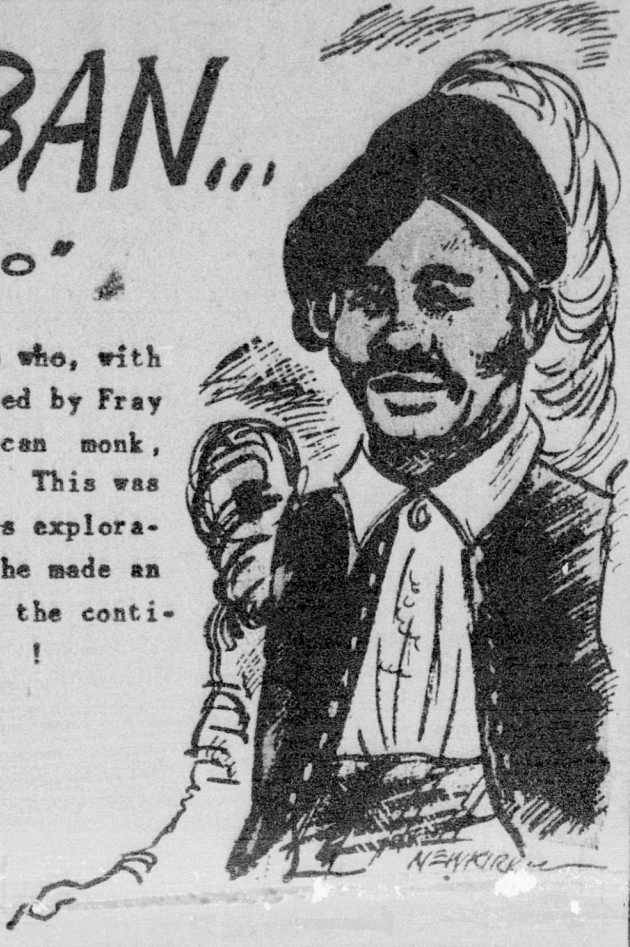


Things You Should Know

ESTEBAN...

"ESTEBANICO"

A Negro from Morocco who, with a party of explorers headed by Fray Marcos de Niza, a Franciscan monk, left Mexico City in 1539! This was one of his many adventurous explorations, and, as a result, he made an eight-year journey across the continent and discovered Arizona!



Continental Features

If you are a college graduate and want to be successful write: **C. Karl Lichtman** CHESAPEAKE LIFE INS. CO. Box 1587 Raleigh, N. C.

North Carolina's cotton allotment for 1962 is about 505,000 acres down slightly from 1961.

North Carolina farmers now have the means for irrigating about 50,000 of the State's 450,000 acres of flue-cured tobacco.

Growers Of Swine Meet At Tarboro

TARBORO—The monthly meeting of the Negro Swine Growers Association was held last week in the County Court House Annex according to J. L. Bullock, chairman. Highlighting the event was the completion of plans for a County Swine Housing Tour held on Tuesday, November 14. The group met at the County Negro Agricultural Agent's office at 10:00 a.m. and moved from there to the four points of interest. Farms toured were: Rev. J. L. Jones of Bethel, swine range shelter; Dr. M. D. Quigless, an eight-stall farrowing house equipped with running water, heat and electric-

A&T College Observes 70th Year At Founder's Day

GREENSBORO — The necessary requirements of the new college graduate and the college teacher were outlined last week at A&T College.

The speaker was Dr. Lewis Pino, program director, Undergraduate Science Education Division, National Science Foundation, Washington, D. C.

He was delivering the main address on Tuesday morning, November 7, at the college's annual Founders Day exercises, commemorating the 70th anniversary of the institution. The program was held in the Charles Moore Gymnasium.

He told the audience the new college graduate must have a stock of knowledge, understanding from where it comes, have a clear understanding of the means through which he can continually update this knowledge and must know, at least in outline form, fields closely related to his own.

Thus, he said, "the complete college graduate has knowledge, a grasp of process, a sense of history and some seedling in areas outside his immediate professional goal which can be developed without the painful process of learning the basic vocabulary of philosophy, or theology, or science, or art, or music, in his middle years."

At the end of the 1961 harvesting season, North Carolina had an estimated 400 mechanical cotton harvesters, about twice as many as a year earlier.

GO TO CHURCH SUNDAY!

Yes, We All Talk

BY MARCUS H. BOULWARE

VOICE DISORDERS

Voice disorders are called, in the speech correction field, "dysphonias." If a complete loss of voice occurs, it is termed "aphonia." "Aphonia" may be caused by hysteria, or by surgical removal (laryngectomy) of the larynx because of cancer.

Voice disorders may be caused by (1) physical deformities of the larynx and vocal cords, (2) a pathology of the larynx traceable to disease, and (3) misuse of the vocal hands temporarily or over long periods of time.

Temporary abuse of the voice may be caused by laryngitis, such as caused by yelling at a football game. In years gone by, some rural ministers have misused their voices by yelling during preaching; along with this, usually, there

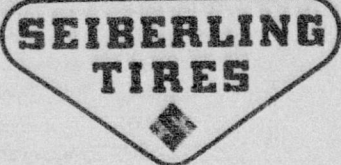
is faulty breathing in the inhalation of air.

Children can abuse their voices through yelling vigorously at play. Misuse of the voice causes "speaker's or singer's nodes" to appear on the vocal band and prevent their normal vibration. Undesirable voices have been labeled hoarse, strident, metallic, monotonous, flat and nasal.

Female vocal cords average five-twelfths of an inch in length while those of the men average seven-twelfths in length.

READERS: For my public speaking pamphlet, send a long business self-addressed envelope to Dr. Marcus H. Boulware, Florida A. & M. University, Box 310-A Tallahassee, Florida.

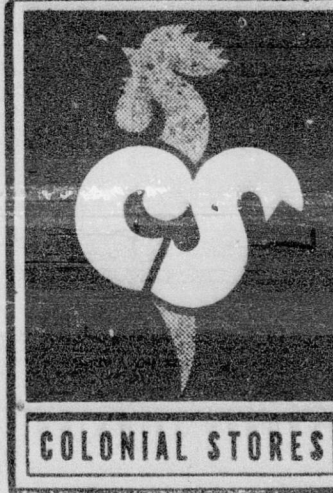
How many of us feel like arbitrating when we feel sure we can tick the other fellow?



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| Old Va. Hickory Smoked Slab BACON 3-4 LB. AVG. lb. 75c | FRESH PORK OR CORNED Hams .. lb. 53c | FANCY GRADE A... 4-9 LB. AVERAGE TURKEYS lb. 39c |
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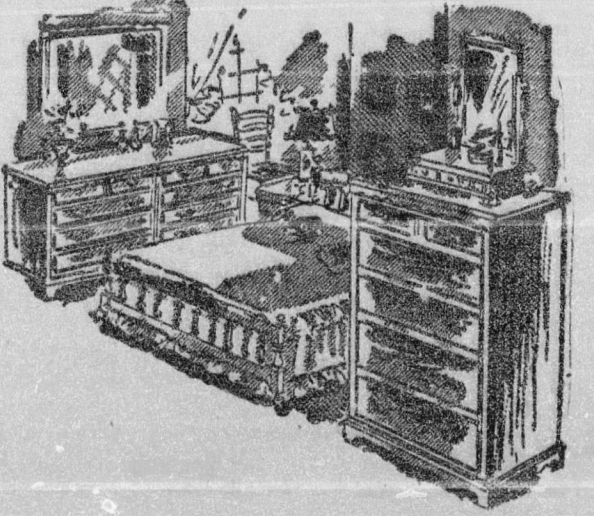
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