

# THE VOICE

A NEGRO WEEKLY

"Dedicated to the promotion of the cultural, social and spiritual life of a great people"

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## Voice Thru The Ballot

Yes your voice can be heard thru the ballot. You know that our people in the south have suffered untold humiliations in their determination to exercise their now constitutional right to vote. Not a few have paid with their lives because of their attempt to cast their vote. That our brothers might not have died in vain it is the imperative duty of we that live here should avail ourselves of this great power of the ballot and vote. We are not thinking of any particular party but we are thinking of candidates whom we know have the interest of our group at heart, and it is our duty to know how these candidates stand on issues vital to the future well-fare of the Negroes of Lincoln and Nebraska and the Nation.

Our National organization are sending out questionnaires that reveal facts that guide us in voting intelligently. We have local branches of these organizations here in Lincoln. At this time locals here and elsewhere are gathering important information. The Lincoln Voice is urging it's readers to study this information carefully.

Civic, labor and religious groups have inlisted in a drive to get out the Negro vote and the results have been most gratifying. Since the populist elections of the 1890's largest number of Negroes have voted in Southern primaries held this year to elect federal officers to Congress.

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Do you like the Lincoln Voice? To keep "The Voice audible means, prayer, labor, sacrifice and "Cooperation". The "Voice" is your paper. It is the Media thru which Lincoln Advertisers speak to a very selective group of buyers. Negroes in this trade area are spending may hundreds of dollars daily. The Voice is going into every Negro home and is determined to leave no stone unturned in it's effort to serve both reader and advertiser.

Rev. T. T. McWilliams, Sr.

## Guest Column



By  
Delight  
Killinger

graduate  
Hastings  
College

### "THE BODY IS IMPORTANT"

The human body consists of 206 bones, held together and moved by 696 muscles. These muscles are made up of about four billion tiny cylindrical cells, and comprise over 40% of the entire body

Into each of these muscle cells, a slender nerve strand fires up to seventy five nerve impulses each second. These impulses cause to cells to contract. When a muscle is loaded to its limit, all of its cells must contract at once. In doing this, they squeeze all the blood out of the blood vessels and allow no fresh blood to enter. In a short time, the loaded muscle begins to ache. If a ten-pound grocery bag makes one's arms or shoulders ache after the first block, he needs larger shoulder and arm muscles. If shoulders or back hurt after sitting still awhile, their muscles may be too weak. Some people's muscles are not strong enough to hold up their body weight easily. They tire or ache from mere standing or sitting, and their bones slump in unattractive postures.

Human muscles are, ordinarily, strong. A muscle whose cross section is one square inch can pull 140 pounds; two square inches can pull 280 pounds. Work or exercise that taxes a muscle to its limit makes that muscle grow larger, and therefore, stronger. After exercising with a twenty-pound grocery bag, the ten-pound bag can be carried without effort. This "overload principle" is followed by trainers everywhere. Baseball players were heavier shoes in practice than in the game.

Because the body is such a complex mechanism subject to wear and tear, adjustment and breakdown, it makes a great difference how a person lives. Improper food decreases efficiency and may cause illness. Alcohol, narcotics or dopes wreck the body as would a wrench thrown into a delicate machine in a factory. Worry, fear, or anger wears out some parts of the body and paralyzes others.

Nothing short of total fitness is enough for our present day. You can make yourself more fit. Fitness often means the difference between safety and accident, comfort or a torn muscle, sick leave or overtime in the production line. Let it not be said of you, "His spirit was willing, but his body failed him."

## Comments To The Editor!

The "VOICE" has spoken proving there is hope where there is life. Let's keep it alive.

Mrs. W. B. Davis

### Letter to the editor:

I'm sure that the people of Lincoln will stand behind this paper wholeheartedly to push it to even higher levels. Through the press, many great things may be accomplished. We must all work hand in hand in order to accomplish the great things in life for God gave a brain and it's up to us to use it for the mental and spiritual upliftment of our bodies and souls.

K. Favors

## Happy Experience

Rev. Melvin L. Shakespeare, who returned on Monday after spending a week with his parents, Mr. and Mrs. D. L. Shakespeare of Parsons, Kansas, had the delightful pleasure of receiving his father into the church on confession of faith following a sermon which he delivered at his home church, Sunday evening. He was baptised immediately by Rev. Shakespeare in compliance with his request.

Mr. Shakespeare grew to manhood in Parsons and he has lived a respected citizen through the years. One of Parsons' streets was named for the family, but not until Sunday evening was he united with a church.

## Weddings



### MOORE-BANDY

Miss Mary Moore was united in marriage to Clarence B. Bandy of Centerville, Ia., Wednesday at 8 p. m. in the parsonage of the Church of Christ (Holiness). Rev. Trago McWilliams Jr. performed the ceremony.

The bride wore a blue net over taffeta with a finger tip veil. A string of pearls with a matching bracelet were her only accessories.

Mr. Bandy was discharged from the Army in November 1945, after serving with the 10th Cavalry prior to going overseas. He also served with the 1704th Engineer's fighting platoon in Africa and Italy.

Mr. and Mrs. Bandy are at home to their friends at 1950 T Street.

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