



Dedicated To Freedom,
Justice and Equality
for the so-called Negro.
The Earth
Belongs to Allah.



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Donation \$1.00

Flooding Forces Thousands From Their Homes

New Jersey - April, 2005 began with more than 3,000 people being evacuated from their homes in New Jersey and hundreds more in New York and Pennsylvania after drenching rain caused deadly flooding.

Property damage is estimated at about \$30 million, close to the amount caused by Hurricane Ivan just a few months ago.

Three people were missing af-

ter they were swept away by the floodwaters in eastern New York state.

The governor of New Jersey, declared a state of emergency after he was forced to shut down the government house, when water in the parking structure got to be 6 feet deep.

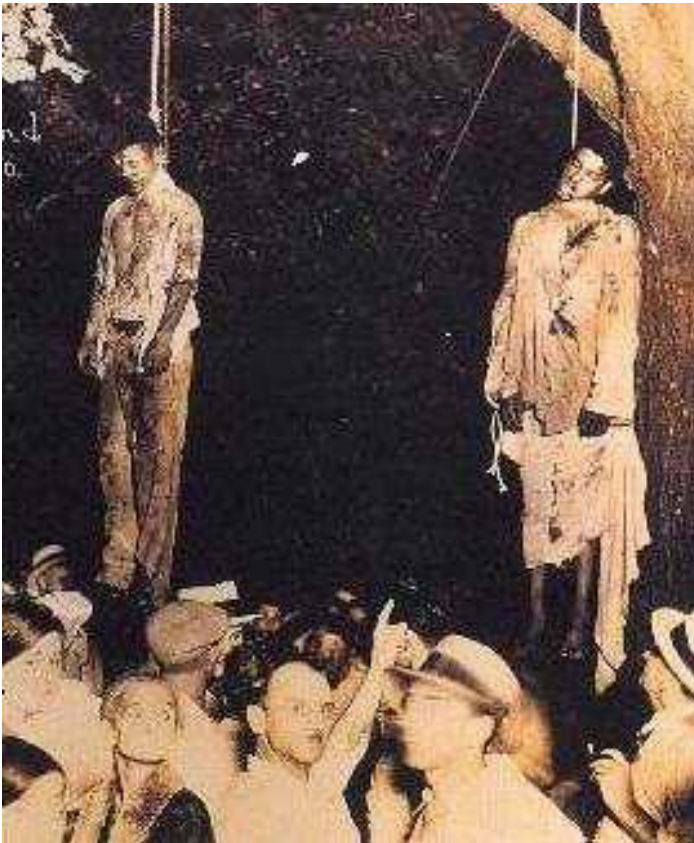
The same weekend storm system dropped more than 2 feet of snow in southwestern New York and

northwestern Pennsylvania.

In some places in New York as much as 26 inches of snow fell. In Erie County, Pa., there was 19 inches.

Messenger Elijah Muhammad assured Black people that Allah would use rain, hail, snow and earthquakes as weapons against this American devil, for the crimes committed against His (Black) people for the more than four hundreds years since our captivity.

THE WORST IS YET TO TO COME



A Part of Black History You didn't hear much about in February

Drug contaminated Lakes and Rivers produce "Faggot" Fish

BALTIMORE, Maryland—Scientists with the U.S Geological Survey reported that in December, 2004, nine male small-mouth bass taken from the Potomac River were found to have developed eggs in their sex organs. Similar traits have been found in fish more than 100 miles upstream, in West Virginia. Researchers found those abnormalities in bass while investigating a fish die-off there in early 2004. Related irregularities have been found in other species of fish across the country, and fishery biologists

suspect many are caused by prescription medication passing through water, which some experts believe can change a fish's natural hormonal chemistry. Examples include human estrogen from birth-control pills, which can pass through sewage-treatment plants and into groundwater, as well as animal hormones from livestock operations. Maryland officials reportedly plan to perform further water-quality testing to pinpoint a specific chemical responsible for the abnormalities. In addition, the U. S.

Fish and Wildlife Service is planning an expansive study for the entire Potomac watershed area. Last year researchers from Baylor University found traces of the active ingredient in the antidepressant drug Prozac in bluegills and crappies in Lakes near Dallas, Texas.

Black Farmers: more valuable to us than we realize

OAKLAND, Cali. -- In California, where farming generates \$27.8 billion a year, there are 84,000 farms, but fewer than 380 black farmers. Blacks have historically been pushed out of farming and off their land by being denied financing and access to markets.

Most Black farmers grow organic foods free of any type of genetic modification. Meaning they grow pure and good food for us.

We must learn to shop with progress in mind, by spending our money with our own kind. Our support of the Black Farmer would free him from begging the white American government. On March 7, 2005 a national coalition of black farmers went to Congress seeking compensation.

Millions get sick from food

According to public health and food safety experts, each year millions of illnesses in this country can be traced to foodborne bacteria.

The Food and Drug Administration estimates that two to three percent of all foodborne illnesses lead to secondary long-term illnesses.

For example, certain strains of E.coli can cause kidney failure in young children and infants; Salmonella can lead to reactive arthritis and serious infections; Listeria can cause meningitis and stillbirths.

These bacteria are mostly found in meat.

The Messenger said, "meat is not good for us.... This type of food poisons the blood and goes into the flesh and cannot help but transform and destroy the surface of the flesh."

THE GREATEST CARTOONIST OF ALL TIME, Brother Eugene Majied, Passes



Brother Eugene Majied
1926-2005

SOUTH CAROLINA—Brother Eugene Majied, the great artist who drew the world famous masthead for Muhammad Speaks Newspaper (Shown Above), passed away Tuesday, March 1, 2005 at age 79. Brother Majied brought the spirit of the Messenger's Teachings to life in cartoon form since the 1950's and taught other cartoonist for Muhammad Speaks, including Brother Gerald 2X, to do the same.

Born on Feb. 4, 1926 in Spartanburg to the late Eugene F. Rivers Sr. and Jeanette James Rivers.

Brother Eugene Majied graduated from Carver High School in Spartanburg in 1942 and served in the U.S. Navy from 1944-46.

He studied social science at South Carolina State University in 1947 and went on to earn his degree in commercial art at the Boston Museum School of Fine Arts.

Bro. Majied was married to Sis. Mattye Majied, who passed away in 1987. He is survived by his son, Eugene III; daughters, Janet and Joyce of Philadelphia; and Geanelle Muhammad of Chicago. He leaves his grandchildren Kaia, Ruqaiyah, John, Malcolm, Aqueelah Muhammad, Soujourner and Jazmine, as well as Pinckney and cousins Robert and Mildred Porter.

His memorial service was Saturday, March 5, 2005 in Spartanburg, SC. Graveside services were held at Lincoln Memorial Gardens by J.W. Woodward Funeral Home.

Brother Ahmad Muhammad, a

close friend of Brother Majied's told Muhammad Speaks, "Brother Eugene Majied had qualities The Messenger Of Allah, The Most Honorable Elijah Muhammad (peace be upon him) admired.

He was humble, conscientious, dependable and extremely gifted as an artist and interpreter of events through his art

His work under the name Frank Lee and F. Lee appeared in the Chicago Crusader Newspaper in the late 1950's. Majied became a registered follower of The Honorable Elijah Muhammad (peace be upon him) and in the later part of 1961 on, his art work was a regular feature of the Muhammad Speaks Newspaper under the name Eugene xxx and E3x. Later works show the name Majied, receiving his Holy Name from The Messenger.

Brother Majied never placed any art work, whether for an ad or editorial in the Muhammad Speaks Newspaper without first seeking the advice and permission of The Honorable Elijah Muhammad (peace be upon him), although he was told by The Messenger that his judgement was respected and that he could, as the eventual head of the Art Department of Muhammad Speaks, put in an editorial cartoon whenever he saw fit.

Soft spoken and slight in stature, Brother Majied's concise drawings captured the event and made the moment stand still while he recorded every emotion. It was a blessing to have known and worked with him."

Please see page 5

American government kept secret of genetically altered food from consumers for ten years

A survey conducted by Rutgers Food Policy Institute reported that about 75 percent of U.S. processed foods — boxed cereals, other grain products, frozen dinners, cooking oils and more — contain some genetically modified, or "GM", ingredients.

Genetic modification of crops involves transferring genes from a plant OR ANIMAL into a plant, which has earned them the name "Frankenfoods".

So while you think you are eating corn, you might be eating "porn" (pork mixed with corn).

For the past ten years, people have been kept in the dark about eating unlabeled genetically changed foods.

According to the report, nearly every product with a corn or soy ingredient, and some containing canola or cottonseed oil, are infected with genetically engineered material.

These "Frankenfoods" first hit supermarkets in 1994, with a tomato, genetically altered to give it a longer shelf life and better flavor. By 1995, farmers in several countries had planted millions of acres of genetically changed corn and soybeans, and processed products containing them were in grocery stores.

More than 80 percent of the soy

and 40 percent of the corn raised in this country are genetically tampered with.

Global plantings of "Frankenfood" crops — mostly corn and soybeans that's supposed to be for animal feed — grew to about 200 million acres last year, about two-thirds of it in the United States.

Some experts believe most Americans haven't worried about GM foods because they trust the regulatory system, even though in the year 2000, recalls, lawsuits and public uproar followed disclosure that StarLink GM corn, approved only for animal use, had gotten into taco shells and chips.

On March 22, 2005, a Swiss biotech company said it mistakenly sold U.S. farmers an experimental, unapproved genetically manufactured corn seed, and tons of the resulting corn was sold between 2001 and 2004, yet U.S. government agencies say there was no health or environmental risk.

There is no system to track health problems caused by "Frankenfoods".

Currently, companies developing these "Frankenfoods" voluntarily send their data to the FDA, but there's no official approval before products go on sale.

Spring Revelations

By Sister Lucy 2X

FAMINE

This possibly is the year of the beginning of the famine of America, as predicted by the Honorable Elijah Muhammad, Messenger of Allah. For those who don't know what a famine is, please know that it means when there is a scarcity of food, a Major food shortage or a reduction in the availability of food.

Whoever in your homes does the food shopping at the Supermarket or the corner grocery store can attest to the slowly rising cost of food.

A loaf of bread in some areas of the country has gone from \$1.00 to \$3.99 a loaf, eggs from 89 cents to \$1.99, a gallon of milk from \$1.89 to \$3.29, a 5lb bag of Sugar from 99 cents to \$2.89 and so on.

Fruit such as oranges, which a short while ago used to be available by the 5lb bag for about \$1.99 now sells for \$5.99 — or about 60 cents an orange.

Bananas at 99 cents a pound were formerly 3lb/\$1.

The List goes on with flour, butter, corn meal, fish and basic staples of the home food cabinet.

Currently, no one is Paying attention to this creeping increase in the cost of food.

In fact since so many of our women/mothers, don't cook daily anymore; and most of our people are used to eating out or eating at fast food carry-outs, they are unaware of what's actually happening in the grocery store.

If you haven't been shopping in a while check it out. The cost of food is rising and at some point many brands will just start to disappear from the shelves.

What plan do we/you have to feed our/your family?

Do you have long term food stored in the basement or closet?

What is your family plan to eat and drink water inside your home?

Are you living in a dream world that you will always have access to food at your local grocery store no matter what happens?

Are you so addicted to food that if you can't eat several times a day that you'll trip out?

Do you fast one day a week? Do you practice eating one meal a

day? Are your children prepared to cut back on how much they eat? What's your plan?

Do not let fear paralyze you into inaction. It's always better to address food-clothing-shelter issues way ahead of the crisis.

It may become a matter of food being available but many will not be able to afford to buy it - such as it was during the depression of the 1930's.

The Messenger said in The Supreme Wisdom Book Two: America has not seen the large hail stone, one day she will see hail stones the size of small blocks of ice breaking down crops, trees, roofs of homes, and killing cattle and fowls." All of this destruction will affect the growing of food in America. The Messenger further says that "Allah will cut off the bread of America."

BLACK HISTORY MONTH

This year's so-called "Black History Month" was weaker and more invisible than ever before.

Obviously the devil is not concerned except to show a few futile attempts to pretend they are honoring deceased Black people who they no longer have to deal with.

The devil has reduced our entire History in America down to the civil rights movement, mostly Our quests for social integration in schools, hotels, restaurants and department stores - the main locations that have tricked and robbed us every since they allowed us in the front door.

We may be able to sit in the front of their bus but we no longer have anywhere to go since so many of our people are out of Work. Often so depressed that we are no longer seeking work.

It seems that most of the leaf-raking, boot-dusting, plate-scrapping jobs we used to have, have slowly disappeared from Us and have been distributed among the Hispanic - Latinos and a Few Asians.

It seems that every nationality that comes to America immediately sets about getting an education

and/or Setting up some kind of business.

Every area of work from Street vendor to store owner to restaurateur is pursued. And As soon as they get the sign up and open the doors, guess who's Lined up out front waiting to patronize them with a fist full of Dollars?

This traditionally happens all over the country. We Are seen as the ultimate consumers. Consuming everything And contributing nothing to the economy and nothing to Support our way of life or supply some of the things we need.

Every other nationality of people of America specifically create And make their products so as to appeal to us.

We can always Be counted on to buy or try something new - every new gadget, Every new trinket, style or smile - we want to be the first to Own it.

It seems we no longer even consider going into a small Business so as to become independent or to supply a few of our often - frivolous needs.

Our spending tendencies make us a popular target for store owners and marketing firms to go After.

We are Lazarus and Lazarene lying at the rich man's gate, usually waiting on him to throw us a crumb.

We are much to great to allow ourselves and our children to be used as financial pawns to build wealth for others and never for ourselves.

The Messenger said, "We are the best, the wisest and the most beautiful." Let's act like it!

Every civilization is judged by its worst examples. Let's not be the worse.

BRIAN NICHOLS

That 33 year old young Black buck in Atlanta, named Brian Nichols, who lost - it, shot 4 people and escaped from the court house on the way to the court room on a rape charge he believed to be a setup by his former girlfriend, has allegedly spurred a lot of copy-cat actions around the country.

Psychologists are saying that he has become the inspiration and ex-

ample for a lot of borderline criminals who so admired Nichol's gutsy moves that they too are trying to make a name for themselves all in the spirit of Nat Turner (another runaway slave in Virginia).

Our hearts go out to all of the families affected by this brother's desperate acts of violence. We are civilized and are against unwarranted murder.

However, Nichols was one man with one gun, who killed quickly and mercifully and went on the run. He knew he would fail.

But I can remember the stories of white men coming to a Blackman's house in the middle of the night to drag him out of bed to hang, tar - &

- feather or burn him alive at the stake - and the mob was never led by one white man, it was always 20 - 30 - 40 - men deep - and not always with a KKK hood on either.

But since these are supposed to be more modern times all crime is looked upon as "brutal savage acts", but taken in context, the few Black men who do what Brian Nichols did in Atlanta are sparse and far apart, while the physical, corporate and mental lynching of Black folks goes on everyday - right down to modern times.

We are grateful today that we have a God, Allah in Person, who will avenge our agony. As-Salaam - Alaikum.

Report Finds Predatory Payday Lenders Stalking Black Neighborhoods

NORTH CAROLINA—Payday lenders who trap people in triple digit-interest loans locate their stores in Black neighborhoods in higher concentrations, according to a report by the Center for Responsible Lending (CRL).

Black neighborhoods in North Carolina have three times as many payday lenders as white neighborhoods, even after considering variables such as customer income and homeownership.

"This study shows in the starkest terms that African-American neighborhoods bear the brunt of predatory payday loans — loans that are not even legal in North Carolina," said Mark Pearce, CRL president.

"This confirms that the abusive loans made by payday lenders are not just an issue of fair and responsible lending, but are a civil rights issue as well."

Payday lending is not only illegal in North Carolina, but also Michigan, Georgia, Pennsylvania, Maine, Arkansas, Massachusetts, West Virginia, New York, New Jersey, Connecticut, Vermont, and Maryland.

Nevertheless, large national chains such as Advance America, Check 'n Go and Check Into Cash continue to operate openly by affiliating with out-of-state banks which contend they are exempt

from state law.

Nearly 400 stores operate in North Carolina alone, even though state law hasn't permitted them since 2001.

Currently, the North Carolina Commissioner of Banks and Attorney General are investigating payday lending activity.

Because CRL looked at stores owned by the national chains, the CRL report has implications far beyond North Carolina's borders.

In fact, over 3,000 payday loans stores in the country are operating outside of the laws of their state.

At a typical payday shop, a person short on money before payday borrows, \$255 by writing a postdated check for \$300. After two weeks the borrower often can't repay the principal and writes yet another postdated check. Ninety-nine percent of payday loans are made to repeat borrowers, despite industry claims that the loans are for one-time, emergency use only.

Advance America has reported that their average number of loans per borrower was 9 per year in 2003.

CRL has previously estimated that predatory payday lending costs American families \$3.4 billion annually.

A FEW FUNNIES BY E MAJIED

THE NEW CRUSADER Says About It July 9, 1990

SELF EXPLANATORY



THE NEW CRUSADER Says About It May 14, 1989

ARE WE CHILDREN OR MEN?



THE NEW CRUSADER Says About It March 11, 1988

THE INTELLIGENTIA



THE NEW CRUSADER Says About It February 20, 1989

PAGES FROM MUHAMMAD'S BOOK



Publicity Hound



DECEMBER 1981 MUHAMMAD SPEAKS

BE NOT AFRAID OF YOUR OWN!



HOW TO EAT TO LIVE

Eat one meal a day and eat good food

By Messenger Elijah Muhammad

Reprinted from the Chapter 6 & 7 of How To Eat To Live, Book 2

The importance of enjoying good health is obeying the teachings of God (Who Came in the Person of Master Fard Muhammad, to Whom Praises is due forever), and that is eating one meal once every 24 hours (one meal a day).

IT IS NOT SO much eating various kinds of food as it is not eating food of any kind too often.

Of course, we know the divinely prohibited flesh of the swine is totally forbidden not only to eat, but we are even forbidden to touch or handle the swine.

It is punishable under the law of God to eat the swine.

Many of the readers may think that it is all right with God for them to do as they please about His Laws, but we are punished for willfully disobeying the Laws of God, regardless how little the offense may be or how great it may be.

The Christians have been eating the swine for four thousand years. Now, their punishment is total destruction by fire.

THE WHITE RACE was not made to obey the divine law. They were made to oppose it, therefore following after them and doing what they do is getting you the hell.

It is no excuse for you. The average so-called Negro thinks it is all right for him to do evil too. But, we are two different people.

The so-called American Negro is a divine member lost from the divine circle, while the slave master who has been his teacher, is an enemy to God, by nature. This is why the Bible teaches you that hell was created for them the day they were made.

Meat will not prolong our lives, it will cut life short. The white race lives on this type of food, meat, animal flesh.

The carnivorous beasts and birds who live off of flesh and eat others, have short lives.

VEGETABLES, MILK AND BUTTER are the right foods to eat, when they are pure.

But my Dear Brothers and Sisters do not think that you are getting pure products now from the dairy.

Substitutions are added to but-

ter, and much water is added to the milk. So, do not practice the evil things that the white race is doing, as you are following them now.

If they pull off their clothes, you will pull off yours. Do not think you have an option of doing divine law, while you do not.

A doom is set for the whole race of them and you will share their doom with them, if you follow eating and drinking intoxicating drinks just because you see them doing such things and going nude in the public (women with dresses above their knees and men wearing just trunks in public).

YOU ARE FOLLOWING one of the filthiest things that even an animal wouldn't follow, by doing such things.

White people do this to tempt you to do the same, so that you can share hell fire with them.

Eat one meal a day and eat good food. Proper foods, spiritually and physically.

Eat to live and not to die. The Bible teaches us that God, in the end of the world when He comes, will prolong the people's lives because they have been eating the proper foods, both spiritually and physically. We have to accept it--that is, if we love life and not death.

LIVING LESS than 100 years is a very short life. People in this world admire one who lives to see 90 years (which is a very short life), because of the way they live, eat and drink the wrong foods and drinks. They are surprised to see a person live over 70 years.

Now they want drugs to give you life. Drugs cannot prolong our lives if we are going to eat and drink the wrong food and drink and drink polluted water.

The very water we drink is polluted from filth. We make the water filthy with our own refuse and then turn around calling ourselves cleaning the water to make it fit to drink.

THIS IS NOT because the government is too poor to try and see that its citizens have pure water to drink. It is not because the gov-

ernment is too poor that we have to eat the poor and poison foods.

They deliberately cause this drink and food to be impure. Just read what they say about the impure water that we drink out of Lake Michigan and other rivers.

The government permits the deliberate making of alcoholic drinks which it knows are not good for a person who has no limitation on how much of it he drinks. And it deliberately turns out millions and millions of dollars worth of hogs to put on the market, knowing that the hog is poison and was not made for human consumption.

They do that to oppose the right foods--the pure foods--that God has given them in abundance.

ANYTIME WE break the law of nature, we are doing harm to our-

selves.

The government condemns smoking, but still permits tobacco to be sold to the public. All of this

'Anytime we break the law of nature, we are doing harm to ourselves.'

is due to commercializing on that which produces a short life.

Part of the population of the coun-

try is being addicted to drugs for the purpose of experimenting with drugs, instead of lengthening the life by what we eat and drink.

If we know the best food and the best drink, we should try to get them for ourselves and not charge the government with our own foolish acts, just because the government will not stop the sale of such detrimental food and drink.

THE GOVERNMENT could not sell one drop of whiskey unless we buy it. The foolish buyer is the one to be charged.

We have fire, but if we do not use it rightly, it is because of our own foolishness. If you know better, then do better for self.

EAT GOOD FOOD ONCE A DAY

US Dept. of Agriculture mixes good advice with bad

WASHINGTON -- Of all the new advice in the America's new dietary guidelines, eating enough whole grains may prove to be the only good advice.

Messenger Elijah Muhammad taught for more than forty years, without change, that whole wheat bread, good tuberculosis-free milk, and the small navy beans were three of the best foods we could eat. But that we should not eat popcorn and processed foods. And eat only one meal a day.

Now, here comes the United States Department of Agriculture

in 2005 to say, "Three servings of whole grains each day will reduce your risk of heart disease and type 2 diabetes." But says, "It doesn't have to be bread. Brown or wild rice, oatmeal, cold cereal flakes, popcorn - without the salt and butter - and even trail mix will do.

Messenger Elijah Muhammad warned us not to follow the advice of the devil, who still pushes the idea of eating three meals a day.

A whole grain is the entire seed or kernel - from grains like wheat, oats, corn or rye. They are packed with fiber, protein, carbohydrates,

vitamins and minerals, and besides helping guard against heart disease and diabetes, they also contain cancer-fighting antioxidants and other nutrients.

While the USDA says it just as go to each cold cereal flakes and popcorn to get the benefits of whole grain, they admit, "They lose the good stuff when grains are refined or processed."

Manufacturers generally fortify their food with nutrients, but it's not the same.

The Healing Power of Tumeric

Doctors are now using tumeric (a.k.a. curcumin) for inflammatory conditions: arthritis, osteoarthritis, acute infections. Also for health conditions caused by free radical damage: cardiovascular problems, arterial damage, heart disease, and others. Tumeric is also used in the treatment of certain cancers.

In a recent study, people with rheu-

matoid arthritis who received curcumin benefited equally to people who took the drug phenylbutazone (popular prescription drug which can have side effects). In another study, 10 people who received 500 mg of curcumin every day for a week had a measurable lowering of free radicals in their body. Still other medi-

cal studies have shown that curcumin with its curcuminoids can block the growth of cancer cells.

Other uses for Tumeric include: arthritis
rheumatoid arthritis
high cholesterol digestive problems liver protection
heart disease
obesity

Navy Bean Health Benefits

Information Compliments of
www.seventhfam.com

Navy beans are an excellent source of cholesterol-lowering fiber, as are most other beans. In addition to lowering cholesterol, navy beans' high fiber content prevents blood sugar levels from rising too rapidly after a meal, making these beans an especially good choice for individuals with diabetes, insulin resistance or hypoglycemia.

homocysteine are an independent risk factor for heart attack and stroke.

Navy beans' good supply of magnesium puts yet another plus in the column of its beneficial cardiovascular effects.

Magnesium is Nature's own calcium channel blocker. When there is enough magnesium around, veins and arteries breathe a sigh of relief and relax, which lessens resistance and improves the flow of blood, oxygen and nutrients throughout the body.

sugar levels.

If you have insulin resistance, hypoglycemia or diabetes, navy beans can really help you balance blood sugar levels while providing steady, slow-burning energy.

Studies of high fiber diets and blood sugar levels have shown the dramatic benefits provided by these high fiber foods.

IRON FOR ENERGY

Navy beans can increase your energy by helping to replenish your iron stores, particularly for menstruating women, who are more at risk for iron deficiency.

Boosting iron stores with navy beans is a good idea—especially because, unlike red meat, another source of iron, navy beans are low in calories and virtually fat-free.

If you're pregnant or lactating, your needs for iron increase. Growing children and adolescents also have increased needs for iron. A one cup serving of navy beans provides 30.1% of the daily recommended intake for iron.

Navy beans are a good source of the trace minerals copper and manganese, which assist in cell reproduction.

Copper is also necessary for the maintaining the flexibility in blood vessels, bones and joints.

And without copper, iron cannot be properly utilized in red blood cells. Fortunately, Mother Nature supplies both minerals in navy beans.

MAINTAIN YOUR MEMORY

Lack of thiamin is a big factor in senility and Alzheimer's disease. Don't forget to make navy beans a staple in your healthy diet: a one cup serving of navy beans provides 33.6% of the daily value for thiamin.

ANTIOXIDANT AND ANTI-CANCER BENEFITS

Navy beans are also a good source of selenium, helpful not only against colon cancer, but in decreasing asthma symptoms and in the prevention of heart disease.

REPLACES RED MEAT

If you're wondering how to replace red meat in your menus, become a fan of navy beans. These hearty beans are a good source of protein, and when combined with a whole grain such as whole wheat bread, provide protein comparable

to that of meat or dairy foods without the high calories or saturated fat found in these foods.

A cup of navy beans provides 15.8 grams of protein—that's 31.7% of the daily value for protein.

Navy Bean Soup



2 Cups of Beans
Salt

1 Clove Garlic
4 Med. Onions
1 Green Pepper
Black Pepper

1 T. Sugar
3 Stems Celery
1 T. Sage
1/3 c. Mazola Oil
1 T. Turmeric
1/2 can Tomato
Paste

Pick and wash beans. Soak beans overnight. Rinse beans. Place in pot, along with vegetables and seasonings and oil. Add water to well cover beans. Cook on moderate flame until beans will mash easy to the touch. Add more boiling water if needed.

When beans are well done you may blend them with an electric blender.* If soup is too thick, add a little boiling water.

* Years ago a Foley Food Strainer was used which removed the hull of the bean. Blending does not remove the hull.

NAVY BEAN CAKE

1-2/3 cup cooked Navy Beans
2 Sticks Butter (softened)
1-2/3 cup Sugar
1 Tablespoons Vanilla

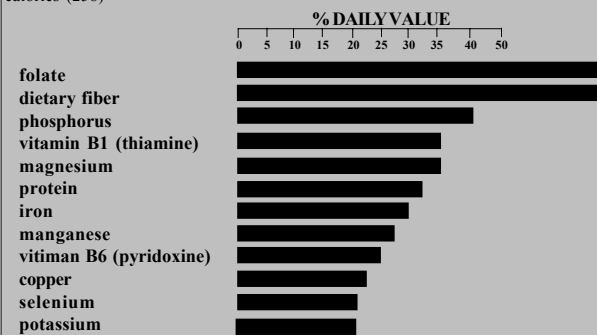
3 Eggs
2 cups sifted flour
1-1/2 t Baking Powder
1 teaspoon Baking Soda
2-1/2 teaspoons Nutmeg
2 teaspoons Cinnamon
1/3 cup Evaporated Milk



Combine All Ingredients. Mix 2 minutes on medium speed. Bake at 350 degrees for 50-55 minutes

Nutrients in Cooked Navy Beans

1 (one) cup serving
calories (258)



Navy beans provide virtually fat-free high quality protein. But this is far from all navy beans have to offer.

Navy beans are a good source of two important B vitamins— vitamin B1 and vitamin B6, and many beneficial minerals including magnesium, iron, manganese, copper, selenium, and potassium.

A FIBER ALL STAR

Navy beans, like other beans, are rich in dietary fiber. A cup of cooked navy beans provides 58.3% of the recommended daily intake for fiber.

Research studies have shown that navy beans not only help prevent constipation, but also helps prevent digestive disorders like irritable bowel syndrome and diverticulosis.

LOWER YOUR HEART ATTACK RISK

Navy beans' contribution to heart health lies not just in their fiber, but in the significant amounts of folate, vitamin B6, magnesium, and potassium which lower levels of chemical in the blood called homocysteine.

Elevated blood levels of ho-

Want to literally keep your heart happy? Eat navy beans.

Potassium, is a mineral that is essential for maintaining normal blood pressure and heart function.

Navy beans are ready to promote your cardiovascular health by being a good source of this mineral, too.

A one cup serving of navy beans provides 669.8 mg of potassium and only 1.82 mg of sodium, making these beans an especially good choice to protect against high blood pressure and atherosclerosis.

Researchers tracked over 40,000 American male health professionals over four years to determine the effects of diet on blood pressure.

Men who ate diets higher in potassium-rich foods, as well as foods high in magnesium, had a substantially reduced risk of stroke.

ENERGY TO BURN STABILIZES BLOOD SUGAR

In addition to its beneficial effects on the digestive system and the heart, the dietary fiber found in navy beans helps stabilize blood

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Fear Not And Seek The Road Less Traveled

By
Brother Muhammad Zahir

KANSAS CITY--In the Name Of Allah, the Beneficent, the Merciful; Who Came in the Person of Master Fard Muhammad. We forever thank Allah for blessing us with His Last and Greatest Messenger, the Honorable Elijah Muhammad (peace be upon him).

As-Salaam-Alaikum Dear Family: I am going to speak to you in our "Language."

Don't be ashamed. Some of our people are acting like they have done something wrong when they really haven't.

They may have been taken or misled by a wrong-doer, but they are not to blame.

The majority of the world has been misled by a stranger. But they should not be ashamed. We did not know.

So Allah provides the manner for us to come to know the truth of all these things. Thus, Allah forgives us all and gives us a way out of our difficulties.

He is, above all things, a Merciful God. But please don't sit there and beat up on yourself by self-accusations when you are not the one to blame.

And don't be afraid. All roads are ripe with trials and tribulation but only one roads leads out of the

Wilderness. Seek the road less traveled.

Wherever the Honorable Elijah Muhammad stepped, try to step in those foot prints. Take that road, and by all means, stay on that road.

I know they are pretty large feet, with very large steps. But he walked the straight and narrow path perfectly.

So, as long as we stay right on his path by following his foot prints, we have a very good chance of reaching the ultimate goal.

Even if we have to take 10-15 steps for each of his, that's still OK. We will be on the right road. And don't allow yourselves to be distracted by what you may see along the way.

Pay no attention to any of that. Just keep on moving along the path of the Messenger. He set that path for you, knowing what things you would have to deal with.

So, he and Allah laid out and walked a path that is designed for your safety and success.

Please be careful of what you "eat" as you move along the path. There are many poison that can and will "kill" you if you partake of them on your journey.

Eat simple "foods." Be very careful of exotic dishes with mixed "foods" prepared by others that you do not recognize.

Often they contain forbidden "foods" that you cannot see with

the naked eye. Eat plain and simple prescribed "foods."

Remember that "mind states" are really "brain states." Every mental state corresponds to a physical state in our brain.

In each mental activity, c-cells fire and chemical reactions take place resulting in a specific physical brain state. So, be very careful of the things your mind consumes. It can be as deadly as any poison food.

Also, stay clear of large numbers of people with whom you are not familiar and whose "Language" you do not understand.

Deadly enemies will hide in crowded environments, seeking to murder and kill the innocent and unsuspecting true believer. Be especially careful of the one who claim a superior way to the "promised land."

They are often the loudest bearer of witness but in whose heart is a black hole of darkness and deception. These love to frequent the Righteous' places of worship and learning.

Indeed, many reside there in "high places." In that regard, seek the road less traveled. That is where you will find the foot prints of the Lamb of God, the Honorable Elijah Muhammad.

As-Salaam-Alaikum

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LETTER TO THE EDITOR

Let's help Africa instead of fighting the never ending fight here in the U.S.

Hi, My name is Areebah Abdullah. This is not my birth name. However, through research I feel that this best suites me. I believe that first we must help our brothers and sisters in the struggle in Africa, instead of fighting the never ending fight here in the U.S.

Go home to the Mother Land to help it flourish and progress.

So what if you have to give up a few of the Pharaoh's Lavish Goodies.

We are helping to establish our neighbor's house while our home next door is deteriorating before our eyes.

We must let our brothers and sisters know that we do love them and that we are on their side.

We must help them build economically.

Don't let the media from the oppressors disturb you and shake you into abandoning your family. We are all we have.

We must edify and uplift one another. No one should be left alone without family in time of need.

So, for now, why don't we put our minor problems aside and help build our Motherland back up into power. Won't that be nice?

Make our land liveable again. This way, we don't have to fight for equal anything.

But first we must ask God, Almighty (Allah) for His Guidance and his armor and His Blessing to overcome our camaflouge enemies and to strip the enemy of all power over us and give us back the victory.

First admitting the problem that we are in and then overcoming it.

Love covers all sins.

Know that us and the people in Africa are one. We must help ourselves, unselfishly.

Prayer is to the Soul as water is to the body

By
Sister Sophia Muhammad

MASSACHUSETTS—In the Name of Allah who came in the Person of Master Fard Muhammad. I bear witness that there is no God but Allah and Elijah Muhammad is his last and greatest Apostle.

The prayer service in Islam is the most beautiful expression of prayer there is.

Prayer is important because it brings us into oneness with Allah and it is our direct connection to Him.

It is also vitally important so that we may cleanse ourselves of our daily sins and misdeeds.

Equally as important, prayer shows our gratitude to the One True God for all He has given us.

"Surely prayer keeps one away from indecency and evil; and certainly the remembrance of Allah is the greatest force and Allah knows what you do". (HQ 29:45)

We are taught that "our prayers will be speedily heard and Allah will fight our battles against our enemies and bring them to disgrace.

Isn't this a most beautiful promise from our Lord and all we have to do is just pray.

The Muslim prayer service gives us a direct link to Allah and makes sure our prayer is delivered in the right manner to the right God.

If one were to send a letter, we would have to make sure that the envelope is properly addressed with the exact address and correct postage.

If the address or postage is not exact then we run the risk of hav-

ing our delivery delayed or even worse; returned to sender.

The prayer service in Islam as prescribed by the Honorable Elijah Muhammad is our direct connection to Allah making sure our prayers are delivered with exact precision to the intended party and in a timely manner.

So with this promise from our Lord to hear our prayers and fight our battles against our enemies, why is it that we find it so difficult to make our daily prayers?

We make time to bath daily and cleanse our teeth at least twice daily. We make time to feed our bellies, many of us three times our more.

Hopefully none of us would leave our homes without tending to our physical hygiene, so why would we neglect our spiritual hygiene?

Do we not think that neglecting our prayers is just as bad as neglecting our personal physical needs?

Think about the last time you prayed. I mean, prayed as we were instructed to by the Honorable Elijah Muhammad, and now, think about going without bathing and cleansing your teeth for that long. Disgusting isn't it?

As dirt and plaque and all sorts of bacteria develop on our physical bodies if we neglect our daily physical duties for upkeep and management, so it is with our Spirit.

Continued on page 22

EDITOR'S RESPONSE

The Real Fight: The Fight Within

By Sister Zakiyah Karim

DETROIT, Mich.—Greetings of Peace (As-Alaikum-Alaikum) to You, Sister Areebah Abdullah!

To say that we should "help our brothers and sisters in the struggle in Africa, instead of fighting the never ending fight here in the U.S.", is like telling me that I should come over and clean up your house, instead of cleaning up the one I live in; just because you own yours and I'm renting mine.

We live here! Self preservation is the first Law of Nature.

Even my Blood Brothers and Sister (born of my own mother) are not entitled to my help before I help my ownself.

The best thing for us and our brothers and sisters in Africa to do is to clean up our own individual selves, internally and externally - Stop Smoking (Anything) stop drinking alcohol, stop eating hog, Stop lying, stop stop cheating, Stop stealing, stop gambling, Stop using profanity, Stop being wasteful. Simply put, just do what is right. These are the things that are ruling the Black Nation all over the world. WRONG-DOING (that's the Pharaoh we all need to give up).

That is the fight we can all fight together AND WIN! and it doesn't

cost anything. As a matter of fact, it would put the oppressor (WHITE MAN-WHO IS THE REAL DEVIL) out of business.

That fight is within each of us. And that's the only way that the Black Nation will ever be Free and In Unity.

Almighty God, Allah, IN THE PERSON OF MASTER FARD MUHAMMAD, To Whom All Praises are due forever, has already given us the Guidance. When He came and raised up a Messenger

from among us and taught us that that Black man (Nation) is the God and that when we clean ourselves up from practicing the devil's lifestyle we will be fit to rule as God ourselves.

This is the armour he equipped us with: Truth of who our real enemy is (THE DEVIL -WHITEMAN) and Who we are (THE RIGHTEOUS GOD).

When we submit to do what is right, we will have won the only real fight that there really is. The fight within.

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THE WORST IS

By

Messenger Elijah Muhammad

The following article is reprinted from a compilation of the last three chapters from the book, THE FALL OF AMERICA, published in 1973

WHAT HE WARNED US OF IS HERE!

Jesus prophesied that when we see the fulfillment of the prophecy of this time, then we should know, by such acts of the people, — strange actions that we have never witnessed before — carried on by the people — “Know that it (the end) is near, even at the doors.”

The Bible prophesies in Daniel and Matthew, saying that this is a time that man has never seen before, and man will never see such time again, after this time!

Strange happenings— the prophecies of Jesus said that parents will be against children, and children will be against parents. Do you not see these things being fulfilled today, right in our eyes?

Not only are parents against children and children against parents, but parents are murdering their children and children are murdering their parents!

In some families, the parents kill the children and then commit suicide themselves! This is going on, today, in the old U.S.A., where the gospel of Jesus is preached every hour of the

day somewhere in the land!

In this time, in which we are now living, there is no respect for dignity— the President leaving the country to travel afar, to meet with rulers of foreign countries to discuss the strange things that are happening, and the strange things that will happen between the nations.

The beautiful and rich country of America, to which many people of Europe and Asia migrated, seeking refuge — in this country, as the prophecy is now coming into fulfillment... (“...in that day and time everyone will begin to go away from America, instead of coming to America!”)

As the Revelation (Bible) teaches us of the prophecy that “they will stand afar off and see the fire of her (America’s) burning and for fear of it they will lift up their hands and their voices. They will lament for her!”

America’s trade is cut off and all of her delicious and delicate things that she used to have in trade — it is all gone! In one hour (one day) it came to pass, here in the Western Hemisphere!

The most wicked people who ever lived on the earth are in the Western Hemisphere, as

the Bible teaches us that God said, that to Him this is like Sodom and Gomorrah.

He (Allah) (God) did say that “The wickedness of the day of Noah and his people, and Lot and his people, (the Sodomites) was no more than child’s play compared to the wickedness of today, for they are highly educated — they are scientists at making wickedness for themselves.”

Day and night, up and down the streets, people are killing, murdering each other! We do not know very much about what is going on in Europe, but we do see it right here in this city of Chicago, Illinois! The radio and the television announce to the public that murdering and killings are taking place continually.

Today, there is great disrespect of one another! Mother and daughter are

The Filth That Pr

The Shyless



Holy Quran (7:27) O child you, as he expelled your parents from their clothing that he might as well as his hosts, from with the devils to be friends of th

This happened to the Black pulled off, from their Original clothes to cover their shame and cavesides of Eurpoe, ur

You are warned. You believe and filth of the white race.

... YET TO COME

walking the streets in shame to the public of decent-minded people! They are throwing their clothes aside from their bodies, trying keep nothing covered, but their shame! And some barely cover their shame!

“As it was in the day of Noah and Lot, so shall it be in the day of the coming of the son of man.

The Son of man comes to judge man and mankind. The day, the day, the day had come!

As Daniel prophesied, (Bible, Dan 9:26,27) “...and unto the end the war desolations are determined.” “...and for the overspreading of abominations he shall make it desolate, even until the consummation, and that determined shall be poured upon the desolate.”

Just think about it! At the end of the war, desolation; so that puts an end to the hope of those who expect

to see a great boost of prosperity after the war!

In the day of Noah, the children of the Sodomites came out happy that morning, and that was the end. They saw a cloud making up. They just considered that it was a regular rain cloud, but that was the end!

In the Bible prophecy of Jesus (Matt. 24:38,39), “For as in the days that were before the flood they were eating and drinking, marrying and giving in marriage, until the day that Noah entered into the ark, and knew not until the flood came, and took them all away.”

In the time of Noah, the people of Noah were having parties as you are doing today, and that day was the end.

In the time of Sodom and Gomorrah, they were so wicked that they were willing to go to war with the angels (in the house of Lot).

The sodomites attacked the angels of God, Who had power to destroy the Sodomites almost instantly. The Sodomites had been waiting the Angels visiting the house of Lot!

A terrible time is gradually approaching upon us. A time so terrible until it will make children grey-headed, the Holy



The Honorable Elijah Muhammad
MESSENGER OF ALLAH

Qur’an teaches us.

The Bible teaches us that it will be a time never witnessed by man and there will be such time in the hereafter. It is a great time. Day and night storms are writhing the country. It is storming day and night!

The Holy Qur’an prophesies of calamities, one right after the other. This we are witnessing with our own eyes. O America, O America, where shall ye flee?

The Holy Qur’an teaches us (Black man) to take refuge in Allah. Today, people laugh at you if you invite them to do righteousness. They make mock of your doing right.

So did the people of Noah and Lot, as it is said so beautifully in Jesus’

Continued on page 16

roduces The Filth

ren of Adam, let not the arch deceiver seduce
rents from the garden, pulling off from them
t show them their shame. He surely sees you, he
hence you see them not. Surely We have made
nose who believe not.

People who followed Yakub from Arabia. He
nal Self, the clothes of Righteousness and the
e; and then made them to go nude in the hills
ntil the birth of Moses.

ve you are safe in following the invitation to evil
Wait and see.



**The
Disgrace**

Heed Messenger Elijah Muhammad's Advice and Be Blessed

By

Minister Al-Muntaquin Ali



Minister Al-Muntaquin Ali

PHILADELPHIA, Penn.--In the most Holy Name of Allah, Who came in the Person of Master Fard Muhammad and in the name of His Last and greatest Messenger the Most Honorable Elijah Muhammad. As-Salaam-Alaikum.

On page 64 and 65 of The Fall Of America, Our leader and teacher says to us (the believers) Allah (God) Came forth in the Person of Master Fard Muhammad, to whom praises is due forever.

The Son of Man (not some reformed lost found today) as it is written came seeking to save that which was lost, and to restore that which had gone astray.

He also said He would eat rattle snakes to save our lives and that He would walk up a mountain forty miles up to teach just one and save his life and return him to his own.

Oh what a Mighty God we serve!

'Stop falling for that slick Negro's advice and take a good look at what the fake leader has really done for you. Then you'll bear me witness that Elijah Muhammad has given us the keys not your fake leader.' Words of Minister Muntaquin Ali

Just think of this, Master Fard Muhammad has done all of these fine wonderful things for us. So now I have a very important Question for you. After knowing that Master Fard Muhammad (Allah) has done all these great things for you.

What are you prepared to do for your self and your people? Some of us are truly doing every thing in our power to get this great truth over to you (our people) so you can be saved from the destruction of this world and devil as we know it today.

Many believers are sacrificing their time, money, homes, freedom, hearts, and minds to try and get this truth over to you.

If all of the poor Believers do not take time from our families, jobs, and private time, and put up our hard earned money, there will be no paper to write in.

Some people won't sacrifice nothing. And to add insult to injury, they Attack those of us who do, with

lies and slander.

Some people you think are leaders of the Nation of Islam have been propped up by the devil himself.

They look like they did a great work, but they are moving by the power of the devil.

Messenger Elijah Muhammad taught us, that the devil don't help Muslims.

On page 64 of the **Fall of America**, Our leader and teacher says this. "Declare yourself a Muslim and see how much the devil will give you.

He (devil) would say 'we will give it to you if you preach that we are not the devil.'

Messenger Muhammad says, "that's the same as saying don't teach the truth so I can deceive you and your kind."

So when I see so-called Nation-of-Islam's getting Government contracts from the devil for security and things like that, I know that they no longer teach that the

white man is the devil.

Messenger Muhammad was very wise, and if you want to become wise, listen to and study him.

Stop listening to people who do not follow our leader and teacher anymore, but play and act as if they do.

These crooked deceivers come in many forms. They claim to be leaders by saying they are this, or that, but they are not being truthful with you.

The true followers will still be here when your so-called Leader is ready to fall in and submit himself to what Messenger Muhammad got from Allah, Master Fard Muhammad.

Temples are starting to come up now, and meetings are being held all across America with the only leader of them being The Most Honorable Elijah Muhammad's Teachings.

There is a list of Temples in this paper for you to use as a guide to help you gain your true salvation. Use them, the life you save may be your own. What are you waiting for?

There is no Mystery God. No puff of smoke or air is going to change your life. Man make things happen.

So if your not satisfied with the old world (and I know you are not) still smoking, drinking using dope believing in a spook god in love with the devil.

Will you take Messenger Elijah Muhammad's advice?

Here are some words of advice from our leader and teacher, Messenger Elijah Muhammad, written on page 65 of **Fall of America**:

"I have taken Him (Master Fard Muhammad) for my God and my Saviour. I advise you to do the same, regardless of offers of money, which is fast becoming worthless. Remember Satan's place is behind us, not in front." Satan's nature is to deceive you.

Our leader and teacher warned us not to go down in the lake of fire with this devil.

Please read page 64 and 65 of Fall of America and shake the Negro off that's been coning you to think he's some leader.

Heed Messenger Elijah Muhammad's advice. Be blessed.

Stop falling for that slick Negro's advice and take a good look at what the fake leader has really done for you. Then you'll bear me witness that Elijah Muhammad has given us the keys not your fake leader.

Our day is here (The Believers) and we want what Master Fard Muhammad wants. The real true Son of Man. He is The One that gave us our Messenger. Master Fard Muhammad said that our leader and teacher (Messenger Elijah Muhammad) is our Messenger and that is final.

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THE WORST IS YET TO COME

‘ Everywhere that we look, ... marks the end of this world’

Continued from page 13

prophecy, “So shall it be in the day of the coming of the Son of man.”

When ye shall see all these things, that you now see, know that it is here; We are living in the end!

My Black people, I say fly to Allah (God) for refuge, and come, follow me. I may look weak, but, through me, you will find refuge in Allah.

Everywhere that we look, and everything that we can think about, marks the end of this world. There never was a time in the history of the United States of America that the President goes out to try to visit the heads of all of the nations that seem to be somewhat his equal!

He is like a criminal who has committed a crime and he hopes for mercy from those whom he has committed the crime against! We cannot escape our doom when it comes, teaches the Holy Qur’an, and the Bible.

They showed no mercy at all to the Black slave. They treated the Black slave worse than any human being has ever been treated. They continue to do so, in the face of divine judgment.

They remind you of the parable of “The Rich Man and the Poor Man.” As long as the rich man enjoyed luxury, he cared nothing about luxury for his slave, Lazarus.

Then, at last the rich man fell into poverty and he was unable to get help, even for himself.

The Bible says of the poor Black slave that “none helped them.” Now the rich man gets in the place of his once slave. The rich man can witness how it feels to be a poor man.

The parable says, “at last the rich man died. And in hell he lifted up his eyes.” He saw his slave in the bosom of Abraham, in the heaven that the slave had been promised that he would get into. It was such a beautiful heaven that the poor slave was lolling around in.

The rich man cried out to the slave to share hell with him. (He asked the slave to bring him a drop of water in hell.) He knew that if the slave tried to get to hell with a

drop of water, the slave would never get to heaven.

The rich man would be happy if he received a drop of water to ease his pain and torment. But if the slave could not come to him with a drop of water, then go to some of the rich man’s brothers, who the rich man knew were bound to get a taste of the same hell that the rich man was in.

The rich man said, “Father Abraham, if you will not let Lazarus come to me, then send him to my brothers.” In worlds to say, “They are bound to get hell, too.”

So, I say to you, the time is not far off. This parable is now in the working. I say to you my Black Brother Lazarus, “try to stay in the bosom of Abraham,” because no man came to us, as the Bible teaches us. No man came to the poor Lazarus (Lost-Found). No one aided him.

I have been begging for help to borrow money saying that we would give the extreme interest. No one has come to our aid yet. The white man has tried to prevent everyone who would give us a little help.

So Allah (God) came to help us from ourselves. May Allah (God) bless us to do his will and bless us to please Him, for Allah (God) is the only help that we have.

I do not care what interest we offered, no one wanted to loan us. They know that we are well worth the loan, but they do not want us to be helped. They figure we going too fast as it is!

But, O rich man. O rich man! your day has come. Your fall has come and no one will help you. They do not want to come near. They see divine destruction licking its tongue about you, on all sides, they do not want to get near to you.

Europe is standing afar, and will not come near. She does not want anything of you. Europe sees your doom and she does not want any herself.

Woe to the white slave-master. “In Hell He Lifted Up His Eyes!”

According to radio and television, and according to individual conversation — and according to conversation heard between government officials

Continued on page 23

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WOMAN IN ISLAM

Islam taught me to embrace womanhood

By
Sister Samirah Muhsin

DETROIT, Michigan--Although I was fairly young (17) when I accepted the teachings of the Honorable Elijah Muhammad. I had some ideas about how my life would be when I was on my own. I never saw myself being the "domestic diva" that I am today.

I always thought Domestication was not for me and that I would share the expenses and housework with my spouse and we would go in 50/50 on everything.

I never gave too much thought to housework. It was always something my mother made me do during the week (washing dishes and vacuuming) and on Saturday mornings (more detailed work).

I always felt like it was punishment and could not wait to get it over with and hoped every time to get out of it.

When I became acquainted with the teachings for women, from the Honorable Elijah Muhammad, I began to take interest in cleaning, (which was no more fun than before but much higher on the priority list now that I was independent and had no one to pick up the slack) cooking, sewing, and decorating.

I learned that these were ways of showing my womanhood and that, though these skills are looked at as being "old fashioned", by my generation, domesticity was always in fashion in other circles.

I think of what I would have been like, had it not been for the teachings and understanding what I gained from Islam, as taught by Messenger Elijah Muhammad.

I probably would have spent countless hours avoiding housework.

Rarely would I have learned new recipes.

As a single woman I'm sure I would have lived off Ramen noodles and saltines.

Later, I may have fed myself and my family lots of fast food or frozen microwaveable products.

How unhealthy we would have been if not for the understanding I got once I excepted Islam, as taught by Messenger Elijah Muhammad.

I never cared what the recipe



Sister Samirah Muhsin

was for something while I was eating out. I hardly noticed the presentation of the food.

When purchasing clothing I never cared how much time it took to sew it or that I may have been able to sew it myself, at a lower cost.

I could not have cared less about dusting tips or stain removing techniques, which are all the rave in my home, sense my daughter started on her first sippy cup. Event planning and entertaining at home were not on my to-do list.

I have learned in Islam that all these things are important to a woman whether she is single, a mother, a wife or some combination of the three. She needs these skills to make life enjoyable for her and the people around her.

With the things I learned in Islam, I have been able to make my home a comfortable place for me and my family.

I enjoy my home. I like being there.

Spending time with family and friends in the warm environment that I have created, with the help of Islam, as taught by Messenger Elijah Muhammad, is wonderful.

I am happy I choose this way of life, instead of always trying to find a baby-sitter so that I could get away from my home, my child and my husband to go and hang, or out to the club.

Now, I enjoy learning decorating tips that save money and crafts for the home that you can do yourself.

These things, along with sewing and knitting or crocheting, I thought were "old lady" things. But now I know that they are not only fun but functional.

These things can be relaxing while listening to music or productive while watching a movie.

By excepting Islam I learned that my role as a woman is unique and I take pride in it and want to be the best that I can be.

Because of Islam I embraced my womanhood and I'm loving it.

Here's A Few Tips on Removing Stains

***Permanent Ink Stains** - Spray hair spray to the ink stain and then wash.

***Oil Stains** - Sprinkle enough corn starch to cover stain, let set for a minute or two and brush off. snow white. It worked

***Removing Wax from Carpet or a Tablecloth** - Get a brown paper bag and put it over the wax stain on the fabric or carpet then start ironing over it. The wax will melt and transfer onto the paper bag.

***Removing Marker from Skin**- Pour shaving cream in a paper plate on the table and let your child play with the shaving cream until the marks are gone.

Willie B. Gibson M.D., P.C.



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What is Islam Has Done for Me

By Brother Saleem Bey



Pictured; Brother Muhammad Saleem Bey of Mr. Saleem's Shoe Shine is Standing Tall at Your Black Muslim Bakery;

OAKLAND, Cali.—Islam means entire submission to do the will of Allah (God), Who came in the Person of Master Fard Muhammad. And the most Honorable Elijah Muhammad is His last and greatest Messenger, Who taught us how to clean ourselves up and device ourselves of the devil's (white man's) habits (drinking alcohol, smoking, eating hog and so on). I am living proof that it can be done. I came from the same hardship many Black people are still in. Before coming into the

Temple, I was killing my self with the bad habits I had. And I was very impatient when it came to dealing with my own people (black people). Before visiting Muhammad Temple #42 in Longbeach California in 1967, I had no understanding of Islam (as taught by Messenger Elijah Muhammad), I had no idea how or why I should clean myself up. After I joined on to my own kind and became Muslim, I was inspired to give up those bad habits I was accustomed to. I found out that the last name

(Michael Stewart) that I had been called by came from the white slave-master that owned my ancestors, so I gave that up too. First I was called Michael X. The "X" was to remove the slave-master's name. "X" means the unknown. I finally got my Muslim name. A Holy Name. A Name of God.

I am so happy to learn who I am. And to love my self and my people. Messenger Elijah Muhammad taught us (Black People) to, "Want For Your Brother What You Want For Yourself." So I began selling Muhammad Speaks Newspaper, to try and wake my people up.

When I'm out there selling this paper. I can see myself. The way I was before learning Messenger Elijah Muhammad's Teachings. My people think they don't want The Messenger's Teachings. They think it's something foreign. They think it's not for them.

When in reality, it is our very nature. Black people are good people, by nature. Islam, as taught by Messenger Elijah Muhammad has taught me how to be tolerant with, submissive to, and understanding of my own Black brother and sister.

Being in Islam Teaches you how to be humble to your black brother and sister. It has done wonders for me and it can do wonders for you too, if you use the Messengers teachings and apply them to your life.

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'Islam is not a Respector of person'

By Lt. Quadus Allah

PHILADELPHIA, Penn.—In the Name of Allah who came in the Person of Master Fard Muhammad and in the Name of his Last and Greatest Messenger the Most Honorable Elijah Muhammad.

I greet the believers in the Nations greetings of Peace As-Salaam-Alaikum.

Have you ever gone to a Muhammad Temple service and the Brother Minister spoke about a topic that was fresh in your head from The Messenger's teachings, or something you have been studying?

This is something that happens to most believers who spend time studying from the Quran, Bible, and The Life giving teachings of The Messenger, not just taking things for face value.

Well, as we are in unity and

working to build our Nation, strong not weak, let us think about this..Islam is not a respector of person. Meaning we don't get caught up in the personality of a person.

Nor do we get caught up in what we like or dislike about a person.

This helps us to grow into Islam. Islam stays the same. We have to develop our learning, so if we are wrong or out of order you can know for a fact it won't go unnoticed.

We should not get caught up in emotions either, people love to play on someone's emotions.

If you notice, a emotional person is weak.

Messenger Elijah Muhammad said, "We are building a new world, I have to follow close to my Lord. You have to follow close to me to follow him."

So when we expose you, who

are telling lies to our people, don't get emotional on us, Truth hurts the guilty. Right?

We make it our business to expose you hypocrites.

So for the followers who are following behind these so-called leaders, who display such outright hypocrisy, once you hear this truth, you have to have enough intelligence and heart to get behind The true leader and teacher for the black man, woman, and child The Most Honorable Elijah Muhammad.

Don't say our paper, the Muhammad Speaks, is a tool to beat on your leader.

The Muhammad Speaks is the voice of Messenger Elijah Muhammad.

So regardless of what this Brother says or that Brother says, The Messenger of Allah is the center of attention in the Nation of Islam, and make no mistake about it, we are



Brother Lieutenant Quadus Allah (pictured right) a soldiers in the fight to save the mentally dead Black man. He is found daily on the battlefied (streets of Philly) with his bullets (Muhammad Speaks Newspaper)

the Nation of Islam and there is only one Nation of Islam.

The Messenger told them, The Brother Ministers, "It is very tempting for you to make people think

you got something from yourself. Allah is watching you, He is the one who exalts you."

The Unknown Power of a Black Man

By

Brother David Muhsin

DETROIT, Mich.—In the name of Allah, Who came in the person of Master Fard Muhammad I greet you with the nations greeting of peace of As-Salaam-Alaikum.

To all black men out there, I must make you aware that we have powers that most of us probably don't know we have.

Being a black man I know, that no matter what we might say, we all want a good black sister to love and respect us. But first we should learn to respect them.

A lot of times when you tell a brother to "RESPECT THE BLACK WOMAN", they will say "why should I respect a black woman she don't respect me, they walk around here half naked being disrespectful"; which in many cases this is true.

Many Black women do act disrespectful and dress half naked. But

we have the power to change that.

I'm pretty sure you're thinking, "yeah right, how"?

Well, let's see, hmmm! The reason they dress this way is for our attention. So that they can hear us honk horns, whistle and say "hey baby".

So to change that, whenever you see a sister walk pass you half naked don't whistle and don't say "hey baby", as a matter of fact, you could even try saying something that might encourage her to dress more civilized, like, "You'd be a lot more attractive if you'd put some clothes on".

But remember you are in no position to correct her, if you are half-naked yourself.

If we are dressed respectfully and correct them, then I guarantee you, soon they will stop wearing those revealing clothes because it wouldn't be attractive to us.

You might think that's too hard to do. Right? WRONG! Once we

join on to our own kind and become Muslim, we learn that we are The The Maker, The Owner Cream of the Planet Earth, God of the Universe. So what's so hard about MAKING a GOOD BLACK WOMAN.

The goodness of our sisters is really already there. We just need to help them channel it in the right direction. Because, whether they will admit it or not, they are just trying to please us. They think that's what we like. That's why they dress the way they do. And that's what we have MADE THEM think. We have The Power, Brothers, to turn this whole thing around.

She takes her clothes off for us. Don't you think she'll put them back on for us?

All we have to do is show her that's what we want. We have the Power, Brothers!

We all know, deep down inside, that when we are walking down the street with our woman and

*'When God wants to bring something into existence, He only says "Be". And it is. So let's tell ourselves and our woman.
BE RIGHT!'*



Brother David Muhsin
17 year old Soldier

she's half-dressed and other brothers are staring at her, we don't like it. But we are too weak to say anything because we accepted that when we first got her. We reacted the same way as the other brothers, so now we are too guilty to say anything about it.

Use your power brother! Don't accept it from the beginning, if you

want a good Black woman. We all know the thoughts we have when we see a man with his woman and she's dress in a civilized manner and carrying herself like she loves and respects her man. We wish we had that. Well Black man. You are the God! Stop wishing! When God wants to bring something into existence, He only says "Be". And it is. So let's tell ourselves and our woman. BE RIGHT!

Messenger's Teachings helped me to prepare for the destruction

By

Brother Malik Muhammad

DETROIT, Mich.—In the name of Allah, Who came to us in the person of Master Fard Muhammad, The true and The living God to Whom all Praises are due. We forever thank Him for raising up the Most Honorable Elijah Muhammad (peace be upon him) from among a people that had never had a Warner come to them before.

I first became acquainted with Islam in the devil's (white people's) Air Force. In 1957 I was sent to Istanbul Turkey where I associated with the Turkish population. Though they called themselves Muslims, most of them smoked cigarettes, hash, drank beer, wine and hard alcohol, saying All Praises due to Allah. So I started calling myself a Muslim, even though I still had all the bad habits I had when I was calling myself a Christian.

It wasn't until I came into the Nation of Islam under the guidance of the Honorable Elijah Muhammad, that I had the desire and the discipline to give the devil back all of his bad habits that I had acquired having been a poor

black boy; born, raised and schooled, in the city of Detroit.

By the age of twelve, I was drinking liquor and smoking marijuana. This was the start of a smoke and a drug-filled life. The older I got the more I became addicted to the alcohol and drugs. I continued to use. On top of all this I was eating the Hog and everything else that was bad for my health. That lasted all the way up until the 1980's, when I became acquainted with Islam as taught by the Most Honorable Elijah Muhammad. (peace be upon him). Before learning the Teachings of Messenger Elijah Muhammad I never gave it a thought that I was living a life that was leading me to an early grave. I knew nothing about the "beast life" I was living until I came into the teachings of the Honorable Elijah Muhammad.

I thank Almighty God Allah who came in the Person of Master Fard Muhammad, for raising up the Most Honorable Elijah Muhammad and sending him with the most powerful truth in the universe, the true knowledge of God and the true

knowledge of the devil.

I now am striving to be worthy of being called A Muslim. One who gives himself wholeheartedly to do the will of Allah. (God). I know that I am not perfect, but now I take great pride in striving to please the Lord of the Worlds (Master Fard Muhammad) as taught by the Honorable Elijah Muhammad.

Just imagine working together with brother's and sister's of a like mind trying to do the right things in the eyesight of God. Islam as taught by the Honorable Elijah Muhammad has made me want to be a part of this rising righteous nation. If these programs and teachings can change someone that has lived a beast life, almost from the cradle like myself, and make me love the Law and Righteousness, then it can do the same for anyone that submits to do God's will.

We have learned all of our lives that God is going to destroy the wicked people and save the righteous people.

Righteous people do righteous things.



Brother Malik Muhammad

Messenger Elijah Muhammad's Teachings helped me to prepare for the destruction of the wicked by encouraging me to clean up my life.

Come on brothers and sisters let us prepare for the destruction, let's not just wait on it, let us work together as one in this glorious nation under the programs and teachings of the Honorable Elijah Muhammad, let us get some of this land for our children and grandchildren to own.

Thank you for reading this article.

Catholic Schools Enrollment Drops Muslim School Rises

DETROIT, Mich.—Enrollment in Roman Catholic schools dipped again this school year, continuing a trend that has seen the student population drop from 2.6 million in 2000 to 2.4 million in 2004-05, according to the National Catholic Education Association.

The association, which met in Philadelphia in March, 2005, said in a new report that national enrollment decreased 2.6 percent from the 2003-04 school year to 2004-05, as 173 schools closed or consolidated and only 37 new schools opened.

Top officials of the Catholic Church claim that cost has been a significant factor in the enrollment drop, but negate the fact that the clergy sex abuse crisis of the past several years has played a chief role in the enrollment decline.

The average cost of tuition for ninth grade at Catholic schools was \$5,870 in 2003-04, a 37 percent increase from five years earlier, according to NCEA figures.

Schools are being closed in Chicago, Boston, Brooklyn and St. Louis, and Detroit.

Muhammad University of Islam in Detroit has recently seen a steady increase in enrollment.

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THE PUBLISHER'S PAGE

Man Sharpens Man

By Brother Minister Levi Karim

DETROIT, Mich.—In The Name of Allah, Who came in the Person of Master Fard Muhammad, to Whom all Praises are due forever. I forever thank Him for His Last Messenger, The Most Honorable Elijah Muhammad (peace be upon him) A s - S a l a m - A l a i k u m . One definition Webster's Dictionary gives of word Unity is "ONENESS, in ACCORD" (continuity without deviation or change as in purpose or action)

Messenger Elijah Muhammad taught his followers you just can't do what you want to do in the Nation of Islam. We, as believers, must follow the instructions given to us from The Most Honorable Elijah Muhammad, which was given to him from Allah, Almighty God, Himself, Who came in the person of Master Fard Muhammad-The True and Living God.

If we deviate we will not be successful. You see, brothers and sisters, it doesn't make any difference what and how we think The Messenger's teaching *should* go. The Die is set!

The Most Honorable Elijah Muhammad said to "come right or not at all". Messenger Elijah Muhammad (peace be upon him) said, "The restricted Law is our success". He said to "cast out the rotten apples quick before he spoils the whole barrel".

How many times have you and I have heard this from the Messenger? He said it over and over and over again!!! We will never get anywhere until we stop siding with hypocrites, disbelievers, law-breakers and weak believers. We must stop felling sorry for and sympathizing with weak believers and law breakers. The Messenger made it clear that "Man Sharpens Man, steel sharpens steel". When you what to sharpen a piece of steel so that it will cut better. You don't go get a cotton ball to rub against it. You get another piece of steel, especially a piece of steel that is harder or STRONGER than the one that needs sharpening. Then you rub that hard piece against that weak piece, and it will sharpen that weak piece up.

It's the same with men and

women. You can't help your brother or sister being SOFT. You have to be a strong example of the Messenger's Teachings yourself to help another brother or sister who is weak. Stop it with this "Can't-we-all-just-get-along" or that "don't-air-our-dirty-laundry" attitude! If it's not right, let's get it right! Strong Believers have got to DEMAND that it be right!

Let's be firm! Tell the truth. Yes! The Truth Hurts sometimes. Sometime medicine doesn't taste so good, sometimes the antiseptic to clean a wound stings a little, but it is all for the good.

If you sincerely want to be strong, take it to Allah and He will bless you and me to be strong. Prayer! That's how you take it to Allah! The Messenger said, "Confidence is gained through prayer". Prayer gives us strength.

Messenger Elijah Muhammad told his Ministers and Captains, "If you're weak don't follow me", then he went on to say, "If I catch one acting weak, out you go". The Messenger said that!

When we, as believers, are in Unity and execute the law Allah will bless us with good strong believers like ourselves and we would start making progress. Stop being afraid to speak up and admit that "The Minister" is not teaching what Messenger Elijah Muhammad taught.

When we say we are in Unity, that means in accord with Messenger Elijah Muhammad's teaching on the Restricted Law (no drinking wine beer whiskey cocaine refer smoking gambling using dope fornication and Adultery, etc. Clean up and device ourselves of the devil habits.) That means we follow the law ourselves and we don't sympathize with those who say they are Believers and break the law.

The Messenger said, "Cast out the rotten apples, quick. Keep your ears and eyes open to those smart crooked deceivers, who will always try to put one over. Have all searched 100% before entering the Temple of Islam. Make the Muslims comb their hair, keep their clothes cleaned and pressed, their

shoes shined, faces shaved, hair trimmed. If they do not clean up they are out of luck with us."

But the Law was not limited personal hygiene. Messenger Elijah Muhammad said that if a Believer was found to be guilty of eating pork, adultery, using narcotics, lying, stealing, gossiping, abusing your wife, fornication or mispresenting the Teachings of Islam, "you are subject to dismissal for 30 days to an indefinite period of time from the Temple."

We have to be in Unity 100 per cent when executing the law that Messenger Elijah Muhammad instructed us to do. Then we will get rid of "Stoney" (Hypocrites fault finders backbiters law breakers and weak believers and rebellious ones and false teachers of Islam).

We will stop the Hypocrites from going Temple to Temple causing trouble and telling lies and we will stop ministers from lying on the speakers stand, because all of us



Brother Minister Levi Karim
Publisher of Muhammad Speaks Newspaper

are in Unity. We're implementing the same thing and executing the law. When they will see that they can't get away with the lies and excuses, they will either have to clean up and tell the truth or stay away from the Believers.

Messenger Elijah Muhammad said to us to go after our mentally dead brother and sister and to work in Unity with the Believers. We can't work on some of the truth and say were in Unity We must work on all of the truth.

What Black People Need To Know

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The Worst is Yet To Come

Continued from page 16

concerning their problem of trying to find a way to peace for their people — and a way to find stoppage of the fall of their money market and unemployment — and a stoppage to the revolutions between the dissatisfied and the dissatisfied — and to find a way to be able to eat — and to keep the hungry eating from his own labor — pacification is offered but it does not satisfy.

With nations rejecting peace offers and nations laughing and making mock of you for ever seeking peace and friendship — as it is written, 'Peace is desired more than fine gold!'

Now to see all of these things coming to pass — things that we

did not know that we would see. We did not know that we would see such a Goliath — such a giant — falling.

Goliath! who has defied the nations of the earth to come out and fight with them, as Goliath did before Israel. Now, nations make mock of the great giant of the earth, America.

The sword within and the sword without! Trouble seems to have no end. And with tens of millions of free Black slaves crying for freedom, justice and equality from the white slave-master — and the white slave-master wanting to deceive the Black slave and make promises that the white slave-master does not intend to fulfill to his free Black slave —

And with the free Black slave thinking that he will eat some crumbs of freedom, justice and equality from his white slave-master — the free Black slave will be gravely deceived!

The white slave-master cannot free himself from his enemies, not to think of the white slave-master freeing himself from the consequences of the dissatisfied world.

So, with "The Worst Yet To Come," I say to you my Black brothers and my Black sisters fly to Allah; and come follow me! There are some intelligent white people who know and who will bear witness with me that the worst is yet to come!

Look at Texas! There is a warden at a certain prison-house who sends the believers (Muslims) to the Temple so that they may listen to the truth which is their salvation today; to accept the truth.

I think that this is a very wise warden. It is like Ahab's general (Bible).

The general knew that Ahab was wrong and that Elijah was right.

Ahab's general took four hundred of Elijah's followers and hid and fed them with the bread of Ahab in order to save them from hunger while they were in captivity to Ahab.

Blackman can learn to pray by studying Jonah's trial

By Student Minister Al Rahman Ali

PHILADELPHIA, Penn.-- In the name of Allah, the Beneficent, the Merciful who came in the person of Master Fard Muhammad...

Jonah said that he prayed his way out of the belly of the fish. Jonah 2:2 That may lead you to ponder the important of prayer.

The Honorable Elijah Muhammad taught us that prayer is very important. The Holy Qur'an says it is better than sleep.

The story of Jonah isn't important for its historic value but for its value as a metaphor. Jonah couldn't survive 3 days in a fish. The Messenger says he would've killed the fish.

This story is to depict what will happen to the lost sheep, a people who will be swallowed up by the government of America.

Once we realize this story is a

I say to you leaders, remember the above-said of this writing, that "The Worst Is Yet To Come!" As the Bible teaches us that "a time would come that had never come before," and that those who understood — "their hearts would be failing them with fear and their eyes would go away in their holes" for looking at the things that they saw coming on their people — the trouble! the destruction! and the plagues!

Look at the earthquakes that are taking place. Those earthquakes are on their way here. We are feeling the earth shaking under our feet across the country!

As the Holy Qur'an prophesies to us, "you will hear it coming from distant places with vehement raging and roaring!"

America is beset all around now with troubles and destructions which have happened. America thought that she was immune to the troubles and destructions which are going on in other nations.

Now the same trouble and destruction that you read of as happening in other countries and to other nations — these same troubles and destruction, with their evil and gruesome sound, are knocking on the door of America!

metaphor for us, we should then do what Jonah did to escape his condition. That is to pray. But not to pray in the manner that the devil taught us. We should not pray to the god that the slave-making Christianity offers us.

Christianity gives us a mystery god to serve and a dead Jesus to pray to, that can neither help nor agitate our condition. We must have a God on our side, true and living, Who has the ability to affect our lives.

The blackman needs to learn how to pray and to also understand the significance of prayer. So Allah came and raised the Honorable Elijah Muhammad to teach us to pray and who to pray to. Run to the nearest Muhammad's Temple to learn how to get your prayers answered.

Storms Ravage America

This year began with a huge mudslide crashed down on homes in a coastal hamlet with terrifying force, killing at least two people and leaving up to 12 missing as a Pacific storm hammered Southern California for four straight days. As many as a dozen residents were missing in the mudslide that pummeled a four-block area of homes, about 70 miles north of Los Angeles. The mudslide brought the number of dead from the latest wave of storms to 11 in California.

The storms have sent rainfall totals to astonishing levels, turning Southern California into a giant flood zone. Trees and vegetation were carried away.

Avalanches killed two people in Utah and one in Nevada. From the start of the latest dose of violent weather, several mountainous areas in Southern California had recorded more than 20 inches of rain including more than 27 inches in the San Gabriel Mountains near Los Angeles. The rain came on the heels of stormy weather that had blasted the state earlier. The average amount of winter rainfall in downtown Los Angeles is 15 inches, but nearly 22 inches had fallen as of January, including a Jan. 9 record of 2.6 inches.

Heavy rain and snow produced flooding along the Ohio River that has affected communities in West Virginia, Ohio, Kentucky and Indiana, forcing some evacuations. Tens of thousands were without power.

The week of spring was met with damaging winds and hail that swept the Southeast. The worst storms hit Virginia and eastern North Carolina, with north Florida and east Georgia, where hail the size of a soft ball caused tremendous property damage. Storms also rippled across Mississippi, Alabama and Georgia.

A tornado, flattened a mobile home in southern Georgia. At least ten people were injured in the state, two critically. A tornado injured four people in southeast Alabama and another one touched down in Mississippi, which also was hit by heavy hail and wind gusting to more than 70 mph. ■

Prayer is to the Soul as water is to the body

Continued from page 10

Prayer is to the Soul as water is to the body. Both are tools to cleanse all that dirt and sins that have accumulated each day.

Think how many times we sin during the day as a result of our words, thoughts and deeds.

How many of us don't need restraint from the committing of sin?

We have been shown the way to cleanse ourselves and restrain ourselves from the committing of sins, which are eyesores in the sight of Allah. However, he is ever-forgiving and merciful so long as we make the step toward him in complete sincerity and humility.

Our Lord is "oft returning to mercy."

We are taught by the Honorable Elijah Muhammad "the best way to strive to be upright in a sinful world is to pray continuously to the One True God, whose proper name is Allah, for guidance."

As Muslims (Righteous people), prayer is not a choice for us, it is a requirement.

How can we be the righteous and not pray and pray often?

We have been given great gifts from the One True God and prayer is the manner in which we were instructed to show our Lord our gratitude.

Don't we want Him to know we are grateful for the breath of life He

breathed into us which enabled us to become animated, allowing us to do whatever we can imagine?

Don't we want to thank Him for the body He fashioned for us to enable us to accomplish our physical goals.

Don't we want to make time to thank Him for those very special people that have come into our lives to help us and to teach us those great life lessons?

Don't we want to thank Him for this incredible universe and the earth we call our home?

Don't we want to thank Him for coming to find us and for raising up a Messenger to guide us out of darkness and place us back on top of the world?

Who are we not to be grateful to our Lord for all He has done and continues to do for us?

So, the next time we try to make an excuse to miss prayer, we ought to think, "what if Allah were that careless in his duty to us?"

He never fails us, yet we continue to fail Him on a regular basis.

We have been given a most beautiful prayer service by the Messenger of Allah; the Honorable Elijah Muhammad.

It is key to our success as individuals and as a Nation. Let us from this day forward; fail neither our Lord nor ourselves any longer.



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What the Muslims Want

This is the question asked most frequently by both the whited and the blacks. The answers to this question I shall state as simply as possible.

1. We want freedom. We want a full and complete freedom.
2. We want justice. Equal justice under the law. We want justice applied equally to all, regardless of creed, or class, or color.
3. We want equality of opportunity. We want equal membership in society with the best in civilized society.
4. **We want our people in America whose parents or grandparents were descendants from slaves, to be allowed to establish a separate state or territory of their own...either on this continent or elsewhere.** We believe that our former slave masters are obliged to provide such land and that the area must be fertile and minerally rich. **We believe that our former slave masters are obliged to maintain and supply our needs in this separate territory for the next 20 to 25 years...until we are able to produce our own needs.**

Since we cannot get along with them in peace and equality, after giving them 400 years of our sweat and blood, and receiving in return some of the worst treatment human beings have ever experienced, we believe our contributions to this land and the suffering forced upon us by white America, justifies our demand for complete separation in a state or territory of our own.

5. **We want freedom for all Believers of Islam now held in federal prisons.** We want freedom for all black men and women now under death sentence in innumerable prisons in the North, as well as the South.

We want every black man and woman to have the freedom to accept or reject being separated from the slave master's children and establish a land of their own.

We know that the above plan for the solution of the black and white conflict is the best and only answer to the problem between two people.

6. **We want an immediate end to the police brutality and mob attacks against the so-called Negro throughout the United States.**

We believe that the Federal government should intercede to see that black men and women tried in white courts receive justice in accordance with the laws of the land - or allow us to build a new nation for ourselves, dedicated to justice, freedom and liberty.

7. As long as we are not allowed to establish a state or territory of our own, we demand not only

equal justice under the laws of the United States, but equal employment opportunities - NOW.

We do not believe that after 400 years of free or nearly free labor, sweat and blood, which has helped America become rich and powerful, that so many thousands of black people should have to subsist on relief, charity, or live in poor homes.

8. We want the government of the United States to exempt our people from All Taxation as long as we are deprived of equal justice under the laws of the land.

9. We want equal education -but separate schools up to 16 for boys and 18 for girls on the condition that the girls be sent to women's colleges and universities. **We want all black children, educated, taught and trained by their own teachers.**

Under such schooling systems we believe we will make a better nation of people. The United States government should provide, free, all necessary text books and equipment, schools, and college buildings. **The Muslim teachers shall be left free to teach and train their people in the way of righteousness, decency and self respect.**

10. We believe that intermarriage or race mixing should be prohibited. We want the religion of Islam taught without hindrance or suppression.

These are some of the things that we, the Muslims, want for our people in North America.

What the Muslims Believe

1. WE BELIEVE in the One God Whose proper Name is Allah.

2. WE BELIEVE in the Holy Qur'an and in the Scriptures of all the Prophets of God.

3. **WE BELIEVE in the truth of the Bible, but we believe that it has been tampered with and must be reinterpreted** so that mankind will not be snared by the falsehoods that have been added to it.

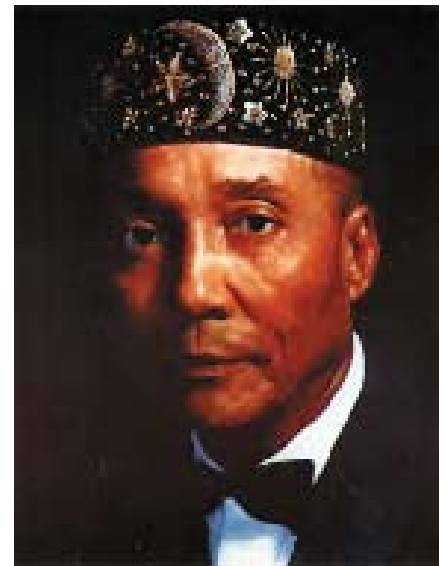
4. WE BELIEVE in Allah's Prophets and the Scriptures they brought to the people.

5. **WE BELIEVE in the resurrection of the dead - but not in the physical resurrection -- but in mental resurrection.** We believe that the so-called Negro's are most in need of mental resurrection therefore they will be resurrected first.

Furthermore, we believe we are the people of God's choice, as it has been written. That God would choose the rejected and the despised. We can find no other persons fitting this description in these last days more than the so-called Negro's in America. We believe in the resurrection of the righteous.

6. **WE BELIEVE in the judgement; We believe this first judgement will take place in America.**

7. WE BELIEVE this is the time in history for the separation of the so-called Negro's and so-called white Americans. We believe the black men should be freed in name as well as in fact. By this we mean that he



**The Most Honorable Elijah Muhammad
THE LAST MESSENGER OF ALLAH**

should be freed from the names imposed upon him by his former slave masters. Names which identified him as being the slave master's slave. We believe that if we are free indeed, we should go in our own people's names - the black people of the earth.

8. **WE BELIEVE in justice for all, whether in God or not;** We believe as others, that we are due equal justice as human beings. We believe in equality -- as a nation -- of equals. We do not believe that we are equal with our slave master in the status of "freed slaves".

We recognize and respect American citizens as independent people and we respect their laws which govern this nation.

9. **WE BELIEVE that the offer of Integration is hypocritical and is made by those who are trying to deceive the black people into believing that their 400 year-old open enemies of freedom, justice and equality are, all of a sudden, their "friends".** Furthermore, we believe that such deception is intended to prevent black people from realizing that the time in history has arrived for the separation from the whites of this nation.

If the white people are truthful about their professed friendship toward the so-called Negro, they can prove it by dividing up America with their slaves.

We do not believe that America will ever be able to furnish jobs for her own millions of unemployed, in addition to jobs for the 20,000,000 black people as well.

10. WE BELIEVE that we who declared ourselves to be righteous Muslims, should not participate in wars which take the lives of humans. We do not believe this nation should force us to take part in such wars, for we have nothing to gain from it unless America agrees to give us the necessary territory wherein we may have something to fight for.

11. **WE BELIEVE our women should be respected and protected as the women of their nationalities are respected and protected.**

12. WE BELIEVE that Allah (God) appeared in the Person of Master Fard Muhammad, July, 1930; the long-awaited "Messiah" of the Christians and the "Mahdi" of the Muslims.

We believe further and lastly that Allah is God and besides HIM there is no God and He will bring about a universal government of peace wherein we all can live in peace together.