

JOE LOUIS—AN APPRECIATION
By HOMER A. McCRAKEY Sr.
The physical fitness of Joe

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Table with 2 columns: Item and Price. Includes SUGAR, 5 lbs. 25c; COFFEE lb. 25c; BUTTER-NUT or FOLGERS lb. 25c; PURE Lard, lb. 7 1/2; OLEO Margarine, lb. 9 1/2; PURE PORK Large Link Sausage lb-15c; Veal Roast, lb. 15c; ROBERTS Process Cheese, lb. 25c; ROBERTS Longhorn Cheese, lb. 23c; Jell-o All flavors, pkg. 5c; PORTO RICAN YAMS, lb. 5c; EVAPORATED MILK, can 6c; Catsup, large bottle 10c; DILL PICKLES Qt. Jars 10c; PEACHES, large can 10c; In Heavy Syrup; TOMATOES OR CORN, 2 cans 15c; FLOUR, 5# bag 15c; Matches, 3-5c boxes, 10c; FANCY COOKIES, lb. 17c.

Louis may be traceable to a moral fiber that frowns on the riskability of nonsensical habits that may make you laugh and overlook the sleeved dagger; an intelligence undiluted by suppressed emotions thwarted desires and dreams urged of an unconventional and freakish sex exhibition.

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forbears above his own and the succeeding generation a few rings below.
In every way day by day the world grows better and better. There is nothing new under the sun but men are discovering more to mitigate the agonies and multiply the joys of living. Old fossils of the pugs of yesterday will boast that Dempsey, Tunney and Louis cannot compare in bruising ability to the fighters of their day. Barring Sullivan, Fitzsimmons, Johnson, Langford and perhaps 2 or 3 more unpublicized, the old line heavyweights were third-raters or press agents products, Jeffries the biggest Roman of them all never packed a sleeping punch. He began his career by mauling old Peter Jackson to the ground who was on his way to Australia to die of T. B.

Old Peter was yellow streaked. In a fight with Kincald an awkward sooty miner, someone gave a Simon Legree yelp and Jackson "paycheked" reference to Louis "paycheked" reference to the end of the fight. Once Jeffries was matched with Gus Ruhlin. Gus walked in the ring moon-eyed, squaked like a Comanche, jumped over the ropes and ran like a deer. It was a make believe play but it added to the laurels of the undefeated champion of the world, "in the eyes of the humbuggy public."
Jack Johnson bridged the chasm between yesterday's — oh well Jack London had a name for them, and today's million dollar muscles. Jack Johnson had the punch and boxing ability, an education above the ordinary but a very low I. Q., but he embarrassed America and men of color, drooped their heads in shame.

It is not the innate inherit qualities of the present crop that outstrips the maulers of yesterday but the beneficent provisions of a higher civilization. The efficiency of an individual or a group is determined by behavior standards in conformity with the principals called good morals. The church is the guardian of morals but as a whole have not yet come up to her sublime calling. Strange to say, she waits on the voice of the people and has done so since the days of the Apostle Paul, who

was a great lime server. Science and Philosophy are building a new religion more like the mind that was in Christ Jesus. Time was that sin was remitted by appealing God through penitence, prayer and preaching, and where sin involved the statutes, it was permissible if you kept within sight of legal loop-holes. Now we are learning that sin is defacing and despoiling His handiwork. To properly provide for and protect the body by religiously following the laws of its mechanism we become the abiding plea of His Spirit.
Joe Louis possesses a physical machine in excellent condition, keyed to the highest degree of efficiency. His behavior, as sensing thinking and acting is paced to that high order. His triumphs are not aims or objectives, but merely incidents in the run of the day. Life, says James, is a bundle of habits. Happiness is the sum of life and meaning of Heaven. It is not reached by a cut

and dried lan. It is a matter of choice in forming a habit of happiness. The world offers many things to bring happiness, good, bad and indifferent; short lived or uncertain, or everlasting. If life is unkind, and fate indifferent you've got bad habits. If you "pastures are green" and your "waters still" you have got good habits.
Homer McCraey, Sr.

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Marie Downing
BEAUTY AND ROMANCE
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Ever since the first breath of spring has been in the air, I have been receiving letters asking how to have a clear smooth skin for spring and summer. What few of you seem to realize is that a beautiful skin starts from within. You must get yourself in good physical condition if you hope to glow with youth and beauty and springtime freshness.

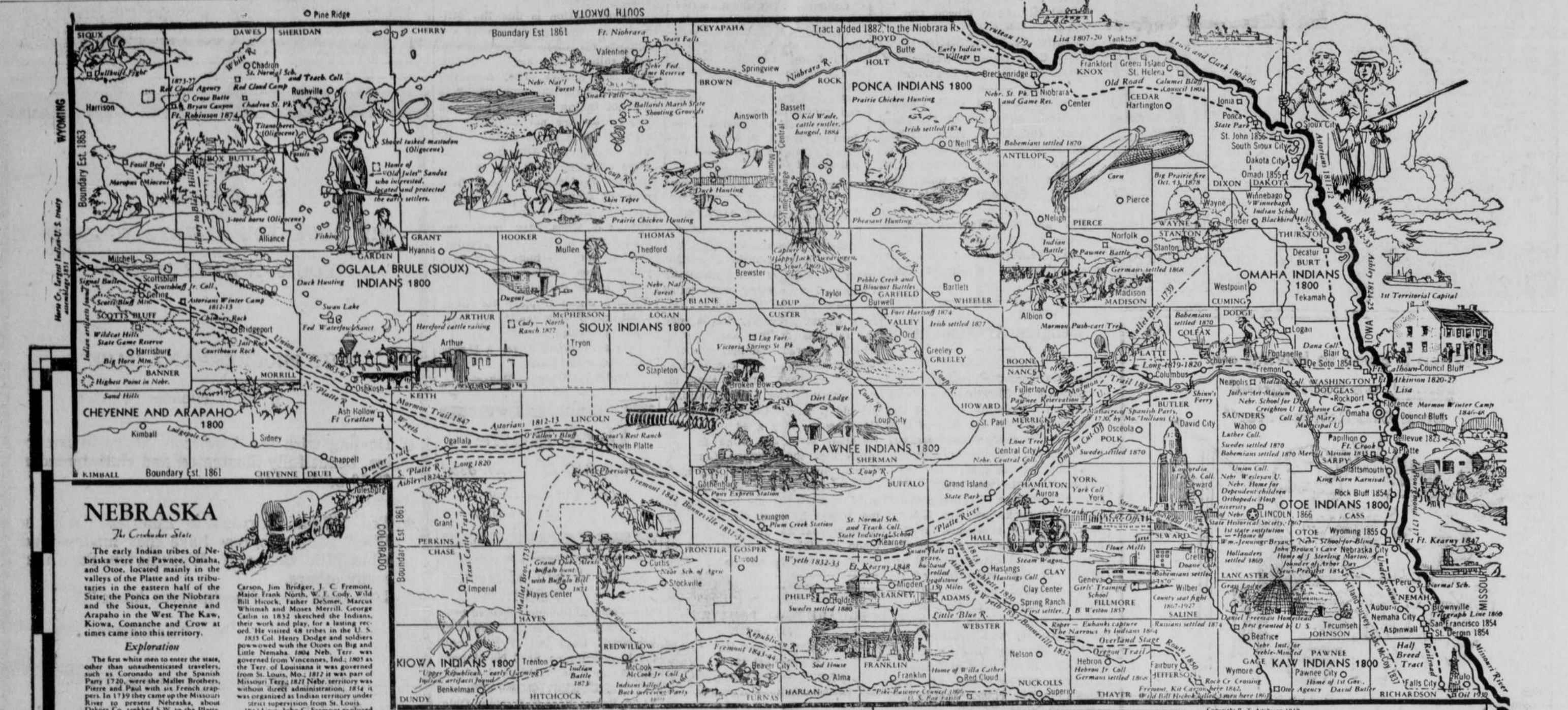
Get More Sleep and Exercise
The first step in getting ready for spring and summer is to work out a balanced routine of sleep, exercise and diet. If you have been burning the candle at both ends, you are probably paying for it now with dull, lusterless eyes and sallow skin. Remember that eight hours' sleep every night is more effective than any beauty treatment. And if you have difficulty getting to sleep early, the solution is right at hand. You probably need more outdoor exercise that will leave you pleasantly relaxed and healthfully tired at the end of the day. A brisk walk, say to and from work, or if you are a lady of leisure, the early part of these sunny afternoons, is one of the best forms of exercise for all around reconditioning. Don't forget, however, that you can give your special indoor exercises. Select the ones that do you the most good according to your individual requirements and stick to them.

Eat Fresh Fruits and Vegetables
And watch your diet. Throughout the winter you have been eating heavy meats. Now that spring is here, there is an abundance of fresh fruits and vegetables on the market. Why not try eating a spring salad for lunch instead of sandwiches or meat and potatoes? You'll find it just as sustaining and a great deal better for your health. And be sure you have a substantial helping of green vegetables for dinner, and a few less potatoes and bread. And drink lots of water—at least eight glasses daily. Plenty of water will help purify your entire system.



Select Make-Up With Care
After you have taken care of these fundamental rules, start on your skin. As I have told you so often before, it is important that you cleanse your face at least twice a day, either with soap and warm water, or a good cream, depending on the texture of your skin. A good skin tonic which has an astringent effect is a great help in toning up the skin after cleansing. If your skin is inclined to be dry, a rich night cream is a boon in helping smooth and soothe and in discouraging tiny lines and wrinkles.

I hope this answers the questions of those of you who have been wondering but haven't got around to writing me personally. Follow these simple suggestions, and here's to an exciting spring and a glamorous summer.
What are your beauty problems? Write Marie Downing, Larieuse Beauty Foundation, Room 521—319 North Fourth St., St. Louis, Mo., and she will be glad to answer them. Be sure to enclose a self-addressed stamped envelope.



NEBRASKA
The Cornucopia State
The early Indian tribes of Nebraska were the Pawnee, Omaha, and Otoe, located mainly in the valleys of the Platte and Missouri rivers in the eastern half of the State; the Ponca on the Niobrara and the Sioux, Cheyenne and Arapaho in the West. The Kaw, Kiowa, Comanche and Crow at times came into this territory.

Exploration
The first white man to enter the state, other than unadventurous travelers, was the French explorer, Robert LaSalle, in 1681. He explored the Missouri River to its mouth, and the Spanish, Pierre and Paul with an expedition in 1763, were the first to explore the Platte and Missouri rivers to their mouths. The first white man to enter the Platte valley was the French explorer, Robert LaSalle, in 1681. He explored the Missouri River to its mouth, and the Spanish, Pierre and Paul with an expedition in 1763, were the first to explore the Platte and Missouri rivers to their mouths.

Settlement
Bellevue is the first mentioned town in Nebraska. A fur trading post and Council Bluffs, Indian Agency were located there at that time. In 1853 territorial government was organized, and there by Rev. James Merrill, in 1846 a French Mission was established at Council Bluffs. The Nebraska Territory was organized in 1854, and the first settlers came to Council Bluffs in 1854. The first permanent settlement was established at Council Bluffs in 1854.

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THE MENTHOLATUM COMPANY
WILMINGTON, DELAWARE

The romantic epochs of Nebraska's history parade before us in picturesque array... The Indian, explorer, soldier, immigrant, and settler, each leaving his contribution to the colorful and brilliant future of the Cornucopia State. It is the pleasure of THE MENTHOLATUM COMPANY to dedicate this historical compilation to the People of Nebraska in appreciation of their contribution to the history of the West.

The 20th Century
1906 Kearney Military Academy built. 1913 Agric. School dedicated in Curtis. 1918 registered in Nebraska. 1919 North Platte. 1915 Serializations of DeWitt. law passed. 1917 Neb. furnished 47,801 soldiers in the World War. 1918 Potato flour mill est. in Rushville. 1919 Legislature authorized building new capitol. The building was designed by Bertram G. Goodhue and construction started in 1922. Administration Code Act passed including 20 state branches of government into the Douglas Co. courthouse site. 1928 Nebraska State Fair. 1929 Nebraska State Fair. 1931 Nebraska State Fair. 1932 Nebraska State Fair. 1933 Nebraska State Fair. 1934 Nebraska State Fair. 1935 Nebraska State Fair. 1936 Nebraska State Fair. 1937 Nebraska State Fair. 1938 Nebraska State Fair. 1939 Nebraska State Fair. 1940 Nebraska State Fair.