

Our Children

By Mrs. W. B. Davis



So much depends on the proper amount of sleep that we all get, and most especially growing children. Sleeping like eating, touches so directly upon the child's physical well-being that it is no wonder that parents are anxious when anything interferes with it. The health, mental efficiency and emotional control of the child are dependent to a marked degree upon the quality and amount of sleep he gets. Nothing will put a child's nutrition on the down grade more surely than the lack of sleep. The infant who is not getting the right amount of sleep is irritable and cross upon awakening, listless and often finicky about his eating. Little folk of school age who are tired, have a shortened attention span. They do not learn readily and forget easily. They are unable to co-operate well in group enterprises. Fatigue is a danger signal producing bad tempers, worry and other sorts of nervous tension which set the stage for illness. The greatest amount of growth occurs during the sleep, his growth is hindered, the faster a child grows the more sleep he needs. And does this not give mother a chance at rest and quiet when the little one sleeps.

Beta Beta Chapter of Alpha Phi Alpha to Elect Officers

Congratulations to the fellows who "Crossed Over the Sands" last Saturday evening and may their affiliation with Alpha Phi Alpha be a pleasant one.

Elections of officers which take place Sunday, June 1, 1947 at the Student Union Building on the campus of Nebraska University.

Present Members are: Welcome Bryant, James Cole, Ira Gibson, Samuel Gooden, Charles Goolsby, Bernard Grice, Eugene Harrison, Kenneth Love and Lynnwood Parker.

Kathryne Favors Speaks At Quinn Chapel

On Sunday, May 18, Mrs. Kathryn Favors was guest speaker at Quinn Chapel A. M. E. Church. Her subject was "The Value of Womanhood."

Mrs. Favors pointed out that the women of Lincoln should never feel it necessary to believe that there is nothing to do here in Lincoln

She pointed out the many things that a woman could do that would be a full time job. "This world of ours is fastly shrinking," she stated, "We should become conscious of the fact that Delhi is in India, that Bratislavia is in Czechoslovakia, and that Bern is the capital of Switzerland." We should not isolate ourselves from the rest of the world but study the customs and mannerisms of people far away from us.

Mrs. Favors also pointed out that women should take part in the social life of the community.

"Women could find much of their time taken up around their homes if they planned beautiful flower gardens and lawns. What is more beautiful than a healthy looking vegetable garden surrounded by many lovely flowers."

You'll like—

Weaver's

Potato

Wafers

Lincoln's Favorite

POTATO CHIP

RECORDS

VICTOR—COLUMBIA
DECCA—CAPITOL

and others

A Superior Musical Service

Won't You Call Today?

Schmoller & Mueller
PIANO CO.

1212 O St. 2-6724

MAG DONALD STUDIO

PHOTOS

Any Kind - Any Time - Any Place
Phone 2-4984 218 No. 11th

QUALITY PHOTOS

Lower Prices — Faster Service

PHOTO NOOK

9 a.m. to 9 p.m. and Sundays
1443 "O" Street Lincoln, Nebr.

ROPER & SONS

MORTUARY

1319 N



120 So. 13th St. Lincoln

Patronize Our Advertisers

The

FIRST NATIONAL BANK of Lincoln

10th & "O" St. Member F.D.I.C.

BEAL BROS. GROCERY

Fresh Fruits & Vegetables

Meats

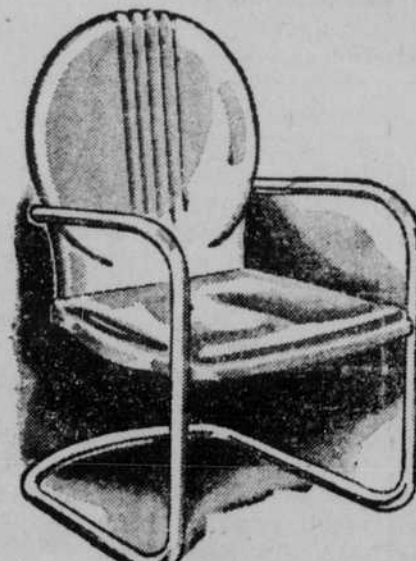
2101 R Tel. 2-6933

RUSCO All-Metal, self storing, combination screens and storm windows. REALLY MODERNIZE YOUR HOME!

RUSCO leads in quality Be satisfied with none but the best.

RUSCO WINDOW CO.

Lincoln, Nebraska Phone 2-4563



The Original

SHOTTE

ALL - METAL PORCH & LAWN CHAIRS

\$4⁹⁵

HEAVY GAUGE STEEL, SHAPED BACK AND COMFORTABLE SADDLE SEAT.....TUBULAR METAL FRAME. GREEN AND WHITE ENAMEL.



HARDY FURNITURE CO.

1314 "O" STREET