

The Greater Omaha Guide's HOME-MAKER'S CORNER

BUILDING ON SAND



THERE IS A LESSON THERE FOR ME

THIS IS AMERICA!

by JOAN RANCK

As AMERICANS WE ENJOY THE RIGHT.....

To FOLLOW ANY OCCUPATION OF OUR CHOICE.....

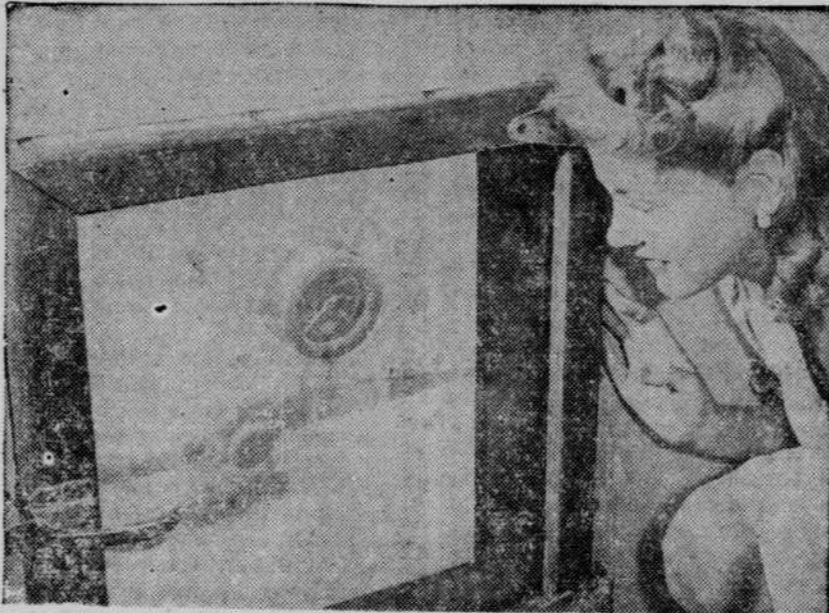
TAKE ANY JOB OFFERED! OR CREATE ONE.....

BARGAIN WITH EMPLOYER OR EMPLOYEE.....

SAVE, INVEST, SPEND, OR GIVE AWAY OUR EARNINGS.

THIS FREEDOM OF THE INDIVIDUAL HAS PERMITTED AMERICANS TO BUILD MODERN AMERICA.

65 Degrees Below Zero!



CLEVELAND, OHIO—"Better be outside than in," comments Ben Gay as she peers into a "cold-box" which reduces temperature to 65 degrees below zero and which makes various types of scientific testing possible. Miss Gay and hundreds of employees visited these laboratories for the first time since the start of the war. The pumps or accessories of Pesco Products Co., Borg-Warner division here, equip nearly every American military plane and therefore the operations of the "cold-box" have been kept secret. These experiments will reflect their value also in the quality of peacetime products when the war is ended.

LIFE CAN BE BEAUTIFUL!

By BILLY (Ink Spots) KENNY

WHILE relaxing between shows I glanced thru the Negro papers and suddenly realized what profound respect I hold for certain colored newspaper men. Men like Abe Hill and Tommy Watkins of the AMSTERDAM NEWS, Ralph Matthews and Levi Jolly of the AFRO-AMERICAN. These men do a service for the Negro people that would take too long to explain in this column. A service that seldom knows just appreciation. Men such as those I've just mentioned use the great power of the press to help better conditions for all people and not for their own selfish motives.

The remarkable progress of the colored American throughout the past quarter of the century has been stimulated primarily by his Press. This Press has made it possible for Negroes in different parts of America to know something of the living conditions of each other. I firmly believe that the colored Press has always been in some form, and still is, the nucleus from which the many important Negro organizations (that we have today) have come to be. In my humble opinion the Negro press is the most powerful weapon the dark American has or ever shall have to fight the many evils that confront him.

And is also a means of reaching the hard to reach individual who cause us as a race untold anxiety in our strive to better our living conditions. Thank God for our Negro Press!

During my last tour thru the South I had the opportunity to visit the lovely home of a man who held a respected position in his community, and found that something struck me as being wrong with that setup. I suddenly realized that the shacks surrounding his beautiful home afforded him no protection whatsoever, but rather showed how weak was his foundation of success. And I knew then more than ever that the Negro of America's complete success in regard to living would come to be only when we realize that only in numbers can we be strong and keep prejudice, discrimination and the many other cowardly vices of man from touching us. I want no castle on the slums of the town. Rather let me have a castle among castles so that when the wind blows strong I may be selfishly protected. Or when the enemy of men and women of tanned skin may come we in our numbers may repel them and the strength of our houses keep them out.

Yanks Get Preview of Latest Paris Styles



PARIS, FRANCE—With typical Yankee nonchalance, these four G.I.'s give an approving eye to a model in a fashion salon here, modeling the latest thing in rejuvenated Paris fashions. Left to right are: Pvt. Clinton Worthly, of Brooklyn, N. Y.; Pvt. Howard Wilson, Philadelphia, Pa.; S/Sgt. Lewis E. Famiglietti, of Memphis, Tenn.; and Pvt. Lamar Sizemore, of Berkeley, Calif. True to their training, the soldiers take tender care of their rifles during the show.

CROSSWORD PUZZLE

Solution in Next Issue.

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31	32	33
34	35	36	37	38	39	40	41	42	43	44
45	46	47	48	49	50	51	52	53	54	55

ACROSS
1 Kind of apple
5 Sneak, as hair
9 Norse goddess
10 Assumed name
12 Measuring stick
13 Sure thing (slang)
14 Highest cards
15 A cave
16 Insect egg
17 Game of chance
18 Pronoun
19 A sea
21 Malt beverage
22 The (Sp.)
23 Likely
24 Perishes
25 Land measure
26 Craze
27 Stop up crevices
29 Disfigure
30 Hectares (abbr.)
32 Greek letter
33 Safer
35 Exclamation
36 Pale
37 Spike of grain
38 Marshy meadows
41 Wash
42 Having ears
43 Goodbye
44 Push forward by touch
45 Occasion
46 Thin tin plate
47 Sailors

DOWN
1 Severe
2 Rents again
3 Affirmative votes
4 Obstacle

5 Mark over vowel
6 Medley
7 Fluff from yarn
8 Perceptible by touch
9 European country
11 Young hogs
15 Horned ruminant
17 Part of mouth
20 Recreation area
21 Help

24 Mend
25 A wing
26 Rural deity
27 Stopped
28 Across
29 Flightless birds
30 The sky
31 Apprehend
33 Scandinavian country
34 Costlier
39 Melody
40 Son of Jacob
41 Volcanic rock
43 Damp

Answer to Puzzle No. 3
CHAP TALK
SHORE DOORS
COTTA BERRY
CROCK POT
USE DOWN
BEDROCK REP
WASK DANE
CRIPPLE PAINTS
ELDER GLEAL
LANIS WARRIOR
ASS MINERAL
POSSIBLE
PRITTY ANTS
FIDELITY
RABBIT
MILK DEERS

No. 4

Farm Employment

Total farm employment in the United States in 1944 was about 7 per cent less than the average of the period 1935-39, according to estimates of the Bureau of Agricultural Economics. During 1943 the farms of the nation were operated with a total farm employment 5 per cent below the five prewar years. This means, therefore, that the total employment was reduced in 1944 about 2 per cent below the average employed during 1943. In the 1935-39 period about 10,700,000 people were engaged in farm employment on the average. Roughly three-fourths of these were family workers, and about one-fourth were hired labor. In Illinois, Indiana, Michigan, Ohio and Wisconsin about 1,475,000 were employed on the average during the same period, of whom 77 per cent were family laborers. For 1944 the proportion of family labor was unchanged for the nation, but for the foregoing states the proportion represented by family labor had increased to 83 per cent.

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Use The Omaha Guide As A—Medium of Advertising

FOOD RATION STAMPS GOOD

MAR.	APR.	MAY	JUNE	JULY	AUG.	SEPT.
RED STAMPS						
E	F	G	H	J	THRU JUNE 30	
K	L	M	N	P	THRU JULY 31	
Q	R	S	T	U	THRU AUG. 31	
V	W	X	Y	Z	THRU SEPT. 30	
Next stamps become good in July						
BLUE STAMPS						
N	P	R	S	THRU JUNE 30		
T	U	V	W	X	THRU JULY 31	
Y	Z	A	B	C	THRU AUG. 31	
D	E	F	G	H	THRU SEPT. 30	
Next stamps become good in July						
SUGAR STAMP						
36 SUGAR THRU AUG. 31						

CLIP THIS CHART FOR FUTURE REFERENCE

INF-M894 (5-45)

Children's Teeth

The best way to help children have good sound teeth is to serve a well-balanced diet of foods which provide body building materials. These foods are milk and milk products, green and yellow vegetables, potatoes and other vegetables and fruit, meat, poultry, fish and eggs, tomatoes, oranges, grapefruit, bread, flour, and cereals, either whole grain or enriched, and butter or fortified margarine. These are called the "basic seven" food groups. The mother's diet before the child is born has much to do with the quality of teeth. The child's food habits will affect them also. Teach children to be careful to use but not abuse their teeth. In addition to eating the tooth-building foods, keeping the teeth clean is important. Careful brushing of the teeth and gums and removal of all food particles is very important. Regular inspection by a good dentist, once or twice a year, will result in detection of conditions which need to be improved and the discovery of small cavities which need repair. Good food and health habits with the aid of a good dentist will enable many to keep their teeth throughout a long life.

Visual Purple

About 30 years ago a remarkable purple substance was found in the rods of a frog's retina. A similar substance has been found in the human eye and it may be bleached and regenerated as rapidly as 8 or 10 times a second. This is called the visual purple. Later investigators found that this substance is bleached when exposed to light, and that it is regenerated when kept in the dark, but only if the retina was kept in contact with the still living cells of the retinal pigment epithelium. Following the discovery of vitamins only 25 years ago it has been found that a deficiency of vitamin A apparently retards the regeneration of the visual purple and reduces the ability of the eye to adapt itself to varying light intensities. This has led investigators to conclude that the vitamins, especially vitamin A, may bear an important relation to the visual process. Night blindness, when not congenital, is thought to result from the excessive bleaching of the visual purple, in the human eye, which is not regenerated rapidly enough because of lack of vitamin A.