



WAITERS' COLUMN

The Blackstone hotel waiters are very much out in front on taking very good care of the guest and Mr. Jones and Mr. Avant the streamlined room service men are up to the minute at all times.

Brother John Evans is top man at the Rome Hotel.

Captain Burns improving in the Veterans hospital at Lincoln.

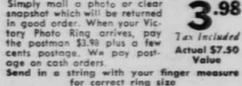
The RR boys are up to the top dishing out service on wheels.

The Paxton hotel with the race horse headwaiter and Mr. Owens and Mr. Johnny Flemmings and the two Captains one from the Quaker State and one from the Lone Star State and the quick and fast stepper from the razorback hog state, who is a great hunter who should go into training as from the information we received a rabbit danced a jig before he could get his gun in action—Mr. Theodore Thomas.

The White Horse Inn and the Regis Hotel waiters are up to the top notch on quick service.

The Hill Hotel waiters are taking care of the service in a very fine way.

Remember Your Loved Ones! WEAR THIS SMART, GENUINE, SOLID STERLING SILVER VICTORY PHOTO RING



Custom Made Design with beautiful Hand Colored Photo. Dust-Proof, Water-Proof. Made to Last Forever.

Show your loved one you haven't forgotten by wearing this solid Sterling Silver Victory Photo Ring with that certain someone's picture artistically hand-colored. Every man and woman on the war or home front should wear one. Made by jewelry craftsmen with unbreakable dome-shaped crystal to withstand active use.

GUARANTEED FOR A LIFETIME! We will replace and re-set your ring at any time for a flat service charge of 35¢ to cover cost of handling and postage, providing all parts are returned. Value \$3.98

SEND NO MONEY! Simply mail a photo or clear snapshot which will be returned in good order. When your Victory Photo Ring arrives, pay the postage \$1.50 plus a few cents postage. We pay postage on cash order. Value \$5.50

Send in a string with your finger measure for correct ring size. FISK INDUSTRIES A. N. FISK BUILDING, 740 W. 57 ST., N. Y. C.

REAL DISCOVERY FOR HIGH BLOOD PRESSURE

Dangerous High Blood Pressure (Essential Hypertension) is usually marked by distressing symptoms such as dizziness, throbbing headaches, sleeplessness and nervousness. If disregarded, this may lead to Heart Trouble, Stroke, Paralysis, Hardening of the Arteries or Kidney Trouble. Diamonex, discovery of a heart specialist, is designed to quickly aid in the relief of these distressing symptoms.

A Chicago resident says: "I suffered from High Blood Pressure for several years with increasingly severe throbbing headaches, dizziness and shortness of breath. I showed the Diamonex formula to my doctor and, on his advice, tried the treatment for two weeks under identical conditions as previous treatments. Within only three days my bad headaches and dizzy spells were gone. My high blood pressure was reduced and I sleep fine." Diamonex goes directly to work in three different ways to aid in the relief of these dangerous symptoms. Results are speedy—within as short a time as two weeks sufferers often find that Diamonex has accomplished 75% of the total reduction possible with this formula. If you suffer from High Blood Pressure you may try DIAMONEX without risking a penny. To introduce this wonderful treatment to a million new sufferers this liberal trial offer is made for a limited time only.

Send only \$1.50 to the Diamonex Company, 318-A North Michigan Ave., Chicago, Illinois for a full TWO weeks supply of genuine DIAMONEX, prepaid. Use Diamonex according to the simple directions for only two weeks. If, at the end of that test period you are not delighted with results your money will be refunded immediately on request. There are no strings or conditions—you owe it to yourself to make this wonderful test at once. Write today as this offer is fully guaranteed.

THE BOOK OF THE YEAR GEORGE WASHINGTON CARVER

THE WORLD'S GREATEST SCIENTIST—\$3.50 POSTPAID, SEND FOR FREE PRICE LIST OF BOOKS OF, AND ABOUT BY BLACK PEOPLE. Combination Distributing Co., 139 West 125th St., New York, (27) New York.

Women more than men apt to suffer SIMPLE ANEMIA

If Weakened From Lack of Iron Due to "Monthly Losses"

You girls and women who suffer from simple anemia or who lose so much during monthly periods that you feel tired, weak, "dragged out"—due to low blood-iron—more refreshed and robust bloodstream—in such cases. Taken as directed—Pinkham's Tablets is one of the very best and quickest home ways to get precious iron into the blood. Just try Pinkham's Tablets faithfully for at least 30 days. Then see if you, too, don't remarkably benefit. Follow label directions. Well worth trying.

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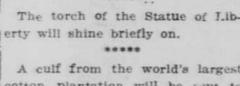
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MILITARY ORDER OF GUARDS GIRLS

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Hallowe'en Traditions Make Happy Focus for Thrifty Wartime Party



WHEN the old witch unleashes her black cat and goes forth to join the revelry on Hallowe'en, it's time for good friends to foregather for a little refreshing fun and frolic. The traditional stunts of fortune telling and apple bobbing provide amusing and thrifty wartime diversion for guests of all ages.

It's easy to give an eerie tone to the simplest refreshments if you let a tiny witch and her favorite pussy stand guard. Doughnuts, apples, nuts and raisins make a tempting snack, costarred with a spicy, frothy Witches' Brew, made of decaffeinated coffee so your guests can all relax over second helps without counting spoons and hobgoblins from their pillows later on. And be sure to remember that decaffeinated brew needs slightly longer "perking" to bring out its rich coffee flavor. Black cat and witch cutouts on mugs or cups work like magic in stepping up the ghostly atmosphere of an All Saints' Eve party.

You can make toothsome little Jack-o'-Lanterns from the dough that comes out of the hole of the doughnut. Mark eyes, nose and mouth with frosting.

Cinnamon Coffee Froth 1 cup evaporated milk 1/2 teaspoon vanilla Cinnamon 4 cups freshly made, hot decaffeinated coffee Chill evaporated milk thoroughly. Then whip rapidly until stiff. Add vanilla. Place in serving cups, filling half full. Sprinkle with cinnamon. Fill cups with coffee. Makes 8 servings.

Witches' Doughnuts 2 cups sifted flour 2 teaspoons double-acting baking powder 1/2 teaspoon salt 1/2 teaspoon nutmeg 1/2 cup sugar 1 egg, well beaten 1/2 teaspoon lemon extract 1 tablespoon melted butter or other shortening 1/2 cup milk Sift flour once, measure, add baking powder, salt, and nutmeg, and sift together three times. Add sugar to egg, beating thoroughly; then lemon extract and shortening. Add flour, alternately with milk, mixing well after each addition. Knead lightly on lightly floured board. Roll 1/2 inch thick. Cut with floured 1 1/2-inch doughnut cutter. Fry in deep fat (375° F.) until golden brown, turning frequently. Drain on unglazed paper. Sugar if desired. Makes 2 dozen small doughnuts.

PAL GOES TO BAT FOR CANADA LEE

It's a friend indeed who will temporarily give up his own movie career to be a stand-in for a pal, But Joel Fluellen answers the description.

Joel is one of the handsomest Negro boys who ever hit Hollywood. Tall, well-built, with finely moulded features, he arrived in 1939 as a baritone in the Hall Johnson choir. Before that, he had been a student at the University of Southern California and an actor and singer in little theatres in Chicago.

He hasn't had a solo chance on the screen yet, but he has been in demand ever since his arrival for every picture featuring Negro singers. He has made good living for five years.

Two months ago, Director Alfred Hitchcock imported Canada Lee, the sensational young Negro actor, from Broadway for an important role in "Lifeboat" at 20th Century-Fox. Canada had never made a picture before and knew no one in Hollywood—except Joel. They had been friends in the East.

To help Canada Lee feel at home on a movie set and help him learn the Hollywood ropes, Joel turned down a singing job and volunteered to be his stand-in for the one picture.

Since then, he has turned down two more singing jobs, not to mention an acting job—and what he wants to do is act.

"Sure, it's costing me plenty, being a stand-in," he says. "But I can't let down a pal."

NOTICE TO THE JAPS — (BY JULIUS E. HILL)

When you dropped bombs on Pearl harbor. In such a cowardly way. Japs you really started something. And for it we'll make you pay. We can't do it in a hurry.—Maybe not within a year.—But as sure as there's a Heaven You'll get yours with some to spare.

We have mustered all resources. That will help to wear you down. Until helplessly defeated, You lie bleeding on the ground. We will fight you tooth and toenail.

Fight you until we have won. Fight until the Allied banners Supplant yours—the 'Rising Sun'.

And to you we'll not give quarters. Why should we?—You never do. All you'll get will be a tanning. And a mighty good one too. For we can't forget our pilots That you killed so ruthlessly. Nor civilians who have tortured—All your base brutality.

We have taken time to tell you So you'll know what to expect. Knowing though, won't help you any: You'll still get it in the neck. Just like Hitler will get it. His fate is to be your lot. And you simply can't prevent it. Japan, you are on the spot!

PRaises NEBRASKA'S WAR-TIME FOOD PRODUCTION EFFORT

(Continued from Page 1) Alva Clark, 4613 S. 22nd; Mary Clark, 4502 S. 42nd; Lee Draper, 4322 S. 21st; John Dross, Route 5; John W. Fennell, 5299 S. 22nd; Claude R. Furnas, 4413 S. 27th; Jerry Caskill, 4418 S. 12th; M. Gorman, 6604 S. 27th; Mike Grazzi, 2907 Q; Hugo E. Grimm, 4742 S. 18th; Henry Gubi, 4213 Grand; Harry W. Harris, 6544 Spencer; James C. Harris, 2887 Corby; Herbert Heav-ey, Ralston, Neb.; Ludwig Hell-dill, Jr., 3610 U; Floyd Roach, 5517 N. 29th; Ida Rogers, 4435 S. 21st; Arnold Roth, 3113 S. 22nd; N. J. Sebesta, Ralston; J. A. Simons, 4128 Y; Noah Tangeman, 4522 P; Lester Tinnin, 2037 N. 21st; Helen Tomaszewicz, 4534 S. 27th; Joe Vaccara, 1223 S. 14th; Harold Watson, 2213 S. 15th; L. D. Watson, Payne, Plattsmouth; W. L. Pearson, 6543 Bedford; Olga Pochop, 28th and Chandler Road; John Rad-dill, Jr., 3610 U; Floyd Roach, 5517 N. 29th; Ida Rogers, 4435 S. 21st; Arnold Roth, 3113 S. 22nd; N. J. Sebesta, Ralston; J. A. Simons, 4128 Y; Noah Tangeman, 4522 P; Lester Tinnin, 2037 N. 21st; Helen Tomaszewicz, 4534 S. 27th; Joe Vaccara, 1223 S. 14th; Harold Watson, 2213 S. 15th; L. D. Watson,

Victory Vegetable Plate



Make the most of your homegrown vegetables

Calling all Victory gardeners! Want to keep the tempting goodness of your fresh-picked vegetables? Want to enjoy the thrill of serving your family young, tender homegrown vegetables cooked so that you get all the fine, juicy flavors? Then follow the five simple cooking rules, given below. Better post them on the kitchen wall!

And here's a V-5 vegetable plate that's not only satisfying and nutritious, but is a delicious pinch-hitter for a meat meal. Try it today—you'll be helping yourself, and also your country, when you make the most of your vegetables.

Victory Vegetable Plate

Arrange servings of the following delicious vegetables on dinner plates (quantities for four husky servings): Spinach with Poached Egg. Wash 3 pounds spinach well in several waters and remove root ends. Melt 2 tablespoons Spry in large kettle and add spinach with only the water that clings to the leaves. Add salt, cover, and cook 30 minutes. Drain well. Serve with a poached egg on top.

Tomatoes. Slice ripe tomatoes in thirds, brush with melted Spry, sprinkle with salt and pepper, and broil until lightly browned on top.

Green Beans. Wash beans and cut across each bean diagonally to make diamond-shaped pieces.

Carrots. Cut carrots in paper-thin slices lengthwise. Chill in ice-water until they are curled and crisp. Drain thoroughly.

Mexican Corn 3 tablespoons Spry Dash of pepper 2 cups fresh green corn, cut from cob pepper, finely chopped 1 teaspoon salt 2 tablespoons pimiento, finely chopped

Melt Spry. Add corn, salt, pepper and green pepper. Cook uncovered, over medium heat for 20 minutes, stirring occasionally. Add pimiento. Serves 4. Canned whole corn kernels can be used, if desired.

Rules for Cooking Vegetables 1. Cook vegetables in a very small amount of water, in a tightly covered saucepan, until just tender. 2. Add about 1/2 teaspoon salt per cup of boiling water. 3. Bring to a boil quickly, then reduce heat and boil gently. 4. During the last few minutes of cooking, add the same amount of Spry that you would of butter, and additional salt and pepper if desired. 5. Stir gently to distribute the Spry evenly through the vegetables. Pure, bland Spry enhances the eating quality—reveals the true vegetable flavor.

The NICHOLAS' DANCING DAUGHTER?



Los Angeles—Pictured above is whether or not his wife, Dorothy Mrs. Harold Nicholas and baby Haroldyn Suzanne, the six weeks' old daughter of one of America's most popular dancing couples. This is the first published photograph of baby Haroldyn, whose mother the former Dorothy Dandridge, co-starred in the "Hit Parade of 1943" and a number of other screen hits. The baby's father, Harold and his brother Fayard, made their last "flicker" with the screening of "Stormy Weather." The popular dancing team's career was recently interrupted when Fayard was inducted into the armed forces and is now stationed at Fort Huachuca, Harold is debating with himself

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