Durham—The Friendly City

(Continued From Page 1)

Interest in display cabinets.

J. S. Scarborough of the Scarborough Funeral Home credits Mr. Spaulding with help in maintaining his business. He recalled that the insurance executive gave him valuable aid in real estate business which has made it possible for him to keep funeral charges at a modest rate.

"We don't depend upon funerals for a living," he said, "our main business is real estate."

While Hock Baptist Church was another of Mr. Spaulding's beneficiaries. The Rev. Miles Mark Fisher, speaking at the funeral services, recalled that he gave $600 or more a year to the support of the church he loved.

He remembered that when the church board met to plan the year's budget, it was Mr. Spaulding who made the motion which granted him a three month's leave with pay to study during the summer.

All Pay Tribute

Every business establishment on Fayetteville and Pettigrew Sts., closed during funeral services for Mr. Spaulding and most displayed signs which read "Closed 2 to 5:30, p.m. for funeral services of Dr. C. C. Spaulding."

That's an indication of the esteem in which the man was held. Some downtown business enterprises also displayed signs.

The entire city council and Mayor R. J. Evans attended the funeral. The mayor also issued a proclamation by radio on Friday evening declaring Monday a memorial day.

A visitor gets the feeling that Durhamites generally considered Mr. Spaulding a friend as well as their city's leading citizen.

They were saddened by his death and they showed it in their faces. There was not the carnival air one sees often in big cities where curiosity seekers swell the mourners' bench.

One elditme resident told me: "Oh, he was a real man. He always stopped here to say a word when he passed. He was a friend to all the people. So is Mr. Kennedy," he added, referring to W. J. Kennedy Jr., the new N.C. Mutual president.

I went to find out, not having known Mr. Kennedy before. I found him seated on the porch of his home, waiting with relatives for the cars to move to the church.

His greeting was a kindly handshake and a smile which necessarily was wan because the occasion for him was one of sorrow too. He had lost an intimate pal and friend. But in that brief meeting, I knew why the oldtimer meant when he said: "Mr. Kennedy is like him too."

Many Pretty Homes

Durhamites are lovers of pretty homes and believe in home ownership. Displayed on a Fayetteville st. building is one of Mr. Spaulding's own bywords. "Buy your own home."

And the residential section of Fayetteville st., as well as other residential areas, are proof that Durhamites took that advice. The modern homes, just like those pictured in the home furnishing books can be found all over. Most have lawns and attractive shrubbery, a welcome relief from Baltimore's rowtype homes.

Not all of Durham is modern, pretty homes. Like other cities, there are modest and poor homes and unpaved streets. I have the feeling, however, they are in the minority.

The Spaulding family residence, comfortably airconditioned, is just four blocks below the Mutual's branch office.

An hour before the funeral services, Mrs. Jeannette Brawley Stewart of Atlanta arrived at the home and was admitted to the living room. "I just had to come," she said, as she recalled that it was on her first visit to Durham 60 years ago that the Spauldings had given her a welcome reception "right in this room."

Next door to the Spauldings reside the W. J. Kennedy Jrs.

Further down Fayetteville st. is the comfortable duplex home of Joseph W. Goodloe, he's the new Mutual secretary, and she's the former Betty Wilson of Baltimore.

Dr. and Mrs. Clyde Donnel, he's the Mutual's medical director, also occupy a spacious home on a Fayetteville st. corner.

Friendly People

And Durham is a friendly city. Its people of both races are quick to help a stranger find a street, to offer helpful information.

Setting the pace is personable Dr. Charles Ray, director of N.C. College public relations department. Out-of-town newsmen found him ready with background releases and other necessary data as soon as they hit town.

Other friendly faces which greeted us as we made our rounds:

Mr. and Mrs. Louis Williams (Lucille), whose "we too say a word when he passed. He was a friend to all the people. So is Mr. Kennedy," he added, referring to W. J. Kennedy Jr., the new N.C. Mutual president.

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Other friendly faces which greeted us as we made our rounds:

Mr. and Mrs. Louis Williams (Lucille), whose home was our stopping place. He's a tailor and she's superintendent of nurses at Lincoln Hospital.

Tells me she loses 12 of her 54 nurses by graduation on Friday but will welcome 30 new trainees come September.

Charlie Speight, who conducts the Pure Oil Station with his brother, Theodore; John Bailey, the State Liquor store manger, whose customers are of both races.

Mrs. Veda Wilson, and daughter, Gladys Henson, former Baltimoreans, now residing here. Mrs. Wilson is sister of Mrs. Goodloe.

Mr. and Mrs. R. H. Thompson, he's the lawyer; and Dr. and Mrs. R. P. Randolph, whose comfortable Pekoe st. home and beauty spotes.

Ditto Mr. and Mrs. Asa Spaulding and attractive children, whose home helps prove that Durham residents rank high when it comes to gracious living.

New Coach Seen

Floyd Brown, the new basketball coach at N. C. College, who has just arrived in town from Texas, and was renewing friendships with fellow newsmen, Alec Rivers and his wife, Hazel.

Mrs. Charles Stanback, whose husband runs the leading photography studio, who was carrying on while he attended to business in New York;

Miss Geneva Mebane, Mutual auditing department clerk, who fondly recalled visit to Baltimore;

Mrs. Christine Alston, who is secretary to Hugh Thompson, the lawyer;

Personable Laura J. Brown, of Raleigh, who writes feature articles for this newspaper, and was in town for the funeral;

A. and T. President F. D. Bluford, who always has a pleasant greeting;

Miss Ethel Greenfield, this year's graduate of Hillside High, whom I spied walking down the street with an AFRO tucked under her arm. She said she likes the magazine section, sports and the Bill Mabry appearing in her favorite paper;

J. R. Larkins, of the state department of public welfare, who was enjoying a chat with Lawrence Osty, down from Washington for the funeral.

Mourners of both races stand solemnly outside White Rock Baptist Church listening to the services by loudspeaker.

What We Owe To Spaulding

(Dr. Mordecai Johnson, Howard University president, speaking at funeral services for Dr. C. C. Spaulding—Monday, Aug. 4, 1952—Durham, N.C.)

We are not here to grieve but to rejoice at what God has wrought. He has taken one of our elder statesmen whose life covered a span from the emancipation of slaves to this day.

It is an event of national significance, when we realize that a man, born but seven years from emancipation, died in possession of the leadership of 42 million dollars worth of business and constructive enterprises.

Our people owe especially gratitude to Dr. Spaulding, because through his leadership we were able to pass through the most discouraging phase of our lives.

He helped us to realize the importance of insurance. He gave careful and considerate leadership to the N.C. Mutual Life Insurance Co. so that it emerged a national institution and restored the confidence of the people, who had lost faith in insurance when another company failed.

Non-Speculation

Mr. Spaulding believed in non-speculative, safe and conservative procedures. Gambling, easy speculation had no place in his business ventures. His was a policy of honesty and scrupulous restraint.

I recall a visit to his office when he insisted on the loan desired for the coming year to enable him to put his finger on the areas of danger before an emergency existed.

He said he kept these thermometers ever in front of him.

He said to me this is the secret of business.

And Mr. Spaulding and those associated with him did not live luxuriously but comfortably.

They used the profits not to make themselves richer but put them back into the business and expanded it.

They did not believe in being spendthrifts and living the high life.

Business Executives

Our people are also grateful to Mr. Spaulding and his associates for their contribution in making good business executives.

He helped to educate others and has probably done more in developing responsible business executives than any other person.

He taught how a successful enterprise can work.

There was complete unanimity among the executives closely associated with him.

A tribute to his wisdom and strength is the fact that only one hour was required to elect his successor.

There was almost complete unanimity in choosing his successor and the people should be grateful that there was this spirit of unity because there was no difficulty in laying the mantle of successor on the new president, no invidious competition for the top office and no distrust such as marks so many business enterprises today.

Our people should be grateful to C. C. Spaulding because he showed a pathway to interracial goodwill.

White as well as colored people came to the N.C. Mutual and the other enterprises to do business. They trusted the man of intelligence and honor. He has shown, that when men find that, they will cross the color line.

That reminds me of a physician in Canton, Ohio. A white Mississippi resident went to see him. After he had cured him, the physician said to the patient, "You know I'm a colored man."

The patient answered — "Yes, but I said that's a — doctor up there, but I come up here because I knew you had something."

That's a homely story, and it uses a word we despise, but it explains what I mean. White people knew Dr. Spaulding had something and they crossed the color line to get it.

Board Member

C. C. Spaulding's life is proof that financial freedom can free a man to do good in many fields. He took assignment on many boards, especially educational institutions which he served well although he did not have a college education.

One time he met a man who said he had visited with a person who asked to be remembered to him. The person said he and Mr. Spaulding had been in college together. Mr. Spaulding replied—"Oh no, the only time I ever went to college was to make a speech."

Mr. Spaulding's very presence on an educational board was an important thing. He was an ornament to the race—his very presence inspired.

His noble white hair and stature impressed.

He served 15 years on the Howard University board, 13 of them on the very important executive committee of that board.

During that time, he kept his eye on the constrictive costs. He had no little private scheme, no little apple of his own to polish. He always was thinking what could be done to make a constructive institution.

It's a wonderful thing a life like this could be lived in the South which is the most dangerous and humiliating place in the world. It's not any place where a man can leave his wife alone for six months.

Many have fled it, hundreds of others will do likewise. But it's a land of great opportunity and it is a tribute to him that he stayed on the soil of the South where his forbears were slaves.

Signal Not to Flee

His life is a national signal to young colored people not to flee recklessly but to consider what he did and whether it is better to stay here and do as he did.

When C. C. Spaulding was born, most of the black, brown and yellow peoples were slaves.

Today, over a billion colored peoples in the world are now free.

The 400 million Indians, 450 million Chinese, 100 million Malayans.

The great concern today is whether the Communists can influence them or whether the great leaders of the West can get them to embrace democracy.

That will be decided in the next 10 years and their answer will depend on whether the black, brown and yellow peoples can trust the democracies.

That's why the story of C. C. Spaulding has been published in national newspapers and magazines in recent years — to help sell these people.

Best Democracies

But the democracies must provide an unsegregated and unbumiliated pathway for future C. C. Spauldings, and their children must have an open door to every business enterprise without discrimination.

His career shows the nation should not wait too long to let his children and others follow their life's work unsegregated and unhindered by restrictions of race or color.

A Favorite Hymn

The following comes from Mrs. Bessie Pace, Philadelphia:

There is one who loves me so,
That for me He died,
He's my precious Saviour so true.
On the cross for my sins
He was crucified.
I want to see Jesus,
Don't You?

Panic On The Eastern Shore

Harriet Tubman's raids aroused slavers to call country and state-wide mass meetings to fight the underground — Price on Harriet's head raised to $40,000. Threats of lynching and burning --Defying Mob spirit, "Moses" steals aged parents from under their noses.

Fighting Harriet Tubman in 19 trips had lost 300 slaves from the Eastern Shore of Maryland to freedom.

The pre-Civil War underground was working 100 per cent.

Slaveholders had been robbed of human property to the value of $500,000. That would be a million dollars today.

Nobody takes a million dollars out of the pockets of other people without a protest.

The Eastern Shore was on fire. Rewards up to $40,000 were offered for the little black woman, as just five feet tall, who was denuding the Maryland fields of their laborers and cabins of their human livestock.

Shore In Ferment

At one time Harriet collected a group of 39 slaves and forwarded them to Philadelphia.

And another group of 28 was led away and these were provided with arms to fight their way through if needed.

The whole Eastern Shore was an armed camp and everybody knew that the area between Cambridge, Bucktown, and Wilmington was in ferment.

This was Harriet Tubman's land and she was picking it dry of slaves. In one month along Maryland's Eastern Shore there was a loss of $60,000 worth of human freight.

Charmed Life

It wasn't the fact that Harriet alone was leading groups of slaves into the North and to freedom.

Her defiance of the slaveholders and her escape from their clutches time after time led other slaves to believe that Harriet was a Moses, who led a charmed existence, no one who ever joined her expedition could ever be captured.

From that kind of thinking it was only a step for enterprising slaves to say to themselves "If Harriet can take us safely to freedom we can escape ourselves." That is exactly what happened.

One by one, individual men and women tired of the cruelty and abuse of the Eastern Shore simply disappeared. The slave grapevine told what became of them.

Harriet Sheltered

In November, '55, Harriet Shepherd who had never received kind treatment from her Bucktown master decided to make a break for freedom a la Tubman. Gathering five other persons whom she swore to secrecy, they simply took their head and horses and two carriages and disappeared.

They never knew how they reached Wilmington but they did and there the underground picked them up and carried them further north to safety. It was a shock to the Chestertown community equal to an earthquake.

Lear Green

Up in Baltimore Lear Green was owned by a butter dealer. This advertisement appeared in the Baltimore Sun:

"$100 REWARD. Ran away from the subscriber, on Sunday night, 27th inst., my NEGRO GIRL, Lear Green, about 18 years of age, black complexion, round-featured, good looking and ordinary size; she had on and with her when she left, a tan-colored silk bonnet, a dark plaid silk dress, a light-colored delaine, also one watered silk cape and one tan colored cape.

"I have reason to be confident that she was persuaded off by a Negro man named Wm. Adams, black, quick spoken, 5 feet 10 inches high, a large scar on one side of his face, running down in a ridge by the corner of his mouth, about 4 inches long, barber by trade, but works mostly about taverns and opening oysters.

"He has been missing about a week; he had been heard to say he was going to marry the above girl and ship to New York, where it is said his mother resides.

"The above reward will be paid if said girl is taken out of the State of Maryland and delivered to me; or fifty dollars if taken in the State of Maryland.

JAMES NOBLE

No. 133 Broadway, Baltimore.

Put in Chest

Butter dealer Noble never did know what happened to his prize package but the underground did. The modest, crippled woman, had procured an old chest, such as sailors commonly used. She provided it with a quilt, a pillow, a few articles of clothing, a small quantity of food, a bottle of water and put Lear in it.

She then had the chest sent to the Erickson Line wharf and carried it off to Philadelphia as a part of her own baggage.

Later her mother, Mrs. Margaret Green, disclosed how colored people were only allowed to ride on the deck of the ship. This suited her because during the night time she could unlid the rope on the chest and looked into it to see that Lear was comfortable.

Marie Weems

Often enough, sympathetic white people, especially Quakers, helped slaves to freedom.

One such case created excitement in Maryland. Maria Weems, pretty 15-year-old girl put on a male coachman uniform and drove the carriage of a well - known doctor all the way from Baltimore to Philadelphia. They stopped en route at the homes of various friends whom he knew.

Slaveholders' Convention

So aroused did the Eastern Shore become by 1857 that Dorchester County called a convention to convention to devise ways and means to destroy the underground.

Slaveholders meeting in Cambridge November 2, 1857, revived ancient laws dealing with slaves and servants. They enforced the law of 1817 providing that servants could go no farther than ten miles from their master or mistress without a note in their hands under the penalty of being taken for a runaway.

Other Laws Revived

They revived also the Act of 1806 providing for payment of $6 to anyone seizing a runaway.

Two other acts revived were one of 1825 and another of 1839 calling for the enslaving of free colored people and their sale and banishment from the state.

Revival of these acts permitted any white person to question a slave or freedman wherever he was, to receive a reward if he should capture a runaway and to frighten all freedmen so that they would not aid their enslaved brothers.

State-Wide Convention

The Cambridge convention led to local meetings all over the Eastern Shore and a general Eastern Shore convention.

This Eastern Shore panic spread to Baltimore where a huge state-wide convention was held in the summer of 1859 in which similar resolutions were passed and a general attack made upon abolition and the underground.

It recommended sterner measures in this regard for all the southern states and called for a general convention of the south.

Ninety freedmen were hastily arrested and sold as slaves. The state-wide convention called in its main effort to pass a resolution urging the general enslavement of free colored people of whom there were 90,000 in the state.

Twenty Dollars

It was during the period that this agitation was at its height that Harriet Tubman defied the angry slaveholders again by returning to the Eastern Shore and making off with her aged parents.

This time she simply used the expedient of putting them on a train and sending them into Philadelphia. This trip cost her $20.

She did not have the money nor did the underground office or the anti - slavery office in New York when she went in one day to ask for it.

She simply sat in the chair, announced that she would stay there until the money was raised.

She was able to sleep and wake up several times and finally the money was put in her hands and the trip was successful.

Death Threats

Infuriated slaveholders held a mass meeting in the court house of one of the largest cities in Maryland. The reward put on her head was increased to $40,000.

Threats of torture and death were promised if she was ever captured.

The lynching spirit against her was at its highest point.

Friends agreed that she had risked death enough in the underground cause.

They persuaded her to give up this work, go to Boston, circulate among the abolitionist societies and aid in their mission.

Earl Conrad who has done the most penetrating research in the life of Harriet Tubman says it her career had ended at this point and if she had been burned at the stake somewhere in Maryland her work already done would secure her a lasting position among Americans as the ablest woman revolutionist.

Harriet's stealing of $300,000 worth of her fellowmen and eliminating other hundreds to flight was unequaled by underground leaders.

Some few white conductors spirited away a larger number of fugitives, but they were men of education and means.

Harriet's achievement was in spite of her color, her sex and the handicap of her poverty and chronic illness.

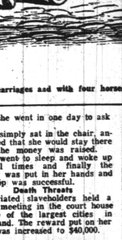
She was never jailed. Not even for a day did she fall into the hands of her enemies but outwitted them at every point.

In later life she boasted that the underground train never jumped its tracks and never lost a passenger.

To be continued

Lear Green—Her mother put her in a quilt-lined chest and carried her by steamer as baggage from Baltimore to Philadelphia.

Harriet Shepherd took two of her master's carriages and with four horses and five other slaves drove them from Chestertown to Wilmington, Delaware.



Marie Weems, 15, escaped by donning a chauffeur's uniform and then driving her sister from an abolitionist carriage to Philadelphia.

(These advertisements were taken from the Baltimore Sun)

$200 REWARD—Ran away from the subscriber, near Bainbridge, Putnam County, Ga., on Saturday night, the 22nd of August, 1857, Negro Man, Adam Smith, aged about 20 years, 5 feet 4 or 5 inches, black hair, and well dressed. He has a mother living at Mr. Sanford's, near Eatonton, Putnam County, Ga.

I will give the above reward if taken in a free state, or $50 if taken in the State of Georgia, or a country of Montgomery and Prince George, or $100 if taken elsewhere and secured so that I get him.

ISAAC SCAGGS.

a27—6t.

$100 REWARD—Ran away from the subscriber on Saturday night, Negro Man JIM BELLE. Jim is about five feet ten inches high, black complexion, about 25 years of age; has a down look; speaks quick when spoken to; has a large, thick lips; has a mustache. He was formerly owned by Rickey Edward Worthington, near Reisterstown, in Baltimore County, at the late Stansbury's sale, who sold him to B. M. and W. L. Campbell, of Baltimore city, of whom I purchased Jim on the 13th of June last. His wife Lee is with her mother, Ann Robertson, in Carrs Alley, between Lee and Hill streets, Baltimore city, where he has other relations and where he is making his way. I will give the above reward for the boy if taken, so he is brought home or secured in jail so I can get him again.

ZACHARIAH BERRY or W. near Upper Marlboro, Prince George County, Md.

j28-2t.

FORTUNE TELLER
ORIENT
2 3 4 5 6 7

You can have fun figuring out your message from the Orient by use of this pleasant formula. If the number of letters in your first name is 5 or less, subtract from 7. If more than 5 letters in your first name, subtract from 13. Then take this result and find your key letter in the word ORIENT at the top of one of your large key letters as it appears from left to right. Below the key letters is a code message for YOU.

I N O R E N T O S R T E
O Y R O N E I T N O R T I
R T E I N T O R E N I T O
T E O R E N T O T R E N I
E N I T O R E N I T O R E
O I T E N R O N T E I R O
N R O T E I R E N O T E I
E N E T O R E I N T R E I T
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E N T O R E I N T O R E N
N T O R E N T O R E N T O R E

THE FAT BOY'S DIET

Keep Weight Down For 3 Months And It Will Stay Down

Give Your Body and Metabolism Time to Adjust to New Size

BY ELMER WHEELER
Chapter 13

I have often heard my fat friends say, "Yeah, I lost 20 pounds last summer, but I gained it back."

"How come?" I asked my doc.

He told me that you must remain your reduced size and weight for at least three months, to get your body adjusted to the new weight and size.

After that, chances of going back up are at a minimum.

This merely means that after three months your system says, time. Okay, Fatso, you win. May: "I guess old Fatty is sincere this be we better adjust our metabolism to the New Look."

SO IF YOU go on a 1,500-calorie diet for two months and go down 20 or 30 pounds, I found that soon you can be eating almost as much as before and still remain at the new lowered weight.

Dieting isn't something that must be too permanent.

Your metabolism is now adjusted to your new weight. It goes up slightly when you overeat, and so protects you from overweight. It goes down slightly when you don't eat as much as you should.

IF YOU go back to overeating, it does this for a time—but like a rubber band, if you overdo the idea, it will soon fail to bounce back. It gets tired burning up the extra foods.

Nope—dieting need not be permanent. It's like having a good wife: If you want to hang onto her, you keep one eye always cocked slightly to watch her! Just watch your diet the same way.

Another thing I learned was that it takes about 20 calories every time you eat a meal. That is, 20 calories of energy to eat and digest that meal.

THE MOVEMENTS of your arms shoving in food, your munching molars, your digestive organs, burn up some 20 calories.

Eating a 300-calorie piece of apple pie may use up 20 calories, but you've still 280 on the fatty side.

Celery is 5 calories. Eat a good, tough, stringy stalk of celery, burn up 20 calories doing it—and you've spent 15 calories digesting it.

IT'S STARTLING the things you learn about any subject when you really take it up seriously.

Your double chin, for example has enough stored-up energy in the form of fat to keep you walking two days without food.

And that "spare tire" around your tummy might help you get from Albany to New York.

Moving around fast burns up more calories than moving slowly—which is the trouble with us fatties. The faster we get, the slower we move—except when the dinner bell rings.

Skinny is jumping around all the time. No wonder he's thin. He moves fast, is always on the alert, thinks all the time, sleeps little, burns up energy minute after minute.

HOT BREADS, I learned fatten you no faster than cold bread. It's the quantity and the content that fatten you.

Rye, whole wheat and other such breads are often more fattening than white bread, which may lack something rye and whole wheat have and, therefore, be less fattening.

Vitamins vary in the same vegetables. Those grown in summer sunshine have more vitamins than those grown in winter. Some soils give more minerals to foods than others.

YOU'LL LOSE weight in a massage parlor IF you have the massage on your lunch hour and highballs won't fatten you, unless it is "sweet soda."

Mixed foods doesn't matter much. You can eat starches with proteins; you can mix milk and pickles; strawberries with kraut. The stomach doesn't know the difference. It doesn't know "words," it just knows how to add.

It's all in the mind.

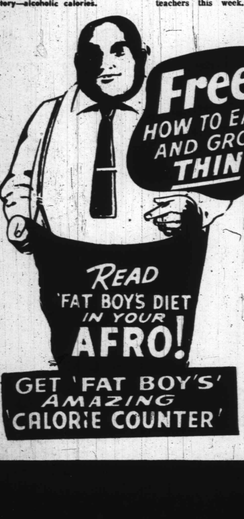
P.S.—I'm crowding 190 now! Condensed from "The Fat Boy's Book" by Elmer Wheeler. Pub. Prentice-Hall, Copr. General Features Corp.

Tomorrow: The "proof" of the story—alcoholic calories.

Reducing Chart Available Free

Fat Boy Wheeler began losing weight systematically after he devised and adopted his calorie chart.

This chart, which can be used as a calorie guide for all types of workers, male and female, may be obtained free by mailing request with a stamped, self-addressed envelope to the Fat Boy's Diet Editor, AFRO-AMERICAN, 628 N. Eutaw St., Baltimore 1, Md.



Bynum On Presbyterian Deputation To Europe

NEW YORK (ANP)—Charles H. Bynum, elder of St. James Presbyterian Church, New York City, has been appointed to a laymen's fellowship deputation to Europe. The deputation is sponsored by the board of foreign missions of the Presbyterian Church in the U.S.A. for the purpose of extending the fellowship missions of the church.

Elmer Says She Can Lose 10 Pounds A Month

Mrs. Anna Phillips, 1602 Vincent Ct., Baltimore, took top prize of $15 in the recent AFRO Heavyweight Contest when she tipped the scales at 278 pounds. The weight-for-age chart says she should weigh a mere than 152 pounds; so she has become a convert to Elmer Wheeler's calorie diet. She is five feet, eight inches tall, an ardent AFRO reader who finds special delight in reading the Magazine section.

FLORIDA TEACHERS GO BACK TO WORK THIS WEEK

TALLAHASSEE, Fla.—School days resume for Florida's 21,270 teachers this week.

Weight Took Away Housewife's Zip

Mrs. Anna Phillips, Baltimore housewife who weighs 278 pounds and is 126 pounds overweight, finds that excess weight keeps her from "feeling good."

Once before she tried a reducing diet. It didn't work. She gained weight instead of losing it. After a few weeks, she was 50 pounds heavier than when she started.

She began putting on extra weight about seven years ago, when she climbed on the scales and found she was up to 210 pounds. She has weighed as much as 292 pounds.

Tries Elmer's Way

Now, following Elmer Wheeler's Fat Boy's Diet, Mrs. Phillips has adopted a check on her calorie intake.

For breakfast, she eats half a grapefruit and drinks two cups of coffee. This gives her 250 calories.

For dinner, she eats two hefty servings of vegetables (150), two pork chops (400), two cups of coffee with cream and sugar (200), and two slices of bread (150). That gives her 900 calories.

She skips lunch.

Safe, Same Diet

Between meals she can't resist drinking enough soft drinks to give her an additional 300 calories, but her total intake for a day is just 1,500 calories.

On this diet, Elmer Wheeler says she can lose as much as 10 pounds a month . . . a safe and sane program.

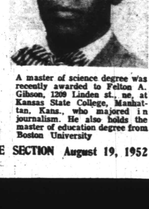
A mother who has two small children to care for, Mrs. Phillips found herself worn out at the end of a day.

Felt Better When Smaller

"I simply don't feel as well," she said. "I intend to give this diet a real good try for I certainly felt better when I was smaller," Mrs. Phillips declares.

You, too, can pare away the pounds and eat as much as you like at the same time if you follow Elmer's calorie diet. Just get a calorie counter free from this newspaper, check the non-fattening foods, skip them, eat as much as you like of the others and laugh away the pounds.

Earns Degree



A master of science degree was recently awarded to Felton A. Gibson, 1209 Linden st., ne, at Kansas State College, Manhattan, Kans., who majored in journalism. He also holds the master of education degree from Boston University

21 American Tourists In Paris

(Above) Major and Mrs. Lucius E. Young, 2912 15th St., N.E., Washington, D.C., had a happy reunion in Paris the first week in August with their cousin, Mrs. Lelia Thomas, 2011 13th St., N.W., Washington, who was on a luxury tour of eight European countries. Major Young is stationed in Germany with the 376th Armored Inf. Bn.

(Center) Professor and Mrs. Edward S. Hope, on leave from Howard University for two years to teach at the American University of Beirut, in Beirut, Lebanon, pause with their two sons on a Paris boulevard. Prof. Hope heads the department of civil engineering at Beirut, and Mrs. Hope is a teacher of social work. The sons are Edward S. Jr., and James Linn. They spent a week in Paris.

In far right photo, on the Seine River bridge are, left, Mrs. Ella McMurtry, 1221 S St., N.W. Washington, D.C., who is on a 56-day European tour, and Mrs. Julia Evans, Leavenworth, Kans., whose husband is stationed in Nurnberg, Germany. Both said they loved the French capital and want to return. (Photos by Ollie Stewart)

Women shop for perfumes, see fashion shows--Tell of visit with Pope Pius XII. Edward Hopes on leave from Howard U. tell experiences as teachers in Lebanon.

By OLLIE STEWART

A group of Washingtonians, composed of sixteen women and one man, reached Paris last week on the next-to-last lap of a 56-day luxury tour of Europe which, when completed, will have taken them to eight countries and provided them with a leisurely cruise around the Mediterranean.

The travelers left New York on July 3 on the SS Argentina, and are scheduled to be back in Manhattan on August 27. The trip was paid for and fully planned in advance, and included the services of a guide.

First Call Lisbon

The first port of call was Lisbon, Portugal, and the last European country on their list was England. In between these two, the group saw points of interest in Sicily, Italy, Switzerland, Holland, Belgium and France.

One of the highlights of the trip was a specially - arranged audience with Pope Pius XII in the Vatican. Of equal interest, however, was the week spent in the French capital, which gave them a chance to shop for perfume, souvenirs and see a Paris fashion show.

Lone Man

James Cowan, 919 S st., nw, was the lone man in the group, and seemed to be holding up well when he reached Paris. His son, Capt. Buddy Cowan, a doctor, is stationed in Germany.

The women are:

Mesdames Lelia Thomas, 2011-12th st., nw; Ella McMurtry, 1221 S st., nw; Jennie Mills, 1223 Girard st.; Gladys Payne, 2723-13th st., ne; Eva Honesty, 1407 Fairmount st., nw; Loretta Quick, 3632 Warder st., nw; Anita F. Lemon, 926 S st., nw.

Mesdames Delilah W. Pierce, 1830 - 16th st., nw; Claudia H. Grant, 1245 Jackson st., ne; Bernice S. House, 2324 - 14th st., ne; Dorothy Featherstone, 229 Kim st., nw; and Misses E. P. Chipman, 1120 Columbia Road, Madeline N. Herbert, 1635 R st., nw; Mr. and Mrs. William R. Gregory, 5300 E. Capitol st., ne; and Mrs. Beulah Harris, 1906 New Hampshire Avenue, nw.

Hopes On Leave From H. U.

A former Howard University professor, on leave, and now heading up a department in a Middle East university, this week brought his wife and two sons to Paris for a vacation. The new Ford he drove had people stopping on the streets to stare — because the license plates were written in Arabic.

The man is Edward S. Hope, head of the department of civil engineering at The American University of Beirut, located in Beirut, Lebanon. He was formerly professor of civil engineering at Howard, and was given a two-year leave of absence to accept his present position.

One Year in Lebanon

The present vacation comes after one year's work in Lebanon —which he describes as "an outpost of American civilization." The American University of Beirut was founded by American missionaries during the Civil War.

Mrs. Hope (Marion) is a teacher of social work at the university. Their two sons, Edward S. Jr., and James Linn, are in school there.

"There are 30 countries represented in the student body — including some Americans," Mrs. Hope revealed. "The faculty is likewise composed of men and women from many nations."

The Hopes have already been asked to extend their stay at Beirut, but would not say whether they would accept. As teachers, they are allowed to buy property in Lebanon — something foreigners in general cannot do.

American Tolerant

As an indication of what is happening to American prestige in many parts of the world, Civil Engineer Hope said that Americans were regarded in Lebanon almost with reverence. But since the partition of the Holy Land, Arab sentiment has completely reversed itself.

The best you can say now is that Americans are tolerated.

Vic Vet says

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Strivers' Row

BY EDWARD WORTHY

Many people get the shivers when they think of being on their own or in business for themselves. To them it means list prices, trade discounts, cash discounts, advertising, bookkeeping, source of supply, credit ratings and many other headaches.

Your own business will present problems; but you like Ernest Burden, can learn to solve them individually.

In 1935 Burden had $5 in his pocket and $2,000 in debts. Fortunately he knew of a formula for making a maple syrup that was so near the real thing that it could hardly be told from the genuine. He invested all that he had and started selling the syrup to stores and restaurants. It wasn't easy, by any means, but he had the courage to persevere, and it began to pay off.

Then realizing that the men who patronized grocery stores, where he sold his syrup, wholesale, used thousands and thousands of work gloves every year, he added a line of work gloves. This caught on too.

Then he added a fruit drink, called Dale, which he manufactures. Last year he had a gross on Dale, of $20,301. Today, his company in Cleveland, has total assets of $34,051.

Many people cannot afford the expensive landscaping done by contractors, and many sales people are familiarizing themselves with the Stark products and are assisting home owners to beautify their property by advising and selling them shade trees, flowering shrubs, roses and hedges.

The salespeople show them how they may grow their own apples, pears, peaches, plums, cherries and other fruits right in their own yards, thereby cutting food bills. A new hardy type Dwarf Apple tree makes it possible and even practicable for the city dweller to grow his own delicious fruit on a space the size of a dining room table.

Some salesmen make more than $5,000 a season. Mrs. Thelma Holman, mother of three children, made $974 in her spare time last season.

"Blessed is he that wants nothing for he shall be satisfied." It is natural for us to want things. We have many wants, and it is natural for us to strive to satisfy these wants—natural and reasonable all of them.

There are two goals that the average person strives for more than any other, they are happiness and achievement. What happiness there is can be had with achievement, but never without it.

If a man makes up his mind that the finding of happiness shall be his sole goal, he'll never find it. It is illusive, and not an aim of life worthy of the strong man.

With the realization that achievement, in some worthy endeavor, has been brought about through our own efforts will come that strange sense of *joy* — a *joy* that borders on happiness, if not actual happiness. The other things in our life are only contributory factors.

Samuel Morse, the inventor of telegraphy once wrote: "I am without a farthing in my pocket, and have to borrow even for my meals, and even worse than this, I have incurred a debt for rents."

Many times Morse had to go twenty-four hours at a time without food, because of his poverty. But he was willing to forego all the pleasure of life and even some of the necessities, to achieve something worthwhile and noble for the benefit of mankind.

Believe To Achieve

J. C. Roberts in his book "Personal Achievement" says: "Man begins to achieve when he begins to believe. Both as to rate and to distance, his progress as an individual is determined by the depth and strength of his desires and his faith in the ultimate outcome of this aspiration.

"Most men have within them all the qualities that make for success in life. But usually these qualities remain in latent form, awaiting the stimulus of a great ambition and a strong, abiding faith to bring them into positive action.

"The savage remains blissfully content in his jungle environment so long as his physical needs are satisfied.

"Achievement, as we understand it, simply doesn't exist for him. His desires are few because opportunities and the examples of achievement are few.

"It is difficult to make him work because the money obtained by his labor has no definite value to him.

"They dangle ribbons, toys, beads and other things before his eyes, and make him understand that these are obtainable only in exchange for a certain number of hours at a specified task.

Value Of Labor

"Placed in contact with civilization the desires of the savage begin to develope. He becomes dissatisfied with what he has and begins to want some of the things his more energetic and better-educated neighbors have. And, in time, he or his children will take a step through the conscious desire to possess some of the things by which they are surrounded.

Proverb

"The Turks have a proverb to the effect that the world belongs to the dissatisfied, meaning that the great things of life are accomplished only by those who push forward constantly, who follow victory with victory, always striving to reach more distant goals."

When we decide that achievement in our chosen work is to be desired above everything