

What is Cultural Refinement?

Transformation of Our Men, Women Through Elijah Muhammad Foretold

The Honorable Elijah Muhammad teaches us that before the end of this present world, all nations, including our former slave-masters of North America, will see the transformation of our women and people into the future light of the world.

Laughter is upon the faces of the multitudes as they are spiritually blinded to the truth that God can take from a lump of clay or a gathering of dust or, as the Quran scientifically states, from a life-germ, and create what He Wills.

Soon the ugly mask of the white woman will fall from the face of our women and children.

The garment of shame will fall from our figures, and we will bear the face of true and natural black beauty; and we will wear, all of us, the beautiful drape of God's Children of the black nation; unlike any people ever known to any nations of the earth.

Our lips will speak forth the cleanliness of our minds and our outer appearance will be in all truth a witness that God has

walked among us and is in our hearts.

His Apostle and Messenger Muhammad shall, in all purity, lead us to wherever our God Allah shall Guide him and Upon Allah does the Believer trust and rely.

I am not soaring higher than where the heights of truth shall lead me.

All Praise is due to Allah, the Lord of all the Worlds. The greatest part of culture is beauty. So-called Negro beauty is nurtured in its potential to aspire to great spiritual heights.

The contact we, as a people, can make with our Creator, our God, Allah, is an experience which no other race can experience. Our prayers are answered and there is nothing of good that will not be granted to His children, as long as they are obedient and submit to His Will.

This is the first and greatest step, my sisters, to the attainment of culture and refinement. Knowing your God and your people is the greatest blessing in

this day and time. It is like the knowledge which comes to a baby when he learns the identity of his mother and father.

If the child is brought up by love and the protection of the parents, the child will be naturally graceful and a most beautiful example of refinement and culture.

We learn how to dress, how to eat, where to eat and when. We are instructed to treat all situations with delicacy, by doing so we develop the greatest respect and love for our own kind.

The Muslim women would be more than happy to share with you that which they have learned since practicing the true teachings of our religion, Islam.

We feel, however, that God's greatest lesson will come to us when you, who are yet disbelievers, acquire the proper respect and honor for His Little Teacher and Apostle He has mercifully placed in our midst. We must understand clearly your Teacher is and who is responsible for this new growth we have experienced. We pray Allah that you will continue to read and listen and learn with us, all that God has in store for His people.

The Woman In Islam

How long will the call to God's children be heard throughout North America? I have come to a preliminary conclusion that it is not that the majority of our people have not heard the message of Allah's Messenger, but rather, it is your inner hatred of yourself and people, being black and called Negro, that is driving you to the suicide of hellfire, originally prepared for the devil and his children.

The days are not long but rather, are short. As it is with the changing of the seasons, so

point that the so-called Negro woman's acceptance of Islam the key to our nation's rise dignity and stature overnight.

Never Understood

He teaches us that which we know of truth but have never understood as truth. We know for instance, that the woman the producer of our nation's future, yet we as a people, particularly the men of our race, take no steps to protect our women from being exposed to the corruption that this American society breeds.

We are a lazy, irresponsible people, who are today, suffer untold penalties for our past or present states of ignorance.

My words are not intended to anger you, but the urgency of the Messenger's warning to our people to join onto our own kind as the time of this world is at hand, causes me to speak without biting my tongue.

If you were seriously aware of the destruction coming to America, not by the hand of man but by the hand of God, you would join me and others in helping Messenger Muhammad to get this timely message across to our people.

Teaches We Are Safe

The Messenger teaches us that we are safe in this day only if we get out of our former slave-masters' names and take on the identity and name of our own nation of Islam. We must throw down the rugged cross of Christian enslavement and get under the star and crescent of Islam and experience freedom, justice and equality.

My sisters, if you are afraid now, to sign your name on the Lamb's Book of Life, then I am afraid that no single word or combination of words can describe how you will feel when the warnings of Allah's Messenger becomes a reality. May Allah be with you before the fire because at that time, no help will be available from the companions of the fire; there will only be heard moaning.



TYNEETA DEANAR

It is with the few days left of the time of this world.

The Last Messenger

It is not wise to close your ears to the sound of warnings, especially if that warning is coming from the mouth of God's last Messenger.

The Honorable Elijah Muhammad cannot forever repeat the same message to 20,000,000 so-called Negroes, for as the Holy Quran states, if they will not submit, I will raise up a nation that will obey. You must remember that not a word from Messenger Muhammad should be taken for play.

He continues to stress the

Dr. Thomas Patrick Warns Against Television Slavery

By Sister Audrey J X

On Dec. 2, we had the honor of having Dr. Thomas W. Patrick, a well known pediatrician of New York, as speaker. Dr. Patrick started with the parents' responsibilities to their children and then, the children's responsibilities to their parents.

One very important fact that the Doctor talked about was television. Dr. Patrick said "we are becoming a slave to the television set." He stated "The child sits in front of the T.V. all day and has no desire to do anything else".

Dr. Patrick stated that too much TV is actually harmful to the child. It's harmful to the eyes, for the child sits too close, or sits at an angle, or in a dark room.

This harms the eyes a great deal. He also stated that if a child lays on the floor, and leans on his hand, on one side of his face, he may actually disfigure his face in some way. So we see how important it is to refrain from too much TV.

Another important fact Dr. Patrick stressed, was the importance of proper sleep for our children.

A child should always get proper rest. Dr. Patrick used us as an example of the hour

- requirements for a child to sleep.
- 1-3 months — 18-20 hours
- 1-2 years — 12-14 hours
- 2-5 years — 10-12 hours
- 5-10 years — 10-11 hours
- 10-11 years — 9-11 hours

He also emphasized the importance of a child having enough time in the morning, before going to school.

They should have at least an hour and a half in the morning, before school.

We must realize that our children are our future. It is up to us, to care for them, and raise them properly!

NIGERIA AIR HOSTESSES COMPLETE TRAINING

(Foreign Press Service)

LONDON—The six newly appointed air hostesses of the Nigeria Airways who arrived here for further training have just completed their practical training course here and will soon return to Nigeria.

The hostesses are: Miss V. Doyle, Miss Rita Lester, Miss Christie Okoro, Miss Chinyelu Agu, Miss Rosemary Chielo and Miss Doroty Atina.

Know Your Self !
Be Your Self !



Legal secretaries Miss Ivia Watson, left, unnamed secretary in center and Mrs. Audrey Heard are greatly sought

after in legal circles. Their abilities in preparing legal documents and court records is unmatched.

What Have You Taught Your Child Today?

By SISTER WILMA ANN
What have you taught your child today

- Some nursery rhyme, a bout beanstalks and hay
- Or a more sacred thing, like the manner to pray
- Or when he is given something, what to say.
- Or some facts of the earth when he asked you why
- Why the cows give milk, why the blue in the sky
- Why during the winter, leaves fall and die
- A million times a child asks why.
- Think of it mother, what would you say, if asked;
- What have you taught your child today.

BROWN BREAD Vs. WHITE BREAD

(Continued From Page 26)

finest, bleached flour in white bread is sifted so fine that the remaining food value is made more readily available for digestion.

On the other hand, it is argued that the bran or outer brown skin in whole wheat bread is too coarse to make available all of its food value for digestion and much is passed away as waste.

They neglect to mention that when white bread is served hot or if purchased from the store it is demanded "to be almost moist fresh. In this condition, the crumb of the bread stretches before breaking when pulled, which is the normal moist elastic quality of new bread. When chewed hurriedly, and most people eat in this manner, the bread forms little solid lumps mixed with saliva and stomach gastric juices. This is considered the most indigestible of food.

A steady diet of this gooey, hard-to-chew mass coagulates along the alimentary canal. This could cause constipation and its many ills."

Preserve And Save

Now directing another question to his interested audience, the instructor asked, "What is considered the most natural laxative sold on the market to relieve such constipation?" "All-purpose bran or all-bran," came the random answer. "Where does this bran come from?" replied

the teacher. "It is the brown skin which was removed from the wheat." "Exactly!", the instructor retorted, very pleased with the quick reply. "You now purchase at a high price bran which was originally sifted away to relieve the constipation caused by the white wheat substance that remained. Eat the mineral rich brown bread in the first place, preserve your health and save your money," the instructor advised.

Who Is The Fairest?

"Remind your wives that Muslims never eat new bread, hot or cold, brown or white, on the same day it is baked due to its tendency to clog the body canals and foster indigestion. This can shorten life."

Home cooked bread warmed in the oven after the second day will become moist yet its crumbs will have lost this elastic quality which makes fresh bread hard to digest.

"Why is flour processed and bleached when it only destroys much of the food value?" a hurried question is asked. "Well, the instructor smiling, glancing at his watch and then looking up replied, "You may search only answer you will find, I through stacks of books and the am afraid, is the vanity of the Caucasian. It seems as if they cannot resist muttering to themselves, 'Mirror, mirror on the wall who indeed is the fairest?'"

HEALTH COMMISSIONER ISSUES ADVICE ON SNOW SHOVELING

"You can't winterize your heart like you can have your car but you can take cold weather precautions to protect that pumping machine inside your chest."

That's the word from the Commissioner of Health of the City of Chicago.

"Winter," Dr. Andelman said, "needs to be met with common sense. Don't," he urged, "try to push your stalled car out of a snow bank without help and don't shovel snow with the vigor of a teenager unless you are a healthy teenager.

"Such unaccustomed exercise, combined with the already extra heavy demands cold weather places on the heart, can strain that organ beyond its normal reserve capacity," Dr. Andelman explained.

We Must Have Some Land!

Then they will stand at their lifeless, bleached bread, bleached sugar, bleached rice, bleached their matching friends, and witness through their mind's eye, You indeed, Oh Master, are