

ADLUH FLOUR

contains additional calcium, vitamin B-1, iron and niacin for greater health building.

For Better BISCUITS **CAKES & PASTRIES**

Ask for and Be SURE TO GET

Enriched Jable-Jested ADLUH FLOUR



Milled and Distributed by

Allen Bros. Milling Co.

COLUMBIA, S. C.

HAMPTON HOUSEHOLD HINTS

"Friendly Caurch"

NEWS FROM GAP WAY

had one of the best observance of

the day in the listory of the cir-

crowds were features of the day. Our Pastor Rev. C. F. Barr did

the unprecedented, he visited all

Life is in this circuit which

evidenced by its growte. People

are joining these churches every

Our spring rally is over now and

Mary \$172.70. Total \$406.25.

we are happy as can be. Let us

Fray for us that we may gather

ST. LUKE A. M. E. CHURCH

Rev. T. H. Ringer, Pastor

Wateres, S. C.-Sunday, April

At 3:30 Rev. Canci preached anoth

gregation came and helped us put

over a wonderful Easter program

Collection \$9.12. You are welcom

AND BRIDE'S CONTEST A SUCCESS

the services were very good

F. B. Lawrence, Jr., Reporter

Easter is over now and we have

BY DR. KARLA LONGREE Hampton Institute, Va.

So wartime 'rationing has re duced the meat on your raining that the dining-table—but why do we eat May 9th.

D. B. Williams, reporter

The answer is that meat is important in the diet chiefly because it provide, protein, fat, Vitamir. B1, and other nutrients vital for body-building. And another thing it isn't the only source of these

nutrients. The canny housewife takes ndvantage of other foods which offer the same nutritive values. And she shorts with the lowly legumes -the kidney bean, soybean, or pea nut-which, the Foods Laboratory shows, are rich in most of meat's

Try Baked Peanuts-a new version of the famous Boston dishon your family today. The recipe is easy to follow, and the cost per serving in only five cents,

BAKED PEANUTS

(A Meat-Alternate) lb. untarsted peanuts 1 can No. 2 1-2 tematoes

tablespoone molasses tablespoons brown suga 1-4 teaspoon dry mustard 1-2 teaspoon black pepper

1 teaspoon chili pepper 2 tablespoons chili sauce or

Soak peanuts evernight in water to cover. Boil gently in the some water for an hour and a half or until tender. There should be very little water left. Combine all the ingredients and add of the boiled peanuts. Place in a baking dish and bake in a moderate two hours or until sauce is thick.

(This recipe tried and tested in the Hampton Institute Foods Lab-

UNION BAPTIST CHURCH

Rev. L. C. Jenkins, Pastor

The Joint Missionary society all day and the attendance was held its regular monthly meeting fine. It seemed like everybody on Tuesday night with the Presi- tried to come out on Easter Sundent Mrs. N. A. Robinson in day. Our pastor preached a no-harge. ble sermon Many souls were

Sunday was beautiful and there made to reforce. Sunday school were to great many adults at Sun- was conducted at the usual hour day school ag well as children. The ty the Supt. Mise Dorothy Young lesson was timely discussed and interestingly reviewed by our Dev. H. Williams and their consuper, Deacon Wm. Ponds. At the er sermon, Dea, L. Randolph and morning services our pastor was at his best with a soul stirring sermon which seemed to be enjoyed by all. The choirs were filled to their capacity and sang splendid music. Our pastor gave a MILLION DOLLAR WEDDING wonderful lecture on the program AND BRIDE'S CONTEST Sunday afternoon at Benedict col-

There was a large attendance at the Communion services Sunday

afternoon at 6 o'clock. At the evening services Rev. A P. Porter brought us a long spir-itual sermon. Theme What a man misses when he misses the church We were all inspired by this wonderful message. Among our vis-itors were Rev. G. W. Mizell from Norfolk, Va., and several young men from Fort Jackson,

which was \$66.77 became the wife The Usher board had a successful silver tea Sunday at Miss Mary Sulton. Among the visitors were Pyt. Alexander Darcy and Pfc. Johnie Hall of Ft. Jackson. Mrs. Fannie Ruff of Antioch Ruff and Ruff of Antioch Ruff and Ruff of Antioch Ruff and Ruff of Ruff of Antioch Ruff and Ruff of The Usher board had a success-

A May Queen contest and musi-Baptist church won the first prize for the maids and Miss Marin anxiliaries of Union Baptist on Jenkins of St. James won second Monday night, May 17. Mrs. N. prize for the maids.

A. Robinson and Mr. L. F. Switzer sponsors. There will be a nor expressed her appreciation to

Thomas Young Laid To Rest ck ones are on the mend.

Clinton, S. C .- Thomas Young affectionately known as "Sunny" Our pastor an family as well as other families from our church are invited to attend the Mothers' Day youngest son of Mrs Eliza and the late Arthur Young, departed this Community Mess meeting at life April 18 at Columbia, He Bethel A. M. E. church Sunday, was a member of Mt. Hebron Bap tist church but often attended Friendship A. M. E. church, the place where he was funeralized. The Rev. E. L. Lilliewood served EBENEZER A. M. E. CHURCH ag master of ceremonies and the Funday being a be utiful Easter Day the faithful ones were at Dr. H. W. Walker. Other partichurch. Sunday school was concipants on the program were Rev ducted by sister, Ruff and Heath W. E. White, Professor Albert Ru with a wonderful review by the bens, Mrs. Emma Young, E. J. pastor. The devotion for the morn Gary, Principal J. T. W. Mims and ing service began with Bros. Wood I Miss Bessie D. Golden. The thoir endered appropriate music for the

ed the 28th chapter and 6th vers of St. Matthew, theme An Empty Tomb. From this he pre whed a Many relative, survive: Mrs. Eliza Young, mother; Miss Mery R. Young, Mrs. Lola J. Davis, Clinton; Mrs. Laura Mitchell. wonderful sermon which made all Clinton: Mrs. Laura Mitchell. Greenwood: Mrs. Mazie Mack, Cot tageville: Miss Lydin Young, At 2:30 we had our Easter pro gram and this was one of the best e have ad in a number of years. Quite a number of visitors enjoy the program. Ebenezer is

Thomas Young Harris Eulogized

Harris was funeralized recently from Antioch AME church. He was born March 1, 1871 and died April 16, 1945. In 1890 he was pried to Miss Lucinda Rice. To the youngsters. s union 11 children were born, which 9 survive. He was married a second time to Mrs. Lucy Williams in 1912. He is survived give the figures: St. James, \$96.00; St. Philip, \$85.00; Jehovih, \$52.55; St. Mary \$152.00 by 9 children, 3 grand children, 2 brothers. Two of the grand sons who attended the funeral are in the service of their country; Corporal Timothy Wilson, Fort Ben ning, son of Mr. and Mrs. Odel Wilson and Royal Byrd, U. S. C. G., Charleston son of Mr. and Mrs. William Byrd, Brooklyn, N. from State college,

NOTICE: CROWNING

Come to St. John Baptist church for enjoyment Monday night, May There will be a May Queen public is extended a cordial invitation to be present. This pro gram is being sponsored by L. E. Switzer, who really knows how to successfully put over such programs. The aumission is only 10

Rev. B. T. Sears, pastor

MT. CARMEL AME CHURCH

Sunday being a fine day a large rowd found their way to church Sunday school at the usual hour, On May 3, St. James A. M E. church of which the Rev. Wm. Mcwith the Asst. Supt. C. J. Saxo and teachers at their posts. The Donald is the popular paster was rowded to witness the Million Dollar wedding and Bride's contest lesson was reviewed by the pastor Rev. Brown. After the reading of the Scripture lesson, hymn No 180 was sung. We had 15 minutes which was sponsored by Mrs. Fran ees Janerette Gore. The brides were beauties to behold, each one of praise service. He then spoke very briefly from God's word stirring the hearts of many true played well its part and Mrs. Margaret Gury of Antioch Baptist believers. We were very proud to have as visitors Prof. and Mrs. Foster Buiton, Mr. and Mrs. C. Nelson, Mr. and Mrs. Clarence Bolden and Mr. and Mrs. Sullivan. Mrs. Burton brought a donation from Washington, D. C. We thank them for their interest the church.

Mr. and Mrs. James Brown had as their dinner guests Sunday Rev. Brown, Mr. and Mrs. Saxon. Little Dorothy E. Sitton was ne Missionary society Sunday at helping her raise a total of \$117. little guests Ligretta Dorreb. Edna Saxon, Maggie Belle Saxon,

GOSPEL TORNADO

Mrs. Dephine Tyler at her home, 2423 Stark street. Those present

were Mrs. Adele Owens, Staff Sgt. Louis Dough as, Corporal W. II. Mitchell, Elizabeth Thompson, Ruth Johnson, Carlie Tyler, Char-ile Jamison, Sgt. W. Allen, Albera Alford, Juanita Foster, Ethel Kinard, Margare Allen, Estelle Shaw, Gardenia Aiken and Elizabeth McCoy were the delirhtfel hostesses. Many beautiful a n d useful presents attested to the copularity of the honoree.

COPE NEWS

TYLER BIRTHNIGHT PARTY

night party was given honoring

Monday nig't, May 3rd, a birth

Reverend Columbus Burgess pas tor of the Good Hope circuit re-viewed the Sanday school lesson last Sunday before a very attentive group of listeners who derivd a great deal of benefit from: The resume. Prayer service was conducted by the members of Good Hope and Macedonia. The Good Hope and Macedonia. pastor. Rev. Burgess, meached a pastor. Rev. Burgess, breacher a powerf2! sermen and spiritual fervor ran high. Collection to-taled \$54.25. At 5:30 we reassemoled at Macedonia in Cope, to hear the annual sermon to the graduating class of Cope graded school by Rev. Jeremiah Newman, pastor of Trinity M. E. church, Orange-burg. At the close of the ser mon an offering of \$15.35 was taken. Miss Naomi Moody, of New York, who has been spending a few days here was one of our many visitors Sunday.

MT. PISGAH CHURCH

Rev. James Leonard, Pastor

Our pastor i.ad a, his guest last Sunday, the Rey C. L. Leonard of Eittsburg. Pa., who stirred us mightily with his cleven O'clock ermon. The holy communion we idministered to a large number of the faithful at the afternoon service, the pastor saving discoursed at this meeting. We were favored by the presence of quite a number of visitors, Mrs. Georgia Moody is still on the sick list, and we wish for her a speedy return to health. We are very sorry to learn of our presiding elder's being in the hospital, and hope that it will not be long before he is up and on his district again.

MT. HEBRON CHURCH Rev. S. J. Johnson, Pastor

which enthusiasm ran high, the pastor delivered a very interest soul inspiriting sermon Immediately after the sermon an Pratorical contest, sponsored by Mrs. S. J. Johnson was held: Miss 'arrie Bell Ad ms was first prize winner, while there was a tie for econd place between Misses line Wise and Lillie B. Holmon The total collected for the rally was \$70.50. Miss Carrie Rickand, assistant teacher at Mt. He bron school was a visitor at Mt Washington, D. C., and Miss Ru- Hebron e urch. Mr. T. W. Wise. bye Young, Cheraw, sisters; and who has been sick for sometime James Arthur Young and Nathan Mrs. E. A. C. Bedenbaugh, Pastor wis also a welcome.

> Mettie Lee Saxon, Rosa Lee Saxon, Lois Yeargen, Jannie Mae Williams and Carrie L. Dorroh. The children played games; af-

lookies and ice cream were serv. Camder ed. Everyone presented the hosters a birthday gift. Miss A. B. Week-end here with her mother. Hawthorne assisted Mrs. M. M. Her work as Home Economics teasisten in making it pleasant for the at Bethune will end Friday, the voungsters.

Miss Beatrice McGirt spent the Mamie Wood's home, McLure St. The Prince and Princess Contest The Prince and Princess Contest The third grade and teacher, Miss M. E. Honor wish to thank

SPEAKING

Wednesday at the Baltimore Conference that I may lay a I will spend a few days in Char-totte, N. C., Greenville, Columbia

and Newberry, S. C. Mr. Washington and Dr. Penn have spared no pains in making my stay a pleasant one. I never forget their hospitality. When I reach Columbia, I will give a summary of my year's

So long, will be on the air next

CAMDEN JOTTINGS

paster this writer remembers. This interesting to read in these rec Ministers of the gospel: R. E. Wall, C. P. Nelson, W. D. Chap-pelle, Hiram Young, J. W. Lybes, the Arnett administration, Photo-

We are still working for New

relatives to mourne his passing.

Rev. James W. Shaw. Presiding Elder of Edward, Chapel A. M. E. erence list Sunday night. The pre-



What would a home be without a mother or wife in it? What would life be without the love and devotion of a wife or mother?

What have you done to pay them for what they have done for you?

You can do nothing better than to protect their future with adequate life insurance.

NORTH CAROLINA MUTUAL LIFE INSURANCE COMPANY

C. C. SPAULDING, Pres.

and the land of th NO HOME IS COMPLETE WITHOUT NORTH CAROLINA MUTUAL POLICIES

JUST RITE CAFE AND HOTEL Also Just Rite Drink Parlor

1026-1028 1-2-1012 Washington St. Columbia, S. C.

COLUMBIA'S FINEST IN SERVICE MODERN CONVENIENCES - HOME COOKED MEALS Sandwickes, and Beverages Out of Town Visitors Welcome DR. and MRS. L. C. McROBBINS, Props

PRINCIPAL J. E. BECK

I am speaking from the Na-tion's Capital. As I told you in my last article that I had my itinerary made. I spont four days the graduation exercises of in Chicago, came to Washington and high school, May 26th. AME Church, Rev. A. C. Wells. pastor. I spoke five nights, enjoyed myself. Dr. Wells has done a great work in the last twelve months. He is leaving tonight for the Baltimore Conference with a round report. The church is ask-ing for his return. I am spending oundation for my candidates. You will know who they are with-in the next few days. I went to New York City Saturday; Philadelphia Sunday. Saw a number of my old friends. Am leaving for Hampton Thursday for four days, with her parents, Mr. and Mrs

cek over aution PMLOC

By Floring E. Hurst

I am delighted to let the public know that in looking over my deeme information pertaining to the late Rev. C. R. McGhee, tre first as in 1891. The Right Reverend Penjamin W. Arnett was, at that ime, bishop of the South Carolina rea of the great African Metholist Episcopal Church. It is very definite stay. He was accompanirds of such character, as the late W. M. Thomas, and S. H. Jefferson, were the presiding elders of graph, are to be found among the

Bethel, our home church, and will ever crase until we hear the Maser's: "Well done!

T. E. McLester, an estimable ci-T. F. McLester, an estimable ci-lizer of Camden, wes funeralized a few hours with her parents on M. Moriah Baptist church by dis pustor, Boy J. W. Boykin as isted by Rev. P. B. Modona, He ras an ardent church worker. He day at A. and T. College, Greensa widow and many other

Sgt. Lucille Bettye Ellison, staioned at Fort Des Moines writes hat she is getting along nicely.

Mrs. Knox. Sunday afternoon.

Mrs. Louisigna Philips a. and that she just must get the Palmetto Leader weekly Arrangenents have been made for her to

Z. church, held his quarterly con- gory for your paper each week.

siding elder is well thought of in daughter, Lorianne, of Jackson-

COMMENCEMENT SPEAKER HOWARD HI, GEORGETOWN

Georgetown, S. C., May 5th-Principal J. E. Beck, of Sterling high school. Greenville, has accepted the invitation to deliver the commencement address here the graduation exercises of How NOTICE TO BEAUTICIANS The date of our National Presi

lant's Birthday is May 23rd. Let as all celebrate it by giving some of entertainment AMY SURGINER LIGON.

State Organizer.

CHESTER PARAGRAPHS Nurse Clara Beckham Lawrence

of Charlotte spent the Easter week end with her mother. Mrs. Mabel Smith Bangston of Philadelphia has returned home after spending several days here yander Smith, Her mother does

not stay well, so she comes every few months to see them. Mr. Jerry Rhisehart left day afternoon for an indefinite can stay in Baitimore.

Miss Magdalene Dixon, of Wash ington. D.C., returned to her home Tuesday, after a visit of-a few days to her grandparents Mr. and Mrs. Allen, Patrick St. On the sick list this week are Mrs. Lucy J. Maskey Loomis St. Master Samuel Louis Douglass Mobley St., Mrs. Lucile W. Allen Lancaster St.

Rev. M. T. Coker was called to

vew York City by a telegram received Friday from his brother. Interest is at keen edge week at Pinley High School as the May Kings and Queens will be crowned Monday night, May 10, in the auditorium. The selecion will be those contestants who report the highest amounts

Mr. Theodore Paden left Sat urday for Philadelphia for an inied by his sister, Miss Dorothy Paden who spent Easter here.

Miss Armstrong of Spartanourg intertained a large crowd Monday night, in the auditorium at Finley High School, in a magic show which brought forth much hilarious laughter. Her program was enjoyable throughout. Many records, and they are very interest are the pleasant recollections of their coming to Chester in her father's life time. She is a pleasing person, and a real entertainer

Miss Ruth Reed writes that she doing nicely in her school work at State College.

young ladies who represented State College in the debate Friboro, N. (

Miss Ruth Love Mr. and Mrs. Lester Johnson, Mrs. Sadie Sew-ell visited Mrs. Susie Phillips and Mrs. Louisiana Phifer left Sat urday afternoon for Washington

D. C., for an indefinite stay. Mrs. Easter Hardin continues ill at her home on Jeter St. See Masters Vandie Larks, John Gilbert Johnson and Hoover Gre-

cille, Fla., are here for an in defi-nite stay. They are living at Mrs. with her mother, ome Economics tea-

contestants, parents, friends for their successful responses to the Prince and Princess Contest, which ended Sunday afternoon at the Brooklyn School. After a very interesting pro

gram carried out by this class, the following children reported Cora Lee Boulware, Taliatha Butler, Virginia Carter, Doris Cole-man, Pauline Davis, Betty Foster Pernilla Hicks, Yvonne Janie-Ruth Moore, James E. Me-Lurkin, Myrma Tucker, Addie L White, William Author Worthy Sarah Louise Daniels.

The boy and girl, James Ed ward McLurkin and Doris Loretta Coleman, leading with the highest amounts were crowned Prince and Princess. Small tokens were given to all contestants. vitnesses enjoyed the afternoon

LITTLE MOUNTAIN NEWS Rv. W. R. Bowman, Pastor

Mt. Zion Sunday school opened at the usual hour with Mrs. Almeasia Sligh in charge. The teach ers were hirs. M. E. Bowman and Mrs. Jessie Sligh the lesson being reviewed by the pastor. Rev. Bowman preached

the text I bear in my body the c marks of the Lord, Jesus Christ, the conclusion of this message 4 persons joined the church. Out ove Feast Sunday was a "spiritual shake-up". Many testify of the power of God.

Full details of the Educational ally which will terminate the 3rd unday, will be announced after hat date. The meeting Sunday light was a spiritual feastr Four teen persons asked for prayers The grand secretary attended the Christian Home society Satur day. Gave the new pass-word and appointed Mrs. Jessie Clarke us a deputy. Any community who wants this grand society, may get in touch with Mrs. Clarke at Lit-tle Mountain.

St. John will have its rally on Sunday, which is Mothers' Day The Rev. Miller of Columbia will preach both sermons at St. John Sunday morning and Mt. Zion at Little Mountain at night.

HAMPTON SCHOOL CLOSES

Hampton, S. C .- Sunday, April 25. Easter Sunday, our began its annual closing exhibition with the principal, Mr. Hazel, his fine fixuly and student body displaying what progress had been made duing the year. Our annual commencement address was delivered by Rev. William Branders, a mas-

er mind. His subject was: "The Foursquare Life of Jesus". The speaker lifted the audience into he clouds with his rhetorical dis ription of the four types of edcation that gave Jesus the power he had, It is the opinion of this writer that Rev. Branders is a-Mrs. Hazel, Reporter

BETHEL A. M. E. CHURCH Rev. R. J. Jefferson, Pastor

Columbia, S. C.—Services were cautifully carried out last Suny, beginning with the Sunday school session. The lesson was roughly taught in all classes, after which the pastor gave a timely review of the lesson. The pastor also delivered two splendid mesages last Sunday. Both _choirs

to the church and also to the comnunity. We are hoping that our rally will be r cessful Sunday, which is Mothe . Day.

are rendering very good service

The pa or is making this last equest t at all members comply with the plans which has the enorsemen of the official board. Visitto: s are always welcome to ur services.

************** - CONSULT-MADAM CECIL First Time in State, County



I will tell you just what you want to know about your friends, enemies or rivals; whether husband, wife or sweetheart is true or false; how to gain the love of

the one you most desire; control or influence the actions of anyone even though miles away. Guarantee success where others fail

MADAM CECH.

All Business Confidential Hours: 10 a.m. to 9 p.m.

Permanently located in 2nd Pull man Trailer on left side of Highway No. 1 coming out of Columbia next to Mrs. Roland's Groc. Store Open Sundays W. Columbia, S. C. 50c Special Readings for a short

time only! For Appointments Phone 22970 ***** *********

Poro Beauty School ocated at 2481 Millwood Ave BEAUTY CULTURE IN ALL ITS BRANCHES

Shampooing, Pressing, Marcelling Croquinolling, Finger Waving, Hair Dyeing, Bleaching, Man-Molding, Anatomy and Electricity.

PHONE 5687

Annie M. Pope T. Malone, Pres Wilhelmina C. Pope, Instructor

********** Waverly Esso Station Cor. PINE & TAYLOR STS

Make This Your Headquarters For Complete UNE-STOP SERVICE Telephone 9518

Jasper Caldwell, Manager ***************

Brown's Lunch Room 1014 LADY STREET

Good Home Cooking A Specialty Prompt and Courteous Service Reasonable Prices Open Each Day Until Mid-

Mrs. W. L. Brown, Proprietress

FRIDAY and SATURDAY "STAND BY

FOR ACTION"

Starring Brian Donlevy Robert Taylor Charles Laughton



Pride of The Yankies

GARY COOPER THERESA WRIGHT



HELD OVER! THURS.-FRL-SAT.

"Hitler's Children" Bonita With GRANVILLE





F OR relief from Functional Ner-yous Disturbances auch as Sleep-lessness. Crankiness. Excitability. Nervous Headache and Nervous In-digestion. Tablets 35¢ and 75¢. Liquid 25¢ and 81.00. Read direc-tions and use only as directed.

MERVINE

Miles ANTI-PAIN PILLS A SINGLE Dr. Miles Anti-Pain Pill often relieves Headache, Muscular Pains or Functional Monthly Pains -25 for 25¢, 125 for\$1.00. Get them at your-drug store. Rend directions and use offij as directed.

- T H E --NEW COZY INN -The Most Attractive Cafe

in the City Will Serve You With Lunches Sandwiches, Beer, Wine, Cold Drinks of every kind. Call and see for yourself.

> Reasonable Prices to All 1509 HARDEN STREET Mrs. Cornelia Osbie Gray.

******** COLUMBIA'S NEWEST

AND FINEST NIGHT CLUB THE SAVOY CLUB

LOCATED ON THE CLD WINNSBORO ROAD 21/2 Miles from the City Limits of Eau Claire. The Savoy Club was formerly known as the Palmetto Grill.

Sea Foods, Chicken and Steaks A speciality We cater to private parties and Clubs

Mrs. Lula E. Niles, Proprietass occomo con concesso de concess

Mollie's Cafe and **Beauty Shop** First Class-Best of Service Reasonable To All

Open every Day until Toldnight. Appointments Filled Phone 2-7895 1916 BLANDING ST.

LEEVY'S FUNERAL HOME Undertaking and Embalming LADY ASSISTANT

AMBULANCES ANYTIME ANYWHERE

Superior Equipment Superior Service

-SLOGAN-LOWER PRICES No Deserving Poor Refused 1831 TAYLOR ST. COLUMBIA



PHONE 23619

p.m. The public is invited. Our 92.