

IOWA STATE BYSTANDER.

VOL. XXI NO. 17

DES MOINES IOWA, FRIDAY, OCTOBER 23, 1914.

Price Five Cents

CITY NEWS.

Mr. J. W. Fields is quite sick at his home, 762 W. 11th street

Mrs. John Walker is quite sick and her friends are much alarmed over her condition.

Mr. Jeff Davis, one of our well known citizens, is sick this week at his home on Crocker street.

The R. C. club will meet at the residence of Mrs. Stewart, 914 Fourteenth street, Saturday, the 24th.

WAR! WAR!

on high meat prices. See page 4 S. & K. Meat Market.

Miss Kittie Wilson of Cameron, Mo., is in our city visiting her cousin, Mr. and Mrs. H. E. Wilson, 1376 E. Ninth-street.

The W. W. club met with Mrs. Hill on Ascension street, where they held a good meeting. They adjourned to meet with Mrs. W. L. Lee next week.

Mrs. Zelma Brown was hostess at a 6 o'clock dinner Saturday in honor of Mr. W. N. Ricks of San Francisco, California, who was the guest of Mrs. Zoe Richardson.

Mrs. C. L. Hicks left last Sunday for Gynn, W. Va., to visit with her daughter, Mrs. F. M. Christy and other friends. She will be gone about three months.

We wish to thank our friends for their kindness to us during the death of our husband and brother.

Mrs. J. H. Butts, Mrs. Elizabeth Stewart and family.

Mr. and Mrs. Gus Watkins entertained at their home on Mondamin avenue at a stag party Saturday evening in honor of Mr. W. N. Ricks of San Francisco, Cal. A large number of young men were present and the evening was delightfully spent in conversation and impromptu speeches.

The Lee Mission Sunday School is progressing nicely. They hold their Sunday School at 2:30 at the Lee Mission on East 16th and Filmore streets every Sunday. The preaching service is held at 7:30 p. m. Everybody invited.

Rev. T. L. Griffith last week attended the Nebraska Baptist State Convention in Omaha as the representative of the Iowa-Nebraska Baptist Association. That convention has agreed to assist in the missionary work among the colored churches of Nebraska. This week he has been in attendance at the Iowa Baptist State Convention, in session at Washington, Iowa. This Convention is helping very largely in the Missionary Work among the colored churches of Iowa.

We received notice that John A. Spencer of Grinnell father died last week at his home down in Jacksonville Ill. Mr. Spencer's father was a pioneer citizen there; a very remarkable character. He was a stone and cement mason of great ability, none better in that part of Illinois. All of his sons are cement contractors. John A. of Grinnell, Horace and H. H. of Mason City, Ia.

Mrs. W. B. Cottom of 960 Twenty-second street, accompanied by her brother, J. J. Carter, of Minneapolis, left this morning to visit relatives at Montrose and Keokuk, Iowa, and Hannibal, Mo.

The Triple H club met Tuesday, October 20th, with Mrs. A. M. White, 909 Seventeenth street. Discussion, Farmer Bulletin by the members of the club. Music, Mrs. H. E. Jacobs. Current events, question box, and report of critic. Adjourned to meet October 27th with Mrs. H. E. Jacobs, 1238 Twentieth street.

THOMPSON HOTEL GUESTS. Mr. and Mrs. L. E. Baily of Omaha, Neb., Mr. and Mrs. Will Johnson, Des Moines; Mr. H. E. Bush, Des Moines; Mr. A. D. Butler of Chicago.

CORINTEAN BAPTIST CHURCH Sunday October 25. Morning subject, "The Mysterious Look." Evening subject, "Daybreak in the Soul."

A cordial invitation to you. T. L. Griffith, Minister.

SELLING OUT

Beautiful Colored Dolls European war cuts off market of most attractive imported toy, which has long hair, jointed limbs and sleeping eyes.

18 inch - \$1.25
23 1/2 inch - \$2.25
30 inch - \$4.25

Mail Orders Given Special Attention Over 317 Locust Street

Mrs. Wm. Coalsen was hostess to a box party at the Berchel theater Tuesday, at the Melrose Beauty lecture, complimentary to Mesdames E. R. Erickson, Kinney and J. W. Fieles.

The Wednesday Night Bridge club entertained their husbands and young gentlemen friends at the first anniversary of their club at the beautiful new residence of Mr. and Mrs. Harry Seymour, dancing was the feature of the evening.

CARD OF THANKS.

We wish to thank the members of North Star and Doric lodges and our friends for the many beautiful floral offerings to our brother, the late Tolbert Wood.

J. H. Woods.
George Woods.
Mrs. Ophelia Hobson.
Mrs. Eliza Underwood.

ANNOUNCEMENT.

There will be a special convocation of the G. H. C. G. G. chapter, Royal Arch Masons, at the North Star Masonic temple Friday evening, October 30th, at 8 o'clock. All companions are urged to be present, as there is business of importance to come before the chapter at this time.

By order of
Chas. A. Cousin, High Priest.

THE LYCEUM.

At the meeting of the Des Moines Negro Lyceum association last Tuesday evening Dr. A. J. Booker read an interesting paper upon "The Relation of the Food Supply to Population," which was very much enjoyed by all present. Rev. E. G. Jackson, Mr. J. S. Cleman and Mesdames W. H. McCree and J. A. Foster were visitors, who addressed the meeting. The meeting next week will be with Miss Hazel Balance at 710 West Ninth street.

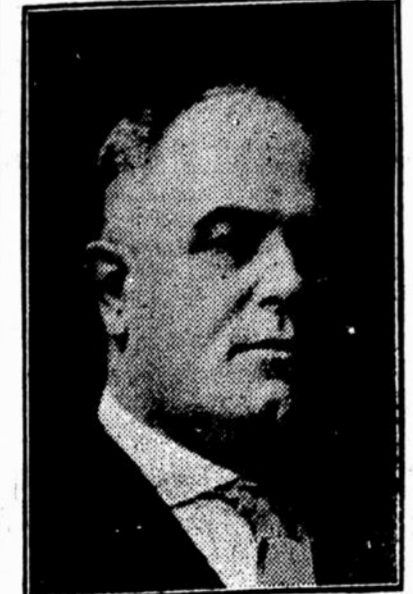
SERVICE MOST SATISFACTORY

HON. W. C. BROWN OF WRIGHT COUNTY SHOULD BE RE-ELECTED.

MADE RECORD AS OFFICIAL

Candidate To Succeed Himself Should Have Rousing Vote for Treasurer of Iowa in Recognition of His Value Proven in Years Served in Various Capacities.

W. C. Brown, of Wright County, who was renominated as the Republican candidate for State Treasurer at the primary election in June is a man of wide experience and one particularly well qualified for that office. Mr. Brown's record as a public official is a most enviable one and the fact that he had no opposition for a second term in the primary, is evidence of the esteem in which he is held throughout the state. Mr. Brown was a member of the State Legislature known as the 34th General Assembly, and rendered a good service to the state during the session of that body. For many years he was engaged in railway service and was one of the best known locomotive engineers in the west. Some years ago he retired from active railroad work. In 1903 he was elected to the office of sheriff of Wright County in which capacity he served for five years and in 1908 at the annual convention of Iowa sheriffs he was elected president of the association. During the fifteen years prior to his election as State Treasurer, Mr. Brown was connected with the Iowa State Board of Agriculture and was one of the prime movers in the forward march of that board from great to greater accomplishments. He served seven years as superintendent of the horse exhibit at the fair, and for eight years as superintendent of concessions. Because of the splendid service he has given during his first term as State Treasurer, his friends believe he is entitled to the unanimous vote of the Republican party at the November election.



HON. W. C. BROWN FOR STATE TREASURER.

Let us all subscribe and pay for The Iowa State Bystander and stop borrowing your neighbor's paper.

JUDGE CHARLES A. DUDLEY There is such a wave of enthusiasm for Judge Dudley among our people that it assures him a big vote. He is so fair, so honest and so thoughtful of all mankind that he is an ideal judge. We ask the readers to be sure and hunt up his name on the machine and vote for him.

DEGRAFF FOR JUDGE.

The name of Hon. Lawrence DeGraff, one of the present members of the Polk county district bench, is a candidate for re-election on the non-partisan ticket. Judge DeGraff is one of the strong, popular young men of Des Moines and has made a good judge. By experience, age and ability he is well qualified. He is a friend of all races and the common class. His friends solicit your vote for him at the coming election. (Political Adv.)

JUDGE HUGH BRENNAN.

The record made by Judge Hugh Brennan on the district bench is one that should entitle him to another term. During his service on the bench Judge Brennan has won an enviable reputation for his fearlessness, fairness and accuracy in handling judicial matters.

He has given universal satisfaction and is recognized by members of the Des Moines bar as one of the ablest jurists that ever sat on the Polk county bench. He is also noted for his untiring industry.

Judge Brennan has been a resident of Des Moines forty-six years. He began the practice of law in 1878 and continued in the profession until elected to the bench. His record is unique. Starting as a coal miner when a youth, he has steadily climbed toward the top through his remarkable energy and painstaking efforts.

Briefly, Judge Brennan is a man noted for his honesty and integrity, possessing a rare judicial mind and in every way qualified to fill the position he again seeks. A vote cast for Judge Brennan is well cast.



PARKER FOR SENATOR

We take pleasure to introduce to the Bystander readers one of Iowa's young men, who by his ability, honesty and clean character has won the respect of Polk county citizens to be nominated on the republican ticket for state senator. Mr. Parker is the Polk county boy, graduate from the East high school, attended Drake university, from which he graduated from the law department and has been practicing ever since. He is a high minded, progressive young man and will, if elected, take front rank in the halls of the Iowa senate.

OBITUARY.

Tolbert Woods Dead.

We are sorry to chronicle the death of Tolbert Woods, formerly of this city, but now of Cedar Rapids, Iowa, who died very suddenly last Sunday afternoon of pneumonia and brain fever. He had only been sick about five or six days. He was working for the Rock Island Railway Co. as a porter, running from Cedar Rapids to Minneapolis. He was a young man in the prime of life, born in Corning, Adams county, Iowa, in 1877, and came to Des Moines many years ago with his parents, where he married. He then moved to Cedar Rapids. He leaves two sisters and three brothers and a host of friends to mourn his loss. His brothers are James of this city, George of Omaha and Chester of Bismark, S. Dak., and Mrs. Belle Underwood of Springfield, Ill., and Ophelia Hobson of Chicago. He belonged to North Star Masonic lodge of this city, which had charge of the body, assisted by members of Doric. The funeral was held from the A. M. E. church, preached by Rev. E. H. Jackson. A large floral offering bespeaking his high esteem by his friends. The Bystander extends condolence and sympathy in the hour of sorrow.

Mrs. Miller Dead. Mrs. Ethel Miller died this week at her home in Carney, Iowa. She leaves a husband and little girl to mourn her loss. She was only 20 years old. The funeral was held from the Maple Street Baptist church Thursday, conducted by Rev. S. Bates.

A BEAUTIFUL CHARACTER GONE Galesburg, Ill., Oct. 2, 1914. (Special to the Bystander.) Miss Mary Eliza Richardson, daughter of Mr. and Mrs. B. E. Richardson of No. 778 West Knox street, died at 4:30 o'clock Tuesday afternoon, her death being due to a complication of diseases. She had been ill since last November and will be missed in her large circle of acquaintances in the city.

Miss Richardson was 30 years of age and was born and raised in this city. She received her education in the Cooks school and in the high school. She was a member of the A. M. E. church of this city and active in the church work, having served as reporter for the Colored Bystander in Iowa.

Surviving are her parents, Mr. and Mrs. B. E. Richardson, three sisters, Mrs. Laura Beckley, Miss Bessie Richardson and Mrs. Ada Freeze, all of this city, and one brother, Elmer W. Richardson, of this city. Miss Richardson made the arrangements for the funeral before her death. The service was in charge of Rev. W. W. Williams of Mt. Pleasant, assisted by Rev. Webster and Rev. Birt of the local churches. Miss Richardson had directed that Rev. Williams speak no longer than twenty minutes and the local pastors not longer than five minutes. The singing was by a mixed chorus, including Mrs. Watkins, Mrs. Nelson, Mrs. McGill, Mrs. Welcome and Messrs. Will King and George Fletcher.

They rendered "What a Friend We Have in Jesus," "Beautiful Isle of Somewhere," "Garden of Gods," "A Sweetly Resting," and "Safe in the Arms of Jesus." Mrs. Bolter also rendered a solo. Interment was in Linwood cemetery, the pall bearers being Lewis Carter, Jr., Will Triplett, Jessie Wilder, Perry Anderson, Earl McGill and Leslie Harper.

QUINCY, ILL.

Thomas Pearl, aged 17 years, died at 5:25 a. m. Tuesday at St. Mary's hospital. He leaves a father, Mr. Jesse Pearl; brother and other relatives and a host of friends.

The Mutual Aid met at the home of Mr. and Mrs. John Miller on East Vermont street last Monday night. Messrs. Tate and Berry returned Friday a. m. from Decatur, where Prince Hall grand lodge had just closed a most successful session.

Mr. R. Allen of St. Louis, a representative of Home Protective Record of Hannibal, Mo., was in the city last week in the interest of the paper.

Mrs. Smith, the wife of Rev. T. L. Smith, is very sick at the home of her daughter, Mrs. E. B. Smith, in Springfield, Ill. Rev. Smith left Sunday night for Springfield.

The current club met at the Y. M. C. A. The routine of business was transacted. A vote of thanks was tendered Madam F. G. Mundy for her dainty refreshments.

Mrs. G. Smith is on the sick list.

SIoux CITY, IOWA.

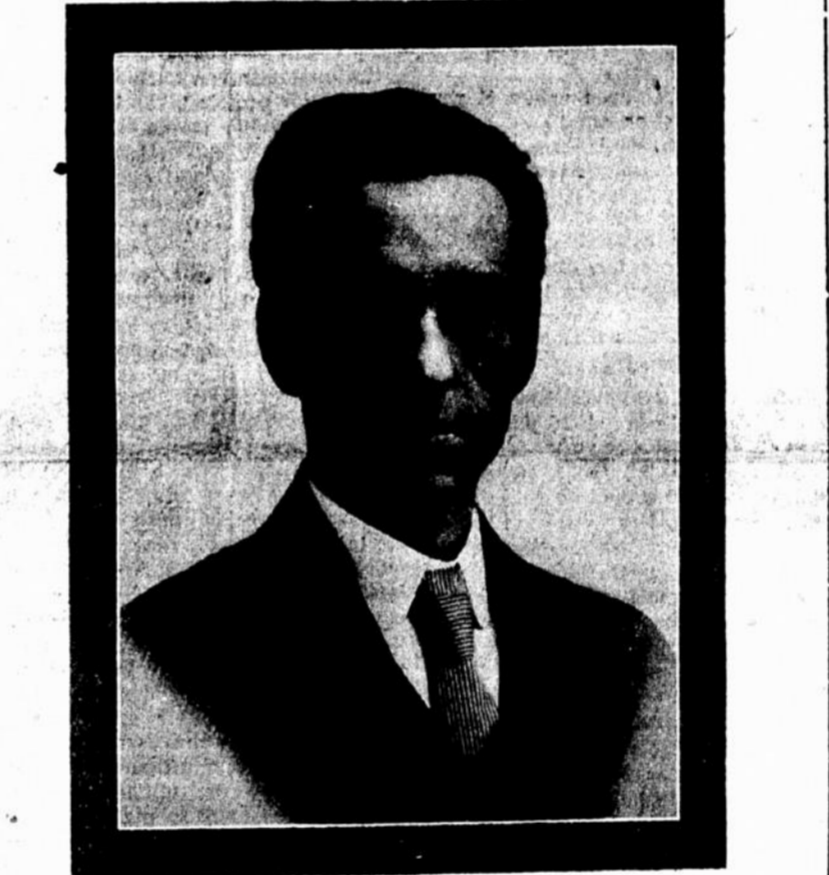
P. E. Rev. S. B. Moore arrived in the city last Friday and conducted quarterly services at the A. M. E. church Sunday. Rev. Moore preached two spiritual sermons, which were greatly enjoyed by all who heard them.

Mr. Fred Baker is in the city visiting with relatives and friends.

Rev. Jas. Washington of Denver, Colo., is in the city visiting with old friends.

Mr. C. E. Stubblefield departed a week ago for Kansas City to visit with his mother.

The A. I. P. club gave a countryman's and city man's dinner at the A. M. E. church last Thursday evening.



COSSON FOR ATTORNEY GENERAL.

Hon. George Cosson. I present to our many readers the name and cut of Hon. George Cosson, the present efficient attorney general for Iowa, who is a candidate for re-election at the coming general election November 3rd. He is one of Iowa's leading young men, who has come up through life through that hard school of experience by hard struggles. He was state senator and became famous for his progressive ideas of modern reforms. He was the author of the Cosson law. He is an advocate of the workingman's compensation act and many other good laws. He is a true and tried friend of the rights of the black man and we all should support him.

OTTUMWA, IOWA.

Mrs. T. J. Carr and sons have returned, after an extended visit in the southland.

Mr. George Robinson is very sick with pneumonia.

Mrs. Lucille Wagoner is visiting her parents in Milan Mo.

Rev. Searcy and family are now located in the parsonage at 407 N. Jefferson street.

Mr. and Mrs. Ollie Turner of Washington were visitors at the home of G. Wagoner over Sunday.

Mrs. Bage Green of Keokuk is visiting her sister, Mrs. J. Harris.

Mrs. Georgia Clemmins and Mr. Johnson of Burlington were married Sunday at the home of the bride's brother, Mr. James Johnson.

Mrs. Allie Gilbert is very sick.

Mr. Scott Bibb, who for the last year has been residing in St. Paul, has returned for the winter.

WATERLOO NEWS.

A banquet was tendered Rev. S. B. Moore, P. E., Friday evening, the 16th, at Bess' chapel A. M. E. church by the members and friends of the church. The lecture room was prettily decorated and covers were laid for eighty. After the dinner had been served short speeches were made by representatives of the different boards, P. E. and the pastor. This meeting was the best ever held in Waterloo by the Afro-American citizens. Too much praise cannot be given to the committee in charge, Messdames Goodall, Thornton, Moss and Bess.

Prof. D. S. Bailey of Tuskegee Institute, Alabama, lectured before the Young Men's Sunday club in Bess' chapel Sunday afternoon, the 18th, before a large audience. Prof. Bailey will be in the city perhaps a week. Levi Pierce is very ill this week. Mrs. G. Claybrook is very ill.

A surprise party was given on Mrs. W. M. Lesely on Tuesday evening. The King's Daughters society met at the home of Mrs. S. H. McCracken on Friday afternoon. All present report a jolly time.

Last Wednesday evening at her home on East Henry street Miss Maudie Burnaugh entertained a few friends at a 6 o'clock dinner complimentary to Miss Nora Brown of Portland, Oregon. A lovely three-course dinner was served and the evening spent in conversation and music. All present report a jolly time.

Rev. W. W. Williams was called to Galesburg on Thursday to preach the funeral of Miss Marjorie Richardson.

Mrs. R. F. Burnaugh has returned from a visit in Creston with her husband.

Miss Hazel Price, Mr. Raymond Dorinar and Mr. Roger Allen of Fairfield spent Sunday in the city visiting at the home of Miss Bernice Page.

Mr. Roy Early and Mr. Wallace of Monmouth spent Sunday in our city.

Miss Beatrice Anderson is on the sick list.

A CENTENARIAN GONE.

Cedar Rapids, Iowa. (Special to the Bystander.)

After passing the century mark and living to the age of 105 years, Francis Milligan died Friday a. m., October 16, at 10 o'clock in the home of her son, W. H. Milligan, Third avenue west road. Born in Graves county, Kentucky, was the oldest of twenty-three children, all of whom were scattered from home but four. What became of the other brother and sisters was never known. She came north to Chicago with her three brothers in 1867 and then to Carroll, Iowa, in 1880, and moving to Cedar Rapids in 1894. She was the mother of six children and the only surviving child is W. H. Milligan, with whom she made her home for the past thirty years.

Only one grandson and a number of relatives, with a host of friends, are left to mourn her loss. Mother, Milligan was a member of Bethel A. M. E. church, from which place the funeral was held Monday at 2 o'clock p. m., Rev. Cato officiating, assisted by Rev. Ford. Interment in Oakhill cemetery.

Mrs. Mary Rose of Des Moines was in attendance at the funeral of her aunt, Mrs. Francis Milligan.

Mr. and Mrs. Clyde M. Washington of Burlington also were present in attendance.

CLARINDA, IOWA.

Mr. Lewis Arnett, who has been visiting in Odessa, Mo., has returned to our city and expects to open up business very soon.

Mrs. Lucy Finley has been very sick at her daughter's, Mrs. Fanny Looney.

Mr. Henry Cooke has leased his grocery business for the time being.

Miss Callie Arnett is visiting her parents.

Rev. D. W. Brown, pastor of the A. M. E. church, preached in Bedford on Sunday to a large congregation.

The D. of T. will give an entertainment Thursday at their hall.

The parsonage of the Second Baptist church is undergoing some repairs.

Mrs. Laura Jones and daughter, Alice, returned from Blair, Neb.

Mr. and Mrs. Harvey Campbell took in the Ak-sar-ben at Omaha, as well as visited relatives last week.

Mrs. Otto Baker and children spent a few days in Red Oak last week.

The Ladies' Federal club met at Mrs. K. D. Black's on Monday night.

An entertainment was given at the Baptist church by Mrs. E. B. Cook and Rev. Mitchell.

Mr. H. Cooke expects to open a barber shop Wednesday.

Anyone wishing to send news call up 175B.

Mrs. Williams returned from St. Joe and brought back Master Evans with her.

It Always Does the Work. "I like Chamberlain's Cough Remedy better than any other," writes E. Roberts, Homer City, Pa. "I have taken it off and on for years and it has never failed to give the desired results." For sale by all dealers.

ST. PAUL BUDGETARIAN. The H. Y. W. K. club and friends hiked about four miles Saturday afternoon to the beautiful bachelors' home, the Washington brothers, out home, the Washington brothers, out home, the Washington brothers, out home, there were about thirty in all. Delightful refreshments were served. It was late in the evening when they departed for their homes.

Friday afternoon at the home of Mrs. L. A. Porter a mission study class was organized for the twin cities, with Mrs. Esther Stovall as teacher. The next meeting will be held next Friday with Mrs. E. R. Edwards of Minneapolis.

The reason for the short letter this week.

BUXTON REVIEW.

Mrs. G. O. Terrell of Colfax is in our city visiting her daughter, Mrs. B. F. Cooper.

Mrs. Anna Watson of Des Moines is in our city this week visiting relatives and friends.

Mr. and Mrs. B. F. Cooper are rejoicing over a fine boy.

Mrs. Lillian Neal of Des Moines is in our city this week, the guest of Mr. and Mrs. W. H. Baily.

Mrs. Martha Ross left for Omaha on Monday for a visit. We hope that she will enjoy her trip.

Mrs. R. H. Stewart is on the sick list this week.

Mrs. J. B. Lucas is on the sick list this week.

Mrs. Lucy Ewing is still on the sick list.

Mr. Lewis Nolan, who has been on the sick list for five years, desires that all friends would call upon him west of Wells' hill.

Mr. Eugene Turner was instantly killed last week at the White City coal mines while working. The funeral was held last Saturday afternoon at St. John's A. M. E. church at 3 o'clock, Rev. J. H. Ferris officiating.

He leaves to mourn a wife, brothers and sisters, a father, father and mother-in-law, brother and sister-in-law and a host of friends. Rev. F. B. Woodard of Mt. Zion Baptist church spoke upon the life of Brother Turner as he knew him as being an upright young man, after which Rev. J. H. Ferris took his text, Prepare to meet thy god.

DAVENPORT, IOWA. The jubilee concert given at Bethel A. M. E. church by local talent was indeed a success.

The stewards board gave a banquet Tuesday evening for Mrs. O'Neal before she departed for her future home in Chicago on Friday.

Mrs. D. S. Johnson, who attended the Illinois conference, has returned home, having met quite a few ministers who have pastored in the tricity.

Mr. and Mrs. William Miller of Moline were callers at the home of Mr. and Mrs. W. S. Brooks on Tuesday.

Mr. John Gordon of King Solomon lodge of Rock Island returned Friday from Decatur, where he attended grand lodge of the Illinois Masons.

Mrs. Jessie Piper entertained five ladies Thursday afternoon at her home. Dainty refreshments were served, and after a very pleasant afternoon the ladies returned to their homes, voting Mrs. Piper a charming hostess.

The many friends of Miss Elizabeth Cain and Mr. Oliver Richardson were surprised by learning of their quiet wedding last Wednesday. Miss Cain had been attending the Davenport high school up until her marriage and had been making E records. Mr. Oliver Richardson is a graduate of the Davenport high school.

The ladies of the Third Baptist church are putting on a play Tuesday evening, entitled "How a Woman Keeps a Secret."

Mrs. John Harris, who has been ill, is able to be about the house.

Mrs. Rosa Corbin, who has been quite ill, is somewhat improved at this writing.

Sunday was stewardess day at Bethel A. M. E. church, the first of this conference year, and a splendid program was rendered, having such able speakers as Mrs. Sarah Wright of Marshalltown and Rev. Sims, the evangelist, of Indiana conference.

The choir was indeed at its best, rendering beautiful music.

Mr. Lorenzo Howard, who has been sick for a short time, died Sunday at the new tuberculosis hospital.

The officers of Bethel A. M. E. are preparing for a dinner on Thanksgiving and a program in the evening.

OSKALOOSA, IOWA. (Special to Bystander.)

The Social club met at the home of Mrs. E. E. Jones on Wednesday afternoon from 2 to 5. A very pleasant afternoon was spent. The hostess served a lunch. Will meet at Mrs. Claud Wheeler's next Wednesday.

Mrs. Molly Ringo, who has been sick, is able to be out again.

Mrs. Lela Barber has gone to Des Moines to visit relatives.

Rev. C. H. Moorman, pastor of the A. M. E. church is nicely situated at the parsonage. The Sunday school of Wesley chapel will give an old fashioned concert Thursday night. Come out and hear it.

Mrs. Nettie Woodard has returned home, after a week's visit with her aunt and Grandmother Murry.

AFRO-AMERICAN CULLINGS

Our readers have already been instructed and edited by Mrs. George F. Shears' account of the biennial meeting of the Federation of Colored Women's clubs at Wilberforce, O. Miss Zena Gale, her companion, the two, we believe, making the only white attendants, has given her version of the story in Life and Labor, the organ of the Woman's Trade unions. The extracts from the utterances of those present found in Miss Gale's article are so persuasive and inspiring that we gladly lay hold of them for the benefit of Unity readers. The chairman of the executive board, Mrs. Mary Talbert of Buffalo, among other things, said:

"Never in the history of our race have our women had so great a privilege as is granted to us, the privilege to be and to do what we will, to develop our highest powers, to improve every opportunity, to satisfy our deepest longings for educational advantages. For the women of our race of 50 years ago were the common burden bearers, the common property of the horde, refused the privilege of reading and writing, forbidden to recognize their own names when they saw them in writing. And yet they were trusting in God.

"To my mind comes the first Negro club woman, Frances Ellen Watkins Harper, who after the Civil war—or rather, I might say, after our new birth—went up and down the Southland to the newly liberated slaves, and urged upon those mothers to start at the fire-side. In a letter dated Greenville, Ga., March 29, 1870, she writes: 'Now is the time for women to begin to try to lift up their heads and plant the roots of progress under the heartstones.' Today the Negro women all over the country have seen that flower grow, and it is for us to continue to plant."

"This is the field. Now what of the co-operation? There can be but one motive in all our work—the spirit of Christian love, the expression of racial brotherhood. What we have done cannot be measured only by advance, but by the deterioration which we have helped to prevent. We know that in every community there are splendid women who have not yet seen the necessity of 'lifting as we climb,' who have not felt that they could leave their whitest tables to do this work, and yet they will tell you that they are in sympathy with what we are trying to do. Nobody can be the friend of any class by being the enemy of any other class. You can be the friend of one class only by 'howing it the line along which it can accommodate its work to the best advantage. The lines of help are always the lines of this accommodation. I firmly believe that the more we interest our women of the favored classes to work with the women in humbler lives the better our work will be done—this work of lifting an entire Negro manhood and womanhood into better life.

"It behooves us as club women to see that we urge our ministry to co-operate with us. Often ministers have been particularly antagonistic to this club movement, fearing that it will affect the financial support of the church. We sympathize with the feeling of such ministers, for we know that the average minister does not receive a living salary, much less a working salary. But we must educate them to the fact that the time has come when they, too, must join with us in enlarging the work by these organizations of women's clubs.—Unity.

Inquiries replies to which will demonstrate convictions pertaining to a majority of the questions now of the greatest importance to the Negro race have been sent to all candidates for congress of the Republican, Democratic and Progressive parties by the National Association for the Advancement of Colored People, with headquarters in New York. The candidate is requested to make known his intention as to whether, if elected, he will vote against any measure abrogating the fourteenth and fifteenth amendments, segregation in the federal service, residential segregation in the District of Columbia, segregation as regards 'Jim Crow' cars in the district and laws making racial intermarriage in the district invalid. He is also asked if, under any circumstances, he justifies lynching or favors the enforcement of clause 2 of the fourteenth amendment of the Constitution.

Recently colored nurses have been placed in responsible positions at attendants in the state hospitals of Kansas.

Applewood is the favorite material for ordinary saw handles, and some goes into so-called briar pipes.

Nearly five hundred cities now have public playgrounds and about half of them receive municipal support.

To the close of 1913 Alaska had produced known mineral wealth to the value of \$248,300,000.

More than 858,000 young trees are being set out on national forests in Utah and southern Idaho.

Automobiles are becoming popular in Beirut, Syria. Already 27 cars are registered.

St. Pierre, Martinique, destroyed in 1902 by earthquake, has never been rebuilt.

More than 50,000 Africans—Negroes—have come to this country since 1901.

The buffalo of the United States and Canada now number about three thousand.

If one of three Negro boys can't ride the animal, that horse will not see service in the allies' cavalry. The British government, which continues buying horses at the Kansas City stock yards, says nothing about Negroes in its horse contracts, but under the clause "well broken" the British inspectors have to see the horse ridden, and it is up to the man selling the horse to supply riders. Therefore it falls to Negro cutters at the horse barns to supply the "nerve touch" required by the British.

Sambo, Pete, Jake one day, it may be Fred, "Willum," or "Foots" the next. It makes little difference, what their last names are. They are heroes among their fellow beings, and in addition to the receipt of three to five dollars a day, by risking their necks often they may get a tip from the boss.

The firm handling the horses has tried cowboys and circus riders, but because riders are not allowed saddles real cowboys pass up the job. The uncertain gait and movements of the horses soon discourage the circus riders. But the Negro boys stick.

An alley 150 feet long, flanked by high board fences and brick paving underneath, may be the horses' last run in America. Horse and Sambo are at one end, the inspector at the other.

"Ready," calls the ring master, and Sambo goes in the air, alights like a spring clothespin on a new rope line. The horse may go all right, and then he may go both ways at once, but if he passes up and down the alley twice without displacing his jibbail he goes to the British.

The firm government has accepted 5,100 horses at the Kansas City stock yards barn. The animals had all been measured, tested for sight and soundness, and the bulk of them ridden by colored boys.

Most of them had been given the "Mallein" test for glanders. D. H. E. Adair and his assistants in Kansas City of the United States bureau of animal industry, applied that test to 4,370 horses, during September, and 1,000 more are at Lathrop, Mo., awaiting the test. The government test for glanders is free of charge.

After the rider has discharged his duty the horse is turned to the branders and when he gets through, there is an arrow on the shoulder, and a number on the hoof. The horse is a Britisher.

Jacob Estey, one of the pioneer makers of pianos and organs in America, was born in Hinsdale, N. H., one hundred years ago. His youth was one of adversity, and it was only by the hardest work and personal sacrifice that he was able to obtain a common school education. At the age of twenty-one he bought with his savings an interest in a business for the making of melodeons. For a number of years thereafter he acted as his own salesman, traveling through New England and Canada selling his instruments. With the profits thus obtained he embarked in the manufacture of pianos and organs. His business grew rapidly, and at the time of his death, in 1890, it was the largest of its kind in the world. Mr. Estey spent his large fortune liberally for good purposes. He was the chief founder of Shaw university for colored people at Raleigh, N. C.

In the Hampton Trade school, and, indeed, in other departments, a student is rated for speed, accuracy, judgment, initiative, earnestness, neatness, responsibility and conduct. Of course, all of these factors do not receive the same weight, but they do form the basis for judging individuals. Hampton appeals, in its daily routine, the common tests of everyday life used in the outside world where men and women must stand or fall according to the standards which they attain in their work.

Learning by doing, turning disadvantages into advantages, making the best use of one's resources—these are some of the fundamentals in the Hampton idea of education. Service and self-sacrifice form the core of the Hampton training. Results in good citizenship and safe leadership characterize Hampton's work.

The total coal supply of the world recently was estimated at 7,397,653,000,000 tons, of which nearly 4,000,000,000,000 tons are bituminous. Asia having the largest quantity of any continent.

Last year the revenue cutter service saved 327 persons from death or peril, took 264 persons off shipwrecked vessels, destroyed 21 derelicts and saved other derelicts to the value of \$18,000.

San Antonio, Tex., is to try the experiment of paving streets with mesquite wood blocks. It is stated that millions of acres of land in southern Texas and northern Mexico are covered with a thick growth of mesquite trees. The wood, it is said, is of remarkable durability.

Salmon fishermen in British Columbia earn \$15 a day, and some instances where the catch is exceptionally good as much as \$25 a day.

The world's greatest deposit of wolframite, the mineral from which tungsten is obtained, now being exploited in the world, is in Portugal.

A San Francisco electrical company is using a demonstration car to make rural communities acquainted with the use of the current on the farm and in the household.

TWO VARIETIES OF PUREE

May Accompany Meat or Form the Foundation of a Most Substantial Soup.

A puree may be either an accompaniment to meat or form the foundation of a substantial soup. Whatever vegetable is turned into a puree must first be well boiled, then passed through a sieve—a work demanding patience, it is true. The puree will then have a little butter and seasoning added to it, cream or the yolks of eggs, or some gravy sauce, according to what meat it accompanies.

A puree of chestnuts accompanies veal or poultry and requires the addition of a little thick cream. A puree of white haricot beans accompanies roast mutton.

A puree of sorrel or spinach, or both combined, is really nice when served without meat and placed in individual cocottes or in shells of fried bread. After passing the spinach, etc., through the sieve it is beaten up with a little butter and cream and liberally seasoned. It should not be boiled more than just enough to cook it tender, and then it will keep its color and flavor.

Cucumbers, marrows, turnips, artichokes and pumpkins all make delicious purees, sweet or savory. Another delicious puree of small white onions and new potatoes makes a dainty dish. If sufficient cream is added, and the mixture is put into small china dishes and browned on top.

The puree destined for serving alone or as an accompaniment to meat must be kept thick, yet smooth; the puree that forms the foundation of a soup is lengthened out to make a sufficient quantity by adding to it meat or vegetable stock, and milk or cream, or milk or eggs, etc. The eggs and cream should not be put in until after the puree is cooked and taken from the fire.

HOME HELPS

The furniture will be improved by being wiped off occasionally; with a cloth dipped in linseed oil.

The short grass trimmings from the lawn make very good feed for fowls.

To save face towels put a hanger on both sides of the towel and you will find that instead of one end wearing and the other remaining unworn, both ends will wear evenly.

One quart of flour made up into baking powder biscuits will make from twelve to fifteen, according to the size of the cutter.

When using whipped cream if you add the white of an egg to the cream and whip with it, it requires less cream and is more delicate in taste and flavor.

Washing Jap silk blouses, a teaspoonful of methylated spirit, added to two pints of water, gives just the sufficient stiffness required and saves starching or ironing, when too wet.

Pickled Eggs.
Take eight hard-boiled eggs and, having shelled them, stick four cloves in each. Heat one quart of vinegar (it may need to be diluted if strong) to boiling and add a teaspoonful each of salt, pepper and mustard, or scant three somewhat. Put the eggs into a glass fruit jar, pour the boiling vinegar over them, and let them stand two weeks or use sooner if you taste. Serve sliced with broiled beefsteak or mutton, or as you will.

Cocoa Cornstarch Pudding.
Two cupfuls of milk, two tablespoonfuls cocoa, two tablespoonfuls cornstarch, one-half cupful sugar, one-quarter teaspoonful salt. Put the milk in top of double boiler, and when boiling, add the cocoa, sugar, cornstarch and salt, which have been mixed with a little cold milk. Boil five minutes. Pour into ice cream glasses or sherbet cups and set aside to cool.—Philadelphia American.

Four-Egg Cake.
One cupful of butter, two cupfuls of sugar, 3½ cupfuls of flour, one cupful of milk, four eggs, two teaspoonfuls soda, or you can use three teaspoonfuls baking powder. Mixed in the flour. Beat yolks and whites separately. Butter and sugar, beat together milk and yolks of eggs, then stiffly beaten whites. This resembles and tastes like pound cake. Cupful raisins make it like fruit cake.

Cottage Pudding.
Cream three-fourths tablespoonful butter and one and a half tablespoonfuls sugar, add two teaspoonfuls of beaten egg, one and a half tablespoonfuls milk and five tablespoonfuls flour mixed and sifted with one-half teaspoonful baking powder and a few grains of salt. Beat vigorously, turn into two buttered individual tins and bake in moderate oven. Serve with cream, wine or brandy sauce.

Pork Apple Pie.
Line your platter with rich piecrust and put a layer of apple, then one of all fat pork shaved as thin as you can possibly shave it, then repeat till plate is full enough, then sprinkle a little salt over top of apples, large half cupful sugar, pinch of cinnamon or use nutmeg to taste. Cover with crust, brush over with milk and bake.

Braised Cucumbers.
Cut cucumbers into halves, peel, remove pulp and mix it with minced meat of any kind, which has been seasoned with salt, pepper and catch-up. Press some of this mixture into each cucumber shell, add a little stock, cover closely and braise in the oven until tender.

To Wash Greasy Tins and Trays.
Four a few drops of ammonia into every greasy roasting pan after filling the pan with hot water. If the pots and pans are treated in this way immediately after using and left to stand until it is time to wash them the work of cleaning them will be found half done.

Pocket Electric Heater.
For the convenience of travelers there has been invented a pocket electric heater, taking current from a light socket, which will boil a quart of water in three minutes.

Fundamental Principles of Health

By ALBERT S. GRAY, M.D.

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PROTEIN FOOD.
We have noted that the average man, kept absolutely motionless in bed and fasting, develops 1,825 calories a day, an amount of energy equivalent to lifting one ton (2,000 pounds) more than 2,500 feet, and that to this must be added the energy expended in every additional motion, even to the additional heart beats resulting from mental excitement or any other form of muscular action. This implies a combustion of tissue fuel and, of course, wherever there is combustion, unless it be of pure carbon, there must be waste or ash.

Among our main food materials the proteins are characterized by containing nitrogen in a wonderfully complex series of metabolic changes in our bodies and finally, after having completed the cycle, is expelled from the body chiefly in the feces and sweat.

Physiologists take these facts as a basis from which to figure the food requirements of our bodies, and when they speak of the nitrogen balance, or the carbon balance, they refer to that amount of nitrogen or carbon intake that is exactly balanced by the amounts of nitrogen or carbon excreted from the body. Nitrogen equilibrium, then, is that state of body in which the nitrogen intake is exactly balanced by the nitrogen compounds expelled. If the balance is even, then the body is receiving in the food as much protein nitrogen as it is metabolizing and eliminating in the excreta. If there is a plus balance in favor of the food it is evident that the body is laying on or storing protein, while if the balance is minus, that is, if the total nitrogen excreted exceeds the nitrogen protein taken in the food, the body must be losing protein.

Obviously, anything that will tend to disturb the normal appetite must upset this delicate balance, and therefore lies the disadvantage and the grave danger in using dietetic whips in the shape of condiments, sauces, cocktails and all highly flavored non-nutritive substances. It is important to bear in mind the fact that nitrogen or protein equilibrium may easily be established on different levels. For instance, one may be in nitrogen equilibrium on one ounce of protein and may increase it to two or three ounces and still be in equilibrium, just as you can burn in your furnace three buckets of coal a day or ten. Experience teaches that the extra protein is metabolized in the body and equilibrium is established on a higher level so that there is no accumulation, but the organs must work harder to expel the additional ash. Experimentally it has been found that there is a certain low limit of protein which just suffices to maintain nitrogen balance, and between this level and the maximum capacity of the body to digest and absorb protein food the nitrogen equilibrium may be maintained upon any given amount of protein. The investigations of Chittenden and others in this field seem to show that nitrogen equilibrium may easily be maintained on a plane vastly lower than that generally prevailing, and to lower the protein allowance approximately to this minimum undoubtedly would be of great benefit to the average individual in many ways, especially during hot weather.

Nitrogen is eliminated from the body as urea, creatinine and uric acid. Urea is the most important of the nitrogenous excreta of the body, being the chief end product, so far as nitrogen is concerned, of the physiological metabolism of the proteins and the albumenoids of the foods. If we know how much urea is secreted in a given period we know approximately how much protein has been broken down in the body in the same time.

Next to urea and the ammonia compounds it forms, the most important of the known nitrogen constituents of the urine is creatinine.

Uric acid is generally believed to be the result of the daily wear and tear of cell constituents, the final result of cleavage of nucleoproteins. Just what the latent adaptive powers of the normal human body may be we do not know, but inasmuch as there is some close connection between the uric acid group and many of our insidious diseases, the wise man is using great caution in the matter of his protein foods, especially as the moderate use thereof appears to add to his immediate comfort and well being.

PURIN FOOD MATTER.
Emil Fischer first called attention to a nucleus composed of carbon, hydrogen and nitrogen, which he called "Purin," and which is found to be widely distributed among food matters. The purin bodies are regarded as the parent substance of compounds of the uric acid and xanthin group, which are progressively oxidized purin nuclei, running about as follows: Purin; adenin, or amino-purin; guanin, or amino-oxypurin; hypoxanthin, or oxypurin; xanthin, or dihydro-purin; uric acid, or trioxypurin, uric acid being the most highly oxidized purin of the group.

About twelve different combinations of the purin nucleus are known to exist in nature, but not fewer than 148 have been produced in the laboratory. How many may be formed in the body in the cycle between the protein intake and the nitrogenous excreta and their final effect on human health and happiness is not known, but certainly they exert a profound influence on us.

Purin bodies are stimulants and they exist in all meat extracts, in the flesh meats of ordinary consumption and in much larger quantities in the glandular organs. In lesser amounts they occur in many vegetables and grains, as in oats, the potato and the sugar beet. Caffein, the active principle of coffee and tea, and theobromin, the active principle of cocoa, are respectively trimethyl and dimethyl compounds of xanthin.

Hall names a number of common foods containing purin bodies, and the following list gives the amount contained per pound:

FISH.	
Grains per pound.	Grains per pound.
Halibut	Salmon
MEAT.	
Mutton	Beefsteak
Beef	Beef liver
Loin pork	Sweetbread
Ham	Chicken
Beef ribs	Turkey
Beef sirloin

VEGETABLE MATTER.
Grains per cup. Grains per cup.

Oatmeal	Tea
Beans	Coffee
Pean	Potatoes

Milk, butter and cheese are not found to contain any free purin or purin yielding substances. Lehman found one gram (15.43 grains) of uric acid excreted in 24 hours on a purely vegetable diet; 1.1 gram (16.94 grains) on a mixed diet, and 1.4 grams (21.55 grains) on a diet consisting chiefly of meat. Haughton found three times as much uric acid excreted by meat eaters as by vegetable eaters, and Herman, Rosenfeld and Orgler found uric acid-nitrogen excreted in amounts ranging from 0.046 gram in 24 hours on purin-free diet to 2.793 grams on a meat diet.

Dapper, Ranke, Bunge, Mares, Schultz, Taylor, Burian and Schur and many others find that a higher excretion of uric acid is brought about by a meat diet than by vegetables, fats and carbohydrates. Dietetics is gradually becoming an exact science and certain general principles are recognized by science about as universally as they are disregarded by the average individual.

One definitely fixed fact is that the physiological fuel values of our foods are as follows:

Carbohydrates, 4 calories per gram (15.43 Btu.)
Fat, 9 calories per gram (35.43 grain).
Protein, 4 calories per gram (15.43 grain).

Proteins are exactly interchangeable with carbohydrates as a fuel food, but carbohydrates are not interchangeable with proteins. Proteins are, as we have seen, growth and tissue repair foods, for which there is but a limited demand, and any material excess, especially in the purin nucleus containing proteins, tends to derange our metabolizing functions, to form body poisons and thereby break down our excreting organs.

Carbohydrates and fats, on the other hand, furnish straight fuel or energy producing foods, which, in their natural state, are burned in the body with a minimum residue and without creating deleterious by-products. Because of its stimulating qualities, protein is not only an uncomfortable and dangerous hot-weather fuel food, but it is very expensive. Three thousand calories of lean steak at 20 cents a pound cost \$1.20; the same amount of energy in oysters at 30 cents a quart will cost \$1.90; but the same 3,000 calories in genuine whole-wheat flour at 6 cents a pound will cost 10 cents, and the same energy in milk at 8 cents a quart will cost but 37 cents.

To be healthy and efficient about three-tenths of our energy should be secured from butter, cream, milk, fats and oils; six-tenths from potatoes, bread, cereals, fruits and vegetables, and one-tenth from protein foods—beef, chicken, fish and the like.

GOOD AS A REFRIGERATOR

Frenchman Tells of Some Remarkable Things That May Be Done With the Humble Flower Pot.

A certain Frenchman of an investigating turn of mind has just found out that an ordinary red clay flower pot can be made use of to keep water, butter and other things at refrigerator temperatures in tropical climates or the hottest of August days.

Just an ordinary flower pot will do, or any sort of clay jar, porous vessel, or common unglazed earthenware pot. All you need "do" is to "moisten" it every greasy roasting pan after filling the pan with hot water. If the pots and pans are treated in this way immediately after using and left to stand until it is time to wash them the work of cleaning them will be found half done.

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Put in the Jar and it is exposed to a current of air, say, on a dark window sill with windows open and shutters closed.
The water inside the porous pot perspires its way in a microscopic moisture through to the outer surface. The burial maintains such a slow rate of evaporation that the pot is kept cold and this cools the contents.

"This use of flower pots to make ice water can be made valuable not only to every home and boarding house in the land, but in times of ice famine on the trains, in deserts, on the baseball field and in the pantries and kitchens of hotels and other places."

American Girl Cosmopolitan.
An East End girl stopped for several minutes in an exclusive district, and my attention was attracted to a well-dressed girl standing on the sidewalk. I idly speculated on the cosmopolitan character displayed by her apparel. She wore a Russian skirt, a China silk blouse of Japanese cut, a Roman striped girdle, Panama hat with a Scotch plaid band and English walking shoes.—New York Sun.

Laura Jean Libbey's Talks on Heart Topics

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ARE HOMELY MEN POPULAR WITH WOMEN?

"Is the pang alone to part From those we love that rends the heart: That agony to save, Some nameless power in nature strives, And blossoms, and our hope revives."

The brainy young man whom nature did not favor with a handsome face should not stand back discouraged and let his good-looking chum push ahead of him, when there are young and sociable women about.

Men who lack brilliancy of speech, as well as good looks, often fly in the opposite direction when they see women approach. They imagine they cut a poor figure and because of no confidence in their powers to entertain they would rather refuse the invitation of a pretty girl to her home than accept.

If the homely man musters up sufficient courage to call upon a young lady whom he admires and finds a handsome, dashing young fellow in her parlor, he would gladly beat a hasty retreat ere he has had the opportunity to seat himself. If he but knew it, while young women duly admire manly beauty, when it comes to taking a life partner ten girls out of a dozen would prefer the homely man.

Why? Well, they would tell you a score of reasons, but giving you just a few of them is sufficient. Where a man is given a handsome face he is apt to be a little selfish at heart. He is used to admiration and looks for it from women. Marriage does not seem to stifle this egotism. The homely man is used to have flighty, frolicsome girls pass him by for his frolicsome brothers. But when he finds one maiden in whose eyes the lovelight shines for him, his sincere gratitude and delight are boundless. His reverence for womanhood is part of his religion. He is so anxious to please and secure the girl that he doesn't stand long on ceremony, but proposes in short order to settle his doubts and fears.

Happy indeed is the woman who secures him for a husband. He is all devotion for her. Home, wife and children, are his first consideration. He throws himself into business with a zest to surround them with comforts, ease, luxuries. It is seldom or never the very homely man who figures in scandals or who is caught flirting with lively maids when his wife is off for the summer. His heart is a jewel, even though the setting is plain and rugged. Years go on; his peace of mind and contentment show in his face, his lips wear a smile. The man who is handsome in his youth and at least meets and battles with that formidable bugbear, Father Time, becomes disgruntled and cross. To outlive his good looks, pass through a crowd unnoticed, is a calamity to him. Good looks are well enough in a man, if he does not bank too much upon them. In the race for love, it is usually the homely man who carries off the prize. Plainness is not a handicap in a woman's eyes.

PRUDES OR COQUETTES.
Life is delight, each hour that passes over. Comes like a maiden's kisses to her lover. A present joy that craves no happier morrow.
Love enraptures us till we hug the chain, And Beauty's smile is worth a miser's gain; When Faith is better than reality, And Hope is boundless as the boundless sea.

If two girl chums employed in the same establishment go together for a summer outing they are both supposed to have the same likings, enjoy the same pleasures. This is not always the case, however. More often than not a merry little coquette is attracted to the girl who is her opposite in disposition—quiet and severely dignified almost to prudishness.

The girl with bright eyes and winning smiles is sought after by gay rollicking young fellows whose object is simply to have a good time on their summer vacation. They are obliged to be circumspect in their love making because of the presence of the dignified girl, who stares her disapproval if a fellow forgets himself sufficiently to slip an arm about her friend's supple waist. It is she, too, who keeps track of the hours that only tread on flowers. She reminds her friends that the clock in some adjoining steeple has struck ten and insists that they return to their boarding house, though the young men declare it to be just the edge of the evening.

It is she who censures the sport of her heedless friend, frowns down the moonlight buggy rides which one of the young men dares the vivacious coquette to take with him—alone. There are men who are annoyed at the prude's presence; there are other men who admire her sincerely for her sense in keeping out of dangers that her heedless little friend would rush into were it not for her calm, staying hand grasping her firmly and holding her forcibly back.

The coquette who is led by her heart instead of her head is almost sure to pick up a broken stick when it comes to matrimony. Not so the prude. The man and free lances pass her by, knowing full well she is not for them. The man who appreciates sense and morals, strict to prudery, lays his fortune at her feet and gives his heart to her for safe keeping.

Two rollicking, merry hearted girls

POINTING OUT GIRLS.

You touched my heart; it gave a thrill Just like a rose That opens at a lady's will; Its bloom is always yours until You bid it close.

There are girls who are modest almost to shyness. There are others who seem to take delight in dressing loudly—that is, wearing skirts so tight that they cannot step on a street car safely, or porphie hats so bizarre that they attract attention wherever they go and are always pointed out as examples of audacity. They do not have a good time where they are not noticed, admired and catered to, especially by the young men.

Every girl seems to endeavor to specialize in some particular accomplishment. Each likes to be pointed out, to have folks say of her as she passes by: "There goes the sprightly tango dancer in town!" Or, "You ought to hear that girl play the piano. Why! she'd make Paderewski sit up and take notice."

Other girls like to be pointed out for their beauty of face, and to draw particular attention to their comely features they make liberal dips into the paint jar, and rouge saucer, to say nothing of tinting their hair the popular shade. She whose laugh is louder than her companion's makes a bid for attention, as do girls who are foolish enough to tell risqué stories in the parlor, thinking it cute and that they will be pointed out as being clever and vivacious.

While young men may be eager to be introduced to these different types of girls, or to beat them about for awhile, when it comes to marrying—well, that's quite a different matter.

It's a very strange type of man who would want to marry the loud-talking, slangy, painted girl, who has no thoughts higher than tangoing or creating a sensation. It is the modest, inconspicuous girl who wins a man's respect that ends in love. There are no truer words than those which the poet has given us: "The rose which all are admiring is not the rose for me! I'd rather have the modest maid whom no one seems to see!"

The unobtrusive girl, who shrinks from being pointed out, never loses her hold on the friendships she makes. The lover who courts her is sure that he has got a prize. He loses no time in bringing her to the altar.

His home is one of contentment with her by his side. He trusts to her good judgment and wisdom never to shame him by loud dressing or boisterous manner. It is most always the girls who call attention to themselves on the street or in public places who are obliged to walk the road of single blessedness. A girl should think over this, and give no cause to be pointed out.

ROMANCE IN LIFE OF POET
First Girl Loved by Ariosto Immortalized in His Most Famous Poetic Production.

Ariosto's first love was a beautiful girl, who was once dearer to him, he writes, than his own soul, and whom he immortalized as Ginevra di Scio in his "Orlando Furioso." With the proverbial fickleness of a bard, however, he abandoned this girl for the young and buxom widow of Tito Strozzi, a Florentine noble, who, from loving the poet's lucubrations, was tempted to love the poet himself. She looked seductively pretty, Ariosto tinted us, in her weeds, the somber tint of which was relieved by wreaths of vine leaves and bunches of grapes in purple and gold; while her fair, luxuriant hair, gathered in a net behind and parted in front, fell down on either side of her face in long curls, touching carelessly her snow-white shoulders. On being asked why she thus adorned her mourning dress, the coy relic replied: "It is to show the world that while I still weep for my dead lord, I am ready to be consoled by a live one."

Ariosto gave her the sweet consolation of which she was in quest.

Stamp Markets in the Street.
A street vendor operating in the Strand, London, has struck out a novel line. He is trading as a perambulating stamp dealer, and in place of chocolates, matches or bootlaces, his tray is filled with neat packets of colonial and foreign stamps and boxes of stamp mounts. But, like most novelties, this is not entirely new. In the fifties and sixties of last century philatelists of all ranks, including cabinet ministers and ladies, whose footmen carried their albums, flocked to the open-air stamp market and exchange in Birch Lane, until the police interfered on account of traffic congestion. And in Paris there is, or at least was, another famous all fresco stamp market.

Wireless Circles Island.
There is now a chain of wireless stations around the Australian coast as close to each other that as soon as one vessel gets out of the range of one station, in fact, can be had in a zone of 400 miles by day and 1,000 miles by night from any position on the seaboard. Stations in the north and south of New Zealand and a short-range installation at Fiji complete the system, and it is proposed to link the outlying British possessions in the South seas.

PHYSICIAN AND BUSINESS MAN

How Dr. H. M. Green Solves Hard Problems.

CAPABLE AND PERSISTENT.

Steady Advance of Man Who Worked His Way Through College, Founded Hospital and Became Foremost in His Profession—Great Organizer, Promoter and Devout Churchman.

Knorrville, Tenn.—From a farmer in a backwoods county in Georgia to one of the leading physicians and surgeons of the race is the record of Dr. Henry M. Green of this city, who enjoys a lucrative practice and is foremost in almost everything that is for the moral and intellectual development of his people.

He was born in Barton county, La., Aug. 26, 1876. He received his early education in the public schools of his native county, after which he prepared for his professional work. He graduated in 1898, having worked his way through college.

His parents were unable to give him any assistance in his school work, but he decided that an education was within his reach and declared that he was going to have it. He believed in the proverb, "Where there is a will there is a way." He had the will and found a way.

With his little learning from the Georgia public school he was prepared to do three things—be a Pullman porter, work in the coal mines or teach school. He used one of these during the vacations and did not have trouble in finding employment. He was a college graduate in bed making on a sleeping car and in digging in the coal mines, and every dollar earned in these places he invested in books.

Finishing at Knoxville college, he decided to study medicine because he had made up his mind to be a physician and surgeon. He went to Chicago, and when the Northwestern university threw open its doors in September, 1896, he was among the first to enter. He made such rapid progress that he was appointed an interne in the postgraduate medical school in Chicago.

In this he got both theory and practice. He served out his time and then returned to Knoxville and finished his work in the Knoxville Medical college in 1901.

Dr. Green decided to take a more thorough course in medicine and surgery and went to Edinburgh, where he pursued these subjects under the most competent instructors. While in Scotland he visited London, Vienna and Berlin. He gained much general knowledge by travel and observation. Having well qualified himself for his profession he returned to America and began the practice of medicine in Knoxville, Tenn.

In order to have the best facilities for doing real work, he established the first hospital among our people in this section of the country. He has been doing general surgical work ever since. He is now the surgeon in chief of the Wallace Memorial hospital in this city, where he performs many difficult operations during the year. It is putting it mildly to say that Dr. Green ranks with such surgeons as Drs. D. H. Williams and G. C. Hall of Chicago and Dr. A. M. Curtis of Washington.

As a churchman he is very active, being a member of the Mount Zion Baptist church and is chairman of the trustee board. When it comes to the promotion of education he is always found in the front. At this time he is an active trustee of Roger Williams university, Nashville, Tenn., and Nelson Merry college, Jefferson City, Tenn. He is one of the surgeons for the Knoxville, Sevierville and Eastern Railroad company, the first member of his race in this city to hold such a position and the only one. For four years Dr. Green was a member of the Knoxville city council, and during his administration one of the best school buildings in the state was erected, and it now bears his name. As a member of the city council he had the respect of all the members and the personal friendship of the mayor of the city.

One year ago Dr. Green called together several men with money and told them that it was possible for the race to operate a coal yard in Knoxville. While many people said that it would not do, he convinced Dr. J. J. Johnson and C. H. Fisher, and they put down the money. Thus the Colored Coal company, with a capital stock of \$5,000, all paid in, was begun. A coal yard was fitted up, and because of the business standing of Dr. Green there was no trouble in getting all the coal needed.

HEALTH HINTS.

A. J. Booker, M. D. So much has been said about "Twilight Sleep" that some of my readers have asked for a little "Hint" on the subject. It is a new thing only to those physicians who wait until the patient is unconscious before they themselves investigate a subject.

It was my privilege, as an interne, eight years ago, to come in contact with Dr. Bertha Van Hoosen for a year and a half and get my first experience with this excellent method. That it is of value no one who has the opportunity of a large observation will deny. Like every other medicinal procedure, it has its place and indications. We have many little Negro "twilight" babies around the city, but have made no noise about it because it was one of the ordinary things to us.

There will be no new drugs discovered, nor surgical principles laid down that will take the place of brains on the part of the attendant, and the bad results often are the results of inexperience on the part of men using methods with which they are not acquainted, rather than the fault of the drug. People have a perfect right to choose whom they please to administer to them when they are ill, but some of them abuse the privilege by getting the men who are least competent. This method of anesthesia has the approval of some of the best men in the country. Those who object are the ones who are unfamiliar with the use and indications and consequently anticipate trouble. Why would not a man expect trouble when he is without knowledge of the action of powerful drugs? Some men are not students and depend upon the experience of others entirely, without at the same time getting the fine points. This is the reason that it will soon not be possible for men to walk directly from the college to the sick room and take the responsibility of life in their hands. But so long as the public thinks that one doctor is the same as another, the one who claims the most will get the most trials and consequently make the most failures. Some men will try anything on others, while there is another class into whom you could not pound a new idea with a batte: of books.

If there is one thing more than another that we as a race have suffered from more than another, it is men who race through some sort of school and think that a diploma is all that is necessary to work the public with. It is not diplomas, but work and experience and the keeping up with whatever trade or profession a man adopts. When a good man comes along he finds the road strewn with broken faith and incompetence that makes him work twice as hard to prove that he is better. All the fools and impeders of progress are not black, however, as one will observe when something new is placed on the track of progress.

Mothers have the right to select the new or the old way of hearing children; they have the privilege of saying whether they will be the ones to give experience or if they will go into experienced hands to have things assured.

Dr. Van Hoosen's comparisons were eminently fair, her conclusions were correct and based upon years of experience with a method that was justly made popular by a lay magazine. Mothers deserve to have life made as easy as possible for them.

BURLINGTON, IOWA.

(Last Week's Items.) A welcome reception was given at the St. John's A. M. E. church last Thursday evening in honor of our new pastor, Rev. and Mrs. J. H. Bell and daughter, Dorcas. The welcome address was given by Mrs. G. M. Abel, after which responses were made by Mrs. Julia Folks and Rev. Bell. Mr. A. Akemen had charge of the music. Light refreshments were served.

Mrs. Josephine Bland entertained the Art Industrial club at her home on S. Sixth street last Thursday evening. The attendance was good and four new members were taken in. Mr. and Mrs. Thomas Yeizer, who have been visiting with relatives in the eastern states, have returned to this city and will visit here and in Keokuk for a few weeks before returning to their home in Canyon City, Colo.

Mrs. Fannie Parker entertained Rev. J. H. Bell and family, Mrs. Agnes Lamb and Mrs. Mary Hickey at luncheon Sunday evening. Miss Mildred Linwood has returned to her home in Clarinda, after visiting at the home of her uncle, Mr. Clarence Baker, and family of this city. Miss Helen Mackey, who has been visiting in Chillicothe, Mo., for several months, has returned to her home in this city. Miss Grace Pleasant spent Sunday in Fort Madison with relatives. Mrs. Emaline Brown, who spent a week in this city at the home of her daughter, Mrs. Anna Motta, has returned to her home in Keokuk. (This Week.) Rev. J. H. Bell, pastor of St. John's A. M. E. church, delivered two able

Mrs. Baum's Own Idea Patented SHAMPOO DRIER AND HAIR STRAIGHTENING COMB



sermons Sunday to a good congregation. Miss Julia Woods made a business trip to Keokuk on Tuesday. Mrs. Coleson and daughter, Miss Lola, of Mt. Pleasant spent Sunday in this city.

Mr. Ben Meadows of Jacksonville, Ill., visited with relatives and friends of this city a few hours last week. Mrs. Katie Boyd had an accident last week by severely cutting her thumb with a hatchet, which has been causing her great pain for several days. Mrs. H. Yeizer still remains on the sick list.

Toned Up Whole System.

"Chamberlain's Tablets have done more for me than I ever dared hope for," writes Mrs. Esther Mae Baker, Spencerport, N. Y. "I used several bottles of these tablets a few months ago. They not only cured me of bilious attacks, sick headaches and that tired out feeling, but toned up my whole system." For sale by all dealers.

MASON CITY, IOWA.

Mrs. J. D. Reeler and Mrs. Edna Stratton left last week for a two weeks' visit with relatives and friends in St. Paul. Mrs. Paul Scott left last week for a few weeks' visit with friends in Chicago. Mrs. Suiter is reported on the sick list this week. The stork visited the home of Mr. and Mrs. David Howard on East Ninth street, leaving a fine baby girl. Mother and child doing fine.

Mrs. Smith, Mrs. Howard's sister, who has been here in the city for several weeks, left last Thursday for her home in Omaha, Neb. Mrs. F. D. Woodford, who was called to Oskaloosa at the bedside of her grandmother last week, returned home and reports her grandmother much improved. Mrs. Elizabeth Williams was called to Omaha last week on account of the illness of her mother. Ruby, her youngest daughter, accompanied her there.

Mr. Harvey and Horace Spencer and sister, Mrs. J. Taylor, were called to Springfield, Ill., Sunday, as their father died some time early Sunday morning. Mrs. Corinne M. Ray, who went to Rochester, Minn., several weeks ago to undergo an operation, is doing fine. She was successful in having the goitre removed from her neck, which her friends are glad to hear of her doing so well. The Scott Catering Co. and friends gave a big chicken dinner and supper last week and took in one hundred and ten dollars, of which \$57 and some cents was turned over to the pastor and trustees of the Union Memorial church.

Miss Beatrice Palmer, who has been visiting for several weeks in Oskaloosa, returned home last week and is stopping at the home of Mrs. Walter Davis. Miss Ethel Pugh of Des Moines is visiting in the city at the home of Mrs. M. Brewton. Mrs. Honeybus, who has been in Des Moines for several weeks, has returned to Mason City.

The Youth's Companion

No Present like it for any one in any home at any price. Give it to whom you will, you will find all the family looking for it. It is more than 52 numbers filled with delightful reading—it is an influence for all that is best in home and American life. 52 times a year—not 12

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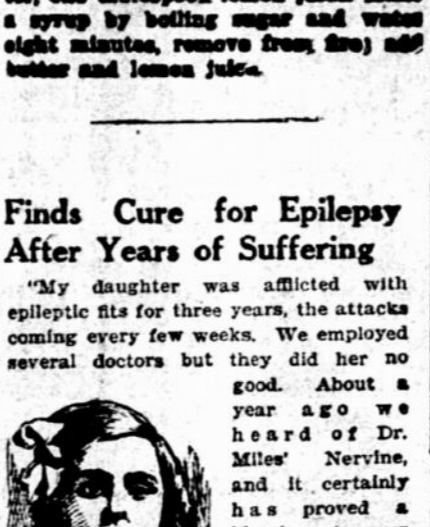
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More Than Enough is Too Much. To maintain health, a mature man or woman needs just enough food to repair the waste and supply energy and body heat. The habitual consumption of more food than is necessary for these purposes is the prime cause of stomach troubles, rheumatism and disorders of the kidneys. If troubled with indigestion, revise your diet, let reason and not appetite control and take a few doses of Chamberlain's Tablets and you will soon be all right again. For sale by all dealers.

French Dressing. Mix one-half level teaspoon of salt with a dash of paprika with three table spoons of olive oil, one-half table spoon each of vinegar and lemon juice. Lemon Sauce. Three-quarters cup sugar, one-quarter cup water, two teaspoonsful butter, one tablespoon lemon juice. Mix in a syrup by boiling sugar and water eight minutes, remove from fire; add butter and lemon juice.

Find Cure for Epilepsy After Years of Suffering. "My daughter was afflicted with epileptic fits for three years, the attacks coming every few weeks. We employed several doctors but they did her no good. About a year ago we heard of Dr. Miles' Nervine, and it certainly has proved a blessing to our little girl. She is now apparently cured and is enjoying the best of health. It is over a year since she has had a fit. We cannot speak too highly of Dr. Miles' Nervine."



MRS. FRANK ANDERSON, Comfrey, Minn. Thousands of children in the United States who are suffering from attacks of epilepsy are a burden and sorrow to their parents, who would give anything to restore health to the sufferers. Dr. Miles' Nervine is one of the best remedies known for this affliction. It has proven beneficial in thousands of cases and those who have used it have the greatest faith in it. It is not a "cure-all," but a reliable remedy for nervous diseases. You need not hesitate to give it a trial. Sold by all Druggists. If the first bottle fails to benefit your money is returned. MILES MEDICAL CO., Elkhart, Ind.

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Something About Rates. As a public service corporation we are servants of the public and as such should discharge our duties efficiently. To give the most efficient service, the construction, equipment and operation of this Company must conform to the best known practices. To meet these requirements, the Company must charge such rates as will meet necessary operating expenses, provide adequate reserves for replacing worn-out or obsolete plant, and give a return on the money actually invested in the business that shall be reasonable and sufficient to invite new capital as required for expansion. Should any earnings be made over and above those necessary to meet these requirements, we feel the amount should be used for the benefit of the public to further increase the efficiency and reliability of the service. IOWA TELEPHONE COMPANY.

The Street Railway Franchise Is Now Up to the People. LETTER No. 5. RULES OF SERVICE. The people of Des Moines and the City Railway Company will have an equal voice in fixing street car service under the proposed franchise. Two supervisors, one elected by the City Council and one selected by the company, shall have charge of the service. The city supervisor shall hold office at the pleasure of the City Council. The two supervisors shall determine the quality and quantity of service, the fixing of schedules, routes and terminals, character and equipment of cars and the place at which cars shall be stopped for passengers to leave or enter. In case of disagreement by the two supervisors, the company and city must submit the question to arbitration. In case of arbitration each party shall appoint one arbitrator within five days after written notice and if they fail to agree within fifteen days a third arbitrator shall be appointed. In case of failure or refusal to appoint arbitrators within the times specified, the Supreme Court of the State shall appoint said arbitrators as required. The findings of these arbitrators shall be binding and final and there shall be no appeal from such findings. Thus the city and the company shall have an absolutely equal voice in determining service and all questions of service.

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The Iowa State Bystander is the oldest Afro-American journal published in Iowa. It was established in 1884, and is read by nearly all the colored people of Iowa. We have correspondents in the following towns: Albia, Miss May Davis; Oskaloosa, Lucile B. Franklin; Washington, N. L. Black; Burlington, Mrs. L. M. Abel; Mt. Pleasant, Mrs. M. Burnough; Monmouth, Ill., Georgia Norwood; Colfax, Miss Stella Pearson; Minneapolis, Mrs. R. L. Butner; Cedar Rapids, Iowa, Mrs. May Terry; Moline, Ill., Miss Mamie Ritchie; Sioux City, Richard Stewart; Clinton, Miss Goldie Hackley; Council Bluffs, A. A. Bush; Centerville, Miss Minnie Cave; Macon, Mo., Mrs. C. Reed; Mason City, Mrs. Maud Brewton; Quincy, Ill., Mrs. Mattye Lillye; Clarinda, Mrs. J. R. Lane; Keokuk, Mrs. Jennie Freeman; Ottumwa, Mrs. H. Owens; Galesburg, Ill., Mayme Richardson.

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