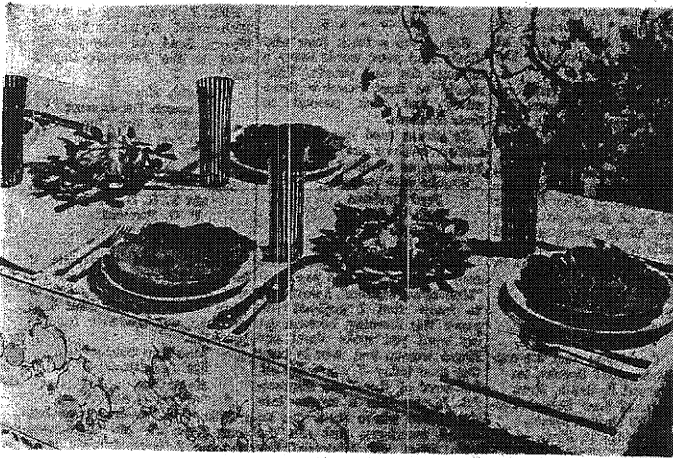


Are Fashion And Beauty The Same?



Planned Proper Table Setting Adds To Good Eating!

Try These Colorful Table Settings . . .

Every woman who has mastered the art of dressing well can use her skills to create attractive, varied table settings that express her personality. She can do it, even on a tight budget, by building from the dishes and glassware she already has.

Where to begin?

First survey what's in your china closet. If your set is patterned, you may have to stick to a solid tablecloth, but you

New Books For Black Children

Coming soon to the educational scene will appear a new triumph in educational achievement, under the organizing, literary skill and command of Sister Christine Johnson, Director of the University of Islam.

Soon will be published for our young children, text books with elevating pictures and stories of black people. A revolution in education that is one of the many ingenious products of Messenger Muhammad's teachings to our people on the knowledge of self and kind.

Watch for the forthcoming edition of University of Islam No. 2's educational text books designed for the character building and fundamental, cultural background for our children beginning at that important stage that really counts — when they are young!

HOUSEHOLD HINTS

To make home-made vegetable soup even more delicious put a beef knucklebone in it. Have the meat man crack it.

When ironing a circular piece, such as a doily, begin at the center and iron in a circular pattern from the center out.

Use paper napkins to wipe grease from pots and pans before washing them.

No need to have a dark closet if there's room to put in a wall panel of glass block. Even if it is in an interior wall, it will still let

don't have to stick only to the colors in the pattern. Try an analogous or nearby color—like a deep yellow to point up green-and-white dishes, or an orange cloth under a yellow stripe. Let your napkins sing out with color—either with a sharp contrast (red on blue) or a softer one (olive green on blue).

Elegant Look

If your dishes have a traditional pattern, give them an elegant look with a damask or embossed cloth. These don't have to be expensive to buy and keep up, since both damask and embossing come in Elastolyn, an economical, vinyl-coated fabric tablecloth. Upkeep is negligible, since you can wipe them at the table, or toss them into the machine.

Variety Of Colors

Lucky is the woman who has either white or solid-color dishes, for there's no limit to the variety of colors and patterns she can use. For instance, cloths of Elastolyn come in contemporary stripes, border patterns in decorator colors, gingham checks for the typically American look, or a modern, muted plaid. These vinyl-coated coverings have napped backs which protect your table top and also deaden dish clatter.

What scarves and gloves do for your outfit, candles, flowers and leaves can do for your table setting: add warmth, color, style. Candles now come in decorator colors, so experiment. Don't always aim for harmony, when an eye-stopping red or green might be just the thing to perk up lagging appetites.

Serving Of Dinner

When it comes to the actual

some light into the closet. Perspiration tends to weaken most fibers if allowed to remain in them. Hence it is a good idea to wash clothing as soon as possible after wearing it.

When using bleach, always mix the bleach into the water before inserting garments.

servicing of dinner, take a tip from the color psychologists. How you dish it up can make all the difference between plates wiped clean, and more left-overs to store. Potatoes, cottage cheese, cheese dishes or puddings if served on white or light plates look as appetizing as faded laundry. Salads, greens and colored vegetables, on the other hand, will look fresher, and more inviting if served in a white, contrasting dish.

More Appealing

Serving juicy roast beef or steak? A blue-green cloth will make it look even fresher and more appealing than it already is. The reason: the after-image of blue-green is red-orange. Another tip: keep bright light on and appetites will glow even more.

What does it all add up to? You can dress your table as well, as smartly and in some ways more economically than you can dress yourself. And no woman's completely expressing herself and her tastes until her table "talks."

MUSLIM COOKBOOK

MEAT LOAF

(Lamb or Beef)

- 2 or 3 lbs. of meat
 - 2 stems celery
 - 1 garlic clove
 - salt
 - 1 tsp. paprika
 - half-cup bread crumbs
 - 3 eggs
 - one-third cup tomato paste
 - black pepper
 - one-half green pepper
 - 2 cups water
 - 2 or 3 med. onions
- (For best results use meat grinder)

Grind in with meat all vegetables, add seasonings, blend well. Add beaten eggs and bread crumbs. Shape in a loaf, mix over meat. Cook in oven 400 degrees until done. Add more water if needed.

Fashion Is Seasonal But Beauty Is Eternal

Beauty, and fashion as we know it, are often confused. It would seem that the desire of most women is to be admired for her beauty. So we see the result in the mad indiscriminate dash for fashion. What is vogue this season?

Are the new skirts long or short? Is the 'little boy' or the 'little girl' look in? Is it flare sheath chemise or trapeze . . . Tucks or ruffles . . . A short haircut or a full blown green wig. Let us question for a moment, what is going to make us beautiful?

Endowed With Beauty

All black women are endowed with the basic material for a true beauty. A mind, heart, and body already fashioned by the Perfect Creator. We have only to develop them to their fullest beauty . . . Not distort or disregard them so much that they change seasonally with Paris. You may argue that the mind does not enter into it, but it certainly does . . . What frame of mind would a woman who has the 'little boy' or the 'free and easy' look have? You do not need fashion . . . You as a black woman need only a few basic rules to follow to be beautiful. . . Cleanliness . . . internally and

externally at all times, for cleanliness is next to Godliness. Modesty is a woman's most valuable asset. It makes her far more noticeable and interesting than does the frequently almost naked fashion we see in the streets daily. Last, but not least, naturalness.

Beautiful Without Makeup

You, the black woman, are beautiful without the cakes of makeup you have been wrongly taught to wear. Every feature on your face is clearly defined without accenting them. You were born with the right color hair to match your beautiful skin . . . Strawberry blond and bottle green does not compliment your skin color the way your natural hair does.

Dress to accent your femininity. Don't let anyone change your perfectly designed body, by making you pear shaped one season and 'S' shaped the next. Remember you are a woman and femininity is your key to real beauty.

KITCHEN IS OUR MEDICINE CABINET

HYGIENIC HABITS OF EATING

The cause and prevention of indigestion can be controlled at your dinner table. The process of indigestion is to break up solid food so that it may be absorbed to form part of the blood. Any habits we may form of thoroughly chewing our food will aid in this process. Much of the distress known as indigestion is due to eating too rapidly with consequent lack of proper mastication of food. The need of proper mastication of food and the attendant evils of over eating is one we cannot afford to ignore. Eating too much overtaxes the digestive organs and prevents their working to the best advantage. Other causes of indigestion are eating when you are tired, upset, or aggravated by conditions in the home. Eating between meals calls the blood to the digestive organs at a time when it should be in other parts of the body.

DINNEE HOUR

The dinner hour will test the knowledge and wisdom of the housewife. The cooking and serving should be managed scientifically to get the best results from the one meal, you will serve your family. The table should be set with the greatest of care not just for company, but every day in the week. The table cloth should be clean and the silver bright and shining. The china and glassware should be spotless. This will put your family in a cheerful and relaxing mood for the meal.

LOST ART

The so-called Negro housewife who has lost all knowledge of self and kind, has also lost the art of cooking and serving for

her family. Most of them think that the fancy tables on the market today are made to take the place of the table cloth. They don't understand when we tell them that we eat only one meal a day, and our children two, with no in between snacks. She will tell you very plainly that when her husband comes home, "All he is interested in is a good hot meal and plenty of it. He does not care what she eats off of just so long as it is clean. He has only one desire, to eat and sleep, and mine is to get through so I can watch my programs on TV."

Then she wonders why she can't keep her man and have peace in her home.

Let us see how the Muslim girls are trained to take care of their husbands.

TRAINING

Whatever may have been her cares of the day, she is taught to greet her husband with a smile when he returns from work. She makes her personal appearance as beautiful as possible. The small children have been fed, and after greeting their father, they are put to bed so there will be no aggravation at the table. She puts her husband at ease with kind words. This will relax his nerves and will help him to digest his food properly. If possible, she suggests that he rest for a short time before eating.

M.G.T.

The only place in America where the black woman can get this type of scientific training is the M.G.T. & G.C.C., which means Muslim Girls Training and General Civilization Class, at Muhammad's Mosques all over America. All so-called Negroes are welcome