

Here Is The Way To Make 50c. Buy Food For An Entire Day

Professor Mary S. Rose, Famous Nutrition Expert, Shows How Single Persons Can Live Economically

Can a student, office worker or factory worker, eating one meal a day in a restaurant or cafeteria, spend as little as 50 cents a day for food and maintain health and strength?

The question was recently put up to me by students of Columbia University. After we had surveyed the prices charged for foods in the restaurants, cafes and lunch counters, we were able to answer that it could be done.

Learn Food Values Of various grocery rations. We have not advised any foods only because of appalling prices...

These menus, as you will see, are somewhat different for women than for men...

Men of African stock, what are you doing in the field of Aviation? Your progeny may be proud of their parents...

Watch for Professor Rose's next article, and the second 50-cent menu, which will show the fundamentals of a healthful diet.

University Commencement George Johnson, to the delight of all...

Continued from Page 1 I disposed of my surplus to ensure an adequate supply of cheap labor...

Washington—Taxation cost the motorist more than \$2,000 a minute in 1932...

Even legislators whose campaign pledges were based upon tax reduction are working so hard...

In 1932 man reached the greatest height in the air and the greatest depth below...

More than 8,484,000 standard cases of salmon, 45 one-pound cans to each case, were wanted in 1932.

The tears you see the movie actor shed in his picture are not his own...

AVIATION

CLEMENT I. CLARKE Inventor of The ORNITHO MONOPLANE

The Orntho Monoplane is invented after the nature flying machine, which is called the Orntho.

Turn over a page in your favorite paper. What do you see? GOD BARRED IN NEW JERSEY.

These menus, as you will see, are somewhat different for women than for men...

Men of African stock, what are you doing in the field of Aviation? Your progeny may be proud of their parents...

Watch for Professor Rose's next article, and the second 50-cent menu, which will show the fundamentals of a healthful diet.

University Commencement George Johnson, to the delight of all...

Continued from Page 1 I disposed of my surplus to ensure an adequate supply of cheap labor...

Washington—Taxation cost the motorist more than \$2,000 a minute in 1932...

Even legislators whose campaign pledges were based upon tax reduction are working so hard...

In 1932 man reached the greatest height in the air and the greatest depth below...

More than 8,484,000 standard cases of salmon, 45 one-pound cans to each case, were wanted in 1932.

The tears you see the movie actor shed in his picture are not his own...

Continued from Page 1 I disposed of my surplus to ensure an adequate supply of cheap labor...

Washington—Taxation cost the motorist more than \$2,000 a minute in 1932...

OPINIONS

The more I read and see of my race, the more disgusted I become.

Ignorance and superstition seem to be our greatest handicaps. You see our weekly papers. What do you read?

Turn over a page in your favorite paper. What do you see? GOD BARRED IN NEW JERSEY.

These menus, as you will see, are somewhat different for women than for men...

Men of African stock, what are you doing in the field of Aviation? Your progeny may be proud of their parents...

Watch for Professor Rose's next article, and the second 50-cent menu, which will show the fundamentals of a healthful diet.

University Commencement George Johnson, to the delight of all...

Continued from Page 1 I disposed of my surplus to ensure an adequate supply of cheap labor...

Washington—Taxation cost the motorist more than \$2,000 a minute in 1932...

Even legislators whose campaign pledges were based upon tax reduction are working so hard...

In 1932 man reached the greatest height in the air and the greatest depth below...

More than 8,484,000 standard cases of salmon, 45 one-pound cans to each case, were wanted in 1932.

The tears you see the movie actor shed in his picture are not his own...

Continued from Page 1 I disposed of my surplus to ensure an adequate supply of cheap labor...

Washington—Taxation cost the motorist more than \$2,000 a minute in 1932...

U. N. I. INC. DEFAULTS: FAILS TO POST BOND IN INJUNCTION; FAILS ON CHARGES

Continued from Page 1

of over 6,000,000 persons through out the world...

Turn over a page in your favorite paper. What do you see? GOD BARRED IN NEW JERSEY.

These menus, as you will see, are somewhat different for women than for men...

Men of African stock, what are you doing in the field of Aviation? Your progeny may be proud of their parents...

Watch for Professor Rose's next article, and the second 50-cent menu, which will show the fundamentals of a healthful diet.

University Commencement George Johnson, to the delight of all...

Continued from Page 1 I disposed of my surplus to ensure an adequate supply of cheap labor...

Washington—Taxation cost the motorist more than \$2,000 a minute in 1932...

Even legislators whose campaign pledges were based upon tax reduction are working so hard...

In 1932 man reached the greatest height in the air and the greatest depth below...

More than 8,484,000 standard cases of salmon, 45 one-pound cans to each case, were wanted in 1932.

The tears you see the movie actor shed in his picture are not his own...

Continued from Page 1 I disposed of my surplus to ensure an adequate supply of cheap labor...

Washington—Taxation cost the motorist more than \$2,000 a minute in 1932...

Mitchell's Book Comments

"Senor Bum In The Jungle"

Senor Bum, in this story, weaved around actual experiences of the author, in an American white man, possessing as his first love the spirit of adventure into unknown or unexplored regions.

Turn over a page in your favorite paper. What do you see? GOD BARRED IN NEW JERSEY.

These menus, as you will see, are somewhat different for women than for men...

Men of African stock, what are you doing in the field of Aviation? Your progeny may be proud of their parents...

Watch for Professor Rose's next article, and the second 50-cent menu, which will show the fundamentals of a healthful diet.

University Commencement George Johnson, to the delight of all...

Continued from Page 1 I disposed of my surplus to ensure an adequate supply of cheap labor...

Washington—Taxation cost the motorist more than \$2,000 a minute in 1932...

Even legislators whose campaign pledges were based upon tax reduction are working so hard...

In 1932 man reached the greatest height in the air and the greatest depth below...

More than 8,484,000 standard cases of salmon, 45 one-pound cans to each case, were wanted in 1932.

The tears you see the movie actor shed in his picture are not his own...

Continued from Page 1 I disposed of my surplus to ensure an adequate supply of cheap labor...

Washington—Taxation cost the motorist more than \$2,000 a minute in 1932...

SECCION FRANCAISE

Salut a mes camarades de la race negre!

La vie ideale c'est dans notre sang et ne sera jamais tranquille. Le jour sera triste, ce jour ou l'homme se trouve content de se...

Turn over a page in your favorite paper. What do you see? GOD BARRED IN NEW JERSEY.

These menus, as you will see, are somewhat different for women than for men...

Men of African stock, what are you doing in the field of Aviation? Your progeny may be proud of their parents...

Watch for Professor Rose's next article, and the second 50-cent menu, which will show the fundamentals of a healthful diet.

University Commencement George Johnson, to the delight of all...

Continued from Page 1 I disposed of my surplus to ensure an adequate supply of cheap labor...

Washington—Taxation cost the motorist more than \$2,000 a minute in 1932...

Even legislators whose campaign pledges were based upon tax reduction are working so hard...

In 1932 man reached the greatest height in the air and the greatest depth below...

More than 8,484,000 standard cases of salmon, 45 one-pound cans to each case, were wanted in 1932.

The tears you see the movie actor shed in his picture are not his own...

Continued from Page 1 I disposed of my surplus to ensure an adequate supply of cheap labor...

Washington—Taxation cost the motorist more than \$2,000 a minute in 1932...

"The Whirling World"

ANDRUCIO JACOBS

Musolini, premier of Italy, officially, by the fact, the peror of that country, has proposed a four-point pact...

Turn over a page in your favorite paper. What do you see? GOD BARRED IN NEW JERSEY.

These menus, as you will see, are somewhat different for women than for men...

Men of African stock, what are you doing in the field of Aviation? Your progeny may be proud of their parents...

Watch for Professor Rose's next article, and the second 50-cent menu, which will show the fundamentals of a healthful diet.

University Commencement George Johnson, to the delight of all...

Continued from Page 1 I disposed of my surplus to ensure an adequate supply of cheap labor...

Washington—Taxation cost the motorist more than \$2,000 a minute in 1932...

Even legislators whose campaign pledges were based upon tax reduction are working so hard...

In 1932 man reached the greatest height in the air and the greatest depth below...

More than 8,484,000 standard cases of salmon, 45 one-pound cans to each case, were wanted in 1932.

The tears you see the movie actor shed in his picture are not his own...

Continued from Page 1 I disposed of my surplus to ensure an adequate supply of cheap labor...

Washington—Taxation cost the motorist more than \$2,000 a minute in 1932...

STOPPED WASTING THEIR TIME AND LEARNED A PROFESSION

First Lieutenants in Uncle Sam's navy had their rank stripped up and their duties increased.

Turn over a page in your favorite paper. What do you see? GOD BARRED IN NEW JERSEY.

These menus, as you will see, are somewhat different for women than for men...

Men of African stock, what are you doing in the field of Aviation? Your progeny may be proud of their parents...

Watch for Professor Rose's next article, and the second 50-cent menu, which will show the fundamentals of a healthful diet.

University Commencement George Johnson, to the delight of all...

Continued from Page 1 I disposed of my surplus to ensure an adequate supply of cheap labor...

Washington—Taxation cost the motorist more than \$2,000 a minute in 1932...

Even legislators whose campaign pledges were based upon tax reduction are working so hard...

In 1932 man reached the greatest height in the air and the greatest depth below...

More than 8,484,000 standard cases of salmon, 45 one-pound cans to each case, were wanted in 1932.

The tears you see the movie actor shed in his picture are not his own...

Continued from Page 1 I disposed of my surplus to ensure an adequate supply of cheap labor...

Washington—Taxation cost the motorist more than \$2,000 a minute in 1932...

Washington—Taxation cost the motorist more than \$2,000 a minute in 1932...

GRADUATES OF APEX BEAUTY COLLEGE, ATLANTIC CITY, N. J.

Realizing the struggle for existence is less difficult in the beauty profession, this group of ambitious and industrious persons, who spent their spare time to good use, have just completed an Apex Beauty course in beauty culture.

Turn over a page in your favorite paper. What do you see? GOD BARRED IN NEW JERSEY.

These menus, as you will see, are somewhat different for women than for men...

Men of African stock, what are you doing in the field of Aviation? Your progeny may be proud of their parents...

Watch for Professor Rose's next article, and the second 50-cent menu, which will show the fundamentals of a healthful diet.

University Commencement George Johnson, to the delight of all...

Continued from Page 1 I disposed of my surplus to ensure an adequate supply of cheap labor...

Washington—Taxation cost the motorist more than \$2,000 a minute in 1932...

Even legislators whose campaign pledges were based upon tax reduction are working so hard...

In 1932 man reached the greatest height in the air and the greatest depth below...

More than 8,484,000 standard cases of salmon, 45 one-pound cans to each case, were wanted in 1932.

The tears you see the movie actor shed in his picture are not his own...

Continued from Page 1 I disposed of my surplus to ensure an adequate supply of cheap labor...

Washington—Taxation cost the motorist more than \$2,000 a minute in 1932...

Washington—Taxation cost the motorist more than \$2,000 a minute in 1932...

DIGESTING THE NEWS

Writing from Chicago!

Heretofore, "digesting" has been done from a prison cell, no longer is that necessary. I find myself, through no effort of mine, all through the kindness of Harry H. Pace, president of the Supreme Life Insurance Company, in a second floor office in their home office building. I look out the window — on the "Avenue" — and see life as it passes. I remain in the office and "digest" the news of the world.

Turn over a page in your favorite paper. What do you see? GOD BARRED IN NEW JERSEY.

These menus, as you will see, are somewhat different for women than for men...

Men of African stock, what are you doing in the field of Aviation? Your progeny may be proud of their parents...

Watch for Professor Rose's next article, and the second 50-cent menu, which will show the fundamentals of a healthful diet.

University Commencement George Johnson, to the delight of all...

Continued from Page 1 I disposed of my surplus to ensure an adequate supply of cheap labor...

Washington—Taxation cost the motorist more than \$2,000 a minute in 1932...

Even legislators whose campaign pledges were based upon tax reduction are working so hard...

In 1932 man reached the greatest height in the air and the greatest depth below...

More than 8,484,000 standard cases of salmon, 45 one-pound cans to each case, were wanted in 1932.

The tears you see the movie actor shed in his picture are not his own...

Continued from Page 1 I disposed of my surplus to ensure an adequate supply of cheap labor...

Washington—Taxation cost the motorist more than \$2,000 a minute in 1932...

PROBLEM ORNER

By Brother Blessing

To readers of the Negro World: What are your problems? Brother Blessing will help you to find a true solution. He has helped thousands in all parts of the world. He can help you.

Turn over a page in your favorite paper. What do you see? GOD BARRED IN NEW JERSEY.

These menus, as you will see, are somewhat different for women than for men...

Men of African stock, what are you doing in the field of Aviation? Your progeny may be proud of their parents...

Watch for Professor Rose's next article, and the second 50-cent menu, which will show the fundamentals of a healthful diet.

University Commencement George Johnson, to the delight of all...

Continued from Page 1 I disposed of my surplus to ensure an adequate supply of cheap labor...

Washington—Taxation cost the motorist more than \$2,000 a minute in 1932...

Even legislators whose campaign pledges were based upon tax reduction are working so hard...

In 1932 man reached the greatest height in the air and the greatest depth below...

More than 8,484,000 standard cases of salmon, 45 one-pound cans to each case, were wanted in 1932.

The tears you see the movie actor shed in his picture are not his own...

Continued from Page 1 I disposed of my surplus to ensure an adequate supply of cheap labor...

Washington—Taxation cost the motorist more than \$2,000 a minute in 1932...

EAST BROOKLYN HOLDS EXTRAORDINARY MASS MEETING

Continued from Page 1

movement for the Negro People of the World, the trouble with the organization is not outside, but inside; and no one can destroy the Organization, but the members themselves.

Turn over a page in your favorite paper. What do you see? GOD BARRED IN NEW JERSEY.

These menus, as you will see, are somewhat different for women than for men...

Men of African stock, what are you doing in the field of Aviation? Your progeny may be proud of their parents...

Watch for Professor Rose's next article, and the second 50-cent menu, which will show the fundamentals of a healthful diet.

University Commencement George Johnson, to the delight of all...

Continued from Page 1 I disposed of my surplus to ensure an adequate supply of cheap labor...

Washington—Taxation cost the motorist more than \$2,000 a minute in 1932...

Even legislators whose campaign pledges were based upon tax reduction are working so hard...

In 1932 man reached the greatest height in the air and the greatest depth below...

More than 8,484,000 standard cases of salmon, 45 one-pound cans to each case, were wanted in 1932.

The tears you see the movie actor shed in his picture are not his own...

Continued from Page 1 I disposed of my surplus to ensure an adequate supply of cheap labor...

Washington—Taxation cost the motorist more than \$2,000 a minute in 1932...

INEXPENSIVE FOODS CAN BE MADE PALATABLE, WHOLESOME

NEW YORK.—The problem of feeding large groups of people in institutions is surprising as it may seem—very much the same as that which confronts the individual who is unable to pay for his family on a greatly reduced income.

Turn over a page in your favorite paper. What do you see? GOD BARRED IN NEW JERSEY.

These menus, as you will see, are somewhat different for women than for men...

Men of African stock, what are you doing in the field of Aviation? Your progeny may be proud of their parents...

Watch for Professor Rose's next article, and the second 50-cent menu, which will show the fundamentals of a healthful diet.

University Commencement George Johnson, to the delight of all...

Continued from Page 1 I disposed of my surplus to ensure an adequate supply of cheap labor...

Washington—Taxation cost the motorist more than \$2,000 a minute in 1932...

Even legislators whose campaign pledges were based upon tax reduction are working so hard...

In 1932 man reached the greatest height in the air and the greatest depth below...

More than 8,484,000 standard cases of salmon, 45 one-pound cans to each case, were wanted in 1932.

The tears you see the movie actor shed in his picture are not his own...

Continued from Page 1 I disposed of my surplus to ensure an adequate supply of cheap labor...

Washington—Taxation cost the motorist more than \$2,000 a minute in 1932...

Washington—Taxation cost the motorist more than \$2,000 a minute in 1932...

AGENTS WANTED

Agents Wanted

Agents Wanted

Turn over a page in your favorite paper. What do you see? GOD BARRED IN NEW JERSEY.

These menus, as you will see, are somewhat different for women than for men...

Men of African stock, what are you doing in the field of Aviation? Your progeny may be proud of their parents...

Watch for Professor Rose's next article, and the second 50-cent menu, which will show the fundamentals of a healthful diet.

University Commencement George Johnson, to the delight of all...

Continued from Page 1 I disposed of my surplus to ensure an adequate supply of cheap labor...

Washington—Taxation cost the motorist more than \$2,000 a minute in 1932...

Even legislators whose campaign pledges were based upon tax reduction are working so hard...

In 1932 man reached the greatest height in the air and the greatest depth below...

More than 8,484,000 standard cases of salmon, 45 one-pound cans to each case, were wanted in 1932.

The tears you see the movie actor shed in his picture are not his own...

Continued from Page 1 I disposed of my surplus to ensure an adequate supply of cheap labor...

Washington—Taxation cost the motorist more than \$2,000 a minute in 1932...

BOYS WANTED

Boys Wanted

