

GABBING About Town

BY MRS. A. H. THORPE
TELEPHONE 632-3029

THE VALUE OF A SMILE

Did you ever play ball with a smile?
It bounces from you to your brother;
And then from him to a pal of his.
To another and another and another.
When you start a smile out in the morning,
You never know where it will end,
It may come back again to you,
On the face of a brand new friend.

GUESTS FOR MOTHER'S DAY
Mrs. Denzeloe Sanders of 828 E. Hargett Street, had as her recent house guests for Mother's Day, her son and daughter-in-law, Mr. and Mrs. Rudolph Dunston and her sister, Mrs. Delin Palmer, all of New York. They reported a lovely trip and stay.

HOUSE GUEST
Mrs. Lula Hopkins of 611 E. Cabarrus St., had as her recent house guest, her sister, Mrs. Ada Fields Garrett of San Diego, California. Mesdames Garrett and Hopkins also motored to Durham where they visited their brother, Mr. Alonzo Fields. Mrs. Garrett then went on to Charleston, West Virginia, where she spent some time visiting in the home of Mr. and Mrs. Richard Pickard. She reports that her trips were very rewarding.

SURPRISE BIRTHDAY PARTY
Mrs. Velda Joyner of 1105 E. Martin St., and Mrs. Lula

Hopkins of 611 E. Cabarrus Street, surprised Mr. J. W. Joyner and Mrs. Ada Garrett at a party on Saturday, May 10, at the home of Mrs. Joyner. Only a few friends were on hand to wish them happy birthdays and for many more. **SPENDS MOTHER'S DAY HERE**
Mr. Booker T. Grimes of Washington, D. C., spent Mother's Day with his mother, Mrs. Ola Grimes of 1010 E. Hargett St. He also attended services with her at the Manly Street United Church of Christ. He has reported a most happy and enjoyable Mother's Day.

VISITS CHAPEL HILL
Mr. and Mrs. Weldon Sorrell of 604 McMackin St., and children, Charles and Sara Brooks, spent Sunday in Chapel Hill with Mrs. Sorrell's sister and brother. They reported a well-spent day.

SYMPATHY EXTENDED
We are in sympathy with Mr. Esau Tyson in the passing of his wife, Mrs. Agnes Tyson; Mrs. Susie Newberry in the passing of her son; and Mr. Plummer Vines and Mrs. Castleberry in their bereavement and pray that God will forever sustain them in their sorrow. **REVIVAL SERVICES SLATED**
Revival services will be held at the Mt. Pleasant Holiness Church, 1424 Sawyers Lane, from Sunday, May 25, through Friday, May 30. Sister Nora Caviness will be the speaker each night.
Note: Thanks! again and again.

Eastside Reminders

BY MRS. RUTH M. BETHEA
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It pays to cultivate throughout life certain qualities which will bring to you success. Some of these qualities are politeness, kindness, honesty, a pleasing attitude, sincerity and loyalty. These, and many more qualities leading always to a successful life, belong to our **MRS. BETHEA** Councilman, Clarence E. Lightner. This column is pleased to congratulate him and wish for him a successful tenure as City Councilman.

Among those who left the city this past weekend to attend the Regional meeting of the Alpha Kappa Alpha Sorority in Roanoke, Va. were: Mrs. Thelma Keck, Mrs. Phyllis Mann, Miss Thelma Watkins and Miss Joyce Davis.

An enjoyable and profitable meeting was reported. An impressive service was conducted at Davie Street United Presbyterian Church Sunday. Rev. Richard Woodard of Durham was in charge.

The Bi-Synod conference will be held at Boggs Academy, Keyesville, Ga., June 15-21. Mrs. Eunice Joyner and Mrs. Helen Coburn are in charge and you may contact either.

Death came to Mr. Thomas Glascoe, Sr., at a ripe age of 95. How good it is to live such useful lives that God sees fit to lengthen our years. Mr. Glascoe departed this life on Monday, May 12, at Cape Fear Hospital, Fayetteville.

His funeral was conducted Saturday, May 17 at one o'clock in the afternoon at the Raleigh Funeral Home Chapel.

His quiet, cheerful and lov-

able ways endeared him to all who knew him.

His survivors include three daughters, Mrs. Pattie Smith, Bloomfield, Conn.; Mrs. Olivia Shelton, West Hartford, Conn.; Mrs. Marjorie Curtis, Wilson, Conn.; two sons, Mr. Thomas Glascoe, Jr. of Raleigh; and Mr. Warren Glascoe of East Orange, N. J.; ten grandchildren, seventeen great grandchildren, several nieces, nephews, relatives and friends.

His obituary was delivered by the Rev. Leatha Debnam and he was interred Saturday afternoon at Mt. Hope Cemetery. Rev. Coleman Curry of Charlotte, pastor of Friendship Baptist Church, a preacher of great ability, is conducting revival at First Baptist Church where Rev. Dr. C. W. Ward is pastor. The pastor and members are inviting everyone to enjoy this great treat, and receive a spiritual renewal.

The National Association of College Women met Sunday afternoon at the home of Mrs. Virginia Swayze on Lynhurst St., with Mrs. Swayze as hostess, along with Mrs. Ruby McKinney, Mrs. Minnie Howard and Mrs. Ura Jones.

The meeting was conducted by the president, Mrs. Mary Hooker.

Those present were Mesdames Ann R. Evans, Ruby P. Fain, Mary B. Graham, Mary H. Hooker, Maggie J. Holly, Minnie Howard, Catherine Jones, Ura H. Jones, Elizabeth Jordan, Minnie Laceywell, Ruby McKinney, Vera Norg, Addie H. Perry, Marjorie Phillips, Daisy Robson, Virginia Swayze, Dorothy Taylor, Fannie Taylor, Carrie Williams, Estelle Curry, Grace W. Kennedy, Mary Mallette, Irma R. Tyson and

Your professional beautician knows the answer...

Is peroxide needed to color unwanted gray hair?

Hair care and beauty experts know that the first traces of gray hair—and even slight fading of natural color after chemical relaxing—can dull a woman's appearance and make her look older than she feels. While most women hate these premature aging effects, many are hesitant about using permanent peroxide haircoloring which may change the natural hair color while coloring gray.

Professionally-trained hairdressers know the importance of their customers' preferences when unwanted gray becomes a problem. These experts also know that Clairol created semi-permanent Loving Care™ hair color lotion without peroxide... to color only the gray without changing the natural shade. They also find Loving Care blends back color faded by chemical processing. Because of its mildness, Loving Care maintains healthy looking hair and lasts through a month of shampoos.

Whatever a woman's reason for wanting Loving Care for her hair, she is always wise to consult a professional beautician. Hairdressers are equipped with a family of fine Clairol products and the training to promise each patron the loveliest and most personalized haircoloring effects every time she visits her salon. If you dislike gray, and want no peroxide, why not ask your beautician to glamorize it with Loving Care?

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Come to Church

BY MRS. MAY L. BROADIE

O gracious Father of mankind, our spirits' unseen friend, high heaven's Lord, our hearts dear guest, to Thee, our prayers ascend. Thou dost not wait till human speech Thy gifts divine implore; our dreams, our aims, our work, our lives are prayers. Thou lovest more, Thou seekest us in love and truth more than our minds seek Thee. Through open gates Thy power flows in like flood tides from the sea. No more we see Thee from afar, nor ask Thee for a sign content to pray in love and love and toil, till all are Thine.

Our Father in Heaven, we praise Thee that through Jesus Christ, Thy Son, Thou hast called us from our sin into fellowship with Thee. Help us to hear his voice, Grant us the will to answer His call. Give us strength to follow Him. Grant us Thy spirit to help sustain the hands and work of those who labor to dispel the darkness, in Christ's name we pray, Amen.

WILSON TEMPLE UNITED METHODIST - Church School began at 9:30 a.m. with the general supt., Miss Nannie Morgan presiding. Morning worship began at 11 with the call to worship made by the pastor, Rev. S. T. Gillespie. The senior choir was in charge of the music under the direction of Mr. Hargrove. The lesson and prayer were by the pastor who also brought a very inspiring sermon.

ST. ANNAH FREEWILL BAPTIST - Church School was held at 10 a.m. with the general supt., Mr. William Leach, presiding. Morning worship opened at 11 with the call to worship made by the pastor, Rev. L. T. Ford with the senior choir No. 2 furnishing the music. They were under the direction of Mrs. Elizabeth Partin and Mrs. Topsy McCullers accompanied at the piano. The lesson was read by the pastor from the Book of St. Luke. Prayer was offered by Rev. John Roberson. A very sweet Mother's Day sermon was delivered by Rev. Ford on the subject, "A Good and Christian Woman."

Sunday afternoon a Woman's Day program was held. Rev. Sister Avery, accompanied by the St. Ann's Chorus, rendered service. Mrs. Mildred Johnson directed. The Rev. Sister Avery brought a very encouraging sermon from the Book of Esther. Her subject was "If the Church Pays, A Change Will Come."

At 7 p.m., St. Annah Free Will Baptist Church and the Willing Workers Club observed its 7th anniversary with the Rev. Sister Christeen Black delivering the message entitled "A New Heaven And A New Earth."

ST. MATTHEW AME - Sunday School opened at 9:30 a.m. with the general supt., Mr. V. R. Leach, presiding. Morning worship began at 11 with the call to worship made by the pastor, Rev. D. L. Morrison. The combined choirs furnished the music under the direction of Mrs. Marie Riddick. Mrs. Rose M. Walton was at the organ. The lesson was read by the pastor from the Book of Romans 12:1-8. Prayer was offered by Mr. Leach. Announcements and recognition of visitors was made by Mrs. A. O. Carmichael. The offering was collected by the senior men ushers under the supervision of Mr. Douglas Sanders. A great sermon was delivered by Rev. Morrison on the subject "Is God Pleased With You?"

FIRST UNITED CHURCH OF CHRIST - Sunday School was held at 9:45 a.m. with the general superintendent, Mr. Lawrence Wilder, presiding. Worship services opened at 11 with the call to worship made by the pastor, Rev. Howard Cunningham. The combined choirs were in charge of the music under the direction of Mr. Harry Gillsmith. The lesson was read by the pastor and prayer was offered by Deacon Willie Smith. The children's sermon was delivered by Miss Patricia Poole. A very rich message was preached on the subject Ascension.

OBERLIN BAPTIST - Sunday School opened at 9:30 a.m. with the supt., Mr. Walter Curtis, presiding. Morning worship began at 11 with the junior choir in charge of music under the direction of Mr. Gaston Pulley. Prayer was offered by Deacon Ennis Grant. The scripture was read by the pastor, Rev. J. P. Dempsey. "A Letter From Jude," was the subject of the sermon.

MANLY STREET UNITED CHURCH OF CHRIST - Church School opened at 9:30 a.m. with the superintendent, Mr. Walter Jones, presiding. During the Sunday School hour, three seniors were recognized. They

Vanizer B. Bonche. The hostesses served delicious refreshments.

were Mr. Bernard Rogers, Jr., Miss Verita Banks and Miss Drucilla Dunn, all of Ligon presentation of tokens to the trio. A talk to the graduates was given by Mrs. Pearl McDonald. Remarks were made by the pastor, Rev. T. C. Hamans. Worship services began at 11 with the Luscious Mentor choir furnishing the music under the direction of Mr. O. L. Taylor at the organ and Mr. Clarence Davidson at the piano. Prayer was given by Deacon Jones. Scripture was read by the pastor; responsive reading by Mr. James Kearney; announcements by Mrs. Geraldine Brown. A wonderful sermon was preached by Rev. Hamans from Revelation 3:17.

The Raleigh Branch of the National Alliance of Postal and Federal Employees worshipped with us.

TUPPER MEMORIAL BAPTIST - Church School opened at 9:30 a.m. with the superintendent, Mr. Julius Haywood, presiding. Morning worship began at 11 with the senior choir in charge of music. Prayer was offered by the Rev. J. H. Clanton, who also preached a wonderful message entitled "Hold On."

MT. OLIVE HOLY - Sunday School opened at 10 o'clock with Deacon Daniels acting as superintendent. Morning worship started at 11 o'clock with the senior choir in charge of the music. Sister Ethel Cooley was the guest speaker. She preached a wonderful sermon, using for her subject, "A Christian Companionship."

Rev. James McCullers will preach Sunday night at 8. Sister Celia Hayes is the pastor.

FIRST BAPTIST - Sunday School started at 9:30 a.m. with the general supt., Deacon D. R. Ingram, Sr., in charge. He was assisted by the departmental superintendents, in the cradle roll and beginners department. Prayer was said by little Karen Chatman. We missed Mrs. M. L. Chavis, who was in Apex, where she delivered the Woman's Day address.

Worship services opened at 11 with the call to worship made by the pastor, Rev. Dr. C. W. Ward, Sr. The senior choir was in charge of the music under the direction of Mr. L. P. Bell. Minister of music is Mrs. Emily Kelly. The responsive reading was led by Rev. Ward. The lesson was read by the guest minister, Rev. Coleman Kerry from the Book of St. Mark, 2nd chapter. Prayer was given by Deacon Clarence Henry. Announcements were made by Mrs. Ethel Greene. Recognition of visitors was by Mr. David Dolby; offering was lifted by the junior lady ushers headed by Mrs. Justine Williams. The sermon was delivered by Rev. Kerry, pastor of Friendship Baptist Church, Charlotte. His subject was "Have Faith In God." It was the beginning of our first week of revival which begins nightly at 8:15.

At 6:30 p.m., MCTU was held with Deacon Frank J. Hinton and Mrs. Beulah Bates in charge. The call to order was made by Master Andrew Bates, Jr. and Master Jerome Wagner. Scripture was read by Master Bates and prayer was offered by Deacon E. R. Jones. Miss Sharlean Fuller was at the piano. Other participants were Master Michael Shaw, Miss Linda Powell and Miss Lena Faison.

Evening worship was held under the leadership of Deacon E. R. Jones. Scripture was read by the pastor from Romans 10. Prayer was offered by Rev. John Mentz. A great sermon was delivered by Rev. Coleman Kerry from Genesis 2:7 on the subject "Watch Your Supply."

The pastor, officers and congregation are in deep sympathy with the families of the late Mr. Otis Daniel Sherman and the late Mr. Thomas Glascoe, Sr.

MORNING STAR BAPTIST - Sunday School was opened by singing, "Stand Up For Jesus." Next we had prayer. The discussion was "The Key To Understanding." Our pastor reviewed the lesson. The morning worship service was opened with the Primary department rendering music. The first hymn was "Trust And Obey." Scripture was read from the Book of Romans 4:1. Rev. Howard said a prayer. Our pastor, Rev. S. R. Spencer, delivered the first of a series of sermons on prayer entitled "Midnight Prayer Meeting," from Acts 16:25.

BTU was opened with the president, Mr. John A. Marks, in charge. The subject of the lesson was "Can I Trust Others?" from 1 John 2:9-11.

Evening service was held and we sang "I Am Thine, O Lord." The scripture was read from St. Matthew 13:1-16. The message was from the above read chapter entitled "Praying and Fasting." Mrs. Mary Spencer is church reporter.

SMITH TEMPLE FREEWILL BAPTIST - Sunday School began at 10 a.m. with the supt., Deacon Julius Young, in charge. At 11, the call to worship and the pastoral prayer were made by Rev. Charles Alford, pastor. The senior choir was in charge of the music, under the direction of Mrs. Thelma Williams and Mrs. Pauline Burt. The scripture lesson was taken from St. Mark 4:22-30. Invocation was given by Bro. Sanders. Rev. Alford delivered a soul-stirring message, entitled, "Christian Growth."

Special guest was the vocal choir of Good Samaritan Baptist Church directed by Mr. Luther Hinton. At 9:30 the young people's Christian League presented a program. Mrs. Florine Smith, president of the YPCL Convention Conference A, was the speaker. She spoke from the subject, "Social Education." Also present was Rev. Alford, general moderator of the young people's Christian League. Mrs. Armella Osborne is president of the church group. Miss Marilyn Moore was mistress of ceremony.

RUSH METROPOLITAN AME ZION - A third Sunday had rolled around again and it was Young People's Day. Church School began at 9:45 a.m. with Miss Terry Hall acting as superintendent. The junior church services were conducted by the pastor, Rev. T. H. Harris. The 11 o'clock services were also conducted by the pastor. Music was rendered by the junior choir, under the direction of Miss Deborah Sautler and the spiritual chorus, under the direction Mrs. Everdell Ligon. Rev. Harris then brought the message. His text was taken from St. Matthew's gospel, the 3rd chapter and 3rd verse. His subject was "Sin Made John Cry For the Sinners, And It Made Him Cry For God."

At 6 p.m., the Missionary Society presented its Annual Rose Garden Program. It was indeed a successful one. Mrs. Annie H. Thorpe is church reporter.

PERSONALS

MR. HALL BACK ON JOB
Mr. Ed Hall, Jr., 22 Lincoln Terrace (Chavis Heights) who was felled by a virus last Wednesday afternoon, returned to his position at the Baptist State Convention Headquarters on Monday of this week. All of his many friends are happy to know that Mr. Edward William Hall, Jr., popular lead singer and business manager for the "Sensational" Evening Five Quintet, has recuperated and is back on the job.

MISS HALL TO CELEBRATE BIRTHDAY
Miss Bernice Maria Hall, daughter of Mr. and Mrs. Ed Hall, Jr., 22 Lincoln Terrace, will be ten years old on Friday, May 23. She is expected to be entertained by her parents and friends at a party. All of her many friends at Crosby-Garfield School, where she is a fourth grader, and elsewhere in the city, wish for Bernice "many happy returns of the day."

MR. VINSON SETS ANNIVERSARY
Mr. William Vinson will celebrate his 21st singing anniversary on Sunday, May 25, at 2 p.m. at the St. James Holiness Church, 123 Bart St., Raleigh. On the program will be the Lees Cross Road Male Chorus, the Jones Chapel Male Chorus, the Mount Calvary Junior Choir, the Smithfield Gospel Singers, Mr. Willie Stokes of Taber City will be guest soloist, as will Mrs. Mickle Bridges, Mr. Vinson will be at the Hammond organ with Mrs. Cecelia Mitchell at the piano. Also appearing will be Little Baby Ruth, who will sing. Three prizes will be awarded.

MUSIC NOTES AND HALF NOTES

BY MRS. E. M. M. KELLY

At Dorothea Dix Hospital, Friday, May 2, it was a refreshing treat for us as The Church Women United listened to Rebecca Stallings, Deborah Sugg and Shirley Phillips, students of Miss Martha Ann Moore, of Governor Moorehead School, play the following program: Ruthenian Song, by Bartok; Canon in Unison On a Ground Bass, by Bach; Largo, From Concerto, A minor - by Vivaldi. Miss Moore and her students are to be congratulated for the beautiful music they are making. Mrs. Kelly's their performance reflected good and careful training.

Another and most unusual treat for your writer, was a

CLUB NEWS

IDLE-A-WHILE SOCIAL CLUB CORNER
The meeting was held at 1003 South Person Street, where hostess, Dorothy Powell, performed her feat; And 'twas there that Idle-A-While Social Club members met, For an evening of fun that will be hard to forget.

The business was presided over by the hostess, vice-president And this was brief and with full consent; The business was pointed and full of worth, But now it was over and time for mirth.

And what could be better to set the mood, Than a table loaded with the best of food? For it was there to tempt and tease the appetite, And members partook wholeheartedly and enjoyed every bite.

The members present were Mrs. Esther Haywood and Mrs. Louise Nunn. Just two of the officers have fun; Mrs. Mary B. Graham and Mrs. Elizabeth Pridgeon were also on hand, Joined by Mrs. Hazel Williams, Catherine Holden and Rosetta Rand, And Mrs. Louise Walker, Mrs. Margaret Baldwin and Mrs. Dorothy King.

Finally, Mrs. Dorothy Jeffers came and joined the ring, Mrs. Jennie Charles was at home - she's a little ill; But our thoughts and best wishes are with her still. Two other members were missing and this did hurt, Those two? Mrs. Chloe Chupp and Mrs. Catherine Burt.

The progressions of Pinochle went along just fine, As for high score prize, Mrs. Louise Nunn did shine; It was a prize for Mrs. Rosetta Rand that was low, But the game was over and it was time to go.

The hostess and her helpers had made the team, Of the Idle-A-While Club that we hold in esteem, So gave expressions of thanks and said, "Goodnight," And like the prices of today - were soon out of sight.

The next meeting is scheduled for May 29 - Thursday night, Where Mrs. Elizabeth Pridgeon will set things right; Until that time we'd like to promote, A toast to the past hostess to get our vote.

ROSE BUD GARDEN CLUB
The Rose Bud Garden Club met at the home of Mrs. Ethel R. Wallace, Heck Street. The president, Mrs. A. A. Cooke, has recently been hospitalized and is now recuperating nicely at home.

Our Mother's Day program was held at this meeting. A beautiful tribute to mothers was read by Mrs. P. L. Higgs, after which, she sang a sweet solo and dedicated it to all mothers.

COSMETOLOGIST CLUB No. 35
Cosmetologist Club, Chapter 35, held its regular monthly meeting Tuesday, May 6 at 1301 E. Hargett Street with Mrs. Lena Burt Tucker, serving as hostess. Devotion was led by Mrs. Christiana Pitts.

The meeting was presided over by the president, Miss Vivian L. Burt. A detailed report was given by Mrs. Irene Thomas, who was a delegate to the North Carolina State Beauticians Convention held recently in Durham.

Members present gave Mrs. Thomas a rising vote of thanks for the wonderful report. Enjoying Mrs. Tucker's hospitality were Mesdames Rosetta Rand, Mattie Hawes, Christiana Pitts, Iris Crum, Dorothy Perry, Estelle Bryce, Irene Thomas, Alzoria Roberts, Gladys Harris, Beatrice Hall, Lena Tucker, Misses Lucy Watson, Elizabeth Robinson and Vivian L. Burt.

NINE AND FIVE CLUB
Despite the fact that several "regulars" were absent Saturday night, (and greatly missed) the Nine and Five Club considers its final meeting of the season as one of its most enjoyable.

The group met with Mrs. Bessie M. Wesley of 824 New Bern Avenue. As usual, the hostess left nothing undone which would provide for the well-being and enjoyment of her guests. Each delectable menu item pointed up the expertise of one skilled in the culinary arts.

In the absence of the president, Mrs. Geneva P. Brown, the vice-president, Mrs. Helen Mitchell, officiated very capably. The program featured a piano recital at Dorothea Dix Hospital, Friday, May 9, by Mr. Elben Thomas. He played hymns and light classics, performing well at the keyboard, and impressing, greatly, his audience with his great skill and discipline. He is a real music lover. Thanks to Mrs. Augusta Turner for the planned program and her invitation to attend. Mrs. Mary Sapp, another music lover, was in the audience.

CORRECTIONS: Instead of "lecture", the word should have been "lecturer" so as to be read "... he (Mr. George Fuller) was a lecturer. ... Orchestra Director, ..." etc. There should have been no comma between "Orchestra" and "Director".

Let us continue good music. Keep singing, playing and listening to good music!

Members present were: Mesdames Lucy Eaton, Hattie B. Edmondson, Louise Nunn, Hazel Williams, Ida Washington, Garnell Watts, Juanita Strickland, Geneva P. Brown, Lucy Hayes, Effie Young, Phyllis Hawood and Bessie Wesley.

JUG'S HOLD FIRST ANNUAL SPRING TEA
The Just Us Girls Social-Civic Organization held its first Annual Spring Tea Sunday, May 18, at the home of Mrs. Esther Hayes, 211 Bragg Street.

Mrs. Hayes' home was very beautifully decorated with fresh cut spring flowers. The guests who attended the Tea witnessed a very enjoyable and inspiring program. After the program, a very refreshing repast was served.

Immediately following the Tea, the members had a very brief meeting. Presiding was the vice-president, Mrs. Hermena Hunter.

Birthday celebrations were those of Mrs. Fiddle Manning and Mrs. Genora Kitchen, who received some very beautiful and useful gifts.

Members present were Mesdames Rebecca Goldston, Hermena Hunter, Fiddle Manning, Genora Kitchen, Esther Hayes, Yvonne Lindsey, Mary Edwards, Mary Jeffries, Pearl Green, Delores Peterson and Lilliar Barnes.

THE NINE AND FIVE CLUB NEWS
Mrs. Ann Webb's home on New Bern Avenue, was the setting for meeting of the Nine and Five Club Saturday night, May 10, with the president presiding.

The secretary read correspondence and welcomed the guests. Next in order was the announcement of Alma's birthday, which everybody repented to with beautiful gifts. Plans were made for the last meeting of the season which will be held at the home of Mrs. Bessie Wesley.

One round of Pokena was played, Sara Sharper won high score. Ruth Bethea won low score. The hostess, Mrs. Webb, served a delicious repast. The guests were: Mrs. Carol Hunt, and Mrs. Roxie Tucker.

Members enjoying the hospitality were Mesdames Bessie Wesley, Sara Sharper, Mary Marable, Helen Mitchell, Alma Harrison, Lovie Ellis, Cornelia Cobb, Ruth Bethea, Emma Jones, and Geneva Brown.

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HERE IT IS! REVOLUTIONARY DIET LOSE 10 POUNDS IN 10 DAYS

This is the revolutionary new Grapefruit Diet that everyone is suddenly talking about. Word of its success has spread like wildfire throughout the U.S. and Canada because this is the one diet that really seems to work for most overweight people. If it is followed exactly, the average overweight person should lose 10 pounds in 10 days. This new diet plan lets you stuff yourself with foods that were formerly "forbidden" and still you should lose 10 pounds in the first ten days, plus 1 1/2 pounds every two days thereafter until your weight is down to normal. With the loss of this unsightly fat you should look and feel better this summer.

A copy of this new and startlingly successful diet plan can be obtained by sending \$2.00 to
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