



PROBLEMS OF HUMANITY

by **Abbe Wallace**
YOUR FRIENDLY ADVISOR

Editor's Note:— Submit your problems for publication to ABBE WALLACE, in care of this newspaper. Give your full name, address and birthdate. For a "private reply" send Abbe a stamped envelope and twenty-five cents for one of his new and inspiring "LESSONS FOR HAPPIER LIVING." Your letter will be treated confidentially. Send 25 cents in coin, stamps or money order. Address your letter to: The "ABBE" WALLACE Service, in care of,

G. G.—Here are my troubles. I am 18 and have been going with a married man for over two years. He is older than I but seems to care for me. I don't think I love him. Now everyone in town knows about us and I am not popular any more with young boys. They only stare at me. Please tell me what I should do?

An: Leave the married man a lone—refuse to date him again. Your flirtation has caused you to lose nearly all of your friends as they refused to associate with you while you ran around with his man. They will welcome you back as one of the gang if you adhere to the code of morals becoming to a girl your age.

W. M. J.—Will my husband help me to pay for this home I have started buying? Will we live happy together or live like we have for the past four years?

name was not put on the deed he won't help you at all unless you favor him in this way. The indifferent attitude you and your husband are taking is a sad mistake. You won't find any peace in the home until you show more concern for each other.

M. R.—I hope things with poor me will improve soon. Will you please tell me something that will stop my old feeble daddy from gambling? Our home is full of sin.

Ans: Your papa is going to do just about as he pleases and spend his change as he likes. True, he's throwing his money away gambling. Yet there are other habits he could form that would be more objectionable to you. Set a

goodexample in the home and try not to worry about his actions.

G. M. C.—I lived with my husband one month before he left for overseas. He has been gone a year and 2 months. Several months ago, I started going around with a married man and had control of myself until recently. Now I can't see enough of him. My husband and this man are two of my kind. Should I still go around with him or stop before it is too late?

Ans: You've made a mess of things but you had better begin trying to redeem yourself in the eyes of your friends before your husband returns. Surely, you realize that your unfaithfulness is sufficient grounds for your husband to get a divorce and cut off your income. Give up the married friend as you are headed for trouble and a big heart ache.

S. A. F.—Priefly speaking, I am doing like the bear, making tracks and not getting anywhere. I can't keep any money now and I work hard every day. Are there evils influences lurking about me that is my trouble?

Ans: You're living beyond your means. As long as this state of affairs exist, you will show no progress and will gradually slip back ward. Clever management of your income is essential if you prosper. Send for Happier Living Lesson No.5 How To Gain And Hold Money, price 25 cents. It will show you how to begin a program for getting ahead.

D. S.—I have been married for 2 1/2 years. My husband is 76 and I am 68. He is getting very quarrelsome and doesn't want to support me simply because he says I have property and can support myself. He knew all of this before we married. But now he says he doesn't want me or any of my love and tells me he doesn't see why I want to stay with someone who doesn't want me. What should I do?

Ans: Take a vacation trip home and remain for a few weeks. The change will be good for you both and you can determine later if you want to make the separation permanent. You are financially independent and it isn't necessary that you live with your mate under adverse circumstances.

Say you saw it advertised in The Omaha Guide

ECONOMIC HIGHLIGHTS

Happenings That Affect the Dinner Pails, Tax Bills and Dividend Checks of Every Individual National and International Problems Inseparable from Local Welfare

Last winter it was pretty generally believed that what the economists, who have a language all their own, call a "corrective recession," would occur in the spring or summer of 1947. This prediction was based on the theory that savings were dwindling, that resistance to high prices would force a downturn, that the real portwar spending orgy couldn't last, that a more or less serious increase in the total of people unemployed, was inevitable, and that some of the water had been squeezed out of the economy.

Spring has passed and summer has come and these forecasts have proven close to 100 per cent wrong. Prices are higher than ever, but buying remains at a very satisfactory level. Savings have declined and war bonds have been cashed, at a high rate. But there is plenty of money around, business profits are excellent, more than 60,000,000 people are employed, the stock market has been showing signs of new life, and labor's earnings have generally kept pace with price increases and in some instances, notably coal, have far outrun them. The "recession" may be just around the corner, but it certainly isn't here yet.

There are certain black spots in the picture. As an example, construction seems to be one place where resistance to high prices is really holding spending to a minimum. Home construction is practically dormant—prospective builders are wary of starting projects whose estimated cost may be \$10,000 or \$12,000 and whose final cost may run well over \$20,000. On the other hand, there is a good deal of expansion, whether they want to or not, in order to protect their competitive position and fill their orders.

Retail sales go up and down within a narrow range, but show no signs of a serious decline. Exception to this is sales of luxury goods, such as jewelry, which are well under last year. But all the staples, necessities and semi-necessities are finding a ready market.

It might be expected that this situation would result in a feeling of confidence in industrial, agricultural and governmental circles. But it has not. Many of the economists are convinced that the country would be a lot better off in the long run if the "recession" had occurred on schedule. They fear that we may be heading toward a major bust and a real economic depression. Furthermore, the enormous, unprecedented amounts of money that are floating around are a poor indicator of prosperity these days. For instance, farm income this year will be close to three times what it was before the war. But the combination of increased taxes, labor costs, and feed and material prices has absorbed most of what otherwise would have been profit. And the factory worker whose pay is at a high of \$50 a week finds that it buys only as much as \$25 bought in 1940.

Generally speaking, the price outlook is for further increases. The last boost given coal miners will push up the price of steel some \$5 a ton. And when the price of steel goes up, the price of a long list of manufactured goods must follow. This will undoubtedly result in new wage demands by other manufactured goods must follow. This will undoubtedly result in new wage demands by other groups of workers. If those demands are granted, prices will take another leap forward. So it goes in the wage-price spiral.

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WILBERFORCE FOOTBALL BEGIN PRACTICE SEPT. 1

WILBERFORCE, OHIO — Grid drills for the Wilberforce College of Education and Industrial Arts footballers will begin on Monday, Sept. 1, Coach Gaston "Country" Lewis said today. When asked what effect the split between the AME church and the state of Ohio would have on the football prospects, Coach Lewis commented that he understood the church-controlled College of Liberal Arts would attempt to field a team, but so far as the veterans from last season's strong Wilberforce football club were concerned, practically all had indicated they would return to try out for a place on the College of Education team. All athletic facilities, including gymnasium, stadium, and playing fields are property of the state operated College of Education and Industrial Arts at Wilberforce.

INCREASE IN TRAFFIC ACCIDENTS LEADING TO INCREASE DEATH

July traffic accidents in Nebraska claimed 22 lives, bringing the state's highway fatalities for the first seven months up to 167 as compared to 28 for July of last year and 142 for the first seven months of last year, Captain C. J. Sanders, Nebraska Safety Patrol, reported Friday.

With a thought of last August, in which more people were killed than in any other month of 1946, and the steady increase in deaths this year, Captain Sanders urged motorists to keep their speed down and avoid passing when cars are approaching from the opposite direction. These violations along with the heavy tourist traffic have accounted for a large number of traffic accidents.

File of Cement
Grand Coulee dam contains enough cement to build three Great Pyramids.

Using Rat Skins
The skins of rats are used to make pocketbooks and tobacco pouches.

First Book Matches
John Walker, English pharmacist, made the first book matches in 1827.

A great many people have not shared in the fruits of the post war boom, and are in a much worse economic position than in prewar days. People living on fixed incomes have, of course, taken the worst beating of all—their purchasing power has been cut by half or more while their dollar income has remained constant. Government workers have suffered—the modest cost of living. And the high-salaried people are hit so hard by taxes that they have much less to spend than in other, simpler times.

The great current fear is that we will have a depression with high prices. That has never happened in this country before. It has happened abroad and the results have been catastrophic. The best minds in industry and government are working overtime trying to think of ways to prevent it.

In a revealing article in the Staturday Evening Post, Demaree Best writes: "In 1945 there was hope that our \$3,750,000,000 loan would be sufficient for Britain's critical first five postwar years. Today it is apparent that it will take many more billions and probably twenty more years, before the British Empire can get along without our help." Mr. Best believes that it is essential that we give this help—that it is ridiculous to pour money into such small countries as Greece and Turkey unless at the same time we prevent economic collapse of Britain. England, he says, is still the third most powerful nation in the world today. And, as every school child knows, England is also our most dependable major ally in our economic and diplomatic conflict with the Soviet Union.

Housing is as scarce as ever in New York City. Example: One landlord asks—and is sure he can get—a premium of \$1,500 for letting a vacant \$110-a-month apartment in Brooklyn.

Serve This Magic Ice Box Cake For Treat At Children's Party



WHEN the children crave a party, don't fail them. Just plan it along easy lines that will give them lots of fun without taxing your own time and patience too greatly. You can delight their hearts with a luscious animal-cracker refrigerator cake for refreshments which you can produce with a minimum of work and worry if you make it with sweetened condensed milk. This creamy blend of sugar and fresh whole milk is the failure-proof foundation for many delicious refrigerator desserts. The recipes are magically failureproof, too, so you can be sure of a treat that will bring cheers from your young guests.

The children will love a fruit flavored cake decked with animal crackers. At the last minute, arrange them in little parades going round and round the edge and top of the cake, and your dessert will be as decorative as it is delicious.

Magie Animal-Cracker Refrigerator Cake
1-1/2 cups (15 oz. can) sweetened condensed milk
1/4 cup lemon juice
1/4 teaspoon lemon extract
2 cups blackberries
2 egg whites, stiffly beaten
24 vanilla wafers

Blend sweetened condensed milk, lemon juice and lemon extract. Stir until mixture thickens. Add blackberries. Fold in stiffly beaten egg whites. Line narrow, oblong pan with wax paper; cover with fruit mixture; alternate in this way until fruit mixture is used, finishing with layer of wafers. Chill in refrigerator 12 hours or longer. To serve turn out on small platter and carefully remove wax paper. Cut in slices and serve plain or with whipped cream. Serves 8.



YOUR BABY

By DR. H. W. SCHULTZ, Nutritionist (Swift Research Laboratories)

I have heard many older women remark that today's method of feeding babies is entirely different from that used when they were raising children. Well, that is very true... modern knowledge of nutrition has brought about many, many changes in infant feeding.

At the beginning of the century, it was the practice to feed children practically nothing but milk until the second or third year. As a result, the growth of many infants was retarded and they were doubtably susceptible to disease. In 1923, vegetable feeding was begun about the eleventh or twelfth month. Today, however, vegetables are frequently fed when the infant is three months or younger, because they supply needed vitamins and minerals... add bulk to the diet and offer new food experiences.

Like vegetables and cereals, meat, too is being fed earlier now than ever before. It has been proved that babies can easily digest meat at a very early age.

The main reason for delaying meat feedings has been the great amount of time and care required to prepare meat properly for infants. But mothers of today are very fortunate... specially prepared, strained, canned meat is now available. This meat is prepared especially for babies... strained for small babies and diced for older children... it is made according to doctor's specifications and is approved by the American Medical Association. Ask your own doctor about these meats... he'll know best at what age your baby is ready for their inclusion in his diet.

Refinishing Cabinets
If the old finish of a metal kitchen cabinet is not scratched or chipped, a thorough cleaning to remove any traces of greasy film, followed by a light rubbing with very fine sandpaper to dull the gloss of the old enamel, should be sufficient preparation for refinishing. After wiping with turpentine or mineral spirits, apply one or two coats of enamel undercoat, in accordance with the manufacturer's directions on the can, and finish with a coat of enamel of the desired tint.

American Meat Packing
From a humble beginning 300 years ago, meat packing has grown to become one of the nation's largest industries. Meat packers in the United States produce more than 20 billion pounds of meat annually. From five million farms and ranches in every state the meat packers purchase 127 million cattle, calves, hogs and sheep to make into steaks, roasts, stews, sausage items and canned meat, as well as utilizing by-products for many other pharmaceutical and manufacturing items.

Meat Packing Industry
The start of commercial meat packing in North America can be traced to 1841 when a square-rigged ship sailed from Boston harbor with a cargo which a handful of New England colonists hoped could be sold to West Indies plantation owners. Capt. John Pynchon, Springfield, Mass., and a few farmer neighbors had packed hogsheads of beef and pork, casked in salt, to England's colonies.

narrow, oblong pan or spring form cake pan with wax paper. Cover with fruit mixture. Add layer of wafers, alternating in this way until fruit mixture is used, finishing with layer of wafers. Chill in refrigerator 6 hours or longer. To serve, turn out on small platter and carefully remove wax paper. Decorate top with animal crackers. Cut in slices and serve plain or with whipped cream. Serves 8.

Magie Blackberry Refrigerator Cake
1-1/2 cups (15 oz. can) sweetened condensed milk
1/4 cup lemon juice
1/4 teaspoon lemon extract
2 cups blackberries
2 egg whites, stiffly beaten
24 vanilla wafers

Blend sweetened condensed milk, lemon juice and lemon extract. Stir until mixture thickens. Add blackberries. Fold in stiffly beaten egg whites. Line narrow, oblong pan with wax paper; cover with fruit mixture; alternate in this way until fruit mixture is used, finishing with layer of wafers. Chill in refrigerator 12 hours or longer. To serve turn out on small platter and carefully remove wax paper. Cut in slices and serve plain or with whipped cream. Serves 8.

Something New In Stew!



Stew is the favorite dish of Fred Waring, famous orchestra leader of morning radio fame. He feels there are too few stews and has devised a recipe of his own that features a new and unusual gravy. Here is the recipe for

FRED WARING STEW
1 bay leaf
1/2 cup beef stock
1/2 cup onion
1/2 cup carrot
1/2 cup celery
1/2 cup tomato
1/2 cup mushroom
1/2 cup black pepper
1/2 cup salt
1/2 cup vinegar
1/2 cup sugar
1/2 cup Worcestershire
1/2 cup soy sauce
1/2 cup ketchup
1/2 cup catsup
1/2 cup mustard
1/2 cup mayonnaise
1/2 cup salad dressing
1/2 cup relish
1/2 cup pickles
1/2 cup olives
1/2 cup capers
1/2 cup anchovies
1/2 cup sardines
1/2 cup tuna
1/2 cup salmon
1/2 cup cod
1/2 cup haddock
1/2 cup mackerel
1/2 cup sardines
1/2 cup anchovies
1/2 cup sardines
1/2 cup tuna
1/2 cup salmon
1/2 cup cod
1/2 cup haddock
1/2 cup mackerel

Cut beef in 2-inch cubes. Brown beef and sliced onions in melted lard in a heavy saucepan or Dutch oven. Add water, bay leaf, salt, pepper and caraway seed. Cover tightly and cook slowly for 1 1/2 hours.

Add vinegar to stew, place cabbage wedges on top, cover, and cook about 45 minutes to one hour, or until tender.

Handle Logs Promptly
Timber cut during the growing season requires prompt handling to avoid deterioration from decay, insect attacks or sap stains, extension foresters report.

Gives A Lift
To give a lift to canned or cooked dried fruit, squeeze orange or grapefruit juice over the top just before serving.

Farm Production
From the top third of the nation's farms comes 80 per cent of the total production; from the other two-thirds, 20 per cent.

'Ahoj,' Not 'Hello'
"Ahoj," not "Hello," was the experimental greeting used when the first commercial telephone switchboard and exchange was installed at New Haven, Conn., in 1878. It had eight lines and served 21 subscribers.

You Can Serve Top Notch Shore Dinners At Home If You Star Quick-Frozen Fish



NOW that quick-freezing has made it possible to obtain ocean-fresh fish no matter how far you live from the sea, you can serve luscious shore dinners right at home. Such famous quick-frozen shoreline treats as cod and red perch filets come from their packages all ready to cook, all chores of cleaning and trimming done before quick-freezing sealed in their delicious flavor within four hours after the fishing boats docked.

One of the most important chef's tricks to give variety to fish menus is to use sauces and garnishes. With broiled fish, for instance, colorful sauce, egg sauce, tomato sauce or cheese sauce may be used. Fish is baked with vegetables or vegetable sauce—such as, tomato sauce, white sauce topped with crumbs and grated cheese, or a cream mixture of vegetables. Tartare is one of the most popular sauces to serve with fried fish.

With broiled fish, parsley and melted butter and sliced or quartered lemon are always appetizing and eye appealing. A border of cucumber slices with the skin on makes a colorful garnish. Vary this by placing a slice of radish on the center of each slice of cucumber.

Sliced tomatoes or tomato wedges, each accented with a sprig of watercress, are colorful as garnish for a fish platter. And so are broiled or grilled tomato halves or slices. Crisp radishes, cut into roses if you have time, are another delicious and edible garnish.

Cod Baked with Vegetables

2 packages (about 2 lbs.) quick-frozen fillet of cod, partially thawed
2 tablespoons softened butter or margarine
1-1/2 cups canned tomatoes
1/4 cup finely diced onion
1/2 cup sliced celery
1/2 teaspoon salt
1 teaspoon sugar
Dash of pepper
1/2 box (6 oz.) quick-frozen green beans, cooked
1/2 box (6 oz.) quick-frozen peas and carrots, cooked

Sprinkle fish with salt and pepper and place in buttered shallow baking dish. (Do not separate filets.) Spread with softened butter and sprinkle with paprika. Combine tomatoes, onion, celery and seasonings and cook, covered, 6 minutes. Add remaining vegetables and pour around fish. Bake in hot oven (450° F.) 35 minutes, or until done. Stir vegetables occasionally to keep from browning. Makes 5 servings.

Refreshing New-Type Cake for Hot Days



This luscious Pineapple Refrigerator Cake is made with soft, delicate cake layers and spread with tangy pineapple filling and sweetened whipped cream. Tastes marvelous! The one

cake everyone will go for. Perfect when you entertain for you can make it hours ahead. Be sure to clip this wonderful Spry one-bowl cake recipe now. It's a winner!

Pineapple Refrigerator Cake
2 cups sifted cake flour
1 1/2 cups sugar
3/4 teaspoon baking powder, 5 teaspoons
1 teaspoon salt
1/2 cup Spry
1 teaspoon grated lemon rind
3/4 cup canned pineapple juice
1 teaspoon vanilla
3 egg whites, unbeaten

SIFT flour, sugar, baking powder, and salt into mixing bowl... DROP in Spry and lemon rind... ADD pineapple juice and vanilla and beat 200 strokes (2 minutes by hand or on mixer at low speed). Scrape bowl and spoon or beater... ADD egg whites and beat 200 strokes (2 minutes on mixer). BAKE in two square 8x8x2-inch Spry-coated pans in moderate oven (300° F.) 25-30 minutes... Chill layers and split in half. Spread Pineapple Filling and sweetened whipped cream between layers and cover top with whipped cream. Store in refrigerator several hours before serving. Serve in slices.

Pineapple Filling, Mix 3/4 cup sugar, 2 1/2 tablespoons cornstarch, 1/2 teaspoon salt in double boiler. Add 1/2 cup lemon juice, grated rind of 1 lemon and mix well. Add 3 egg yolks, beaten slightly, 1/2 cup canned pineapple juice, and 2 tablespoons butter; blend. Place over boiling water and cook until smooth and thick, stirring constantly (about 15 minutes). Cool.

MEATY TALKERS
Latest statistics show that the United States has more than 22 telephones for every 100 inhabitants, compared to 2.2 telephones per 100 inhabitants in the world as a whole.

New York Leads
New York City has more telephones than any city in the world, with a total of 2,218,000. This compares with 1,290,000 in all of South America.

VEGETABLE GREAT THAT'S A REAL "QUICKIE"
Here's an all in one vegetable treat that's a real quickie—quick quick frozen mixed vegetables. This all-star ensemble is literally work-free. The vegetables come to you garden fresh and flavorful, all ready to cook and serve. Diced carrots, golden sweet corn, tender little Lima beans, succulent wax and green beans co-star happily with all kinds of meat and fish.

Just pop them in boiling water. They cook in half the usual time required for ordinary vegetables; drain them add butter, pepper and salt. This delicious vegetable mixture also is delicious in a jellied salad; the bright orange of the carrot, the golden yellow and greens of the other vegetables, gleam appetizingly in a shimmering aspic jelly mould that's a decorative as well as a gustatorial contribution to a buffet supper.

Ideal Hog Size
Moderately fat hogs, weighing between 180 and 240 pounds alive, produce hams, shoulders and sides of the most desirable size for curing.

Shows Sense
Without eyes and living underground, the earthworm senses the fall of night and wriggles to the surface of the earth.

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