

Cleanliness Is Next To Godliness

These words are of course familiar to many and easy to understand by all. The difficulty arises when one attempts to apply the action to the words. What is involved and to what extent do we practice the word? Recitation adds affluence to one's speech but the exercise thereof adds character to the individual. Is cleanliness merely external or does it have internal roots? What we think becomes our outer garment and what we do reflects our mentality and conscience.

We are a very religious people by nature. Our greatest joys are expressed in honor of the Creator of Heaven and Earth. Though we may be Christians, Jews or Muslims, we have in common a love of God and religion. It is only when we investigate the internal functions of these religions that we discover that one or the other leads us to God and not merely to an idea or conception of God. If, then, we agree that cleanliness is next to Godliness, has the Christian attained this purity? Has the Jew and the Muslim? The first place to look perhaps is in the home and in the society which go hand in hand.

Effects of Alcohol

Christians own and operate taverns and stores where the sale of alcoholic beverages is unlimited and the legal purchase is only limited by one's purse. The effects of the use of alcoholic beverages in our various communities have contributed to drunkenness, lewdness, immoral thoughts and behavior, criminal assault, theft and juvenile delinquency. Stemming from an internal source, the effects are as on the tree whose roots are poor.

What effect has Christian Theology and principles had on these Christians? Without mentioning the use of tobacco, dope and the practice of other social evils, Christian society has not attained purity and nearness to our Creator because of indulgence in such habits of uncleanness.

Neglect Purifications

Yet, so, in spite of the facts, wish to maintain that the Christian is the true servant of God and that Christianity is the true religion of God. The Christian's observance of prayer is not heralded as a necessary and important community function which must be preceded by various ablutions or acts of bodily purification yet they stammer that cleanliness is next to Godliness.

What about the Jews? The Jew, being addicted to the same spiritual deficiencies, has become slack in his observance of religious piety. Many of the Jews have taken it upon themselves to dismiss the Mosaic instructions of rejecting the touch and the taste of hog flesh. Many Jews eat the hog and sell hog meat to anyone who will buy it.

Goals To Root Out Evil

What about the Muslim? For the benefit of the Lost and Found Nation of Islam here in North America going under the name of Negro, may I say that the Honorable Elijah Muhammad is absolutely cleaning up our society and is making it a fit place in which to live. He is teaching upright observance of religion in the right state by going and pointing it out so that we have to the root and the origin of evil no fear of being afflicted by evil that is made fair-seeming. By adhering to such righteous teachings, our children will grow up in an

KEEP NEW LOOK IN BATH TOWELS

Beautifully colored bath towels are decorative as well as useful. To keep them looking new, home service consultants for gas appliance manufacturers suggest that you wash them often before they get heavily soiled. Don't wash light-colored towels with dark ones. To avoid surf fading, dry in a gas clothes dryer using the regular fabric setting.

atmosphere devoid of vices and immorality.

In Islamic Society, we do not get drunk because we do not desire to drink that which is poisonous to our systems and prevents us from attaining spiritual, mental and physical cleanliness before our God, Allah. We have definite times from sunrise to sunset and from sunset to sunrise in which to observe prayer to our Creator which is preceded by ablutions, which are acts of purification of the mind and body.

Who among us could reject such perfection? The Honorable Elijah Muhammad has given us the blueprint from God of a marvelous civilization. We must begin in strict observance of cleanliness both internal and external, for Islam proves above all other religions that cleanliness is next to Godliness!

Muslim Cookbook

NEW LIFE FOR MEAT & SPUDS

Of all the vegetables known and used today, none can claim a more prominent place on the dinner table than the potato. Ever since it was first discovered growing high in the Andes mountains of Peru, Ecuador and Chile way back in the 16th century, its popularity has steadily increased around the world.

Twentieth century homemakers who enjoy the benefit of technical and processing advances buy them in their most modern, convenient dress—frozen. In fact, more packages of frozen French fries are plucked from the frozen food cabinets of food markets than any other vegetable. And it's no wonder! The tasty tricks you can do with them are endless.

Here is a new meal which is a double-barreled combination of two all-time favorites... individual meat loaves and frozen French fries. The new twist is a savory chili sauce that flavors both the meat and the potatoes.

First prepare a basic meat loaf recipe with ground beef, ground lamb, rolled oats, milk, onions, salt and pepper. Shape the meat mixture into six stacks or cones. Place them in a shallow two-quart casserole. Next, mix beef bouillon with tomato sauce, and spice the two with onions and chili powder. Pour the sauce over the beef cones and bake them in a moderate oven for one hour. During the last, fifteen minutes of baking, brown two packages of frozen French fries on bak-

ing sheets. When you're ready to serve, add the browned French fries to the sauce in the baking dish.

Frozen green peas with mushrooms and a creamy cole slaw go well with this casserole. But do serve a light dessert. It's a filling dish and don't be surprised if everyone wants double-barreled helpings.

CHILI BEEF STACKS

- 1 1/2 pounds ground beef
- 1/2 pound ground lamb
- 2 cup rolled oats, quick or regular
- 1 cup milk
- 1 1/2 teaspoons salt
- 1 chopped onion
- 1/4 teaspoon pepper
- 2 beef bouillon cubes
- 1 cup hot water
- 2 can (8 ounces each) tomato sauce
- 2 teaspoons chili powder
- 2 packages (9 ounces each) frozen French fries

Combine meat, oats, milk, one-third chopped onion, salt and pepper. Mix well. Shape into 6 stacks or cones. Place in shallow 2-quart casserole (11 x 7 x 1 1/2 inches). Dissolve bouillon cubes in water. Add tomato sauce, remaining two-thirds cup chopped onion and chili powder; pour over meat. Bake in moderate oven (350 degrees F.) until meat is done, about 1 hour. Spoon French fries on baking sheets; season as desired with salt and pepper and heat in oven with meat during the last 20 minutes of baking time. To serve, add potatoes to sauce in baking dish. Yield: 6 servings.

Muslim Women In History

Zodeidah, wife of the famous Khalif, Haroun Al Rashid, had wells and cisterns made available for pilgrims along the whole 900 miles between Iraq and the Holy City Mecca in the Hijaz (in Arabia).

She also had the waterworks of Mecca constructed. Another piece of her engineering was a gold tree in her palace with gold birds who sang by automatic devices. (Taken from: Fatima and Her Sisters by Dorothy Van Ess.)

It is interesting to note that a form of automation is implied here, which, was applied over 1,200 years ago.

It is indeed sorrowful to hear our people exclaim that the Muslim woman is a backward product of Islamic Society. Without historical claim to the latter, many of our people insist upon reproach in the place of intelligent approach to the subject of the Muslim woman.

It shall be our endeavor to present to you in each publication of Muhammad Speaks, hereafter, the historical contributions of Muslim Women of yesterday and today. If it please Allah, we hope to plant some bit of seed that may produce some food for thought.

—TYNNETTA DEANAR.

Handy Shopping

Hint Saves Time

If you've lost your place in line at the supermarket to pick up something you forgot, here is a handy tip to save you time and energy.

Organize your marketing list into the system of layout of your market, using categories such as frozen foods, dairy, meat, bakery items; fresh fruits and vegetables, canned foods, etc.

Visitor And Students



YOUNG MUSLIM WOMEN in Chicago gained first-hand experience as to the length so-called white leaders would go to shift the responsibility for America's shameful treatment of black Americans to avoid their own guilt. Photo taken in young women junior high classroom.

Words Worth Quoting

"Today nothing is 'proved' that is not proved by statistics. One of the fields where the statistician treads, it seems, with careless feet is in the field of race relations.

Some Negrophobe is always arraying statistics after fashion that shows the Negro to be inferior and the white man superior. Strangely enough the same statistics which prove that the white man is superior can be manipulated in such way as to prove that he is not superior.

What we need through here is a wider interest by Negro in statistical "proofs" that the white man is superior. It may always be remembered that white men are manipulating the statistics and it is up to Negroes to remanipulate these same figures after such a fashion as to make the Negro's virtue stand out even as the white man's statistics make his vice stand out.

The burden of manipulating the statistics to give a true picture of Negro life is on the Negro themselves and not the white man.

Statistics do not have the final word. What statistics prove as true yesterday, statistics are proving untrue today."

—GORDON B. HANCOCK



GOOD, CLEAN, FUN is the main characteristic of Muslim gatherings. At these functions the entire family can take part as there is nothing occurring which would be detrimental to the youngest. Here a Muslim woman and her small child enjoy a momentary diversion with other Muslim families.

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Save Fe

Manufacturers e please say that half of all service work is done by women. If appliance repairmen don't know how to fix a gas oven, they should call a service technician. Don't call a service technician unless you have read the instruction book. The gas oven th instance, may b