

Kitchen Is Our Medicine Cabinet

Cigaretts In Kitchen

We have always marvelled at the so-called Negro woman's natural ability to do everything well, if she applies herself. It is one of the arts that she didn't lose during slavery. If they would come to the Muslim Girls' Training and General Civilization Class and learn to cook good clean nutritious foods, they would never have to worry about doctor bills.

Today we have a new type housewife who is practicing the vice of the caucasian woman.

Not only does she cook unclean food for her family, she has added the filthy habit of smoking while she cooks! Little does she realize that this destructive habit is a great drain on her physical health.

It surrounds her with filth, and I shudder when she tastes the food with her fetid breath. It is a sickening sight to watch the saliva and cigaret ashes dropping in the food. By the time the food reaches the table it is well seasoned with spittle and ashes, and has a strong taste of tobacco.

The Use Of Tobacco

It is a well-known physiological fact that the use of tobacco deadens the sense of taste; that water and all common drinks become insipid and tasteless when tobacco is used, so that the person using it involuntary craves strong drink in order to taste it.

Therein lies the foundation of a large share of drunkenness of our young women.

Observation proves that while many women use tobacco, that are not drunkards almost every drunkard is a user of tobacco, having formed the habit from the use of this narcotic weed.

The little sum of twenty-seven cents a day expended on tobacco will amount to \$98.55 a year. In ten years of her married life, \$985.50 would be squandered on something that will only corrupt the morals of her family, and eventually cause them to seek stronger narcotics.