

LISTEN Please....

(by Patsy Graves for ANP)

THERE IS ONE MUST in the daily diet that many housewives seem to have trouble with, and that is the use of whole grain cereals. It is a bit difficult because most people like cereals in a form that are no longer whole grain, but so highly refined that most of the wholeness has been taken away. You know what I mean, shot through with uns, flaked, and generally tampered with until nothing is left.

GRAIN PRODUCTS are good sources of energy. Flour and cereals are not only cheap energy foods but are important for protein too, and those made from the whole grain are valuable for some of the vitamins and iron as well. Vitamins? Those are the things that make you sick if you don't get them.

THE KIND AND FORM of cereal as well as the amount make a difference in the cost and in the value. However well we like them, and no matter if they are convenient to use, the easy to eat breakfast foods are much more expensive in proportion to weight and to food value than the cereals that are cooked at home. So get on speaking terms with bulk oatmeal, rice, wheat and many others.

YOU DON'T HAVE TO use whole grains exclusively for breakfast you know. There are the brown flours that may be used for at least a part of your baking. Take for example Whole Wheat Nut Bread: Mix and sift a cup and a half of white flour, a cup and a half of whole wheat flour, a cup of sugar, six teaspoons of baking powder, a fourth teaspoon of soda and a teaspoon of salt. Add a cup of chopped nuts, one unbeaten egg, a cup of sour milk, and a little two tablespoons of melted fat. Mix to a smooth dough, turn into a well greased loaf pan, and let stand 15 minutes. Bake in a moderate oven, 50 degrees for 45 minutes. This bread will make a fine variation if you have inches to pack.

BESIDES, GOOD OLD CORNMEAL IS A WHOLE GRAIN whether you realize it or not. Remember how you used to reply that you were big enough to eat corn bread without getting choked when asked how old you were. Especially if you were a female of the species. Here is a kind of fancy cornbread called JOHNNY CAKE: Sift one cup of flour and then measure a cup and a fourth. Add two teaspoons of baking powder, a teaspoon of salt, three fourths of a teaspoon of soda and two tablespoons of sugar. Sift it all again. Now add a cup of yellow cornmeal. Combine two well beaten eggs, a cup and a fourth of sour milk or buttermilk and three tablespoons of melted fat. Add to dry ingredients, mixing well. Bake in a greased pan in a hot oven about 40 minutes or until done.

IF HAVING BACON FOR BREAKFAST is running your bill too high, you'll find that fried cornmeal mush is an excellent change. This may sound awful down home, but believe me it's not bad at all. Stir a cup of cornmeal into three cups of boiling salted water. When the mush stage is reached, pour in hot fat and serve with syrup. Grits, that southern standby, are (grits "is" as Bette Davis says in Little Foxes) tops done the same way. don't know and don't care if "is" or "are" is correct. You know what I'm talking about. These are good, good for you, and cheap to the boot.

ANOTHER OF THE BROWN FLOURS can be used to make Graham Gems: Sift, and then measure a cup of flour, add a teaspoon of salt, three teaspoons of baking powder, four teaspoons of sugar, and sift again add a cup and three fourths of Graham flour. Combine a well beaten egg,

a cup and a half of milk, and a tablespoon of melted butter. Add to flour, beat just enough to dampen the flour, and bake in greased muffin or gem pans in a hot oven 25 minutes.

I HAVE JUST READ an article in a national magazine called Recipe: Victory Pie. The author says "it is no exaggeration to say that in the contents of your garbage pail lies the future of the nation". So don't throw away nothing, if I may ungrammatically emphasize.

BETWEEN THE LINES

(by Dean Gordon B. Hancock)
POLITICAL PIDDLING; DICTATORSHIP NEEDED HERE TO FIGHT DICTATORS

There is being enacted before our eyes one of the most brilliant examples of national and international piddling history has ever known. We talk about fiddling that Nero did while Rome was burning; but the way the democracies piddle while the dream city of democracy burns is not only alarming but it is positively tragic. Many months ago this column contended that slow moving democracies could not measure efficiencies with swift moving and regimented dictatorships; that democracy worked well in times of peace, but very poorly in times of crisis; that wherever democracy has met and successfully combated dictatorship, certain democratic notions had to be sublimated for the moment.

Freedom of speech is a fine thing in times of peace, but it becomes exceedingly dangerous in times of war. At a time when we should be concentrating everything on getting this nation's mind made up to fight a war that is inevitable, we are still crying "freedom of speech" with the result that our councils are divided and the people are confused and the nation is just piddling around. Whether we have a dictatorship or not, we certainly need one, and that very badly; and we must have one if the entire nation is not to become a vassal of Germany and a henchman like Vichy, France.

The use of the democracies are making of the ideology raises the question whether or not the United States and Great Britain really deserve democracy. Nations who play so carelessly with the vital matters involved raise grave questions by their procedure. Our isolationist group is so sure of itself that they are positively defiant and proceed to embarrass the President in every conceivable way. There can be no greater political tragedy than that our great President is handcuffed by a bunch of political piddlers who are gambling on the lives of millions of the nation's youth for the next election.

It appalls us to think of what might have happened had not Hitler made the fatal mistake of invading Russia instead of England. England's war-whoop has become a mere whimper. Only God knows what would have become of this once mighty nation had not Russia come indirectly to the rescue. It is even more appalling to surmise what we would do if England and Russia were suddenly removed from the combat as there are reasons to fear they will.

It is hard to tell just who is running this country, Roosevelt or Wheeler. Beside a lot of squabbling and "political piddling" we are not doing much in this country. The die hard Republicans are trying to utilize the critical hour for their advantage; the nation is still trying to place prejudice above the welfare of the people. The nefarious attempt to circumscribe the Negro is too often taking precedence of national security. The Negro is still trying to break into the war we are almost certain to fight. The Negro is still this nation's superpatriot for none but a super-patriot would try to force his way into the front lines of the battle for a democracy that has not functioned too satisfactorily.

It is hard to avoid the conclusion that Russia is being left to the des-

truction of the German armies because the democracies fear what may happen if communistic Russia survives. We are asking questions about Russia and her religion as if it were our business. Russia could with equal propriety ask us questions about our democracy and how it has not functioned in regard to the Negro. Or with equal propriety Russia could question our religion; for God knows that it has failed lamentably in many a color situation. To attempt to high-hat Russia because of her attitude towards religion is just as about as silly as it would be for Russia to high hat Uncle Sam because of the way that democracy has been misused and abused in this country.

When we begin investigating Russia's religion, she could begin asking questions not only about our religion but our vaunted democracy. This would be equivalent to a quarrel between the kettle and the pot over the kitchen color question. We want Russia's aid whether we admit it or not but if we do not want it we most certainly need it. Russia is our benefactor or whether we acknowledge it or not for we verily need the time we are getting through her valiant defense.

While the Germans are fighting the democracies are just piddling around. Our congressional piddlers and their piddling makes a real patriot sick at heart. Whoever heard tell of a man whose house was on fire raise the question as to the political or religious affiliations of the firemen?

Calvin's Digest:- DANGERS OF SELF-SUGGESTION

(by L. Baynard Whitney)
Gentle reader, have you not at some time become heartily tired of the hatred, bitterness and mourning over racial injustices, discrimination and segregation? Haven't you sometimes wondered if our Negro Press does not "lay it on" much too thick? Did you ever get well nigh thru a full day feeling grand, a song in your heart and feeling that God is in his Heaven and all's right with the world? Then you pick up a colored magazine or newspaper and read all about the worst of things, and a dark cloud came over your mind, you felt both blue and evil, ready to slit some white folk's throat to avenge their hellishness?

Also, reading about the cussedness and weaknesses of some of the Race, including the scandals and the assorted "skeletons" in sundry closets has, it seems to me, the effect of exaggerating our shortcomings, while news of defeats and shutouts on the racial or interracial front has a strong tendency to encourage and intensify the Negro's deep inferiority complex. And seldom are the stories and features of our triumphs and good elements, which are meagerly or poorly presented, sufficient to overbalance this negative suggestion. Most of us are generally inclined to be more impressed with sorrow and distress than with joy and suc-

cess. Many of us never read the Negro Press at all because of its blue note tone and quality. In fact, I have been guilty of this very thing, but soon discovered my ignorance, however. After reading some of our publications, it gave me a feeling of being stifled or drowned (and it still gives me that feeling, now and then). But one must exercise wisdom in selecting what items they choose to read, and also exercise emotional control when reading certain maddening accounts which are considered "must" reading.

State Of Mind Is Important

Compared to what it should be, the effect of the Negro Press upon the white man's world, in the matter of helping us with our problems, has been almost negligible; so that heretofore, our press has resembled a group of Negroes chattering exclusively among themselves.

The individual's attitude of mind toward himself and his problems is of first and foremost importance. A trip through Hell can be made profitable and instructive if one takes the right attitude of mind. That attitude must be the positive, constructive attitude and not a negative, destructive attitude. Each individual must decide just how he will ALLOW or NOT ALLOW people and the world to affect him. Resident in every person, and often more prominent in the Negro, there lies a latent creative power, which if aroused and used in harmony with the law of change and the element of time, will definitely solve ANY problem. Our race has proven this and we continue to prove it by the progress we have made in this country, against great odds.

But those responsible for this progress never reached their high place by yielding to any suggestion of defeat, discouragement or bitter hatred, although the latter element may have in some instances, become itself a positive, driving force, and the hatred swallowed up in constructive achievement.

Someone would do the Negro an immeasurable service by writing a practical, down to earth Guide Book on "Constructive Circumvention of Racial Obstacles in the White Man's World in two volumes, a primer for Negro children, an advanced text for adults.

RUSHING FOR SOCIETY

(by William Henry Huff for ANP)

If one is in a hurry For social preferment He will have cause to worry; There's danger in such bent. He drives away the people On whom he hopes to hang; Their frowns up in the steeple Will blast him with a bang.

TOGETHER IN "LADY FOR A NIGHT"



Joan Blondell and Hattie Noel shown above will soon be seen in the new Republic picture, "Lady For A Night." Co-starred with Joan in the male leads are John Wayne and Ray Middleton, two of Hollywood's most famous he-men. The picture is lavishly produced and presents a thrilling, highly dramatic theme.



Hattie Noel has been cast in a prominent role in Republic's big-budget production, "Lady For A Night," in which Joan Blondell and John Wayne are co-starred, with a strong supporting cast headed by Ray Middleton, Philip Merivale, Blanche Yurka, Edith Barrett, and Leonid Kinskey. Miss Noel has been seen in many films, and is one of Hollywood's most popular negro players.

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