by Lynn Chambers

Sandwiches, Salads

Form a Basis for

treat for quick lunches. They may

be prepared with ground meat,

cheese or cold meats and flavorfully

garnished with tomatoes, mustard.

It's eat and run in most house-

holds for lunch time because the

advance, however, even the quick

lunch can be nourishing and satis-

I have chosen a number of sand-

think you will find highly suitable

for that quick noon-day get-together.

Hamburger.

with 1 egg, 11/2 teaspoons of salt and

1/4 teaspoon pepper; mix thoroughly

but lightly. Shape into large patties

about 1/2 inch thick. Heat bacon drip-

pings until sizzling hot in a heavy

skillet, lay patties on it and brown

quickly on both sides. Reduce heat,

cover and cook slowly about 8 to 10

minutes. Place on plain or toasted

bun, serve with tomatoes, onion,

Liver Sausage Burger.

liver sausage and brush both sides

with butter. Pan fry in heavy skil-

let, turning to brown on both sides.

Pan fry bacon until crisp. Arrange

bacon and liver sausage on split

plain or toasted bun. Serve with

*Cheeseburger.

with 1/4 cup milk, 1 teaspoon salt

teaspoons horseradish. Pan fry

butter slowly for 10 to 15 minutes.

turning several times as they cook.

Spread with chili sauce and horse-

Mix 11/2 pounds of ground beef

and ¼ teaspoon

pepper. Form into

six patties about

3 inches in diam-

eter. Cut six

slices of cheese

ties. Mix 1/3 cup

chili sauce and 2

slightly smaller than meat pat-

Remove casings from slices of

mustard or mayonnaise.

mustard or mayonnaise.

Combine 11/2 pounds of ground beef

onions or mayonnaise.

children must run

back to school

or husbands must

work. If foods

are prepared in

noon-day meal.

Nourishing Lunches

Gardeners Warned Against Early Spring Rackets

"Don't let your spring gardening en-thusiasm allow you to fall prey to the often-tried spring gyps." That is the warning being issued currently by the Better Business Bureau.

As the Bureau erplains, the gardening enthusiasm of many home-owners overcomes their caution. One very well known racket may be worked in the following manrer. Trucks pass the gardeners door filled with rich, black "humus" The trucker stops, lifts a basket of the soil from his truck and and begins to sprinkle it on the lawn When the gardener sees its dark, rich clor against the meager, winter-dried soil, his sales resistence hits a new

Then, the seler explains that the low price of the soil is only 15 or 75 cents a basket. The gardener often becomes expansive and orders the gyper to go ahead with the job.

Of course, most truckers who sell soil are honest businessmen. But there are the unscrupulous few who are not above fooling the home-owner into believing that an outlandish number of bushels have been spread on his lawn. Thereby, they can raise their job-price to fifty, seventy-five, or a hundred bushels instead of twenty can not be dis-

Another part of this soil gyp revolves around the fact that the soil is often sold under false claims. The trucker may tell you that his coil is rich loam taken from nearby bogs. In many cases this true, but in one instance

shade trees. Numerous complaints are received every year by people whose trees have ben ruined. The itinerant "termite man' or plant doctor, is another gyp of which to beware. He examines your trees or shrubs, and de clares he has found termites which will get int oa house and destroy it. For a fee, he will restroy these termites. Actually, in most cases, no termites exist anh his worthless sprays and treatments are conducted upon ants of the harmless variety.

Another pernicious spring pest is the itinerant roofer who offers to repair the gutters of a house for a small sum. Uusally, the gyp artist manages to find "needed' roof repairs that cost the home-owner much more than he expec-

Whenever you are indoubt about any business offer..no matter how large or small, the Bureau concludes, you wil be wise to consult your local Better tial information.

Slain G. I. Exonerated by Army

vice) . . Army Adjutant General this Fred Johnson, a marine from Camp Le-Charles R Ferguson, one of the two ft. 11/4 inches. Negro brothers killed by a Freeport Ferguson "died in the line of duty and to second place. not due to his own misconduct"

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Joseph W. Martin, Jr., has always

been interested in passage of FEPC

Hedgeman, executive secretary of the

It is hoped that Mr. Martin's lead-

ership in the matter will be a challenge

watching to see whether the Republi-

NATIONAL FEPC CLOSES OFFICE

With the closing of the offices of the

Council for a Permanent FEPC sent

councils throughout the country.

legislation, said Mrs. Anna Arnold

this so-called humus was tested and it was found to be a waste material from the dump of a chemical plant. 40 Sigs Needed To Bring Also on the list of gyps for the gardener to beware of in the spring, the Bureau continues, are the itinerant "tree surgeons" who offer to treat

McKENLEY STARS AT PENN. RELAYS (By Randy Dixon)

Although McKenley's unbelievable Business Bureau for free and impar- 0.46.9 quarter-mile stint on the anchor leg of the one-mile college champion-ship relay was the Carnival's highlite ment Practices today, The National others to bask in the limeglare were: Bill Carter, ex-Pitt star, naw a ca- the following telegram to its coordinate

Roscoe Brown, returned yet of Lin-

them. Romeeka claims that he fired in self-defense when they tried to resist. Andrew Stanfield, long-legged anchor The case was accordingly cleared by a runner for Lincoln, Jersey City High's grand pury. The Adjutant General how all-Negro foursome in the high school ever says that after reviewing the Ar- American mile championship, who en mv's report of the fatal shooting, Pvt. acted a 0.49.5 leg to edge his team in-

Howard Thomas, stocky Cranford High speedster, who brought the baton from third place to victory in the 440-yard American championship Ken Dixon, Germ'antown High youth

national, district and assorted champ ions, in carrying his team from a bad ninth to a respectable place in the Seton H'all Prep. Phil, national indoor pre 880 and mile champion, turned

his "440" in 51.5. And Howard's surprising 40-yard-relay foursome which earned a tight 3rd in the finals of the college American onship for this distance beating NY U.; Penn, Army, Yale., Pitt, Col gate, Penn State, Morgan State, Dartmouth, Fordham, 'and Oklahoma A &

Political bedfellows this week were hadge, president-general of the Daughter of the American Revolution. They

The Mississippi Democrat was 'mad' at Claire because in her husband's rather circulated Life Magazine, he had been characterized "the worst man in the Senate' who "had been discredited as a complainant in a bribery scandal voted by his own colleagues in the Mi sit with honest upright men in a respectable legislative body" and other

things not complimentary. Mrs. Talmadge was peeved with la Luce because of the latter's recent activity which resulted in the relaxation of The DAR Constitution Hall ban or Negro artists appearing in the only suitable public auditorium in the Dis trict of Columbia, Mrs. Talmadge, egged on by a wave of protest from within and without the organization, was forced to announce last week that the Tuskegee Choir would appear there in

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Paced by the mercurial-hoofed Herb McKenley, Jamaican West Indian wi- PC, in an interview today. His signa. containing 50 dimes neatly tucked into zard, representing Illinois, U., sundown ture on Discharge Petition No. 4 has even rows. The note read, "Please ac- hurry back to thinclads. collegiate and scholastic. great significance because of his posi- cept the 'Widow's Mite" to help you hurled defiance at the bitting winds, sluggish underfooting and general in-corrigble elements at Fr'anklin Field tures are still needed to complete the Friday and Saturday in the 52nd an. petition and bring the bill to the floor. nual Penn Relays to keep pace with a victorious heritage, by figuring eminently all the way through the 72 event program involving 3400 athletes of recognize the fact that the voters are to other Republicans who, we believe. 500 coileges and schools from the United States, Puerto Rico, Canad'a and can Party keeps its platform pledge.

week completely exonerated Private jeune, N. C., broad jump winner at 23 Senate conference committee has den-

who made up 170 yards on erstwhile championship scholastic medley event Phil Thigpen's brilliant pickup from second to first in winning the prep school mile relay championship for

M. among others.

MRS. TALMADGE, SEN. BILBO 'MAD' AT CLAIRE LUCE, BUT CONNECTICUT WANTS HER

Senator Bilbo and Mrs. Julius Y. Talwere both peeved at blonde crusading Clare Boothe Luce.

ssissippi State Legislature as "unfit to



WASHINGTON, D. C .- Soundphoto- | Ezra Van Horn, Chairman of the Con The deadlocked negotiations between ference, John T. Jones, Secretary of John L. Lewis and the mine operators the Conference, John L. Lewis, head were resumed last week in Washington.
Photo shows Paul Fuller, Conciliator,
Edward F. McGrady, Special Conciliator,
ator called in by the Labor Department

JIGGING GRANDMOTHER



on the Queen for a Day program when 85 year old Emma Jane Richardson admitted to Emcee Jack Bailey that she'd "done just about everythinfi there was to do. Except, she added laughingly, "I've never danced a ig for you Egged on by Bailey and other members of the cast, Mrs. Richardson went into a lively dance, giving literal proof of her contention that she's just as active as the next one, in spite of her advanced years

Hannegan, Republican national chairman B. Carroll Reece, Sen. Alben Barkey, Sen. Wallace H. White, Jr., House Majority Leader John W. Mc-Cormick and House Majority Leader Joseph W. Martin. Jr., with requests for passage of FEPC bills at once. Mobilize your entire community. Only gigantic outery will succeed.

Anna Arnold Hedgeman, ex. sec'

WIDOWS MITE'

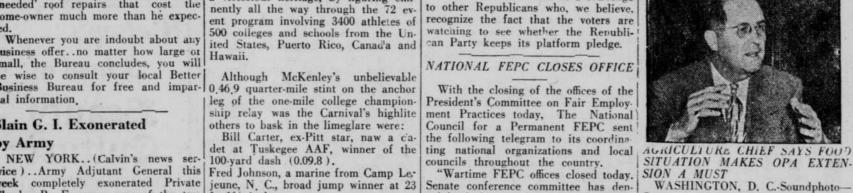
NEW YORK-Out of the mail bag at the national NAACP offices today came this touching note. It was sealed National Council for a Permanent FE in an enveope together with a folder in the fight for justice in this tion as Minority Leader of the House cracy', signed E. J. Carmon'a.



"Wartime FEPC offices closed today. SION A MUST WASHINGTON, D. C.-Soundphotoied funds for completion of final FEPC Secretary of Agriculture Clinton report requested by President Truman. Anders n waxed eloquent as he told policeman last February, According to coln U., who reeled off respective an- This wipes out FEPC and suppresses members of the Senate Banking Com-Patrolman Joseph Romeeka, Ferguson chor quarter miles of 0.48.5 and 0.048.3 information about unfair employment mittee, holding hearings on the OPA and three brothers were breaking win- to win in an unclassified mile relay and practices with one stroke. Permanent extension bill, that the present critical dows when Romeeka tried to arrest notch a second in the first heat of the FEPC bills must be passed by this food shortage throughout the world the morning and will be ready to same Congress. Deluge the President, makes extension of price control im- serve for lunch. Democratis national chairman Bobt, perative,



food like a sandwich If sandwiches are served, the dessert should be preferably a pudding or ice cream to give contrast. These, too, are easily prepared in





"Citizenship in Action Around the World"

Mamaroneck, NY.-Girl Scouts celebrating the thirtyfourth anniversary of girl scouting in the United States. Girls of al races, creeds, and colors paticipated in the activitries built around the theme: "Citienship in Action Around the World." Thousands of Negro girls throughout the United States participated in the celebration. Negro girls have joined Girl Scouting in large numbers during the past few years, more than a 300 percent increase has been noted in their numbers from 1940 to 1945. Many young people are on the waiting list to join the scouts, simply because there are not enough trained adults to aid in setting up and conducting new scout troops.

Make the most of your fruit: Apples for baking are more attractive if the skin is peeled in stripes from the upper half of the apple. Use a moderate oven for

All fruits should be washed before using. Spraying of the leaves often leaves a deposit on the Bananas will not darken if

dipped in lemon juice when Grapefruits and melons will keep fresh if wrapped with

waxed paper when cut. Roll oranges and lemons until slightly soft before squeezing. The juice will flow more freely.

Lynn Chambers' Menus.

*Pepper Pot *Cheeseburgers with Buns *Cranberry Parfait Beverage *Recipe given.

radish and top each pattie with slice of cheese. Broil until cheese melts. Serve on plain or toasted buns with tomatoes, onions, relish or mayonnaise.

Here are two rich hearty soups which you might like to serve with any type of sandwich. These, of course, may be made ahead of time as soup will improve in flavor or standing.

*Pepper Pot. (Serves 6) 1 onion, sliced

4 cup celery, diced 14 cup chopped green pepper 1/4 cup butter 1/4 cup flour

11/2 quarts of meat stock 11/2 cups diced potatoes 1 tablespoon salt 1 teaspoon chili powder 1 cup cream, whipped

Simmer onion, celery and green pepper in butter about 15 minutes. Add flour and stir until well blended; then add meat stock, potatoes and seasoning. Cover and allow to simmer one hour. Add cream just before serv-

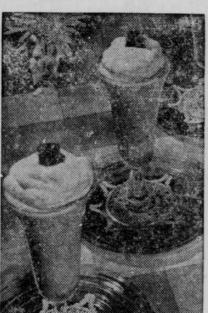
Corn Chowder. quart potatoes, diced

cups boiling water 2 tablespoons salt nork 1 medium onion, chepped No. 2 size can of corn 2 cups milk 1 tablespoon salt

Sandwiches, of course, are an old standby, but they should be rounded 4 teaspoon pepper out with soups and salads instead tablespoons chopped parsley or of just a beverage and a piece of celery leaves cake. Cold meats are easy to use. but they can be served warm to

Cook diced potatoes in boiling waadd more appetite appeal to the ter for 10 minutes. Cut salt pork in 1/4-inch dice, saute and add onion. Left-over vegetables from the ntinue cooking until nork is brow night-before dinner, when well and crisp and onions are soft and chilled and mixed with crisp greens, yellow; then add these, with the make an appetizing salad. They corn, to the potatoes. Boil gently may also be used, along with leftuntil potatoes are tender; add milk. over meat, for delicious soup which salt and pepper. Bring to the is so welcome with a fairly dry boiling point again and add parsley or celery leaves and cream. Serve

Two desserts which come to mind for meals such as I've just described are a Cranberry Parfait and a Fluffy Fruit Ice. They are light enough to contrast well with soup and sandwich luncheons and wiches called "burgers" which I easy to make.



Light, fruity desserts offer taste and color contrasts to rich, heavy meals. Here, Cranberry Parfait is served in tall glasses topped with a square of jelly to make the des-

*Cranberry Parfait. 14 can cranberry sauce 2 tablespoons powdered sugar 1 egg white ½ pint cream 1 teaspoon almond extract

sert more attractive.

Beat the cranberry sauce and meat patties in bacon drippings or powdered sugar with a fork. Whip the egg white and cream. Combine the two mixtures. Flavor with the almond extract and chill. Serve with a square of cranberry sauce.

> Fluffy Fruit Ice. 2 tablespoons unflavored gelatin 2 tablespoons cold water 2 tablespoons sugar

1/2 cup water 1 cup syrup from mixed fruit 2 tablespoons lemon juice 16 teaspoon salt

1 egg white, beaten

1 tablespoon sugar Soften gelatin in cold water. Bring sugar and water to a boil. Add gelatin and stir until dissolved. Cool. Add syrup, lemon juice and salt. Pour into refrigerator tray. Freeze until firm. Place in a chilled bowl, break into pieces, and fold in egg white which has been beaten with remaining sugar. Return to refrigerator tray and freeze until

firm. Mixed cooked or canned fruit

may be served as a garnish.

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Editorial-by Geo. H. McDavis, Advertising Manager

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FIRST POST WAR SHRINE CIRCUS MAY 29-JUNE 5

With wartime restrictions on travel eliminated, Tangier Shrine Circus offi- ing and the easing of rail and but tracials are expecting out-state circus vel are expected to make it much sim see the 17th Annual Show at the City

INSTITUTE OF HEALTH TO BE HELD MAY 13

(Continued from Page 1) Health in co-operation with the Althouse School of Beauty, the Northside School of Beauty, and the Watson School of Beauty. The Institute will through over phases of Social Hygiene and Venereal Disease Control. Dr. Wesley ones, local physician, and City Clinician who has received special training 'as follows: Thursday, Decoration Day, in Venereal Disease Control, and Dr. May 30; Saturday, June 1; Tuesday, W. B. Quisenberry of Lincoln, Nebra- June 4, and Wednesday, June 5. ska, Director, Division of Venereal Disease Control, Nebraska State Dept. | ial performance for crippled children of Health, and Public Health Specialist, United State Public Health Ser vice, will deliver the medical lectures. and demonstrate and show medical

The Institute will open with a lui reau of Examining Boards, State of Nebraska Dept. of Health will be the guest speaker.

Mrs. Christine Althouse, well known Leautician and manager of the Beauty School bearing her name, will preside tend the one-day Health Institute on Social Hygiene. Luncheon recervations may be made by calling the Urban League Office.

WEbster 5020. Mrs. McGinnis. GEN. BRADLEY TURNS DOWN NAACP REQUEST

NEW YORK-In response to a rec nmendation made by the NAACP through its executive secretary, Walter, White, in whichh it was pointed out that a qualified Negro should be appointed to the Veterans' Administratn, policy-making capacity, General Om'ar Bradley, Veterans' Administration chief refused to take such action on the grounds that such action in it self would be discriminatory and de trimental to the interests of other min

The NAACP has attempted to interest governmental officials in the re commendation for some time after re peated complaints of segregation and discrimination policies being practiced against Negro vets in most Southern communities. The Association pointed out the fact that the 13 branche offi ces of the VA are more or less auto nomous, and it would be exceedingly unlikely that branches located in the South would discontinue the tradition al jim-crow policies of that section. In addition to the letter to General Bradley, Mr. White also sent a com munication to Pres. Trum'an. In this letter Mr. White stated:

"We have not bothered to trouble you with our ecorts with which you are familiar to secure the appointmen of a qualified Negro in a policy making, policy-executing position with the Veterans' Administration because we had reason to believe that General Bradley would take such reasonable action. Our hopes in this regard have. however, been considerably dimmed and virtualy destroyed. I, therefore take the liberty of sending you herewith self-explanatory copy of a letter dated April 30th from General Bradley and copy of our reply. "May we ask you to take such steps

Auditorium, May 29 to June 5, incl. The termination of g'asoline rationfans of all ages to pour into Omaha to pler for residents of communities surrounding Omaha to see the circus than last year when travel was restricted to only that which was necessary.

To meet the expected increase in number of circus-goers 'as a result of the new travel situation, two more maored by the Nebraska State Dept. of time performances than were given in

Matinee For Shut Ins.

Nightly performances will be given throughout the week's engagement with the exception of Sunday, June 2, or which date no shows will be staged. The four matinees have been scheduled

A preview of what patrons can expect at the Seventeenth Annual Circus was outlined by Dr. Fred F. Whitcomb general chairman. Dr. Whitcomb said that those attending the show will find cheon May 13, to be held at the Sharp Inn. Mr. Oscar Humble, Director, Bu mention the incorporation of a number nention the incorporation of a number entirely new acts. Hannaford Family Featured

Dr.) Whitcomb stressed that the ever popular clowns will be going through their antics in even gre'ater number at the luncheon. All professional stu-dents and beauticians are urged to atanimal portion of the circus, which will include such traditional entertainers as trained seals, bears, plumed school horses and ponies.

Among the featured performers who will appe'ar in the three rings will be the Hannaford Family, a troupe of dar ing bareback riders, and the Gallagher Family, risley artists. In addition, more than two hundred other performers will take part in the nearly three

score acts Arrangements for the circus are proceeding rapidly under the direction of Rink Wright, veteran circus showman, who has contracted to produce and direct the circus.

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