

**MRS. SCHUYLER SAYS**

**FOOD IS YOUR FORTUNE**

Height, contour, complexion, teeth, kidneys, lungs, eyes, heart, liver, stomach—all are slaves to the food you eat.

The Japanese government has increased the height of its younger generation two inches by diet improvement, (adding green vegetables and cod liver oil to children's diet.) Curves and complexion are so obviously related to food that the best beauty specialists always stress diet. Hollywood stars largely depend on California fruit juices to keep them fit. A recent edition of the Literary Digest printed a diet which not only insured teeth from decay but cured rheumatic heart in children. It was recently discovered that diabetes responded as favorably to increased Vitamin "B" in the diet as to insulin (a very expensive glandular extract which only the rich can afford.) Almost everyone now knows that tuberculosis is a disease of nutritional deficiency. According to our bio-chemists all of our lung and respiratory ailments can be controlled by diet. Vitamins "A" and "D" are always deficient in such cases. According to a pamphlet issued by the Department of Agriculture on Vitamins, many diseases of the eyes respond almost like magic to proper diet, especially to an increased intake of fat soluble "A" (found in butter, cream, liver, egg yolk). Liver and stomach are perhaps closest of all organs to the food we eat. For instance, it is a well known fact that the half and half cream and milk diet. And that's just a few of the direct connections between what you eat and how you look and feel.

Follow the diet a little further and you can see how your whole life is shaped by your menu. With the proper nutrition there would not be 810,000 hospital patients, and millions sick at home, each day. Doctors, except a few of the top-notchers who keep abreast of science, have a way of sneering at diet. But a study of bio-chemistry would be of invaluable service to their patients and help to make their fortunes besides. Physicians like the Mayo Brothers, and Sir Lane of England and even the present head of the American Medical Association, have come out unreservedly for diet as a check to disease.

And what we're just rediscovering, the Egyptians knew four thousand years ago. Herodotus, the first Greek historian, says: "The Egyptians fast three days each month since it is their belief that all humor of the body are the result of the food they eat."

**Half-Truths in Diet**

Some of the dietetic half-truths for feeding children which our most old-fashioned doctors now advocate are: Spinach each day for iron, a quart of milk (pasteurized) daily for bone material; strained vegetables; juice of one orange with the morning cereal and a spoonful of cod liver oil. A half-truth is better than complete ignorance and always more acceptable to those who prefer not to think for themselves, but it is a far cry from the whole truth. The menu above is obviously much better than one of peas, fat-back, and corn meal mush, but it is not at all adequate.

Spinach for instance. It is not enough to say 'eat spinach daily'. This must be qualified by saying that spinach should be wilted, not cooked, never served as a left-over or eaten from cans. Otherwise, the vitamins and iron you seek will have vanished. Besides, there are many more pleasing foods with as much iron as spinach. If your child doesn't like spinach you can give it any other dark green leafy vegetable. You can, in fact, give it liver, kidney or heart and get iron in a more concentrated form. Iron is the substance which enriches the blood and enables the body to heal rapidly.

Some children cannot drink a quart of milk daily and have room for other foods equally valuable. Cow's milk as a perfect food has been disproved. Pasteurizing milk, though necessary when it comes from inferior cows or is handled improperly, robs it of much of its mineral and vitamin content. Certified milk comes from superior cows fed a special diet and a pint of it is as good as a quart of the other. That will leave room for more orange juice (tomato juice less expensive and just as good) and a slice of good red beef, raw or boiled. "Gerber's Strained Vegetables" advertised extensively by Good Housekeeping recently had a

**Republican Planning Board Meets In Chicago**

(Continued from Page 1) promised to remain unwearied in the cause of fully established emancipation," the telegram went on. "Our party is not sectional. I employ neither platitudes nor mottoes. Our platform of 1936 as it relates to colored Americans together with the principles of the Republican party as they were first uttered expressed my feelings and convictions on all problems that concern them.

"The New Deal has designedly used its great powers to regiment the colored citizens out of America's productive life," the report said. "It has abandoned our Negro farmer to the mercies of large land owners, permitting him to be thrown off farms to starve on inadequate relief rolls. Under the guise of NRA, it fixed wages for Negro workers so low as to make relief a necessary choice. The New Deal has permitted unlimited brutality to be inflicted upon Negro sharecroppers. It has even in the administration of relief discriminated against our colored citizens, both by giving them less for home relief than is given to whites and by compelling skilled Negro artisans to work mainly at unskilled labor on the WPA.

"It has prostituted many of our leading Negro organizations and heads thereof by subsidizing them through the medium of Jim Crow federal appointments. It has refused to take any steps to protect the life of the colored citizens of the southern states against the brutalities of mob violence. And, finally, by means of relief, the New Deal has sought to drug the colored citizen into an indifference to this rape of his liberties and manhood."

"Negro labor will find that its fortunes are best served by supporting Governor Landon," the board declared. "The PWA efforts were purely a sham and the few colored workers employed served to show the Democratic administration believes Negro labor should exist on relief rather than by working in America's productive life. Highly trained colored mechanics have been forced to toil at unskilled labor. New Deal social security laws exclude from its benefits the two groups containing the largest number of Negro workers: domestics and agricultural workers. The Republican party has pledged itself to further the employment of the colored citizen in the gainfully occupied life of America, both in government and private occupations.

"The Republican party and Governor Landon have made adequate assurances that relief for all needy persons will be continued. Therefore, the colored beneficiary of relief can know that in aiding the election of Landon he has the same assurance of relief as under the present administration. But he has even more, for he has the assurance the aid he receives will be equal to that received by white clients as well as the party pledge to aid and further his employment in federal emergency services which include work relief."

Mrs. Julia Love, 2721 Charles St., is on the sick list.

Mrs. Allie Carter who has been visiting in the city since Christmas left for her home in Missouri.

Judgment filed against them by the Federal Food and Drug Administration for misbranding. The label gave the impression that certain vegetables were present when actually they were absent or present in completely insignificant amounts. Only by writing to the government for their reports on food adulteration will you ever know how the big food and drug men make suckers out of us all.

It is not enough to say an orange a day. It has to be a big orange, pulp and juice must both be consumed and it must be eaten as soon as it is cut. It is not enough to say a spoonful of cod liver oil daily. The dose must be increased steadily with the growing child.

Were it not for the grain farmers and millers, the truth about cereals would make a national scandal. Not only are most of the package goods as dead as so much sand, but even the whole grain is inferior as a food to fresh vegetables, fruit and meat. Cut down the cereal content of your child's diet and step up the bananas, yams, avocados for starch and you will spend less on drugs.



**THE FAMILY THAT WILL OCCUPY THE GOVERNOR'S MANSION IN LINCOLN ACCORDING TO MR. ART MCCOY, PRES. OF THE YOUNG NEGRO REPUBLICAN CLUB HERE**

The Griswold's of Gordon have parted again!

The other day, Dwight Griswold, head of the Republican party in the state as their candidate for governor, bade farewell to Mrs. Griswold, their two children, Dorothy, 14, and Dwight, jr., 10, and the family dog, "Buster." He was leaving his home in the western part of the state for the third time as the Republican party's nominee for the governorship. Griswold will not see his family again until after the election November 3rd.

Griswold first left home to campaign for the governorship in 1932. In that year of the great Democratic landslide to Roosevelt, Griswold led the Republican ticket and was defeated by only 35,000 votes out of a total of more than a half million.

His second family farewell and

excursion into the gubernatorial field was two years ago. Facing another Democratic landslide he again led the Republican ticket in Nebraska and was defeated by only 17,000 votes, leading his opponent until the vote from Omaha came in.

Now with most observers agreeing that political conditions in the state have greatly changed, Griswold for the third time says farewell to his family to begin a jaunt which many believe will lead him directly to the governor's office in Lincoln.

In the years intervening between campaigns Griswold has spent long hours every day in his newspaper office in Gordon where he has built up one of the most successful newspapers and printing businesses in the weekly field in the middlewest.

In the intervening weeks Mrs. Griswold, son and daughter will carry on—she in household affairs and the children in school activities.

**"TAU KAPPA CHI"**

(Continued from Page 1) nity has graduated three of its members from leading universities, namely: Henry Robert Thomas, Omaha University, 1934; Oscar D. Washington, Creighton University, 1935; Henry Lawrence Levels, University of Omaha, 1936. All other members have matriculated in some leading college. The paramount purpose of the organization is to give the young Negro man an opportunity to develop his abilities. Members of the fraternity presented a short program in accordance with simultaneous presentation of club "Insignia", (pins). The following members and their guests concluded the evening with a quiet party. Misses Charlene and Lorene Lewis, Geraldine Rose, Claudel Agee, Catherine White, (Denver), Margaret Matoyer, Angeline Pryor, Ann Carter and Irene Harrold. Messrs. Charles Davis, Henry Levels, Julian McPherson, Thomas Jones, Roy Gordon, William Davis, John Elliott, John Williams and Leonard Turner. Others guests included Homer McCraney, J. C. Harris, Lloyd Lee, Joseph Spight and John Benjamin Horton, Jr., Co-chairman, Henry L. Levels and Charles H. Davis were responsible for the affair.

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**Poll Candidates For Congress On Race Question**

(Continued from Page 1) been urged by the National Office to seek cooperation of the groups which have supported the Costigan-Wagner bill and of other minority groups which have suffered from discrimination such as labor groups and racial minorities. Branches have also been requested to make known the attitudes of the various candidates, especially those who may refuse or evade signing. Special attention is to be paid to candidates for reelection on the basis of their past records, whether favorable or otherwise.

The N. A. A. C. P. letter to its 407 branches says in part:

"In no other presidential campaign has the Negro vote been so seriously considered as in 1936. The balance of power which the Negro vote holds potentially in seventeen states, with an electoral vote of 281, gives us greater strength than we have ever had before when one considers that 266 votes in the Electoral College determines who will be our next president. The campaign for political independence of the Negro and for emphasis on issues rather than party labels which the N. A. A. C. P. has waged throughout its existence, coupled with the aggressive and successful fights we have made as in the Judge Parker case, have borne fruit in the new and high regard for the Negro vote.

"But we must not let ourselves be misled or fooled by political parties or politicians, white or black. It is important to Negroes who the next occupant of the White House

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will be, but even more important is the attitude on issues of vital concern to the Negro of members of the incoming Congress, of governors, state legislators, sheriffs, members of school and tax boards and all down the line.

"This letter deals with the important—the vitally important—matter of how members of the Congress to be elected in November stand on a federal anti-lynching bill, on legislation dealing with relief, jobs, the civil service, and on the enforcement of that legislation."

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