

Where to go to Church Sunday



BETHEL BAPTIST CHURCH
30th and S Street
Rev. Hickerson, Pastor
Sunday School 9:30 A. M.
Morning Worship 11 o'clock
BTU, 6 P. M.
Evening worship 8 p. m.

UNION MEMORIAL CME CHURCH
33rd and V Streets
Rev. Hubbard, Pastor
Sunday School 9:30 A. M.
Morning Worship 11 A. M.
Evening Worship 8 P. M.

ALLEN CHAPEL A.M.E. Church
25th and R Streets
Rev. Fant, pastor
Sunday School 9:30 A. M.
Morning Worship 11 A. M.
Evening Worship 8 P. M.

MT. OLIVE BAPTIST CHURCH
3010 R Street
Sunday school, 9:30 a. m.,
Morning worship 11 a. m.,
BTU 6 P. M.,
Evening worship 8 p. m.,
Rev. W. M. Clayton, Pastor,
Mrs. Jeannette Thompson, Re-
gistrar.

CHURCH OF GOD IN CHRIST
2712 R Street
Elder M. Chambers, Pastor
Sunday School 10 A. M.
Morning Worship 11 A. M.
Y.P.W.V., 6 P. M.
Evening Worship 7:45 P. M.

CHURCH OF GOD IN CHRIST
1710 North 26th St.
Elder Benson, Pastor
Sunday School 10 A. M.
Morning Worship 11 A. M.
Y.P.W.V., 6 P. M.
Evening Worship 7:45 P. M.

CHURCH OF GOD IN CHRIST
2318 North 26th St.
Elder V. M. Barker, Pastor
Sunday School 10 A. M.
Morning Worship 11 A. M.
Evening Worship 7:45 P. M.

FELLOWSHIP BAPTIST CHURCH
1839 North 24th Street.
Rev. D. A. Campbell, Pastor
Sunday school 9:45 a. m.
Morning Worship 11 a. m.
BTU, at 6:30 p. m.

CHURCH OF THE LIVING GOD
2316 North 25th St.
Elder Steeler, Acting Pastor,
Ana Oliver, Reporter
Sunday School, 9:30 a. m.
Morning Worship, 11 o'clock
Evening Worship, 8 o'clock

PARADISE BAPTIST CHURCH
1811 North 23rd St.,
Rev. Adams, Pastor
Sunday school, 9:30 a. m.
Morning Worship 11 a. m.
L.K.W. Mission, Thurs. 8 p. m.
B.Y.P.U., 6 P. M.
Evening Worship, 8 p. m.
Prayer Service, Wed. 8 p. m.

MT. NEBO BAPTIST CHURCH
33rd and Pinkney St.
Rev. J. P. Mosley, Pastor,
James Butler, Reporter
Sunday School—9:30 a. m.
Morning Worship—11 a. m.
BTU—6 P. M.
Evening Worship—8 p. m.
Men's Club—Mon. afternoon
8 o'clock.
Junior Mission—Monday af-
ternoon, 4 o'clock.
Sr. Mission—Tuesday night,
3 o'clock.

BETHEL A.M.E. CHURCH
2428 Franklin St.
Rev. B. E. Jones, pastor
Etta Mae Woods, reporter
BY ELMER CARTER

PILGRIM BAPTIST CHURCH
25th and Hamilton St.
Rev. S. Goddlett, pastor
Miss Grover L. Marshall (rept.
Sunday school, 9:30 a. m.;
Morning Worship, 10:45
A. M.
Evening Worship 7:45 p. m.
Sunday School—9:30 a. m.
Morning Service—11 o'clock
Allen Christian Endeavor Lea-
gue—6:30 p. m.
Evening Worship—8 p. m.

CHURCH OF GOD IN CHRIST
1207 South 13th St.
Elder D. M. Watson, pastor
Iodeil Watson, reporter
Y.P.W.V., 6 P. M.
Evening Worship 7:45 P. M.

SALEM BAPTIST CHURCH
28th and Decatur St.
Rev. W. E. Fort, pastor
L. A. Henderson, reporter
Sunday school, 9:30 a. m.
Morning Worship, 11 a. m.
BTU, 6 p. m.
Evening Worship 8 p. m.

CHURCH OF GOD IN CHRIST
1207 South 13th St.
Elder D. M. Watson, pastor
Iodeil Watson, reporter
Y.P.W.V., 6 P. M.
Evening Worship 7:45 P. M.

SALEM BAPTIST CHURCH
28th and Decatur St.
Rev. W. E. Fort, pastor
L. A. Henderson, reporter
Sunday school, 9:30 a. m.
Morning Worship, 11 a. m.
BTU, 6 p. m.
Evening Worship 8 p. m.

HILLSIDE PRESBYTERIAN CHURCH
30th and Ohio.
Rev. J. E. Blackmore, pastor
Mrs. T. Newt, reporter
9:30 a. m.—Sunday school
11 a. m.—Morning Service
11th and Ella Streets
Rev. S. W. Wilkerson, pastor
Virginia Beck, reporter
Sunday school, 9:45 a. m.
Morning Services, 11:00 a. m.
A.C.E. League 7:00 p. m.
Evening Service 8:00 p. m.
Visitors are always welcome.

DAVID SPIRITUAL TEMPLE IN CHRIST COUNCIL BLUFFS, IOWA
1720 Ave. A.
Every Monday evening Circ.
Meeting at 8:30 P. M.
Prophecy and Healing.

CHURCH OF GOD
2025 North 24th St.
Elder S. S. Spaght pastor
Alice Britt reporter
Sunday school 9:30 a. m.
Morning Worship 11 a. m.
Evening Worship 8 p. m.

FIRST CHURCH OF DELIVERANCE
1811 North 26th St.
Rev. A. J. Thomas pastor
Miss Bernice Ellis, reporter
Tuesday and Thursday, Preach-
ing 8:00.
Sunday School, 10:30 a. m.
Morning Worship, 11:00.
Evening Worship, 8:00

CHRIST TEMPLE CHURCH
26th and Burdette St.
"Holiness Unto the Lord"
Rev. L. M. Relf, pastor
Bertha Mallory, reporter.
Sunday school—9:30 a. m.
Morning Worship—11 a. m.
HYPV—6:30 p. m.
Evening Worship—8 p. m.

ST. LUKE BAPTIST CHURCH
29th and Burdette St.
Rev. J. C. Crowder, pastor
Joseph Cox reporter
Sunday School, 9:30 a. m.
Morning Service, 11 a. m.
B.Y.P.U., 6:30 p. m.
Evening Worship 8 o'clock.

ZION BAPTIST CHURCH
2215 Grant St.
Rev. F. C. Williams, pastor
Sunday school—9:30 a. m.
Junior Church—10:40 a. m.
Morning Worship—11:30 a. m.
BTU—6:00 p. m.
Evening worship—7:45 p. m.

PLEASANT GREEN BAPTIST CHURCH
26th and Seward St.,
Rev. J. H. Reynolds, pastor
Sunday School—9:30 a. m.
Morning worship—11 a. m.
BTU—5:30 p. m.
Evening Worship—7:30 p. m.
Wednesday night Prayer meet-
ing 7:30 p. m.

CLEAVES TEMPLE CME.
25th and Decatur St.
Rev. T. J. Douglass, Pastor
Malcolm Allen, reporter
Sunday school, 9:30 a. m.
Morning Worship, 11:00
Evening Service, 8:00 p. m.

ALLEN CHAPEL A.M.E.
5233 South 25th St.
Rev. E. F. Fant, pastor
Sunday School—9:30 a. m.
Morning Worship—11 a. m.

MORNING STAR BAPTIST CHURCH
26th and Franklin St.
Rev. L. W. Anderson, pastor
Mrs. Vera E. Hopkins, reporter
Sunday School, 9:30 a. m.

INTERDENOMINATION CHURCH
1710 North 27th St.
Elder W. I. Irving, pastor
Mrs. Mildred Bryant, reporter
Sunday School, 10 a. m.
Morning Service 11:30

MT. CALVARY COMMUNITY CHURCH
Grant at 25th Street
Rev. R. W. Johnson, pastor
R. Hatter, reporter.
Sunday School, 9:30 a. m.
Morning Worship, 11 a. m.
Evening Worship, 8 p. m.

ST. JOHN A.M.E. CHURCH
22nd and Willis Ave.
"The Friendly Church"
Rev. Roney, pastor
Ruby B. Reese, Reporter

Sunday School—9:30 a. m.
Morning Worship—11 o'clock
Union—6:30 p. m.
Evening Worship—8 o'clock

SEVEN DAY ADVENTIST CHURCH
2700 Lake St.,
Elder P. W. McDaniels, pastor.
Sabbath School Saturday 9:30
a. m.
Morning Worship 11 a. m.,
Vesper Service Friday evening,
7:45 P. M.,
Wednesday Prayer Meeting—
7:30 P. M.,

THE SANCTIFIED CHURCH OF CHRIST
2230 Onio St.,
Rev. J. C. Crawford, Pastor
Worship 3 p. m., each Sunday.

DAVID SPIRITUAL TEMPLE IN CHRIST COUNCIL BLUFFS, IOWA
1720 Ave. A.
Every Monday evening Circ.
Meeting at 8:30 P. M.
Prophecy and Healing.

UNITED SABBATH DAY ADVENTIST CHURCH
2320 North 28th St.
Elder Arthur Holmes, Pastor,
Sabbath School Saturday 9:30 a.
m.
Morning Worship 11 a. m.

CALVARY BAPTIST CHURCH OF RED OAK, IOWA
603 Grimes St.,
Rev. Goldsmith, Pastor,
Julia Keene, Reporter,
Sunday school 10 a. m.
Morning worship 11 a. m.,
BYPU, 6:30.
Evening Worship 8 p. m.,
Prayer meeting Wednesday

THE FIRST CHURCH OF DELIVERANCE
2621 Blondo St.
Rev. A. J. Thomas, Pastor,
Rev. Frank Johnson, Asst. Pst.
Rev. William Taylor, Bishop

MT. MORIAH BAPTIST CHURCH
24th and Ohio St.
Rev. David St. Clair, Pastor
F. Burroughs, Reporter
Sunday School, 9:30 a. m.
Morning Service, 11:00 a. m.
Evening Service 8:00 p. m.

ST. BENEDICT CATHOLIC CHURCH
2423 Grant St.
Father Preuss, Pastor
Father Moran, Asst. Pastor
Low Mass—6:00
Children's Mass—8:30
High Mass—9:00.

CLAIR CHAPEL METHODIST CHURCH
22nd and Miami St.
Rev. C. C. Reynolds, pastor
Mrs. Ellis Kirtley, reporter
Sunday School—9:30 a. m.
Morning Worship—11 a. m.
Evening Worship—8 p. m.

FIRST MISSION OF THE GOD SENT LIGHT
Prophet Hess, officiator
Ora Robinson reporter
Services Sundays, Tuesdays and
Thursdays nights at 8 o'clock
Private readings daily at 2010
North 23rd St.

ST. PHILIPS EPISCOPAL CHURCH
1115 North 21st St.
Rev. Stams, pastor
Mass, 7:30 and 9:00.
Church School—9:45

FREESTONE PRIMITIVE BAPTIST CHURCH
26th and Hamilton St.
Rev. Dan Thomas, pastor
Mrs. Pinkie Oliver, reporter
9:30 a. m.—Sunday school
11 a. m.—Morning Service
6 p. m.—Y.P.W.V.
8 p. m.—Evening Service.

Use The Omaha Guide As A Medium of Advertising

Women Who Suffer from SIMPLE ANEMIA
Because Weakened from Lack of Iron due to "Monthly Losses"

You girls who suffer from simple anemia or who lose so much during monthly periods that you are pale, feel tired, weak, "dragged out"—this may be due to low blood-iron—So start today—try Lydia E. Pinkham's TABLETS—one of the greatest blood-iron tonics you can buy to help build up red blood to give more strength and energy in such cases.

Just try Pinkham's Tablets for at least 30 days—then see if you, too, don't remarkably benefit. Follow label directions.
Lydia E. Pinkham's TABLETS

A Ration-Time Special



For meatless meals, Baked Cheese Sandwich serves six people, uses only 1/2 pound cheese

In ration-time, you don't have to skip on hearty, nutritious dishes! Keep the family happy and satisfied—at the same time make your ration points give you the most in good eating. Here's a lunch or supper dish that helps you do it—Baked Cheese Sandwiches. These beautifully browned, crusty, hearty baked sandwiches will make the family shout, "Oh, boy, that's swell."

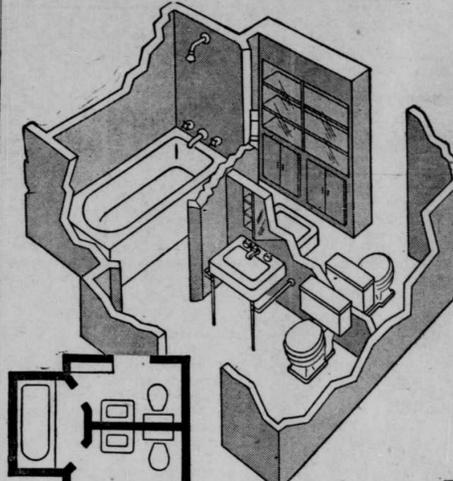
You make Baked Cheese Sandwich with enriched or whole wheat bread, eggs, milk, cheese, and only 2 tablespoons of shortening. For baking and frying, you know, you want all the flavors you have paid for in money and points, but only a pure, bland, all-vegetable shortening like Spry lets the full flavors come through.

Serve this toasty, tempting sand-

wich dish, with crisp salads, for lunches and suppers. It's a "pinch-bitter" for meat—often preferred to meat. Clip the recipe now so you can be sure to make your ration points do.

BAKED CHEESE SANDWICH
6 slices enriched or whole wheat bread
1/2 cup green pepper, chopped
1/2 pound cheese, grated
2 tablespoons Spry
Place 3 slices bread in Sprycrusted 10-inch square pan or in an oblong pan. Sprinkle cheese over bread, reserving 1/2 cup for top of sandwiches. Spread remaining 3 slices of bread with Spry and lay on top of cheese. Sprinkle with remaining cheese and green pepper. Combine eggs and milk and pour over all. Bake in moderate oven (375° F.) 1 hour, or until golden brown on top. Serves 6.

Two-In-One Bathroom Is New Idea For Postwar Homes



The multiple-use bathroom, newest idea in bathroom planning, is the industry's answer to the problem of more plumbing in less space for the postwar home. Shown here is one arrangement which provides the convenience of two bathrooms and a powder room. Installation of lavatories and water closets back to back on the intervening wall allows the same piping to be used for both, an arrangement which the Plumbing and Heating Industries Bureau says is a distinct economy.

The tub in a separate room protects the bather against drafts. Best location for radiators or convectors is recessed in the wall under the windows.

Plans for bathrooms in new houses and modernization of those in old houses may be drawn up now, say master plumbers, who have many plans for two-in-one bathroom arrangements.

SUGAR-SAVING RHUBARB PIE



Spring—and rhubarb time! Let honey be "sweetening" in this luscious new dessert

When the first rhubarb arrives, treat the family to a honey Whirligig Rhubarb Pie! Don't hold back because sugar is short—just make your pie extra delicious with honey for sweetening, and freshly-grated orange rind for a new flavor-boost! Make your pie "Whirligig" by twisting and swirling narrow strips of fine pastry on top—an easy trick for other fruit pies, too, when you want something different.

Clip the recipe—and let Honey Rhubarb Pie sing a spring song on your menu.

Whirligig Honey Rhubarb Pie
Mix 1 cup HONEY and 3 to 4 tablespoons FLOUR with 2 teaspoons grated ORANGE RIND. Combine with 4 cups RHUBARB, cut in pieces. . . . Make 1 recipe SPRY PIECRUST. Roll 1/2 of dough 1/4-inch thick and line a 9-inch pie plate. Fill pie shell with rhubarb. . . . Roll remaining dough and cut into 1/4-inch strips. Twist strips and make a spiral over top of pie, starting at center. Brush spiral with milk and sprinkle lightly with sugar. . . . Bake in hot oven (425° F.) 50 to 60 minutes.

Spry Piecrust
Mix 2 1/2 cups sifted ALL-PURPOSE FLOUR and 1 teaspoon SALT. Measure out 3/4 cup SPRY and divide into two equal parts.

Step 1 for Tenderness—cut in first half of Spry until as fine as meal.

Step 2 for Flakiness—cut in remaining Spry until particles are size of large peas.

Add 5 tablespoons cold WATER, mixing thoroughly into a dough.

All-Rayon Costume Sew a Spring Suit



YOUR new spring outfit may be all rayon, like this one. The navy rayon crepe frock features white rayon braid trimming—at the neckline, and to form the stripes on the peplum. The chic straw bonnet has rayon grosgrain bows and edging. Also of rayon are the long white gloves, which fall in just the right soft folds, and the new, young collar-box handbag. You can be sure of good wearing qualities in rayon fabrics as well as smart appearance when you look for labels giving the results of laboratory wear tests.

SUBSCRIBE NOW!

GLAD

We're glad that in spite of war shortages you still get Smith Bros. Cough Drops. We'll be gladder still when victory lets us make all everybody needs. Smith Bros.—Black or Menthol—still 5¢.

SMITH BROS. COUGH DROPS
BLACK OR MENTHOL—5¢

LOOK AT YOUR TANNED TOO DARK SKIN

Your mirror will tell you when you need the fragrant, beautifying Palmer's SKIN SUCCESS Bleach Cream for too dark tanned skin. Thousands of beautiful women use it at intervals. It helps to bring that smart, smooth, clearer, younger look. Be as lovely as you can. Try Skin Success Bleach Cream today. Caution. Use only as directed. Satisfaction or money back. 25¢ plus tax at stores or 25¢ plus 5¢ Federal tax from E. T. Browne Drug Co., 127 Water St., New York 5, N. Y.

To Complete Complexion Beauty use Palmer's Skin Success Soap, 25¢. Highly medicated.

Palmer's SKIN SUCCESS BLEACH CREAM

The Road To Health

Don't Neglect the Misery . . .
(By H. E. Nash, Atlanta for ANP)

When I was a child, a friend who frequently visited my mother was always complaining of "the misery". One day her "misery" was better, another day it was worse.

The word "misery" came to mean to me a little old woman bent with pain. As a child, I thought there was nothing you could do about it. Either you had "the misery" or you didn't. You were glad mother didn't have it. You have doubtless known people who talked about the misery, too, or perhaps you even have it yourself. You may have even known people, as I have, who carried around an old potato or chestnut to "charm away the misery".

The "misery" may mean different things to different people, but most people who talk about it really have arthritis. I am now sure that is what my mother's friend had.

Arthritis is inflammation of a joint. Many people call it rheumatism. Call it arthritis, rheumatism or "the misery" it is a painful disease and if it is not checked it may badly cripple the sufferer.

I once had a patient whose hand was so twisted and drawn from arthritis that she could no longer use it to grasp or lift anything. She was a woman who had worked all her life and the loss of the use of her hand took away her livelihood and made her dependent upon her

children.

It is tragic to see so many people suffering intense pain because of arthritis, and permanently crippled by it. Contrary to my childhood notion, something can be done about the disease. The best results are obtained if treatment is begun when symptoms of the disease first appear. There may be any number of warning signs that arthritis is approaching. Pains in the joints that come and go, rheumatic pains in the winter, fever, headaches, stiffness of the joints any one of these may be a warning.

There are many things which may cause arthritis. Sometimes it is caused by infected teeth or tonsils or infection of the sinus passage. Sometimes it is caused by other disease, such as tuberculosis. Sometimes strains placed on the body because of work conditions cause the joints to become inflamed. Even emotional disturbances may so upset the physical system that arthritis sets in.

Since there are so many possible causes of arthritis you can readily see that there can be no one remedy for the disease. Each case has to be treated on the basis of correcting its cause. A medicine that may be good for one type of arthritis may be harmful to another type. That is why it is so important to have a thorough physical examination by a physician before trying any remedies.

All too often people with arthritis decide to have their teeth pulled because somebody told them that bad teeth cause arthritis. It is true that an infected tooth or infected tonsils may be the cause of the rheumatic trouble, but it is by no means true that all arthritis comes from this



Your BABY

By Lillian B. Storms

One of the things which help to either make life run smoothly or make it most difficult is the type of food habits your baby will develop under your guidance. You want him to learn to eat a variety of foods and enjoy them. After all, eating is one of the joys of life. So, see that mealtimes are happy times, so that your baby will learn to associate food with joy.

A healthy baby will have a good appetite and if ALLOWED to eat and to enjoy his food, will continue to have a good appetite and will gladly learn to eat a variety of foods. Occasionally, just as you do, he will not have as keen an appetite as at other times and will not eat so much.

Your baby probably knows a good deal better than you when he should eat less food. He may be coming down with a cold. Anyway, if he does not want to eat the usual amount, urging on your part will not accomplish much except antagonism. Healthy babies do not starve themselves. Therefore, if baby does not want to eat a variety of the food after a reasonable time has been allowed and offer nothing until the next meal time.

Perhaps he should have a little more variety. . . . Not the same cereal every day, but a wheat cereal food one day and an oatmeal the next day. Both are especially prepared for babies. If he has learned to eat two or three vegetables and has had plenty of time to become accustomed to them, then gradually add another vegetable to his menu.

kind of infection. If your particular case of arthritis was brought on because of work strain it would not do a bit of good to pull your teeth. Wouldn't it be better to find out the cause of your illness before trying any treatment?

There is no one, sure remedy for all types of arthritis, but if the disease is treated in its early stages it can often be cured and a great deal of suffering spared.

(This column is co-sponsored by the National Medical association and the National Tuberculosis association in the interest of better health of the people.)

Little Chicks of Cottage Cheese Provide Charmin' Picture as Well as Unrationed Goodness in A Gala Salad for Easter

You can indulge in delightful holiday hospitality without counting your ration points if you shape the traditional chick from cottage cheese for Easter salad. Serve toasted crackers, Melba toast, muffins or hot biscuits, with jam or jelly for a spread, and pour mugs of steaming Easter Coffolate, made of chocolate and decaffeinated coffee so that everybody can linger over second servings without sleeping worries. Remember that decaffeinated coffee, when made in a percolator, or should "perk" from 15 to 18 minutes, or longer than the ordinary kind, to bring out its full coffee flavor. You can make it as strong as you like, and look forward to a good night's sleep. It's a friendly gesture to place a covered pot containing a second pouring of Coffolate on the table, so the guests may help themselves.

To make the Easter Chicks, place a small ball of cottage cheese for the head on a larger one for the body. Raisins make properly beady eyes, and almond or peanut suggests a perky little beak. You can chill your chicks in the refrigerator to give them more durable form. Arrange them parading around the edge of a platter with lettuce nest in the center, filled with carrot and celery sticks, slices of green pepper and radishes.

EASTER COFFOLATE
1 cup strong decaffeinated coffee
2 squares unsweetened chocolate
3 tablespoons sugar
Dash of salt
3 cups milk

Make decaffeinated coffee extra-strength, using 1 and one half table-
spoons for each cup (one half pint) water. Add chocolate to coffee in top of double boiler and place over low flame, stirring until chocolate is melted and blended. Add sugar and salt, and boil 4 minutes, stirring constantly. Place over boiling water. Add milk gradually, stirring constantly; then heat. When hot beat with rotary egg beater until frothy. Serve hot. Top with whipped cream if desired. Serves 4.

PARTY MUFFINS
1 and three fourths cups sifted flour
2 teaspoons double-acting baking powder
one half teaspoon salt
4 tablespoons butter or other shortening
4 tablespoons light corn syrup
1 egg, well beaten
two thirds cup milk

Sift flour once, measure, add baking powder and salt, and sift again. Cream shortening. Add corn syrup gradually, beating well after each addition. Add one fourth of flour and beat until smooth and well blended. Add egg and beat thoroughly. Remaining flour in thirds alternately with milk in halves, beating very well after each addition. Bake in greased muffin pans in hot oven (425° F.) 20 to 25 minutes. Makes 13 small muffins.