dess of acids and poisons due to functional Kidney and Bladder disorders by the may also cause Getting Up fights, Burning Passages, Swollen cants, Backache, Circles Under Eyes, treess Acidity, Leg Pains and Dizzines. Help your kidneys purify your food with Cystex. Usually the very rest dose starts helping your kidneys lean out excess acids and this seen may make you feel like new. Cystex must be the property of the completely or money back is haranteed. Get Cystex (siss-tex) to ay. It costs only 3c a dose at druggists and the guarantee protects you.



ORTH A DIME

OUR SPECIAL NEW

"LIFE-SAVING"

CREDIT PLAN

Now You Can Get This New

Kind Of Tire On Your Own

Mr. and Mrs. W. L. Myers and left, Mrs. Virlee King, 2513 M. St. MAIN CENTER RECREATION strands.

Ankles Swollen:

Mr. and Mrs. W. L. Myers and left, Mrs. Virlee King, 2513 M. St. MAIN CENTER RECREATION strands.

These rinses and an ephew Marvin Price, 2851

A recent addition to the staff at this center is the well known desired affect. solemnized last fall at Seneca, Kan- Burdette St. While here she was basketball and softball player,

their many friends at 3027 Eavns home state of Mo.

Mrs. Helen Edward Boyd, who was raised up in Omaha, Nebraska, departed this life, Rebruary 9th in Independence, Mo., where she was a student of Kilman school and Central High, She was the daughter of Mr. and Mrs. Cooper who are both dead She is the sister of Mrs Cornie Edwards, Mrs Eva McDonald, and Mrs. Theresa Beverly this city. We regret the passing of Mrs. Boyd Service was at Myers Funeral Home conducted by Rev.

Minn., left for her home last week after a lovely visit of three weeks at the homes of her nieces, Mrs. Edward Fletcher, 3115 Franklin St., Mrs. Susie Brown 4416 South

R. W. Johnson.

Try... Herman's Market First HERMAN FRIEDLANDER PROPRIETOR

Mr. and Mrs. W. L. Myers an- 16th, Mrs. Virlee King, 2513 M. St. MAIN CENTER RECREATION | strands.

next meeting will be held at Mrs. Jasper Cole, 2928 North 25th St.

> Christine Althouse, pres. Alyce Wilson, Corres. Sec'y. _-000-

The Wide_Awake 24 met with Mrs A. Jenkins 26th Maple St. In observance of Negro History Mrs. Ruth Allen of St. Paul, Week, a splendid program was rendered. The entire club sang "Steal away to Jesus." Mrs. Irene Morton presided at the Piano. Paper by Mrs. Lavina Rose a blind man making a living, taking, his place in point of service the only known Negro living so the paper states. Solo by Mrs. Irene Morton, "O, Rocks Don't Fall on Me." All members repeated quotations from some Negro Author. Visitor Mrs. Beulah Madison. A lovely repast was served. Mrs Mae Jackson. president.

> The Zion Baptist Mission Society meets every Monday evening at 7:30 P. M. Everyone that wishes to do effective mission work, meet Zion Mission Circle. There will be a Gospel Chorus organized in the Tuesday from 1 to P. M. Society. Watch for the date. A be sponsored by the Zion Mission Park. Society, February 23, Thursday la Mae Butler, chairman.

Ada Woodson, Reporter, Mrs. Beatrice Jackson, Pres.

These rinses and tints should be A recent addition to the staff selected professionally to give the entertained by a number of friends Miss Lou Wilson, Miss Wilson will read Hollywood Charm for help- of money? Do you think you are The couple will be at home to and old acquaintances from her be in charge of all women's acti- ful beauty hints. vities. At present she is busily en-

gaged in forming gym classes for Chapter 101 of the "National women. These classes will be held Cloud, Kansas is visiting her son- dance is the only obligation, Beauty Culturist League" met at from 10:00 A. M. to 12:00 neon, the Shoppe of Alyce Wilson, 2432 and from 1:30 P. M. to 3:30 P. M O. B. Prestidge. Grant, Many members were pre- Monday through Friday, A night sent. Discussion was on a date for class will be held from 7:30 to our tea to be given soon. After 10:30 on Monday. Included in the business all enjoyed a game of evening schedule will be calesthe-Chinese Checkers and bridge. The nics, volley ball, etc. Individuals or groups wishing to organize a class for basketball, volley ball, or calesthenics may do so by enrolling at the gym, or by calling Ke. 3739. Miss Wilson will have the assis-

> women's activities. Supervisor Brookhaus wishes to

tance of Miss Mildred Watson in

for the exclusive use of girls from | eye as a beautifully shaped hand. to 6 P. M. every Monday it was recently announced.

Colored band.

Joe Ovington.

Miscellaneous

Mrs. Enger will meet her art

Washington. All hostesses and show. Also arrangements are alling the arch. communities will be costumed. A most completed for the organizprogram will be rendered. Mrs. Wil- ing of what the supervisor describes as "a popular song-sing class."

On Wednesday evening, February 22nd, Miller Park center will feature a ping-pong exhibition in which city champions will display supports it forward part. If you man's Home and Foreign Mission their skill for public entertainment. smooth the nails edges with pociety which shows that the adbe free.

The Benson West PTA chorus under the auspices of City Recreation will sing the following numbers at Benson West school on Tuesday, February 14th at 8 P. M. 'Now thank We all Our God" by Cruger: "Sapphic Ode" by Brahms and Kalseher's "When Day is

At Garfield school on Wednesday February 15 at 8 p. m. the give you a pedicure. Garfield PTA chorus will be heard in the spiritual "Go Down Moses," the traditional "Now Is the Month of Maying" and Brahms "Sapphie Ode" These choral groups are trained and directed by William Seymour of the WPA Recreation Dep't.

HOLLYWOOD CHARM

by Bessie Mae West

of the Althouse School of Beauty

If your scalp is healthy and receive care then your hair should be beautiful, soft, lustrous, and manageable.

However, your hair might be all these and not quite as bright and radiant as you desire.

A shampoo tint or rinse is used to give the hair a brillance, or glowing sparkle known as hair lights. The shade or color of the hair is unchanged but appears to have little lights hid among the

The Very Latest from the Chicago Convention:

The New-

"Pin Curl" WAVE

The Same Effect as the Croquinole without the heated

STYLED AS DESIRED

Althouse Beauty School

in-law and daughter, Mr. and Mrs.

THE BEAUTY BOX

By VERSIE WINSTON of

Northside Beauty Shop

"CARE OF FEET"

TOO many women are inclined call the attention of the public to to forget that they have feet unthe infidite variety of the center's til something happens to call their attention to them. A beautifully The game room will be reserved formed foot is as charming to the

However, to look on the pleasant side, good feet are the heritage of Concert and dance dates are as almost all of us and a great many iollows: February 17 and 24th con_ foot ailments are directly traceable cert by the Federal Orchestra, 8 to to improperly fitted shoes. Feet 8:45 P. M. followed by dance to were made for walking and standmusic furnished by the Federal ing, a pair of normal, healthy feet encased in properly fitted, properly The hours of 3 to 7 P M. daily shaped shoes, will carry you are open for registration in ar- through the longest day with chery classes. Archery is taught energy left over, foot authorities scientifically at the center by Mr. tell us. So it's just as out of date to suffer with foot troubles as to be badly groomed.

How shall we know which shoes classes at Benson recreation every are the correct ones? First, that every woman's shoes should be Register now for instruction in broad enough to let her rest flat-Martha Washington Tea Party will candlewicking at Grace Young ly and naturally on the sole. Second, that a low heel throws the Florence recreation announces weight of the body on the instep. from 4 to 8 P. M. The public is plans are being made for an early High heels throw too much weight invited. Come out and meet Mrs. presentation of an extra special on the fore part of the foot, weak-

> Always cut your toenails straight across, using a nail clip, or nail on your stockinsg. Give your feet \$7,875 from the organization. a pedicure like you give your hands a manicure and you won't lose your temper. What does a pedicure have to do with your temper. Just this, how many times have you pulled on a pair of hose and the proscess started a run because of a rough nail. Didn't you feel "mad" through and through? Let your operator

Back to shoes-Did you ever stop to think of the amount of time you spend on your feet during each working day? Have you ever stopped to realise that it might be a nexcellent plan to buy yours like roalroad tickets from the standpoint of mileage? In that case, without farther question, your working shoes would be your "best shoes."

The idea that comfortable, scien- Fred Palmer Co., Dept. Z-21, Attifically constructed shoes that promote foot health cannot be smart and attractive is a fallacy, and one pair of shoes that give you fit, appearance, and day-long waling ease is worth a dozen pairs bought carelessly and left on the closet shelf because they hurt

As for your party shoes, authori- TRADE ties tell us, you may be as frivolous in your choice as you like, so long as you keep them for evening wear only. When they are worn, give them away or throw them away. But DON'T wear your cast-off, high-heeled slippers duringworking hours. Always bear in mind that one of your greatest assets in your business is a pair of good feet which work with you so comfortably and so efficiently that you are never aware of them. Tired feet makes tired faces.

(Visit your hairdresser and read next week GOOD MANNERS)

WEINER SHOP 2509 North 24th Street

Best Chili and Best Hot Dogs in the West

All Kinds of Sandwiches

HOME MADE ICE CREAM

NOTICE

cause of work, sickness or indif-Visit your cosmetologists and ference? Was it because of lack to told? These need not hinder you any longer. Attend the Oppor-Mrs. Bert Breckenridge of White tunity School, where your atten-

> Classes meet at: 1. Urban League, 2213 Lake St. Thurs., and Friday, 7-10 P. M.

Mt. Nebo Baptist Church Tuesday afternoons, 1-3

2010 North 13th St. Wed., Wednesday, Fri., 1-3 P.

Phyllis Wheatley Home, 5625 South 24th St. Mon. Tuesday, 7-10 P. M. -Robert L. Moody, WE. 5020 Instructor

4 BROS. DIE IN 3 YEARS derson St., Omaha, received word full description, age, name and ad-Thursday a. m. of her brother W. dress; send it to us with 25c and a C. Dhodes' death in Des Moines, 3c stamp and we will publish it in

within 3 years. Mrs Stewart left bers only, all over the country. for DesMoines Thursday p. m.

Mrs. Marie J. Wilson, 2010 N. 25th St., was taken to a local hos. pital Wednesday p. m. by order of her Dr. Mr. and Mrs. Dysart of Atchinson, Kansas, her father and mother were called to her bedside They arrived in Omaha Wednesday p. m. Dr Price Terrell in charge

Captain Allensworth Camp No 25 U. S. A., will have a program and bean feed, Tuesday February 21. at 2213 Lake St.. in commemoration of the sinking of the Maine Everybody invited.

Heart Toney, Com., J. B. Martin, Adjt., D. C. Elliott, C O. P.

New York (C)_Dr. L L. Berry secretary of Missions, the A. M. E. clip, or nail scissors. Ingrown nails Church, 112 W. 120th street, has always result from cutting away received a report from Mrs. Julia the CORNERS of the nail which A. oFuntain, treasurer of the Woemery boards. you will not lose ministration of Bishop R. R. Wright your temper easily when you put Jr., in South Africa has received

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Robbin's Pharmacy 2306 No. 24th St.

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ven the most stubborn itching of eczelotches, pimples, athlete's foot, rashes other externally caused skin eruption quickly yields to pure, cooling, antiser liquid D.D.D. PRESCRIPTION. Clear, greater than the properties of the propert de, at all drug stores, proves it— money back. Ask for D.D.D. PRESC

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Caused by Sluggish Kidneys

STOP GETTING UP NIGHTS AND FEEL YOUNGER

Here's one good way to flush excess harmful waste from the kidneys and relieve bladder irritation that often causes scanty, burning and smarting passage.

Ask your druggist for a 35 cent box of Gold Medal Haarlem Off Capsules-a splendid safe and harmless diuretic and stimulant for weak kidneys and irritated bladder.

Besides getting up nights, some symptoms of kidney trouble may be backaches, puffy eyes. leg cramps, and moist palms. But be sure to get GOLD MEDAL-it's a genuine medicine for weak kidneys-right from Haarlem in Hol-





Be considerate! Don't cough in public pi Smith Brothers Cough Drops. (Two kinds-back or Menthol, 5¢.) Smith Bres. Cough Drops are the only drops containing VITAMIN A This is the vitamin that raises the resistance of the mucous membranes of the nose and throat to cold infections.

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