adding a center seam, if the pattern is designed to be cut on a fold.

Key Cutting To the Dominant Stripe

The dominant stripe may be the widest one—or the brightest one. Squint at the fabric to see which stripe stands out—or which one you prefer. The dominant stripe is usually used for the center (divided in a seam, so that it retains its width, or centered if there's no seam); it is also usually used down the



center of the sleeves (starting at the shoulder mark). It may also be used for the waistband, placket, cuffs, and pockets. In a horizontal stripe, the dominant stripe should be used at the hemline.

Let Stripes Suggest Effects

Frequently stripes can suggest effects: a yoke cut on the horizontal, and a skirt cut on the vertical or the horizontal; bias binding used to edge a vertically striped jacket or a horizontally striped wrap-around skirt. The only rule is PLAN, so that stripes look as though they were meant to be where they are. To match stripes, arrange pattern pieces so that seams at corresponding notches fall on the same stripe. When making a two-piece garment with vertical stripes,

make sure the center front and back of the top match the center front and back of the skirt or pants. When using horizontal stripes, work upward from the hem, so the fold of the hem of the top is on the same stripe as the hem of the skirt.

Adjust Stripes

If, as most do, the pattern calls for a bust dart, match stripes from the hem up—and at the shoulders. If stripes under the arm don't match, it's not too noticeable. For set-in sleeves, match stripes at the front armhole notch.

Pin Fabric When Cutting Double-Thickness

When cutting two thicknesses of fabric, make sure that stripes don't shift by pinning the two layers of fabric together every two inches or so.

Piece Stripes

In a stripe, piecing can be done almost invisibly by making the seam at the edge of a stripe. Just make sure stripes are in the order in which they're printed or woven. When possible, piece in the seam allowance.

Match Up Facings

The stripes on a collar should match the stripes of the facing. If the collar is cut on the bias, this is not always possible.

Adjust Buttonholes

Frequently buttonholes have to be adjusted to stripes. On vertical stripes, they should be aligned on the same stripe. On horizontal stripes, they may need adjustment so that they appear in stripes, rather than at the edge of stripes.

Stitch Straight

Before stitching, baste pieces together carefully. When stitching, guide fabric through machine slowly enough so that seams are absolutely straight.

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