

THE OMAHA GUIDE

Omaha, Nebraska—

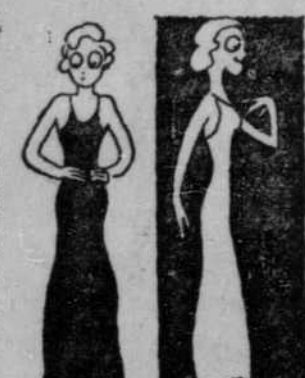
LOOK lady!



HOW OLD ARE YOU? Not by the calendar but by your posture! Do you realize we never begin to think of women as old until they slump... until their shoulders sag forward, their chests cave in, their abdomens push out and their waistlines spread? Prove this for yourself by studying your friends. Compare the way they manage their bodies with the way a straight, young girl holds herself. Don't make the mistake of selecting just any young girl as the perfect example, however. Far too many youngsters have the same fault and, viewed from the rear, many of them appear to be years older than they are.



In addition to the healthful advantages of carrying the body properly, a youthful buoyancy of spirit is reflected in all body movements. One's actions become graceful, alive, interesting and appealing instead of sagging into old-age lines of failure and despair. And age, failure and despair are what a sagging body indicates to all who see it. The way you walk, the way you stand, the way you sit... all brand you as aged and decrepit or young and vital. One basic rule of posture must be learned first. For the present, forget all else about posture except practicing this rule.



Keep your tummy pulled in! No matter how over-weight you may be... no matter how long those muscles have sagged... get to work on them now, **PULL THEM IN**... pull them back toward your spine. As you do this, the chest is raised, the shoulders pulled back, the head posed correctly on the neck, the waistline slimmer down. All these benefits are steps toward a youthful, buoyant figure.

This paper has made special arrangements with JOSEPHINE HUDDLESTON to answer your personal beauty questions. All you need do is send a self addressed, stamped envelope and 10 cents (coin or stamps) for each question asked. Mail your questions today to Josephine Huddleston, % PIXPAGE, 360 North Michigan Avenue, Chicago, Illinois.

SOCIAL...
LIFE

Mrs. Ethel Johnson, 2314 N. 27 St., is seriously ill in a local hospital, and would like all her friends to come and visit with her.

Mr. Otis R. Taylor is a newcomer from Lincoln where he has lived for 45 years. Mr. Taylor knows all the old settlers of Lincoln, and would like for all of his acquaintances to come in and visit him, and will reside with his sister, Mrs. Rosie Jones. Mr. Taylor is a brother of Rev. Russell Taylor, who built the Presbyterian church on 30th and Ohio. He is also a brother of Mr. Joseph Taylor, 2859 Miami.

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Complete uncensored facts behind the scenes in Negro colleges "Below the Mason-Dixon Line." DARING!—Because it has the temerity to present clearly the sordid details behind our present educational set-up in the South. Written fearlessly by O'Wendell Shaw, brilliant Negro journalist, who has served for four years on the faculty of an outstanding Negro college and who has visited sixteen others.

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NAME
ADDRESS
CITY STATE

CHURCH OF GOD
2025 North 24th Street
Elder S. S. Spaght, Pastor
Sunday School at the Usual Hour, and was very well attended. The lesson, "The Eternal God, the Source of Help". The lesson was well discussed and efficiently reviewed by Elder Piggue.

11 o'clock, the Pastor being absent, as he was called to Kansas City, Kansas, to attend Elder T. T. M. Sawyer brought to us a message from the Pastor. Sister Elida, sage of truth from Rev. 28. Subject "Be thou faithful Unto Death and I will Give You a Crown of Life." Our hearts were greatly encouraged through this message and we feel more determined to be more faithful.

6:00 o'clock, Y. P. M. Well attended. The Lesson, "Life of Noah." The lesson was well explained by Brother Jesse Sawyer.

8:00 o'clock, we were blessed with another searching message by Sister Elida M. Sawyer from Eph. 5-18. Being filled with the Spirit, Sister Sawyer made plain to us what it means to be filled with the Spirit of God. She made us to know that Old things are passed away and we become new creatures. Things we used to do we don't do them anymore.

Visitors are Always Welcome.

MEN'S Fashions



WARM AND LIGHT TOPCOAT OF KNIT TWEED

Pictured, a smart model topcoat of knit tweed fabric, reproducing the color and qualities of English hand-loomed tweeds—good resistance to wind and rain.

RED OAK NEWS

Mrs. John Cooper is still on the sick list.

Mrs. Clesta Wiggins is sick.

The Y. P. C. Club met at the home of Miss Julia D. Kean, for a business meeting and to start the Club for the year.

The Y. P. C. Club had a party at the home of Mrs. Danvin Jones.

Mrs. Carson and son were the Dinner Guests of Mrs. Grace McGee, Sunday.

Sunday School at 10 o'clock. Morning Services at 11 o'clock. Evening Services at 8 o'clock. Pastor, Rev. Goldsmith.

Mrs. Hilda Mitchell, Mother of Gladys Stamps, 2609 Decatur St. is showing rapid improvement at Lakeview Hospital, Paw Paw, Michigan.

On Aug. 2nd, Mrs. Mitchell suffered two broken legs while she and daughter was visiting Mrs. Regina Grogan and niece, Mrs. Juanita Foster, of Chicago.

The accident which occurred between Chicago and Paw Paw, caused Mrs. Green and Mrs. Foster their lives and serious injury to the other occupants of the auto.

Fall Suggests
NEW OFFICE
FURNITURE

Whether for newly equipping or refurbishing, see the modern wood and steel office furniture displayed in model show rooms.

The Largest Office Furniture Stock in the Midwest

Generous trade-in allowance on your present furniture; estimates on complete office layouts submitted without obligation.

Omaha Printing • Jackson Company
7123
Thirteenth and Farnam Streets
OMAHA printing & good printing

What Makes This Laxative So Popular?

Practically any drug dealer will stand by in thousands of American tell you this laxative has been a home for years and years! BLACK-DRAUGHT's long record of popularity has been won by the gentle, satisfying way it usually relieves constipation's bad breath, coated tongue and logginess when

simple directions are followed. The principal reason for this is: BLACK-DRAUGHT contains a tonic-laxative that helps to tone lazy intestinal muscles. It is easy to take, and you get 25 to 40 doses for only 25c. So look for the familiar yellow box and get the genuine BLACK-DRAUGHT!

A BOTTLE WITH EVERY MEAL

Pepsi-Cola

Made only by Pepsi-Cola Company, Long Island City, N. Y.

AMERICA'S BIGGEST NICKEL'S WORTH

Authorized Bottler: (Name of Local Bottler to be inserted here)

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Complete Curtain Service

and Another thing,—
Have Your
Dry Cleaning Done Now!

—Cash and Carry Discounts—

EDHOLM & SHERMAN

2401 North 24th Street

WE. 6055



NOTICE
Mid-week Spiritual Services.
Wednesday, Sept. 17.
Place: 2617 Caldwell St.
8:00 P. M., Prayer Meeting.
9:00 P. M., Healing Service.
10:00 P. M., Spiritual Messages.
Rev. Emmett Allen, Pastor.
Mother Butkins, Prayer Leader.

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Lowest Price
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VEGETABLES, HARDING'S
ICE CREAM
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You Too Can Have Beautiful Hair

LET THE NU-HAIR BESSRO FORMULA HELP YOU AS IT HAS HELPED THOUSANDS OF OTHERS!

How You Can Grow Long, Healthy Hair
Certain parts of the body grow to a certain size and no further, whereas, Hair Grows always if you keep your scalp healthy. An ailing scalp causes itching. When you scratch your scalp you make sores and scars.

HAIR WILL NOT GROW FROM A SCAR
There are no sweat glands in sores or scars. The body is given power by nature to make certain outgrowths of skin which we all know very well. Hair is produced by our scalp skin. Each Hair Grows from a special little place in the true skin. If you destroy or mutilate this true skin you may feel all right, but nothing will ever form another true skin. A scar is not skin. You will never find a hair growing from a scar or sore. Hair grows from the cells of the hair bulbs. If you do not look after these hair bulbs, hair will become brittle and break off. There are two glands to each hair to produce oil that keeps it soft and pliable. Keep it from becoming unruly and from cracking. Every hair has a muscle which is attached to its Hair Root. In order to have attractive, healthy hair, you must help nature to Grow Hair by keeping your scalp in good condition. Keep it clean, soft and eliminate itching and dandruff. If you are suffering with head sores or scars do not delay taking our complete treatment or you will lose your hair. To keep your hair cells working properly and guarantee yourself a healthy, beautiful head of long growing hair, give yourself a complete Nu-Hair Treatment.

Complete Nu-Hair Scalp Treatment consists of:
Nu-Hair Bessro Formula
Nu-Hair Pressing Compound
Nu-Hair Special Shampoo

SPECIAL OFFER ALL FOR ONLY \$1

SEND NO MONEY
Just send name and address. Pay Postman only \$1.00 plus few cents postage when he delivers the entire treatment. It is guaranteed to please or money refunded! Write Now!

NU-HAIR PRODUCTS, 1133 Broadway, New York, N. Y.

Flush Poisons From Kidneys and Stop Getting Up Nights

Be Healthier, Happier—Sleep Better
When you can get for 35 cents an efficient and harmless stimulant and diuretic that should flush from your kidneys the waste matter, poisons and acid that are now doing you harm, why continue to break your restless sleep by getting up thru the night? Don't be an EASY MARK and accept a substitute—Get Gold Medal Haarlem Oil Capsules—the original and genuine. Look for the Gold Medal on the box—35 cents.

Other symptoms of weak kidneys and irritated bladder may be backache, puffy eyes, shifting pains, burning or scanty passage.

NEW! "BACTERIOSTATIC" FEMININE HYGIENE
now finding great favor among women... Many doctors recommend regular use of douches as a precautionary measure for women who want to be clean, dainty—for women troubled by offending odor or discharge. Some products may be harmful to delicate tissues. But not Lydia E. Pinkham's Sanative Wash! Pinkham's Sanative Wash is gaining great favor because it's NOT a harmful germicide. Instead—it's a mighty effective "bacteriostatic" (the modern trend). It not only discourages bacterial growth and infection but thoroughly cleanses, deodorizes. Very soothing—relieves minor irritations and discharge and has a tonic effect on delicate membranes. Inexpensive! All druggists.



ENJOY LUNCHING?

Wherever and however you lunch, sip sparkling, tasty 7-Up. For 7-Up is grand with any meal. It sends you back to work with that "fresh up" feeling. The secret is the 7-Up blend of seven delicious ingredients and its delicate lemon-and-lime flavor. Try 7-Up with lunch today. You like it, and...

WITH LUNCH

IT LIKES

YOU →



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use GOLDEN-GLO BEAUTY PREPARATIONS. They like the smooth texture and excellent quality, plus extraordinary value in these fine cosmetics.

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A big Beauty Box weighing over two pounds now only \$1.00 mailed direct to you with no additional charges.

ALL FULL SIZE—\$3.00 VALUE

Cleansing Cream 50c
Vanishing Cream 50c
Foundation (Golden Brown, Ocher, Not Brown) 25c
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Hair Dresser 50c
Cold Cream 50c

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For the enclosed \$1.00 bill in money order, send me your complete Beauty Box containing 7 full size GOLDEN-GLO products, with no additional charge to me.

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FOR ONLY 20c

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When your kidneys are overtaxed and your bladder is irritated and passage scanty and often smarting and burns, you may need Gold Medal Haarlem Oil Capsules, a fine harmless stimulant and diuretic that starts to work at once and costs but 35 cents at any modern druggists. It's one good way to put more healthful activity into kidneys and bladder—you should sleep more soundly the whole night through. But be sure to get GOLD MEDAL—it's a genuine medicine for weak kidneys. Don't accept a substitute.

It's Called LUCKY

POWERFUL LUCK CHARM
We make an exceptional claim, and will back it with a rare, concrete natural cause-effect action. Satisfaction guaranteed or your money back. Send for the pack and see for yourself. Lucky Strike cigarettes are made in the U.S.A. by R.J. REYNOLDS CO., Winston-Salem, N.C.

You don't have to pay \$5.00 and up for a lifetime service fountain pen and we prove it with this amazing offer

TWO GENUINE \$1.00 HAMILTON FOUNTAIN PENS

Guaranteed for Life Service

The new streamlined model of the famous Hamilton Fountain Pen has ten of the most sought-after once-patented features of the very high priced pens—push button automatic filling—visible ink gauge—velvet-smooth two-way pen point that writes either fine or bold as you choose, and is guaranteed forever against corrosion from acids in ink. Non-drip instant feed that insures even flow to the last drop of ink—non-leak inner cap. The barrel and cap are built of sturdy, hustrous unbreakable Pyralin pearl in gorgeous colors, and 14-Karat gold plate dip complies fully with army and navy regulations, thus making the Hamilton an ideal pen for soldiers, sailors and aviators.

And don't forget that this great Hamilton Fountain Pen is backed by lifetime service. Until recently you would have paid \$2.00, \$4.00, \$5.00 or even more for a pen with all these features—but now on this Direct-by-Mail Introductory Offer you can get this Lifetime Service Guaranteed Hamilton Fountain Pen for only 50c for one pen—two pens for \$1.00.

Matching Pencil GIVEN FREE
And here is the sensational gift. To all of you who order two Hamilton Fountain Pens from this advertisement we will send a genuine matching propelled Hamilton automatic pencil as a gift FREE of all extra charges. All you have to do is to send \$1 to Hamilton Pen Co., 844 Rush St., Room 220, Chicago, for two genuine guaranteed Hamilton Fountain Pens and you get the matching Hamilton Automatic Pencil free of all extra charges.

DOUBLE YOUR MONEY BACK!

If You're Not 100% Satisfied
And now, here's the final clinching surprise. Use your Hamilton Fountain Pen ten days and then if you aren't entirely satisfied with your purchase, return it and get double your money back! Yes, that's what we said—DOUBLE YOUR MONEY BACK! On this offer you can't lose, so send your name and address and one dollar today sure to Hamilton Pen Company, 844 Rush St., Room 220, Chicago, Ill.

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—says William Banks, Washington, D.C.

I JUST DRAGGED — MY DOCTOR SAID "YOUR KIDNEYS MAY NEED A DIURETIC"

A FRIEND ADVISED GOLD MEDAL HAARLEM OIL CAPSULES — THEY COST ONLY 35c.

BOY! I FEEL LIKE A DIFFERENT MAN AND FOLKS SAY I LOOK SO MUCH BETTER SINCE TAKING THE CAPSULES.

If you are troubled with getting up frequently at night, the misery, backache, puffy eyes, shifting pains, difficult or burning passage due to this cause, try Gold Medal Haarlem Oil Capsules, the original formula of Dr. Boerhane that has helped millions of folks with slow-acting kidneys and irritated bladder which so often follows. Gold Medal Haarlem Oil Capsules start to work immediately — no long waiting for results. Be sure and get Gold Medal Haarlem Oil Capsules, a physician's great formula — costs but 35c at druggists everywhere. Don't accept a substitute. Money refunded should Gold Medal fail to help you.

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HAARLEM OIL CAPSULES • 35c