

Natural Beauties



FROM COAST TO COAST and from continent to continent, multi-hued, multi-lingual and multi-talented women are in abundance who exemplify natural beauty. Such examples are pictured above in (TOP): PATRICIA TUCKER, whose home is in Sierra Leone and who is presently a graduate student at the University of Chicago. She is majoring in Educa-

tion and is a teacher at the University of Islam No. 2. CENTER: SYLVIA SHABAZZ, who is the wife of Captain Joseph Shabazz of New York City. Mrs. Shabazz spends most of her time as a busy housewife. BOTTOM: ELIZABETH SHABAZZ is also a housewife. She is the wife of Minister Jeremiah of Muhammad's Mosque in Atlanta, Georgia.

Avoid Serious Accidents In Bathroom

The bathroom is the place for close shaves, but you may be overdoing it—needlessly risking your life and health by failing to protect yourself against bathroom accidents. Simple and easily taken precautions may save lives, broken bones and money in the long run.

The most common safety hazard in more than 700 homes surveyed by the Greater New York Safety Council was the lack of a grab-bar alongside the bathtub or in the shower stall.

Other major causes of bathroom falls are floor tiles that have become worn and slippery with age . . . had plumbing that causes chronic wet spots on the floor . . . bathroom rugs that do not have rubberized bottoms. Cleanliness may be next to Godliness, but don't let it unlatch the pearly gates; when bathing, keep soap in the wall container instead of letting it perch precariously on the rim of the tub.

Don't tolerate poor control of your hot water supply; there's a real danger of scalding accidents.

If the phone or doorbell rings while you are bathing baby, you should ignore the interruption or else take the child along. Even a few inches of water can mean tragedy for a small child left alone.

Avoid Shocking Carelessness

Keep radios and portable heaters out of the bathroom; electrocution risks are nothing to fool with. If you or your husband use an electric shaver, avoid shocking carelessness. Never touch a wet sink or stand on a wet floor when shaving, and always make sure that there is no water in the basin. Trying to fish an electric shaver out of the water into which it has fallen can be—and has been—fatal. Always grasp the instrument by its plastic part—with dry fingers, of course. And never touch a light switch or pull cord with damp hands.

Neglected Glass Hazards

Another hazard: when glass bottles break, dangerous slivers are apt to lie hidden between bathroom tiles, later to imbed themselves in bare-footed bathers. Eliminate the possibility altogether by choosing toiletries and cleaners which come in plastic bottles.

A neglected but real health hazard is the common bathroom drinking glass; according to the U. S. Public Health Service, it's the major offender in spreading ailments through the family. Be sure that everyone has his own glass, which is washed as regularly as other glasses and dishes—or use disposable cups.

Danger In Medicine Chest

According to New York's Poison Control Center, 15% of all accidental poisonings occur in the bathroom. Is your medicine chest a source of danger? If there are small children in the family, they should be unable to reach not only bottles labeled "poison," but also the aspirin bottle (over-large doses are a frequent cause of poisoning among children).

Armchair Shopping

If you are thinking of buying a new refrigerator it is best to do some armchair shopping first.

Save ads from newspapers and magazines and make a list of the features available in 1962 refrigerators. Then you can decide which features you would like. Adjustable shelving, for instance, is a great help if your family fluctuates from season to season.

A quick-chill shelf is wonderful for gelatin and cool desserts. If your family uses lots of ice cubes, you'll find an automatic ice maker, such as those in some refrigerator models, a most valuable feature.

For the benefit of adults, tape the top of every bottle with poisonous contents—so the sleepy or careless person will have a quick "hands off" warning. Label each bottle in bold clear letters; a small magnifying glass beside the medicine chest is not a bad idea, especially if there are old people in the house. The label should list not only the type of medicine and the date of purchase, but also a "throw-away date" which your druggist can tell you (old medicine is frequently unsafe to use). Check frequently to see which medications

need replacement—and get rid of them by emptying their contents into the toilet bowl.

Check Locks on Doors

As a final point, check frequently to see that the lock, hook or bolt on your bathroom door is in good working order; attend to it as soon as it shows signs of sticking or rusting. An easily manipulated lock—and a door that doesn't stick—are "musts" if there is a small child or aged person in the house.

With just the small effort involved in checking these points, you can make sure that shaves in your family are not the hair-raising kind.

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