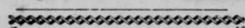


# SOCIAL NEWS

**TO MOTHER'S BEDSIDE**  
Mr. Edward Luster of 2115 Maple street and an employee of The Omaha Guide, left last Saturday for Memphis, Tenn., to be at the bedside of his sick mother. His sister, Mrs. Esther Woods

**Chew tasty gum laxative for SLUGGISH BOWELS**

Headachy? Bilious? Miserable with constipation? Chew Fec-a-mint—candy-coated chewing gum laxative. Contains same medicine many doctors prescribe. Used by millions. Take Fec-a-mint at bed-time—exactly as directed. Next Morning feel like a million!



**PLATNER Lumber Co.**  
Always Gives More than the Mere Commodity for which You Pay.

KE-5811 24th & Boyd

**How women and girls may get wanted relief from functional periodic pain**

Cardul is a liquid medicine which many women say has brought relief from the cramp-like agony and nervous strain of functional periodic distress. Here's how it may help:

- 1- Taken like a tonic, it should stimulate appetite, aid digestion, thus help build resistance for the "time" to come.
- 2- Started 3 days before "your time", it should help relieve pain due to purely functional periodic causes.

Try Cardul. If it helps, you'll be glad you did.

**CARDUI**

had left several weeks in advance for Memphis.

**LONG SCHOOL PTA**  
The Long School PTA program will commemorate Founder's Day and Negro History Week on Thursday 21 at 2:45 pm. Mrs. M. E. Johnson, pres. Mrs. G. W. Reeves, Pub. chairman.

**A BIRTHDAY PARTY**  
The YWCA was the scene of a beautiful birthday party Saturday February 9th given by Mr. and Mrs. W. M. Perkins honoring their daughter Louise.

The Valentine color scheme of red and white was carried out and the center piece was a spray of lovely spring flowers consisting of white carnations, yellow buttercups, red sweetpeas, and orchids. The white birthday cake was beautifully decorated with pink candles and white frosting, with "Happy Birthday" inscribed in pink. The 50 guests spent an enjoyable evening dancing. Miss Perkins was the recipient of many exquisite gifts. Each guest was presented with a comely valentine.

**VISITING BROTHER**  
Mrs. William Woods, Lincoln, Nebraska, is visiting her brother, Delmar J. Woods, 2115 Maple St. Mrs. Woods, Omaha, and brother Ed Luster, are now in Memphis, Tenn. visiting their sick mother.

**ILL AT HOME**  
Mr. George Drennan, 63, of 2623 Wirt St. has returned home from the hospital after an operation. He is now much better and conversing and appreciates all visitors. He also wants to take this opportunity to thank all for their lovely cards and remembrances.

**McDONALD REPORTING**  
By C. C. McDonald

The Livestock Nat'l Bank is always at your service. They have many friends and want more and really appreciate your business. They are always glad to meet you. Stop in talk with them, always.

**Maher-Kelleher Insurance Agency**  
Real Estate, Rentals, Insurance, NOTARY PUBLIC  
3424 BRISTOL ST., JA-6261

**Buy your Poultry at the Nebraska Poultry**  
2204 North 24th Street  
Get the Best in Quality at the Nebraska Produce-Lowe's Price.

ready to serve.

The Kubat Drug Store, 3362 So. 13th St., invites the public to stop in at his place any time. He has plenty of real attractions in drugs, sodas, cigars, and anything found in a first class Drug store.

Mr. Gus Mastelica, who now operates the Bearcat Saloon at 2709 Q St., invites all of his friends to stop by and look him over. You are always welcome in his place and he is glad to serve you.

The B and R Appliance Co. offers you the best service in Radio and is prepared to do anything to put your radio in condition.

Mr. Cooper, who operates the on 24th and Patrick known as the Crosstown Bar, has a very nice orderly place and many friends. You are always welcome in here. Really nice people meet there, so stop by and talk with them.

The Hunt Carpet Co. at 24th and Farnam St. is a place where you can see many beautiful attractions in carpets and furniture. Always ready to serve you with a smile. The place is really up to date.

**COUNCIL BLUFFS**  
Focus your attention on the Wheeler Drug Store, 3200 West Broadway St. A wonderful drug store, everything sanitary and nice. He has many customers and would be glad to have more. You are always welcome. When in Council Bluffs, stop in this place.

We call your attention to the Broadway Tire Shop, 1401 West Broadway. They are well prepared to take of your tire troubles and have extended invitations to all to stop by and see him or call.

Here is a place where all the employees from packing plants and other industries transfer to a Crosstown car on 30th and Fort Streets. A real nice bakery with everything that anyone needs. A very nice place to trade where everything is fresh.

Sally Ann Bakery, 2106 Broadway St. A real nice bakery and will always meet you with smiles and invites the public to stop in.

Another jewelry co., 4826 So. 24th St., Omaha, is the Frank Jewelry Co. You are always welcome. Stop by and look him over.

**MRS. BETHUNE REPORTS ON WOMEN'S MEETING IN PARIS, FRANCE**

A complete report of The Women's International Democratic Federation meeting held in Paris November 26 thru 30, 1945 was submitted today to Mrs. Mary McLeod Bethune, Founder-President of the National Council of Negro Women by Mrs. Vivian Carter Mason, chairman of Executive Board, who attended the

**KEEP FIT**  
DIET EXERCISE  
Eat "lean" foods. Save used fat and burn it in for 40 a pound. Ten Minutes a Day Takes Bulges Away

**Exercise Series No. 2 For Shapely Calves and Slim Ankles**

1. Place book on floor. Stand on it. Put hands on hips.
2. Inhale. Bend knees SLOWLY to sitting position.
3. Exhale.
4. Inhale. Rise SLOWLY to position (1).
5. Repeat five times.

**BE HEALTHY—SAVE AND TURN IN USED KITCHEN FATS**

Congress as a delegate of the organization. A condensed version of the report was submitted to Negro newspapers thru out the country.

"This Congress," declared Mrs. Bethune, "holds great significance for women especially the women of minority races and of color thru out the world. It was obvious that the women who sponsored and took part in the meeting were the rank and file of their countries, the workers, trade unionists, professional and white collar workers" including school teachers, lawyers, students, writers, artists, engineers, congresswomen, women from the armed forces and social workers. From Mrs. Mason's account these women are united in thought in plans and objectives and they envisioned a new world where women will suffer no inequalities because of sex, where children will be protected and safeguarded thru their tenderest years, education will be free and available to all women will have free opportunities to hold political office, be included on an extended scale in all Social Security Plan and take a decisive role in the United Nations Organization throughout the world in the maintenance of just peace."

"We were very proud that Dr. Charlotte H. Brown, Mrs. Vivian C. Mason and Miss Thelma Dale could attend this historic Congress and they not only represented the

**The Secret of Easy Entertaining**

When friends drop in for a visit, serve delicious, freshly baked cookies with your cool summer drinks. Here's a grand recipe for crunchy, delicate walnut cookies that can be baked on short notice. The little trick of easy entertaining is in mixing the dough ahead of time and keeping it in the refrigerator to bake as needed. If you prefer round cookies, the dough can be shaped in rolls for chilling.

It's the trick, too, that makes entertaining a pleasure for the hostess as well as the guests. Clip the recipe now and be prepared for the warm months ahead.

**Crunchy, crisp cookies go with long cool drinks**

**Walnut Refrigerator Cookies**

1 cup Spry	3 eggs, unbeaten
2 teaspoons vanilla	1 tablespoon milk
1 teaspoon salt	1 cup sifted flour
2 cups brown sugar, firmly packed	1 teaspoon soda
	1 cup walnuts, chopped fine

Mix Spry, vanilla, salt, sugar, eggs, and milk thoroughly. Sift flour with soda and add to Spry-sugar mixture, blending well. Add nuts and mix.

Pack tightly into 8 x 8-inch pan lined with waxed paper. Chill in refrigerator overnight, or until firm enough to slice.

Remove cookie dough from pan and cut in thirds, then in 1/4-inch slices and place on Spry-coated baking sheets. Allow for slight spread during baking.

Bake in moderate oven (375° F.) 8 to 10 minutes.

Makes about 10 dozen cookies.

This dough can be stored in the refrigerator and the cookies baked fresh as desired.

**BRIGHT STRIPES**

Stripes, clean-cut and uncluttered, give that American beauty look. Horizontal stripes accentuate top-heavy bulkiness, so new and smart this season. And vertical stripes are as slimming as a 7-day diet!

Broad shoulders take wings to form the cap sleeves, which are slashed deep at the armholes. That's the season's secret for style and comfort! And this Fashion Frock of the Week boasts another secret — for happy laundry days. Shoulder pads button in, and the shoulders themselves unbutton and lie flat upon the ironing board.

The old and the new have been combined to form this attention-grabbing Fashion Frock. The smart functional design is new. And the fabric, loomed in Mexico, abounds in Old World charm.

Council will present Mrs. Mason at a tea at which time she will give an account of her trip. The public is invited.

**HENRY KAISER TALKS TO HEADLINES**

Henry J. Kaiser, West Coast industrialist, talked about the FEPC and his record in shipbuilding in an interview in the February issue of Headlines and Pictures. Mr. Kaiser recently made news by signing an agreement with the UAW-CIO in Detroit as president of the Kaiser-Fraser company, manufacturers of the Kaiser-Fraser automobiles.

News making Mr. Kaiser popped back to the front page in NY City when he and his partner, W. Fraser, launched an auto show which was thronged with would-be car buyers. Prospective buyers gave orders for the new cars as casually as they would order groceries.

In the troublesome steel situation, Mr. Kaiser again was first to sign a labor-management contract—this time with the Steel Workers Union-CIO.

One of a new breed of industrialists, Mr. Kaiser represents a new approach to the problems which face management and labor. Pictures illustrate the interview in the February Headlines and Pictures.

**Grateful for Cooperation**

The Editor  
Omaha Guide  
2420 Grant Street  
Omaha, Nebraska

Dear Sir:

We are very grateful to you for

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

**Fashion Frock of the Week**

**This Magic Chocolate Frosting Wins Compliments for Valentines**

**BRIGHT STRIPES**

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**EVEN a bashful bean succumbs to the magic of luscious sweets. So if you yearn for compliments on Valentine's Day, be sure to climax your refreshments with a richly frosted chocolate cake. You can make a luscious, creamy chocolate frosting in a few minutes, and without any sugar, if you use sweetened condensed milk. The recipe is guaranteed failure-proof and the frosting has a perfect consistency every time.**

You can add romantic interest to the cake if you tuck little good fortune emblems, wrapped in waxed paper, in the top layer before it is frosted—a tiny airplane, for instance, forecasts adventure, a bright penny means wealth, a little automobile indicates travel.

**Magic Chocolate Frosting**  
2 squares (2 oz.) unsweetened chocolate  
1 1/2 cups (15 oz. can) sweetened condensed milk  
1 tablespoon grated orange rind  
Melt chocolate in top of double boiler. Add sweetened condensed milk. Stir over boiling water 5 minutes until mixture thickens. Add water. Cool. Spread on cold cake. This frosting covers tops of 2 (9-inch) layers, or top and sides of loaf cake generously, or about 24 cup cakes.

**Magic Chocolate Orange Frosting**  
2 squares (2 oz.) unsweetened chocolate  
1 1/2 cups (15 oz. can) sweetened condensed milk  
1 tablespoon orange juice  
1 tablespoon grated orange rind  
Melt chocolate in top of double boiler. Add sweetened condensed milk. Stir over rapidly boiling water 5 minutes until mixture thickens. Add orange juice and rind and blend thoroughly. Spread on cold cake. Garnish with strips of candied orange peel if desired. This frosting covers tops of 2 (9-inch) layers or top and sides of loaf cake generously or about 24 cup cakes.

the cooperation of the Omaha Guide in the recent March of Dimes and the significant role played by the press in telling the story of the National Foundation of Paralysis was an important factor in the support given to the National Foundation by the American people.

We recognize that this support is engendered by year-round coverage and our expression of gratitude is not alone for the March of Dimes but for all of the cooperation we received during the past twelve months. You will not be surprised, but it may be interesting to you to learn that all Negro news media participate in the year-round fight against infantile paralysis. For the thousands of unfortunate victims, we send thanks for your significant contribution. Sincerely yours,

Signed—Charles H. Bynum  
Director, Interracial Activities

**Tortured man gets help!**

Lemon Juice Mixed at Home Relieved RHEUMATIC PAIN says Sufferer!

"I have used ALLENRU for several months. I could hardly walk on account of my knees. But now those pains are relieved. I can go like a race horse now," Mort Shepard of Ohio.

Don't be a victim of the pains and aches caused by rheumatism, lumbago or neuritis without trying this simple, inexpensive recipe you can mix at home. Two tablespoons of ALLENRU, plus the juice of 1/2 lemon in a glass of water. Try a bottle TODAY! Be entirely satisfied with it—or money back. 85¢. Drug stores.

**Read The Greater OMAHA GUIDE Every Week**

**CREATES NATURE**  
for both parties. Relieves asthma, colds, pains, bronchitis, sinus and nervous disorders. Send \$1.00 for 8 oz.; 50c-3 oz.; 25c-1 oz.; Pay postage on delivery. FISHER'S FAMOUS FORMULA 77, 914 E. Long St., Columbus, 3, Ohio. Agents Wanted

**DEAF?**

Do you suffer from hard of hearing and head noises caused by catarrh of the head? WRITE US NOW for proof of the good results our simple home treatment has accomplished for a great many people. Many past 70 report hearing fine and head noises gone. Nothing to wear. Send today for proof and 30 days trial offer. No obligations!

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**Thousands of women have their hearts set on an ALL ELECTRIC kitchen**

And no wonder! What woman wouldn't lose her heart to the shining beauty and brilliant performance—to the cleanliness, the coolness of an all electric kitchen. A fast, convenient ELECTRIC RANGE . . . a quiet, trouble-free ELECTRIC REFRIGERATOR . . . a dependable, safe ELECTRIC WATER HEATER . . . to mention only three of the dozens of appliances that make up an ALL ELECTRIC KITCHEN. You will, too . . . if you haven't already. Hold fast to your heart's desire . . . let nothing change the course you've set toward a truly modern, efficient ALL ELECTRIC KITCHEN.

**NEBRASKA POWER COMPANY**

**MCGILL'S — BAR & BLUE ROOM**  
E. McGill, Prop.  
2423-25 NORTH 24th St.  
WINE, LIQUORS, and CIGARS  
Blue Room Open 8 p. m. to 1 a. m.  
Open for Private Parties from 2 to 7 p. m.  
—No Charges—  
WE SPECIALIZE IN MIXED DRINKS.  
Free Delivery from 8 a. m. to 1 a. m.  
JA. 9411  
WE CARRY A FULL LINE OF BONDED LIQUORS

**Avoid GRAY HAIR blues**

Do you look older than your age? Are you embarrassed and self-conscious because of what people may be saying about your gray, drab looking hair? Stop folks talking—look younger and lovelier by giving your hair rich, natural looking color and beauty with Lariouse.

**Look years younger**

HAVE BEAUTIFULLY COLORED NATURAL LOOKING HAIR

Color Your Hair This Easy Way

To give your hair new, rich, natural looking color (black, brown, blonde) start using Godfrey's Lariouse Hair Coloring NOW . . . acts quickly—goes on evenly, easily—won't rub off or wash out—unaffected by heat—permits permanents and stylish hairdos—known and used for 45 years. Your dealer will give you money back if you're not 100% satisfied.

For Best Results, SHAMPOO with Lariouse Shampoo Before Applying Lariouse Hair Coloring.

**GODFREY'S Lariouse HAIR COLORING**

CAUTION: Use Only as Directed on Label.

If your dealer doesn't have Lariouse (LARRY-SEE) send \$1.25, plus 25 cents Fed. tax, direct to . . . Godfrey Inc., Co. 2010 Olive Street, St. Louis (2), Mo.

**37 Satisfied Customers You Are Next**

37 Satisfied customers in Bedford Park Addition Let us build that new home for you. We use only skilled workmen and the very best of material at pre-war prices, with three government inspections.

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