48 Annual Conferences In 33 States Held By AME Zion Church

The African Methodist Episcopal Zion Church, established in 1776 in New York City, serves more than one million communicants.

The AME Zion Church's twelve bishops serve 48 domestic annual conferences in 33 states and the District of Columbia. They also serve eight conferences in foreign countries: four in Africa, one each in Bahamas, South America and the Caribbean.

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THREE COLLEGES are supported by the AME Zion Church. They are Livingstone College, Salisbury, North Carolina; Lomax-Hannon Junior College, Greenville, South Carolina, and Clinton Junior College, Rock Hill, South Carolina.

The Church maintains a Chair at Hood Theological Seminary at Livingstone College.

In addition, the AME Zion sponsor the Woman's Home and Foreign Missionary Society.

HEREWITH IS A brief review of the various activities in the AME Zion Church's twelve Episcopal Districts:

FIRST DISTRICT

Bishop W. J. Walls

THE FIRST DISTRICT can easily boast of having the oldest prelate, in tenure, anywhere in Protestantism, in the dynamic Rt. Rev. W. J. Walls.

The area is composed of the Western New York, the Blue (N.C.) Ridge and Western North Carolina Conferences. The Western North Carolina is the largest in the denomination, with six presiding elder districts.

Bishop Walls was elected to the episcopacy in 1924 and by virtue of his tenure is the senior bishop. He is thus regarded and is considered the leader of colored churches, of all faiths.

He has served in practically every major national and international church, not only the Methodist bodies, but any organization that acclaims Christendom. This includes the Central Committee of the World Council of Churches. The prelate is the present delegate to the Assembly of the World Council; a vice-president of the National Council of Churches.

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WHILE A STUDENT at Livingstone College he gained fame as a boy preacher and became one of the renown pulpiteers of his day. He is a member of the International Platform of Orators.

He stayed perhaps the first sit-in when he and the wife of another bishop were refused service in the Washington (D.C.) Terminal, in the dining section of the Union Station, in 1924.

He has served as a vice-president of the NAACP for a number of years and has spearheaded the program, in his denomination.

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BISHOP WALLS' contribution to the AME Zion Church is best told in his nurturing of the Harriett Tubman Home, Auburn, New York, as a monument to her daring efforts. This shrine is located on 26 acres of land, willed to the AME Zion Church, by Harriett Tubman, in 1913.

It is now moving towards the first phase of carrying out her dream of developing an Old Folks Home.

He has been instrumental in raising large sums of money to develop the Barber Memorial Camp, near Springfield, Mass., and the founding of the Doro-Walls Camp and Assembly Grounds, at Black Mountain, N.C., in 1958. These camps bespeak the ideals of Bishop Walls to prepare for the recreation of youth provide recreation for adults, and serve as training centers for persons interested in Christian Education.

HE DONATED the land on which the W. J. Walls Center, the hub of Hood Theological Seminary, Livingstone College, was built. His latest philantrophy was the gift of $75,000, to build "Heritage House" on the campus of Livingstone College, which will serve as a history and archives building for the college and the rest of the AME Zion Church and will house his large collection of colored literature.

His most unique contribution was the creation of the "African Memorial Bank." He installed containers at memorial services held in churches of the district, to be used as depositories for a memorial fund that would be used for the developing of Christianity in our fatherland.

He asked that those who would show their appreciation for the deceased, by buying flowers, to put the money they had appropriated for flowers, to deposit it in the container, to mature the bud of Christianity in the foreign field.

SECOND DISTRICT

Bishop R. L. Jones

THE SECOND DISTRICT of the AME Zion Church comprises churches in Delaware, Maryland, District of Columbia, northern Virginia and central North Carolina.

It is presided over by Bishop R. L. Jones, who lives in Salisbury, N.C. He was elected at the church he pastored, Broadway Temple, Louisville, Ky., in 1948, making him second to Bishop Walls, in tenure.

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HE IS A STUDENT of Lyndon Johnson's Great Society and had the following to say, in an address that he delivered:

"The surest and best progress is made when one sets before him a set of goals and works systematically for the fulfillment.

"Like James Weldon Johnson in his poem, 'Creation,' President Johnson sat down and thought, and thought and thought and said: 'I will build me a Great Society.' This Society will be built out of every race, every condition of mankind; rich and poor, literate and illiterate, for here in America there are men and women, boys and girls that fall within one of these classes.

"I will give everyone equal opportunity according to his ability to pursue life, liberty, and the pursuit of happiness; everyone to get the best education that he is able to absorb; everyone to work at the job he is best prepared;

"Everyone to go where his money will permit and enjoy the pleasure of the accommodations there, everyone to live where he desires and his money will permit him to buy or rent and will not raise the physical standards in keeping with decency and honor."

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BISHOP JONES is also interested in joining the Larger Union Conversation: Methodist, Episcopalian, United Presbyterian, Southern Presbyterian, Christian (Disciple) Evangelical United Brethren, AME, The United Church, including Congregationist.

THIRD DISTRICT

Bishop H. B. Shaw

THE THIRD DISTRICT at AME Zion Church is unique, in that it comprises the Cape Fear, in North Carolina; the Palmetto, in South Carolina; and the Florida Conferences and the Bahamas Conferences. The Caribbean was recently organized and is growing rapidly. It is presided over by the Rt. Rev. H. B. Shaw, Wilmington, N.C.

Its uniqueness is realized when one takes into consideration that it includes Mother Zion Church, New York City, where the denomination was founded. It also includes the Cape Fear, which has its confines the second church established in the Tar Heel State, by the circuit rider, J. W. Hood, St. Luke, in Wilmington.

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BISHOP SHAW has gained an enviable reputation as an expansionist, but his business acumen has enabled him to provide the leadership that keeps it in good financial condition. This district not only raises its denominational budget, but makes an outstanding contribution to the missionary work and education.

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THE BULK OF its expansion has been in the foreign conferences. The program of the denomination slowed considerably until Bishop Shaw began organization in the Bahamas Islands.

Bishop Shaw appointed a committee to go to Nassau and find out the true status of the work there. It was found that the denomination owned property there and there was a semblance of a building on the land. He immediately started proceedings in many directions.

The denomination backed Bishop Shaw and the Nassau people to the extent that a beautiful edifice, costing about $135,000, was built and the Board of Bishops and the Ministers' and Laymen's Association held their annual meeting there in January of this year.

There are approximately 15 churches in the Bahamas Conference and they extend as far as Andros Islands. There is also a movement on foot to build a church in Bimini.

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BISHOP SHAW was informed that the Caribbean offered a wonderful opportunity to expand the work of the AME Zion Church and he sent there Upon his arrivals he was greeted with much enthusiasm and began immediately to organize a conference. The first annual meeting was held this year and 15 communions were recorded as being members.

He has found time to work in the ecumenical movement and is now serving his second term as a vice president in the World Methodist Council. He played host to a group of Russian church leaders some-time ago as the American representative of ecumenicity.

FOURTH DISTRICT

Bishop S. G. Spotswood

THE FOURTH DISTRICT presided over by the Rt. Rev. S. G. Spottswood, is in the heart of America's industrial section, in Ohio, Illinois, Pennsylvania, Michigan and New England, along with the Virgin Islands and South America.

The developing of the Viola Booker Spottswood Memorial Camp, at Groveport, Ohio, has been the pet project of the district. The camp gets its name from the late wife of the prelate. It lies along the south bank of Big Walnut Creek and consists of 31 acres. There are nine buildings on the tract, with a 500-seat auditorium.

One of its outstanding features is the holding a District Institute annually. The 1967 session was the 11th and the attendance is steadily growing.

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AN EXTENSIVE expansion program has been carried on in the district and new churches have been organized and new communions formed. St. Paul (Detroit) where the 1968 General Conference will be held has a housing project on the trestle board and from all indications will be one of the first churches to construct a high rise apartment building.

There has truly been a reawakening in the work of the foreign field. Bishop Spottswood has seen to it that all ministers are paid a stipend salary that enables them to do a full day's work.

In the newly-independent Guyana there are 15 pastoral charges and the reports at the 1967 annual conference show that the labors are bearing fruit.

The prize of Guyana is the Alleyne AME Zion High School with its nearly 400 students. The work at the school was enhanced with the coming of the Honorable A. P. Alleyne to serve as principal. The fact that he was Speaker of the Guyana Parliament gave the school a lift.

FIFTH DISTRICT

Bishop W. A. Stewart

THE FIFTH DISTRICT of the AME Zion Church is nearer being contiguous than any other in the denomination. This enables the Rt. Rev. W. A. Stewart to give it close supervision.

All of the district is in North Carolina.

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THE DISTRICT embraces most of the trail that Bishop John Wesley Hood followed after he organized Zion Methodism in the state, at Newbern.

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BISHOP STEWART has carried on a rehabilitation program that has rekindled the Hood zeal, which made it imperative that he visit much Ku Klux Klan activity. Bishop Stewart came to the state to dedicate a church at Newbern only to find that the church was burned the Saturday night before it was to have been dedicated on Sunday.

He went to the scene on Sunday and told the communicants to trust in God and pray and that God would see that they came out more than conquerors. It developed that the white community collected almost enough money to rebuild the church, and he plans to dedicate it on the second Sunday in October.

THERE HAVE been several churches built and many renovated and refurbished. St. Peters (Newbern), the mother of the state, is now being renovated, while Clinton Chapel (in the same city) has been rebuilt and has added more land to expand its facilities.

Perhaps the most outstanding value to many of the churches is the fact that many of the congregations have taken advantage of the opportunity offered by the government and have started projects that have enabled them to become more useful to the communities.

Mitchell Chapel, near Pittsboro, believed to have the largest rural membership in the connection, has a Headstart program that is aiding the community greatly. In Kingston, St. Augustine has a Day Care Center.

The model is at St. Mark, (Durham) where the pastor and congregation have developed one of the best nurseries to be found anywhere. The church is in the wake of a redevelopment program. An $65,000 mortgage was burned recently and plans are underway to develop a housing project around the church.

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THERE IS ALSO a project at Rush Memorial (Raleigh) that has caught the fancy of the city and is doing a tremendous job for the working mothers of the neighborhood in child care.

Many churches have been built in the Fayetteville area and many others have been renovated.

The Rev. Ellie McCormick struck upon the idea to have persons who had relatives buried in the church cemetery to come on Saturday and clean up the burying ground. The result was that the cemetery was cleaned up, the church renovated and the membership has grown from one to 65.

The Rev. Mary Lee Ward reclaimed some church property, near Henderson, and with the aid of friends have reestablished a church on land that was given the denomination by her parents.

Bishop Stewart has supervised the building of the Publication House at Charlotte, the old one having been a victim of redevelopment.

SIXTH DISTRICT

Bishop C. E. Tucker

THE 6TH DISTRICT is presided over by the lawyer, civil rights exponent, and political prognosticator, the Rt. Rev. C. Ewbank Tucker. He is perhaps the first lawyer ever elected to the episcopric and also the first elected directly from the presiding eldership.

He made a record as a barrister in Louisville, Ky., and as a fighter for the common man. He has sat as a judge in the courts and enjoys the opportunity to sit on the bench when he visits his old haunts, the courtrooms.

He was one of the first victims of the spleen of the Ku Klux Klan in Florida and came within an inch of losing his life for espousing the cause of freedom. He has had several tussles since being a bishop, which resulted in grave indignities and recently a beating in his home, by unknown persons.

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THE ABILITY of his wife, Mrs. Amelia Tucker, the first colored woman to serve in the Kentucky legislature is a great asset. She supervises the missionary work in the area, which comprises parts of Arkansas, Mississippi, Tennessee, Virginia and Indiana.

Mrs. Tucker, also a preacher, is in the process of organizing a program that will aid the improvished people. She plans to go to Jackson, Miss., and in conjunction with Rev. L. M. Richmond, will set up "An Aid Station" at the AME Zion.

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BISHOP TUCKER is known for his devotion to orthdox Methodism and has an obsession for recruitment in keeping with the methods used in yesteryear.

He does not believe that all of the people have left the rural areas and plans to put on an extensive program that will entice people to go back to God, by realizing themselves with the church.

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THE PROGRAM calls for a trained ministry that will work in every phase of community life and make the church the dynamo of the community. He longs for the day when the AME Zion Church will again stress the love feast, which he describes as one of the salient features of witnessing for Christ.

Bishop Tucker has been active in the Republican party for a number of years. He has predicted the outcome of every national, state and even county elections for many years.

SEVENTH DISTRICT

Bishop J. D. Cauthen

THE 7TH DISTRICT is presided over by Bishop Joseph Dixon Cauthen, a native of South Carolina and a product of Livingstone College and Hood Theological Seminary. The district comprises the Virginia Conference and two of the native state, the Pee Dee and the South Carolina.

His pet project is Clinton Junior College, which is directly in the life long friend and schoolmate, Dr. Sallie Hearden Moreland. Bishop Cauthen's aim is to build Clinton Junior College into a major institution that will give the children of South Carolina a well rounded junior college education in a religious atmosphere.

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HE IS IN THE midst of an expansion program for the school that will give it a capital outlay big enough to build at least two modern dormitories, a president's home and other conveniences that will provide a more favorable atmosphere for faculty and students. The prelate is deeply concerned about the curriculum and is bending every effort to get the kind of faculty and facilities that will make this possible.

He has a strong admonition for his constituents that while they are sending up timbers to heaven they should build better homes down here. They should seek to raise their children in the fear of the Lord, so that they will demand the respect of others and give the same back.

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HIS CREDO is "Christian Service." He is not too sure that one will be able to enjoy the pleasures who has not fought to have some of those promised by the constitution and so decreed by God.

He thinks that Christian nurses. The nurses conduct clinics in three other towns.

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BISHOP LARTEY wants a young surgeon to come to the hospital who is dedicated to the cause of mankind. He would like for him to not only serve the hospital, but he is desirous that he be ready to serve as a missionary surgeon. The Board of Bishops recently subscribed to a $10,000 contribution to the hospital.

The Teachers Training College, Tafo, Ghana, is growing by leaps and bounds. It is headed by J. Aggrey Smith, who received his training at Livingstone College and is now serving Ghana.

There have been new churches built at Cape Coast, Cicera, Winneba, Kumasi and Old Tafo. The church built in 1965, by Dr. F. A. Osam Pinamang, has been torn down and a new one is being built. Bishop Lartey says it will be dedicated February, 1968.

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THERE ARE TWO secondary schools in Ghana and several elementary ones that are filling a great need, in Liberia, New Mission and Po River.

The Dorothy Walls Girls School is nearing completion and will soon be ready for occupancy. It has six large classrooms, an auditorium, library, principal's office, teacher's lounge and storage room. It also has a first aid room.

THE FOUNDATION FOR A girl's dormitory has been put in and work is expected to begin soon. The school is located on a 100 acre tract, with 10 acres being used for buildings and campus, and 90 acres are being cultivated.

Bishop Lartey plans to improve the assets of the school by making the cultivated area pay off. He plans to stock it with the necessary implements and tools, together with know-how to make the school bigger thru its agricultural program.

ELEVENTH DISTRICT

Bishop W. A. Hilliard

THE 11TH DISTRICT, according to Bishop W. A. Hilliard, offers a real challenge to the AME Zion Church, in that it is justly being inhabited by people who lived in the hotbed of Zion Methodism, not too short time ago and who now have to experience a semblance of economic freedom. The area extends from coast to coast.

Bishop Hilliard is the smallest prelate, but carries the heaviest travel duty. This area covers a vast expanse, northwest, with Oregon and Washington, down thru Colorado and thence into California down into Georgia.

Bishop Hilliard has built an expansion program, based on evangelism. He feels that a true evangelistic program based on a Christian survey, greatly enhances the membership. In the West Coast Area. To this end, much stress has been put on the program of the Christian Endeavor, with many institutes having been conducted by Dr. D. H. Bradley, of the Christian Education Department.

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DUE TO THE TREND of the population most of the West Coast has received government attention, in that money is made available for building programs. Bishop Hilliard's district has taken advantage of this opportunity.

Martin Temple, Los Angeles, mentored by the Rev. Mr. Headen, has improved its physical plant extensively and with its new facilities serves admirably as a 7-day church. It is in the Headstart Program, with 35 class rooms available.

Stewart Tabernacle, Fresno, under the direction of the Rev. W. M. Davis, is now worshiping in a new edifice. Its community program is well designed.

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IN PALO ALTO, the Rev. A. H. Hilton has moved toward a biracial Christianity. He has a community program that is getting support from Stanford University. He numbers members of both races among his congregation.

The First Church, Los Angeles, found itself in the throes of a broadening industrialization program, and being in the midst of it, the Rev. L. R. Bennett and his congregation have moved out before a new home could be secured. The pastor, officers and members have begun on a $275,000 building project that should project the image of Zion Methodist.

The Rev. A. A. Marshall, St. Louis, instituted a Headstart program at Washington Metropolitan Church that has meant much to the church and the community.

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BISHOP HILLIARD is much concerned about Georgia and feels that Zion must be seen and heard. The youthful Cameron Jackson has taken over at Shaw Temple, in Atlanta, and the influence of the denomination is being seen, heard and felt in many quarters. In Augusta, the Rev. Mr. Postell is doing a rennovation job that bids fair to improving relations with the community.

The recent meeting of the Board of Bishops in Brooklyn, N.Y., elected Bishop Hilliard president. He will serve until January.

TWELFTH DISTRICT

Bishop A. G. Dunston

THE 12TH DISTRICT comprises the whole of Nigeria, where the "bush" is a section of interest. Bishop A. G. Dunston Jr. recently returned and is not too sure that all is safe there. During the three years that he has supervised the work there has been much civil disorder and tribal warfare has been the rule in many places, instead of the exception.

Bishop Dunston was given the area as his first assignment in 1964. He made his first trip in 1965 and has gone back at intervals. He spends the most of his time traveling in America, seeking funds to carry on the work. He has met with a reasonable amount of success, but feels that due to the wonderful opportunity to tap the untapped sources in Nigeria, much more must be done.

He succeeded Bishop Hilliard, who had the area for four years. Zion's tree was planted in Nigeria years ago and has been nurtured throughout the years with persons with a great devotion and not too much money.

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THE YOUNG PRELATE has developed a fondness for the Africans and likes to talk about the culture that was theirs long before it was developed in what is now known as countries of culture and refinement. In a recent address he branded as a lie, that Africans ever practiced cannibalism and proved by philosophers and scientists.

Bishop Dunston's experience in Nigeria has made him more conscious of the need of one law for the man born and the stranger. He is preaching "One Law." He says that if mankind is to save himself from himself he must have one law for all the world over.

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THE BRINGING OF four students to the AME Zion schools in America is considered by Bishop Dunston as the crowning feature of his first four years as a bishop. During the early part of the year he brought four promising young men to America, with the help of Bishops Jones, and Anderson, along with Dr. S. E. Duncan.

Two of them were placed at Livingstone College, while one each went to Clinton Junior College and Lomax-Hannon. They are students and hope to complete a liberal arts education and then enter Hood Theological Seminary.

—Founded 1776

(Continued from Page 11)

BISHOP ALEXANDER WALTON was one of the founders of the NAACP, and to this present date, our bishops, ministers and laymen have assumed leading roles in the ongoing progress of this organization. Bishop Stephen G. Spottswood today serves as the chairman of the NAACP Board of Directors.

The Great Expansion

During the last year of the Civil War, the bishops sent their youngest colleague, Bishop Joseph Jackson Clinton, to begin the work south of the Mason-Dixon line.

In that movement, the bishop placed the Rev. J. W. Hood (later bishop), in New Bern, N.C., Rev. Andrew Bahama (Bishop J. P. Thompkins) in Fayetteville, and the Rev. Rives, William H. Thurber and Thomas H. Lomax at Concord, N.C.

The Zion Wesley Institute was established in 1879 which eventuated into Livingstone College where it was later moved to Salisbury, N.C. in 1882, and Dr. J. C. Price was elected first president. Dr. C. R. Harris, (later bishop) was the first principal of the Zion Wesley movement when it began in Concord, and remained teacher — vice-president of Livingstone College until he was elected bishop in 1888.

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OTHER educational institutions established afterwards include Lomax-Hannon Junior College of Greenville, Alabama, by Bishop T. H. Lomax; Clinton Junior College in Rock Hill, S.C. by Bishop George W. Clinton in memory of Bishop Isom C. Clinton; Dinwiddie Normal, Foreign Missionary Society was organized in 1880 at Montgomery, Ala. for the purpose of supporting work in foreign fields.

Dinwiddie, Va.; Walters-Southland Institute, Warren, Arkansas, and Johnson High School, Batesville, Mississippi.

Christian Education on the modern scale, including Church School, reached high status in the denomination through the leadership of Dr. Simon G. Atkins and Dr. James W. Eldridge, which began thriving in the early 1900s.

Missionary Advancements

The first venture in Foreign Missions was when Andrew Cartwright, a New England minister, went to Africa during the President Monroe movement of organizing Liberia out of American colored population. He started the church's first work on foreign soil in Liberia. Bishop John Bryan Small went to West Africa in 1896, and established Zion's work in Gold Coast (now Ghana) and Nigeria.

The Woman's Home and Foreign Missionary Society was organized in 1880 at Montgomery, Ala., for the purpose of supporting work in foreign fields.

Prior to this, special endeavors made by Miss Eliza Ann Gardner who raised the funds in New England to send Andrew Cartwright to Africa, and Melvina Fletcher, a governess in the home of Montgomery Blair, Postmaster General of President Lincoln's Cabinet, Washington, D.C., who raised the funds to send Bishop J. J. Clinton on the first Zion preachers' mission to the South.

Since this, Zion Church has extended her foreign work into new countries of Africa, South America and the West Indies Islands.

Conclusion

This great church has been on the man-making board. The raw material has been the growth of the African race in western civilization. Its products have grown with the growth and increased with the strength of the nation and the continent from the beginning of the occupancy of the race, said the

The African Methodist Episcopal Zion Church has expressed in its two periods of coming together and of corporate unity, simultaneously with the European. Particularly has it come up with the British stream.

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THE PRODUCT: It has grown seers of the march of Christian civilization, great and enduring abolitionists, proponents of the gospel of Jesus Christ, industrial genuises, inventors, sacrificial educators, mighty men and women in the affairs of state, Underground Railroad captains, glorious artists, musicians, scientists;

Architects, engineers, poets, social leaders, builders and builders—towering buildings of institutions of business and commerce; a membership of more than seven hundred thousand, and three thousand ministers, and a noble number of teachers, householders and heads of families, and respectable citizens.

Family Fare

TOP BRASS: Elected leaders of the senior class at Bennett College, Greensboro, N.C., for this term are, from left, Misses Shannon Perdue of Stamford, Conn., president-at-large; Joanne Wilson of Shelby, N.C., assistant secretary; Edrice Glass of Atlanta, Ga., president; Bertha Burris of High Point, N.C., treasurer; Janice Cunningham of Hampton, Va., secretary; and Lula Spears of Bordentown, N.J., vice president.

How to pamper synthetic and durable press laundry

For laundry that includes durable press garments and synthetics, a little pampering goes a long way towards saving ironing time.

Here are some suggestions from USDA electrification specialists on how to get good results with easy-care fabrics and prevent laundry wrinkles:

Wash in small loads — big loads can sometimes generate and wrinkle them.

Wash easy-care fabrics often. Don't wait for heavy soil to build up. Fresh soil and stains are easy to remove. The longer the delay in washing the harder it is to get out stains.

Pretreat greasy soil with cleaning fluid, full strength liquid detergent or detergent paste. Work detergent into fabric and soak 10 to 15 minutes for color fast fabrics.

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USE COOL or warm water. If essential to soil removal, you may use hot water for washing, but do not spin out the wash water until it feels cool to the hands. Adjusting controls by hand — if necessary — can save ironing.

Wash only long enough to remove soil. Rinse in water that feels cool or cold to the hands (below 98 F.). Shorten the water extraction time after the wash and rinse cycles, (if it's not automatically done by your machine.

SET THE dryer at low or medium heat.

When clothes are nearly dry, tumble them for 10 minutes without heat.

Remove immediately and hang.

Many new models of washpress or wash and wear settings which automatically regulate or "program" short cycles and desirable temperatures for washing, spinning and drying. This makes hand regulation of controls unnecessary.

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A laminated fabric has a backing of polyurethane foam. A single laminate has fabric on one side of the foam, while a double laminate — sometimes called a foam sandwich — has fabric on both sides of the foam.

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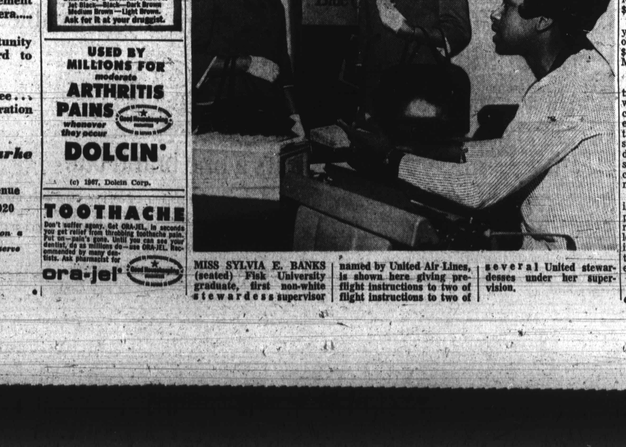

MISS SYLVIA E. BANKS (seated) Fisk University graduate, first non-white stewardess supervisor named by United Air Lines, is shown here giving pre-flight instructions to two of several United stewardesses under her supervision.

Light House keeping

By LULA MACKAY

USDA's Consumer and Food Economic Research Division has found that although most of our children are fairly well fed, their diets may be low in two vitamin importants to good health—A and C. This, the survey showed, usually happened in families where income is below and knowlege of nutrition lacking.

Vitamin A is the one which helps keep mucous membranes firm and resistant to infection, and aids in keeping skin smooth and soft. It also protects against night blindness.

Vitamin C helps prevent fatigue, gives resistance to infection, assists in healing wounds and broken bones and helps keep the walls of blood vessels firm.

An easy way to fix in mind a food pattern to prevent these meal deficiencies is to remember that Vitamin A is found in yellow foods, such as eggs, pumpkin, sweet potatoes, carrots, cantaloupe and apricots . . . as well as the dark green leafy vegetables.

Leafy vegetables, berries, raw cabbage, tomatoes, and the citrus fruits, grapefruit, orange and lemon, are rich in Vitamin C. These, say some experts, are as important, or probably more so, than the highly vaunted milk we think a child must have.

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RECIPE OF THE WEEK: This Cauliflower and Herbs Bake is another of those "Divide and Conquer" dished. You divide the work and conquer the meal problem.

Use a 10-ounce package of frozen cauliflower; a 10-ounce can of condensed cream of chicken soup, a half cup milk, a cup chopped celery, one and a half cups diced cooked ham, three cups soft bread cubes and a cup of grated sharp process cheese.

At your leisure cook cauliflower according to package directions and drain. Combine undiluted soup, milk, celery, ham, bread crumbs and cauliflower, and pour into a greased (one and a half quart) casserole. Sprinkle cheese over top. Cover and refrigerate. When mealtime approaches, uncover and bake in a moderate oven (350 degrees F.) for 30 minutes. Serves six.

FASHION NOTE: If you are to be way IN, this winter, you will probably be wearing fur shoes for evening. The footgear is shaped on the order of scuffs for the boudoir.

Designers Tiffea uand Busch showed them recently . . . one pair in sable and worn with a long white wool formal with sable-cuffed sleeves.

And speaking of gowns . . . you will be finding a multitude of them in soft pliable almost tissue-tissue-sheer someone was admiring a perfume that was being worn, and which brought out an interesting idea. You will find it great fun to do a bit of experimenting in the line of scents. Mix your own.

I made the discovery when a friend sent me a box of it in miniature from Paris, and began emptying what was left of one little bottle into another, mainly because I found the tiny vials just enough for a weekend trip.

This really was not an original idea. I later discovered Many actresses and sophisticated models do this. They experiment until they find a scent that is entirely their own. Conclusive proof . . . the scent cannot be copied.

woolens for the gala season.

THE BEAUTY BIT: At a party, an evening or so ago, the African

Household Hints

The right paint brush will lighten work. If you plan to apply water based paints to a large area, a calsomine brush with very long, elastic hog bristles will save time and energy.

For applying oil-base paints and lacquers, use flat or chisel shaped enamel and varnish brushes. Make sure any brush you use is of the best quality.

Cost of college on upward course

By GAY PAULEY

NEW YORK (UPI) — Going up, up, up — that's the direction of the cost of going to college.

But staggering as costs are becommnig a college education is possible for promising children from middle income families, if there is sufficient determination and advance planning. But is the education worth the thousands it will cost?

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YES, SAY the experts. As one writer on consumer matters puts it, "College graduates earn, on the average, 65 per cent more than high school graduates and the salary gap is widening.

"At least some education beyond high school has become necessary for almost any kind of job with a future. Now knowledge, not manual skill, is worker's main resource . . ."

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THE WRITER is Sidney Margolius, whose "Paying for a College Education," is published by the Public Affairs Committee.

The committee is a nonprofit educational organization founded in 1935.

Margolius checked costs at 80 "representative" colleges and found that currently, expenses for one year averaged $2,700. This included an average of $500 for tuition and fees, $900 for room and board and $600 for books, clothing, transportation and incidentals.

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PLANNING, THE earlier the better, may determine whether your child gets that highly prized higher education. Margolius offers, this table to show that an early start is vital.

It shows how much you need to save each month at four per cent interest to have $5,000 when a child is 18.

Starting when he is two years old, $18.60; six years old, $27.10; 10 years old, $42.20; 14 years old, $96. Margolius pointed out:

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THE GREAT American tradition of working one's way through college "is fast coming a legend. Student earnings are still an important source of financing but students are finding it more difficult to carry a heavy outside work load because of increase course-work demands."

The number of scholarships is increasing but not as rapidly as enrollments and requests for aid. Amounts are less than most parents realize; they barely cover more than one fifth of the student's expenses.

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ANOTHER WAY out to cut educational costs is to use the African and Afro-American, Caribbean and Latin American experience in the study of African culture.

Female buyer never content

NEW YORK (UPI) — You name the product and some woman of the house can offer a way to improve it.

So manufacturers, packagers and retailers, take note of a new list of "why don't they?" offerings. Some come from one woman's weekend of "catching up" at the house, others are from friends, still others from that ever-busy panel called National Family Opinion, Inc., of Toledo, Ohio. The last is a market research firm which continually surveys 90,000 homemakers on assorted consumer problems.

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WHY DON'T they make rug padding of more durable material? Two weeks of my own carpets at the cleaners and the best quality padding I could find is a shambles.

Why don't they stop adding salt to everything in the grocery line, canned goods and frozen vegetables especially? There are many low sodium dieters in the nation, many of them eliminating salt on doctor's orders, but it is almost impossible to find generally used salt-free foods without going to a health foods store.

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WHY DON'T they also quit adding so many seasonings to prepared foods? You can always add more but not get rid of what's already there.

Why don't they?

Put heat resistant plastic zippers in garments that are frequently washed and ironed.

Package spices similarly to the way sugar is packaged to eliminate spilling.

Print children's Bible verses or a short mealtime prayer on cereal boxes.

Use an eye-dropper type of bottle for food coloring and flavorings.

Use fabrics that will last for garment lining. Most linings are lost before the dress, meaning a major sewing job on relining.

Imprint a tape measure on a sewing machine's bobbin.

Match ribbon shades to knitting yarns so that baby's sacques, caps and booties could have ribbons matching perfectly.

Make toddler cookies shaped like "p" . . . easier holding.

Put all brands of mustard in the same jars so that all of the contents can be used. Note: some packaged in wide-mouth, gallon-size jars, and what an improvement!

For the pet set, package dog food in small packages, too, so that dogs can test whether they like before buying a large size.

Hem sheets the same at each end so they can be changed around or longer wear.

For the white collar girl, provide an extra set of collars and cuffs so she can be ready immediately. Also make them snap-ins rather than sewn after laundry.

Make an iron-on patch that's the same color as faded, tattered jeans, new, for blue jeans.

Put the cup as well as the weight content on canned items such as tuna, so that the cup can be measured for addition to other dishes.

Put measure on blocks containers so you can add the amount needed without having to use other utensils.

Make a rustproof base on all soap dishes, so they can be cleaned easier, and shaving creams, to eliminate the usual rings that form.

Manufacture a ready-to-use dye for producing bleach-made spots on clothing. It could be packaged in a small, orange-topped bottle for easy application.

FASHION NOTE: This magnificent champagne satin butterfly coat and gown, designed by Burke Amey, has a colorful South Sea island motif bordering hemline and great butterfly sleeves in a myriad of colors. Matching coat has long sleeves, tapered lapels and set-in belt. The ensemble will be shown in the Ebony Fashion Fair when Delta Sigma Theta sorors present the fashion show in Baltimore in October.

League Guild schedules 'Fashion Rebellion '67'

NEW YORK — The National Urban League Guild, in cooperation with Ebony Magazine, will sponsor the 1967 Ebony Fashion Fair in the Grand Ballroom of the New York Hilton Hotel on Sunday, October 1, at 2 p.m.

The Fair, a major vehicle for raising funds for charitable purposes, will be sponsored by the prominent members of the Guild to benefit the vital work of the National Urban League.

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MRS. MOLLIE MOON, Guild chairman, said the Fair's theme this year will be "Fashion Rebellion '67." Co-chairmen are Mrs. Rodman C. Rockefeller and Mrs. James Jones, wife of a prominent physician. Mrs. John H. Johnson, wife of the publisher, is director of the Fair.

Highlights will include the showing of one-of-a-kind fashions selected from the top fashion houses of the United States and Europe. The fashions will be worn by nine stunning female models and two male models specially chosen for the Fair which will circle across the nation on a three-month tour.

Mag excerpts Nat Turner novel

NEW YORK —A 54-page excerpt from William Styron's new novel, "The Confessions of Nat Turner," appears in the September issue of Harper's Magazine (on sale August 29).

A Book-of-the-Month Club selection, the complete novel will be published by Random House in October.

Clean Fuzzy Eyes
Bathe eyes with LAVOPTIK, the Medical Eye Wash. Floats away dust, dirt, other irritants. Makes eyes feel clear, look sparkling bright. Insist on genuine LAVOPTIK Eye Wash with eye cup included, at your druggist. Satisfaction or your money back.

Now Possible To Shrink Painful Hemorrhoids
And Promptly Stop The Itching, Relieve Pain In Most Cases.
New York, N. Y. (Special): A scientific research institute has discovered a medication which has the ability in most cases — to actually shrink hemorrhoids. In case after case, the sufferer first notices prompt relief from the itching, burning and pain. Then this medication starts right to gently reduce the swelling of inflamed, irritated hemorrhoids.
Tests conducted on hundreds of patients by leading doctors have proven further relief can be given by Preparation H comes in ointment or suppository form. No prescription is needed.
And it was all accomplished without narcotics or stinging astringents of any kind.
The secret is Preparation H® — an exclusive formula for the treatment of hemorrhoids. There is no other formula like it! In addition to actually shrinking piles and relieving the painful distress — Preparation H lubricates, makes bowel movements less painful and soothes the irritated tissues. It also helps prevent further infection.
Preparation H comes in ointment or suppository form. No prescription is needed.

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Don't be thin, skinny or underweight. Gain the pounds of your aching body needs. Thousands of men, boys and girls are now gaining weight and looking better, feeling better and happier with vigorous health and bodies of vigorous, pulsating, virile manhood and womanhood. Ask your druggist for Wate-On® Tablets. Wate-On® is a proven formula of vitamins, minerals, yeast, glucose, iron, calcium, phosphorus and other ingredients. Fast weight gains of 8-10-15 pounds and more are reported. Clinics mention gains in weight, strength, vitality, appetite, energy, nervousness and endurance. Wate-On® Tablets are a tonic. Take as directed. Satisfaction or your money back.
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...because only she knows it's there
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You'll look years younger with a new, very tone-tint, stay-in hair color ... in the magic of one simple, TINTZ Creme Color Shampoo. Your natural color looks natural, life-like shade as natural as nature's own. Let the hair of your youth, TINTZ is a lanolin conditioner added ... leaves hair soft, manageable, and with SUCCESS! Guaranteed satisfaction or your money back. So re-color your hair the "invisible" way. Choose from 30 lovely shades and get TINTZ Creme Color Shampoo ... at druggists ... on money back guarantee.