

THE OMAHA GUIDE

JUSTICE / EQUALITY
EQUAL OPPORTUNITY

ALL THE NEWS WHILE IT IS NEWS

HEW TO THE LINE

2420 GRANT ST

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THE OMAHA GUIDE OMAHA, NEBR. Saturday, April 24th, 1948

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YOUR FAMILY'S FOOD



By Mrs. Evelyn Halm
Red Cross Nutrition Director
Bitter Treat

Within a very few days now, dandelions will appear as an unwelcome weed in many lawns,—but when displaced, perhaps the offending dandelion can give good account of itself in the salad bowl.

The U.S. Department of Agriculture suggests that dandelion greens are free for the digging, and they offer a refreshing bit of bitterness. Even though nobody likes a bitter dose, a dash of bitter gives zest to many a dish—such as a mixed green salad, or cooked greens. Chicory, known as endive in our local markets, is also prized as a salad green for its delicate bitterness.

Dig Early

According to U.S.D.A. specialists, the time to dig dandelion greens is early, when the largest leaves are no longer than two or three inches and before the plant begins to flower. Or a better way to avoid too much bitter is to choose the young greens which are only faintly bitter, and then blend them with other mild flavored greens for salads or cooked greens. For a tossed salad combine dandelion greens with lettuce and french dressing. Or make a fruit-and-green salad by adding grapefruit or orange segments and using the juice of these fruits in the dressing.

Dandelion greens—like other deep-green leafy vegetables, are excellent source of vitamin A and iron.

Between Meal Eating

Many folks have the idea that eating any kind of food between one's regular meals is to be frowned upon. Mothers often tell me that they don't believe in letting their children "piece" between meals.

According to Nutritionists of the U.S. Department of Agriculture—eating between the meals is not always a bad habit. It depends on the food, the time, and the person who does the eating. Some of us may do better with 5 or 6 small meals than with three substantial meals. Between meal snacks may be used to supplement regular meals and to help provide an adequate diet.

Growing children, active workers, and underweights often need more food than they can comfortably eat at a meal. For them a light fill-in at a mid-point between meals protects against weariness and getting hungry before meals. Some people find that they do better by eating frequently and lighter rather than by holding to three square meals daily.

Healthful Snacks

A glass of milk, fruit or tomato juice, a hard cooked egg, fresh fruit, graham crackers, or even a light sandwich is recommended to give children energy for active play without spoiling the appetite for the evening meal.

In contrast—candy, cake, a rich ice cream mixtures and sweet drinks taken shortly before a meal may spoil the child's appetite for vegetables and other essential foods at meals.

Eating the right foods at the right time between meals—may be a good health habit for some adults and children, but haphazard nibbling may spoil enjoyment of meals and mean overweight and malnutrition.

200 Million Timepieces in One Plant



The 200,000,000th timepiece, believed to be a record for one plant, has come off the production lines of the Westclox Division, General Time Instruments Corporation, at LaSalle-Peru, Ill. The company began operation in 1886, when its production was about 50 clocks per day. Now many thousands of clocks and watches are produced every working day. Reaching for the 200 millionth—a Big Ben—is Albert J. Hasselman, general manager, while looking on, left to right, are: Edward M. Greene, Jr., vice president in charge of sales, General Time; Henry J. Wagner, Westclox general sales manager, and L. B. Richards, advertising manager. The clock was not sold; it is to be mounted and placed on exhibition in the factory.

NEBRASKA YOUTH MEMORIAL BUILDING

Increased interest on the part of American Legion organizations in the \$250,000 campaign being conducted by the Legion in Nebraska to secure funds for the erection of a Nebraska Youth Memorial building on the campus of the College of Agriculture is being shown in various places.

Typical of the Legion's attitude is a letter from Antelope Post No. 172 at Neligh. After stating that the building was discussed at length at a regular post meeting, Adjutant C. L. Gillespie reports, "It was unanimously agreed that the post here in Neligh should do all that it could to forward financially such a worthy undertaking." As a preliminary contribution from that city, the post voted to give the sum of \$152.00 on the basis of one dollar per member. Because that post has been active in the youth program, it stated it recognized the great need for such a building.

Leo Brinda Post No. 90 at Valentine is another which has gotten nicely under way with the campaign in its town, having sent in the first contribution of \$120.00 toward the building fund.

Other posts in the state have indicated a deep interest in the proposed building. Entertainments of various kinds and other methods are being used to raise funds for the building. In some places, the Legion organization is just getting nicely started, and active solicitation for funds has not begun.

Another generous contribution to match the larger ones already given was announced this week at Lincoln, when the Lincoln Voture of the 40 & 8, Legion honor organization, voted to give \$1,000 to the building campaign.

BOOK REVIEW

TEA COMING

The Gamma Beta Chapter and Relta Epsilon Omega Chapter of the Alpha Kappa Alpha Sorority are presenting three of Omaha's outstanding book reviews on Sunday, May 2nd. Miss Margaret Fischer will review *The Great Rehearsal* by Carl Van Dorn. Mr. Leo Bohanon will review the *Mutual History of Omaha*, and Mrs. D. Howard Farrell will review *Gus The Great* in costume.

You can't afford to miss this unusual and cultural event. This Book Review Tea is being given for the benefit of our scholarship fund. The public is cordially invited.

"YM" CIVIC LEADERS DINE AT CLUB EBONY

New York—The International Emblem Club, Thos. E. Taylor Chapter, of the Young Men's Christian Association, Harlem Branch, will hold their 14th anniversary dinner at the swank Club Ebony on Broadway, May 13th, it has been announced.

This unique organization composed of men from all walks of life, from Civic Court Judges and lawyers, physicians, business executives, government workers, private business, porters and service workers, is a composite representation of the splendid manpower of Harlem and cross section of American manhood.

The famed Club Ebony leans itself highly proud to host such a distinguished fraternity of citizens. With the selection by its program committee, Harry N. Quarles, as chairman, this is the first time that a supper club has been chosen for the Emblem Club's annual dinner.

Wesley J. Marshall, membership secretary of the Harlem Branch, has been promised by the Club Ebony management and staff that the Emblem Club will be shown every courtesy, and the management assures them the utmost service to the extent of the Club's facilities in hospitality and comfort.

The Emblem Club is composed of individuals who pledge themselves to enroll and enlist new members in the Harlem Branch YMCA. There are now more than 200 members of the club and it is primarily because of this group that the present membership of the Branch numbers approximately 5,000. Any member of the Branch desiring five new members is recognized by initiation into the Emblem Club and the members are identified by "Emblem Pins" awarded at the monthly meetings of the club.

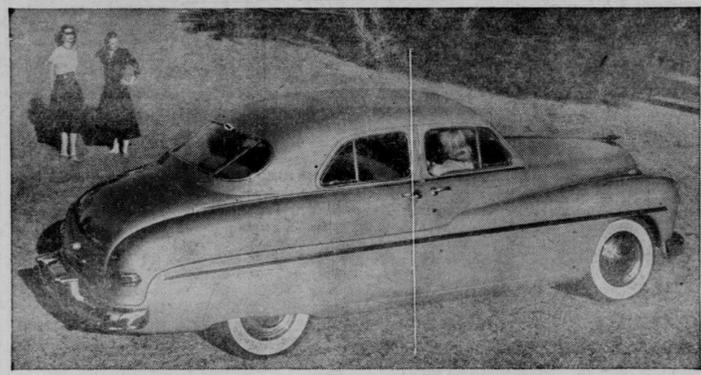
The result has been that the Harlem Branch YMCA, the largest and finest organization of its kind in the world for members of the Negro race, is one of the finest contributions to the metropolis of New York's 450,000 colored citizens. Incidentally, though considered a colored branch it serves all, regardless of race, color, creed or religion.

The Emblem Club is under the leadership of Edward S. Hill, as its president. Other officers of the Club are: Walter W. Scott, George H. Edwards, Leonard B. Wilson, Sgt. Herbert S. Johnson, Dr. L. J. Davenport, Rev. L. H. Bristow, Thomas B. Johnson, Harry N. Quarles, Wesley J. Marshall. The program committee, which is responsible for the Club's annual dinner is composed of Harry N. Quarles, chairman; with Mr. Quarles are Joseph L. Rogers, Harry B. Hollis, Sgt. H. B. Johnson, Walter J. Petty, W. H. Wortham, James S. Bratton, R. Goodlette.

The Club Ebony dinner will obviously be a sumptuous event and perhaps surpass all previous occasions. It is commendable that the Emblem Club members exercised the wisdom of their community spirit to dine at Club Ebony, the first Negro owned and operated supper club of its kind in Broadway. And, this writer takes this means to congratulate and thank them heartily for such a splendid selection.

WATCH FOR THE BIG OPENING OF THE BIG STORE

Stop, Look and Save at Sol's. Have you met Sol? No, if not you will. He is to be our new business man. Just go in and say, hello Sol. He will specialize in all types of meat, that you want, at the lowest prices.



This 1949 Mercury Sport Sedan typifies the low, graceful lines of the all-new Mercury models. Inside there is room for six passengers.

CORRECTION

Theatis Woods, who met death accidentally by a stay bullet, at Ogden, Utah, April 6, was standing in the Waiters and Porters Club, instead of being in a night club as reported.

CORRECTION

Jack Williams of 1916 North 27th street and not Jack L. A. William at 2426 Parker is guilty of charges in April 3rd paper.

Come To The Rally Against Racial Prejudice

Please come to Mt. Moriah Church Monday evening, April 26th at 8:00 p.m. at 24th and Ohio streets. Hear these people who have had the courage to help to break down prejudice. Your support is vitally needed.



A beautiful, curved grille with massive bumpers and bumper guards, topped by a winged radiator ornament, lends distinction to the 1949 Mercury models. The Mercurys are new in style, chassis, engine and ride.



Long, low lines distinguish this 1949 Mercury 6-passenger convertible, one of the wide choice of all-new Mercury body styles just announced.

COME DOWN TO EARTH!

By Mackenzie



TRAFFIC NEWS

Three Nebraska cities, Alliance, Fairbury and Falls City, have won places on the Honor Roll of the National Traffic Safety Contest, E. P. Tinker, Jr., Executive Director of the Nebraska State Safety Council, announced today.

The three towns were honored for going through the entire year of 1947 without a traffic fatality. The State Safety Council will present the award to the mayors of the three towns in the near future for the National Safety Council, which conducted the contest.

URBAN LEAGUE VOC

Campaign Reached Over 2700 Students

In a report given to the Omaha Urban League Board of Directors last week, Mr. Taylor, Industrial Secretary, Omaha Urban League, said 2680 high school and 105 grade school students were counseled directly during the League's Vocational Opportunity Campaign held the week of March 14th.

Other highlights of the campaign included the distribution of 8,105 pieces of counseling literature, 29 news stories, 4 radio broadcasts, 2 library displays and posters displays in the high schools, churches and in participating agencies. A special appeal was made to veterans thru the appearance of George Holland, special agent in charge of Veterans Administration. Mr. Holland spoke to VA officials in Omaha and Lincoln and before 2 mass meetings of Negro and white citizens in Omaha. Mr. M. Leo Bohanon, Executive Secretary of the Omaha Urban League, said that in his opinion the recent VOC campaign was one of the most inclusive programs ever sponsored by a League affiliate. He pointed out that in keeping the League's philosophy the campaign was completely interracial in its approach to the problems of vocational counseling. Significantly enough, he said, 93 percent of all high school students served were white students. Organizations and groups which cooperated with the League in promoting the VOC program were as follows:

- Central YWC
- Omaha Public Schools
- 57 Churches, in Omaha and Council Bluffs, Ia.
- The Near Northside YMCA
- The Charles Street Recreation Center
- The DePorries Club, Creighton University.
- The Omaha Public Library
- The Omaha Guidance Council
- The Nebraska State Employment Service
- The Near Northside YWCA
- The Woodson Center
- Christ Child Society
- Five Radio Stations
- Roosevelt Post No. 30, American Legion
- The Press

ARRESTED FOR DISTURBING PEACE

Donald Simmons was arrested for disturbing the peace, April 16th, for molesting his wife.

DOCTORS LEAVE

Those Attending the Homer G. Philip Hospital in St. Louis for the next few days are Dr. Wesley Jones, Dr. W. W. Solomon, and Dr. G. B. Lennox who went to the Third Annual Medical Clinic, sponsored by the interns.

Nebraska, for the first time in the history of the contest, had 100 percent representation in the Honor Roll Contest. Eight cities reported for Nebraska in the 5000 to 10,000 population bracket. More than 300 other cities in the United States also placed in the division.

Oklahoma had the highest percent of winners with 16 cities of 22 reporting placing on the honor roll. Among that state's winners was Hobart, incorporated in 1901, which state records show has never had a traffic death since that date.

CHILD HEALTH SURVEY AIM OF CIVIC GROUPS

The Federation of Colored Women's Club and the The Woodson Center Health Committee are currently making a house to house canvass to determine what health facilities are needed and what facilities are being used to insure better health for children and families living in North and South Omaha.

Parents are being interviewed and literature is being distributed. The literature lists the names and addresses of community agencies where services are available and in addition it gives simple advice on how to stay healthy. Mrs. Ethel Killingsworth, chairman of the Federation of Colored Women's Clubs Health Division, and Mrs. M. Hogan, co-chairman, are directing the survey in North Omaha. Mrs. Audrey Stewart and Mrs. Clara Prater are in charge of the survey in South Omaha.

The Child Health Survey is part of the general health program sponsored by the Omaha Urban League Health Committee of which Dr. H. O. Wiggins is chairman. Other cooperating agencies are, Douglas County Health Department, Visiting Nurse Association, Federation of Colored Women's Clubs, Woodson Center Health Committee, Health Division-Community Welfare Council, and the Northside YMCA and YWCA.

American Red Cross Douglas County Chapters

The Douglas County Chapter Red Cross budget will take a cut of \$24,500, W. Leroy Wilcox, chapter chairman, said this week.

At a Board of Directors meeting, he announced Mrs. C. W. Hamilton, Jr., as chairman of a committee to evaluate Red Cross services and to make recommendations on reductions.

The 1948 Fund Campaign closed April 15th with \$185,551. Contributions still outstanding are expected to boost this to almost \$200,000, Wilcox stated. The goal was \$241,583.

The \$24,500 cut will become effective with the new fiscal year beginning June 30th, 1948. Board members passed a resolution commending the fine work of volunteers during the drive.

Delayed contributions may be sent to Red Cross Chapter House, 208 S. 33rd, Omaha.

WOMAN FOUND DEAD

Mrs. Jessie Cooper, age 65, of 1716 North 27th Street, was found dead by Mrs. Lula Marion at 12 noon April 14th, 1948, and pronounced dead by Dr. McDermott. Mrs. Marion stated that Mrs. Cooper had complained of a pain in the chest for the past week and had seen a doctor. Her body was taken to Myers' Mortuary. Death was due to natural causes.

OUR Guest Column

THE ROOTS OF PREJUDICE



Russel Coppock

It has long been of concern to thinking people to find a more solid ground on which to base the relationships between peoples of different races or nationalities. More solid, that is, than the moral ground expressed in the Brotherhood idea. This is the fact of self-interest. It is not meant to disparage the ideals of the Declaration of Independence, that all men are created equal, and that all people have certain inalienable rights, and so forth. Too often one group which is privileged will be taken in by the false doctrine that to give equal rights to those discriminated against, will lower their own standards or opportunities, and consequently fail to implement their ideals of Brotherhood.

The fact is that when one group is held back, the rest of us who falsely assume we would regress with their progress, are actually retarded also. There is abundant evidence that those who would hold others in the pit must stay with them to keep them there.

It is plainly evident that if the ten million or so Negro people in the South had equal employment rights with the 'privileged' people of the North there would be greatly increased purchasing power in the country, and consequently more jobs. Life in the Northern part of the country would be more abundant. But what is not so evident, though none the less true, is that the wage differential in the South operates to the disadvantage of more white than Negro workers, for there are more of them.

There is also a considerable wage differential between Southern white workers and their brothers in the North. In other words the white worker in the South is grossly underpaid. The main consideration in him tolerating this is that he knows Negro workers are paid even less than he himself; so he finds it easy to believe that he profits from the Negro's plight. He is blinded to the fact that by harboring this belief he is assisting in his own degradation.

Consider that the Negro-white salary differential for teachers alone in the South aggregated about twenty-five million dollars in one school year in the '30s. Considering further that in all occupational groups, agriculture, industry, clerical and other professional groups, the differential is present, with the added differential between Southern-white and Northern workers, it is obvious that hundreds of millions of dollars are 'saved' the employers in the South.

The idea that one race is superior to another exists because of this condition. This condition gives birth to and sustains the idea of Racial Superiority. The Poll-taxers reap huge profits from the unequal conditions of peoples in the South. Their chief tool to preserve these conditions is the Race Superiority idea. If it is remembered that billions of dollars are invested in the South by Northern interests, it is easily understood why the Poll-taxers in Congress receive needed support from Northern congressmen. Were this not so, the anti-poll tax and anti-lynch bills, and a Federal F.E.P.C. bill could be readily passed.

The solid ground on which we all stand in helping each other is our own interests. We (Continued on Page 2)