



## Dr. John Larkins Addresses American Legion Boys State

Dr. John R. Larkins, Secretary of the North Carolina Good Neighbor Council, speaking at the American Legion Tar Heel Boys' State in Winston-Salem, recently said "Human Rights development in North Carolina must be placed in the context of the history of the world, especially that of Western civilization." "China, Greece, Rome, and other early civilizations were all concerned" about Human Rights, Larkins said.

After briefly tracing the history of Human Rights most important to the development of this country, Dr. Larkins told his audience that "citizenship is a fragile word with dual meaning. The condition of citizenship is not yet fully realized for the American Negro. There is still more ground to cover." "The difference in the treatment of Negroes in the area of Human Rights arises from the visibility of his color. There is not the slightest proof that Negroes are in any way inferior to whites, in spite of the numerous attempts that have been made to find such evidence. We are aware of the fact that there are physical, mental, and color differences in people. Anyone who stands in the way of another human being's fulfillment commits the greatest crimes against the human spirit, against the individual, and against humanity, for he deprived each person of the unique gifts that one is capable of bestowing upon his fellowman. No matter how modest or generous those gifts of whatever the limitations with which human beings are born every individual should enjoy the right to the fullest development of his potentialities."

## Reduce Tensions To Pare Pounds

Swimsuit time is looming as large as those pounds picked up during winter. But did you ever find that when you go on a diet, it's not your bones but your nerves that stick out first? That you're often "on edge" and very sensitive to criticism — real and imaginary?

Then you are one of those people for whom a low-calorie input equals a high-temper output. It's natural enough, according to doctors. Even before dieting, the adverse affects of obesity — especially the loss of attractiveness — produces tension. Add the strictures of dieting and the strain is often more than your emotions can bear.

"The U. S. is at an important crossroad in human rights. If we wish to maintain peace between whites and Negroes in this nation, we must recognize and acknowledge inequities to which the Negro has been subjected in America and North Carolina and to make national and state policy to correct these conditions. This will involve

**SHRINERS VISIT HOME OF COCA-COLA**—(Atlanta, Ga.)—A recent visit to the home of The Coca-Cola Company in Atlanta by Shrine Grand Imperial Potentate Roscoe C. Washington (seated 3rd from left) provided the opportunity to discuss final plans for participation by the Company and Coca-

Cola Bottlers in the Shrine national convention in Cleveland, Ohio, in August. With Mr. Washington were (seated, left to right) J. Earl Acey, past potentate, Nabbar Temple of Atlanta, and Augustus Hogan, Nabbar Temple. They were entertained by Market Development Manager Kelvin Wall

(seated, right), Paul Brown, Atlanta Coca-Cola Bottling Co., and Harold Hamilton, Assistant to the Market Development Manager. The Coca-Cola Company and Bottlers of Coca-Cola across the nation have continual participation with local Shrine temples.



MRS. J. C. WASHINGTON

## Wife Uses Spare Time for Fascinating Creations

**By CHARLES R. JONES**  
RALEIGH — The duties of a wife, mother of two lovely daughters, and secretary would be enough to keep most women busy, but not Mrs. Mary E. Washington, whose quest for individuality in fashions and a desire to keep busy led her to complete a Custom Millinery and Shoe Covering Course by one of the country's leading designers.

She is excited over the fact that her achievements in Shoe Covering has been accepted to the extent that one of Eastern North Carolina's largest department stores has several of her creations on display, which she has labeled "A Carole Marie Creation." When asked how she arrived at this name, she explained that near the end of her course she asked her younger daughter, Carolyn, whom she added, always has an answer, to help with a name for her custom service. Immediately "Carole Marie" was chosen which honors both daughters.

There's so much excitement and such a feeling of accomplishment in working with shoes she said, which can be matched in color or material to the exact shade or fabric of a formal or bridesmaid's dress, a casual or sports outfit, a hat or bag. There's no limit to the ways you can transform a plain pair of shoes into a glamorous new creation "especially for you." Much time has been spent she said, on an exciting selection for "Members of the Wedding Only!"

She is married to veteran John C. Washington, and the

daughter of Mr. and Mrs. Cicero Ellis of Goldsboro.

## Clerks, Carriers Examinations Announced

The Board of U. S. Civil Service Examiners, Post Office Department, Atlanta, Georgia 30304, has announced an examination for positions of Postal Clerk and City Carrier for the following North Carolina post offices:

- Angier, Apex, Benson, Buies Creek, Butler,
- Carrboro, Cary, Ca-Vel, Chapel Hill, Clayton, Creedmoor, Dunn, Durham,
- Erwin
- Four Oaks, Franklinton, Fuquay Varina,
- Garner,
- Henderson, Hillsborough, Kenley,
- Lillington, Louisburg,
- Method,
- Norlina,
- Oxford,
- Pittsboro, Princeton,
- Roxboro, Raleigh,
- Sanford, Selma, Siler City, Smithfield,
- Wake Forest, Warrenton, Wendell,
- Zebulon.

Effective June 26, 1967, applications will be accepted until further notice. Starting salary is \$2.64 per hour.

Applicants will be required to take a written test, and all qualified applicants will receive consideration for employment according to rating achieved, without regard to race, creed, sex, color or national origin.

The minimum age limit for the Clerk-Carrier positions is 18; however, this age limit is waived for high school graduates. They may be appointed when they reach their 18th birthday provided local child labor laws permit. This age limit does not apply to persons entitled to veterans preference.

Interested persons should secure complete information and application forms from the In-charge Board, U. S. Civil Service Examiners, 415 Hillsborough Street, Raleigh, N. C. 27603, or from the Board of U. S. Civil Service Examiners, Post Office Department, Room 100, Main Post Office Building, Atlanta, Ga. 30304. Also, in 1st and 2nd class offices outside the Raleigh area, applications may be obtained from the local post office or from the offices listed above.



**NEGRO BANK WELCOMES JEWISH GROUP**—Theodore Ellenoff, president of the American Jewish Committee - New York Chapter, (left), is greeted by William R. Hudgins, president of the Freedom National

Bank of New York, as he opens account for Committee funds. "The Freedom National Bank is an asset to the entire New York community" Mr. Ellenoff said. "Furthermore, as more money from outside of Harlem is de-

posited, it will aid in the economic rehabilitation of the ghetto community". The Freedom National Bank is the only Negro owned and controlled bank in the history of New York State.

tremendously increased investments in the Negro community designed to enable the Negro to assume the full obligations as well as the rights of American citizenship.

America as a power in the world will either stand or fall on what it does in the next few years to rectify the wrongs it has done against the Negro. All that the Negro is asking is his legal or civil rights and simple justice as accorded to other members of the population."

## SAYS MOM:

THE NEXT VOICE YOU HEAR MAY BE JUNIOR'S — AT THE BOTTOM OF THE STAIRS!

ALWAYS KEEP GATES OR DOORS TO STAIRWAYS CLOSED FOR A SAFE HOME



© Council on Family Health

## Local Births

The following births were reported to the Durham County Health Department during the week of June 19 through 24: Sanders and Gloria Massey, boy; Homer and Sadie Evans, boy; Willie and Nina Jones, boy; Willard and Annie McKiver, girl; Charles and Calara Guess, girl; Sammie and Shirley Wilson, girl; John and Janice Powell, girl; Willie and Paulette Tomlin, boy; Jeremiah and Fannie Lee, girl; Franklin and Delores Pratt, girl; Charles and Constance Williams, girl.

## SWIMMING THROUGH THE AGES

FOR ALL OF YOU WHO ENJOY GETTING INTO THE SWIM OF THINGS, RESEARCHERS AT JOHNS-MANVILLE HAVE COMPILED THESE HIGHLIGHTS OF THE HISTORY OF SWIMMING.

1. THE CAVEMAN BEGAN THE DEVELOPMENT OF SWIMMING WHEN HE WAS FORCED INTO DEEP WATER EITHER TO SAVE HIS LIFE OR TO CROSS UNFORDABLE STREAMS.
2. SWIMMING AS WE KNOW IT WAS PREVALENT AS FAR BACK AS THE 9TH CENTURY B.C. ASSYRIAN BAS-RELIEFS PICTURE SOLDIERS SWIMMING WITH AN OVER ARM STROKE RESEMBLING THE MODERN CRAWL.
3. THE GREEKS ARE KNOWN TO HAVE HELD ORGANIZED SWIMMING RACES AS EARLY AS 700 B.C. BOTH THE GREEKS AND THE ROMANS CONSIDERED SWIMMING VALUABLE TRAINING FOR MILITARY SERVICE, AND A HEALTHY RECREATION DURING PEACE.
4. MOST PEOPLE FAVORED THE DOG PADDLE AS A SWIMMING STROKE UNTIL THE 16TH CENTURY WHEN THE BREAST STROKE WAS DEVELOPED. THE MODERN CRAWL WAS BORN FROM THE SOUTH SEA ISLANDS BY AN AUSTRALIAN WHO, ACCORDING TO SPORTS WRITERS SEEMED TO "CRAWL" OVER THE WATER.
5. IN THE 20TH CENTURY, COMPETITIVE SWIMMING BECAME THE EAGLE CHANNEL SWIMMER GEORGE EDLERLE WAS AS FAMOUS IN HER DAY AS CHARLES LINDBERGH. LATER, OTHER SWIMMING CHAMPIONS BECAME MOVIE STARS — AND THE SWIMMING POOL WAS A POPULAR SYMBOL OF SUCCESS HOLLYWOOD-STYLE.
6. IT WAS NOT UNTIL THE 1940S THAT SWIMMING POOLS ACQUIRED SUCH REFINEMENTS AS DRAINAGE FILTERS TO KEEP UNWANTED ORGANISMS FROM THE WATER. TODAY, MORE AND MORE PEOPLE HAVE THEIR OWN POOLS, EQUIPPED WITH CELTIC FILTERS TO KEEP POOL WATER SPARKLING CLEAN.

**BIBLE QUOTE:**  
Give unto the Lord the glory due unto his name; worship the Lord in the beauty of holiness. Psalms 29:2

Enthusiasm is about the best shortening for any job. Makes heavy work lighter. —The Gilchrist

Make up your mind what you want and keep after it until you get it. —John W. Gates

## Bumper Crop

**BE THE BIGGEST CORN PICKER OF ALL TIMES**

The record 200-bushel corn is being equaled and even beaten by a number of farmers all over the nation. And despite, or perhaps because of, the Government's restrictive planting program, farmers and industry have found ways to make each acre yield more corn.



Thanks to recent breakthroughs in fertilizing products, new hybrids and management techniques, many farmers are achieving their goals with impressive bumper harvests.

If you don't believe what fertilizer can do for your corn, here's an example of an Indiana farmer: he averaged 214 bushels per acre on a 34-acre field, giving him a net return of \$142.40 per acre.

Need we say more... so let's get to work on your corn. First off, you should plant

early, and narrow down the rows. For best results, plant a hybrid that has a high-yield potential and can take thick planting and heavy feeding.

The kind of fertilizer you use now takes on great proportions. Not only is it important to pour on enough fertilizer to give your soil the necessary fertility, but it is equally advisable to use a high analysis pelletized fertilizer like Ammo-Phos by Olin, for instance, which is particularly recommended by farmers of bumper yields.

Ammo-Phos, as a water-soluble chemical compound of nitrogen with phosphorus (and potash, when desired), has been a completely revolutionary item for the whole fertilizer industry, according to scientists at Olin Mathieson laboratories. Since Ammo-Phos has no segregation, stores well, distributes evenly and uniformly, and gives excellent results, you are assured of a cash cotton crop.

So, with your proper use of Ammo-Phos fertilizers, selection of hybrids, and your control of insects and weeds with safe, effective agricultural chemicals, you'll be rolling in corn (and money) all winter long.

## GORDON'S GIN

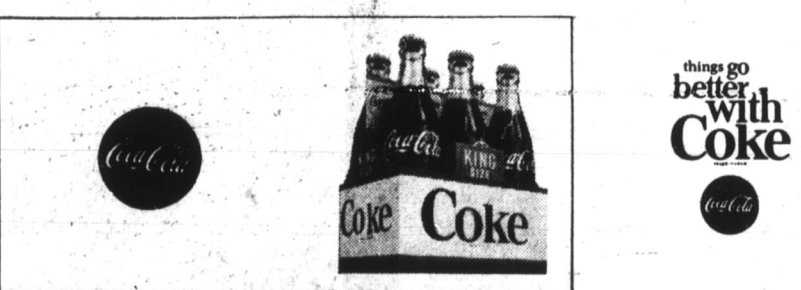
\$3.65 3/4 5QT. \$2.30 2PINT



100% NEUTRAL SPIRITS DISTILLED FROM GRAIN, 90 PROOF - GORDON'S DRY GIN CO. LTD., LONDON, N. J.



You'll go better refreshed with ice-cold Coca-Cola. Gives a lift to your spirits, a boost to your energy... a big, bold, unmistakable taste. In short: Coca-Cola is more than an ordinary soft drink.



Bottled under the authority of The Coca-Cola Company by: **DURHAM COCA-COLA BOTTLING CO**