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BIGNALL JONES. Editor - DUKE JONES, Business Manager

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Gardens Would Help Feed Hungry

One rides, speculates, maybe dreams and, if old, recalls as the wheels spin along the highways. Riding from Arcola, the editor thought of the children going to school hungry and the money spent for food for those on welfare in the rural sections, and as he saw the acres of land in Warren not being used he wondered why this should be. He could understand why families of those without work in the cities should be hungry, but is it necessary in rural areas of surplus land?

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And he recalled incidents of many years ago when he was a child on a farm in Sandy Creek Township, living in a house without indoor plumbing, heated by a stove and lighted by kerosene lamps in a neighborthood of unpainted houses in a time of work from sun to sun.

The joys and the privations of life then are too well remembered by many to need recounting here. The point that we would stress here is that while we may have had to skimp on clothing, had no fancy food, we never went hungry. Sometimes eggs were sold for cash, with the result that the remaining ones were largely diluted with fried meat gravy and milk, of which there was always plenty. This dish was named egg gravy. Then there was molasses to go with hot biscuit and butter; there were fresh peas and dried peas, and turnip salad, and there was fat back, after cholera killed the farmers hogs.

And all wondered why those unable to find jobs, with time on their hands cannot find time to work a garden in order to keep their children from going hungry. It may be that there are some without a garden spot, but if there is strength surely labor could be exchanged for land, or a garden raised on shares. If there is no money for seed and fertilizer, it would seem that these might be arranged by welfare agencies, and even, as in the old days, by the church. If supervision is needed that could be provided in lieu of cash.

Maybe someday it will dawn upon these who plan the Welfare programs that what the poor need is help and not cash; understanding and not condemnation. Whatever the need in the cities where a different situation exists, the need for supervision is paramount, or so it seems to us. Welfare checks are necessary, but the spending of the money should be supervised. In some cases, it may be that a family could be put on its feet by good sound advice and enough cash to work out a feasible plan of self-help. Just turning over checks to those in need is not the answer and at best is a makeshift that tends to perpetuate welfare needs.

During the depression, the Federal Government worked out a plan whereby tenants could buy their own farms. The first step was to investigate the potentials of an applicant for a loan. The second was for a long-term loan plan. But the crux of the plan was farming supervision. The government did not simply turn over a check to the applicant and tell him to buy a farm. It saw to it that the farm produced enough to repay the loan. It worked.

It seems to us that some kind of similar plan, on a minor scale might we worked out for many of the poor still living on the land. Raising their own food might be a start.

Lawlessness Means Bloodshed, End Of Dreams

Archie Moore, a Negro who grew up in a St. Louis slum district, is a retired lightheavyweight boxing world champion. He currently works in behalf of a program called Any Boy Can (ABC) which is operating in San Diego and Vallejo, California. Other cities have expressed interest in starting similar ABC programs in their communities. In this article, reprinted from the Republican Congressional Committee Newsletter, Moore addresses some blunt remarks to Negroes who believe that riots and violence advance the cause of civil rights. His article, taken from The Richmond. Va., Times-Dispatch, is reproduced by special request of a reader .- The Editor.

By ARCHIE MOORE

THE DEVIL is at work in America, and it is up to us to drive him out. Snipers and looters, white or black, deserve no mercy. Those who would profit from their brother's misfortunes deserve no mercy, and those who would set fellow Americans upon each other deserve no mercy.

I'll fight the man who calls me an Uncle Tom. I have broken bread with heads of state, chatted with Presidents, and traveled all over the world. I was

Habits Of Eating Are Changing

RALEIGH - From breakfast dinner, from picnics to to snacks, we've been changing our eating habits over the past 10 years. Despite the fact our supermarket shelves are loaded with an abundance and variety of food, our diets have slipped nutritionally, reports Iola Pritchard, extension food conservation specialist, North Carolina State University.

The spotlight was put on American eating habits when the first report on the 1965-1966 Food Consumption in U. S. Households survey was released by the U.S. Department of Agriculture early this spring. The ' facts from this study indicate only half our families had good diets as compared to 60 per cent when a similar study was made in 1955. In addition, the number of inadequate diets increased from 15 to 21 per cent during the interval between the 1955 and 1965 surveys. It's quite a paradox and one that's puzzling the experts. Our incomes are higher and real food costs relatively low, but adequate income seems to be no guarantee that adequate diets will follow. Even at a \$10,000 and above level, nine per cent of the families had poor diets. Best explanation is that we're not making a wise choice nutritionally from our almost overwhelming abundance. **Biggest** losers at meal times have been fruits, vegetables, milk and milk products, says Miss Pritchard. Nutrition-wise that means we'refalling short in the consumption of the important nutrients, vitamin A, ascorbic acid (vitamin C) and calcium. What's afoot to reverse this trend? Greater emphasis will be placed on helping homemakers use more milk products, fruits and vegetables in meals; an increased effort will be made to get bread enrichment a law in all 50 states: more interest will be stimulated for adding calcium to bread products; and a new look will be taken at the possibilities for fortifying non-fat dry milk powder with vitamin A.

born in a ghetto, but I refused to stay there. I am a Negro and proud to be one. I am also an American, and I'm proud of that.

The young people of today think they have a hard lot. They should have been around in the '30's when I was coming up in St. Louis. We had no way to go, but a lot of us made it. I became light heavyweight champion of the world. A neighbor kid down the block, Clark Terry, became one of the most famous jazz musicians in the world. There were doctors, lawyers and chiefs who came out of that ghetto. One of the top policemen in St. Louis came from our neighborhood. WE MADE IT because we

had a goal, and we were willing to work for it. Don't talk to me of our "guaranteed national income." Any fool knows that this is insanity. Do we bring those who worked to get ahead down to the level of those who never gave a damn? The world owes nobody-black or whitea living. God helps the man who helps himself!

Now then, don't get the idea that I didn't grow up hating the injustices of this world. I am a staunch advocate of the Negro revolution for the good of mankind. I've seen almost unbelievable progress made in the last handful of years. Do we want to become wild beasts bent only on revenge, looting and killing and laying America bare? Hate is bait, bait for the simple minded.

Sure, I despised the whites who cheated me, but I used that feeling to make me push on. If you listen to the professional rabble-rousers, adhere to this idea of giving up everything you've gained in order to revenge yourself for the wrongs that were done to you in the past-then you'd better watch your neighbor, because he'll be looting your house next. Law and order is the only edge we have. No man is an island.

GRANTED, THE NEGRO still has a long way to go to gain a fair shake with the white man in this country. But believe this: If we resort to lawlessness, the only thing we can hope for is civil war, untold bloodshed, and the end of our dreams. We have to have a meeting of qualified men of both races. Mind you, I said qualified men. not some punk kid, ranting the catch phrases put in his mouth

by some paid hate-monger . . .

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There are members of the black community who call for separate nation within 2 America. Well, I do' not intend to give up one square inch of America. I'm not going to be told I must live in a restricted area. Isn't that what we've all been fighting to overcome?

And then there is the element that calls for a return to Africa. For my part, Africa is a great place to visit, but I wouldn't want to live there. If the Irishmen want to go back to the Emerald Isle, let them. If the Slavs want to return to the iron curtain area, O. K., by me. But I'm not going to go to any part of Africa to live. I'm proud of my ancestry and of the country that spawned my forefathers, but I'm not giving up my country. I fought all my life to give my children what I'm able to give them today; a chance for development as citizens in the greatest country in the world.

I DO NOT for a moment think that any truly responsible Negro wants anarchy. I don't think you'll find intelligent-no, let's rephrase that-mature Negroes running wild in the streets or sniping at total strangers. God made the white man as well as the black. True, we haven't acted as brothers in the past, but we are brothers. If we're to be so many Cains and Abels, that's our choice. We can't blame God for it. Something must be done to reach the Negroes and the | much of my life building what whites in the ghettos of this I've got to put it to torch just country, and I propose to do to satisfy some ancient hatred something. of a man who beat my grand-

As a matter of plain fact, I father. Those men are long have been doing something for the last several years. I have been running a program which I call the A. B. C. - Any Boy Can. By teaching our youth, black, white, yellow and red, what dignity is, what self respect is, what honor is, I have been able to obliterate juvenile delinquency in several areas.

RALEIGH - Plans have been I would now expand my proannounced for the 20th 'Annual gram, change scope. If any boy Rose Show to be held Saturcan, surely any man can. I day and Sunday, May 18 and want to take teams of qualified 19 in the lower mall at the people, top men in their fields, North Hills Shopping Center. to the troubled areas of our The cities. I know that the people will host the Carolina District who participated in the recent Rose Show. The event should riots, who are participating, and be the largest rose show ever who will participate, are misseen in North Carolina, with guided rather than mad. more than 800 roses exhibited If some bigot can misguide, in specimen and artistic

then I can guide. I've spent too classes.



dead. Do we have to choke

what could be a beautiful garden

with weeds of hate? I say no!

And I stand ready to start

Operation Gardener. I invite the

respected Negro leaders of our

ANNUAL ROSE SHOW

Raleigh Rose Society

- 41.2

212.511

111.4

country to join me.



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On hot summer nights when restful sleep is a must...

The Christian Science Monitor

Wiser Ways On Campus

Surely, American collegiate ingenuity is up to finding a better way to settle disputes between faculty and students than through sit-ins which disrupt university life, penalize all students, often slither into violence and, in general strike the public as wanton and unwarranted. If America's centers of highest learning cannot work out better ways of settling their problems, they are hardly setting the example for the nation which the latter has a right to expect.

It is right and desirable that college and university students take an immediate and strong interest both in the manner in which their school is run and in the larger questions of national and international life. They should be encouraged to voice their own ideas on these subjects.

Greater interest in what goes on around

They Also Serve

The Washington Star

It is all too easy for the casual observer to think of American young men today as sharply divided between those who bear their share of the country's burdens in the Vietnam fighting and those who protest the immorality or futility of our being there at all.

There are young men who manage to do both. One was Pfc. Johnathan M. Spicer. USMC, Pfc. Spicer, son of a deceased Methodist minister, was a conscientious objector. In spite of that, he joined the Marines. He was assigned to a medical battalion near Khe Sanh.

On March 11, the Viet Cong opened fire on a helicopter engaged in evacuating the wounded from the beleaguered outpost. Ignoring an order to get into a bunker, Pic. Spicer rushed forward to help the wounded into their airborne ambulance. Enemy shelling continued. The medic Marine was hit, and three days later he died.

Pfc. Spicer has been recommended for the silver star and the Navy cross for his heroism under fire and for his disregard of his own safety for the sake of his comrades' lives. As with all heroes, his real distinction is not expressed in medals but rather in the memory of his deed.

In a time of torment for many members of his generation, Pfc. Spicer fulfilled with or his obligations to his conscience and to his country.

him and what affects him intimately can help, rather than hinder, a student's studies. The more mentally awake he is on world issue, the wider awake he is likely to be in academics.

And if the higher seats of learning move too slowly along the pathway of reform, there is no reason under the sun why studentsindividually or collectively-should not make their views on this felt. We must all recognize the fact that all institutions can fall into ruts and that one generation does not always recognize quickly enough the vital interests and needs of the succeeding generation. An important element behind the tremendous demonstrations at the University of California at Berkeley several years ago was a feeling of increasing student desperation over the manner in which they were (or were not) being taught.

Today's series of sit-ins, seizures of dean's and presidents offices, and blocking of passageways have been to a considerable extent stimulated by racial questions and in many instances are on behalf of greater college opportunities for Negroes. This, in itself, is a worthy aim. It is probably even more. It is a vital necessity as part of the national effort to close the educational gap between black and white.

But there are fatal flaws in demonstrations which begin with however good a purpose and then degenerate into violence, obstructionism and even hooliganism. Such tactics are not needed. Furthermore, they inevitably run the risk of losing more in the end than they gain. They are out of tune with the wisdom and reason which should be associated with higher learning. They forfeit the deeper type of respect and consideration which a more measured voicing of grievances or wishes would command. And they have come perilously close to the point where colleges and universities-in the interest of the whole student body-may feel it necessary to call in outside help to maintain order. It is time to rethink the present mode of student demonstration.

Juotes

Marriage is a method of learning about women the hard way.

"My advice, sir," said the mechanic to the car owner, "is that you keep the oil and change the car."

it's not unlucky to postp long as you keep on doing it.

Marriage Licenses

Ronald Gilbert Andes, white of Remington, Va., to Muriel Day Haley of Culpepper, Va. David Paul Meadows, white, of Essex Falls, N. J., to Winfa Juanita Sanchez of Essex Falls, N. J.

Arthur Lee Scharf, white, of Porsippany, N. J. to Judith Ann Doyle of Livingston, N. J.

Herman Rooker, white, of Tampa, Fla., to Janet Irene Fair of Warrenton.

Emmett Ray Stanley, white, of Route 1, Ashland, Va., to Kathleen Frances Wolf of Richmond, Va.

McCoy Hendricks, colored, of Route 1, Warrenton, to Joann Williams of Route 1, Norlina. John Reap, white, of Binghamton, N. Y., to Dawn Welch Koranka of Binghamton, N. Y. Martin Oscar Terrell, white, of Richmond, Va., to Ruth Ann Brooks of Richmond, Va. Wilkinson Gee Kidd, white

of Route 1, LaCrosse, Va., to Clara Mas Tolbert of Route 1, Blackridge, Va.

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