

COUNCIL BLUFFS IOWA

NEWS NOTES

H. M. FUNCHES, EDITOR

Council Bluffs Agents For The Omaha Guide Are

Mrs. Clarence Oliphant, 2456-6 Ave
 Little Savoy, 1406 W. Broadway
 Miss Mary Teal, 1810 S. 10 t.
 Miss Odessa Russell, 1201-16 Ave.
 See Your Nearest Agent and Buy
 Buy A Guide
 Keep Posted on Local Race News.

Mrs. Frances Lee who has been ill, is better.

Mr. George Lewis, proprietor of the Little Savoy, is ill.

Mrs. Tillie Reese is indisposed.

Mrs. Mattie Turner, who suffered a fall the past week, is improved.

Mr. Noah Washington will return to his old job with the I. C. railroad very soon.

Mrs. Lucinda Wright Hostess
 Mrs. Lucinda Wright entertained at dinner Tuesday, Jan. 12. Guest list included Mrs. Fannie Holloway, Mrs. Fannie Harris and Mrs. Frances Lee.

Mr. Wm. Teal, 3rd St., who has been ill, is showing a little improvement.

Mrs. Fannie Harris is indisposed.

Mrs. Katherine Ford will go to Iowa City soon for treatment.

Mr. Jim Johnson who has been ill with pneumonia, is recovering.

Mrs. Lena Thompson, formerly of Council Bluffs, will make her home in Omaha according to recent reports.

Clyde Gordon Yet In
 Iowa City Hospital
 Mr. Clyde Gordon is still in the Iowa City Hospital. It has been necessary to amputate another portion of his leg.

HARLEMITES MEET

The Harlemites met Sunday, Jan. 10, at the home of Junior Reeves. The next meeting will be held Jan. 17 at the home of Robert Christmas.

Bethel Center teachers spent Monday, Tuesday and Wednesday in attendance at the 3-day institute at the Broadway Christian Church which was conducted by Rev. Sheldon of Des Moines.

Needlecraft Class Started
 Mrs. Virginia Hall is responsible for the beginning of the needlecraft class which meets twice each week at the Welcome Home. Mrs. Riley, of the Broadway Christian Center is the instructress.

Mrs. Emma Crocker, who has been ill at her home on 1400 Ave. G, is greatly improved.

ISN'T IT SO

"An egg a day, keeps the grocer away." Mrs. Slater has some hens that are worth their weight in gold—they are laying despite the cold weather.

Mrs. Pearl Day has returned to the city from a visit in Texas.

Posters are out for the Cleverettes Jinx Supper to be given Saturday, Jan. 16, at the home of Mrs. Emma Turner.

WHIST PLAYERS WANTED

Apply to Mr. and Mrs. Henry Reynolds.

Mrs. Blanche Golden who has been ill, is up again.

The 20 Century Civic and Art Club had a pot luck meeting Thursday, Jan. 14, at the home of Mrs. Calvert Smith.

Mr. Richard Carbins, S. 7 St., is very ill.

Mr. and Mrs. Pammie Gilbert have moved from the residence of Mrs. Mary Wilson.

Mrs. Mary Wilson is still ill at the W.P.A. Hospital.

Mr. G. A. Stovall is greatly rejoiced over the fact that he received a letter from his sister from whom he has not heard in three years.

CLEVERETTES

The next social meeting of the Cleverettes will be held at the home of Miss Jeanne Spinks. The next regular meeting is to be at the home of Mrs. Thelma Lytle.

Elijah Lane Still In Hospital
 Mr. Elijah Lane who received two broken legs in an auto accident some time ago, is still in the Mercy Hospital. It is feared he may never regain the use of his legs.

The Hollis Art Club had a pot luck meeting Monday, Jan. 4, at the home of Mrs. Martha Herndon.

Mr. and Mrs. D. M. Mixon, 1322 Ave. A, entertained at dinner Sunday, Jan. 10, in celebration of the birthday of Mrs. Inez Bowns.

AN EQUATION

C. P. T. equals G A S.

CONCERNING OUR DES MOINES FRIENDS

Dr. Bradford has been appointed county physician.

Miss Mae Manuel who has had charge of the Deputy Auditing Dept., has been re-appointed.

Mr. Lucious Ashby, in the Police Identification Department has been re-appointed.

Rev. J. W. Tuck, pastor of the Union Baptist Church, has been appointed on the Housing Committee.

First Colored Man on Virginia Jury Since Civil War

Washington, D. C., Jan. 16 (ANP)—J. J. Carpenter, 60, a local contractor and carpenter, this week became the first colored man to serve on a trial jury in Arlington county, Va., since the reconstruction days following the Civil War.

OUR CHURCHES

TABERNACLE BAPTIST CHURCH

Rev. Geo. White, Pastor
 Tabernacle enjoyed good services Sunday. Sunday School was the only meeting held in the morning. Evening service was paper meeting. Attendance was fair.

BETHEL A. M. E. CHURCH

16th Street, Avenue A
 Rev. Geo. W. Slater, Jr., Pastor
 No services were held the past Sunday.

Church of God in Christ

1618 Ave. B
 Elder A. D. Carter, Pastor
 Sunday school at 10:30 a.m.

Mrs. G. Mina, Supt.
 Services at noon. Y.P.W.W. at 6:30 p. m., Mr. Gamble Duncan, President. General services at 8:00 p. m. Weekly services on Tuesday and Friday nights at 7:30 o'clock.

Harlemites To Give Progressive Party

The Harlemites will give a Progressive Party Friday, Jan. 15. The party will begin at the residence of Mrs. Margaret Oliphant, going next to the home of Miss Geraldine and Wilma Herndon and ending at the home of Mr. Junior Reeves.

REPRESENTATIVE FOR COAL AND ICE COMPANY

The Independent Coal and Ice Co., 1300-5 Ave., has in its employ a race man in the person of Mr. Henry Rayner. Mr. Rayner is prepared to take your orders for coal. The company which he represents features oil treated coal. Iowa coal may be purchased retail or by the sack. This company is appreciative of its Negro trade, and has shown it by employing Mr. Rayner.

Walnut Souffle

One half cup milk, one half cup soft bread crumbs, one pound salmon, one half teaspoon salt, few grains pepper, four egg yolks, four egg whites.
 Heat milk, add crumbs and let stand for a few minutes. Combine with the flaked salmon, salt, pepper and beaten egg yolks. Fold into stiffly beaten egg whites. Pour into a greased baking dish and bake in a moderate oven about forty minutes. Serve immediately.

Founder's Day Program at Lincoln U.

Jefferson City, Mo., Jan. 16 (ANP)—The Seventy-first anniversary of the founding of Lincoln university, Jefferson City, Mo., will be celebrated at the institution on Thursday, Jan. 14th. At that time, President Charles H. Florence the faculty and student body will pay homage to the soldier founders of Lincoln university, which had its beginning Jan. 14, 1866. Dr. A. Wilberforce Williams, noted Chicago physician and an alumnus of the class of 1880, will be the chief speaker.

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 BEST CHILI AND BEST RED HOTS IN THE WEST
 ALL KINDS OF SANDWICHES

LOUISIANA BARBECUE

2122 North 24th St
 Get Your red hot Barbecue done Southern Style. Service with a smile.
 Open all Nite.

WOMAN'S WORLD

By Arden H. Duane for ANI

SOUFFLE RECIPES

There is nothing more delightful to the eye and more satisfying to the taste than a souffle.

A perfect souffle is like a very fine sponge.....a mere puff of egg whites. There must not be a wet spot in the center and it must be eaten at once. To stand and wait for tardy members of the family will cause it to shrink and shrivel.

A average souffle will take thirty-five minutes for baking. And twenty minutes for preparation; therefore it is best to have all utensils and ingredients at hand before starting this delicately brown goodness.

There are two kinds of souffles... one made from nothing but eggs properly mixed and floured and the other made with a cooked foundation.

Apple Cheese Souffle

Make a thick white sauce of three tablespoons of butter, three of flour and three fourths cup of slightly diluted evaporated milk. Cook slightly, and add four well beaten egg yolks and a half cup of sugar. Add three fourths of a cup of apple sauce and a third cup of grated cheese and fold in the stiffly beaten egg whites. Turn into a buttered baking dish and bake in a slow oven for about forty minutes or until firm and golden brown. Serve at once with orange sauce.

Salmon Souffle

One half cup milk, one half cup soft bread crumbs, one pound salmon, one half teaspoon salt, few grains pepper, four egg yolks, four egg whites.
 Heat milk, add crumbs and let stand for a few minutes. Combine with the flaked salmon, salt, pepper and beaten egg yolks. Fold into stiffly beaten egg whites. Pour into a greased baking dish and bake in a moderate oven about forty minutes. Serve immediately.

Walnut Souffle

One tablespoon granulated gelatin, one fourth cup cold water, one cup heavy cream, three fourths cup milk, one half cup granulated sugar, one egg white (stiffly beaten), one half cup crushed pineapple, drained, one half cup chopped walnut kernels. Sprinkle the gelatin on the cold water and then dissolve over hot water. Add to the cream, milk and sugar. Chill until it begins to set.

Prune Souffle

One half cup cooked prunes, seeded, one half cup cooked apricot pulp one fourth cup granulated sugar, one half teaspoon lemon extract, one fourth cup chopped nut meats, whites of three eggs, one fourth teaspoon cream of tartar, two tablespoons powdered sugar.

Add granulated sugar and lemon extract to prunes and apricots and beat until sugar is thoroughly dissolved. Add nuts. Sprinkle egg whites with cream of tartar and beat until stiff. Add powdered sugar and continue beating until sugar is blended with whites. Fold the beaten whites into the fruit mixture and place in greased baking dish. Set dish in a pan of hot water and bake in moderate oven from about forty five minutes or until firm. Serve with cream or soft custard.

Potato and Cheese Souffle

Three cups hot mashed potatoes, one half cup hot milk, two tablespoons melted butter, one teaspoon salt, one eighth teaspoon pepper, dash paprika, three eggs, one half pound cheese grated.

Add the milk, butter, seasonings and well beaten egg yolks to the mashed potatoes. Beat until thoroughly blended. Fold in the grated cheese and stiffly beaten egg whites. Place mixture in greased baking dish and bake in a moderate oven for thirty minutes.

Would you like our Souffle Leaflet?

There's a perfect souffle and a delicious dish for all. And they are all simple to make. I'll gladly send you the leaflet if you send a loose three cent stamp to Arden H. Duane, Associated Negro Press, 3507 South Parkway, Chicago, Ill. Fold in the egg white, pineapple, strawberries and nuts. Serve cold in tall sherbert glasses and sprin-

Rosenwald Fund Gets New Director of Edu.

Chicago, Jan. 16 (ANP)—John Curtis Dixon, state supervisor of education of Georgia, has been appointed director for rural education of the Julius Rosenwald Fund, it was announced Tuesday by Edwin R. Embree, president of the fund. The fund has set aside \$1,000,000 for efforts in rural education in the southern states for use over a period of five years. Mr. Embree said.

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 If you toss in bed and can't sleep on right side, try Adierka. Just ONE dose relieves stomach GAS pressing on heart so you sleep soundly. Adierka acts on BOTH upper and lower bowels and brings out foul matter you would never believe was in your system. This old matter may have poisoned you for months and caused GAS, sour stomach, headache or nervousness.

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PATRONIZE OUR ADVERTISERS

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Feel full of pep and possess the slender form you crave—you can't if you listen to gossipers.
 To take off excess fat go light on fatty meats, butter, cream and sugary sweets—eat more fruit and vegetables and take a half teaspoonful of Kruschen Salts in a glass of hot water every morning to eliminate excess waste.

Mrs. Elma Verille of Havre de Grace, Md., writes: "I took off 20 lbs.—my clothes fit me fine now." No drastic cathartics—no constipation—but blissful daily bowel action when you take your little daily dose of Kruschen.

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HOW OFTEN CAN YOU KISS AND MAKE UP?

NEW husbands can understand why a wife should turn from a pleasant companion into a shrew for one whole week in every month. You can say "I'm sorry" and kiss and make up easier before marriage than after. Be wise. If you want to hold your husband, you won't be a three-quarter wife. For three generations one woman has told another how to go "smiling through" with Lydia E. Pinkham's Vegetable Compound. It helps Nature tone up the system, thus lessening the discomforts from the functional disorders which women must endure in the three criticals of life: 1. Turning from girlhood to womanhood. 2. Preparing for motherhood. 3. Approaching "middle age." Don't be a three-quarter wife, take LYDIA E. PINKHAM'S VEGETABLE COMPOUND and go "smiling through."

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