

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.

DINNER 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 he eats it 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