Essence of Living

By Alma John

"Consultant to Personal Products Co. makers of Modess"

THE SCHOMBURG COLLECTION

Hundreds of people daily hurry or saunter by that old brick building on 135th Street and Lenox Avenue, an old public library, wherein is housed a treasure of which 15 million Afro - Americans may well be proud — the finest collection anywhere in the world by and about people of color.

Harlem, New York City therefore is an important world center for the study of colored life and history. Just realizing this is enough for all of us to lift up our heads.

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BUT DON'T LET it go at that. Let us visit this wonderful place of resource, research and reference and revel in the factual knowledge of our heritage and culture traveling back in history to the ancient African Kingdoms — Ghana, Mele, Songhai, Benim.

Let us revel in the dignity of the newly independent African states — the emerging African Personality and the developing African Community. Let's go in and read all about it and reflect quietly upon who we really are. Go in groups and urge the visitors to the World's Fair to stop Uptown—There is something there to see!

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THERE ARE literary and historical works in which accounts of colored life and history appear, books by colored authors, magazines, pamphlets, manuscripts, photographs, pictures, prints, news paper clippings, playbills, programs, sheet music and recordings of music composed or performed by colored people. What could be more gomplete. One of the regular periodicals received from South Africa is DRUM and ZONK, another from the Rhodesias is AFRICAN PARADE.

You will also see on display African art objects of ivory, metal and wood. This collection of special materials is constantly being added to so it continues current and reflects the contemporary scene as well as that of the past.

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AND WHO WAS the man who made this magnificent contribution — presented us with this rare gift. He was Arthur A. Schomburg — a Puerto Rican who walked the streets of literally hundreds of cities of the world—walked his shoe soles paper thin — with very little money to subsist on — collecting this material from the four corners —bringing it back to the United States where it has found its home at 135th and Lenox. He was dedicated to the proposition that this history should be known and respected.

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AND NOW that a man has done this for us is it not our duty to read and become enlightened from the treasure he has garnered? It should be not only our duty but our delight.

Visit the Schomberg collection at the public library—Harlem, New York City, where Mrs. Jan Hutson, curator, is graciously at your service. You will come away with a new awareness of yorself.

For you must know who you are the better to make it known to all.

Girls - Ladies - brush up mentally at the Schomburg library. Brush up physically with hints from our free pamphlet — BEAUTY AT A GLANCE. Send for it now—Address your request to: Alma John, Box 6J, Personal Products Company, Milltown, New Jersey.

Family Pot Luck

BY HELEN HALE

Serve with Easy Flair

Blend a half an envelope of leek soup mix with an 8-ounce carton of dairy sour cream and a dash of pepper. It's good with potato caps.

Spicy cheese dip mixed with oil and vinegar will give a piquant note when tossed with broken, bite-sized greens in a big bowl for a buffet salad.

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BLEND 8 ounces of cream cheese with 5 tablespoons of heavy cream, whipped with ¼ cup powdered sugar and a dash of vanilla and nutmeg. Spoon over wedges of lemon flavored angel food cake.

Spoon custard into pastry tart shells, top with a half of a canned peach and glaze the fruit with melted currant jelly for a 'scrumptuous dessert.

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ADD SOME mandarin orange sections to cole slaw and top with jellied cranberry sauce. It's pretty!

Make small pancakes, stack them high and serve with warm honey (1 cup) blended with 1 stick of butter. Use 1 to 2 tablespoons of thin batter for each cake.

Helen's Favorite:

Cheese Bowl

(Serves 6-8)

½ cup crumbled blue cheese
1 cup drained cottage cheese
1 cup grated American cheese
¼ cup light cream
Dash of cayenne

Mash blue cheese, add cottage cheese and American cheese. Moisten with cream. Add cayenne. Serve with crisp fruit and crackers for dessert.

Shoe 'nuff - 1,500 pairs

NEW YORK (UPI)—Nobody ever wears 1,500 pairs of shoes that are purchased here weekly. The footwear, consisting of odd lots and overstocked item, are bought at cost prizes by Esquire Shoe Care Products for testing of products and for use by demonstrator of instant shoe coloring in department stores all over the country and on television programs.

Hosts tea

Mrs. Pearl B. Williams of E. Chase Street, was hostess at a Second District each for Johnson-Humphrey - Tydings on Sunday.

Mrs. Williams is president of the Independent Democratic Club and Co-worker is Mrs. Rosie Christian.

Mrs. Aurine Hallet is president of the Hallet Democratic Club and Mrs. Tucker is a Co-worker.

Both Democratic Clubs sponsored the tea.

TYPISTS

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FOR PARTY-GIVERS

Planning a banquet? follow these tips

Planning a luncheon, dinner or banquet? Dr. Robert E. Farber; health commissioner, suggests the following tips to prevent food poisoning and to insure that your event will be a happy one:

1. Be sure there are adequate facilities in the food preparation room. These include handwashing bowls, liquid germicidal soap, individual towels adjacent to washbowls, and a three compartment sink.

2. Hands should be washed thoroughly after leaving the toilet room, again upon entering the food preparation room, and again before handling food.

3. See that all moist and perishable food is refrigerated below 42 degrees F. until served. Heated food must be heated thoroughly - ½ hour per pound and served hot; cold food must be served cold and not permitted to become warm through standing. The dangerous temperature range at which food will spoil is between 42 degrees and 150 degrees F.

4. USE THE three compartment sink to wash, rinse and disinfect all food utensils before use. One teaspoon of laundry bleach per gallon of water is a good disinfecting agent for the third compartment.

5. Exclude from handling food any individual who has open cuts, or unhealed burns, or who has a cold, or coughs, or who has the habit of frequently touching the hair, eyes, nose or mouth.

Food committee members and volunteers should be questioned about ill pesons at home and not permitted to work on the food committee if there is a contagious illness in the immediate family.

6. Cook turkey separately from the stuffing; this will insure proper heating of both. Dented cans are potentially infected and should not be used. Home processed foods must be cooked thoroughly before serving to prevent botulism.

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7. DO NOT experiment with a new recipe when cooking for a large group. This is quite different from preparing food for one's family.

8. Take exterme care with such foods as chicken salad, turkey salad, custard pastries and sliced cold cuts. It is best to cook all hams before serving.

Eggs should be cooked for at least 5 minutes. Serve only individually wrapped ice cream or other frozen deserts.

9. Avoid the direct contact of food with the fingers. Always use clean, disinfected implements when handling food.

10. If in doubt about the food, throw it out.

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Use low heat when frying bacon and pour off the grease as it melts to prevent curl.

Run hard candy through a food chopper and sprinkle the bits on ice cream or frosted cakes.

About this and that..

By UPI —Food cost: The average American is expected to spend a record $487 this year on food, according to Commerce Department estimates.

This would compare with $401 last year and $358 a decade ago.

This year's expenditure would represent about 18.5 per cent of the average per capita disposable income.

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MARRY YOUNG: The most frequent age of marriage for high school graduates is 18. And four out of five girls who receive "sweetheart chests" — cedar hope chests — from their men are married within the year, a recent survey shows.

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SKIN CARE: When the wind howls, even an oily skin needs under makeup protection from uncomfortable and beauty marring chapping and windburn.

An ideal cream for daytime use under makeup is baby cream which rubs in to become invisible, beauty experts report.

It is hypo-allergenic, promotes healing and will keep the skin soft and smooth, even when you spend long hours outside at football games or on the ski slopes.

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Put a coating of roofing cement around the seam inside the bottom of the garbage can to make it last longer.

Easy to sew

4530
SIZES 10–20
by Anne Adams

String ties shape this arrowed shift a touch closer to your figure. So simple to sew, it's just the refresher your wardrobe needs now!

Printed Pattern 4530: Misses' Sizes 10, 12, 14, 16, 18, 20. Size 16 requires 2¾ yards 45-inch fabric.

FIFTY CENTS in coins for this pattern — add 15 cents for each pattern for first-class mailing and special handling. Send to Anne Adams, care of this paper, 243 West 17th St., New York 11, N. Y. Print plainly NAME, ADDRESS with ZONE, SIZE and STYLE NUMBER.

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WELL TRIMMED—FIRST CUTS Chuck Steak lb. 45¢
CALIF. STYLE CHUCK Pot Roast lb. 59¢

COLOMBIAN COFFEE
PRIDE OF COLOMBIA 2-LB. CAN 1.38

CHOCOLATE DRINK
TWO GUYS DUTCH SERVE IT HOT! 9-OZ. CAN 8¢

INSTANT COFFEE
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ROUND ROAST BOTTOM NO FAT ADDED lb. 79¢

FOR POT OR OVEN CROSSRIB ROAST lb. 79¢

LIVERWURST or Bologna lb. 49¢
REGULAR Ground Beef lb. 45¢
FRESH and LEAN Ground Chuck lb. 69¢
EXTRA LEAN Ground Round lb. 89¢

TOP Round Roast lb. 89¢
TOP Sirloin Roast lb. 89¢
SILVER TIP OR Eye Round Roast lb. 99¢

FRESH LEAN CITY DRESSED Spareribs lb. 45¢
TIP TOP Sausage Meat 2 lbs. 89¢

LIPTON TEA BAGS Box of 100 99¢
POPE IMPORTED ITALIAN TOMATOES 35-oz. cans 43¢
TWO GUYS ELBERTA PEACHES Halves or Sliced 4 303 cans 99¢
S.O.S. SOAP PADS 4 boxes of 10 88¢

DIAMOND WALNUTS LARGE lb. cello bag 38¢

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TOILETRIES DEPT.

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WITH THIS COUPON and A PURCHASE OF A WHOLE OR EITHER HALF LEG-O-LAMB
One coupon per family. Good thru Sat., Nov. 7
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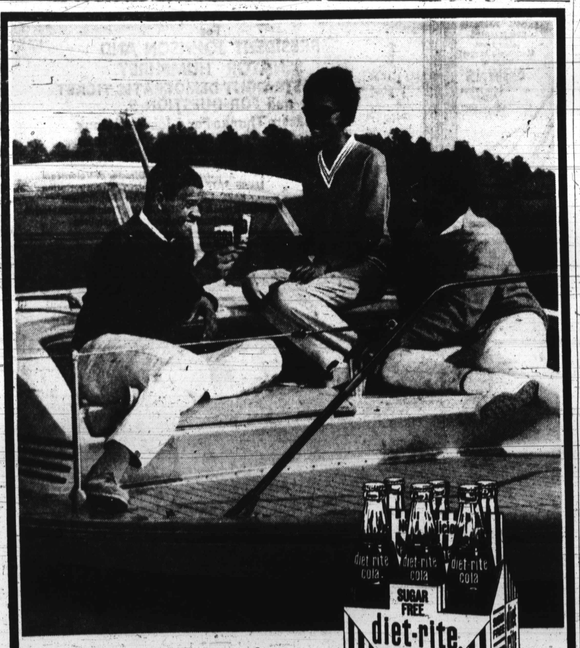

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