

**TODAY'S meditation**

**The Upper Room**  
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**THE WORLD'S MOST WIDELY USED DEVOTIONAL GUIDE**

But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly. (Matthew 6:6.) Read Matthew 6:5-13.

This was the Golden Text in our Sunday school lesson many years ago. One little girl in the class said she did not have to go into a quiet place to pray. She said she could pray while she was walking down the street or eating her dinner.

I remember the day when I could talk to my earthly father while we were walking down the street. When I needed his help and guidance, however, we went into a room and closed the door.

With the simplicity of little children, we can come to our heavenly Father. Surely we can always pray no matter where we

are, but the intimate companionship of praying in private binds us closer to Him. We grow in the knowledge of His love as we talk with Him. He is ever ready to guide us from weakness to strength, from living for ourselves to living for Him.

**PRAYER**

Our Father, Thou dost so tenderly love us, Help us to shut the door on all earthly thoughts and fears. In the silence speak to us, for we would know the joy of Thy service, even as did our Master, in whose name we pray. Amen.

Thought For The Day

To love God means to pray, to meditate, to seek His counsel, and to love one's neighbor.

Edna Keller, Auditor (Wis.)

**Arabia News**

By Mrs. D. B. Traywick

Mr. and Mrs. Joe Williamson of Jacksonville, Florida and Mr. and Mrs. A. P. Bellflower of Florence, S. C. spent Sunday afternoon with Mrs. Lillie McDougald, Mr. and Mrs. R. J. Morman and Betty Ann.

Mrs. Genit Jackson and children spent Sunday in Lumber Bridge with Mrs. N. P. Lucas, mother of Mrs. Jackson.

Mr. and Mrs. D. L. Humphrey and sons spent Sunday afternoon with Mrs. J. G. Humphrey of Red Springs.

Mrs. Latta Cook and daughter, Debra, were dinner guests of Mr. and Mrs. J. L. McFadyen Sunday.

The Mildonson School Operetta was held in the school auditorium Wednesday night.

Mrs. D. L. McGowan had all her children and grandchildren for Mother's Day last Tuesday.

J. M. McGowan was very ill last week with a virus infection, but is recovering nicely now.

Mrs. Robert Hendrix's children and grandchildren enjoyed a get-together supper at Freddie's Lake Monday night.

Mrs. Alvin Garner and children of Wagram were visitors in the home of Mr. and Mrs. Harley Adams over the week end.

The Sandy Grove Ladies and members met at Mrs. J. A. Jones Tuesday afternoon and quilted

one of the orphanage quilts that is presented to the Methodist Orphanage every fall. They give two quilts every year.

Otto Trawick of Wilmington, Pete Trawick of St. Pauls, Mrs. W. M. Covington, Sr. and Mr. and Mrs. W. M. Covington, Jr. and children of Wade spent Sunday afternoon with Mrs. S. P. Trawick.

Mrs. Lida Hendrix Jackson of Rocky Mount arrived Saturday to spend a few days with her mother, Mrs. Robert Hendrix.

Members of the Young People's Class of the Ephesus BTU enjoyed a tacky party at the Community House Wednesday night, May 5. Mr. and Mrs. D. L. Humphrey chaperoned the group.

Among the many beautiful red roses worn Sunday to honor Mother, we noted especially the one

worn by Mrs. P. A. Webb. Mrs. Webb's mother, Mrs. R. A. Spry, who lives in Winston-Salem, will celebrate her 98th birthday in June!

Mr. and Mrs. C. D. Bostic entertained twenty members of the Bostic family with a dinner given at their home Sunday. The honor guest was Mr. Bostic's mother, Mrs. C. L. Bostic.

Mr. and Mrs. T. C. Jones and Mr. and Mrs. Bill Jones attended a birthday party for Mrs. Leon Throver at her home near Raeford on Friday night.

Lamont Davis went to Raleigh Monday with the fifth grade group from the Raeford grammar school.

Mrs. Zeb Butler, who has been a patient at Highsmith Hospital several weeks, has been at the home of her daughter, Mrs.

Wayne Crowder from Thursday of last week until Tuesday when she returned to the hospital for further treatment.

The Sandy Grove MYF met at the church hut Monday night at 7:30. A devotional program was presented by Mrs. McMillan. The following new officers were elected to take office in September: Bobby Bostic, president; Joyce Beasley, vice-president; Patsy Russell, secretary; and Mary Jones, treasurer. Vivian Davis served refreshments.

**Eggs Are Nature's Nutrient Capsule**

"The egg is nature's own nutrient capsule in the most concentrated form," according to Henry W. Garren, assistant research professor of poultry science N. C. State College.

Garren, hired under North Car-

olina's Nickels for Know-How program through which farmers help foot the bill of agricultural research by paying a few pennies extra when they buy fertilizer, says that in addition to vitamins A, D, G, B1 and B12, and others, the egg is an excellent source of protein, calcium, phosphorus and iron.

"The vitamins alone contained in one egg are worth more in human nutrition than the cost of a dozen eggs. Since all vitamins and other nutrients have not been isolated and identified, the egg very probably contains more unidentified factors essential to our nutrition."

And for those on diets, the egg serves another purpose, according to Garren. "Since most of us consume more calories than we need, another advantage in eating eggs is their low calorie content. An egg contains only about 50 calories."

Eggs produced by hens fed a

commercial laying mash are especially nutritious, says Garren. A great deal is known about the nutrient requirements of the chicken. Feed manufacturers pack these nutrients in the laying mashes they produce. The hens which are fed these diets high in vitamins, minerals, and protein are able to deposit larger quantities of these nutrients in their eggs. The one who benefits by the process is the consumer.

"Eggs are a good food for human beings of all ages," explains Garren. "Actually it is difficult to believe that an egg can be so good for us and yet taste so good."

During March, 1954 hatcheries and dealers serving the central and western North Carolina commercial broiler areas placed 5,474,000 baby chicks with broiler producers, the highest on record for the month.

**GO TO CHURCH SUNDAY**

**HICKORY GROVE FREE WILL BAPTIST**

Rev. C. P. Hopkins, Pastor  
11:00 A. M.—Morning Worship  
7:30 P. M.—Evening Worship  
every 1st and 3rd Sunday.

**PITTMAN GROVE BAPTIST**

Rev. Taylor, Pastor.  
10:00 A. M.—Sunday School  
11:00 A. M.—Worship service  
each 1st and 3rd Sunday.

**RAEFORD METHODIST**

Rev. J. Herbert Miller, Minister  
9:45 A. M.—Church School  
11:00 A. M.—Morning Worship  
6:15 P. M.—Senior Fellowship  
6:15 P. M.—Intermediate Fellowship  
3:15 P. M.—Wednesday, Children's Choir Practice  
3:15 P. M.—Wednesday, Junior Choir Practice  
6:45 P. M.—Wednesday, Young People's Choir Practice  
7:30 P. M.—Wednesday, Mid-Week Service  
8:00 P. M.—Wednesday, Senior Choir Practice

**SANDY GROVE METHODIST**

Rev. N. P. Edens, Minister  
9:45 A. M.—Sunday School  
Each third Sunday preaching at 11:00 A. M.  
Each first Sunday morning at 9:45 A. M.

**PEOPLE'S METHODIST**

Luther Wesley, Pastor  
10:00 A. M.—Sunday School  
11:00 A. M.—Morning Worship  
6:30 P. M.—Young People's Service  
7:30 P. M.—Evening Worship  
7:30 P. M.—Friday, Prayer Meeting and Bible Study

**COMMUNITY METHODIST**

Rev. James Hamilton  
9:00 A. M.—Sunday School  
9:45 A. M.—Morning Worship  
Each 2nd and 4th Sunday

**PARKER'S METHODIST**

Rev. N. P. Edens, Minister  
10:00 A. M.—Sunday School  
11:00 A. M.—Morning worship  
1st and 3rd Sundays.

**CHURCH OF GOD**

C. O. Carter, Pastor  
10:00 A. M.—Sunday school.  
11:00 A. M.—Morning Worship  
6:30 P. M.—Y. P. E.  
7:30 P. M.—Evangelistic Service

**EPRESUS BAPTIST**

Rev. E. C. Taylor, Pastor  
10:00 A. M.—Sunday school  
Worship every 1st and 3rd Sunday vs at 7:30 p. m. Every 2nd and 4th at 11:00 a. m.  
B.T.U. at 6:30 p. m.  
Prayer Service Sunday Night at 7:30.

**RAEFORD BAPTIST**

James E. Baker, Pastor  
9:45 A. M.—Sunday school.  
11:00 A. M.—Morning Worship  
7:00 P. M.—Training Union  
8:00 P. M.—Evening Worship  
7:30 P. M.—Wednesday, Prayer Services

**ROCKFISH TABERNACLE BAPTIST**

Scott Turner, Jr., Pastor  
9:45 A. M.—Sunday School  
11:00 A. M.—Morning Worship  
6:45 P. M.—B. T. U.  
8:00 P. M.—Evening Worship  
Prayer Meeting 7:30 P. M. Wednesday  
Choir Practice 8:30 P. M. Wed.

**ASHLEY HEIGHTS BAPTIST**

W. Ray Gosnell, Pastor  
Worship Services  
Second and fourth Sundays at 11:00 a. m.  
First, third and fifth Sunday at 8:00 p. m.  
Sunday School, 10:00 a. m. Thad Lowder, Supt.  
Prayer Meeting, Thursday, 7:30 p. m.

**RAEFORD PRESBYTERIAN**

W. B. Heyward, Pastor  
9:45 A. M.—Church School  
11:00 A. M.—Morning Worship  
7:30 P. M.—Wednesday, Adult Choir Practice

**ANTIOCH PRESBYTERIAN**

Rev. Gower Crosswell  
10:00 A. M.—Sunday school,  
11:00 A. M.—Morning Worship

**SHILOH PRESBYTERIAN**

10:00 A. M.—Sunday School  
11:00 A. M.—Morning Worship,  
every first and third Sunday.

**LUMBER BRIDGE PRESBYTERIAN**

C. M. Bowling, Pastor  
10:00 A. M.—Sunday School  
11:00 A. M.—Morning Worship,  
1st and 3rd Sundays.

**BETHEL PRESBYTERIAN**

10:00 A. M.—Sunday School  
11:00 A. M.—Every second and fourth Sunday, Morning Worship

**DUNDARRACH PRESBYTERIAN**

Rev. Gower Crosswell  
10:00 A. M.—Sunday School  
Worship services every 2nd and 4th Sunday evening at 7:30 P. M.

**PHILIPPI PRESBYTERIAN**

10:00 A. M.—Sunday School  
11:00 A. M.—Morning Worship  
7:30 P. M.—Prayer Meeting  
7:30 P. M.—Wednesday, Pioneer Fellowship

**GALATIA PRESBYTERIAN**

B. O. Shannon, Pastor  
10:00 A. M.—Church School.  
11:00 A. M.—Morning Worship.  
Every Sunday except the 6th Sunday.  
Choir Practice 7:30 P. M., Wednesday

**THE CHURCH OF GOD OF PROPHECY**

Floyd B. Haywood, Pastor  
10:00 A. M.—Sunday School  
11:00 A. M.—Morning Worship

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THURSDAY - FRIDAY - MAY 13-14  
"PARATROOPER"  
Alan Ladd and Leo Gynn  
Also Latest News and Short Subjects

SATURDAY - MAY 15  
"SHADOWS OF TOMBSTONE"  
Rex Allen

"BELOW THE SAHARA"  
Also "CANADIAN MOUNTIES" No. 5

SUNDAY - MONDAY - TUESDAY  
MAY 16-17-18  
"EASY TO LOVE"  
Van Johnson, Esther Williams and Tony Martin  
Cartoon and Latest News

WEDNESDAY - MAY 19  
BARGAIN NIGHT — Adm. 9c and 30c  
"SCANDAL AT SCOURIE"  
Greer Garson and Walter Pidgeon

COMING  
"THE COMMAND"  
"HONDO"  
"CASANOVA'S BIG NIGHT"

**WHO? ME?**

They're always talking about me! They say all sorts of things I can't understand! Isn't she cute? Just a year old. Looks like her mother, doesn't she?

I wish I knew what it all means. But they always smile when they talk about me—so it must be complimentary.

Frankly, I haven't a worry in the world. My Mamma and my Daddy always seem to know what's best for me. I'm sure they want to do everything possible to make mine a wonderful life.

I just hope they realize how important it will be for me to go to Church School. But, of course, being the wonderful parents they are, they'll realize that little souls must grow up just like little bodies. And they'll not only provide for my religious training—they'll set the Christian example that a little "princess" like me simply has to have.

**THE CHURCH FOR ALL... ALL FOR THE CHURCH**

The Church is the greatest factor on earth for the building of character and good citizenship. It is a storehouse of spiritual values. Without a strong Church, neither democracy nor civilization can survive. There are four sound reasons why every person should attend services regularly and support the Church. They are: (1) For his own sake. (2) For his children's sake. (3) For the sake of his community and nation. (4) For the sake of the Church itself, which needs his moral and material support. Plan to go to church regularly and read your Bible daily.

Day	Book	Chapter	Verses
Sunday	Palms	1	1-6
Monday	Mark	4	1-14
Tuesday	Mark	4	14-23
Wednesday	Mark	4	26-37
Thursday	II Corinthians	6	14-18
Friday	Ephesians	6	1-6
Saturday	II Peter	3	8-18

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