G.I. Says Air Force Gives Raw

1. G.I. Airman returning via rotation to U.S. From Green-2. AFRO-AMERICAN

Places:—Post Office, restau-rant, slum home and street

By HERBERT M. FRISBY SAINT JOHN'S Newfoundland

via Saint John's Newfoundland for

"You look pretty sharp, soldier," ventured, and followed up with

Air Force gives us airmen from the South a raw deal."

Following that charge, which I was reluctant to accept, I introduced myself as an AFRO corres

portant to you; neither is his home-town. I know, but don't intend to

He began—"Well, you know finished my basic in Florida — the toughest hell hole I know for

Air Force Pat's Raw Deal?"

"Well this is it. With only a short notice they 'expressed' me from tropical Florida to frigid However, I got along all right until certain airmen saw me making passes at who was employed as a civilian worker at the base," so said G.I.

'I was warned to keep off, but the 'chick' loved ne, said so, and I dated her several times," Pat

When I asked him who warned him, he stated that some airmen whom he took to be his bosom friends tried to convince him that although he was in Newfoundland, a foreign country, so far as the still living in the U.S. where such section in which he was born.

was dismissal of the "chick" and his transfer to Greenland. "They didn't even give me a chance to say goodbye to my 'chick' (or my pals)—a Raw Deal

Before we go further with this story, Pat had ordered his 5th cup of coffee-at my expense, and nervously observed that the ham was as anxious to tell his story as I was to hear it, so I decided It seems that his transfer to the area of maximum isolation simply

"For, believe me, Mr. Frisby, most of the punishment I get in

I know Pat was in a tough spot in Greenland. For the island be-

days in jail, 14 of which were

most solitary kind.



Mr. Frisby relaxes on deck the S.S. Kyle enroute to Laborador.

to Pat was another Somehow Pat tried to bring in

"Have you ever been in jail?" Pat asked and to which I answere

are released to perform a latrine

"5. You hear no one's voice. One

days and thereafter one cannot distinguish between the softness of

for a B.M. sometime during the day, what then?" I inquired—"Well, they take care of that, o be answered, but be sure you Well, Pat did his bit in the jail

But the punishment — "Raw Deal" as Pat calls it only had

had 'soldier's luck' this time.

funny about a very serious matter in social delinquency.

The check having been presented, I thought it best to move on before my friend's appetite returned

To change the trend of conver-sation, I said, "Now, Pat, what

about social life while you were He replied-"you know how

Force material. The 'Cats' we are getting in the service now are below par. There are a few good boys up this way, but only a few." "The Cats are of the brutal type

break up the place, that's what

"In a foreign country?" I asked. so much of this sort of behaviour

Answer-I have one, born 2 days

"Do you plan to bring your wife

"fortunate" as he, in a way, bu' case with his friends.

excused it by saying "You know we are human beings, and young ones at that." Maybe much of this s scene of action, com-housed and blessed with

Pat offered and I consented to call on a group of his friends. I wanted to see some other things least I could realize I was the odd

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steep for us to walk up, so we

This place wasn't too bad-at After half an hour the gang bewhere lonely G.I.'s can meet the drink "screech" (rum) and make until daughter announces that papa is coming across the lot. were singing the blues because

There was no money for 'screech" (rum) so they content-(ourselves) with Pepsi-Cola, honestly and truly A water to a gallon of gasoline miles per gallon.

Now, handsome Pat was already a day late in taking off for the the streets usually A.P.s (Air Police)

to report to camp and be on a to look at the sleeves on

"What chevrons did you once have on those sleeves," I asked. His answer-"Staff sergeant,

"Man, why don't you get out of this town before you are issued a charge, loss of all pay and benefits, plus 10 years in prison at hard

see my wife and child before I go back to the base." Just as I was about to leave t handsome Pat, I asked myself

I did not attempt to answer that An autemobile horn sounded. think I heard it. I turned and looked across the street. I didn'+ far from home. d, just casually, that Pat seemed to be suc-

make that outbound plane tonight? Maybe—if he's picked up by the A.P.s in time to offset another "Raw Deal."

Keeping 'Danger' Foods Apart Will You Help Reduce

THE FAT BOY'S DIET

Don't-For Example-Go Mixing Fried Stuff With Apple Pie

and safely after he devised

and adopted his calories chart.

by men or women, may be o'

tained free by mailing a request

with a stamped, self-addressed

Editor, AFRO-AMERICAN, Ba

any vegetable- many dietitians

say it is impossible. You can't

an entire 89c blue plate luncheon.

A CANDY BAR with nuts has

A DOUBLE orange juice is the

bonded bourbons or a small fillet.

of tomato, or only a cup and a

VEGETABLES give the body

the minerals reeded in dieting

and fruits leave behind an "ash"

d to keep us going.

including the gelatin dessert.

This chart, which can be used

Wheeler

systematicall

By ELMER WHEELER

Take that dab of hotel butter sitting there in front of you while some slow waiter takes your or der and goes away for a nice long visit with the chef in the kitchen Soon that dab is gone Comes ar other. Each counts 25 calories a'

soon learned hard butter more fattening because it takes more to cover a slab of bread. So I used soft butter — a little

any single food. merely varied them, but

t, like you keep two scrapp go mixing French fries with bread and but ter and spaghetti and apple pic I'd take any one in stride. But never all together. Bread and

butter, a Tom Collins, doughnuts-all fine in their places, but keep them separated. I found out one thing that help in reducing, which is to make dra matic comparisons to drive hom a caloric point

FOR EXAMPLE: When I knew that one slice o' bread and butter has more calo ries than a Scotch and soda,

A sweet Tom Collins or Planter's Punch can have more calories than a sirloin. A BAG of peanuts, a bottle

> cess was going off. But at 190 it is plenty hard et rid of those other fo

o find just four more pounds BUT LIKE I always said-I'll it. Ma. I'll make it.

thus burning up a calorie or two.

Bernard Hemsley, 52, 4940 Eastern ave., Baltimore, a contestant in the recent AFRO heavyweight AND GROW Shoes and suits are reasonable

der clothing are a headache i

Sandwiches

an embalmer, Mr. Hemsley first noticed an increase over normal weight during World War I when he went up to 180 pounds. Since then, he has weighed as much

I CAN CROSS MY LEGS AGAIN about the same number of calo-A SANDWICH and a candy

bar are about the same in calo-A sandwich has more calories than a fillet. Five French fries equal one small Idaho baked po-A GLASS of milk is the same

as two Scotch and sodas-almost ∠ ICE, if overly sweet-ORANGE sugar has more calories than a same as bonded bourbon.

ASPARAGUS and celery have

about the same low number of TWO PIECES of fried chicken are the same as a wnole roast ZAT 2 scallops, or oysters (not fried) and not get any more calories one cracker or one

French fry.

BLACK OLIVES have less calories than green, since when they ripen some of the oil leaves them. IT'S HARD to gain weight on

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IN YOUR

AMAZING

"It's getting late, Hubert . . . you'd better hit me Goodnight and go home."