

Lake Street BOWLING Alley News

By Mildred Martin

Once again it is time to take a little stroll down 24th Street to the bowling alleys to see just what important events have taken place since our last visit. Things are really lively around there these days; never a dull moment

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movie star really scored last week when she openly took a stand against discrimination in the Capitol at the George Washington U., where she was appearing in Maxwell Anderson's play "Joan of Lorraine".

Miss Bergman stated that had she known beforehand that the university would not admit Negroes during the play's three week run, she would never have agreed to have opened there. She also made it known that she was against racial discrimination in any form; and was shocked to learn that it was permitted in the nation's capitol—Washington, D. C.

Letters, telegrams and messages from outstanding citizens of the United States were sent the actress commending her on her open mindedness. More People should pattern after such a great personality as Ingrid Bergman.

SHORT SPORTS

BY JOHN M. LEE

BASEBALL vs. FOOTBALL A MINOR CONTEST NEW YORK CITY (CNS)—When you hear these things in the summertime, you can always blame it on the heat, but when they come up during the chill of fall and winter, you wonder why. Right now sports enthusiasts are huddling over the question of baseball versus football, which is the more sporting game? What they're trying to determine of course, is which of the two sports gives the Negro athlete a better break.

Football should win in any argument where all the angles are taken into consideration. It is a game based on outwitting the opposition with faster thinking, and personal contact is the very essence of this modified form of sanctioned mayhem. Negro footballers usually stand out and they are consequently a marked target on the field, but there have been few incidents where racial feeling has replaced sportsmanship in a tackle.

Whenever a Negro has the goods in football he gets into the game and with the whole-hearted support of the team. Levi Jackson up at Yale is a one man football tornado who almost wins singlehandedly. He is an inspiration to his team-mates and a hero to the Yale rooters. Now, you take baseball—well, that's it, you take it when it comes to sportsmanship about playing Negroes.

THE CHAMP LIKES BEING THE HOST

Despite reports that his venture in Harlem is not paying off at this writing, heavyweight champ Joe Louis is reportedly considering a similar project in Detroit. They love him in Detroit, as they do almost everywhere else and maybe a glamorized saloon would show quicker profits in this location. It is quite possible that the many rumors naming Uncle Mike Jacobs as the real owner of the business and putting Joe on the basis of a front man receives a yearly sum for the use of his name, has some thing to do with the seeming lack of public interest. Joe plans a radio program featuring Negro celebrities to call attention to his Harlem Bistro. The show will premiere in about two weeks.

BEAU JACK'S MANAGER SEEKS REVERSE VERDICT

Angered over the decision of Referee Paul Cavalier which gave six rounds of ten to Buster Tyler, Chick Wergeles, Beau Jack's manager sought redress by appealing to the New Jersey State Boxing Commissioner, John Hall.

Protesting the surprise verdict, Wergeles wired Hall, "In view of the unfair decision rendered against Beau Jack, I appeal to you to suspend referee Paul Cavalier for incompetence and to reverse the decision".

Cavalier, the only official at the fight, according to New Jersey rules, gave Beau only 3 rounds against Tyler 6 and 1 even. This was in spite of the flooring of Tyler by Beau in the first and eighth rounds.

NEW DATE FOR MONTGOMERY-MOUZON TITLE MATCH

A new date has been set for the lightweight title match between Champion Bob Montgomery and Wesley Mouzon in Philadelphia, November 26th. Montgomery's title is sanctioned by New York and Philadelphia.

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TILL THE CLOUDS ROLL BY



SWINGING ON THE SHOWBOAT. (CNS)—Two Hollywood prima donnas of popular songs are among the gasily of stars in "Till the Clouds Roll By". All dressed in a sweet old-fashioned crown is Lena Horne with Virginia O'Brien, singing memorable Jerome Kern melodies in the lavish "Showboat" sequence of the film.

THE SPORTSCOPE

By Jocko Maxwell

NEWARK, N. J. (Global)—Some sweet day top flight athletes will learn that the underdog opposition is not to be treated lightly. Failure to respect the punch and ability, the instating fortitude and the rock-ribbed defense of Buster Tyler cost Beau Jack, welterweight kingpin, a hairline decision last week at the Elizabeth Armory in the Garden State. We agree that the bout might have been called a draw but certainly the former shoeshine boy's efforts would not have given him a clear cut decision over the Newark battler. It was evident after the first few rounds that Beau Jack looking over the hill to future battles for mammoth purses, felt that he could put Tyler to sleep whenever he pleased. Such was not the case, much to Jack's displeasure.

We admire the fighting spirit of Freddy Burgess, New University halfback in last Saturday's NYU-Gettysburg game. With his team trailing 7 to 6 with two minutes to play, Burgess fumbled the ball on Gettysburg's four yard line. Gettysburg recovered and attempted to kick out of danger. It was a fine 50 yard boot. Burgess playing safety man, caught the ball and aided by good blocking emulated Red Grange as he side stepped, swerved to and fro and reared over the Gettysburg goal line for the game-winning six pointer.

Paul Patterson's great all round play for Illinois resulted in the fighting Ill pulling one of last Saturday's biggest upsets in the whipping of the highly favored Michigan 13 to 9. Once again Buddy Young was held in check, however, in bottling up Young Fritz Crisler gridders permitted Patterson to run at will, spelling their downfall.

SPORT NOTES

Rolling on almost unnoticed by the football enthusiasts is the Florida A & M Eleven, as yet undefeated. Eddie Hurt's Morgan College powerhouse looms up as CIAA champion and the victor over Lincoln university's fine club was most impressive. Jimmy Reed as trainer and Frank Lemo as manager are doing an impeccable job in handling 20 year old Billy Fox of Philadelphia, a light heavy weight who has been the mainstay and chilled his opponent in each bout. A Fox-Lesnovitch bout is in the making with a tentative date being Jan. 13th in Philadelphia under the promotion of Herman Taylor, Dolly King, the former Long Island University counterer and more recently Renaissance sensation, should click with the Rochester Royals of the National Basketball League. Monty Irvin, Newark Eagle's fence-buster, holds a unique record. He won batting championships in both the Negro League and the U. S. Negro League. Needless to say, major league scouts are camping on his doorstep. Bob Douglas, congenial owner of the famous Renaissance Basketball Team, informs us that the Rens ring up the curtain on their 25th season when they match baskets with the strong Bridgeport Bullets, eastern professional basketball champions at the popular Renaissance Casino. Despite the fact that his opponents say he's shifty but not speedy, Levi Jackson, Yale's big freshman fullback continues to blast through stiff competition to make the old Eli graduates praise him to the heavens. Joe Louis' big 18 karat thrill came, not in the squared circle, but on the golf course where he "molested" old man Pat by a 68 count. Douglas Hertz, sporting a heart as big as a watermelon, is doing a terrific job promoting the Armistice Day game at the Polo Grounds between the North Carolina A & T College gridders and the U. S. Navy Submarine Base Sea Raiders. Proceeds go to a most worthy charitable organization, the Associated Football Charities, who aid the less fortunate, regardless of color or creed. You couldn't support a finer cause. Gotta breeze along now, see you next week. Here's a tip Don't bet on football games!

City Recreation News

Halloween parties were held by both the Logan Fontenelle Recreation Center and the Near North side "Y". All persons attending the parties enjoyed themselves.

SPORTS

The City Recreation and the Near Northside Branch "Y" will use the gym at the Urban League for practice during the basketball season. All grade school, juniors and girls teams desiring to play in these leagues please contact Travis Dixon before Nov. 15th at the "Y".

The Near Northside "Y" entry in the City Recreation Soccer League rang up its 6th consecutive victory Sunday Nov. 3, by defeating Falstaff 4 to 1 at Fontenelle Park.

Soccer League Standing

Team	W.	L.
Near N. side "Y"	6	2
Metz	4	2
Falstaff	1	2
Brown Park	1	5

Falstaff Pos. N. No. S. Y

Mama	lw	Peak
Schubert	lv	Vann
Pistello	cf	Hall
C. Brown	rf	Allen
Ladd	rw	Greer
E. Brown	lhb	T. Dixon
Finch	chb	E. Dixon
Marcus	rhb	F. Dixon
J. Romona	rb	Williams
M. Romona	rfb	Skinner
Member	g	Thomas
Falstaff Scoring—Pistello		
N. Northside Y scoring—Hall, 2		
Wise, Greer		
Falstaff substitution—Shelhorn		
Sidhorn		
City Recreation Soccer League schedule:		
Place: Fontenelle Park		
Date: Sunday, Nov. 10, 1946		
Time: 1:30 Falstaff vs. Brown Park		
3:00: N. Northside Y vs. Metz		

THE ROAD TO HEALTH

FOOT NOTES By Theo. E. A. McCurdy, M. D. LRCS, Edinburgh, Boston, Mass.

"I always feel tired all over", Mrs. Jackson said, as she sat down heavily in the chair beside my desk. Her shoulders and her eyes were heavy with tears. With three children and a husband to do for I mustn't feel tired. Maybe there's something wrong with me."

I gave Mrs. Jackson a complete physical examination. She seemed in good condition until we got to the feet. "My feet and legs do give me a lot of trouble," she admitted. "I get aches and cramps in my legs and my feet hurt a lot. I guess because I'm on them so much."

It was not surprising that she felt "tired all over". I pointed out

to Mrs. Jackson that weak and painful feet result in lowered energy and vitality. The trouble was not so much that she was a busy housewife. Nor had she inherited any foot trouble. The fault lay in the way she had abused her feet. It was clear that she had broken down her arches by wearing badly fitted shoes for many years.

"But, doctor, I wear these arch support shoes," she protested. The shoe salesman said they would help me!" I explained to her that an ordinary shoe salesman is not trained to fit corrective shoes. In most cases, there is no need for the self inflicted torture of such shoes for normal feet. They are supposed to relieve arch troubles but actually they may weaken arches even more and cause flat feet. Metal supports in a shoe should never be worn without a doctor's advice. The fact that Mrs. Jackson was too heavy had also weakened her arches.

I prescribed a reducing diet, foot exercises, rest periods for her feet every day and specially fitted supports to wear in her shoes.

Mrs. Jackson was surprised to discover how important the feet are to the general well-being. She determined to make no mistakes with the feet of her three children and asked my help.

The Baby, Sally, was just beginning to walk, so I explained that her shoes should have a pliable leather sole and fit so as to give plenty of room for toes to wriggle. A child just learning to walk should wear a high shoe with no heel.

Dorothy and city children who are on hard pavements much of the time need a firm sole to protect the feet and take hard usage. The older children also require a low heel in order to walk correctly on hard surfaces.

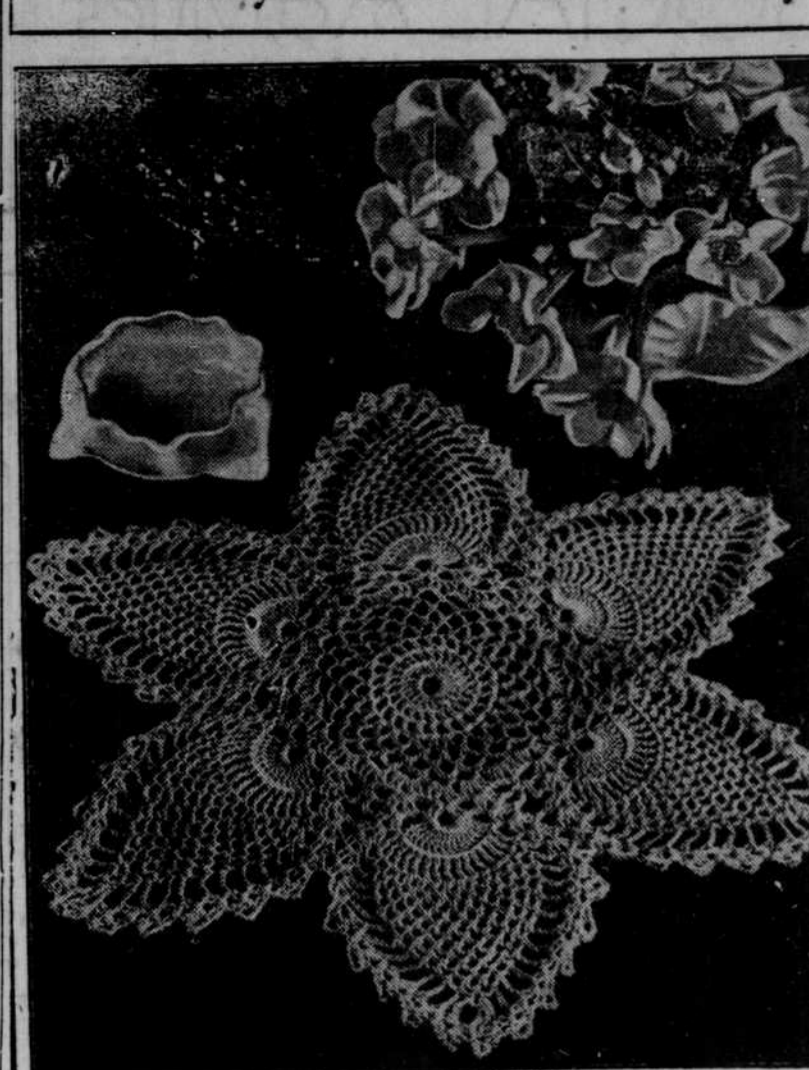
Joseph, aged five, was wearing shoes a little too short, but no permanent damage had been done. Shoes of growing children should be watched carefully, because they may outgrow them before they are worn out. Jane, aged seven, was already walking as if she had flat feet; with her ankles bent, toes turned out and body slumped. Her long and slender feet had grown a bit too fast and had been weakened during the time she spent in bed with scarlet fever.

We had to teach Jane to walk all over again with the proper rolling heel and toe gait. It is very important for youngsters to learn good habits of walking and standing. It may be too late to cure flat feet when they are grown up.

I also warned Mrs. Jackson to have her children get plenty of cod liver oil and Vitamin D to prevent rickets, which softens the bones and causes foot deformities. It is not enough to put them in the sun because the health giving rays are often filtered out by smoke, cloudy skies and window glass.

Another important factor in preventing foot trouble is proper hygiene. Everyone should take a daily foot bath, followed by careful drying especially between the toes. Moisture should be washed at-

Your Easy-to-Make Crocheted Doily



Send a stamped, self-addressed envelope to this paper and receive complete instructions on how to make this doily at home.

PINEAPPLE AND FLOWERS

Pineapple and flowers, what do you think about them? Do they go together, do they blend? Possibly not when they are on the vine or bush, but we know how to make a pineapple blend with lovely flowers. Just look above at the gorgeous illustration of a lovely pineapple stitch Doily placed on your fine mahogany table. Yes, pineapple and flowers, they certainly hit it off together here.

A Doily is such a useful thing in a home, it can fill up so many vacant places that you were afraid of, the Doily was designed just to put you at ease and to let you know that you have every nook and corner protected. Doilies are so easy to make and so easy to own; so inexpensive that every housewife should have several dozens so that she can throw them into the dull spots and make them clean and immaculate. The Doily above is one of this seasons hottest numbers, selling at fabulous prices in the stores but made at home dirt cheap. Learn to make these Doilies at home!

Crocheted Cap and Scarf



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SOLDIERS—deals with one of America's gravest problems in COLOR BLIND, but with a warmth and clear-eyed humor that show it in lights it has never seen before.

Ten Books Recommended By Margaret Halsey for Citizens With A Conscience: A Rising Wind—Walter White Margaret Halsey "Makes People Laugh in Order to Make Them Think" Margaret Halsey, a tall goodlooking New Yorker who was born in Yonkers 36 years ago, became a best selling author with her first book, a marvellous yet hilariously funny study of our English cousins which the English are still trying to forget. Although Miss Halsey considers Jane Austen and Thackeray her favorite authors, she candidly confesses that she is a hopeless detective story addict.

HELPS BUILD UP RESISTANCE against MONTHLY PAIN

When Taken Thruout The Month Also A Fine Stomachic Tonic Lydia E. Pinkham's Vegetable Compound does more than just relieve monthly pain when caused by female functional troubles. It also relieves weak, tired, nervous, cranky feelings—of such days—when due to this cause. Pinkham's Compound has a soothing effect on one of woman's most important organs. Taken thruout the month—Pinkham's Compound helps build up resistance against such distress. It's also a very effective stomachic tonic.

BOOK REVIEW

ABOUT "COLOR BLIND" by MARGARET HALSEY, Book Find Selection for November

A "Different" Kind of Book on Race Relations: For the first time, a white woman writes about a Negro, not scientifically, not fictionally, but in terms of her own experience in meeting Negroes as social equals. COLOR BLIND is based on Miss Halsey's experiences as captain of hostesses in New York's Stage Door Canteen where over a million men in uniform were entertained regardless of their race or religion. Margaret Halsey who won wide popularity as a humorist with her two preceding books—WITH MALLICE TOWARD SOME and SOME OF MY BEST FRIENDS ARE

Lydia E. Pinkham's VEGETABLE COMPOUND

FOR THE BEST BOOK BY MARGARET HALSEY READ THE GREATER OMAHA GUIDE