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THE IOWA BYSTANDER

IOWA'S OLDEST NEGRO NEWSPAPER HAS SERVED THE MIDDLEWEST FOR 72 YEARS

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OUR
ADVERTISERS

VOL. 72, NO. 51

This Issue Contains Six Pages

DES MOINES, IOWA, THURSDAY, JUNE 1, 1967

PRICE 10 CENTS

SHOT IN LEFT BREAST:

Nedion Townsell Killed in Street

Burlington Woman Goes Berserk; Shoots Two

Hits Seven Cars; Crowd Agitation Spurs Woman to Gun

Ft. Madison, Ia. — A former mental health patient has been returned to the Mt. Pleasant State Mental Health Institute after she went on a shooting spree Friday.

Mrs. Betty Jan McCampbell, 36, and an expert gunsmith in Burlington, Ia., shot once and wounded two men. The bullet passed through the right chest of one man and into the arm of a high school student.



BETTY JOAN McCAMPBELL

Theft

According to reliable sources, Mrs. McCampbell was returning from court where her son had been charged with car theft when she hit seven other cars. After that accident, sources say she got out of her car and started to walk away when a crowd gathered and protested her leaving the scene of an accident.

Continued crowd agitation and refusal to let her leave prompted Mrs. McCampbell to return to the car and take out a gun.

Record

After the shooting, Mrs. McCampbell entered a music shop to "buy a record" and laid the gun down on the counter, where a bystander, who had witnessed the shooting, picked up the gun. Shortly afterwards, police arrived.

Rights Petitions Into NAACP Bureau

Washington, D.C.—More than 25,000 signatures of support for the 1967 civil rights bills were received during a three-day period here at the Washington bureau office of the National Association for the Advancement of Colored People.

The NAACP announced two weeks ago at a New York City news conference the launching of a nationwide drive to gain one million signatures to support enactment of the 1967 civil rights legislation.

Information Center Opens at Hawley

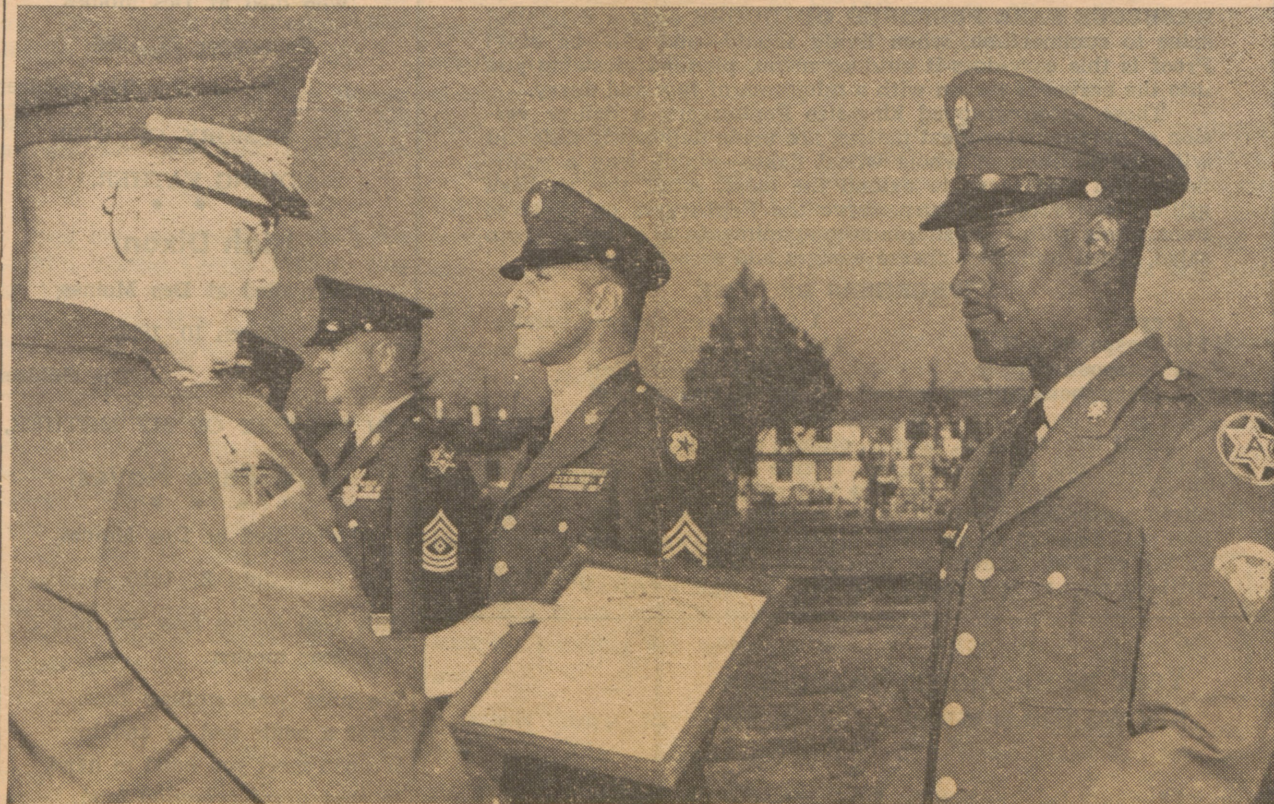
The Information and Referral Center, a new community service, has opened with headquarters in the lobby of the Hawley Welfare Building, 700 Sixth Avenue.

People in the Greater Des Moines area urged to contact the Center to receive information of any nature concerning health, welfare, recreation and education services.

Members

The service was set up by the Greater Des Moines United Community Services Community Planning Council. Dr. William deGravelles, Jr., and Dr. Julius Conner are co-chairmen of the steering committee for the Out-of-Hospital Project. Mrs. Harold McCollum and Mrs. Edward Glazer are co-chairmen of the steering committee for the Information and Referral Center. Others on the committee are: Mrs. George Comfort, Mrs. Robert Barrett, Mrs. B. C. Hermann, Mrs. J. R. McNeerney, Mrs. Walter Eldbo and Mrs. Ben Hall.

Richard Frye Receiving Commission as Army Captain



Mr. and Mrs. Harold Frye, 1358 E. 15th street, received notice of the promotion of their son, Richard, to the rank of Captain in the United States Army.

Captain Frye is now undergoing

fight training at the U. S. Army Aviation Center, Ft. Rucker, Ala. He is a 1955 graduate of East High School and a twelve year veteran of military service.

Having served at numerous Army

installations in America, three years in Germany and one in Viet Nam, Frye will return to Ft. Riley, Kan. upon completion of flight training, where his wife, Betty, and four children live.

Wirtz Gives Report On Apprenticeship

Washington, D.C.—Secretary of Labor W. Willard Wirtz has transmitted to a Senate Subcommittee a report entitled "Negro Participation in Apprenticeship Training" by F. Ray Marshall and Vernon M. Briggs, Jr., of the University of Texas.

Covering apprenticeship programs

in New York, Philadelphia, Cleveland, Pittsburgh, Cincinnati, Washington, San Francisco - Oakland, Houston and Atlanta, the report declares that Negroes continue to be hindered by denial to apprenticeship programs as well as by lack of program information and unrealistic admission standards.

Nevertheless, once a Negro enters an apprenticeship program, he experiences little, if any, discrimination, the report adds.

Findings

The report also turned up findings that—past discrimination has dampened the interest of the Negro community in the skilled trades and apprenticeship, which reduces the number of Negroes wanting to enter these programs.

Financial hardships, such as admission fees, tool costs and limited training earnings, also prevent Negroes from entering apprenticeship programs.

Body In River; Seek Federal Probe In Worker's Death

Camden, Ala.—The National Association for the Advancement of Colored People has called on the Justice Department to investigate circumstances surrounding the death of Bodell Williamson, a young Negro civil rights worker whose body was found in the Alabama River in rural Wilcox County.

According to the Rev. K. L. Buford, Alabama NAACP field director, Williamson was last seen alive on Friday, May 19, some four miles from the river where his body was discovered on May 23.

Omaha Woman Stricken While Visiting Here

An Omaha woman is in good condition after she became ill at the start of her journey back home.

She was Mrs. James Patterson, of Omaha, Neb., who was taken to Methodist Hospital by Des Moines Rescue Squad Sunday afternoon. The Pattersons, who had arrived here Saturday to visit her cousin, Mr. and Mrs. Ted Chaney, of 933 18th street, became ill in their car.

Join The Bystander's Anniversary Edition

The Bystander is publishing its 73rd Anniversary Edition June 8. Firms, organizations, churches and individuals have participated in past editions. Join in with us this year. Write The Bystander, 221 Locust St., Des Moines, Iowa, or call 288-1904 for information.

Leaves Newborn Son; Marshalltown Man Held On Open Murder Charge

A Marshalltown man is being held on an open charge of murder after he was charged in the slaying of 34-year-old Nedion Townsell, of 1138 12th street.

Police said they received a call to come to the home about 1:20 a.m. Wednesday morning, and upon arriving found Townsell's body across the street on the sidewalk.

They say the argument started in the living room between Harold Stokeley, 43, and Townsell, when the shooting occurred.

According to coronors, the man had been shot in the left breast and in the left buttock by a .38 caliber pistol. He was dead on arrival to General Hospital.

Townsell's wife, Wilda, had just given birth to their sixth child, a boy, Broadlawn Polk County Hospital Sunday.

Witnesses to the shooting were Mary Meyers and Dorothy Davis.

Miss Meyers was treated at a Hospital for a minor head wound and Miss Davis for shock.

Background

Nedion Townsell was born in Birmingham, Ala., and had lived in Des Moines nineteen years. A member of Mt. Hebron Baptist Church, he had been employed at Iowa Pack.

Survivors include his wife, Wilda, children, Kathryn, of Crossit, Ark., Annita Joyce, Nedion, Jr., Stevie, Venessa, and the newborn; five brothers and eight sisters, and his parents, Mr. and Mrs. Grant Townsell, Sr., of Tarksdale, Ark.

Funeral services are pending, and in charge is Estes and Son Funeral Home.

Demand for Qualified Negroes Grow in U.S.

Syracuse, N.Y.—Charles T. Williams, vice president of Schenley Distillers Co. and participating founder of the Interracial Council For Business Opportunity explained a theory first propounded by Roy Wilkins, executive director of the N.A.A.C.P., at the award's banquet of the Old Charter Negro Scholarship Program in Los Angeles. Williams said it was "the theory of the non-violent cycle . . . the better the education, the better the job opportunities, the better the income. The better the income, the better the purchasing power."

"The better the purchasing power, the better the national economy. The better the national economy, the better the education and so on."

This theory, Williams said, justifies his contention that "when the Negro profits — American business profits."

Professionals

He pointed out that "the demand for Negro professionals far exceeds the qualified supply today," but added that this is the crux of the problem.

"The key word is 'qualified' and to be qualified today a person needs a college degree," he said. "American business has, in the main, failed to do its homework on this score by failing to adequately support America's Negro colleges, where a large percentage of Negroes can be developed into qualified candidates for meaningful positions in American industry."

Cedar Rapids Scholar Invited to White House

Cedar Rapids, Ia. — Washington High School Senior Martin T. Smith, son of Mr. and Mrs. Elmer T. Smith, 905-8th Ave. S.E. has been named one of 121 Presidential scholars by a President's Commission. He will visit the White House June 13.

National

Smith earlier was named a winner of a national achievement scholarship for Negroes. He will attend California Institute of Technology at Pasadena and plans to study medicine.

First prize was a Dodge Dart and a \$500 scholarship; with \$1,000 scholarships going to the second and third place winners.

New York—The President of the American Jewish Committee recently urged American industry to take the lead in the civil rights struggle by mounting "nationwide job training and retraining programs as the first step toward bringing the Negro up to economic parity with his fellow Americans."

Jeffersonville, Ga.—After stealing one half loaf of bread, two small boys were sentenced to twelve days in jail, but their parents, who have seven other children, served time for their sons.

Langston Hughes' Funeral in New York

New York—Mist and rain veiled the peaks of Langston Hughes' Harlem Thursday, May 25, as the assemblage of those who had known him in life filed reverently into Benta's Funeral Home to attend a private memorial service for the world acclaimed poet.

Present were Mrs. Amy Spingarn, wife of the late J. E. Spingarn, who established the coveted NAACP Spingarn award which was received by Hughes in 1960; Nobel Peace Prize winner Ralph Bunche, Lena Horne, and the New York Post's Ted Poston; the weeping middle-aged woman from Yonker, N.Y., who told listeners "I didn't know him. He was such a giant. He loved people."

City Association to Host Women's Convention

Delegates to the 65th session of the IACW will be guests in a breakfast Saturday, 8:30 a.m. at Hotel Savary. Mrs. Goletha Trotter, chairman of Administrative Council, will preside. Mrs. Ben Hall, past president of the Des Moines Federated Clubs will be introduced by Mrs. Roberta Frazier, past president.

Saturday night's banquet will close the two day session. Mrs. Eda Grider, of Sioux City, first vice



MRS. EMMA TURNER

president, will present the awards, and Linda Griffin, dance instructor, will present a dance group. Miss Alberta Bates will give a solo. Speaker will be Rep. Cecil Reed.

The major concern of the National Association of Colored Women's Clubs is for the mother,



MRS. NORTH
President City Association

home and child in all areas, and the motto is "Lifting as we Climb."

Hostesses

Hostesses are Mmes. Helen Duke, Birdie Hogan, Alta Herndon, Queenie Dennis, Mary Smith and Mary Taylor.

Hostesses at Friday night's reception at the home of Mr. and Mrs. Bonnie Herndon are: Entre Nous Club, Mmes. Dorothy Holme and Geraldine Draffen, and for Mary Church Terrell No. 2 Mrs. Bernice Dixon and Mrs. Dorothy Hammitt.

Chairman is Mrs. Gertrude North and co-chairman is Mrs. Goletha Trotter.

Mrs. Gertrude North is president of the City Association.

Contestants on Page Five



MRS. MORRIS
Program Chairman
Correction

Mrs. Clyde Morris is program chairman of the City Association's Women's Club Convention, instead of Mrs. Georgine Morris, as last week's Bystander regretfully stated.

San Francisco Will Promote Cool Summer

San Francisco, Calif.—In an effort to head off any summer disorders in both poverty-stricken and minority group communities, the National Association for the Advancement of Colored People has proposed an imaginative plan for a "cool summer in San Francisco."

As announced by San Francisco Branch President Ray Taliaferro, the plan would incorporate both employment and recreational activities for young people.

blue lemons

by a. tate

From Stax—My Inspiration/Mr. Fix It, the Mad Lads; Don't Rock the Boat/This House, Eddie Floyd, of Knock on Wood fame; Born Under a bad Sign/Personal Manager, Albert King; So the Me, recorded Live in London/I can't Stand up for Falling Down, my boys Sam and Dave; Love Sick/I gotta Have my baby's Love, Sir Mack Rice.

Dianne Warwick's Alfie has been out quite a while now, but it sounds so very wedge. She sang the song on the academy awards gig, as the B.S. told you. Miss Warwick's vocal range is tremendous. Remember Message to Michael and You'll Never Get to Heaven if You Break My Heart? But then again you may not, since the last one never did get here.

Mrs. Spivey is still waiting at your service. Here we have someone who knows all about getting the Supremes here, but nobody seems to want them.

It's fable time, my friends.

Little Miss Muffit sat on her tuffet, eating her curds and whey. Along came a spider and sat down beside her, and Miss Muffit screamed, "Tramp! You straight out of the Georgia woods."

"Yeah, but I'm a lover, baby, I got three gold webs, four suits of clothes and eleven pairs of hand-made silk hose."

Once upon a time there was a goose who laid golden eggs, but he wouldn't tell anyone because he knew some cat would steal them and buy a Cadillac, so he put them in the bank. Later on he was discovered by a recording company and became a big star. Omaha was pleased, since he was supposed to come sing for them.

Came May 19, and the people were getting all ready for the Goose With the Golden Voice, but he had flew the coop. Coo-pub.

Iowan's Grandson Accuses KC Police Of Brutality In Arrest

Sheraton Estates, Kansas City, Mo.—A complaint of police brutality was filed last Tuesday morning by Terry Wright and family. Wright, charged with traffic violation and resisting arrest, said police beat him after following the youth to his home. Wright said one patrolman through him so hard that he "broke the storm door" and was knocked against the garage wall. The impact, the youth said, knocked a hole in it.

Members of the family present when the incident occurred included Mrs. Cecil M. Wright, mother, sister Denise and grandmother, Mrs. Opal Goodlow, from Sioux City, Ia.

Did You Know This

There are more Negroes in Alaska than in Iowa, concludes the Bureau of the Census, U. S. Department of Commerce, Negro Population by County data from 1960 Census of Population . . . Georgia legislator Julian Bond's first name is Horace . . . Gail B. Jackson, politician, was the first Negro admitted to practice law in Richmond, Va. courts . . . W.E.B. DuBois's full name is William Edward Burghart DuBois, who lived to be 95 years old.

KRESGE'S

"For One Stop Family Shopping and Savings"
DOWNTOWN: 7th & Walnut
MERLE HAY PLAZA
58th & Douglas

To Our Readers

News from out-of-town correspondents should reach the Bystander no later than Wednesday morning. If you can possibly get your news in earlier the staff would greatly appreciate it.

V. Watkins Wins State Elks Contest

Ottumwa, Ia.—Winner of the Elks State Oratorical Contest held Sunday was Miss Vonderlyre Watkins, 15, daughter of Mr. and Mrs. Ernest Watkins.

Miss Watkins, who spoke on "New Frontier—The Negro and the Constitution", received a \$1,000 scholarship and will go to the regional speech contest to be held June 18 in Kansas City, Mo.

Miss Watkins, a sophomore at North, is home room president, member of the Usher Board and student council. Her hobby is swimming, and her ambition is to become a doctor.

Logan Center News

The Logan Center reading hour was held Thursday, May 25, 10 a.m. with Mrs. Geneva Robinson, Frances Brown and Ethel Lyle in charge. Stories and poetry were read with records and a recording of manners instruction. Refreshments were served at the close of the hour.

Logan Area Center Open House Sunday

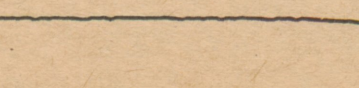
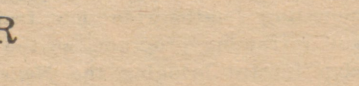
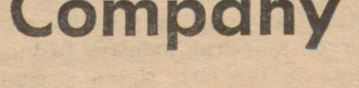
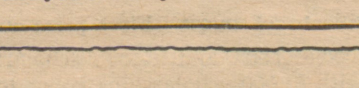
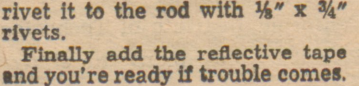
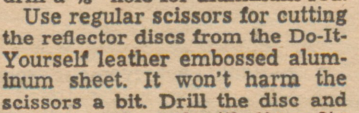
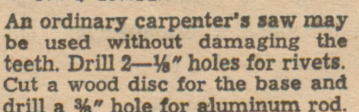
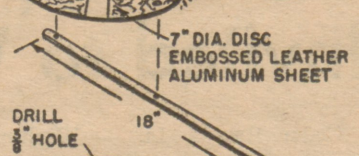
Sunday, June 4, is the Grand Opening of the Logan Area Opportunity Center, 1934 Easton Blvd. "Open-House" is 1-5 p.m. The program will feature the choirs from the various Des Moines churches plus a guided tour of the center's recreation hall, class rooms, and offices. The center's staff personnel will be on hand to explain the functions of the various programs and opportunities available through the center.

Rose Meriwether is Chairman of Open House Committee.

Emergency Safety Reflectors Made From Aluminum

Don't be caught at night without a signal for oncoming cars. These easily made reflectors always work even when your car lights are out. The base is removed for easy trunk storage.

To make 4 reflectors cut a 6 ft. length of 3/4" Do-It-Yourself Aluminum rod into four equal lengths.



Forest Hill News

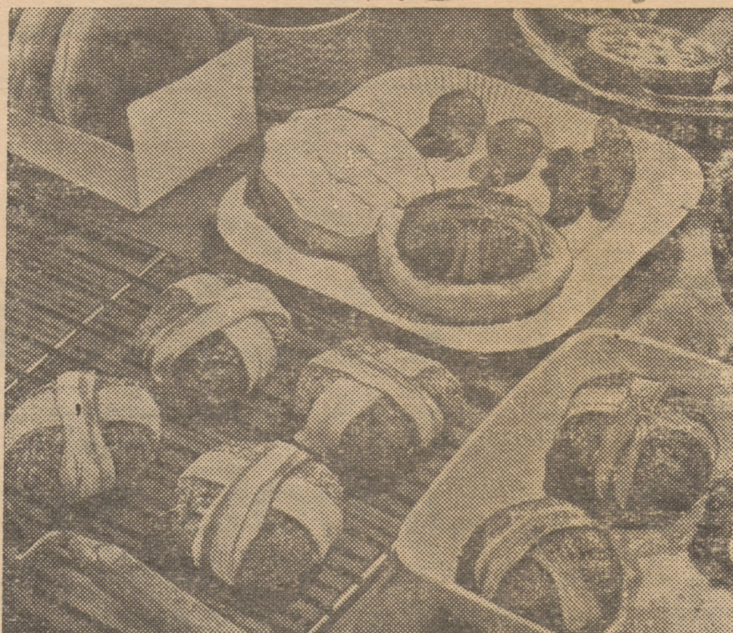
Monday, June 5, 7:30 p.m. is the time a meeting at the Center for the merging of some of the settlement houses. Twelve persons from the surrounding area will be chosen

for as Council members.

The Center is planning an open air dance this summer, each Saturday night at the parking lot.

Patronize those merchants of goods and services who solicit your trade by advertising in The Bystander.

Summertime—and Living Can Be Easy



BARBECUE FARE PREPARED OUTDOORS adds a delightful spice to summertime, when living should—and can—be easy! Proof is this easy-to-do outdoor menu, planned to swing you into the barbecue season with a minimum of fuss and flurry.

These bacon-wrapped king-size Peppurgers, a deluxe version of ever-popular meat patties, are made deliciously different with the addition of whole wheat flakes—which lend a subtle flavor and also serve to extend the meat. After they've been grilled to a succulent turn, serve the Peppurgers on buttered buns, along with such simple accompaniments as a tossed green salad, sliced tomatoes, cheese wedges and assorted relishes.

PEPPURGERS DE LUXE

1 egg
1 1/2 teaspoons salt
1/4 teaspoon pepper
2 tablespoons minced onions
1 tablespoon chopped parsley
1 1/4 cups milk
2 cups Kellogg's Pep
1 pound ground beef
8 slices bacon

Beat egg; add salt, pepper, onions, parsley, milk and cereal. Add beef and mix thoroughly. Divide into eight portions. Cut slices of bacon lengthwise into two strips. Arrange two strips bacon crosswise on waxed paper. Mold portion of meat mixture into patty and place on bacon intersection. Bring strips together on top of patty, skewering with toothpick and place on outdoor grill, turning as necessary. Yield: 8 Peppurgers. (ANS)

Your professional beautician knows the answer...

Can your hair be damaged from brushing, alone?

All hair becomes damaged from exposure to sun and natural elements. Certain greasy compounds and many chemicals, improperly used, also take their toll...not to mention simple attempts at beautifying the hair with any brush not made of natural bristles. The results are brittleness, breakage, dry and dull looking hair.

Your professional beautician knows how artificial bristles actually brush away a great deal of the "lubricants" of the hair that give it body, lustre and protection. And trained beauticians claim that nothing beats Clairol® condition® Beauty Pack Treatment for overcoming brittleness, dryness and breakage... leaving hair lively and easy to manage. condition® is an easy-to-work-with creme which can even be applied during a chemical straightening retouch to prevent drying of hair that has been previously relaxed. condition® is the ultimate in repairing deep-down damage. And, when time is a factor for their customers, hairdressers turn to new Clairol® Hair Dew®—the lotion conditioner that penetrates so fast many think of it as an instant conditioner. When applied regularly by your beautician, Clairol Hair Dew adds body, softens and gives a glowing new look to your hair that many friends will notice and admire.

Damage can come from using brushes with artificial bristles. But damage to every woman's hair comes from so many other causes that all human hair (including wigs) needs to be revitalized periodically. Visit your professional beautician and ask this expert to check the condition of your hair.

Only your professional beautician knows the answer for sure.

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Join the swing to Flynn!

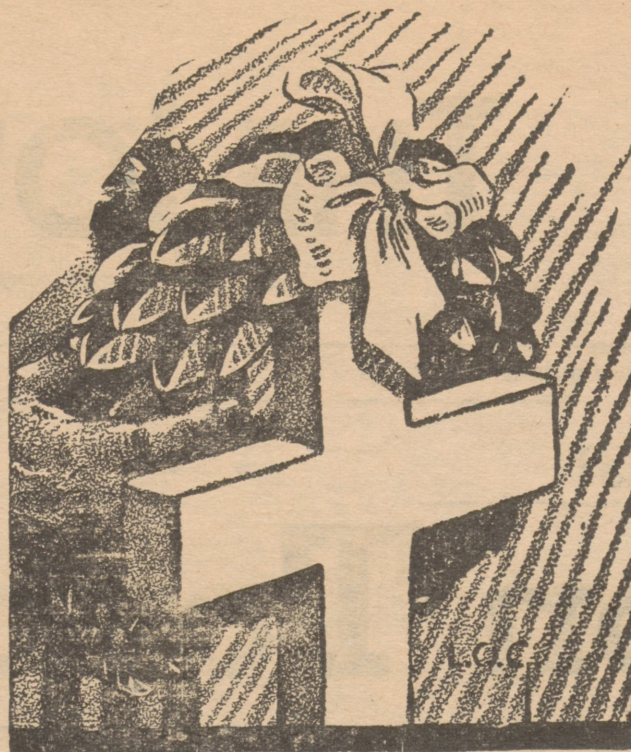


June is dairy month.

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The new Flynn Dairy

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IN MEMORY OF OUR DEAR

MOTHER,

Mrs. Buelah R. Brewer,

who died at Des Moines,

September 25, 1966

The children

IN MEMORY OF OUR

LOVING FATHER,

Isiah Dixon,

who died at Des Moines,

March 10, 1950

The children

IN MEMORY OF MY MOTHER,

Mrs. Faye Hayes,

who died at Des Moines,

July 8, 1950.

Only God knows how we miss You dear mother.

We miss your smiling face, After a while and by and by We will meet you hand to hand In that great promised land.

daughter, Mrs. Evelyn Ritchie, grandchildren and great grandchildren

IN MEMORY OF

Pvt. James Flagg,

Who died in Viet Nam December 18, 1965

We have only your memory Dear Jimmie To remember our whole life through; But your love will linger Forever As we treasure the image of you.

Wilma Canada, mother Radell Canada, stepfather... brothers and sisters, Dennie, Radell Jr., Martha Ann, Lisa and Ricky

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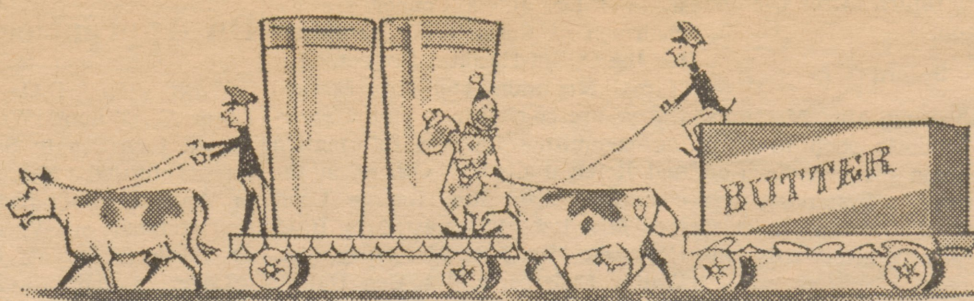
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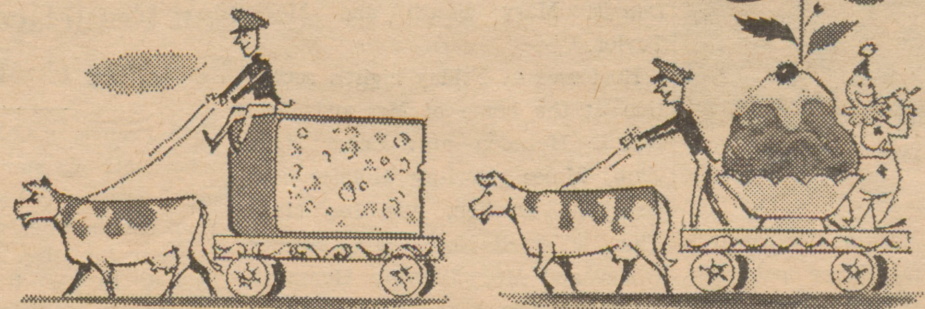
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3-in-1 efficiency on 2nd floor. Completely furnished, including stove and refrigerator. All utilities paid. \$10.00 per week. Call 288-5083 to see.

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3 room apartment completely furnished including stove and refrigerator. Two private entrances and back yard. All utilities paid. \$17.50 week. Call 288-5083 to see.

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APARTMENT FOR RENT

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The
Iowa Bystander

221 LOCUST STREET

Vol. 72, No. 51

June 1, 1967

Established in 1894

Published weekly by

Iowa Bystander Publishing Co.
Address all mail (subscriptions, change of address, form 3579, manuscripts and mail items) to 221 Locust St., Des Moines, Iowa 50309. Second-class postage paid at Des Moines, Iowa.

JAMES B. MORRIS
Editor and Publisher

Subscription Price

One year\$3.75
Six months 2.00

National Advertising Representative:
Amalgamated Publishers, Inc.
310 Madison Ave., New York, N.Y. 10017
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WANTED

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Single lady wants small house or apartment (rent) Call 243-0303 12 till 8 p.m. — 288-5644 8 till 12.

HELP WANTED

WANTED

Dependable lady to baby sit. My home. 4 week days. Girls ages 2 and 5. Top wage. References. Beaverville area. Call 277-4354.

WANTED!

Baby sitting in my home. Evenings or over night hours. Experienced with children. Call 282-1864.

Hammit - Robinson
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840 15th Street AT 8-4429
If No Answer Call CHERRY 3-6832

Careful, Sympathetic and Efficient Service. Thorough Attention to Detail

ESTES & SON
FUNERAL HOME

Complete Modern Rolling Stock
Licensed Embalmers

John M. Estes
Funeral Director
LADY ATTENDANT
811 14th St. 243-5944

CHILD CARE

Licensed. Will take care of children by day or by week.
243-4533

Spouting

Sheet Metal Work
get your gutters and down spouts repaired now before the spring rains.

Hal Schmidt Furnace Co.
219 E. Walnut St. 288-5600

AUTOMOTIVE

AVOID costly Transmission repairs; special overhaul includes ALL labor and E-Kit Parts, only \$59.50. Easy Terms. Lifetime Transmission, 1304 Locust, 288-6707.

HELP YOUR



WINNER, AAA TRAFFIC SAFETY POSTER CONTEST

NOTICE

Please bear with our out-of-town correspondents. Late Bystander deliverance is due to the new zip-code system on the papers and not the correspondents' fault. Thank you.

Card of Thanks
and Memoriams

CARD OF THANKS

The family of William E. Pickett wishes to extend its heartfelt thanks to each and every one for their acts of kindness during our hour of sorrow. Our thanks to Rev. Norman Olphin for kind words, the many beautiful floral tributes, cards and telegrams, and to Hammit—Robinson Funeral Home for their very efficient service.

The Pickett family
Josephine Pickett, wife.

KEOKUK

BY MRS. B. H. TOOMES
1002 Franklin street
Phone 524-4769

Mrs. Joann Moore Steward of Mason City visited her aunt, Mrs. Myrtle Fox last week.

Miss Alberta Bates of Des Moines, spent the Memorial Day with her parents, Mr. and Mrs. Ora Bates.

Sale

Food Sale was held at the home of Mrs. Hattie Carter Friday, May 26. The sale was sponsored by Mrs. Wallace and Mrs. Carter for the benefit of Pilgrim Rest Baptist Church.

Self Culture Club closed for the summer months with a picnic at the home of Mrs. Edythe Holt, with Miss Wanda Miller, Mrs. Virginia Parsons and Mrs. Holt as hostesses. On Sunday, May 28, visiting guests were Miss Beecum of Ft. Madison, Mrs. Beulah Anderson, Mrs. and Mrs. J. H. Grigsby of Moline, Ill. A delicious picnic dinner was enjoyed.

Dinner

Monday, May 29, Mrs. A. V. Robbins entertained former resident of Keokuk, Ia., who return annually on Memorial Day. Mrs. A. C. Anderson and grandson William Sherrell of Kansas City, Mo., Mr. and Mrs. William Brooks, Des Moines, Miss Beulah Anderson, Mrs. and Mrs. Grigsby, James Stokes and Earl Johnson of Chicago, Ill.

Also, Mrs. Bertha Owens, Leon Bland, and Mr. and Mrs. B. H. Toomes.

GOT A MAN
IN SERVICE?

Give him a subscription to the Bystander. Reading a weekly copy will be like letters from home. For further information call 288-1904 or write the Bystander, 221 Locust St.,

ORIGINAL NOTICE

In the District Court of Iowa in and for Polk County
Equity No. 73222

IOWA SAVINGS AND LOAN ASSOCIATION
vs.
HUGH F. SEMPLE, SR.
Gwendolyn Semple
POLK COUNTY, IOWA

TO THE ABOVE NAMED DEFENDANTS
HUGH F. SEMPLE, SR.
You are hereby notified that the petition of the plaintiff in the above entitled cause is now on file in the office of the clerk of the District Court of Iowa in and for Polk County, providing that a receiver be appointed by the Court to take control and possession of certain mortgaged premises described as:

Lot 3 in Block 4 of the Official Replat of a part of NORTHMORELAND and MANN'S SECOND ADDITION TO LAKE PARK, now included in and forming a part of the City of Des Moines, Iowa;

collect the rents, issues and profits therefrom and to pay the same on plaintiff's mortgage as may be directed by the Court, and that such receivership continue during the period of redemption; that plaintiff have judgment against the defendant, Hugh F. Semple, Sr., and Gwendolyn Semple for the amount of the unpaid principal in the sum of \$4,897.80, with interest at 6% from and after December 25, 1966, and with interest on the aggregate at 7% from and after this date, all as provided in said note and mortgage, and for amounts advanced for attorney's fees, abstract expense, costs, taxes and insurance expense incurred by said plaintiff, and such other expenses and costs accruing herein or arising out of or because of said note and mortgage and the foreclosure thereof, and that the lien of the plaintiff be decreed to be paramount and superior to any lien or liens of said named defendants, and that all rights, interests and equities of all of the defendants be declared to be junior and inferior to the right, title and interest of the plaintiff herein. That said mortgage be foreclosed, the equity of redemption of the defendants forever barred and foreclosed, as by law guaranteed, and that special execution issue for the sale of said real estate to satisfy said judgment, interest, attorney fees, abstract expense, costs and accruing costs, and that plaintiff be granted such other and further relief as may be just and equitable in the premises.

FOR FURTHER PARTICULARS SEE COPY OF SAID PETITION NOW ON FILE IN THE OFFICE OF SAID CLERK. You are further notified to appear before said Court at 6th and Mulberry, Des Moines, Iowa on or before July 7, 1967, and that unless you so appear, your default will be entered and judgment or decree rendered against you for the relief demanded in the petition.

William M. Corron
Attorney for Plaintiff
719 Empire Building
Des Moines, Iowa
Phone: 288-0251

Printed and published in the Iowa Bystander, June 1, 8 and 15, 1967.

WATERLOO

BY VALETTA FIELDS
816 Sumner Street
Phone AD 2-3274

Waterloo—Buxton Club held annual tea at the home of Mrs. Alonzo Jordan, 425 Charles, on Sunday afternoon. Hostesses were Mmes. Dimple Parks and Hamp Tyson. Mrs. Milton Fields told of her impressions of Boston and of the National YWCA Convention. Mrs. Arthur Mills is club president, Mrs. Carnell Barnett, vice president, Mrs. Lucille McCormick, secretary, Mrs. LeRoy Sykes, treasurer.

Mr. and Mrs. Leeward Cooper and nephew J. B. Cooper are in the city visiting the many relatives. Accompanying them was the son of Mr. and Mrs. Teofice Cooper. All are from St. Louis.

Commencement exercises at Columbus High School will be Sunday afternoon at 3 p.m. Jean Ann Nash, daughter of Dr. and Mrs. Warren A. Nash will be one of the graduates.

Miss Gretchen Barber has arrived from Grambling, La., where she has been attending Grambling College. She arrived by air, taking but a very few hours to reach home.

Mr. and Mrs. Hughes Clayton and family of Jackson, Miss., were expected for Memorial Day and to spend several days with the Homer Franklins, her parents. Mrs. Clayton has just returned from a week spent in New York attending seminar and representing Jackson College. She plans to be in school this summer pursuing her advanced degree.

Donald Curry, 820 Sumner is a patient at Allen Hospital and Mrs. A. C. Childers, 1022 Beech is at St. Francis Hospital.

Rev. R. Joseph Parker of Payne AME Church and the Rev. A. L. Patrick, pastor of Church of the Brethren, exchanged pulpits on Sunday morning May 28. Each was accompanied by a choir from their church.

DR. ROBERT F. HARVEY
DENTIST

HOURS BY APPOINTMENT
Daily: 8:30 to 5:30 Thurs. & Sat. 8:30 to 12
601 Block Bldg. Ph. 333-7715
Waterloo, Iowa 50703

"NOTICE

Dial Finance Company of Waterloo No. 1 was incorporated under Chapter 496A, Code of Iowa 1966 on May 23, 1967 with perpetual duration, for the following purposes: (A) To engage in the business of operating an "Installment Loan Company" in the State of Iowa as provided in Chapter 496A, Code of Iowa 1966, as it may be amended. (B) To engage in, conduct and carry on a general loan and finance business in all of its branches; to act as agent or broker in procuring money for loans; to loan money and funds and to make advances to any corporation, partnership, firm, association, organization, or natural person upon security of real estate, securities, property, or any other thing of value, or to hold any part thereof, secured by mortgage on real estate or on personal property or both, and/or on assignments of salary or wages (earned or to be earned) and/or upon any other security whatsoever, or to hold any security for any such loans or advances and to dispose of same; (C) To engage in a general insurance business in connection with this corporation in connection with loans made, in order to insure the security for such loans and the borrower's ability to repay such loans; (D) To buy, sell, transfer, convey, endorse, assign, exchange, mortgage, pledge, hypothecate, hold, guarantee or otherwise acquire, retain, dispose of, and deal in notes, bonds, checks, open accounts, and other securities, contracts, and evidences thereof, whether issued by corporations, partnerships, firms, associations, organizations or natural persons. (E) To do all things necessary, suitable or proper for the accomplishment or attainment of any of the foregoing purposes or objects, either alone or in association with other corporations, firms or individuals, and to do every other act or thing incidental to, or appurtenant to, or growing out of, or connected with the attainment of any of the foregoing purposes or objects, or any thereof, or to the extent permitted by law. The objects and purposes here in enumerated shall not be deemed to exclude by inference any other objects or purposes not specifically enumerated, and the enumeration of specific purposes and objects shall not be construed to limit or restrict in any manner the meaning of the general terms or general purposes or powers of the corporation, nor shall the expression of one thing be deemed to exclude another although it be of like nature or expressed.

1,000 shares of common stock with a par value of \$100 per share are authorized. The registered office is 207 Ninth Street, Des Moines, Polk County, Iowa and the registered agent thereof is Richard S. Levitt. The directors are: Edward Glazer, 3016 S.W. 37th Street, Des Moines, Iowa; Edwin C. Herring, 3013 Terrace Drive, Des Moines, Iowa; Ellis I. Levitt, 3660 Grand Avenue, Des Moines, Iowa; Richard S. Levitt, 5300 Woodland Avenue, Des Moines, Iowa; and John E. Peterson, 333-49th Street, Des Moines, Iowa.

Printed and published in the Iowa Bystander, June 1, 1967.

Council Bluffs

BY INEZ WARE
2427 5th Avenue
Phone AD 2-3274

Mrs. Marybelle Teague left the city Saturday to attend her sister and brother-in-law's twenty-fifth wedding anniversary. They are Mr. and Mrs. Raymond Collins, of Peoria, Ill.

Jerry Walton, son of Mr. and Mrs. James Walton, Chicago, Ill., former Council Bluffs residents, is visiting his uncle and aunt, Mr. and Mrs. Frank Brown and other relatives. Jerry was recently discharged from the army.

Linda Brown, daughter of Mr. and Mrs. Frank Brown, will graduate May 31 from Thomas Jefferson High School. June 12, she will leave for Graceland, Ia., to attend the Upward Bound Project at Graceland College.

In September she will enter the Institute of Medical Technology, Minneapolis, Minn. She plans to be an x-ray technician.

Church

The Rev. P. S. Shelton of Greenwood, Miss., is conducting revival services at the Beulah Baptist Church through June 9. The Rev. C. W. Wiggins, host pastor, said a different guest choir will sing each evening.

The Cecilia Gregg Mission Society sponsored a Mother and Daughter's banquet Friday evening at the Bethel AME Church. The lower unit of the church was filled to overflowing with beautifully gowned mothers and daughters. A delicious

You Can Make
Meringue Cookies

By Betty Barclay

"MAKE 'EM Yourself!" You can. These glamorous meringue cookies that you used to have to buy from a fancy bakery, you can now make yourself in less than half an hour! Three dozen of them, too: enough to serve with elegance at an evening card party.

Chocolate Meringue Cookies
1 cup chocolate chips; 3 egg whites; 2 cups sifted confectioners' sugar; 1/4 cup saltine cracker crumbs; 1/2 cup chopped pecans; 1 teaspoon vanilla. Melt chocolate over hot water. Beat egg whites until stiff. Add sugar, gradually, beating after each addition until blended. Then fold in cracker crumbs, nuts, vanilla, and melted chips. Drop from teaspoon on lightly greased baking sheet and spread slightly. Bake in moderate oven (375° F.) about 10 minutes. Makes about 3 dozen 2-inch cookies. Store in tightly covered container.

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Dial Finance Company of Waterloo was incorporated under Chapter 496A, Code of Iowa 1966 on May 23, 1967 with perpetual duration, for the following purposes: (A) To engage in, conduct, and carry on a general loan and finance business in all of its branches; to act as agent or broker in procuring money for loans; to loan money and funds, and to make advances to any corporation, partnership, firm, association, organization, or natural person upon security of its or their undertakings, or to hold any security for any such loans or advances and to deal with and dispose of same. (B) To engage in a general insurance business in connection with this corporation in connection with loans made, in order to insure the security for such loans and the borrower's ability to repay such loans. (C) To buy, sell, transfer, convey, endorse, assign, exchange, mortgage, pledge, hypothecate, hold, guarantee the payment of, and otherwise acquire, retain, dispose of, and deal in notes, bonds, checks, open accounts, certificates of indebtedness, contracts, and evidences thereof, whether issued by corporations, partnerships, firms, associations, organizations or natural persons. (D) To do all things necessary, suitable or proper for the accomplishment, or attainment of any of the foregoing purposes or objects, either alone or in association with other corporations, firms, or individuals, and to do every other act or thing incidental to, or appurtenant to, or growing out of, or connected with the attainment of any of the foregoing purposes or objects, or any thereof, or to the extent permitted by law. The objects and purposes here in enumerated shall be construed as powers as well as objects and purposes, and powers shall not be construed to limit or restrict in any manner the meaning of general terms or general purposes or powers of the corporation, nor shall the expression of one thing be deemed to exclude another although it be of like nature not expressed.

1,000 shares of common stock with a par value of \$100 per share are authorized. The registered office is 207 Ninth Street, Des Moines, Polk County, Iowa and the registered agent thereof is Richard S. Levitt. The directors are: Edward Glazer, 3016 S.W. 37th Street, Des Moines, Iowa; Edwin C. Herring, 3013 Terrace Drive, Des Moines, Iowa; Ellis I. Levitt, 3660 Grand Avenue, Des Moines, Iowa; Richard S. Levitt, 5300 Woodland Avenue, Des Moines, Iowa; and John E. Peterson, 333-49th Street, Des Moines, Iowa.

Printed and published in the Iowa Bystander, June 1, 1967.

turkey dinner was served by the young men of the church. Connie Turner, daughter of Mrs. Stella Turner, played a piano solo. Guest speaker was Mrs. J. Giangreco, president of the United Church Women of Council Bluffs. Her topic was "Love."

Gifts were presented to the oldest and youngest mother, and also to the grandmother with the most grandchildren.

Rev. James Brown, pastor of the Calvary Baptist Church, will climax his fifth anniversary as pastor, Sunday, 3 p.m. with special services. Guest churches from Omaha will participate.

Cedar Rapids

By Mrs. Julian Carlton
1016 12th AVE. S.E.
Phone EM 8-2756

The Neighborhood Council Housing Committee will meet June 1 at the Neighborhood Center, 823-12th Ave. S.E., 7:30 p.m. This meeting will be concerning the Low Housing Bill for the elderly, which will be voted on June 12. Juan Cortez, Chairman.

Sunday, June 4 the Rev. Ledoy White of Wichita, Kans. newly elected Pastor of Mt. Zion Baptist Church, will deliver the morning message. The Combined Choirs will furnish the music.

Holy Communion will be served at the morning services. Mrs. Doris James united with the Church May 28 by Christian Experience.

NOTICE OF FORFEITURE
OF REAL ESTATE CONTRACT

TO: Robert Thomas
6504 Truman Drive
Fort Worth, Texas

You and each of you are hereby notified: (1) That an article of authorized capital stock of this Corporation is One Million (\$1,000,000.00) Dollars, divided into One Hundred Thousand (100,000) shares of common stock of the par value of Ten (10.00) Dollars each, all of which stock shall be common stock, non-assessable, and shall be issued from time to time, after payment in full, in the manner provided by Law as made therefor, under such rules and regulations as may be provided in the By-Laws or in accordance with action taken by the Board of Directors. (2) That the Articles of Incorporation be amended by an article to be entitled Article XIV, said article to read as follows: "The holder or holders, jointly or severally of not less than One-Fifth (1/5) but less than a majority of the shares of the outstanding capital stock shall be entitled to nominate to be elected, or appointed directors of the Corporation. In the event such nominations shall be made, there shall be elected or appointed such proportionate number from the persons so nominated as outstanding shares of stock held by persons making such nomination bear to the whole number of outstanding shares issued, provided the holders or holders of the minority shares of outstanding stock shall only be entitled to One-Fifth (1/5) of the entire outstanding stock of the Corporation held by them."

Notice is also given that on January 25, 1967, at the regular annual meeting of the stockholders of the Insurance Company of Des Moines by a vote of more than fifty-one percent (51%) of all the shares of common stock outstanding, the following amendment was adopted: "BE IT RESOLVED, that Article IX of the Articles of Incorporation of the Insurance Company of Des Moines be amended by striking from Article IX the following beginning on Line 3 of said article after the word 'Corporation,' on the fourth Wednesday following the first Tuesday in January of each year, and on August 15, 1965. In addition the following: 'on the first Wednesday after the fourth Tuesday in March of each year.'

INSURANCE COMPANY OF
DES MOINES
BY J. D. Kent, Sr., President
BY C. W. Corbin, Secretary
Printed and published in the Iowa Bystander May 25, June 1, 8 and 15, 1967.

We Welcome Letters

The Bystander welcomes "letters to the editor," be they adversely critical or complimentary. However, all letters must be signed complete with street address and city.

NOTICE OF AMENDMENT
OF THE
ARTICLES OF INCORPORATION
OF THE
INSURANCE COMPANY OF
DES MOINES

TO WHOM IT MAY CONCERN:
Notice is hereby given that on January 25, 1967, at the 1966 regular annual meeting of the stockholders of the Insurance Company of Des Moines by a vote of more than fifty-one percent (51%) of all the shares of common stock outstanding the following amendments were adopted:

1. That the first paragraph of Article V of the Articles of Incorporation be amended to read as follows: "The amount of authorized capital stock of this Corporation is One Million (\$1,000,000.00) Dollars, divided into One Hundred Thousand (100,000) shares of common stock of the par value of Ten (10.00) Dollars each, all of which stock shall be common stock, non-assessable, and shall be issued from time to time, after payment in full, in the manner provided by Law as made therefor, under such rules and regulations as may be provided in the By-Laws or in accordance with action taken by the Board of Directors."

2. That the Articles of Incorporation be amended by an article to be entitled Article XIV, said article to read as follows: "The holder or holders, jointly or severally of not less than One-Fifth (1/5) but less than a majority of the shares of the outstanding capital stock shall be entitled to nominate to be elected, or appointed directors of the Corporation. In the event such nominations shall be made, there shall be elected or appointed such proportionate number from the persons so nominated as outstanding shares of stock held by persons making such nomination bear to the whole number of outstanding shares issued, provided the holders or holders of the minority shares of outstanding stock shall only be entitled to One-Fifth (1/5) of the entire outstanding stock of the Corporation held by them."

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INSURANCE COMPANY OF
DES MOINES
BY J. D. Kent, Sr., President
BY C. W. Corbin, Secretary
Printed and published in the Iowa Bystander May 25, June 1, 8 and 15, 1967.

ORIGINAL NOTICE

In the District Court of Iowa in and for Polk County
Law No. 88657

VALLEY BANK AND TRUST COMPANY, Plaintiff,
vs.
THOMAS J. ESHELMAN, Defendant,

TO: THOMAS J. ESHELMAN
You are hereby notified that there



Where to Attend Church in Des Moines

Corinthian Baptist Church
9th and School Streets
REV. NORMAN R. OLPHIN, Minister
Sunday School 9:45 A.M.
Morning Worship 11:00 A.M.
B. T. U. 6:00 P.M.
Evening Service 7:00 P.M.
Prayer Service Wednesday 8:00 P.M.

St. Paul A.M.E. Church
12th and Crocker Street
REV. HENDERSON DAVIS
Church School 9:30 a.m.
Church Service 10:45 a.m.
Vespers Service 6:30 p.m.-7:30 p.m.
Prayer Service, Wed. 7:30 p.m.
Youth Fellowships 5:30 p.m.

East University Church of God in Christ
East 11th and University
BISHOP J. E. ABERNATHY
Sunday School 9:30 A.M.
Morning Worship 11:00 A.M.
Evening Service 8:00 P.M.
Wed. Eve. Mission Circle 8:00 P.M.
Weekly evening services Tuesday and Friday 8:00 P.M.

Kyles Temple A.M.E. Zion Church
REV. OSCAR PEAVY, Pastor
907 15th Street
Sunday School 9:45 A.M.
Morning Service 11:00 A.M.
Evening Worship 7:00 P.M.
Prayer Service Wednesday 7:30 P.M.

Pilgrim Missionary Baptist Church
1732 Walker Street
REV. WAYLAND HEATH, Pastor
Sunday School: 9:45 A.M.
Morning Service: 11:00 A.M.
Youth Meetings: Weekly 7:30 P.M.
Prayer Meeting Wednesday: 7:30 P.M.

Community Baptist Church
1108 8th Street
Rev. GUY SANDERS, JR., Minister
Sunday School 9:30 A.M.
Morning Worship 11:00 A.M.
Bible Class 6:30 P.M.
Evening Service 7:30 P.M.
Prayer Service, Wed. 8:00 P.M.

Forest Ave. Church of God in Christ
1121 Forest Avenue
REV. A. B. CARTER, Pastor
Sunday School 9:15 a.m.
Sunday morning worship 11:00 a.m.
Y.P.W.W. (Sunday) 7:00 p.m.
Sunday evening worship 8:00 p.m.
Tuesday evening Bible Band 7:00 p.m.
Thursday evening services 7:30 p.m.
Prayer services (daily) 8:00 a.m.

Bethel A.M.E. Church
1528 East University Ave.
REV. L. B. JOHNSON, Pastor
Sunday School 9:30 A.M.
Morning Worship 11:00 A.M.
Evening Worship 7:30 P.M.
Wed.-Mid-Week Service 7:30 P.M.

Burns Methodist Church
811 CROCKER STREET
REV. J. M. SHOPSHIRE, Minister
Sunday School 9:45 A.M.
Morning Worship 10:30 A.M.
Youth Fellowship 7:00 P.M.
Evening Vesper 8:00 P.M.
Prayer Meeting - Wed. 7:30 P.M.

First C.M.E. Church
28th and Maury Streets
REV. H. P. PETTIES, Minister
Pastor's Phone 288-4991
Sunday School 9:45
Morning Service 11:00
Business Meetings - Wednesdays

ST. PAUL A.M.E.

CHURCH NEWS

Sunday, June 4, is Holy Communion. At 1 p.m., a banquet for the high school graduates of the church will be honored guests of the Sunday School.

Saturday, June 10, is the day for the Sunday School picnic on the Owen Crist Farm. All should meet at the church for departure is at 11 a.m.

At 7 p.m. the Interchurch Fellowship will meet at Burns Methodist Church.

Monday, June 5, 7:30 p.m. is Trustee Board meeting.

A successful Women's Day was held last Sunday, and a good sized audience was present.

Dr. Audrey Forrest was speaker. Music was from the Youth Guild Choir and Richard Allen trio. Chairman was Mrs. Cecil Lewis. Financial report will be given later.

MT. HEBRON BAPTIST

CHURCH NEWS

The Young Adult and Little Jubilee Chorus sang last Sunday.

An Old fashioned pageant will be presented Sunday, 4:30 p.m. This program is presented for Women's Day.

Also, 7:30 p.m., the pastor, Rev. James M. Harris, will have baptismal services, after which, there will be communion service.

Mt. Olive Baptist Church
S. E. 4th and Scott Street
REV. H. R. FIELDS, Pastor
Sunday School 9:45 A.M.
Morning Service 11:00 A.M.
Evening Service 7:45 P.M.
Wednesday Prayer Service 7:30 P.M.
Choir Rehearsal Fridays 7:30 P.M.

Maple Street Baptist Church
E. 16th and Maple Street
REV. GEO. PARISH, Minister, 6-8910
Sunday morning worship 11:00 a.m.
Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Bible Class 6:30 a.m.
Evening Service 7:30 p.m.
Prayer Service Wed., 8 p.m.

Union Baptist Church
"The Friendly Church"
E. UNIVERSITY AT MCCORMICK
REV. SEYMOUR GAINES, Pastor
Sunday School 10:00 A.M.
Morning Worship 11:00 A.M.
Evening Service 7:45 P.M.
Prayer Service Wednesday All Day

Evangelistic Missionary Church
1340 E. 18th Street
ELDER EURICA FOUNTAIN, Leader
Sunday 10:00 A.M. Sunday School 11 A.M. & 8 P.M. Service
Thursday 8:00 P.M. Service
Tuesday Night Open Bible Discussion; Public Invited.

MACEDONIA MISSIONARY BAPTIST CHURCH
2603 Center Street
Rev. G. M. Williams, Minister
Sunday School 10:00 a.m.
Morning Worship 11:00 a.m.
Evening Worship 7:30 p.m.
Prayer Services - Wed. 7:00 p.m.

SHILOH BAPTIST CHURCH
1213 Scott Street
REV. WILLIAM HEATH, Pastor
ORDER OF SERVICES
Sunday School 9:45 a.m.
Morning Service 11:00 a.m.
B.T.U. 6:00 p.m.
Evening Services 7:30 p.m.
Wednesday Night: Prayer Service 7:00 p.m.

YOU ARE WELCOME AT New Jerusalem Church of God in Christ
WEST 11TH AND UNIVERSITY
BISHOP E. A. TINDRELL, Pastor
ORDER OF SERVICES
Sunday School 9:30 A.M.
Morning Worship 11:00 A.M.
Y.P.W.W. (Sunday) 6:30 P.M.
Evening Services 8:00 P.M.
Weekly Evening Services (Tuesday and Friday) 7:30 P.M.

"Friendship Chapel" Church of God in Christ
Stewart and Cleveland Ave.
ELDER O. J. JOHNSON, SR., Minister
Sunday School 9:45 A.M.
Sun. Morning Service 11:00 A.M.
Y.P.W.W. 6:30 P.M.
Sun. Evening Service 8:00 P.M.
Sun. Bible Study 7:30 P.M.
Fri. Regular Services 7:30 P.M.

PHILADELPHIA SEVENTH DAY ADVENTIST
1150 13th Street
ELDER D. J. DIXON, Minister
Sabbath School 9:30 A.M.
Morning Service 11:00 A.M.
Missionary Volunteer 4:30 P.M.
Prayer Meeting, Wed. 8:00 P.M.
Dorcas Society 1st Sunday 1:00 P.M.

CORINTHIAN BAPTIST

CHURCH NEWS

Sunday, at morning services, pastor, Rev. N. R. Olphin, will give Communion. The Senior Choir, Mrs. Barbara Williams, directress and the Inspirational Chorus, Mrs. Doris Wade, directress, will render selections.

At 7 p.m., the Inspirational Chorus will present a musical program and a brief devotional will be given by the pastor.

Last Sunday high school and one college graduate were present. They were presented youth Bibles by Mrs. Elaine Titsworth, chairman of the Youth Department of the Board of Christian Education. Pvt. Edward Robinson and Pvt. Eugene Davis also attended.

Mrs. Jessie Bell Davis, head of the Youth Department of the Iowa Missionary and Educational Baptist State Convention gave remarks.

KYLES TEMPLE A.M.E. ZION CHURCH NEWS

Sunday is Communion Sunday. Deadline for reservations to St. Louis, Mo. is Sunday. For reservations, call Rev. Peavy or Mrs. Linda White.

Senior Choir is having a dinner Saturday, starting at 11 a.m. Eat at the church or call 288-2391 for delivery.

OUR SAVIOUR'S BAPTIST CHURCH NEWS

Next Sunday, Sunday School will be at 10 a.m. An essay contest will be held on "What is Life," with Rev. Donald Ja Johnson in charge.

Rev. Johnson will deliver morning message. Recent visitors were Mrs. Carol Crump and sons, of North Chicago, Ill.

Pastor is the Rev. T. R. Brown.

Bishop Abernathy To Host State Sunday School Convention; E. University Church of God

The State Sunday School Convention of The Church of God in Christ of Iowa No. 1 will convene June 5-10 at The East University Church of God in Christ.

Monday evening, June 5, 8 p.m. the Pageant "Highway to Heaven" will be presented, sponsored by Mrs. Rosa Carter. Ladies of various churches of the city will participate. Day services will begin each day

at 12 noon, evening services at 7:30 p.m.

Friday the service will be in honor of the State Representative Mrs. Irene Frazier. Saturday is State Superintendent's Day.

Elder J. Coburn, presiding, will be the State Representative and State Superintendent.

J. E. Abernathy is State Bishop and Host Pastor and A. B. Jones State Supervisor.

Seniors Honored At St. Paul's Banquet

Rev. Franklin R. Williams will be guest speaker at the banquet to honor the 1967 graduates affiliated with St. Paul A.M.E. church, June 4th, 1 p.m.

Anthony Spears will play a piano selection. Marietta LaMay, a Junior at Tech High school, will preside.

Those being honored are Sylvia Frazier, Cecelia Thompson, Mark Perry, Mark Haynes, Anthony Spears, Karen Phillips, Monica Matka, Georgine Dixon (Drake University) and James B. Morris, III.

This is an annual affair, sponsored by the Sunday school.

Bethel A.M.E. Church To Honor Graduates

The Sunday School of Bethel A.M.E. Church will honor the graduates of the church with a Benefit Banquet, Friday, June 2, in the dining room of the church, at 7 p.m.

Graduates honored are Misses Jo Ellen Brown, Marsha Lu Fant, Lorene Hall, Melanie Payne, Debbie Rogers, and James McLean and Eugene Wheels.

A scholarship presentation will be made to Timmy Barker who graduated last year and presently is a student at Simpson College, Indianola. Mrs. Clara Fant Eaves is Sunday School Superintendent and Rev. L. B. Johnson is minister.

MAPLE ST. BAPTIST CHURCH NEWS

Sunday, 4 p.m., the Deaconess will have their anniversary program when the Rev. James Shopshire, of Burns Methodist Church will speak and the Inspirational Chorus of Corinthian Baptist Church will furnish the music.

At 7:45 p.m. the Senior Choir will sponsor the Harmonettes.

NEW JERUSALEM CHURCH OF GOD IN CHRIST NEWS

The Junior Church held its weekly services Wednesday, May 24, 7:30 p.m. Speaker was Minister Andrew Johnson, church organist.

Also on Wednesday, the pastor's wife, Mrs. Mildred Tindrell was feted to a surprise birthday social planned by the members. Many lovely cards and gifts were received and refreshments served.

MT. OLIVE BAPTIST CHURCH NEWS

Rev. H. R. Fields' memorial message was "Where Shall we Spend Eternity" last Sunday morning, and the Youth Choir was in charge.

Sick at home is Mrs. Blossom Fonza.

The church was happy to see Tim Shade, who is home for the summer from college.

Planning a Spring Repair Job — See

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AGAIN, THANK YOU FOR YOUR SUPPORT!

Do's And Don'ts



Old Fashioned Prog. At Mt. Hebron Bapt.

An old fashioned pageant will be given at Mt. Hebron Baptist Church, Sunday, June 4, 4:30 p.m.

"The Beginning and now, You who Remember the Old Time way, Come and Go back with Me", is the theme. Luvenia Jones is sponsor and narrator and Nancy Coleman is chairman. Various members from around the city will entertain.

FURNITURE IS SUDS SAFE.



• Sponge upholstery with thick suds. Then rinse with a clean damp sponge and wipe dry.

Since colorful upholstery on your furniture is the main eye-catcher in your room, it must be kept bright and clean to look well. Besides, clean furniture lasts longer. Luckily plastic upholstery, and most fabrics, can be sudsed off safely if you know how. Use thick warm soapsuds to lather over plastic upholstery on your sofa and chairs, but don't get it dripping wet. Rinse quickly with a clean damp sponge or cloth, and wipe dry.

If upholstery fabric can stand plain water, you can wash it with "dry" soapsuds. To make this, use your egg beater to whip some soap in a little water until the lather stands in stiff peaks like meringue. Work these thick suds over a small section of the upholstery with a circular motion, using a cloth, sponge, or brush. Scrape off the soiled suds with a spatula; then wipe the surface twice with a clean rinse cloth wrung almost dry so no water can soak into the fabric. Let the sections overlap as you go along until the entire piece is clean.

While you're at it, suds off the wood frames of your furniture the same way and apply fresh wax or polish.



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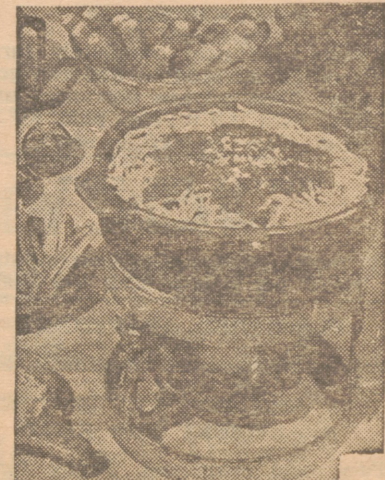
Yes, man is my brother, and don't I have some strange relatives!

Sign in a delicatessen: "If you can't smell it, we ain't got it."

To make a long story short, there's nothing like having the boss walk in.

This short story has a happy ending: At Williams Pharmacy, 1103 University Avenue, Phone 243-1253, you'll get a complete selection of products for yourself and your family. Drop in and say hello.

SPAGHETTI SUPPER FOR SUNDAY GUESTS



You can make Sunday night supper a guest meal without imposing extra work on anyone if you serve Chef Boy-ar-dee packaged spaghetti dinner as the main dish. The package contains quick-cooking spaghetti, a real chef's sauce made with either meat or mushrooms, and grated cheese to sprinkle over all. While the spaghetti is cooking, heat the sauce, assemble a salad out of the refrigerator, make the coffee, and you have a real presto-chango meal that will satisfy everybody. Ice cream, fruit, a refrigerator cake, makes a happy ending.

is a good avenue to carry their message.

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Social Whirl + Club Calendar

LINES

by
marri
johnson

REV. DAVID ALEXANDER has many talents! When we dined at Raymonds, 1807 Sixth Avenue Sunday night, Raymond himself, stopping at our table for a chat, enthusiastically described his newest find—a marvelous cook. You are right—he is Rev. Alexander. He formerly cooked at the Wakonda Club and the Savery. Chuckling happily Raymond said the two of them had had a workout that day. Needless to say I am eager to dine at Raymond's when Alexander the Great is on hand!

AARON AND BARON arrived at our house Sunday night. Sure you know him! At five months he has won the foregoing title from baby-sitting friends. Aaron Brooks Johnson and his parents, Jean and Art Sidner, make up our Minneapolis brood. They left Tuesday—a too short visit.

CARL (STEVE) JOHNSON a '66 Tech graduate is now a Drake University student. If everything goes his way he hopes to become a lawyer and we certainly wish him success! Steve gave me an assist on the following notes:

RALPH CROWDER, now a Drake student, accompanying his parents, Rev. and Mrs. Seymour Gaines, to Hampton, Virginia, will enroll next fall at Georgetown University, Washington, D.C. Our best to you, Ralph!

ORVAL SINGLETON, son of Mr. and Mrs. Everett Singleton, has been selected Fort Scott Junior College, in Kansas, as his college. He graduates this year from Des Moines Tech and will football at Ft. Scott.

JIMMY LOCKETT, one of our town's real sharpies, graduated in '64 from Des Moines Tech when classified as a junior but in reality had only to attend summer school to graduate—seemingly had credits to spare. Enroute to his present title "Airman First Class" he earned special recognition at Keesler Air Force Base, Mississippi. Maintained a grade average above 93 Standard Score, placing in the upper 8% of the student body. He is now in the radar division North Bend Air Force Station. He is the son of Mrs. Madeline Dockett, 1146 Enos.

TRACY ANN JEWETT, eight year old Logan School student, delighted her parents by making the honor roll. She is the daughter of Mr. and Mrs. Wm. Jewett, Jr., 1326 Sampson. Tracy comes from a clan much like that of Kennedy's—including aunts, uncles and cousins. It is a large, youthful group. In such a setting Tracy has some pretty keen competition.

ON SUNDAY MORNING PROFESSOR RUSSELL SAUNDERS gave his last performance as University Christian Church's Minister of Music. He leaves his post as Drake University's Professor of Organ and Church Music to join New York's Eastman's School of Music. To Des Moines' theater-goers Russ will be a great loss because of his musical direction of outstanding Playhouse and Drama Workshop musicals.

MARY BRUBAKER I've just learned, is teaching dramatics at Woodland Youth Opportunity Center. She keeps the goals of their training always in the immediate sight of the youngsters—for example, they've visited The Playhouse Glass Menagerie and Drama Workshops' Little Mary Sunshine dress rehearsals. Rev. Williams, as you know, is Woodland's director.

IRV WHITE AND MORRIS ROSENFIELD, Director and Producer, will bring us Jazz on a June Night in early June. Stand by for the date? Okay!

RAYMOND EDWARDS, JR., A DES MOINES TECH JUNIOR is more than pleased to be at home after two surgical experiences caused by a ruptured appendix. Raymond is an athlete and was missed during the spring sports activities.

Ronald Scott Here From Minneapolis

Ronald Scott, formerly of Des Moines, son of P. J. Scott and Mrs. Melba Scott Macho, and grandson of Helen Wheeler Hubbard, is here in Des Moines visiting relatives and friends. An ex-serviceman, he was special guest of Mr. and Mrs. Jean Cockrin. Mr. Scott is from Minneapolis, Minn.

Queen Contestsants For Women's Club

On Saturday night, queen of the convention will be chosen. Contestants are Joyce Daniels, Jennifer Bethel and Diana King.



MISS DANIELS



MISS BETHEL



MISS KING

Delegates Named To Con. By Tawasi Club

Tawasi Federated Club elected delegates for the state convention at the home of Martha Wheels, 1611 Buchanan. They are Mmes. Laura Worden, Sadie Jones and Martha Wheels, Queenie Dennis and Mary Taylor, alternate.

DDM Club Disbands For Summer Session

The Daughters of Des Moines Club will meet on June 12 with Maxine McNair, 1534 McCormick.

This is the last meeting of the season. President, Marjorie Cropp, urges all members to attend.

Songstress Carol A. Crump Visits With Rev. T. R. Brown

Recent house guest of Rev. and Mrs. T. R. Brown were Mrs. Carol Ann Crump and sons, Timothy and David of North Chicago, Ill. Mrs. Crump, an accomplished pianist and gospel songstress, entertained friends and neighbors with gospel sing-alongs. While here she attended services at Forest Avenue Church of God in Christ and Our Saviour's Baptist Church.

Mrs. Crump is the former Carol Ann Johnson of Oralabor, Ia.

Ritchies Celebrate Joint Birthdays

Saturday, May 27, Donna Evelyn and her twin brother, David Scott Ritchie celebrated their seventh birthday, including their grandmother, Mrs. Evelyn Ritchie of 1315 10th street, who celebrated with the children.

The outside party, main course of which was barbecued pig, was highlighted by the twins' yellow and chocolate cake and Mrs. Ritchie's lemon cake; also she was surprised with a German chocolate cake made by grandmother, Mrs. Ann Hall.

Sharing the festivities were Jeffrey, Debbie and Lisa Ann Ritchie, Sharon and Karon, Donnie and Ricky Ritchie, Warren and Phillip Hall, Leslie Gunn, Linda, Susie, Ricky and Rodney Miller, of Grimes, Ia., Mrs. Hall, Mrs. Lois Kimball, grandmother, all from Grimes.

Mr. and Mrs. Donald Ritchie, 1335 E. 28th street, were in Kentucky at the time.

TOB Has Picnic With Florence Parker

TOB Club met with Bessye Campbell, May 19, with uresident, Agnes. The club had a picnic Tuesday, May 30 at Florence Parker.

Next meeting: Friday, June 2, Matthews, in charge, with Thelma Claybrooke.

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Beauty salons are equipped to answer questions and help with hair color selection. Depend on your hairdresser to have the professional skills and the total family of fine Clairol products to make every woman's experience with haircoloring completely personal and glamorous. Should you be a blonde? If you don't really know, ask your expert hairdresser.

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Announce Engagement

Crystal and Raymond Kennerly announce the engagement of their daughter, Carole Irene, to Frank Davis, Jr., of Berkeley, Calif. Carole, Berkeley resident, was graduated from the State University of Iowa, Iowa City and Howard University, School of Social Work, Washington, D.C., is a soror of Delta Sigma Theta Sorority, and is the sister of Harold Kennerly of Oaklad, Calif., and the granddaughter of William Florence and the late Jonnie Florence and the late Mr. and Mrs. Belvie Kennerly, Shelbyna, Mo.

Frank is the son of Mr. and Mrs. Frank Davis, Sr., of Berkeley. Davis attended the City College of San Francisco and San Francisco State College. He is presently employed as an electronic technician for the Federal Government.

Miss Kennerly is employed as a child welfare worker for Alameda County Adoptions Department. The couple plan a late summer wedding.

Porter Graduates; Officers School

Alfred L. Porter, son of Mr. and Mrs. Harry A. Porter, 1124 17th, graduated May 24 from the Officers Candidate School at Ft. Knox, Ky. He is now 2nd Lt. Alfred L. Porter. He graduated eighth in a class of 71 that started out with 127 candidates.

While in the 24-week course, Porter was elected Platoon Student Council Representative and also was appointed Company Executive Officer. Before being inducted into the army he was employed by Western Tool and Die.

Porter, currently on a 30-day leave is attached to the U.S.A. Armor School in Ft. Knox, Ky., as an instructor in armored cavalry tactics prior to reporting to Germany for a 2-year tour of duty. At which time he will be accompanied by his wife and son who reside at 1350 25th.

La Femme Club Meet With Anna Russell

La Femme Club will meet June 1 with Helen Williams, 1108 10th street, with Anna Ruth Russell as hostess.

President is Geraldine Williams.

Birthday Party For Tracy Lynn Edwards

Tracy Lynn Edwards, daughter of Mr. and Mrs. Raymond Edwards, Sr., of 2104 Olive avenue, was entertained in a birthday party Saturday, May 27, on her third birthday, from 2-4 p.m.

Tracy, who turned three May 23, shared courtesies with Steve Fields, Terry and Teresa Robinson, Monica, Kim, and Sylvester, Jr., McCracken, Gretchen Tate, Loretta Coleman and Lori Hackney.

Mothers present were Mrs. Margaret Fields, Mrs. Connie Robinson, Mrs. Hazel Coleman and Mrs. Mary McCracken.

She received many lovely presents.

BURLINGTON

Mrs. Velma L. Lewis
418 South Starr

Mr. and Mrs. Eugene DeWitt, Mr. and Mrs. Earl B. Howell, and Mrs. Emma Evans all of Chicago, Ill., are the holiday guests of Mr. and Mrs. DeWitt White, 409 So. 4th.

Mrs. Margaret Kinnard, 515 Maple, is spending the holiday in Hannibal, Mo. visiting her father, Mr. Thurston and other relatives.

Home visiting his mother, Mrs. Doris Johnson, 420 Vine, Gerald Walkup, his wife and children of Chicago, Ill.

Induction

Timothy Dean, son of Mrs. Faye Dean and grandson of Mrs. Wilbert Ray has enlisted in the Navy and

Grand Lecturer To Speak To Golden Star

Burlington, Ia.—St. Elmo Chapter No. 3, O.E.S. will observe Easter Day Sunday at St. John A.M.E. Church. Services will begin at 3 p.m. Mrs. Elberta Turner, member of Golden Star chapter No. 1, Monmouth, Ill. and Grand Deputy Lecturer of Eureka Grand Chapter State of Illinois, will be guest speakers.

Special invitations have been extended to Eastern Star Chapters in Monmouth, Ill., Davenport, Ottumwa, Centerville, Ft. Madison, and Keokuk. Dinner will be served in the church dining room following the services.

Notice

Deadline for Senior pictures has been extended until Friday, June 2. Those who have not sent their pictures, two dollars and a list of activities may still mail or bring them in to the Bystander.

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PAULINE B. HUMPHREY, Manager

will leave Sunday for induction.
Mrs. Geraldine Brown, 817 Gertrude, has been called to Chicago, Ill. due to serious illness of her son-in-law Al Chatman.

Mrs. Helen Brown, Mrs. Florence Robinson and Mrs. Helen Roach were hosts to their families and guests at their annual Memorial Day breakfast. The tradition is to go to Aspen Grove Cemetery, decorate the graves of family and friends and then have breakfast. This year breakfast was served at the home of Mrs. Helen Roach, 627 8th. Out of town guests were Mr. and Mrs. Charles Pettis of Peoria, Ill., Mrs. Emma Evans of Chicago, Ill., and Clifton Scott of the city.

NAAACP

The local branch of the N.A.A.C.P. will meet Wednesday evening, 7:30 p.m. at the home of the President, Morris Brown, 1019 Brooks St. Plans will be completed for the "Appreciation Dinner", honoring Gladys and DeEdwin White for their many years of faithful and devoted service to the Organization. This affair will be held Saturday evening June 10, in the Eastman Room, Hotel Burlington. Any one wishing to attend may contact the following committee for reservations, Mrs. Velma L. Lewis, Mrs. Helen M. Brown, Mrs. Geraldine Brown or the local branch president, Mr. Morris Brown.

Raymond Edwards Is Promoted to Supt.

Raymond Edwards, Sr., of 2104 Olive avenue, has been promoted to Supervisor of Building Maintenance Department at Veterans Memorial Hospital May 7.

Edwards, formerly assistants supervisor, succeeds Kyle Meesley. The Edwards reside at 2104 Olive avenue with their five children.

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To Start a Hot Day Right— Eat a Cool Refreshing Breakfast



A cool, refreshing breakfast can do so much to lift the spirits of your family at the start of another hot, summer day. Serve them fresh fruit atop crisp shredded wheat with chilled milk and just see if they do not feel better and work better, especially in the late morning hours.

Is it really worth while to take ten minutes of your time each day to ensure that your family has an adequate morning meal? Research at a leading Midwestern university on the importance of breakfast has demonstrated that the physical and mental well-being of the subjects improved if they ate an adequate morning meal. In just ten minutes you can prepare a basic breakfast of fruit, cereal, milk, bread and butter. This is a basic breakfast pattern recommended by leading doctors and dietitians to provide an adequate morning meal.

In hot weather, it is especially important to think up ways to make the morning meal as cool and attractive as possible. The many fresh fruits, varieties of ready-to-eat breakfast cereals and breadstuffs available on today's market make variety easy. Have you given any thought to your table setting? Are you using cool-looking place mats, such as straw, bamboo, or pastel plastic? Do you always serve breakfast in the kitchen or dining room? What about serving breakfast on the porch or patio? Sometimes setting breakfast on a tray adds interest and variety. Then each one in the family can carry his tray to the coolest spot possible.

A little extra care and planning to make the morning meal as cool, attractive, and refreshing as possible will pay large dividends if it encourages the family to start the day right—by eating breakfast. A cereal and milk breakfast is a light, modern, nutritious breakfast that can be served with a minimum of effort yet provides the family with an adequate morning meal.

A COOL REFRESHING BREAKFAST

Blueberries, Raspberries, Strawberries, or Bananas Atop
Shredded Wheat
Chilled Milk for Cereal and Beverage
Sweet Rolls Butter
Coffee, if desired



Pigeonholes for Hats

A HANDY pigeonhole file for men's and boys' hats and caps, women's small hats, gloves and purses can be placed on the closet shelf. This collection of separate compartments is simply constructed like the dividers in an egg-crate.

Use sheets of long-wearing Masonite one-eighth inch thick. It may be obtained at any lumber yard. Cut slots with a power saw



the thickness of the boards so they will fit together at right angles. A good width for each compartment is 13 inches. The height may be varied, depending on the closet. This pigeonhole storage rack should be made to fit the available space quite snugly, so that it will be steady. Slots for the "legs" may be cut into the wood shelf as an additional brace.

EDITORIALS

FEATURES

SPORTS

WELCOME IOWA WOMEN
IN CONVENTION

The Iowa Association of Colored Women is holding its 65th annual session in Des Moines this week. It brings together women from most cities in Iowa whose clubs are interested in various activities many of which have made a fine contribution to the community.

Like many other organizations, the association was started to parallel among Negro women the worth while doings in clubs to which they did not belong.

The association has sponsored several worthwhile projects: among them maintenance of a home for Negro girls at Iowa University; (They were not permitted to live in the dormitories); conducted a drive which helped save and rebuild the Frederick Douglas home at Anacostia, Maryland as a shrine for the race; provided scholarships for worthy girls and encouraged individual local clubs to do so; financed a room in the sciences building at Simpson College in Indianola, dedicating it to the late George Carver.

These are worthy undertakings and while some are outdated now, they served their purpose.

The association has numbered in its membership some outstanding women which helps account for their accomplishments.

The Bystander has always felt that the Negro could make his greatest contribution to open housing by systematically working for maintenance of better individual housing and neighborhoods. And while it is difficult to tell the other fellow how he should maintain his home, some method must be found to reach the bad looking neighborhoods.

It was hoped that the anti-poverty program would have undertaken such a program but unfortunately they have chosen to duplicate many programs already in operation by other organizations, just as the church has passed over to other groups too much responsibility for character building, individual responsibility programs. We are hurting in this area.

The earlier successes of the association might be used to help conquer some of the bad showing that is being made in doing things good citizens should do.

TRYING TO SOLVE

LABOR UNIONS

with the When the Counter

When the Congress of Industrial Organizations consolidated with the American Federation of Labor, there was hope that the newly formed group would eliminate the unfair practices that had been going on against Negroes.

And when the Roosevelt administration established the National Labor Relations Board, it was hoped that racial discrimination would be made an unfair labor practice. But it did not.

Today, many labor unions have made no change in their racial discrimination policies even though they have made it a must to get a job or secure training.

In the meantime, Negro labor has supported the Democrat party following the lead of the labor organizations. And about all they received were handouts and vice protection in the big cities by whatever party was in control—Republican or Democrat.

Recently, Negro labor leaders in San Francisco decided to break away and form their own unions. The movement has spread to other communities with a result that serious consideration is being given by a group meeting in Washington to form separate unions.

We are not so sure that this is the right course. It has its advantages and disadvantages. In view of the requirement in contracts with labor unions in the construction or other operations in many projects, the Negro union would present a problem for employers such as most would not like to face.

Since membership in labor unions is a must in holding a job, anything which forces the employer to hire a man on the basis of his ability has merit.

It is highly desirable that every man be rewarded on the basis of his ability. And for this reason no artificial barrier should be permitted to help deny it.



Now the high school athletes are planning where they will go to college. Some will begin to wish they had hit the books a little harder in high school. These junior colleges are just about the best thing that ever happened to some big schools and to some athletes. A couple of the top Negro basketball players in Iowa are figuring on attending junior colleges. Then they will move up to some college varsity with two years of playing experience and will be able to really help.

Teams

Both Drake and Iowa University have built their teams of recent years around these players. But then every so often a player who was a real sensation in high school turns out to be just another fellow in college while some guy you never heard of comes up as a college star. Now there may be a lot of reasons for this. Sometimes the high school star makes it big in his school because of his natural ability, his size of speed. Then he gets to college and meets fellows with just about as much natural talent or speed or who are just as big. He falls into his natural place which may not be in the top group. Then some fellows mature more quickly than others. At eighteen they are as big and strong as most twenty or twenty one year-old fellows. They meet their equals in college.

Poor

Now you have the fellow who was just mediocre in high school and blossoms into a college star. Maybe he hadn't reached his peak ability any sooner. Maybe he hadn't matured yet. Then he might have been playing out of position. All of these things count, and you'd be surprised what they mean when a fellow gets out of high school. Then there is the matter of determination and willingness to work.

Surprise

Most of those surprise packages in college athletes come in as what are called walk-ones, that is, fellows who have not been given athletic scholarship. Some of them have the misfortune to be playing on teams that never attract attention. It is almost an established fact that to get noticed you have to play on one of the better clubs. Here in Des Moines we shall watch with interest to see what happens to some of our good Negro athletes. Too many of them have just let high school to the end of what could have been a good college career and later on a good job. There are enough former high school stars around town who never went to college to make an all-star team and just about any sport. And some of them would have been really good. We could name quite a few, but it would serve a no good purpose, and might wound a few feelings.

Kirby

Of course, the fellow who is being talked about most is North's Jim Kirby. Two years ago we were told that the guy could make really good grades if he wanted to. We wonder what sort of grades he came out with. Then we would center our attention on East High's Jock Johnson. We heard he plans to attend Iowa State. So he must have what it takes in the classroom. Most of the athletes can get better marks than they got. Whether they are good or bad, if they really tried harder. Then there are a couple of boys from Tech who ought to go on. If we know Willie Herndon's parents, that guy will go on to some school. We don't know much about Pete Stewart or his background to pass an opinion, but we do hope he will take advantage of his ability and continue his education.

Whitney

Now we haven't mentioned Roosevelt's Ken Whitney, but we didn't.

Bill Burnette, Pole Vaulter
For University of Iowa

Iowa City, Ia.—The first time he tried a vault he went cleanly over the bar at seven feet. From then on there was no stopping him until the Illinois championship meet his senior year.

With college talent scouts looking on and rain and wind coming down, Bill Burnette cleared the first height and then failed when his hands slipped and he went down the pole instead of over the bar.

Ted Wheeler, the great Iowa runner who competed in the 1956 Olympics, was scouting for track and field athletes. Bill contacted Wheeler and the result was an athletic scholarship at the university.

Training

Since coming to Iowa, Burnette has shown steady improvement. Although his training methods aren't very rigorous, he has some unusual ones. About once a week, instead of working out on the track, he heads for the gym and works out on the trampoline and high bar.

He himself admits that he doesn't run as much as he should and that perhaps he should have more vigorous workouts. Currently he is trying to improve his vaulting by reading all the material he can about champions.

Burnette has running ability, however. In the Big Ten meet on the Iowa track May 20, he anchored the 440-yard relay team which won a surprise third place. Coach Francis Cretzmeyer said that Burnette could be a fine sprinter and quarter miler if he were not busy vaulting.

147

Burnette's main problem in vaulting is having only 147 pounds on his 6-1 frame. "With a high wind, I never know whether I'm going to land in the pole vault pit or the broad jump area," he said.

Bill's university major is advertising and judging from his performance at Iowa so far, he may clear good heights in both the pole vault and in his life's work.

HEALTH FOR ALL

So you're not the dieting type? But you'd still like to do something about that waistline? Dr. Harris reports that there is an answer for you, if you happen to be a mature male in good all-around physical shape.

The answer isn't drugs, hypnosis, pushups, or mystical rites. The key lies in outdoor exercise—but exercise of a special kind, medically supervised and tailored to fit.

Wide Range

Dr. W. E. Harris, a Eugene, Oregon, heart specialist, worked out the program with the needs of the sedentary older man in mind; but a wide range is included among the more than 250 men who have tried it with considerable success. They reduced their waistlines by an average of one-and-a-half inches, and about two thirds of them managed to drop 7.8 pounds apiece, on the average, during the 12-week effort. Many also lowered their blood pressures.

Exercise

The program? It calls for alternate walking and jogging (slow running) a mile or more a day three times a week. The two different forms of locomotion made it easy, Dr. Harris explained, to fit the amount of energy output to the needs of the individual according to his age and general condition. Each participant underwent a heart and lung examination and various other physical tests before and after the course of exercise.

Jogging

Men as old as 65 can gradually be trained to jog at a fairly good pace, three or four times a week for as much as 2½ miles a day, according to Dr. Harris. But he emphasized the need for supervision of such a program by a physician, aided by a person experienced in athletic training.

think it was necessary. We think that if Ken decided to let high school be the end of it, he would hear from Mr. Whitney in no uncertain terms so that would take care of itself. There are others that we would mention, but we think we have delivered our message if we had one. And we will bet that some of the fellows we haven't mentioned will be among the ones to go on and do all right in college.

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If you don't like outdoor track work, but still want to reduce, then maybe it's dieting for you after all. By and with the advice and consent of your doctor, of course.

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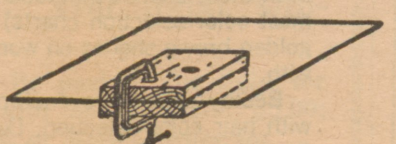
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Handy Jim's
FIXIN-UP TIPS
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Boring Thin Material
AMERICAN BUILDER, leading magazine for builders, recently disclosed a fool-proof method of boring holes in thin material. Sim-



ply place a block of wood on each side, holding the blocks together with a "C" clamp and then boring through the blocks. This method provides a clean, smooth cut with no ravel or splinters.

POST EXCHANGE

Letters from Our Readers

A bit of prose . . . a line or two of poetry . . . a letter now and then
to express thoughts in the minds of our many readers.

Send Yours Today

SMILES

Perhaps you never stop to think
How much a smile can do,
A smile can make a moment bright,
Or help a dream come true.
A smile is like a priceless gift

That can be passed along.
It makes a burden lighter, too,
And often rights a wrong.
A smile can say, "I understand."
Or simply, "I'm your friend."
A sincere smile can sometimes bring

A quarrel to an end.
A smile cannot be bought or sold,
Or lost, or thrown away.
So why not keep some smiles on hand
To share, day after day!

—Rowena Cheney.

A Quick-Easy School Luncheon



MAKE THIS DELICIOUS QUICK-EASY RECIPE for your hungry youngsters at lunch time. So simple to make too, when you use packaged pre-cooked rice. Take the time required for the rice to set, to cook the sausages. Top the rice with tangy grated cheese and serve with the sausages, garnished with parsley. This rice treat is also delicious with scalloped tomatoes and crisp bacon. Your young 'uns will gobble-up every last morsel.

CHEESE RICE

1½ cups (5-ounce package) packaged pre-cooked rice
1 teaspoon salt
½ teaspoon pepper
1½ cups boiling water
¾ cup grated Cheddar cheese
or 1 cup grated processed American cheese
Add packaged pre-cooked rice, salt, and pepper to boiling water in saucepan. Mix just to moisten all rice. Cover and remove from heat. Let stand 13 minutes. Then add ½ cup of the cheese to the rice, mixing lightly with a fork. Serve remainder of cheese on top of rice. Serve with stewed or scalloped tomatoes or tomato sauce and crisp bacon or sausage. Makes about 3½ cups, or 4 servings. (ANS)

Blotter

On \$2,000 bond is James Eugene Nelson, 21, 716 School street, accused of taking a car from 1409 Sixth avenue Mar. 30.

Sentenced to ten years in Ft. Madison's State Penitentiary was Willis Butts, jr., 35, of 1408 E. McCormick, found guilty of breaking and entering.

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