

The Northwest Times

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IN THE PACIFIC NORTHWEST
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Representation Is Assured

CHICAGO, Ill., July 6—The thirteen JACL national standing committees were assured representation from the Midwest with the appointment of district chairmen for each at the first semi-annual meeting of 1949 of the Midwest District Council held recently in Chicago.

Each MDC chapter will provide one member to serve on each of the thirteen committees on a district basis with the understanding that the chairman will serve on the National committee.

The committees and the appointed chairmen are: legislative, Frank Shiba (Cleveland); legal, Robert Dewa (Madison, Wisconsin); program and activities, Henry Tani (St. Louis); membership, Shigeo Wakamatsu (Chicago); Nisei Veterans, Michael Hagiwara (Chicago); public relations, Joseph Tanaka (St. Louis); Issei relations, Mrs. Dai Kitagawa (Twin Cities); national planning, Peter Fujioka (Detroit); budget and finance, James Hashimoto (Cincinnati); recognition, Dr. James Taguchi (Dayton); credentials, Ho-

ward Tashima (Cleveland); resolutions, Yukio Okamoto (Twin Cities); national constitution, George Kita (Chicago); Tani, Wakamatsu and Tanaka were chairmen of their respective national committees in 1948. The MDC appointee to serve on the national nominations committee is Mrs. Dorothy Kitow (Chicago), who also served as chairman of this committee in 1948.

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Hirabayashi

(Continued from Page One)

of the things we know the world should be and isn't. We're listening because we know you're working to bring these things about. Tolerance, fair play, calm reasoning—these are some of the things you typify to us. You are a voice for a better world—a better citizenry.

"And maybe we're listening because we're afraid. We're worried about the direction we're going. We're afraid your kind of people will not prevail in this world. "So we're listening, Dr. Bunche." —Cliff Cernick

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Come to Church

BAPTIST
9:45 a.m.—Sunday School in nursery school building.
10 a.m.—Issei worship service.
11:15 a.m.—Nisei worship service.
11:35 a.m.—Nursery during Young People service in the Broadway nursery building.
7:30 p.m.—BYF.
Okazaki class from 8 to 9 p.m. on Tuesdays at Fujin Home.

BUDDHIST
10 a.m.—Sunday School. Chairman: Nobuyue Shimizu Organist: Florence Chikata.
11 a.m.—Young People Devotional Service. Senior boys in charge. Organist: Yasuko Ota. Speaker: Rev. Masunaga.

CONGREGATIONAL
10 a.m.—Issei worship service.
10 a.m.—Sunday School for nursery kindergarten, beginners, primary and juniors. New boys' class a primary department.
11 a.m.—Nisei worship service.
8 p.m.—Bible study class for Nisei every Monday.

METHODIST
10 a.m.—Sunday School.
10 a.m.—Junior worship led by Mrs. Shizue Watanabe's class.
10 a.m.—Issei service. Rev. Thomas J. Machida to speak.

11 a.m.—Nisei worship service. "The Tragedy of a Parson", Waichi Oyanagi, guest speaker.

MARYKNOLL
9 a.m. and 10:30 a.m.—Low Mass. Benediction will be held following 10:30 Mass.

NICHIREN BUDDHIST CHURCH
10 a.m.—Kindergarten children and juniors service.
11 a.m.—Young people's service in English.
2 p.m.—Japanese Service

PRESBYTERIAN
9:45 a.m.—Sunday School for all ages.
11 a.m.—Rev. Hirata to speak on "God and Nisei", his last sermon before leaving for Japan.
7:30 p.m.—Westminster fellowship. Young Adult Friars' organization meeting.

ST. PETER'S
9 a.m.—Issei Holy Communion. Rev. G. Shoji.
9:45 a.m.—Sunday School. Miss Gladys Gray.
11 a.m.—Nisei Worship Service.
7:30 p.m.—Fri-night YFP meetings.

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SUNDAY WEDDING

Marriage vows will be exchanged by Miss Fumi Onodera, daughter of Mr. and Mrs. Toyosuke Onodera and Mr. George Iwasaki, son of Mr. and Mrs. Tokusaburo Iwasaki, on Sunday, July 10, at a simple ceremony in St. Peter's Mission. The Rev. G. Shoji will officiate.

Attending the couple will be Mrs. Tom Yamauchi as matron of honor and Mr. Nobu Takahashi as best man.

The reception will be held at Kiang Nam Cafe.

CALIFORNIA VISIT

Miss Toshiko Iwasaki of Bryn Mawr is currently on a two-weeks' vacation in California. She is visiting her sister, Mrs. Sidney Nakanishi of Los Angeles, and other friends.

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YOUR HOME

By Francis Ainsworth

I think every housewife looks forward to warm summer months, don't you? But summer has always meant one "bugaboo" for me—dust. It's a nuisance to have clouds of dust from the driveway spilling the outside appearance of your house and causing extra cleaning inside. So I was especially happy when our hardware man told us how to get rid of this dust.

He told us to use Columbia Calcium Chloride on our driveway and in our basement to hold the moisture and bind the dust. It's a white flaky material that absorbs water and completely dissolves itself in the moisture it takes from the air. When these flakes are spread over a dusty surface, they absorb water from the air and provide clean, odorless and lasting moisture to bind dust particles together. It's a simple method of "dust-proofing" that has long been used for tennis courts, playgrounds, roads and streets to get rid of the dust nuisance.

You can apply this dust-proofing yourself—either with a special spreader or a shovel. If you use a shovel you'll want to rake over the surface after application, but either method is simple. Apply Calcium Chloride after a rain—or hose the surface first. This makes it stick better. One application will probably do for the entire summer, or you may use small amounts once or twice later.

I was simply amazed at the difference this simple dust-proofing made in the looks of our yard, and in the cleaning it cut down inside. I know that it will actually take hours away from my housekeeping, and that's certainly a help in warm weather, isn't it?

Veterans! You can earn an Army commission in your spare time, as a member of the enlisted reserve! Get the details at your Army recruiting station.

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This One Ties In Swim Suits

TORONTO, Ontario (Canada), July 9—Have you got any ties you don't wear? Perhaps there's a cravat that you got for Christmas that you wouldn't even hang yourself with. Every man has, and if you don't need it, Jack Lee, otherwise Jack Nakamoto, the "Our Little Woman" columnist down in London, Ontario, has good use for it.

He's fashioned bathing suits out of them, not only men's trunks but women's two piece affairs.

Recently, the London Free Press carried a large cut of two models, a man and a woman, wearing swimming apparels made by Jack, taken by the waterside. And it got quite a notice. In fact, the Canadian Press is reported to be interested in getting this novel creation as an idea for an article to be used in leading dailies across Canada.

Not only can you wear them, you can also swim in them without fear. He gave them the salt water test to see if the colors run and proved them to be color-fast.

If you're interested, the trunks for the man took exactly a dozen ties, while the women's took 15, 13 for the shorts and 2 for the bra. He admits they weren't all his ties, he picked up unwanted neck-chokers from his friends.

For the trunks, Jack chose masculine-looking patterns and shades to assemble the beach wear. For the girl's, he modelled the apparel with the buxom look theory in mind. Even the shoe string ties on the bra and trunks are fashioned of colorful ties.

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Our Little Woman

TO CORRECT 'DAIKON-ASHI'

By JACK NAKAMOTO

In most cases, if our little woman has bowlegs, it's as obvious as night and day; and yet, there are some which are hardly discernible even to a critical eye. It's known that even presarials of show business resort to some quick and handy guide by which to choose candidates for a chorus line. To see if the legs are straight and shapely, they invariably ask the girl to close her legs and if her knees, calves, and ankle bones touch, it's considered then that she hasn't a semblance of bowleggedness. While this may be a good criterion also for detecting a knock-kneed condition, it doesn't hold good for thick legs, sometimes more mockingly termed "daikon ashi".

At first, it's necessary to face the fact that bowleggedness doesn't lend itself readily to improvement through exercise. It's the curved structure of the bones rather than the muscles around them that cause bowlegs. There's much more hope of overcoming bowlegs in early life than there is later on. Braces could be used with success when our little woman is still in a growing-up stage, and if they're prescribed by a bone specialist. However, if she has an extreme pair of bowlegs, she can have her legs straightened out successfully by bone surgery. It's sometimes claimed that bowleggedness is brought about if our little woman as a wee tot has been allowed to walk or even toddle for hours on end when the bones of her legs were still soft and undeveloped.

There are several corrective exercises which have actually proven themselves to be beneficial in improving the bowleg condition. However, it cannot be stressed too highly that these exercises must be carried out ever faithfully over a period of time if our little woman hopes to see any improvement.

Here are the two most effective exercises: Our Niselette should pull her legs as close together as possible whenever she's standing and hold them that way for as long as she can. The more she exerts herself

the better are her chances of straightening out the legs. The advantage of this exercise is that it can be indulged in many times without having others know it. Another exercise for our little woman with bowlegs is to sit on the floor with her legs stretched out in front of her, leaning back on her hands. Then she should raise her hips from the floor, keeping her legs stiff as she rotates them outward. She should hold herself up a few moments and then return hips to floor. It would be advisable for her to repeat at least 10 or 15 times morning and night.

To slenderize the "daikon ashi", 3 separate sets of exercises for 3 different parts of the legs are required, and each exercise has two parts to it. For "daikon ashi" are legs that are thick all the way down from the knees to the ankles.

For thick meaty knees, our little woman first of all should sit on the floor, leaning back on her hands. She should pull her knees up, then open them and bang them together, remembering to keep her feet planted together on the floor. For the 2nd part of the exercise, she should knead the excess fat on the outer and on the inner side of her knee.

For calves it's a spanking exercise. Our Niselette should again sit on the floor, leaning back on her hands. She should draw one knee up toward her. Then snap it out straight and down, pulling her toes toward her as she does. Now the other one. This will bring the calf down hard on the floor. For the 2nd part of the exercise, she should cross her legs and again knead the calves with her hands, back and forth.

And finally the exercises for the thick ankles which are actually the root whereby the shape of "daikon ashi" is formed. First of all, our little woman should lie flat on her back on the floor, pulling both knees up to her chest and raising her legs straight up in the air. Then she should pedal with her ankles only, as if she were riding a bike. She must not use her legs, as this is just for the ankles. The latter part of the exercise consists in her sitting up and then pulling one knee up

Shoyukai Picnic At Wilderness

Lotus Shoyukai will hold its annual picnic from 12 noon this Sunday, July 10, at Dieckman's Lake Wilderness.

All Y.B.A. and Sangha members and their friends are cordially invited to attend. All members who do not have transportation are to meet in front of the Buddhist Church at 11 a.m. Haruo Fujino, transportation chairman, asks all members with automobiles to report to him at the church before they depart.

Gate admission will be 25 cents for adults and 15 cents for children. A fee of 25 cents per family will be charged for cold refreshments.

Each part of the exercises should be done at least 20 times, and if all these exercises are followed through faithfully for six weeks or so, our little woman will eventually find herself with a lovely pair of legs—the eye-delight of every man!

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Nisei Calendar July

10—Buddhist Shoyukai picnic at Dieckman's Lake Wilderness.

31—U. W. Japanese Alumni Association picnic at Gaffney's Lake Wilderness.

September

4—Lotus YBA to sponsor its annual bazaars in the Buddhist auditorium.

17—"County Fair" to be sponsored by Japanese Presbyterian Church.

Golden Pheasant Cafe

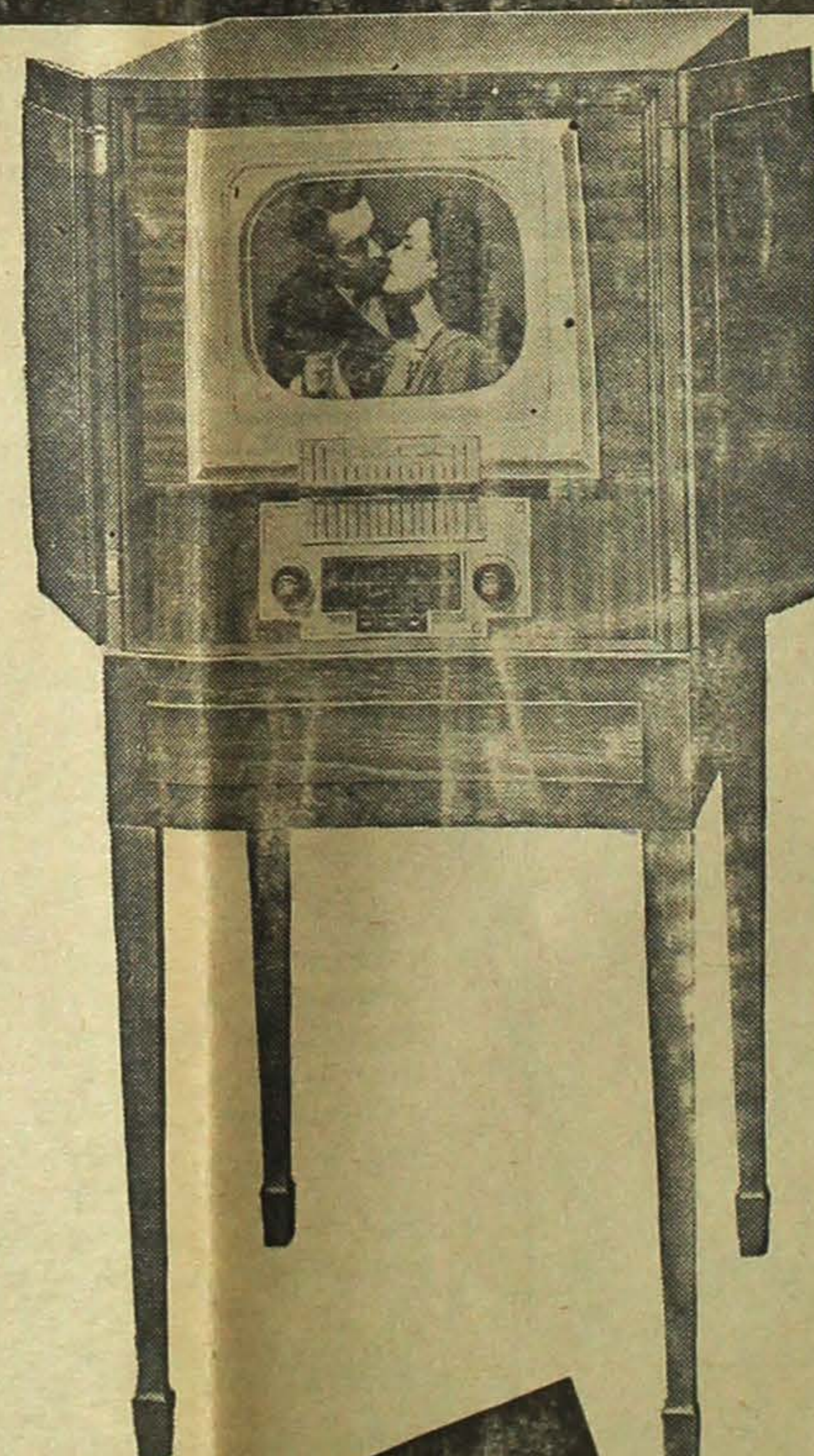
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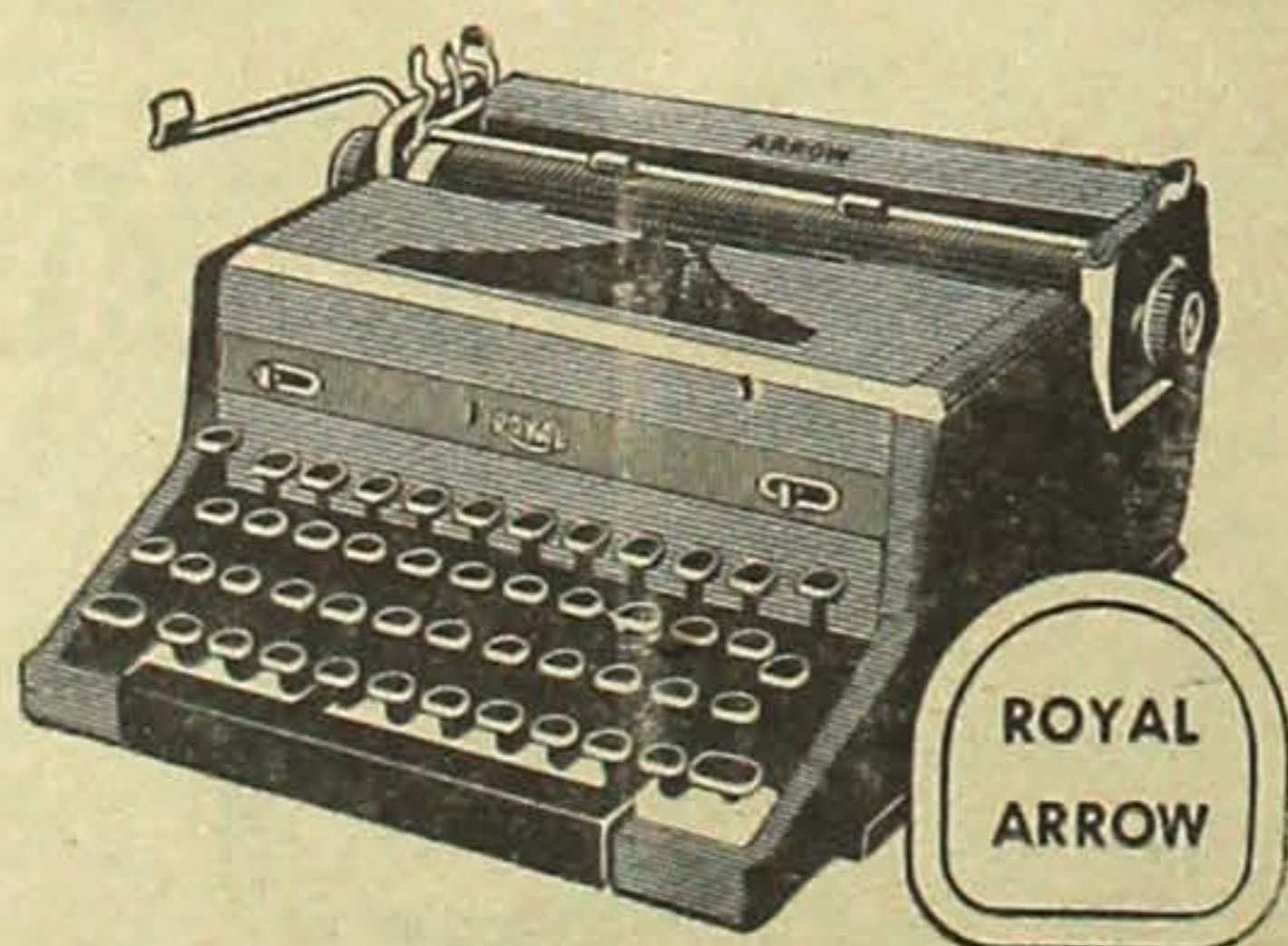
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