

Lou Swartz Honored By Daughter Elks at Big Dinner

St. Louis.—(ANP)—A: the 19th anniversary dinner given by Phoebe's Pride temple, No. 132 Daughters Elks, held at the AUR and D of A hall, Saturday night. Miss Lou Swartz prominent teacher and actress was presented with a beautiful carved wooden base relief plaque of herself in appreciation of her "work in fraternal circles, her dramatic ability, the contributions she had made in the dramatic field and her special campaign to bring cheer to the shut-ins of local institutions."

H and M



JESS HARDIN, who with Cleo Mortimer manages the H & M Buffet, where all brands of liquor and beer are to be had and where the help serve you with a smile.

BLACK RAILWAY WORKERS HOLD EPOCH-MAKING CONFERENCE

Negro railroad workers from the four corners of America gathered in Washington, D. C., the Nation's Capital at the 12th St. branch of the YMCA to hold the first national conference of Negro railroad workers in the history of America. A complete cross-section of Negro railway workers in various crafts and callings and on different railway systems was represented in the conference.

The conference was opened by a key-note speech by A. Philip Randolph, International President of the Brotherhood of Sleeping Car Porters, which called the conference the conference of the necessity for Negro railway workers' gearing their organizational machinery to meet the rapidly changing conditions that are taking place in the railroad industry. To this end, he advised that various Negro railroad trade unions be coordinated into a national mechanism which can voice the interests of Negro railway workers before the Congress when vital legislation which concerns all railway workers is in the process of formulation for adoption.

Mr. Randolph reviewed the whole struggle of the Negro workers, describing the tragic trend of displacement and the character of promotion and also stressing the continuous abolition of hiring rights of the Negro rail employees.

A graphic picture was presented of the elimination of Negro firemen, switchmen, brakemen, and other classes of Negro railroad workers as a result of the introduction of new technological devices such as, mechanical stokers, Diesel engines, and the transition from one form of motor propulsion to another.

Negro firemen with twenty or thirty years seniority rights arose and told their interesting stories to the delegates, which stirred the interest of the workers assembled profoundly.

ADMINISTRATOR ANDREWS OF THE WAGES AND HOURS DIVISION SPEAKS

An illuminating and informative presentation of the nature and scope and significance of the Wage and Hour law enacted by the Congress was clearly set forth by the Honorable Elmer F. Andrews, Chief of the Wages and Hours Division and charged with the res-

ponsibility for the administration of this important Act. He discussed with considerable detail the relation of the Act to Negro workers and described how hundreds of thousands of Negro workers would be definitely benefited, especially those engaged in industries of an inter-state nature. He gave an interesting discussion of the Red Cap situation and generously answered questions put to him by representatives of the International Brotherhood of Red Caps, especially its President, Brother William S. Townsend, of Chicago.

RAILWAY PENSION LAW ANALYSED

One of the most valuable sessions of the conference was largely devoted to a discussion of an address which was made by Mr. Murray W. Latimer, Chairman of the Railway Retirement Board. This Board has jurisdiction over the retirement law, a pension measure, and also the unemployment insurance act for the railway employees.

He invited the conference to set up a committee to confer with the members of the Railroad Board and especially the general counselor of the Board on any matters where there was uncertainty with respect to its nature, also where there is dissatisfaction with the general administration of the Act. Mr. Latimer engaged himself in answering questions for an hour and unhesitatingly went into every issue raised by delegates in the conference. He recognized the need for clarification of certain parts of the law because of its complexity.

ROBERT WATT, PRESIDENT GREEN'S REPRESENTATIVE SPOKE NIGHT AT THE GARNET PATTERSON JUNIOR HIGH SCHOOL

A Labor Mass Meeting was held at which Robert Watt, who was a special representative of President William Green, of the American Federation of Labor spoke. He stressed the need for labor solidarity regardless of race, creed, or color, and pointed out how the trade union movement had been the controlling force in developing every basic social institution in the Country which seeks to advance the public well-being. He indicated graphically the enormous wealth of America, and that the workers of hand and brain who are chiefly responsible for the production of wealth should enjoy the fruits of the splendid and magnificent industrial civilization this is ours.

Mr. M. P. Webster First International Vice president of the Brotherhood, who acted as chairman, made the introductory remarks, giving a historical review of the struggles of the Brotherhood of Sleeping Car Porters and how the leaders of the Brotherhood conceived the idea of developing a national conference of Negro railroad workers, some thirteen or fourteen years ago. He pointed out that the Brotherhood had held national labor conference in fifty or more large railroad centers in the country from coast to coast for the purpose of awakening both the Negro workers and the Negro public to the realization that trade union organization was their only salvation.

Mr. Randolph, was one of the speakers on this program and emphasized that the new strategy of the Negro people should be the elaboration and refinement of their organization mechanism with a view to the creation of new power to grapple with the stupendous economic questions that confront them.

Saturday morning, May 20th marked the second and final day of the conference. This day was engaged chiefly with the business of discussing and adopting the report of the Resolutions Committee, whose chairman was Mr. Webster. The Committee dealt with the following subjects.

- 1. Reorganization of the Railroads.
2. Government Ownership of Railroads.
3. Full Crew Bill.
4. Installation of Stokers on Steam Engines of Railroads, and Negro Firement.
5. Red Caps' Fight.
6. Color Bar in Standard Railroad Unions.
7. Consolidation of Railroads.
8. Thirty-hour work week on Railroads.
9. Increase minimum Tension.
10. Eliminate Bankers' Control of Railroads.
11. Federal Health Insurance for Railroad Workers.
12. Company Unions.

- 13. Displacement of Negro Railroad Workers.
14. Unity between A. F. of L. and CIO.
15. Support of the WPA.
16. Seek Appointment of Negro Railroad Worker on Railroad Industries Committee Under Wages and Hours Division.
17. Seep Appointment of Negro Worker on National Railroad Adjustment Board.
18. Seek Appointment of Negro in Adjustment Set-up of National Mediation Board and Railroad Retirement Board.
19. A Continuing Committee of the Conference.
20. A National Lobby of Negro Railroad Workers.

LABOR DINNER

The Conference was closed Saturday night with a delightful and interesting Labor Dinner in the Banquet hall of the Garnet Patterson Junior High school. The speakers were the delegates, some of whom were officials of Negro Railroad Unions and individual workers. They told their own story in terms that were at once gripping, inspirational and educational. Some of the speakers were Ishmael P. Flory, Secretary Treasurer of the Joint Council of Dining Car Employees, affiliated with the American Federation of L.; Ashley L. Totten, International Lok Alliance; George Brown, one of the few Negro International Vice Presidents of a large international union of the AF of L; Ashley L. Totten, International Secretary Treasurer of the Brotherhood of Sleeping Car Porters; T. T. Patterson, Vice President of the New York local of the Brotherhood; a number of Negro firemen, train porters, red caps, dining car workers and sleeping car porters gave valuable narratives of their problems and experiences in their industry.

WHO'S WHO OF THE GIRLS

The girls who have just arrived at Aberdeen are largely high school graduates and students. They come from the Counties of New Kent, James City, York, Warwick, and Elizabeth City; and from the Cities Newport News.

The selection of girls is made by the NYA Local Assistant Director. Girls must have reached the age of eighteen, but must be under twenty-four. They must have had high school training, but been unable to attend college or find employment. However, it is also provided that, in special cases, girls who have had less than high school, but who possess a general basic education, marked ambition and ability are eligible for the opportunities offered at Aberdeen Gardens.

COLORED GIRLS BEGIN HOUSEHOLD TRAINING AT ABERDEEN GARDENS

Hampton, Institute, Va.— May 23—The first group of 30 colored girls who will take the course in household employment at Aberdeen Gardens, near Newport News, Va., reported at that place on Monday, April 17, 1939. They engaged at once in the task of putting in order eight houses used for housing and training.

OBTAINING HOUSEHOLD EMPLOYMENT IN VIRGINIA

It will be remembered that the National Youth Administration of Virginia and Hampton Institute, with the assistance of the Farm Security Administration of Region 4 and the Negro Women's Clubs of Hampton and Newport News, have planned a cooperative arrangement whereby needy and capable young colored women from the Hampton Roads Area of Virginia, will be able to gain work experience and related instruction during residence in Aberdeen Gardens village. The specific object in view is to equip these girls to obtain household employment in Virginia.

TRAINING COURSES

The training given will include the preparation and serving of food, care dormitory houses where the girls will live, opportunity will be given for them to practice what is taught, through the preparation and serving of their own meals in the Dormitory Dining Room and Kitchen, and in the Practice House, where they will manage the home on a budget, and care for a two-year-old boy.

In the Work Shop, the major project will include sewing, gardening, canning, laundry work, and care of children. The theory underlying the courses will be given by Mrs. Evelyn Adolph Fenell, a graduate of Hampton Institute. She served as head dietitian at Atwater Camp and Barber Scotia Junior College from her graduation in 1933 until her marriage in 1936.

The practical demonstration work will be done under the supervision of Miss Dorothy Sexton,

Calvin's Newspaper Service TESTED RECIPE

By Frances Lee Barton



APRIL! The month of leaves, Spring flowers, green pastures, early fishing, birds and... yes, spring fever. The latter haunts those who fall to eat smaller or lighter meals as a warmer weather creeps upon them.

April appetites demand new flavors in novel forms. Dandelion greens, rhubarb (pie-plant, if you prefer)—Spring dainties filled with minerals and flavor. Here is a rhubarb delight that will delight those who try the recipe:

- Rhubarb Delight
1 or 2 egg yolks
4 cups milk
1/2 cup quick-cooking tapioca
1/2 cup sugar
1/4 teaspoon salt
1 or 2 egg whites
1 teaspoon flavoring
Mix egg yolk with small amount of milk in top of double boiler. Add tapioca, sugar, salt, and remaining milk. Place over rapidly boiling water and cook 10 to 12 minutes after water boils again, stirring frequently. Remove from fire. (Tapioca will be well distributed throughout, but mixture will be thin. Do not overcook.) Beat egg white until just stiff enough to hold shape. Fold hot tapioca mixture gradually into egg white. Cool—mixture thickens as it cools. When slightly cool, stir in flavoring; chill. Place sauce of cooked pink rhubarb in bottom of sherbet glasses; cover with tapioca. Garnish with cooked pink rhubarb.

the NYA Supervisor She, too is a graduate of Hampton Institute, Class of 1937; and has conducted the WPA classes for household service in Richmond, since her graduation. She was released from that position to conduct this project.

WHO'S WHO OF THE GIRLS

The girls who have just arrived at Aberdeen are largely high school graduates and students. They come from the Counties of New Kent, James City, York, Warwick, and Elizabeth City; and from the Cities Newport News.

The selection of girls is made by the NYA Local Assistant Director. Girls must have reached the age of eighteen, but must be under twenty-four. They must have had high school training, but been unable to attend college or find employment. However, it is also provided that, in special cases, girls who have had less than high school, but who possess a general basic education, marked ambition and ability are eligible for the opportunities offered at Aberdeen Gardens.

TUSKEGEE MEDIC TELLS PSYCHIATRISTS OF NEW TREATMENT FOR NEUROSYPHILIS

Chicago, May 25 (ANP)—For the second time in five years, Dr. George C. Branche, chief of the Veterans' Administration facility neuropsychiatric service at Tuskegee, addressed the annual convention of the American Psychiatric association last week at the Palmer House on "Therapeutic Quartan Malaria in the Treatment of Neurosyphilis among Negroes."

Dr. Branche, himself a member of the association, first attracted international attention at the 1934 convention when he told the assembled psychiatrists of his radically new method of treating mental disorders brought about by syphilis. He addressed last week concerned recent developments in his specialty.

The Tuskegee physician's treatment was developed after it was learned that neurosyphilis among Negroes could not be treated with the commonly used tertian malaria. This was because there had been developed a general racial immunity to this form of malaria through generations of living in warm areas where this disease is prevalent.

Dr. Branche reasoned that quartan malaria a stronger and more virulent form of the disease which was more or less foreign to Negroes, might be substituted. Results were amazing. Of those inoculated with the quartan malaria treatment, 93 per cent, recanted favorably as contrasted with only 14 per cent, who reacted to inoculation with chills and fever when the tertian variety was used.

He is still using the original quartan strain obtained in 1932 from the United States Public Health station at Columbia, S. C. Shipments of the quartan malaria blood have furnished other hospi-

Cheese Soufflé Greets the Season!



By MARYE DANKKE, Director of Home Economics Department, Kraft-Phenix Cheese Corporation

A cheese soufflé, at its golden best, comes as near to resembling food for the Gods as any dish for mere mortals could. It looks as light and insubstantial as a cloud floating in space—yet the first delicious mouthful reveals this aristocrat among cheese dishes as substantial and satisfying—a food eminently fitted for mortals, and hungry mortals at that.

The selection of the proper cheese to serve as the main ingredient of the dish is important to the success of the soufflé also. Thoroughly cured American cheese, with that faint tingle to the tongue which makes it such an intriguing delight in any guise, is a happy choice for the soufflé. Packaged "Old English" cheese is readily available, and ideal for the making of a smooth and fluffy soufflé also.

The true secret of the success of the soufflé is in slow cooking. Many a soufflé that looks perfect when it comes out of the oven, fades with discouraging rapidity. That sinking feeling which afflicts soufflés can be avoided entirely if only the cook remembers that such delicate ingredients as stiffly beaten eggs and cheese must be cooked very slowly. One hour and ten minutes at least, at a moderate cooking temperature is none too much for this delicate and delicious edible. A soufflé cooked slowly will remain fluffy and upright—a joy to the eye as well as the palate.

"OLD ENGLISH" SOUFFLE
4 tablespoons butter Dash of cayenne
4 tablespoons flour 1/2 lb. Creamed Old
1 1/2 cups hot milk English' cheese
1 teaspoon salt 6 eggs

Make a sauce with the butter, flour, milk and seasonings. When thickened and smooth, remove from fire and add cheese broken into several pieces. Stir until cheese is melted; add beaten yolks of eggs and mix well. Cool mixture and fold in stiffly beaten egg whites. Pour into a 2-quart casserole, and bake 1 1/2 hours in a slow oven, 300°. Serve at once.

MOVED

The Low Income Wage and Unemployed Workers has moved to 2101 N. 24th St., the (old unemployed Council Headquarters.) Work, Medical care, relief, housing and general welfare activities constitutes our organization work. Will also contact County Assistance office May 13. Meeting Monday and Thursday. Virgil Bailey, president Mrs. Eda Loftin, secretary. Mrs. Lovetta Busch, Coordinating chairman.

Read The Guide for News

Better-- SUMMER Living! Illustration of a family sitting at a table outdoors.

ELECTRIC ROASTERS

What a delightful picnic you can have when you can take along a hot meal. With the modern Electric Roaster you can cook the complete meal before you leave home—and keep each dish piping hot till you reach your favorite picnic spot.

ELECTRIC CASSEROLES and ELECTRIC FANS. Illustrations of a casserole and a fan.

Modern electric appliances mean many hours of cool comfort in the summer because they save you work, and let you get out-of-doors to all the warm weather pleasures. Enjoy more electric appliances in your home—they cost so little to operate with your cheap electricity!

CHEAP ELECTRICITY SERVES AND SAVES See Your Dealer! OR NEBRASKA POWER COMPANY

THERE'S CREAM IN EVERY DROP OF ROBERTS HOMOGENIZED MILK

Nervous, Weak, Ankles Swollen! Much nervousness is caused by an excess of acids and poisons due to functional Kidney and Bladder disorders...



...WHAT TO DO WHEN YOUR HAIR LOSES ITS COLOR

If your hair is gray, discolored, faded—don't despair! Let Godefroy's Lariouse come to your rescue. This quick-acting, easy-to-use hair coloring transforms dull, spiritless—yes, even gray hair—with new life and beauty. Your hair once again will be uniformly beautiful. It will gleam like silken threads. And the color won't rub off or wash out! Ask for and see that you get Lariouse, the hair coloring in the RED BOX.

If your dealer can't supply you, send \$1.25 (see pay postage) direct to GODEFROY'S Lariouse HAIR COLORING 3510 Olive St. - St. Louis, Mo.

Don't Let Your Stock of Metz Beer Run Low. SAY MA, LOOKS LIKE SOME ONE SLEPT IN THE DOG HOUSE ALL NIGHT. ITS ONLY YOUR PA SON—I CAUGHT HIM DRINKING MY LAST "METZ". Metz Brewing Co. Omaha, Neb.