## THE OMAHA GUIDE

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## WE HAVE A JOB TO DO

(reprint from Consumers' Guide)

We have a job to do. You, and I. and everyone. Our job is this: To make America strong.

We have our lands to hold, our waters to protect, our skies to guard. We have these, but we have more. We have people.

We are rich in people. People who love and cherish our land. People who know how and want to work. People who have deep faith that here we have the greatest chance for life, and liberty, and the pursuit of happiness. Peaple who know the fight for these is never won until it is won for everybody.

Defense is planes and guns. It is equipping an army to man our military weapons. It is this, and more. It is building the health, and physical fitness, the social well-being of all our people, and doing it the democratic way. Hungry people, undernourished people, ill people, do not make for

This, then, is our job, not all of it, but a vital part: Let us make every American strong, stronger than ever before, sturdier in body, steadier in nerves, surer in living.

Harriet Elliott, Consumer Commissioner, Natl. Defense Advisory Com.

### NATIONAL DEFENSE ADVISORY COMMISSION

Negro consumers were urged this week to join with other consumer groups in a concerted effort to strengthen America by wiping out malnutrition and undernourishment

The appeal was made by Miss Harriet Elliott, Consumer Commissioner on the National Defense Advisory Commission, in a special statement directed to Negro groups participating in the program of total national defense.

"Defense is not solely a matter of planes and guns." Miss Elliott said, "It is also building the health, physical fitness, and social welfare of all of our people." Hungry people, undernourished people, ill people do not make for strong defense.

"Forty-five million of us are living below the safety line right now because we are not getting the kinds and amount of food necessary for strength and health. We have the lands, machines and hands to produce and move and market all the foods we need to assure everytone an adequate and safe diet. Let's all get to work to see that everyone, and the "everyone" ic important, gets at least that. Especially is this necessary for certain types of consumers most in need of protection farmers, Negroes, labor and immigrant groups."

The Consumers' Division of the National Defense Advisory Commission was established for the purpose of

providing protection to American consumers against possible hardships and maladjustments caused by the impact of the defense program, and to strengthen the country's human defenses by maintaining standards of health, nutrition, physical fitness and social well being necessary for adequate defense.

At present twenty-two national Negro lorganizations are co-operating with the Division in its work of aiding and protecting the civilian population in the drive for national defense. Miss Frances Williams, assistant to the Chief of the Civic Groups Section of the Consumer's Division is working renting and doing good? with these and other organizations. Miss Williams is on leave from her post as you keep your houses in good as interracial secretady of the national condition you can keep them rent-Young Women's Christian Associat-

In her call for concerted action in the drive against undernourishment and malnutrition, Miss Elliott suggest ed the following 8-point program:

(1) "Get a municipal radio market news service started so household buyers will know what foods are good buys and cheap each day;

(2) "Start a school lunch program and see that every school child has at least one well balanced and adequate boy I go with? I don't love him. meal each day;

3) '-Work for low-cost ways of selling milk and fruits and vegetables so that low income families can buy a greater abundance of these protective foods:

4 "Set up diet clinics where families can bring their food buying problems and talk them over with experts in nutrition and consumer buying;

5) "Support the Food Stamp Plan Coughing, Gasping now operating in 150 cities;

6) "Learn, if you have the land, how to grow the foods you cannot buy, preserve the foods you cannot immediately use and plan for balanced meals throughout the year;

(7) "Urge merchants to sell Govern ment-graded foods, and urge consumers to buy by grade so they will get the quality they want for the money they have to spend;

8) "Know what your local, State and National governments are doing to help get safe meals to more people."

Negro organizations now cooperating with the Consumers Division of the NDAC include: National Association of Colleges and Secondary schools for Negroes, National Assciation of College Women, National Congress of Colored Parents and Teachers National Association for Advancement of Colored People, National Association of Colored Women, National Ne- CREAM, large can gro Business League, National Negro FIRST QUALITY Congress, National Council of Negro Women of the U.S., Southern Negro Youth Congress, National Urban League, Conference on Adult Education and the Negro, General Conference Peaches (in syrup) African Methodist Episcopal, General Conference of African Methodist Episcopal Zion Church, National Baptist Convention, U. S. A., Inc., National Convention of Churches of God Holinness, National Federation of Colored Farmers, National Association of Col- Onions, ored Graduate Nurses, General Board Colored Methodist Episcopal Church, National Medical Association, National Association of Negro Business and Professional Women's Clubs, Association for the Study of Negro Life and History, Conference of Presidents of Negro Land Grant Colleges, Brotherhood of Sleeping Car Porters, American Teachers Association, National Laymen's Conference YMCA, National Non-Partisan Council on Public Af-

# READ



Note: - Your Question Will Be Answered "Free" in This Column. For a "Private Reply" . . . Send only 25c for my new Astrology Reading & Lucky DAY CHART and receive by return mail a confidential letter of Free Advice analyzing three (3) Questions privately. Sign your full name, address, and birthdate to all letters, and please include a self-addressed, stamped envelope for your reply. Send all letters to: ABBE' WALLACE, care of THE OMAHA GUIDE, 2418 GRANT ST., OMAHA, NEBRASKA.

J. B .- I have 14 houses and I want to keep them full of good renters. Is there anything around my house to keep me from

Ans: Not one thing. You have nothing to worry about. As long ed-you must not let them become run down and looking shabby cr you will lose money.

I. O. B .- The boy I am going with an engaged to has promised o give up drinking. Will he

Ans. No-and further more he HE VISITS every week either. You had better reconsider things a bit—this man just isn't ready to settle down and you can't make him over. I advise you against marrying him.

W. E. D.-Should I keep my present job or get married to the

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have been married once and didn't get along and surely you don't he gets back-you will have found want to go thru with that again. This fellow you are going with loves you devotedly but he doesn't want you if you can't return his

G .H .- This is my second year in college and I have been allowed to play football in a couple of the games for a few minutes. Will I ever make the first string?

Ans: Yes-next year you will be one of the most important fellows on the team. Your work in the games have proven quite satisn't going to give up the GIRL isfactory this year so give them all you have young man.

L. A .- I don't want to go with one boy I want to have several friends. But they are jeatous. Which should I pick? I want a private answer.

Ans: At your tender age of 18 you shouldn't decide on any one of them and devote your entire time Ans: Keep your job then. You to him. Go on with several if you like-let them get jealous. It is much nicer to be popular among your friends than to have to be satisfied with one fellow who doesn't come up to your standard. Send a quarter for my new 1941 ASTROLOGY READING AND LUCKY DAY CHART, and I will answer your problems privately.

> E. R .- How must I go about getting into the Navy? Do you think I would like it there?

Ans: Go to your local Post Office and I believe that you can get the information you are seeking about joining the Navy. If not, they can inform you where to go If you feel that you want to get in the Navy-I am sure that you wil find it interesting work.

R. M .- Please tell me if I will

Telephone WE-5444

RE-

10c

10c

10c

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FREE DELIVERY-

living there now will be the one to circles of the South and East. inherit the property. If you see fit-encourage him to have a will drawn up.

S. H. Y .- Please tell me whether or not the man in Missouri that I love will ever come back to mo or does he love me like he says? Ans: This man does admire

you very much but he isn't finance ially able to return to you. I am inclined to think that by the time someone else who will take you for their wife and will be quite

ETS EXECUTIVE "Y" POSITION



Miss Nola Mae Cox 1940 gradcate of the Atanta University School of Social Work has been ap pointed Executive Secretary of the Harriet Tubman Branch YWCA, North Carolina-a position for which she is well qualified on basis of training, ability and experience. Before entering the Atlanta School, Miss Cox was grad uated from West Virginia State College, Institute, W. Va., and had been employed as a Counsellor at Green Pastures Camp of the Detreit, (Mich.) Urban League and also as Librarian of the Dunbar Community Center, An Harbor, Mich. She is the daughter of C

### Calvin's Newspaper Service TESTED RECIPE -By Frances Lee Barton-

TELLIED salads are becoming more popular each year. Cool, smooth, and flavorous, they are favorites with women and pop-



ular even with men who often ignore other types of salads Fortunately there are dozens combinations of fruits and vegetables that

may be served in this form. Here is a combination of beets, cabbage and green peppers that you will find particularly delicious:

Beet Luncheon Salad 1 package lemon-flavored gelatin tablespoons vinegar

1 pint hot water teaspoon salt

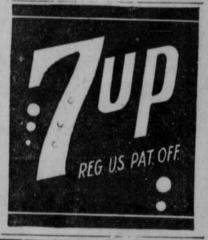
11/2 cups diced cooked beets 11/2 cups shredded cabbage cup diced green pepper teaspoon scraped onion

Dissolve gelatin in hot water Add vinegar and ½ teaspoon salt Chill until slightly thickened. son beets, cabbage, and green pep-per with ½ teaspoon salt; add onion. Fold into slightly thickened gelatin. Turn into individual molds Chill until firm. Unmold on crisp lettuce. Garnish with mayonnaise and slices of hard-cooked egg or Serves 8. stuffed egg.

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ever own my father's property. W. Cox, vice-president and direct-This problem is worrying me lots. or of agents of the North Carolina Ans: At the present time your Mutual Life Insurance Company, father hasn't made a will-and I a member of the Delta Sigma fear that under the circumstances Theta Sorority, and is well known (if the doesn't make a will) the one throughout business and social

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