

# ★ ★ WOMEN'S FEATURES ★ ★

## Food For The Young

One of the most challenging problems for a mother during the day is seeing to it that her children are properly fed. Our women need to learn that the nutritional value of different foods is very important for their children's health, so they use foods that meet their energy needs and satisfy their appetites.

### Why They Need Food

Food is needed because the millions of cells of which their bodies are composed must be given material which will form more living matter or material which can be oxidized to release energy when muscle cells move, gland cells secrete, or brain cells think.

That food, not only furnishes their bodies with material to grow but also gives them the energy they expend in the act of walking, running, breathing, and thinking.

### Discipline

After this training, she teaches her children the importance of good eating habits. They are disciplined to eat one meal a day with no between meal snacks. She chooses food that give them proteins at every meal, a green or yellow vegetable once a day and a food rich in vitamin C. Here is a menu that is well fortified with vitamins.

### DINNER

Bean Soup  
Baked Lamb Neck  
String Beans, Rice  
Grated Carrot Salad  
with Raisins  
Shredded Lettuce  
Milk  
Pickles & B. Olives  
Egg Custard  
Assorted Fruit

## Black Woman Now Armed To Fight

The majority of the darker skinned women of North America, called Negro by the white American, have seldom, if ever, considered the richness and value of themselves and people. Psychologically, we are the white man's molded prop. Generation after generation, we have been mentally nourished upon inferior concepts of the black man's origin and development as presented to us by the white American and European social scientists.

So-called Negroes, not possessing a knowledge of themselves superior or equal to the white man, have been unable to attack the continuous mass destruction of our racial integrity and ideals of human worth. Never, until today, has one of the darker peoples been able to break through this cloud of mysticism, superstitious theories and condemn the white man's premeditated murder of the black peoples of the planet earth. None but the Honorable Elijah Muhammad, with the Divine Guidance of Almighty Allah, is burning the once authoritative literature of white scholars and scientists into a useless heap of ashes for everyone to see the power and triumph of truth over falsehood.

This strangeness which we detect of mounting world crisis and the constant backbiting of the nations signifies the gradual, yet rapid decay of the white man's world. The black woman is now acquiring the proper weapons which will guide her to the mastery of the understanding of the

## Health Hazards In Gardening Draws Warning

An irrefutable urge to get outdoors after a long, cold winter and to putter in the yard presents health hazards.

Danger and discomfort lurk everywhere for the unwary outdoorsman, said a prominent doctor.

### Cover All Skin Surfaces

"Exercising mature judgment and having a sincere respect for the newer gardening products will alleviate needless suffering," he pointed out.

"All skin surfaces should be covered and clothing changed if the job is a prolonged one. Plant juices and gardening applicants should be washed from the skin frequently. Wearing a respiratory mask is desirable whenever using dusts or sprays."

### Burning Debris Harmful

The gathering and burning of leaves, plants, and yard debris left over from the previous fall can spell the beginning of trouble for the enthusiastic gardener, the doctor said. He added:

"Dust and smoke from such operations act as mechanical irritants to the nostril and upper respiratory tree. Since the ubiquitous poison ivy twigs and leaves are difficult to identify amongst the spring yard refuse, smoke from such burnings will affect the skin in the same manner as direct contact. Where exposure to such conditions will be prolonged, it is advisable to wear a respiratory mask."

### Tells Of Contact Dermatitis

He also pointed out that the handling of plants, shrubs, and trees may result in contact dermatitis. Early symptoms of impending distress are redness of skin, swelling, itching, and burning. Blisters often develop in the contact sites. Scratching, perspiration, or contaminated clothing may spread the disease.

Serious offenders are the poison ivy group, including poison oak and poison sumac, he said. The primrose family, species of which are found in almost every flower garden, is responsible for cases of contact dermatitis in some persons.

### Other Plants Are Offenders

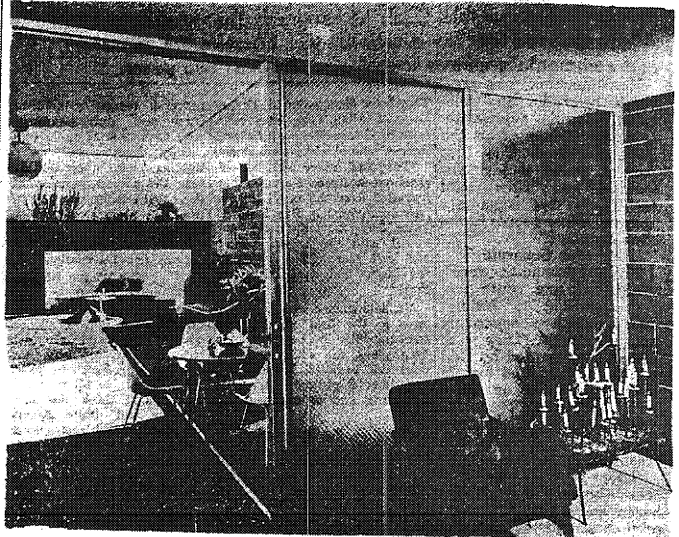
"Thousands of individuals make many hundreds of thousands of contacts with the primroses each year, and a number of persons will become unhappy for this intimacy," the doctor said. "The same can be said for the pink lady's slipper, a wild-growing orchid of the north woods.

"In the group of occasional offenders are the spruces, cedars, pines, junipers, and other evergreens. Besides the exotic and new imports, the old stand-by plants, such as tomato, chrysanthemum, and geranium, affect sensitive skins.

"The group of plants most likely to traumatize the skin—saw grasses, thistles, smartweeds, and stinging nettles—are mentioned

present world situation. Now, armed with the weapons of truth, with the Names Allah and Muhammad upon our lips, we as women, members of the Asiatic Race must battle night and day against opposition, ignorance and falsehood.

## GOOD HOMES



Heaven is on earth. One of the improvements to your home, this living room with a sliding chief characteristics of heaven. Keep it in good shape and re-door of patterned glass. is a good home. Make continued pair. Have all rooms clean as

## Family Most Powerful Unit In Islam

By TYNETTA DENEAR

In Islam, there is no stronger, more binding working unit than the family. The strength of the family is derived from the fact that the All Powerful Force of the Right Religion serves as a constant guide for the family's proper growth. The Muslim marriage is indeed a serious matter in Islam. Inasmuch as it forms the base of the Muslim family, it must be carried out with the utmost sincerity and dedicated efforts of both parties to bring about a successful union.

Neither spiritual, intellectual nor social development will occur if the mating of individuals is not beforehand, carefully planned. In the Christian World and indeed in Western Civilization itself, we are introduced to a system of mating, which if properly analyzed, should not amaze the individual who discovers the high divorce rate, as a result of this tricky matrimonial scheme.

### Predominates Minds

Inasmuch as Western Civilization has emphasized the physical attraction side of mating, this emphasis has predominated in the minds of so-called Negroes of this country as well and has caused a marked scar in the personality development of our people.

I am of the opinion that physical attraction cannot be totally disregarded as a factor in marriage, however, it is hazardous to let this become the basis of matrimony.

There is yet another matrimonial trick of Western Civilization which enters into the picture. One's material wealth and status may take precedence in a large percentage of marriages.

Physical, Material Approach Now, we undoubtedly discover that Western Civilization and culture emphasizes the physical and material approach to marriage, whereas, in Islam, these factors, viewed in a different light, may be inclusive, yet, it is by far the overwhelming con-

in that they are frequent invaders of domestic gardens. The picnicker, camper, or fisherman is most likely to run afoul of this group in their native habitat."

viction of the married Muslims that spiritual forces of religious integrity, individual character and common aspirations towards worthwhile goals form the basis for their marriage.

Thus, it is not difficult to see, then, how a successful family in Islam is created.

If we were to observe the activities of a Muslim couple, we would discover that the larger percentage of daily activities is confined to religious, spiritual and intellectual development.

### Deepest Religious Piety

From Monday to Sunday, five times or more throughout the night and day, one practices the deepest religious piety. From the Mosque (House of Worship), to the University, to one's occupational responsibilities, to one's

### FATIGUE:

#### 10 DO'S and DONT'S

There is no final answer to the mystery of fatigue. However, there are TEN ways to help avoid it.

#### DO:

1. Eat a high protein meal.
2. Exercise each day.
3. Have a relaxing hobby.
4. Take rest periods.
5. Walk around in the home and at work.

#### DONT:

1. Make decisions when tired.
2. Work overly long hours.
3. Sit too long in one place.
4. Work in a stuffy room.
5. Acquire faulty eating habits.

home is bound in the unifying effort of putting into practice one's religious beliefs.

If the Almighty One blesses a Muslim home with children, you should then understand why Muslim children are by nature more peaceful, more intelligent and more beautiful than any other children in the world.

It is often reported that Muslim children study long hours, attend school throughout the year, with the exception of two weeks in August, practice no forms of juvenile delinquency, are well disciplined, obedient to parents, respectful and loving to all they meet.

The Muslim family is indeed the greatest picture of achievement, for the religious, intellectual, social and economic forces all work together to make this the most powerful working unit in the world.



We Must Protect

Our Women!

