

SOCIAL BRIEFS

Mr. Edward Bly, 331 So. 20 recently celebrated his 77th birthday.

Mr. Livingston Wills has returned from Brownsville, Tenn., where he attended the funeral service for his grandfather. He also visited his mother during his stay.

Rev. R. L. Moody left Thursday for St. Louis, Mo., where he will hold a two-day Teacher's Institute for the Church of God. He will also attend a study in Kansas City, Mo., before returning home.

The son of Mr. and Mrs. Sam Kimbrough has been released from the hospital and is reported as doing nicely.

Mrs. Virginia Lewis is greatly improved after a long illness.

Spending a few days in Brookfield, Mo., is Mrs. Harry W. Peterson and daughter. They will visit Mrs. Peterson's parents and other relatives.

Mr. Richard McWilliams was recently appointed associate editor of the "Truth Messenger" an official publication of the Church of Christ (Holiness). The general office is located in Los Angeles, California.

Rev. George C. Nelson, Junction City, Kansas will be guest speaker for the Church of God on Sunday.

The Misses Shirley Srizzard and Marlene Taylor, of Omaha, Nebr., spent Sunday in the city as guests of Rev. and Mrs. Favors.

Mrs. Alberta Cooke was hostess to the 400 Club on Wednesday night. Guests present were Mrs. Roy Brooks, Mrs. Bessie Ambers, and Miss Ann Smitherman. The Club will meet with Mrs. Verta Finley next Wednesday.

1st Lt. and Mrs. Dan V. Snedecor, Ft. Benning, Ga., sent greetings to Lincolmites in care of Mrs. Alberta Cooke.

Mr. and Mrs. Clayton Lewis entertained twenty-six guests at a six o'clock Valentine dinner Sunday, February 16. A red heart shaped vase, filled with red rose buds and white narcissus was the center piece for the large dining room table; white candles tied with red ribbon were on the small tables. Valentine favors were given to each guest. The evening was spent informally. Those present were Mr. and Mrs. James Dean, Mr. and Mrs. Roy C. Brooks, Mr. and Mrs. C. O. Shepard, Mr. and Mrs. Felix Polk, Mr. and Mrs. Clyde Malone, Mr. and Mrs. J. B. Bonds, Mr. and Mrs. John Irving, Mr. and Mrs. Ed. Todd, Mrs. Charles Scott, Mr. and Mrs. Willie Page, Mr. and Mrs. William Hightower, Mr. and Mrs. Burt Newton, and Mr. and Mrs. Jeph Adkins.

An illustrated lecture on Negro History will be delivered at the home of one of the members of Allen Methodist Church on Friday, February 21, by Rev. and Mrs. John S. Favors.

House guests of Mrs. Eva Levi-son and dinner guests of Miss Marie Johnson on Sunday were Mrs. Brevy Lilly and Mr. John Miller.

Mr. and Mrs. Sam Roy were dinner guests of Mrs. Birdie Artis on Valentine's Day.

Ann Watson Smitherman, who is the owner and operator of Ann's Beauty Shoppe located at 704 No. 22nd Street has graciously consented to write a feature article each week in "The Voice" giving us the latest in beauty and fashion hints. Miss Ann has attended Illinois Institute of Technology, Chicago, Ill. and is a graduate of Althouse Beauty School, Omaha, Nebraska. She lived in Chicago before coming to Lincoln and is highly recommended. —The Editor

BEAUTY AND FASHION HINTS

by Ann Watson Smitherman

For the first in my series of articles on Beauty and Fashion Hints I shall mention a few facts that we so well know, but often neglect.

Personal hygiene is one of the most important steps toward good health and good grooming. Personal hygiene requires a knowledge of good eating and drinking habits, as well as fresh air, sunshine, exercise, rest, cleanliness, and a wholesome mental attitude. Personal Cleanliness is important to our health as well as guarding us against offending others.

Some of these rules toward good health are:

1. Plenty of outdoor recreation and exercise.
2. Eating only what is desired. Do not overeat.
3. Drink sufficient water daily.

4. Stand, walk, and sit erectly.
5. Daily bathing.
6. Use a deodorant.
7. Brush teeth twice daily.
8. Have all decayed teeth filled or removed.
9. A regular physical examination to discover the presence or absence of transmittable diseases.

These and many other hygienic rules we know, but often neglect.

Keep up your personal appearance in general by keeping your nails manicured, and your hair well groomed.

Never neglect to wear a clean house coat or dress when home—company always seem to come when least expected. Always look your best when going out even if you are only going out for a short while. You never know whom you will meet—maybe your future husband, or maybe some one who knew you when "you were dressed up."

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