Pleasing Curves Are Order Of Day Bones Definitely Not Stylish Now;

Atlantan Becomes Librarian For Army



A report to Major General Francis B. Wilby from Col. William A. Smith, Commander of Fort Devens discloses the appointment of Miss Roberta I'. McLemore, a native of Atlanta, Georgia, and resident in Washington, D. C., for the past eight years, as Camp Librarian of the new library in the C. 4 Service Club for members of the 366th In-

of Bradley Polytechnic Institute, Peoria, Ill., with the A. B. degree, and Hampton Institute Library. Hampton, Va., with a B. S. degree. The new library location at Fort Devens is on the ground floor of the S. C. 4 Service Club. It is being fitted attractively as a separate unit. 1,50 volumes, picked to meet the needs of the 366th Infantry are at fantry at Boston. Miss McLemore is a graduate | hand. As the demand grows additional publications

Jower them slowly, 4. Stand erect with both arms

over your head, one hand in each

toop. Pult one arm straight down

to the side, keeping the other arm

straight. Repeat with the other

5. Sit erect, grasping the ends

6. Stand up, with feet about a

foot apart. Hold the electic taut

over your head and swing torso

from side to side, without relaxing

up, then lower it and repeat with

8. Lie on your back with arms

You Too Can Have Beautiful Hair

How You Can Grow Long, Healthy Hair

certain parts of the body grow to a certain size and no further, whereas,

Hair Grows always if you keep your scalp healthy, An ailing scalp causes

HAIR WILL NOT GROW FROM A SCAR

by hature to make certain outgrowths of skin which we all know very

well. Hair is produced by our soalp skin. Each Hair Grows from a special

littlé place in the true skin. If you destroy or mutilate this true skin you may feel all right, but nothing will ever form another true skin.

A scar is not skin. You will never find a hair growing from a scar or

not look after these hair bulbs, hair will become brittle and break off.

There are two glands to each hair to produce oil that keeps it soft and

pliable, keeps it from becoming unruly and from cracking. Every hair has

muscle which is attached to its Hair Root. In order to have attractive,

healthy hair, you must help nature to Grow Hair by keeping your scalp in good condition. Keep it clean, soft and eliminate itching and dandruff.

If you are suffering with head sores or scars do not delay taking our

complete treatment or you will lose your hair. To keep your hair cells

working properly and guarantee yourself a healthy, beautiful head of long growing hair, give yourself a complete Nu Hair Treatment.

Complete Nu-Hair Scalp Treatment consists of:

et send name and address. Ray Postman only \$1,00 plus few cents gostage when

a delivers the entire treatment, it is Guerenteed to please or money refunded!

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Nu-Hair Besgra Formula Nu-Hair Pressing Compound Nu-Hair Special Shampoo

SEND NO MONEY

Hair grows from the cells of the hair bulbs. If you do

here are no sweat glands in sores or scars. The body is given power

ttching: When you scratch your scalp you make sores and scars.

outstretched at shoulder level, feet

the stretched elastic.

LET THE

HU-HAIR

GESGRO

FORMULA

HELP YOU AS

IT HAS HELPED

THOUSANDS

OF OTHERS!

the other leg.

of the elastic and stretch your arms wide over your head. Rock hard

Now Is The Time To Get Kinks Out Of Your Legs

By MARIE DOWNING

These tingling October days make it exciting to start out on a beauty-making program, and if you find yourself with that up-and-doing feeling this bright morning, seize the mood and make something of it!

Epproved by leading health authorities are quite simple, and here s a trick to make them more fun and more beneficial. A noted New

Bigger Nursing Program Started

Add Five New Supervisors To Va. Institution

RICHMOND, Va. (ANP) -As a part of its new enlarged program, the St. Phillip School of Nursing last week saw five new supervisors assuming duties in medicine, surgery, obstetrics, pediatrics and public health nursing. At the same time, the \$130,000 additions to the nurses home, made possible by a grant from the General Education Board of New York, neared com-

The two projects are designed to make this important unit of the Medical College of Virginia one of the most outstanding centers of its kind in the country-a center that as well as the education of Negro

Nurse. supervisors who began their duties and instruction last ing equipments: week were Sadie Altin Fields, East Chicago, Ind., public health nursing; Derac R. Penn, Washington, diatric nursing: Mrs. Bessie A. Austin, Phoenix City, Ala.; surgical which came in the first of Septemnursing; Miss Pauline D. Battle, ber. Before completion of the ad-Buffalo, N. Y., medical nursing, dition around the first of the year, and Maude I. Duncan, Springfield. MCV officials say that a number Mass., obstetrical nursing. Each of of the nurses will have to be hous-the five nurses has a full round of ed outside the halls. A daily averclasses, as well as periods of prac- age of about 234 patients at the tical demonstration, and special hospital requires the attention of preparation for teaching at the bed the nurses, who also attend the side and giving larger supervision youngsters in the crippled chilto the care of the sick.

made to the school, with \$38,000 set ed work being undertaken by St. aside for a six-year period employ- Phillip's is the granting of a year's ment of the five supervisors. At leave of absence to nerses who dethe end of the fourth year of the sire to take up additional work in have not had the opportunity for Education Board.

Exercise is a must, whether you ork Beauty Salon, which believes like it or nor. The basic exercises in the value of stretching for beauty and relaxation, has put an exgadget is simply a piece of tough elastic with loops at each end, in which to slip the hands and the feet during your exercises. If this tsn't available you can make one

> Here are some of the stretching with knees bent and feet on the floor morning—will help you gain the lithe, young figure that you want floor. Loop the clastic over your littakes a little will power—but Freed in Death they are fun and downright sen-

yourself which will serve very

1. Lie on your back and put your hands in the loops of your elastic strip. Place your feet in the middle of the elastic and push them up until your knees are straight and legs at a right angle to the body. 2 Sit on the floor with knees drawn up. Take both ends of the clastic In one hand, hold the center with the other, and stretch your arms high above your head and as far apart as the elastic will allow 3. Lie on your back, put both toops of the elastic on one foot, the other foot in the center of the elastic. Raise your legs, stretching

advanced instruction in English before entering the nursing school. The remaining \$130,000 has gone for the construction of two five-story rear-wing additions to St. Phillip hall, home for Negro norses In addition to a new auditorium is devoted to the care of Negro to be used for lectures and recreapatients at St. Phillips ospital and tion, 74 new beds are provided and the Negro crippled children's unit, a much enlarged library. The addition is being constructed at the rear of the present building, built in 1931 at a cost of \$160,000, includ-

> Facilities now provided for only 100 beds, but the nursing school has a current enrollment of 135, including the new pre-clinic class of 42

A total grant of \$168,000 was Another instance of the expanddren's unit. program, an English teacher nursing. Funds for this additional these who study a e provided by the General

WOMEN, here's 2-way relief!

Month after month, some women go on suffering from periodic ance for many. That's one way it functional pain and discomfort. may reduce periodic pain due Then they learn the help of CARDUI

DUI increases appetite and the fore "your time." Remember, flow of gastric juice; so aids di- modern facts and 61 years of strength, energy, physical resist-in CARDUL

only to functional causes. . But it may also help relieve periodic distress if you start tak-Probably that is because CAR- ing it by directions three days begestion, and helps build up popularity invite your confidence

String Bean Girl Thing Of The Past

BY HELEN JAMESON

(Distributed by King Features Syndicate, Inc.) Scrawny is one of the ugliest words in the English lanwage. It means skin and bones and makes you think of witches. Elbows pushing through the cutaneous fabrics. Neck wrinkled. Cheeks hllow. Shanks like pipestems. And, would you believe it. there are girls like that who are scared to death of taking on a few extra pounds? - They are diet demons when they should be shoveling in good groceries and

developing curves. They're behind the times. Bones aren't

stylish any more.

Between slenderness and leanness there may not be a differness there may not be a differniggardly with these food eletwenty pou ds but the difference ments, needs, more of trem. It in appearance is marked. Arms is the string bean girl who shud-The throat should be smooth, without a line. If malnutrition is present, if will be cressed, even if a woman is in her early twenties. Nobody wants a full moon face, either s'ould one desire to parade a hungry, gaunt one,

The extreme lightwealt, need ful of adipose upholstery, can cultivate pleasing curves if she is in normal health. Emaciation may signify some physical disorder. In Bead and toast should that event, hers is a case for the family physician. Chances are the wll fird that she is more or less crazy on the subject of keeping

It should be the ambition of every woman who is overweight or underweight to bring herself to normal. She will enjoy better health, have greater vitalty, be setter able to resist disease.

Fattening foods include starches, sweets and fats. That does not nean that the diet should be made up of these sub tances, 'm: that they should be t ken in excess them as far apart as possible, then The digestion em of manage much fat. Sugar is a highly concentrated

> ing the floor at each sitle, and keep-Lie down and sit up again as slowly as possible.

If you make your own exercise aid, be sure that the clastic is the building and developing of the trong chough to make it real exercise to stretch it. This extra stretching, added to the familiar exercises is a splendid idea. A few minutes of these exercises every

feet and stretch one leg straight it works! What are your beauty problems? Write: Marie Downing, Larieuse Beauty Bureau, 3509 Lindell Blyd. St. Louis, Mo. straight up in the air. With the and she will be glad to answer elastic loops over your feet, swing them. Be sure to enclose a selfyour legs from side to side, touch, addressed, stamped envelope,

shuld be neither at not thin, ders at the sight of sweets, loves but beautifully molded, just right. pickles and lives on a lettuce teaf

> Raisin; are rich in sugar; they are highly recommended for the wcoer of curves. Nuts, rich in offs. are fattening. Have nuts and raisins near at hand when the nibbling desire comes on

A soft-boiled egg for breakfast ad a generous serving of meat dinner will provide protein. buttered. Be lavish with cream when taking tea or coffee, A hot cereal, well garnished with cream and sowar, should be taken for breakfast.

Green salads and other love vegetables do not build fat, but they supply mineral salts and crtain vitamins that are necessary for well being. The skinnies especially, need potatoes beets, turnips, lima beans, corn and peas, And plenty of rich milk.

PROJECT NAMED

FOR NEGRO

JACKSONVILLE, Fla. -(ANP)-The housing, authority of Jacksonville, has officially announced that the second low-rent housing proj-9. Finally, sit with your knees ect for Negroes now under construcstraight toes up and heels forward tion in the "Hansontown" slum area has been named the Joseph h. Blodgett homes in honor of a Nesubdivision for members of his race, and who did much for the better ment of race relations

Failure of a Columbus county grand jury to find a true bill against Mrs. Mary Melvin, in connection with Dress her like a little princess in the fital stabbing last August 2 of J E Fermy Dubal 26, white employe of the state highway department, resulted in freeing of Mrs. Melvin of a murder charge two center panels in front are cut Saturday.

at the Blue Moon filling station here, and the weman's husband was arrested with her shortly after of a contrasting material, as the murder. The husband, now- shown in the upper figurt. This ever, was released after the coro- frosk has short sleeyes; the one

Testimony of witnesse; said that Duval went into the station that night and that there was an argument. None of the witnesses saw the knife wielded DRAFT FOR LOGS

A device to be placed across the anditons in a residence fireplace has been invented that is asserted to provide a draft of air to burn ogs evenly.

RECEIVER CHICAGO (ANP)-Atty. A. M. Burroughs was appointed receiver for the stock holders of the Binga State Bank by Circuit Court Judge

TAKES OVER AS BANK

Benjamin P. Epstein, Friday, Sept. 26, to succeed Albert C. Dixon. BIG NEW STYLE BOOK FREE WIGS



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ANSWERED Unhappy marriage, love affairs, develop attractive personality, family conflicts, children, drinking, and work problems. I npopular? Discouraged? Unsuccessful? Do you suffer? Try Metaphysical Healing. Send 25c coin. DR. RODNEY. 151 So Michigan, Chicago

They Lay Plans For Youth Conference



Pictured is the National Initiating Commit- | to the group. Front row: left to right, I. Bayne, The chairman, Miss Winifred Norman, is speaking Edward Strong, and Alberta Jones.

tee for the National Conference of Negro Youth . Priscilly Jackson, Waring Cuney, Elsie Jackson,

Plan Youth Discussions

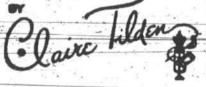


WASHINGTON, D. C.-Plans for breaking down the barriers that keep two and a half million Negro you'h from fully participating in the industrial, civilian and military defense of America, will be worked out at the National Conference on Negro Youth to be held in the Nation's capital November 14-16. Shown above are members of the Washington Initiating Committee.

Seated from left to right: Charlotte Payne, Metropolitan Baptist Church; Thelma Dale, Washington Negro Youth Federation, chairman of the local initiating committee; C. Reginald Audrick, American Law Students Association; Marie Richardson, women's auxiliary of the United Transport Service Employees Wnion (Red Caps), acting secretary of the committee.

Standing, left to right: Henry Thomas, secretary, local 30, United Construction Workers Organizing Committee (CIO); Mrs. Jewell Mazique, Delta Sigma Theta Sorority: William Tymous, United Federal Workers of America (CIO); O'ero Tymous Metro-politan Baptist Church.

STYLE FIRSTS



AND BLOOMERS

this Clarie Tilden frock and bloomer ensemble. . it has that youthful panelling that is so flattering to a tiny figure! In Pattern 458 the on the bias, and there's just one Formy Duval was fitally stabbed panel in the back. The bias effect is very striking in a striped or cheraged thria, extensity when below it is made all of one fabric and has long sleeves instead. Don't you like the tiny grosgrain bow at the neck, the trios of buttons on the yoke? Both are optional. Blumers to match this cumning frock are made with elastic at the waist and leg, or may be out into a pantie instead, using elastic only at the waist You will find this pattern so easy to make with the Sewing Guide to explain every step! Why not make two versions for an active miss-one in wool for everyday wear, another in a soft rayon print as a party dress?

Pattern 458 is cut, in children's sizes 2, 4, 6, 8 and 10. Size 6, longsheved dress, requires 2 1-4 yds. 35 inch fabric; short-sleeved dress, 1 3-4 yards 35 inch fabric and 5-8 yard contrast.

Send FIFTEEN CENTS (150) in coins for this pattern, WRITE CLEARLY SIZE, NAME, AD-DRESS AND STYLE NUMBER. Send orders to Scott Newspaper Syndiente, 210 Auburn Ave., ALlanta, Georgia.

HOTEL MACK

30 Tourist Rms, Nawly Decorated. \$1 up. 548 Bedford Pl. N.E. Ver 8921. Atlanta, Ga. Free parking.





New Pinkard Song Featured

NEW YORK CITY-(SNS)-M ceo Pinkard's song, "I'm Contented Like I Am," was introduced on the Sach's radio commercial program by Gus. Van. famous radio, tele-vision and stage headliner, Sunday and was received with so much en-thuslasm that he decided to and did repeat it over Radio Station

Letters poured in from all over the East asking for the repetition of Pinkard's song and it is predicted to become another nation-wide hit like Eddie Durham and Bennie Benjamen's "I Don't Want To Set The World On Fire," two new-comers in the field of colored song writers. Maceo Pinkard was wise in holding on the publish rights of "I'm Contented Like Am," his latest hit and it will probably head the list of a wonderful catalog of songs his firm; Pinkard Jublications will exploit from Jelaborate offices in "Tin Pan Aley," New York City, shortly,

FOUNDER'S DAY CREENVED

DAYTONA BEACH, FIG.-(ANP) Sunday marked the 37th birthday the occasion was celebrated with a special Founder's day program President Gregg of Edward Waters college, Jacksonville, delivered the main address to the celebrants gathered in the college auditorium.



BLACK STRAND INSTANT JET BLACK HAIR COLORING ONLY 60c at ALL DRUG STORES

BOWELS SLUGGISH?

• Feeling like you lost your best friend—headachy—dull—pepless—all because of sluggish bowels? Why put up with such misery? Chew modern FEEN-A-MINT, the pleasant-testing chewing gum laxative. Chew FEEN-A-MINT tonight at bedfime. Next morning—thorough, wenthe relief, belting morning — thorough, gentle relief, helping you seel swell again, full of your normal pep. Millions of folks rely on FEEN-A-MINT. Just chew it like your favorite gum. Taytes good. Try FEEN-A-MINT—a whole family supply costs only 10¢.





Try the new Queen NOW WITH OLIVE OIL IN IT. SEE for yourself what this extra richness d bring out all the deep young beauty of your hair. Get Queen today At office Oil is an if druggists AGENTS WANTED, WELLS

WANTED WEITE Newbro Dept M Atlanta Georgia

Develop Your Bust

458

Are you, self-conscious and emberassed because of a flat, undeveloped sagging bust? GLAMO-FORM, a new and different method, has been made for developing and strengthening your bust, and a full month's supply costs only \$1.

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