WHEN YOU FINISH READING YOUR AFRO PASS IT ALONG TO A FRIEND

# Now's the time to check those wiper blades

CHICAGO, Ill. — According to leading safety authorities the two hazards that add most to the danger of driving in winter are reduced visibility and inadequate traction.

In a check of vision obstructions on vehicles involved in traffic accidents during 1957, the National Safety Council reported that 50 per cent of all such accidents involved visibility obscurements such as rain, snow, etc. on the windshield.

The same deadly combination accounted for 39 per cent of the deaths in such accidents.

**TO GUARD** against dangerously reduced visibility, the Highway Visibility Bureau recommends these simple precautions:

(1) Any wiper blade that streaks or smears the windshield should be replaced, unless the wiper arm can be adjusted to supply sufficient pressure for a clean, clear wipe.

(2) Wiper arms should be checked regularly for adequate pressure of blade against the glass. If they exert pressure on the glass of less than an ounce - to - the - inch of blade length, they are probably inadequate for clean wiping.

(Car manufacturers in recent years have specified arm pressures equal to or more than one ounce to the inch: for example, a twelve - inch blade should have at least twelve ounces of arm pressure against the windshield.)

(3) The wiper blade rubber should be occasionally wiped clean when the windshield is cleaned. It takes only a few seconds longer.

(4) Wiper blades that have been in use for a year or more should be replaced with new blades of "live" rubber to make sure of clean wiping. (Rubber deteriorates from exposure to hot sun, wind and road film, even though it may still look good.)

* * *

(5) **IF YOUR** car has a windshield washer make sure the water contains a solvent with an alcohol base, especially during the winter months.

(6) For night driving be sure that all front and rear lights are operating, and clean. Replace any burned out bulbs immediately. If driving in rain, sleet or snow — or when there is considerable dirty road spray from other cars — stop at service stations from time to time to wipe off lights.

(Stopping at service stations is recommended because of the danger of stopping on a street or highway when it is hard to see.)

(7) **Make sure directional signals are working properly.**

(8) Make sure the defroster blows enough warm air to keep the inside of the windshield clear.

**HOLIDAY ARRANGEMENT** — This beautiful holiday arrangement of candles, carnations and Christmas cards is something extra this year. This one and ones like it can be wired to your friends and relatives across the country—in the same way you wire flowers. Your florist has many other like this and he can send them for you—if he's a member of the nation-wide Florists' Telegraph Delivery association.

# Family Fare

## Walnut Glace is light with a holiday air

If you've been thinking that the traditional holiday desserts are just a little bit too filling after a heavy dinner, then why not try Walnut Meringue Glace?

It's attractive, colorful, light and above all, it has but 147 calories per serving. (Some others we could mention top 275!)

In this, the meringue is made with walnut meats — a seasonal favorite.

* * *

**HERE'S WHAT** you need: three egg whites, one - half teaspoon cream of tartar, one-eighth teaspoon salt, one cup sifted sugar, one half teaspoon vanilla and two tablespoons finely chopped walnuts.

Put the egg whites, cream of tartar and salt in a medium-size bowl, beat until foamy; gradually add sugar, beating well with each addition to completely dissolve sugar;

Continue beating until meringue forms stiff peaks; stir in vanilla; fold in chopped nuts.

Spoon meringue in eight mounds on an ungreased cookie sheet; bake at 250 degrees for about one hour.

Cool eight meringues on wire rack after taking them from the cookie sheet with a spatula.

To serve, top the meringues with your favorite ice cream over which you sprinkle some of your finely - chopped walnuts.

Place a maraschino cherry on top.

**WALNUT MERINGUE GLACE** would be a pretty sight on any holiday table. If you're looking for a light dessert after a heavy holiday meal, this is just the thing.

COOKING IS FUN

## This is a good year for apples—so imitate Eve!

By FANNIEJOE REID

This is a good year for apples, according to the United Fresh Fruit and Vegetable Association.

Actually, there are not quite as many apples available this year as last, but the ones on the market are of higher quality.

During this season when the emphasis is on good eating, Madame Housewife would do well to follow the example of her ancestor, Eve.

Even the most obdurate male can be tempted with such dishes as Apple Cider Pie. Diced Brown Apples and Autumn pie.

* * *

**FOR APPLE CIDER** pie, you need one cup of brown sugar, three cups of apple cider, one teaspoon cinnamon, one teaspoon mace, one half teaspoon ground cloves, one teaspoon allspice;

Also four large cooking apples, sliced; one teaspoon lemon, one-half teaspoon vanilla, one teaspoon nutmeg and two tablespoons cornstarch.

Dissolve the sugar in the cider and simmer the sliced apples for 30 minutes or until apples are tender.

* * *

**REMOVE FROM** stove, add spices and flavor, return to stove, add cornstarch and cook ten minutes.

Place in a pastry shell and cover with top crust. Score the top crust and bake in an oven at 375 degrees (F) for 35 minutes.

Serve it with cheese and, Ma'am, you've got a mighty satisfied husband".

* * *

**DICED BROWN** apples are easy. All you need are: three cups of apples, diced; one cup brown sugar, one-half teaspoon cinnamon, one half teaspoon of mace, one half teaspoon nutmeg, one teaspoon vanilla, three tablespoons lemon juice and three tablespoons of butter.

Place the diced apples in a greased baking pan, sprinkle with the brown sugar, cinnamon, mace and nutmeg. Add the lemon juice and vanilla.

Topping the whole with the pieces of butter, cook for 20 minutes in a 325 degree oven. Serve with whipped cream.

* * *

**THE AUTUMN** pie is a new kind of pumpkin pie topped with thin apple slices and whipped cream.

Here's what you need: Two cups canned (or fresh) pumpkin, one cup cream or milk; one-half cup light brown sugar, one-half teaspoon salt, one-half teaspoon ginger;

Also: one-half teaspoon mace, one teaspoon cinnamon, one-eighth teaspoon cloves, three tablespoons butter, one teaspoon vanilla, one-half teaspoon lemon juice, three eggs, one-half teaspoon nutmeg, three sliced apples.

* * *

**IN A MIXING** bowl, combine pumpkin, sugar, salt, ginger, mace, cinnamon, cloves and nutmeg.

Mix well, heat until butter is melted; beat egg yolks and fold into mixture which cream has been added to.

Bake pastry shell for one minute before adding filling. Top with thinly-sliced apples. Mix a little cinnamon sugar and nutmeg together and sprinkle over apple.

**Bake** in moderate (375 F) oven. Bake 30 minutes. Cool the pie and garnish top with whipped cream.

Tired of dieting? Then make this Anthony Blotta model, designed to have a slenderizing effect on any figure from 14 to 42. Its panelled lines, gently fitted, are wonderfully flattering, adaptable to a variety of fabrics so that it can be casual or dressy.

The collar tabs are on, and the detail is repeated for the pockets in the skirt. Choose silk or rayon crepe, faille, shantung, flannel, worsted or lightweight wool.

* * *

**FROM THIS SIZE** chart select the one size best for you.

| sizes | bust | waist | hips | length from nape of neck to waist |
|---|---|---|---|---|
| 14 | 36½ | 27½ | 37½ inches | 17 inches |
| 16 | 38 | 29 | 39 inches | 17¼ inches |
| 18 | 40 | 31 | 41 inches | 17½ inches |
| 20 | 42 | 33 | 43 inches | 17¾ inches |
| 40 | 44 | 35 | 45 inches | 18 inches |
| 42 | 46 | 37 | 47 inches | 18¼ inches |

Size 16 requires 2¾ yards of 54-inch material for dress. To order Pattern No.-2139, state size, send $1.00.

For 96 page Pattern Book No. 15, send $1.00. Address SPADEA, Box 1005, G.P.O., Dept. Bt-2, New York 1, N.Y.

If paid by check, bank requires a handling charge.

(Next week look for a Personalized Pattern by BEN BARRACK)

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## Feminine control can slow down holiday accidents

WASHINGTON — The President of the 11-million member General Federation of Women's Clubs thinks that American women need to exert a little more feminine control over the family car and family driving. And especially, Miss Chloe Gifford says, during the coming Christmas-New Year's holiday season.

The General Federation of Women's Clubs this year is actively supporting a year-end safety campaign aimed at reducing traffic deaths which traditionally reach their peak during the coming season.

Being sufficiently alert while driving is difficult at all times, Miss Gifford points out, but it is even more so during the festive year-end season when more parties, late hours, extra shopping and home-for - the holidays are added to usual problems of traffic and weather.

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**THIS YEAR,** with many Americans taking a four-day weekend over both Christmas and New Year's, the toll could run tragically high unless motorists and pedestrians make an extra effort to stay alert.

In 1956, the last previous year when there was a four-day Christmas weekend, 706 persons met sudden death and 179 died later as a result of injuries incurred during this period. This was by far the largest number of traffic fatalities recorded during any holiday weekend.

If all the women will get behind the many safety programs being conducted this year, the Christmas-New Year holidays can be truly a time for rejoicing, Miss Gifford says.

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**HERE ARE** several ways the women can cooperate in helping ensure that Christmas and New Year's are both happy and safe occasions for relatives and friends.

1. Have the family car checked to make sure it's up to the winter punishment it will receive. Make sure headlights, brakes, tires and turn signals are in perfect condition. Urge friends to do likewise.

2. When the weather is excessively bad, leave the car at home and take public transportation. Or, if possible, put off the trip until the next day.

3. When driving home from a party or shopping tour, remember that tiredness means being less alert, so exert added care and always drive within the speed limit.

4. On long trips to visit friends and family, stop every 100 miles for a steaming cup of coffee. It will not only warm you, but make you more alert. Hostesses should remember to serve a cup to departing guests.

5. Remember that during the holidays, more than any other time of the year, added measures are necessary to ensure safety for all.

## Don't sling mud at lowly 'spud'

Coming up in January will be a nation-wide "Mid-Winter Potato Campaign." Co - sponsored by the U.S. Department of Agriculture and the potato industry, the campaign will seek to move into consumption larger amounts of potatoes from this year's bumper crop.

The department has issued a booklet, "Potatoes in Popular Ways," which not only gives basic information on kinds of potatoes, buying and storing, but also gives several methods, both plain and fancy, of preparing them.

The recipes range from simple mashed and fried potatoes to potato pancakes, potato-cheese surprise and many other unusual dishes.

The booklet sells for 15 cents and can be gotten from the Superintendent of Documents, U.S. Government Printing Office, Washington 25.

## Raisin bacon

Here's an especially good stuffing for the holiday bird, "Rasin Bacon Stuffing."

A mixture of corn bread and white bread, together with raisins, bacon, onion and mushrooms make this unusually delicious stuffing. Good not only with turkey, but with roast pork, veal or lamb.

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**RAISIN BACON** Stuffing is made with one cup light or dark raisin, three-fourth cups finely cut bacon, three-fourth cup finely cut onion, one and one-half cups canned mushrooms, four cups stale bread crumbs, four cups corn bread crumbs, salt, pepper, and one-half cup broth.

Rinse raisins in hot water and drain. Fry bacon until brown and remove from pan; add onion and mushrooms and brown lightly. Combine with raisins, crumbs, salt, pepper and broth. Mix in bacon.

Makes enough stuffing for an 8-pound turkey.

**A "SHARP" SHOOTER** — This little lady really looks like she means business with that steady eye down the rifle barrel. She's Miss Geneva Crenshaw of Garland, N.C. who is one of the first coeds to enroll in a course of rifle markmanship for students and faculty at North Carolina A. and T. College. The instructor is Robert Douthit. Winston Salem corps commander for the Joint Air Force and Army ROTC units at the college.

WOMEN'S WORLD

## 5 million more women seen in U.S. labor force by 1965

By the NNPA News Service

If past developments provide a key to future trends, the continued growth of the female labor force seems assured.

Present expectations are that there will be 10,000,000 more persons in the labor force by 1965 than there were in 1953 and that women will account for at least half of the increase.

Recent Census Bureau estimates indicate that if the rate at which women participate in paid employment continues to increase as rapidly as it did during the years 1950-55, the female labor force could total 33.6 million in 1975.

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**THE VAST** majority of women have some experience with paid employment in the course of their lives. Relatively few, however, spend all of their adult lives in work outside the home.

Even today, less than half of the adult women in the nation participate in paid employment, however, briefly, during the course of a year. Work outside the home is characteristic at certain stages of a woman's life, as it normally is with a man.

Moreover, when she is a member of the labor force, she is far more likely than a man to work only part of the year, or to hold a part-time job.

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**OF ALL** employed women, a little more than one third hold full-time jobs— which means that they work 35 hours or more a week throughout the year. About one third work full time, but for only part of the year. The others hold part-time jobs for varying periods during the year.

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**THE LABOR** force behavior of women is characterized by discontinuity in work and by part-time work. These are the direct results of the home and family responsibilities which women fulfill.

## Needlecraft News

by Nancy Baxter

A little time spent on crochet can go a long way if you use it to make edgings, instead of complete pieces. Of course nothing is more elegant and beautiful in your dining room than a whole tablecloth worked by hand in your favorite crochet style. But, lovely as it is, a fine tablecloth can take years to make. And many busy modern women often just don't feel they have the leisure to devote to such a major project.

**THE BORDER'S THE THING**

Luckily, an easy solution offers itself to our dilemma — the attractive edging that works up in no time, yet adds the same hand-crafted look, the same aura of charm and gracious living around a linen cloth at a very special dinner. This also holds true on a smaller scale. Whatever you have in mind for your home . . . place mats, a tray cloth for a sickroom, a dresser runner or a card table luncheon set . . . a fine piece of fabric, bordered by hand in crochet, is sure to add the perfect finishing touch. And I can't think of a better Christmas gift for a friend who takes deserved pride in filling her household with prized possessions.

**A SQUIRREL GAME**

Filet—a wonderful combination of the best in traditional and modern taste—is always highly regarded among women who wield crochet hooks and those who love to live among beautiful things. Today we're suggesting a particularly appealing edging, a squirrel design worked out in the blocks and spaces of filet in size No. 30 crochet cotton. To obtain the free instructions, just send a stamped, self-addressed envelope to the Needlework Department of the newspaper and ask for SQUIRREL EDGING, Leaflet No. PC-9777.

## Get your tree early, keep it watered for safety's sake

How to treat the christmas tree to make it fire-resistant is a question that comes frequently to state foresters and the U. S. agriculture department every December.

The answer is: Buy a fresh tree and see that it has enough water to keep fresh.

Many chemicals have been tried for fire-proofing trees. Even substances like sugar, aspirin or fruit acids have been used in water for this purpose. None has proved as effective as plain water, which keeps the tree naturally moist and thus resistant to flame.

Some solutions tested for fire proofing have had the opposite effect because the trees, unable to absorb them, have become dry and flammable.

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**IT PAYS TO** shop early for your Christmas tree because you can choose it while it is still fresh and moist and before it can dry out from long exposure to sun and air on the sales lot.

Then, you can keep it fresh by keeping it in water. Early shopping also offers more opportunity to select the size, shape and kind of tree you want.

If the tree is fresh, the needles will feel moist as you run your hand over the boughs. If needles fall when you move or shake the tree, it is already dry and probably no longer able to absorb water.

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**AS SOON AS** the tree comes home, throw cold water all over it. Then cut of the butt end about an inch slantwise to open pores for drawing up water.

Set the tree in water and keep it cool and shaded until it comes indoors for trimming.

For use indoors, a variety of Christmas tree holders that include containers for water are on sale.

The first day, a five-to-six-foot tree may take up a quart of water. After that, the water needs replenishing daily because the tree may take up a quart of water every day in a warm room.

Locate your tree in a cool part of the room, away from radiators, fireplaces TV sets or other heat sources.

**"THE GENTLEMEN,"** of Alamance County N.C. gave their second annual Thanksgiving Ball recently. Guests were present from all over the Eastern Seaboard. From left above are Messrs and Mesdames: J. J. Lanier, W. I. Morris, W. G. Thompson, J. E. Belton, J. K. Malone, Otis Mitchell, W. C. Shanks Jr., (Dr.) Troy Thompson and E. M. Harris. Officers of The Gentlemen Club are J. K. Malone, president; W. C. Shanks Jr., vice president; Troy Thompson, secretary and E. M. Harris, treasurer.

# Feminine Front

## Kansas City Omegas name first woman 'top citizen'

KANSAS CITY, Mo. — The Beta Omega chapter of the Omega Psi Phi fraternity presented achievement awards to two persons Tuesday night at its annual Achievement Week banquet held at the Pickwick hotel.

Recipients of award scrolls were Miss Lucile Bluford executive editor of THE CALL as the "citizen of the year" and Rep. J. McKinley Neal, a member of the Missouri state legislature, as the "Omega brother of the year."

Each year, Omega chapters all over the country present awards to a citizen and to an outstanding Omega man.

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**MISS BLUFORD** is the first woman to be honored by the local chapter.

She is second vice president, Health and Welfare Council of Kansas City; a member of the executive committee, NAACP; Public Accommodations Committee, Kansas City Commission on Human Relations;

She is also a member of the Missouri Commission on Human Rights, Budget Committee on Children's Agencies, Community Chest; St. Augustine's Episcopal Church; Beta Omega Chapter, Alpha Kappa Alpha Sorority, National Newspaper Publishers Association and the Urban League of Kansas City board.

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**J. McKINLEY NEAL** is a member of the Pasco Baptist Church, Omega Psi Phi and Sigma Alpha Phi fraternities, and American Legion, NAACP Urban League, YMCA, Masonic Lodge, Beau Brummel Club, the Midwesterners Club, National Association of Retail Druggists and Morehouse Alumni Association.

He is a member of the Jackson County Democratic Association in which he has served on the Advisory and Executive Committees.

For his public service, Representative Neal has been cited by state branches of the NAACP of Missouri and Illinois, the Omega Psi Phi and Alpha Phi Alpha fraternities and the Beau Brummel Club.

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**MR. NEAL** was elected to the House of Representatives in 1946 and was reelected in 1949, 1950, 1952, 1954, 1956 and 1958.

He has served as a member of the following committees of the Legislature: Education, Elections (Chairman), Insurance, Labor (Vice chairman), Private Corporations, Public Health, Criminal, Justice and Cost.

Mr. Neal has introduced in each session of the Legislature, civil rights legislature to obtain fair employment practices, equal educational opportunities and equal treatment in places of public accommodations.

Today colored persons participate in the National Guard in Missouri and the 242nd Transportation Battalion is housed in a National Guard Armory in Kansas City because of Mr. Neal's efforts.

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**DURING HIS** 12 years in the legislature he has worked continuously for fair and adequate appropriations for the support of all state colleges and universities.

Among some of the measures at Lincoln University for which he worked successfully were equal salaries for teachers, a $690,000 modern library and a struction of an auditorium and gymnasium.

The principal address of the evening was delivered by Lounneer Pemberton, executive director of the Urban League, who spoke on "Moral and Spiritual Values—America's Greatest Need," which is the theme of the year's Omega Achievement Week. Mr. Pemberton urged Omega men and other citizens to take a more active part in community life and to assume greater civic responsibility.

Dr. Carl M. Peterson was master of ceremonies. Remarks were made by Dr. Lee L. Bellfield, basileus of the Omega chapter.

## It Happened In New York

By GLADYS P. GRAHAM FOR ANP

Female leaders of distinction and global renown are in the run for office offering superior qualification:

Helen W. Maxwell, social scientist and public school teacher currently Anti-Basileus and director of the Eastern Region of Phi Delta Kappa National Sorority has been endorsed for the office of Supreme Basileus which carries the directorship of some 55 chapters scattered over the country.

With over a quarter of a century of fraternal and community leadership to her credit, Educator Maxwell's record speaks for itself, from Africa to the continent (where sorors under her guidance set up a library and reading project) of Africa.

Alonzita Flood, candidate for the office of vice president of the New York Chapter of NAACP and an Alpha Kappa Alpha Sorority member of distinction, holds degrees from New York University and certificates of merit for community and civic activity.

Mrs. Flood organized Club 20 whose members are pledged to life membership in the NAACP. Club 20 sponsors annual multiplate diners at the organization's annual event at Hotel Roosevelt.

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**THE CROW** is still flying and achieving results according to his esteemed here.

Miss Kaur, a member of the Parliament of India, indicated that segregation in America and in her country had been abolished by law but not by the heart.

Bias complaints are definitely up in New York State according to Chairman Abrams of FEPC, 1958 surpassing all years since the President's Committee on Government Contracts was conceived in 1953.

Senator Javits is set to probe the altered social color bar of the United States Embassy in South Africa. His interest is based on Editor Ronald M. Segal's statement that the embassy had never denied that it did not have one.

A pleasant aspect in the picture of airline strikes and railroads planning suspension is the reunion of the Red Cross Tree in Rockefeller Plaza. Carrying some 4,000 bulbs the lights will be turned on the Governor Muskie of Maine next week-end.

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**CAMILLA WILLIAMS,** Virginia born soprano has been given the prize State Department assignment for an artist with a complete tour of Africa under auspices of ANATA. Miss Williams follows Willard Warfield and Pianist Phillipa Schuyler.

She will be heard by persons attending conferences in Ghana and will no doubt meet up with Dr. Margaretta Cartwright, Etta Moten and Claude Barnett among other notables who are guests in Africa.

The Alpha Kappa Alpha sorror was tendered many bon voyage parties by Attorney Beavers her husband and adoring friends and organizations.

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**A TEACHER** of some twenty-five years standing having broken the color bar in being assigned outside of Harlem (in the downtown section (Clara Satterwhite Long) continues to set precedents in her assignment as one of the first colored women to be appointed District Librarian.

One of the attractions of the system is her Book Fair at Public School 57 in the Bronx which is sponsored by the Board of the City of New York Bureau of Library Service Nassau County Library Association Children's Book Council. The presentation is the first of its type.

Books are so arranged and selected that children learn their neighbors through books because reading is fun.

**A REAL MOVING PICTURE** — Howard J. Watson, assistant information officer, and secretary, Mrs. Margaret L. Fields of Philadelphia, review a house-moving film at the Redevelopment Authority's recently-opened Eastwick Site Office. The movie reel depicts the house-moving operation being considered for the relocation of between 400 and 700 houses. The two authority employees are part of a staff of 25 at the site to assist residents with problems created by the $100 million Philadelphia relocation program—the largest in the nation.

## Ex-AFRO man plans to wed

CLEVELAND — The engagement of former AFRO newsman Paul Delaney to Miss Anita Jackson, a Columbus social worker, was announced last week.

Wedding plans will be announced at a later date, though the probability of a June, 1959 wedding is eminent, Mr. Delaney reports.

A graduate of Ohio State University, Mr. Delaney was a staff member of the AFRO throughout the summer of 1958. He returned to Cleveland to work on his master's degree.

## Deltas to equip hospital maternity wing in Kenya

WASHINGTON — Delta Sigma Theta Sorority will equip a maternity wing for the first native-operated hospital in Africa.

Stage and screen star Lena Horne will cut a ribbon revealing a replica of "The Delta Sigma Theta Sorority Maternity Wing of the Nyoroge Hospital during the launching of the fund — raising drive in the Empire Room of the Waldorf-Astoria Hotel in New York December 21 at 8 p.m.

Earlier that evening Miss Horne will be inducted into the community-service sorority as a national honorary member in tribute to her outstanding accomplishments in her field.

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**THE LAUNCHNG** will be held at Delta's annual Christmas party during which the Sorority's chapters throughout the country will make cash contributions towards the planned maternity wing.

At the Sorority's Christmas party last year in Little Rock, Delta's showered gifts on Mrs. Daisy Bates and the nine student participants in the Little Rock school crisis.

The hospital will be under the direction of 32-year-old Dr. Mungai Njoroge, a Kikuyu tribesman from Kenya, who earned his medical degree in 1957 from Stanford University in California.

He is receiving assistance from the Medico division of the International Rescue Committee of New York City. Medico will provide about $30,000 a year to the hospital for medical supplies and staff salaries. It will also help to raise $100,000 to construct the hospital and various village clinics.

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**SCHEDULED FOR** location in a village called Chania, 33 miles from Nairobi, the hospital will be on fertile land and will grow its own food.

It will be a training center as well as a treatment center and will establish clinics in villages where natives now travel miles for medical help.

Dr. Njoroge says the hospital will be entirely African-run and self-supporting in five to eight years.

The physician interned for a year at Kings County Hospital in Brooklyn and is currently studying at Columbia Presbyterian Medical Center. He departs for Kenya next March.

He addressed Delta's 1958 national convention in Washington as a panelist on the subject "How The World Looks At America."

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**DELTA'S INTERNATIONAL** services under which it is helping Dr. Njoroge, began when Haiti was struck by Hurricane Hazel in 1954. In a concerted effort, Delta chapters contributed funds for building roads in the storm-stricken village of Jeremie.

Another project under Delta's international services is the maintenance of two students at the Delhi School of Social Work in Delhi, India.

Included among the Sorority's other community services are projects in vocational guidance, mental health, service volunteers, library facilities and hearing clinics.


## Science Shrinks Piles New Way Without Surgery Stops Itch—Relieves Pain

New York, N. Y. (Special) — For the first time science has found a new healing substance with the astonishing ability to shrink hemorrhoids, stop itching, and relieve pain — without surgery.

In one hemorrhoid case after another, "very striking improvement" was reported and verified by doctors' observations.

Pain was relieved promptly. And, while gently relieving pain, actual reduction or retraction (shrinking) took place.

And most amazing of all — this improvement was maintained in cases where doctors' observations were continued over a period of many months!

In fact, results were so thorough that sufferers were able to make such astonishing statements as "Piles have ceased to be a problem!" And among these sufferers were a very wide variety of hemorrhoid conditions, some of 10 to 20 years' standing.

All this, without the use of surgery, anesthetics or astringents of any kind. The secret is a new healing substance (Bio-Dyne*) — the discovery of a world-famous research institution. Already, Bio-Dyne is in use for hundreds of injured tissue on all parts of the body.

This new healing substance is offered in *suppository or ointment form* called *Preparation H*. Ask for individually sealed convenient Preparation H suppositories or Preparation H ointment with special applicator. Preparation H is sold at all drug counters. Satisfaction guaranteed or money refunded.

*Reg. U. S. Pat. Off.


## Historical recipes abound in NCNW's unusual cookbook

An unusual, "palatable" approach to history, "The Historical Cookbook of the American Negro," traces the thread of this one particular minority, the largest in the country, through the fabric of American history.

Compiled and edited by Sue Bailey Thurman, wife of the noted Dean of Boston University's Marsh Chapel, Dr. Howard Thurman, the book is presented by the National Council of Negro Women.

It is the result of a search begun by all council members in 1940, when Mary R. Beard, the historian, invited the group of 22 national affiliated organizations and 92 metropolitan councils, through its founder, Mary McLeod Bethune, to share in the World Center for Women's Archives in New York City.

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**MRS. THURMAN** describes the book as "the history of the colored citizen in American life told by way of things to eat that would remind you of the date or of the person honored or commemorated."

The book begins with recipes for New Year and Emancipation Proclamation Day, going back to Jan. 1, 1863.

In most cases the recipes are the oldest that could be found, including several recipes for sweet potatoes and peanuts which are originals of George Washington Carver, the world-famous scientist whose labors at Tuskegee Institute changed the eating habits of the South.

* * *

**WHENEVER** possible historical documents have been reproduced in the book, including a newspaper advertisement of a school for "young Ladies and little Misses of color" run by Prudence Crandall, who was the first teacher in the United States to attempt to open such a school, and a certificate from George Washington indicating that Briner Baker, one of the Minute Men of 1775, had received a badge of merit.

Each page notes a historical event or two, many with photographs of the person or place involved. The recipe titles themselves are picturesque . . . "Southern Hopping John, Mumwump in a Hole, Wagon Train Sweet Bread, Philadelphia Sally Lunn."

Among the many interesting recipes are a "Scripture Cake" and a "June Commencement Soup." The cake takes its ingredients from 12 separate verses in the Bible and is mixed according to another verse, Solomon's advice for making good men out of growing boys, "beat well."

This recipe was inserted by the Philadelphia Council of the National Council of Negro Women to honor Richard Allen, who organized the African Methodist Church.

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**DEAN HOWARD THURMAN** contributed a soup of his own making in honor of his mother and grandmother "and all Negro women of the long past who have striven by dint of sacrefice and hard labor to educate the race."

The soup is seasoned with herbs representing joy wisdom, courage, usefulness, and festivity, or the cook may choose from a list of other herbs whose symbolism is also given.

Another important section consists of recipes for the celebration of United Nations Day, Oct. 24, and a statement of the preamble of the Declaration of Human Rights.

Also included are special Indian recipes contributed by the council's national president, Dorothy I. Height of the YWCA, a former faculty member at the School of Social Work, Delhi University, India.

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**THE COOKBOOK** is dedicated "to the memory of three illustrious American 'Marys,' Mary McLeod Bethune, Mary Church Terrell, Mary R. Beard, and to two of our distinguished early Honorary Life Members: Mrs. Franklin D. Roosevelt and Madame Vijaya Lakshmi Pandit who sustain in our world today the Coporate Dream, that in unity of thought and action we together, seek to create universal citizens of the civilization of brotherly men."

This is Mrs. Thurman's second cookbook. Two years ago as chairman of the Hostess Committee for International Students at Boston University she compiled and edited "The International Cuisine," a book of recipes gathered from the wives of deans, administrative officers and faculty and from foreign women students attending the University.

**TAKING WEDDING VOWS**—Mr. and Mrs. John McDuffie Thomas were married recently at the House of Prayer for All People. The bride is the former Miss Carolyn Williams, daughter of Mr. and Mrs. James Williams of Charlotte, N.C. and the niece of Mr. and Mrs. Daniel White of Washington.

## Sigma brothers will gather in Chicago for Yule conclave

CHICAGO — The Upsilon Sigma, Iota Alpha and Alpha Alpha Chapters of the Phi Beta Sigma Fraternity will be hosts to the anniversary conclave to be held here December 27 - 30.

The Headquarters will be at the Hamilton Hotel, 20 South Dearborn Street, where all the meetings and other business sessions will take place. Around 500 to 600 brothers from out of the state are expected to attend.

The theme of the conclave will be "Segregation Versus Desegregation" and a workshop on the subject will be held at the Hamilton Hotel as a part of the conclave agenda.

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**BISHOP JOSEPH GOMEZ,** Presiding Bishop of the 4th Episcopal District of the AME Church, will be the principal speaker at the public meeting to be held at the Liberty Baptist Church, 4849 South Parkway.

The wives of the brothers plan for the entertainment of the visiting wives and sweethearts and a schedule of their events will be in every kit.

The Orchid Ball will be held in the Grand Ballroom of the Sheraton Hotel, 505 North Michigan Ave., December 30.

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**ATTEND CHARITY BALL** — Among the guests at the annual Charity Ball given by the Shriners at the National Guard Armory Friday evening were (seated) Mesdames Beatrice Hollis, Wilmington, Del.; and Estelle Evans, Alexandria, Va. (standing) Mrs. Catherine Kirksey, Washington, and Mrs. Nellie Gray of Philadelphia all are commandresses of their respective temples.

Make It a Merry Christmas for Him, too

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