

The Voice

PUBLISHED WEEKLY

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

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EDITORIALS
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Lay Down Burden of Excess Weight; Find Out Average Weight and Live

Overweight is excess baggage. Carrying around 10, 15 or 20 pounds over your ideal weight is just the same as carrying around a 10, 15 or 20 pound suitcase everywhere you go. Here is a little game that will vividly bring home that fact to you. Send off to your state health department or to any insurance company for a height and weight chart. Find out your average weight based on your age and height. Such figures are in no sense absolute, but can serve as a guide to what your normal weight should be. You may allow for a 5 percent difference either up or down and still be on the safe side.

If, for example, you are a woman of 40, five feet, five inches tall with normal size bones and frame, the chart will inform you that you should weigh 133 pounds. Now see what the scales tell you. If the scales say, for example, that you weigh 150 pounds, then you are carrying around a 17 pound burden.

Pile up 17 pounds of books or magazines. Pick up this 17 pounds and hold it until you can feel the strain on your arms. Look carefully now before you put the burden down. That is how much excess weight you are carrying

around. That is the extra self you have to deal with every waking and sleeping moment.

What are some of the effects of carrying around this extra burden of overweight? First, you are imposing needless strain on your vital organs. You are making it harder for your hearts, kidneys, bony structure of the feet, to name just a few of the ill effects. Ah, the poor feet! They are flattened out like pancakes from trying to carry you around.

You can't get into small seats without embarrassment. You can't run for the street car. People avoid taking seats beside you because you take up so much room. There are a thousand and one ways in which you are encumbered and inconvenienced.

Why not lay down that burden of excess weight for good? It will not be easy as putting aside the 17 pounds of books, but it certainly can be done. You can be that person you secretly dream of being. Any woman can be beautiful, and she does not have to be born with anything except determination. Even if you don't become beautiful, you can be so dynamic and attractive that no one will ever know the difference. The place to start is with your excess weight. The time to start is NOW.

What's Doing In the Churches

QUINN CHAPEL: Among the many out-of-town worshippers at Quinn Chapel Sunday morning were: Cleveland Marshall, La Verne Farmer, Mrs. Belle Taylor, Mrs. L. Charlotte Crawford, Miss Florence Scott, Miss Clara Bell Scott and Miss Doris Darling, all of Omaha; Robert Fairchild, Tulsa, Okl.; Mrs. Orle Cooper, Council Bluffs, Ia.; John W. Williams and W. Wayman Ward, both of Chicago, Ill., and Bettijane Morrow of Des Moines, Ia. . . Dr. A. Wayman Ward from Chicago, Ill. was guest speaker at the morning services. He spoke on "Your Mirror." . . The usher board sponsored Miss Clara Bell Scott in a recital Sunday. She was accompanied by Miss Doris Darling. The choir also participated in the program. . .

NEWMAN: Mrs. Odessa Johnson was chosen godmother for baby Shepherd when she was christened Sunday morning. Baby Shepherd is the daughter of Mr. and Mrs. R. W. Shepherd. . .

January 1 became generally accepted as the first day in the year in 1752.

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Let's Listen

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HOLLYWOOD. (ANP). The finest choral music produced by the Negro colleges of the nation is available to radio listeners, via the new Sunday broadcast series, "Negro College Choirs," aired over the ABC network on Sundays (see local paper for time and station). Robert E. Kintner, president of the American Broadcasting company announced that the series—developed by ABC's Public Affairs Department with the co-operation of the United Negro College Fund Inc.—is a "decisive move in the pattern of revision and improvement of the network's public interest programming."

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by JAMES C. OLSON, Superintendent STATE HISTORICAL SOCIETY

Corn, Nebraska's leading crop, was likewise the first crop planted by most of Nebraska's early pioneer settlers.

During the first year on his new farm, the settler usually contented himself with raising sod corn. The process was relatively simple and was well adapted to conditions found in Nebraska. The sod was broken, then the corn was planted by dropping the kernels into holes cut with an axe. Barring serious drouth, the planting was almost sure to produce a yield, and with little or no cultivation.

The second year, the sod was backset and the crop was often checked. To do this, a device resembling a sled was dragged both ways across the field, with the corn being planted at the intersections of the small furrows made in this way.

During the sixties and early seventies, most of the actual planting was done by hand. Stories are told of boys and girls walking along and digging their bare toes into the moist earth, dropping three or four kernels at each intersection. With practice, they could walk along at a steady gait, dropping the kernels swiftly and accurately. The "droppers" would be followed by men with light hoes covering each hill.

The earliest planters used were hand planters. These were carried and used like a cane, and while they were advertised as a labor saving devise (as indeed they were) they still necessitated marking the field both ways.

With the coming of the mechanical planter, farmers needed only to mark their fields one way. The "rotary drop" planter was used in a limited way in the late seventies. It required two men to operate, and the man who worked the lever needed to possess considerable skill of the field was to be properly checked. As a result, the few available frequently were hired out to those who did not own the machine.

The wire check-rower made its appearance in Nebraska in the early eighties. This probably was the most important step in the evolution of the modern planter.

Listers were placed on the market in the early nineties, although they did not come into general use in Nebraska until about the turn of the century.

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Sentence Sermons

By Rev. Frank Clarence Lowry for ANP.

Do You Know God?

1. In these days when so much depends upon who you know; are you letting God pass by, and keeping worldly friends within a stone's throw?

2. When one early learns that God is love, and that of His degree of friendship none can rise above—that He is kind and so very true; it is a blessing to know Him, and He knows you.

3. The most priceless gift that could come to you, and the highest profession one could pursue, is to know that you know God, and that beyond a doubt, God knows you.

4. There are a lot of things that are depressing and would become very upsetting and distressing, if you did not know God, and He did not know you.

5. The greatest mistake that most men make, and sometimes never correct before it is too late, is to ask of God "wherein am I untrue"—Do you know me and do I know you?

6. The answer is clearly known when your daily acts leave helpful tracks, and following these, your fellowman can safely travel and his soul expand.

7. What a privilege to walk in the steps of a guiding Savior, and to pattern your life after His model behavior, and live happily with Him as a loving neighbor.

8. Living then, even in this world of sorrow where weeping endureth for the night, but for you joy on the morrow; this momentary experience you can daily

renew, if you know God, and He knows you.

9. It does not matter then what men think, say or do, when you are close enough to God to get your prayer through; for you know God, and He knows you.

10. Earth has its sorrows and life has its woes, and these seem to rage wherever man goes; but not so among the faithful, the tried and the true—for even enemies know when you know God and God knows you.

"Novel" comes from an Italian word meaning tale.

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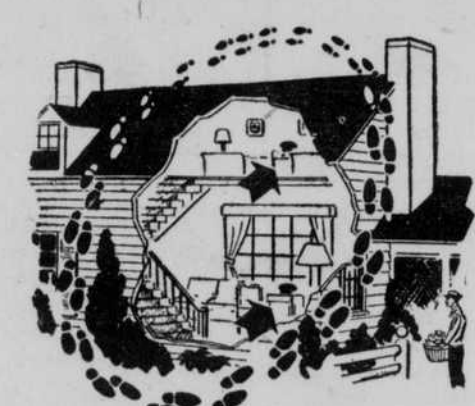
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