

IOWA STATE BYSTANDER.

VOL. XXI NO. 31

DES MOINES IOWA, FRIDAY, JANUARY 29, 1915,

Price Five Cents

CITY NEWS.

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Mr. and Mrs. Wolfskill of 11th and Chestnut streets are the proud parents of a 10½ pound baby girl. Mother and baby doing nicely.

Mrs. Leona Hillman who is at the Methodist hospital for an operation is no better. There is not much hope for her recovery.

Miss Florence Russ acted as hostess to the Wednesday Night Bridge club. After the regular game of bridge a light luncheon was served.

Mr. Cola Davis of Ottumwa is in our city this week attending the Association of Ice Cream Manufacturers which convened here this week.

The local branch of the Negro Business League will hold their annual meeting Monday Feb 8th at Union Congregational church.

Mr. Peter Bell who has been very sick is no better at this writing. He is growing worse and his friends are alarmed.

FOR RENT—Two furnished rooms, 330 W. 12th street, Phone Wal. 7377.

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Miss Bettie Berkley of Ames, Iowa stopped over in Des Moines Sunday enroute to her home in Hiteman. While in the city she was the guest of Mrs. Blanch Allen-Goodrich.

Mrs. Geo. C. Young left Wednesday evening for Marshalltown to visit a day with Mr. and Miss Walker, from there she will go to Sterling, Ill., to visit her husband, and then she will make a short business trip to Chicago before returning here.

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Misses Rosa, Letta and Jethro J. Carter of Minneapolis, Minn., were called home to attend the funeral of their beloved sister, Mrs. Julia Carter-Hardy of Hannibal, Mo.

Miss Helen E. Hagen of New Haven, Conn., one of our greatest pianists in America, will give a recital in our city Monday evening, March 8th, at Union Congregational church. Watch for further notice in the papers.

I am compelled to tell our correspondents and writers for the Bystander as we have in the past, that unless your names are signed to the articles sent here it will not be printed. This week we have correspondence without any name signed at all from Mason City, Waterloo, Marshalltown, Quincy, Ill., Ottumwa and Des Moines.

The Iowa State Bystander office force acknowledge a fine box of yams from Prof. Lawrence C. Jones' Industrial School farm in Braxton, Miss. They were good and delicious, the first we ever saw or ate. Come again Prof. Jones. Please don't forget us this year.

The W. W. club of the Asbury M. E. church met at the residence of Mrs. Fred Berry Monday evening on account of the illness of Mrs. Victoria Redix. The usual routine of business was transacted after which the newly elected officers for the ensuing year were installed by the pastor, Rev. W. L. Lee. Several visitors were present. Refreshments were served by the hostess. Mrs. Redix will entertain the club Feb. 1st.

GUESTS AT THOMPSON HOTEL.

Dr. A. G. Robinson of Buxton, Ia., W. E. Jefferies of Buxton, Ia., Miss Minor Kane of Ft. Dodge, Ia., members of the Creole Band at Empress Theater, W. M. Johnson, Morwood, Williams, Geo. Baquet, James Palico, Eddie Vincent.

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N. A. A. C. P.

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On Membership—Jesse A. Graves, J. C. Williams and Mrs. Mattie Brooks.

On Finance—The President, Treasurer and B. N. Hyde

On Meetings—Mrs. S. Joe Brown, A. A. Alexander and C. B. Woods.

On Press—Hon. Harvey Ingham, E. R. Hall and Mrs. J. H. McDowell.

On Legal Redress and Legislation—Atty. Gen. Geo. Cosson, Atty. Casper Schenck and Atty. Geo. H. Woodson.

On Grievances—Mrs. J. L. Thompson Atty. H. H. Griffith and Arthur Williams.

On Education and Amusements—Dr. A. J. Booker, Mrs. J. B. Rush and V. L. Jones.

It was also decided to hold a triple anniversary celebration at St. Paul's A. M. E. church on Friday evening, Feb. 12th, in honor of the birthday of Lincoln, Douglass and the National Association.

A Beautiful Character Gone.

Mrs. Sophia Hunter-Edmonds was born in Renville, Ohio in 1889. In her infancy she, with her parents moved to Enterprise, Ia., where the greater portion of her life was spent. She was married to Mr. G. H. Edmonds to which union one child, a boy, was born. They had recently moved to Des Moines and had bought them a home at 1410 E 18th street and there lived happily until her death, Saturday Jan. 23rd. She leaves to mourn her death a mother and father, a married sister, uncle, husband, son and niece, and a host of friends.

She was an ideal wife and mother, a lovely character and a member of Corinthian Baptist church, from where the funeral was preached. Her many friends extend to the bereaved family their heart felt sympathy. Interment at Glendale.

BIRTHDAY PARTY.

Master Nelson Thompson, the little son of Editor and Mrs. John L. Thompson, was 7 years old last Wednesday. A pretty little dinner party was given to a few of his friends at 6 o'clock. He was the recipient of many presents.

A TERRIBLE DEED.

On last Saturday Mr. Chas. F. Lewis, a prominent and well liked citizen of Council Bluffs, Iowa, shot and killed his wife. He then shot his only 12 year old son and then shot the roomer, Mr. J. Brown, and then killed himself. The little son and the roomer are not yet dead and may live. He was insane at the time. He had been sent to the asylum last spring at Clarinda and was pronounced cured and left the hospital last September. Since that time he was a porter on the railroad. Mr. Davis at one time was a well-to-do man, a life member of the National Business Men's League and a Mason of high standing.

THOMPSON FARM HOME BURNED.

Last Thursday, January 21, a telephone message came to John L. Thompson from Decatur City, Iowa, stating that his house on the old homestead was burned that morning. On going down I found our old home completely burned; nothing left to tell of this nice farm home except the cave, the well and the cedars. Even some of them were burned. The origin is not known. The renter had just got up about 5 o'clock and started the fires in two rooms. In a few minutes he was attracted by a light in the kitchen. On going in he found the ceiling all afire. He just had time to wake his family up and get them out. He lost his household goods. We had insurance covering about two-thirds of the loss. We will rebuild again right away. The home is one of the pioneer colored homes in Iowa. Andy Thompson moved on this home in 1866 and they have owned it ever since.

MINNEAPOLIS, MINN.

Last Sunday was quarterly meeting in St. Paul. Quite a few were over from Minneapolis. Rev. E. R. Edwards of St. James' A. M. E. church, Minneapolis, was the speaker of the afternoon. His sermon, as usual, was full of interest.

THE ALLEN CHRISTIAN ENDEAVOR LEAGUE OF ST. PETER'S A. M. E. CHURCH WAS WELL ATTENDED.

Much interest is shown at meetings.

Rev. T. B. Stovall preached two excellent sermons Sunday. His subject for the evening was "Courage," after which three persons came forward seeking the way to Christ.

The Woman's Mite society will be entertained by Mrs. Clara Duncan, 3920 Fourth avenue So., Friday afternoon.

The Willing Workers club will be entertained by Mrs. Frank Peoples, 3732 Portland avenue, Thursday afternoon.

Mrs. Edward Hammond of Clinton avenue is much improved, after having been confined to her bed for

months. She is able to get up and down stairs unassisted.

Mrs. R. B. Moulden has been confined to her bed for about ten days, but is able to sit up at this writing.

Mr. William Monroe Trotter, editor of the Guardian and speaker of the National Equal Rights League, delivered an address at St. Peter's A. M. E. church January 10th. His detailed recital of the interview with President Wilson was heard with the closest attention. A very generous voluntary collection was taken. Fifty dollars was the amount collected.

IOWA CITY, IOWA.

The Kappa Alpha Nu put all freshmen applicants for membership on probation at its last meeting until the end of the semester.

M. F. Fields, chairman of the program committee, lead the Christian Endeavor on Sunday night. Mr. Brown of Cedar Rapids sang a couple of times. Mr. Robinson gave a violin solo, accompanied by Miss Ruth Southall. M. F. Fields was made president of the fraternity at its recent election of officers.

Mrs. Hubbard, the minister's wife, recently returned from the bedside of her mother.

KEOSAUQUA, IOWA.

Mrs. L. Wicks and two daughters, Dorothy and Margaret, of Eldon and Mr. and Mrs. Clay Reed of Mt. Pleasant visited their sister and daughter, Mrs. Josh Johnson, of this city during the holidays.

Mr. Chas. Buckner of Des Moines spent the holidays in this city with his brother, Mr. John H. Buckner. He was the guest of honor at the following: Mr. and Mrs. John H. Buckner, supper; Mr. and Mrs. Wm. Green, dinner; Mrs. Mary Garret, dinner, and Mr. and Mrs. John Johnson, supper.

Rev. J. F. Augustus was here last week rehearsing the young folks for a play to be given at the opera house about the 15th of February for the benefit of the church.

Luther Edwards of Ottumwa visited a week with his uncle, Mr. John Johnson, of this city.

ROCK ISLAND, ILL.

(Special to the Bystander.)

Mr. and Mrs. John Bradley have opened up a nice first class restaurant on Ninth street. They deserve the patronage of all the colored citizens.

Mrs. Carrie McCarmel is slowly recovering from a serious spell of pneumonia.

Mrs. Anna Harding entertained the Progressive Art club last Wednesday. A program was rendered, after which a dainty lunch was served by the hostess.

Mrs. Chas. Windsor left last Friday morning for Kansas City to spend a few days with friends and relatives.

Mrs. Lizzie Golden and Mrs. Strauthers have been suffering with severe colds the last past week.

The Twentieth Century Paster's Aid club of Wayman Mission will give an entertainment February 2nd for the benefit of the pastor.

Professor Bailey, formerly of Tuskegee Institute, will leave Tuesday morning for St. Louis to join his wife. They will return Wednesday evening to Rock Island to make their future home for the time being at the residence of Mr. and Mrs. Lambert.

Dr. J. E. Smith, a prominent physician of Macon, Mo., spent a few

days in our city, being the guest of Mr. and Mrs. James Hoskins. Dr. Smith has quite a good many Macon friends in Rock Island and Moline that were glad to see him and were sorry that he could not stay longer.

The services were largely attended at the Second Baptist church on Sunday morning and evening. Rev. V. S. Cooper delivered two most excellent sermons.

Miss Zetella Brown departed Saturday for Kansas City to visit friends and relatives.

Little Edna Robinson is on the sick list.

Rev. J. P. Jackson is supplying at the Second Baptist church of Mystic, Iowa. They are progressing nicely.

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Mrs. Earl Lacy returned Sunday night from Lexington, Mo., after a two weeks' visit with her father, Mr. W. H. Webb.

The Baptist Young Peoples' Literary society will meet Monday, February 1st at the Second Baptist church and a nice program will be rendered.

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Our four weeks' revival meeting came to a close Sunday night. Rev. Phelps of Omaha, Neb., assisted Rev. V. S. Copper in the meeting. Seventeen candidates were baptized Sunday afternoon, making a total of thirty-one members added to the church during Rev. Copper's administration here.

The Church Aid society will give an entertainment at the church January 30th.

Cough Medicine For Children.

Never give a child a cough medicine that contains opium in any form. When opium is given other and more serious diseases may follow. Long experience has demonstrated that there is no better or safer medicine for coughs, colds and croup in children than Chamberlain's Cough Remedy. It is equally valuable for adults. Try it. It contains no opium or other harmful drug. For sale by all dealers.

CENTERVILLE, IOWA, NOTES.

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CARD OF THANKS.

I wish to thank the many friends who so kindly assisted during the illness and death of my beloved wife; also for the beautiful floral offering.

Mr. and Mrs. Robt. Hunter.

Mr. and Mrs. Harry Wilson.

Mr. Ben Edmonds.

ALBIA NEWS.

The Sewing Circle club met at the home of Mrs. E. H. Butler on Monday afternoon. After business lunch was served by the hostess.

Mrs. Nellie Estes was elected superintendent or the A. M. E. Sunday school; Mr. Chas. S. Washington, assistant superintendent, and Miss Vivian Anderson, secretary; Miss Jewett Lewis, pianist.

Mr. Chas. Carthon of Hiteman attended services in Albia on Sunday.

Mrs. Chas. Washington entertained at dinner Sunday Mr. and Mrs. Wm. Benning, Mrs. G. A. Davis and Misses Davis. The choir of the A. M. E.

church also met at Mrs. Washington's on Sunday afternoon.

Miss Viola Ioung and Mrs. Joe Robinson of Hocking attended services in Albia.

Mr. Andrew Stovall of Hiteman was in town this week.

Mrs. Pearl Thomas entertained a company at 2 o'clock dinner on Sunday, January 24.

Mrs. Wm. Black returned to her home in Washington, Iowa, on Monday.

Quite a number of strangers in town this week.

Rev. and Mrs. C. Thomas entertained at noon lunch on Sunday, January 24, 1915, in honor of their son, Mr. John Thomas, of Chicago, and Mrs. Lillian Leaf of New York.

Greetings to the Women's Clubs

To the State officers, presidents and members of the various Federated clubs, State of Iowa, greetings:

Another year finds us working for humanity, surely, there is no grander life than a life of service to humanity and to God.

Let us continue to keep our guiding principle before us; Sowing Seeds of Kindness. May no selfishness, jealousy envy of strife mar this year's course of our club work.

I am proud of the tangible work the clubs are doing under the head of 'Social Service' and 'Child Welfare.' These visible traces of our work are bringing us greater recognition from anti-club sympathizers, and are making us more indispensable to society.

Wishing you a successful club year, I am yours, in Sowing Seeds of Kindness.

Getrude E. Durden-Rush

Pres. I. S. F. C. W. C.

CLARINDA, IOWA.

Mr. A. J. Baker received the news that his son-in-law, Mr. C. Cookrell, had passed away Sunday at Omaha.

Mr. Baker and daughter, Miss Anna, and Mrs. E. Campbell left immediately to attend the funeral.

Mrs. K. D. Black is on the sick list.

Mr. Elmer Carter left for Oskaloosa for an indefinite time.

Mr. George Jones returned from Kirksville, where he had been called by sickness. Mrs. Lillie Lee accompanied him.

Little Virginia Pemberton has been somewhat indisposed this week.

Mrs. M. Cooke gave a party at her residence on S. Sixteenth street in honor of Mrs. M. Renfro, her niece. Quite a number responded to the invitations. The evening was well spent. Mrs. Renfro departed for her home in Greenfield, Mo., Tuesday a. m.

The series of meetings closed at the A. M. E. church and the church was spiritually revived.

Rev. W. M. Mitchell, Sr., preached two very soul-stirring sermons on Sunday.

The Court of Calantha will give a public installation Saturday at their hall. All are cordially welcome to attend.

Mrs. Jane Montgomery returned from Omaha, after a few weeks' visit.

MEMBER NATIONAL NEGRO PRESS ASSOCIATION

THIS FLAG FREE

A Flag for Every Home

The Flag of Washington and of Lincoln; the Flag of our Country—

The Flag of Peace

To every person opening a savings account with \$25.00 or more we will give FREE an AMERICAN FLAG, size four feet by six feet, sewed stripes, fast colors, and an eight-foot flag pole with rope halyard and iron holder complete as illustrated. The pole can be taken apart—has a metal joint—and the flag, pole, rope, ball and holder are neatly packed in a strong metal edge box which can be carried under the arm.

On savings accounts this bank pays interest at the rate of 4 per cent and compounds the interest twice a year—May 1 and Nov. 1.

There is nothing quite so fine as an American Flag. We have one waiting for YOU.

"Tis the star-spangled banner: Oh, long may it wave O'er the land of the free And the home of the brave."

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A Strong Bank, with the Advice, Counsel and Financial Backing of Strong Men

SECOND FLOOR, FLEMING BLDG.

YOUNKER BROTHERS

Have You Ever Shopped in the Economy Basement

Do you know what the Economy Basement is--what its policies are?

- It is a large store within-a-store, harboring more than a score of individual departments, each a specialty store in itself.
- Its merchandise is of the good, every-day, dependable, lesser-priced kind.
- Absolute satisfaction must accompany every purchase here, the same as in any other part of the store, and not a single sale is considered complete until the purchaser is thoroughly satisfied.

These are the fundamental reasons why the Younker Basement is known as Iowa's Greatest Economy Center. That's why people with whom ECONOMY is a matter of first importance, should trade here.

Friday Will Be "Courtesy Day" Saturday the Selling Begins---It's Davidson's Annual February Sale

Teeming With Thousands of Wonderful Saving Opportunities That Appeal to the Thrifty Housewife

Appreciating that many of our friends who have been looking forward to this announcement with the intention of benefiting by the UNUSUAL BARGAINS offered, would find it difficult to attend the opening on other than a Saturday, we have anticipated February by one business day and have arranged our ANNUAL FEBRUARY SALE to begin Saturday, January 30th.

In addition one day—Friday—will be known as "Courtesy Day" and its hosts of shoppers are tendered an invitation to come and make a previous inspection of such Home-Furnishings as they may be interested in purchasing.

By Saturday the "Opening Day" of the sale—everything will be in readiness for the greatest bargain event we've ever planned.

Every DEPARTMENT will offer this season's new goods as well as odd lots, samples, ends of lines and makers' discontinued numbers at price inducements that will absolutely clear them from our floors.

It's Our 30th Annual Sale--Participate in It!

Your Credit is Good at Davidson's

DAVIDSON'S

EVERYTHING FOR THE HOME

412-414-416-418 - WALNUT-ST.

THIS FLAG FREE

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Master Nelson Thompson, the little son of Editor and Mrs. John L. Thompson, was 7 years old last Wednesday. A pretty little dinner party was given to a few of his friends at 6 o'clock. He was the recipient of many presents.

A TERRIBLE DEED.
On last Saturday Mr. Chas. F. Lewis, a prominent and well liked citizen of Council Bluffs, Iowa, shot and killed his wife. He then shot his only 12 year old son and then shot the roomer, Mr. J. Brown, and then killed himself. The little son and the roomer are not yet dead and may live. He was insane at the time. He had been sent to the asylum last spring at Clarinda and was pronounced cured and left the hospital last September. Since that time he was a porter on the railroad. Mr. Davis at one time was a well-to-do man, a life member of the National Business Men's League and a Mason of high standing.

THOMPSON FARM HOME BURNED.
Last Thursday, January 21, a telephone message came to John L. Thompson from Decatur City, Iowa, stating that his house on the old homestead was burned that morning. On going down I found our old home completely burned; nothing left to tell of this nice farm home except the cave, the well and the cedars. Even some of them were burned. The origin is not known. The renter had just got up about 5 o'clock and started the fires in two rooms. In a few minutes he was attracted by a light in the kitchen. On going in he found the ceiling alight. He just had time to wake his family up and get them out. He lost his household goods. We had insurance covering about two-thirds of the loss. We will rebuild again right away. The home is one of the pioneer colored homes in Iowa. Andy Thompson moved on this home in 1866 and they have owned it ever since.

MINNEAPOLIS, MINN.
Last Sunday was quarterly meeting in St. Paul. Quite a few were over from Minneapolis. Rev. E. R. Edwards of St. James' A. M. E. church, Minneapolis, was the speaker of the afternoon. His sermon, as usual, was full of interest.
The Allen Christian Endeavor League of St. Peter's A. M. E. church was well attended. Much interest is shown at meetings.
Rev. T. B. Stovall preached two excellent sermons Sunday. His subject for the evening was "Courage," after which three persons came forward seeking the way to Christ.
The Woman's Mite society will be entertained by Mrs. Clara Duncan, 3920 Fourth avenue So., Friday afternoon.
The Willing Workers club will be entertained by Mrs. Frank Peoples, 3732 Portland avenue, Thursday afternoon.
Mrs. Edward Hammond of Clinton avenue is much improved, after having been confined to her bed for

months. She is able to get up and down stairs unassisted.

Mrs. R. B. Mculden has been confined to her bed for about ten days, but is able to sit up at this writing.
Mr. William Monroe Trotter, editor of the Guardian and speaker of the National Equal Rights League, delivered an address at St. Peter's A. M. E. church January 10th. His detailed recital of the interview with President Wilson was heard with the closest attention. A very generous voluntary collection was taken. Fifty dollars was the amount collected.

IOWA CITY, IOWA.
The Kappa Alpha Nu put all freshmen applicants for membership on probation at its last meeting until the end of the semester.
M. F. Fields, chairman of the program committee, lead the Christian Endeavor on Sunday night. Mr. Brown of Cedar Rapids sang a couple of times. Mr. Robinson gave a violin solo, accompanied by Miss Ruth Southall. M. F. Fields was made president of the fraternity at its recent election of officers.
Mrs. Hubbard, the minister's wife, recently returned from the bedside of her mother.

KEOSAUQUA, IOWA.
Mrs. L. Wicks and two daughters, Dorothy and Margaret, of Eldon and Mr. and Mrs. Clay Reed of Mt. Pleasant visited their sister and daughter, Mrs. Josh Johnson, of this city during the holidays.
Mr. Chas. Buckner of Des Moines spent the holidays in this city with his brother, Mr. John H. Buckner. He was the guest of honor at the following: Mr. and Mrs. John H. Buckner, supper; Mr. and Mrs. Wm. Green, dinner; Mrs. Mary Garret, dinner, and Mr. and Mrs. John Johnson, supper.
Rev. J. F. Augustus was here last week rehearsing the young folks for a play to be given at the opera house about the 15th of February for the benefit of the church.
Luther Edwards of Ottumwa visited a week with his uncle, Mr. John Johnson, of this city.

Mr. Milton Thompson of Iowa City spent several days in this city calling on old friends.

Mrs. Willa Dickson entertained the young people at her home Monday evening. A two-course luncheon was served and an enjoyable time was spent by all.

COUNCIL BLUFFS, IOWA.
Rev. R. B. Manley, pastor of Bethel A. M. E. church, preached from the text "For To Me To Live Is Christ." Theme, "Unconditional Surrender." In the evening Rev. W. A. Moore, ex-pastor, delivered an excellent sermon to an appreciative audience.

The Young People's Literary society is booming and will render a program the third Sunday in each month to take the place of the church services.
To miss the teachers' meeting means to miss something good. Mrs. D. J. Brown entertained the teachers of Bethel A. M. E. Sunday school at her home last Wednesday night. After studying the lesson a most delicious repast was served by the hostess.

Two entertainments that were to be given last week at Tabernacle Baptist church were postponed because of the weather, but will be given this week instead.
There will be an entertainment given at Tabernacle church Monday evening and a contest between Iowa and Nebraska.

The funeral services of Mrs. V. Cook, who died from a hemorrhage last week, was held at Woodring's undertaking parlors Tuesday afternoon. Rev. Morton officiated.

Rev. Buxton delivered the sacramental sermon at Bethel A. M. E. church Sunday. Come and hear the message of truth and love.
Mr. Earl Davis and Mr. Brown were seriously wounded Saturday when Mr. Chas. Davis shot and killed his wife and then himself. Mr. Earl Davis and Brown are doing nicely at this writing. The funeral services of Mr. Chas. Davis and wife have not been arranged as yet. Mr. Davis was W. M. of the Masonic lodge and an old citizen of this city.

CENTERVILLE, IOWA, NOTES.
Mrs. James Ewing is on the sick list.

The services were largely attended at the Second Baptist church on Sunday morning and evening. Rev. V. S. Cooper delivered two most excellent sermons.

Miss Zetella Brown departed Saturday for Kansas City to visit friends and relatives.
Little Edna Robinson is on the sick list.

Rev. J. P. Jackson is supplying at the Second Baptist church of Mystic, Iowa. They are progressing nicely.

Mr. Harry Grant was called to Macon, Mo., to attend the funeral of his uncle.

Mr. Matt Watts and Mr. Harley Palmer of Mt. Pleasant, Iowa, were in our city last Friday on business. While here they were the guests of the latter's brother-in-law, Mr. Cutler Robinson.

Mrs. Earl Lacy returned Sunday night from Lexington, Mo., after a two weeks' visit with her father, Mr. W. H. Webb.

The Baptist Young Peoples' Literary society will meet Monday, February 1st at the Second Baptist church and a nice program will be rendered.

Rev. V. S. Copper was called to Chicago on account of the serious illness of a dear friend. He departed Sunday night after service at 11:35.

Our four weeks' revival meeting came to a close Sunday night. Rev. Phelps of Omaha, Neb., assisted Rev. V. S. Copper in the meeting. Seventeen candidates were baptized Sunday afternoon, making a total of thirty-one members added to the church during Rev. Copper's administration here. The Church Aid society will give an entertainment at the church January 30th.

Cough Medicine For Children.
Never give a child a cough medicine that contains opium in any form. When opium is given other and more serious diseases may follow. Long experience has demonstrated that there is no better or safer medicine for coughs, colds and croup in children than Chamberlain's Cough Remedy. It is equally valuable for adults. Try it. It contains no opium or other harmful drug. For sale by all dealers.

ROCK ISLAND, ILL.
(Special to the Bystander.)
Mr. and Mrs. John Bradley have opened up a nice first class restaurant on Ninth street. They deserve the patronage of all the colored citizens.

Mrs. Carrie McCarmel is slowly recovering from a serious spell of pneumonia.

Mrs. Anna Harding entertained the Progressive Art club last Wednesday. A program was rendered, after which a dainty lunch was served by the hostess.

Mrs. Chas. Windsor left last Friday morning for Kansas City to spend a few days with friends and relatives.

Mrs. Lizzie Golden and Mrs. Strauthers have been suffering with severe colds the last past week.

The Twentieth Century Pastors' Aid club of Wayman Mission will give an entertainment February 2nd for the benefit of the pastor.

Professor Bailey, formerly of Tuskegee Institute, will leave Tuesday morning for St. Louis to join his wife. They will return Wednesday evening to Rock Island to make their future home for the time being at the residence of Mr. and Mrs. Lambert.

Dr. J. E. Smith, a prominent physician of Macon, Mo., spent a few

days in our city, being the guest of Mr. and Mrs. James Hoskins. Dr. Smith has quite a good many Macon friends in Rock Island and Moline that were glad to see him and were sorry that he could not stay longer.

ENTERPRISE, IOWA.
The Progressive club was entertained by Mrs. Ed Brown last week. Next meeting at Mrs. Divers'.
Mrs. Joe Wellington is still on the sick list.

Rev. Toomey of Omaha, Neb., is assisting Rev. F. C. Bolden in revival services.

We are very proud of the B. Y. P. U. attendance Sunday.

The women are having prayer meetings in each other's homes and would like for more to attend.

All knowing themselves indebted to the Bystander will please call on agent and settle.

Mr. Lloyd Brown of Des Moines was visiting his mother.

Mrs. Frank Brown is still on the sick list.

We had a good revival all day Sunday.

Mr. McKee met with a very serious accident. One of his legs was broken while at work in the mine.

We had quite a severe snow storm Friday.

Miss Marjorie Reeves of Des Moines was visiting Mr. and Mrs. Robert Brown on Friday.

We are very sorry to note that Mr. and Mrs. Robert Hunter were called to Des Moines on account of the death of her daughter, Mrs. G. H. Edmund.

Mrs. Griffith is somewhat better at this writing.

Miss Ada Brown was in Des Moines on Monday.

Mrs. Griffith Brown entertained Rev. Toomey and Rev. F. C. Bolden at dinner last week.

Mrs. W. H. Spivie read a very interesting paper at the Progressive club.

Mrs. Divie made some good remarks at the Progressive club.

Mrs. Penderton is still on the sick list.

church also met at Mrs. Washington's on Sunday afternoon.

Miss Viola Ioung and Mrs. Joe Robinson of Hocking attended services in Albia.

Mr. Andrew Stovall of Hiteman was in town this week.

Mrs. Pearl Thomas entertained a company at 2 o'clock dinner on Sunday, January 24.

Mrs. Wm. Black returned to her home in Washington, Iowa, on Monday.

Quite a number of strangers in town this week.

Rev. and Mrs. C. Thomas entertained at noon lunch on Sunday, January 24, 1915, in honor of their son, Mr. John Thomas, of Chicago, and Mrs. Lillian Leaf of New York.

Greetings to the Women's Clubs
To the State officers, presidents and members of the various Federated clubs, State of Iowa, greetings:

Another year finds us working for humanity, surely, there is no grander life than a life of service to humanity and to God.

Let us continue to keep our guiding principle before us; Sowing Seeds of Kindness. May no selfishness, jealousy envy of strife mar this year's course of our club work.

I am proud of the tangible work the clubs are doing under the head of 'Social Service' and 'Child Welfare.' These visible traces of our work are bringing us greater recognition from anti-club sympathizers, and are making us more indispensable to society.

Wishing you a successful club year, I am yours, in Sowing Seeds of Kindness.
Gertrude E. Durden-Rush
Pres. I. S. F. C. W. C.

CLARINDA, IOWA.
Mr. A. J. Baker received the news that his son-in-law, Mr. C. Cookrell, had passed away Sunday at Omaha.

Mr. Baker and daughter, Miss Anna, and Mrs. E. Campbell left immediately to attend the funeral.

Mrs. K. D. Black is on the sick list.

Mr. Elmer Carter left for Oskaloosa for an indefinite time.

Mr. George Jones returned from Kirksville, where he had been called by sickness. Mrs. Lillie Lee accompanied him.

Little Virginia Pemberton has been somewhat indisposed this week.

Mrs. M. Cooke gave a party at her residence on S. Sixteenth street in honor of Mrs. M. Renfro, her niece. Quite a number responded to the invitations. The evening was well spent. Mrs. Renfro departed for her home in Greenfield, Mo., Tuesday a. m.

The series of meetings closed at the A. M. E. church and the church was spiritually revived.

Rev. W. M. Mitchell, Sr., preached two very soul-stirring sermons on Sunday.

The Court of Calantha will give a public installation Saturday at their hall. All are cordially welcome to attend.

Mrs. Jane Montgomery returned from Omaha, after a few weeks' visit.

YOUNKER BROTHERS

Have You Ever Shopped in the Economy Basement

Do you know what the Economy Basement is--what its policies are?

- It is a large store within-a-store, harboring more than a score of individual departments, each a specialty store in itself.
- Its merchandise is of the good, every-day, dependable, lesser-priced kind.
- Absolute satisfaction must accompany every purchase here, the same as in any other part of the store, and not a single sale is considered complete until the purchaser is thoroughly satisfied.

These are the fundamental reasons why the Younker Basement is known as Iowa's Greatest Economy Center. That's why people with whom ECONOMY is a matter of first importance, should trade here.

Friday Will Be "Courtesy Day" Saturday the Selling Begins---It's Davidson's Annual February Sale

Teeming With Thousands of Wonderful Saving Opportunities That Appeal to the Thrifty Housewife

Appreciating that many of our friends who have been looking forward to this announcement with the intention of benefiting by the UNUSUAL BARGAINS offered, would find it difficult to attend the opening on other than a Saturday, we have anticipated February by one business day and have arranged our ANNUAL FEBRUARY SALE to begin Saturday, January 30th.

In addition one day—Friday—will be known as "Courtesy Day" and its hosts of shoppers are tendered an invitation to come and make a previous inspection of such Home-Furnishings as they may be interested in purchasing.

By Saturday—the "Opening Day" of the sale—everything will be in readiness for the greatest bargain event we've ever planned.

Every DEPARTMENT will offer this season's new goods as well as odd lots, samples, ends of lines and makers' discontinued numbers at price inducements that will absolutely clear them from our floors.

It's Our 30th Annual Sale--Participate in It!

Your Credit Is Good At Davidson's **DAVIDSON'S** Everything for the Home
10320 LARGEST FURNITURE STORE
412-414-416-418 - WALNUT ST.

THIS FLAG FREE

A Flag for Every Home

The Flag of Washington and of Lincoln; the Flag of Our Country—

The Flag of Peace



To every person opening a savings account with \$25.00 or more we will give FREE an AMERICAN FLAG, size four feet by six feet, sewed stripes, fast colors, and an eight-foot flag pole with rope halyard and iron holder complete as illustrated. The pole can be taken apart—has a metal joint—and the flag, pole, rope, ball and holder are neatly packed in a strong metal edge box which can be carried under the arm.

On savings accounts this bank pays interest at the rate of 4 per cent and compounds the interest twice a year—May 1 and Nov. 1.

There is nothing quite so fine as an American Flag. We have one waiting for YOU.

"Tis the star-spangled banner;
Oh, long may it wave
O'er the land of the free
And the home of the brave."

The Des Moines Savings Bank

A Strong Bank, with the Advice, Counsel and Financial Backing of Strong Men
SECOND FLOOR, FLEMING BLDG.

AFRO-AMERICAN CULLINGS

One hundred years ago the first colored troops ever served in the army of the United States won the commendation of General Jackson in the battles in and around New Orleans. It was there that a small part of the regular army, the militia of several of the southwestern states, and two detachments of colored troops won the final engagement which drove the invaders from the shores of that portion of the country.

January 21 General Jackson read an address to each of the commands which had taken part in the battles, reviewing the campaign, and saying of the engagement of January 8 that the loss of the enemy was more than 3,000 while the American loss was but 12—"a wonderful interposition of heaven! An unexampled event in the history of war!" General Jackson characterizes the event.

In his general orders of January 21, prior to breaking camp, General Jackson complimented the various regiments and commands, saying of the two bodies of colored volunteers: "They have not disappointed the hopes that were formed of their courage and perseverance in the performance of their duty. Majors Lacoste and Daquin, who commanded them, have deserved well of their country."

Yet, although these colored troops were commended for their coolness and bravery under fire, especially in the memorable engagement of December 23 when they were attached to Coffee's brigade, which opened the series of battles, recognition for their services, by way of pension and bounty, was withheld for several years after their discharge from the service and then was granted only after an opinion had been given by William Wirt, attorney general of the United States at that time, that they might legally be so recompensed.

When the colored troops enlisted the act of congress of December 24, 1811, provided a bounty of \$16, with three months' pay, and a grant of 160 acres of land to those who had served five years, the same amount of land to the heirs of those killed in battle, and the same amount of land to the heirs of those who had died in the service after having served five years. The act of January 11, 1812, carried like provisions, and the act of December 10, 1814, again carried the provisions, except that the amount of land granted was doubled.

After the colored troops were mustered out, application was made in their behalf for recognition under these acts, especially for the bounty of 320 acres of land, but it was not until 1823 that their claims were recognized.—James Croghan in the Washington Star.

It is reported in the newspapers of Transbaikalia that new, exceedingly rich gold fields were discovered on lands belonging to the czar in the region of Station Zilovo, of the Transbaikalian railroad on the Bolshoi Urum river system.

Upton, near Peterboro, one of the smallest parishes in England, possesses a mysterious tombstone of black marble which emits a damp ooze in patches whenever rain is about to fall. The stone is regarded in the village as an infallible barometer.

It is estimated that there are 4,250,000,000 tons of iron ore unmined in the United States.

"Few people realize to what an extent the nation is indebted to the education of colored man for the maintenance of peace between the races. While many race wars have been predicted, no serious and prolonged racial conflict has taken place in recent years in the South. It has been in a very large degree the influence of the educated Negro who has counseled patience, forbearance and sympathetic co-operation between the two races that has prevented disgraceful outbreaks and has resulted in securing and maintaining a large degree of peace and harmony between the races.

The people of this nation should remember that the Negro is not a beggar so far as his personal needs are concerned. He supports himself in clothes and shelter, and has done so for 45 years. The only call that he has made upon the public has been for aid in the direction of education, moral and religious training."—B. T. Washington.

Of about 1,400,000 pounds of caviar obtained each year by the Astrakhan fisheries, approximately 75 per cent is exported.

The classification of the stellar spectra as being carried on by Harvard university, is a vast one, entailing the investigation and recording of 200,000 stars.

New factory laws in Switzerland have established the 59-hour-week—that is, ten hours daily for five days and nine hours on Saturday, as the maximum working time.

The American Bible society last year circulated 5,251,176 Bibles, breaking all records.

According to a German scientist, women can talk more than men with fatigue because their throats are smaller and they tax their lungs and vocal cords less.

The fishes of America north of the isthmus of Panama embrace three classes, 30 orders, 323 families, 1,113 genera, 336 subgenera, 2,263 species and 132 subspecies.

The railroads of the United States annually consume more than 1,700,000 tons of coal.

China is importing quantities of sodium for use in making soap.

Spellman seminary has trained many competent women for domestic service, the majority of them going back to the country from which they came, and marrying, while those who go into service in Atlanta are satisfactory. The Fort Valley school for the industrial uplift of the Negro has had little monetary assistance in Georgia. The domestic science school, established by that capable Negro of Athens, Samuel Harris, through various agencies, has most of its support from outsiders, and Linton Ingraham, that faithful ex-slave, who was born on Alexander Stephens' plantation, is struggling to raise \$1,500 to build, as a memorial to Mr. Stephens, an industrial school at Sparta, Ga., where domestic science is one of the purposes. He has the highest endorsement from the white men of that vicinity, the governor of the state indorses his work, and the men of color who have seen it and appreciate the good purpose of it, but Ingraham is begging enough money now to go North and get the necessary \$1,500 for the completion of the building.

Individually, Mr. and Mrs. Eugene Heard of Rose Hill farm, have established a school for domestic science for the Negro employees on their plantation, but in no city or town in the state where the cry for domestic service is loudest, is any step being taken to train for domestic science.

To meet this condition, an ideal system has been devised in the work being done for the Negro at Hampton institute, Virginia, where Negro boys and girls are being trained to meet and work out the conditions now threatening the progress of the race.

Hampton institute is an undenominational school for the training of teachers and leaders in agriculture, the trades and community work. Its aim, as expressed in 1859 by General Armstrong, has not changed: "To train selected youth who shall go out and teach and lead their people, first by example by getting land and homes; to give them not a dollar they can earn for themselves; to teach respect for labor; to replace stupid drudgery with skilled hands; and to these ends to build up an industrial system, for the sake not only of self-support and intelligent labor, but also for the sake of character."

Hampton has recently published a pamphlet, "Education for Life," which contains General Armstrong's leading ideas on education—a working philosophy of Christian living. "Education for Life" contains sections on education of hand, education of the mind, education of the character.

Those who are interested in education which spells service and progress, will wish to read "Education for Life" and then compare their impressions with these words of endorsement issued by the United States bureau of education: "It is felt that General Armstrong's theory and demonstration of practical education have proved to be right, not merely for the races for which they were immediately intended, but for boys and girls everywhere, since they represent a successful attempt to work out one of the most momentous tasks of our time—that of creating an education that shall be an effective force for training productive, efficient members of society."

In December work began on the bridge over the Juan Diaz river about nine miles from Panama. It is a reinforced concrete arch, which will be the longest span arch on the isthmus. A number of reinforced concrete culverts with spans ranging from six to thirty feet have also been constructed throughout the country.

One of the few funds, if not the only one, left for charity by a president of the United States, is used in Lancaster, Pa., for buying coal for the poor at Christmas and for other good uses. The fund was left by President Buchanan, who was a resident of Lancaster, and the income now amounts to about \$3,900 a year.

The wealth of the United Kingdom in 1914 was computed at about \$12,500,000,000, while a conservative estimate would place it now at about \$35,000,000,000, an increase of 850 per cent, while population has grown 120 per cent. The income of the British people in this period has increased 700 per cent—total \$1,500,000,000 to \$12,000,000,000.

There are in the 21 university towns of Germany 2,456 enrolled women students and 1,927 not enrolled. The faculty of medicine attracts most women.

In 1855 it took 274 minutes of labor to care for and raise a bushel of corn. In the year 1894 the average time required had been brought down to about 41 minutes.

Georgia has 2,224 Baptist churches, with a total membership of 287,079 and property valued at \$6,127,167.

Railways are opening the interior of Nigeria to trade.

Russia requires all professional photographers to be licensed.

About one-third of Great Britain's telegraphers are women.

The Chinese language has 50,000 word signs.

China is importing quantities of sodium for use in making soap.

PROPER COOKING OF MEATS

Various Treatments Necessary for Their Effective Preparation for the Table.

Fresh meats which are to be served cold should be put to cook in a pot of boiling water and boiled hard for 15 minutes, covered, then boiled gently until tender throughout. The seasonings may be any combination of herbs or vegetables desired. Salt and pepper should be added when meat is half done.

Salt meats take different treatment. First soak over night in plenty of cold water. Then scrape and clean the next day, and put them on to cook in a pot of cold water.

Cook tongue very gently until the small bones in the root can be easily pulled out. This is a matter of four hours. Leave in water until cold. Then lift out, trim, skin and serve. It may be put away cold in the ice box, wrapped in a coarse clean cloth, or may be returned to some of the water in which it was boiled. This will help it retain its succulence.

Ham, if very dry, may be soaked 48 hours, changing water once or twice. Put to cook in plenty of cold water. It should simmer five to eight hours. It is done when the small bone in the hock can be pulled out easily. When nearly cold draw off the skin; do not cut. Cover the top with a mixture of egg, bread crumbs, pepper, salt, sugar and a little made mustard, and set in a slow oven to brown. Baste frequently with two tablespoonfuls of vinegar and a little boiling water in the pan. Bake from one to two hours. Save ham fat from the pan. It is fine for frying potatoes, hominy or rice. Save the ham skin and use it to cover the ham under a coarse cloth.

KEEP DRAIN PIPES CLEAN

Arrangement That May Be of Home Construction Has Been Recommended.

A device for the kitchen sink that has proved successful in keeping the drain pipes clean is made of a wooden frame and ordinary window screen. Make a wooden frame, about two inches high, just wide enough to fit nicely into the sink, and not quite as long as the inside of the sink. On one end of this nail a board, covering about half the length of the frame; on the other end, on the opposite side, nail a piece of wire window screen. This device may be kept in the sink always, the dishpan set on the wooden part and anything poured on the other part will be strained before reaching the pipes. This may be easily cleaned, and the wire screening removed at small expense, when worn through. It is better than the ordinary sink strainer, as it covers the bottom of the sink, and catches everything thrown into it.—Holland's Magazine.

German Potato Salad.

Boil in their jackets two dozen small potatoes until tender. Peel, and while hot, cut in thin slices and mix carefully with two white onions, a cucumber, a green pepper and half a dozen radishes, all sliced thin. Season with salt and pepper and vinegar. Mix with the following dressing: One-quarter pound bacon cut into small pieces, one-quarter cupful each of water, vinegar, sugar and one-half teaspoonful of mustard, one-quarter teaspoonful of salt, and a dash of cayenne pepper. Fry the bacon slowly by itself; then pour over both the bacon and the fat that has been fried out, the vinegar to which has been added the water. Mix the sugar, mustard, salt and pepper and add this mixture to the other. Cook until the sugar is dissolved and while hot pour it over the potatoes. Heap on a platter and around the sides of the dish; garnish the top and sides of the mound of salad with radishes cut like rings.

Harlequin Ribbon Cake.

Two cupfuls sugar, one-half cupful butter, four eggs, scant cupful milk, three cupfuls flour, two teaspoonfuls baking powder, sugar, cream sugar, butter and eggs, then add one cupful flour, then milk and remainder of flour, little salt and baking powder and last the beaten whites of the eggs. Divide into three parts, add one square of chocolate or one table spoonful of cocoa to one portion, a little pink coloring to another and leave the third plain. Press together with white of the egg or a little jelly and treat with mounds of chocolate frosting.

Macedoine Vegetables.

Here is a way to use cold potatoes which may be new: Melt three tablespoonfuls of butter, add three tablespoonfuls of flour and add, gradually 1 1/2 cups of milk. When thickened add one cupful each cooked string beans, peas and cold oiled potatoes, cut in cubes. Season with salt and paprika and let stand 15 minutes over hot water before serving. As this calls for other vegetables it may help to use up the leftovers.

Liver Hash.

One pint of liver, chopped coarse and measured after chopping. In frying pan melt one tablespoonful of butter, add one teaspoonful of flour and blend well. Now add one cupful of water gradually, while stirring, and season with salt and pepper. Stir in the liver and simmer for 20 minutes. Just before serving add one teaspoonful of lemon juice.

Honeycomb Pudding.

Beat together one-half cupful of sugar, one cupful of molasses and 1 1/2 cupfuls flour. Heat one-half cupful of milk and one-half cupful of butter, then add one teaspoonful of soda. Combine the mixtures and beat thoroughly. Add four well-beaten eggs and beat again. Steam in a buttered pudding mold three hours, or bake 1 1/2 hours. Serve with creamy sauce.

To Keep Silver Bright.

To keep silver bright that is not in use, lay a piece of gum camphor in the drawer or box in which the silver is kept, and you will find that the silver will not require so much polishing.

Fundamental Principles of Health

By ALBERT S. GRAY, M. D.

(Copyright, 1914, by A. S. Gray)
MANUFACTURE OF MALT.

The more we investigate the causes which have made each individual what he is today the more we become convinced that every being has afflictions which link him with the whole past; that there is a continuity of germ plasma and also of protoplasm which goes back to the very beginning of life on this globe; and that if we could only know all the factors which are concerned in producing any single organism, however simple it might be, in all its relations and proportions, we could explain the universe from top to bottom and evolve an infallible remedy for all our ills. Consequently the study of the beginning of life in any organism is immensely interesting and illuminating to such of us as are not egotists; and do not insist on learning in the most expensive of all schools—that of personal experience. Hence, the open minded study of the manufacture of malt should be most suggestive and instructive.

Any live seed or grain can be malted; and barley, oats, rice, wheat, rye and maize are used, but because of its flavor and other important qualities barley is the prime favorite for this purpose. The average time required to malt barley is 12 days. The operation is started by "steeping" or soaking the barley corns in tanks of water for about forty-eight to seventy hours.

Steeping the grain does not consist merely in the taking in of a certain amount of water, but is necessary in order to bring about germination, and to do this the water must remain within the corns for a certain length of time. It is quite possible to force the necessary amount of water into the grain in less time than the forty-eight to seventy hours given to the steeping process, but the grain is not "steep-ripe" until certain changes initiated by the water have taken place, and it requires a definite amount of time to bring these changes to completion. When "steep-ripe" the corns contain about sixty per cent water; at the same time about 1.5 per cent of matter has been removed from the grain in the water drawn off, and the total volume of the seeds has been increased about twenty per cent as the result of the water absorbed.

After the barley is removed from the steeping tanks it is made up into rectangular heaps sixteen to twenty inches deep known as position No. 1, or the "couch," the object of this being to enable it to gather heat and start active germinating. It usually remains in couch twelve to twenty-four hours, or until the interior of the heap registers a temperature of 60 degrees Fahrenheit. At this point the barley is moved to position No. 2, or "young floor," and there thinly and evenly spread in order that it may be controlled. When germination begins enzymes are secreted and these act on the reserve material, starch and proteins of the endosperm, converting them into simpler compounds, capable of diffusing to various parts of the growing germ.

But the limited germination which constitutes the mashing process retains all the soluble compounds in the finished malt. Starch and the proteins are reformed, the former being deposited in the tissues of the germ and the cells of the scutellum which previously were almost free from starch; the protein matter deposited in the latter disappears to a considerable extent and the protoplasmic content of the cells constituting the root which protrudes from the base of the germ.

After the first rootlet has broken through the ends of the sheath it is followed by others until there are perhaps five or more. The cotyledonary sheath, or seed leaf, begins to elongate on the third or fourth day of germination and ruptures the true covering of the grain; it then grows upward between this and the husk and forms the acrospire, or "apire" of the maltster. The temperature during six or seven days is kept down to about fifty-five degrees by turning or plowing the grain about every six hours.

About the eighth day the grain is moved to position No. 3, known as "old floor," where it is spread thinly and slowly allowed to dry for the purpose of withering its roots. At this stage the acrospire should be about three-fourths the distance up the corn. The treatment now requires thickening the piece up to about ten inches. The rootlets now having withered and died off, the temperature increase resulting from thickening the grain piece is accompanied by little if any increase in the growth of the acrospire, the action being confined chiefly to the mellowing of the grain by the enzymes. Under normal conditions the temperature in "old piece" is allowed to rise as high as about seventy degrees during the six hours previous to loading it into the kiln. At this stage the moisture content is about forty per cent and it is easily possible to break down the corn between the thumb and finger; the grain is soft, mealy and soluble; it is mostly digested. The next stage consists in loading the malt into the kiln and there thoroughly drying it to stop all further digestion, then roasting it for the desired flavor.

Just why water produces these profound metabolic changes in raw grain, releasing the energy stored therein; by the sun and causing it to follow in orderly manner step by step the many stages necessary to repeat the evolution of the grain in another plant life, we do not know. That is as much a mystery to us as is the development of life in an egg by the heat from a kerosene lamp, or the birth of a human individual. But we do know that the same principles are involved in all three forms of life, the only difference being one of degree. We do not know why or how these phenomena take place, but we do know that the slightest interference with the normal process prevents the completion of the evolution.

Animal life is but a continuation of plant life, a part of a cycle, but a cycle in which the animal is dependent on the plant, not the plant on the animal. Animal life can not exist without plants. Therefore, in consuming deficient plant food, we are cutting our life chain.

In this fact will be found the reason for the effectiveness of malt tonics in low states of vitality. Coating practically all these vital elements, malt supplies in part what our food has been deficient in, and is exceedingly valuable as an emergency food.

HORMONES.

Taken from the Greek language and meaning to arouse or excite, the word "hormones" is intended to designate a series of chemical bodies manufactured within the cells of one organ and entering the circulation to excite or stimulate distant organs into activity.

It has generally been supposed that the digestive functions were carried on solely under reflex nerve control. But Edkins in 1906 carried out a series of experiments to determine whether a chemical mechanism was not also account for the secretion of gastric juice, which is excited by the introduction of substances into the stomach. In a series of carefully controlled observations it was proved that the mere introduction of a neutral solution into the stomach caused no secretion of gastric juice and that there was no absorption of the solution, the latter having the same bulk and the same neutral reaction as the solution originally introduced.

The injection of peptone, of acid, of broth, or of dextrin into the blood stream produced no secretion of gastric juice, but if in the course of the hour during which the fluid was allowed to remain in the stomach a solution made by boiling mucous membrane from the pyloric end of a stomach with water, or with acid, or with peptone, was injected into the blood stream at intervals of about ten minutes, then the fluid withdrawn from the stomach at the end of the hour was found to be distinctly acid and to have protein digestive powers—that is to say, it now contained hydrochloric acid and pepsin.

Similar solutions made from the cardiac end of the stomach will not produce any secretion of acid and pepsin, and this is held to prove that the pyloric end of the stomach produces a substance which is absorbed into the blood stream and carried to all the glands of the stomach, where it acts as a specific excitant of their secretory activity. This substance has been called the gastric "secretin"—it is what Starling named a "hormone."

This substance is produced in that portion of the stomach where the process of absorption is most pronounced, and it stimulates into activity that portion of the stomach which is under direct nerve control.

Normal gastric secretion appears to be due to two co-operating factors. The first and most important is the secretion arising from nerve impulses produced through the pneumogastric nerve and originating in the idea of food in the higher parts of the brain, from the sight of food and by the stimulating of the mucous membranes of the mouth. The second factor provides for the continued secretion of gastric juice long after the mental effects have disappeared. This is chemical and depends on the production in the cells at the pyloric end of the stomach of a specific stimulant or hormone, which being absorbed into the blood is carried to all parts of the body, where it acts by exciting all the various glands concerned in the digestive act.

The researches of Pawlow and others seem to indicate that the quantity and the properties of the secretions vary with the character of the food eaten. The quantity of the secretion varies also, other conditions being the same, with the amount of food to be digested.

On a given diet the secretion assumes certain characteristics, and Pawlow is convinced that further work will disclose that the secretion of the stomach is not caused normally by general stimuli affecting it all alike, but by specific stimuli contained either in the food or produced during digestion from the food contents the action of which is of such a kind as to arouse reflexly the secretion best adapted to the particular food ingested. Undoubtedly this is due to the hormones in the general circulation.

Another significant hint of this action is furnished by the experiments of Starling and Lane-Clayton on the mammary glands. These investigators found that the extracts made from the body of the fetus when injected repeatedly into the blood stream of a virgin rabbit caused a genuine development of the mammary glands, closely simulating the growth that normally occurs during pregnancy. Similar extracts made from ovaries, placental and uterine tissues had no such effect; hence, they conclude that a specific chemical substance, a hormone, is produced in the fetus itself which being absorbed into the maternal blood acts upon the mammary gland stimulating it to growth.

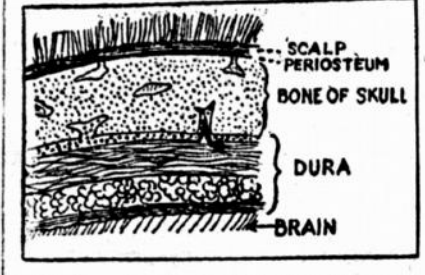
There is indisputable evidence of the existence of similar bodies which determine the secretory activity both of the liver as well as of the intestinal glands. Obviously these substances must be derived from the general food supply, and therefore, it is easy to grasp the significance of Funk's statement that the vitamins, those complex nitrogenous molecules contained in the germ and the bran coats of seeds and grains, are the mother substance of the hormones.

WORSE THAN DEATH DIED FOR AN IDEA

Epilepsy Follows Certain Injuries to Head.

Blow That Causes Unconsciousness for Long Intervals Practically Defies the Best of Surgical Skill, Says Famous Doctor.

"I have often said that I had rather die than receive a blow sufficiently severe to render me unconscious for a considerable period of time," said Dr. John B. Murphy during an operation on the head of a young man who had been suffering from epileptic fits, which came on three years after he had been struck on the head by a baseball and knocked unconscious for about half an hour.



Diagrammatic section of the coverings of the brain to show the dura that is injured by a blow.

"A blow which merely fractures the skull without producing unconsciousness, such as that from a sharp instrument," continued Doctor Murphy, "is not nearly so serious a condition, from the point of view of future possibilities, as that following the blow of a blunt instrument which renders the patient unconscious."

Doctor Murphy went on to cite several cases, one of a man who had been thrown from a sleigh against a telegraph pole and remained unconscious for three weeks. He had no further symptoms for about three years, when he began having convulsions. Another was that of a young man who had fallen from a window to a stone pavement when a baby. His "fits" did not begin until twenty years later, and he had been a precocious boy at school and a successful business man.

Doctor Murphy believes that such blows cause an injury to that coating of the brain which is called the dura. The brain itself is uninjured. Then something arises—worry or extra hard work or something of that sort—which brings on irritation where the dura was injured. The precise cause is uncertain.

Some of these cases can be cured by an operation in which the skull is opened and the dura at the place of injury removed, but only about one case in twenty gets well and stays well. That is why Doctor Murphy would rather be killed outright than suffer such an injury. For the victim is almost certainly destined to become an epileptic.

Mouse's Nest in Skull.

The mystery of the cheeping noises in the valley chamber of commerce has been solved. In the display room is a graphic exhibit. There is a skull of an unknown man found on the Colorado desert. Beside it is a stalk of cotton raised in green Imperial valley. The cotton was raised where the skull was found.

For several days queer noises were heard in the room but the cause baffled Secretary Place and other officials. Finally, W. H. Compton, a director and lecturer for the exposition at San Francisco, decided upon a minute search, and in the skull he found a mouse. It had taken some of the cotton and started a nest.

"That man probably did not have rats in the garret, but he certainly has now," commented a man just from Iowa, who was in the room.—El Centro (Cal.) Dispatch to the San Francisco Bulletin.

Wanted Football Results.

The New York Evening Post relates a story told in England of Captain von Muller, late of the Emden. One night while the British cruiser Yarmouth was escorting a merchant ship out of Singapore, the wireless operator received calls from a ship some distance away. He answered them, and to his surprise found that he was in communication with the German cruiser Emden. The transmitted message was as follows: "Captain von Muller and the war-room mess send their compliments and would be obliged if the Yarmouth would let them have the result of the inter-regimental rugby football match." The result was duly given, together with an intimation that it would not be very long before the captain of the Emden and the ward-room mess would have the opportunity of a personal attendance at all field and track events in England.

International Credits.

The credit system is a part of international as of national trade. Germany won much business in South America by giving long credits. The retailer in South America usually does not receive cash. This credit plan is by no means best, but if our goods are sold to responsible buyers, better that we sell on credit than not to sell at all. Long credits seriously diminish the profits of much American business. Establishment of American banks in South America will help our Pan-American trade.—Lewiston (Me.) Journal.

Survivor of Old Times.

One survivor of times gone by was discovered lately at Woodlawn cemetery—the resting place of this city's once wealthy dead. There is an old woman resident at the lodge gate who can be engaged to toll the bell for the departed. As the funeral cortege passes into the grounds the chapel bell begins solemnly to toll, one stroke for each year of the life of the deceased.—New York Times.

Extracting Benzene From Coal.

M. Vidstrand, a Stockholm engineer, has invented a process of extracting benzene from coal by electricity at a much lower cost than that of present methods.

Remarkable Act of Misguided Hindu Fanatic.

Intended to Show Loyalty to British Rulers by Hanging Head Downward, and Actually Lived Thus for Twelve Days.

This man hanging head downward, when his photograph was taken, was in the best of humors and doing the unusual stunt because he liked it, and because he wished thus to honor the royal visitors from England. He was an East Indian fakir, and gave this remarkable performance in Lahore.

The fealty of the Hindu princes, who are eager to help England in the great struggle with money and men, has caused some surprise among those who have been reading from time to time about the "menacing unrest in India." That this man who cheerfully sacrificed his life in honoring, in his own peculiar fashion, a royal visit may be typical of a great number of faithful subjects of the British empire is indicated by a recent writer.

Other things done for the prince and the princess of Wales—now the king and queen of England—on their visit to India may have been more impressive from a spectacular point of view, but none could have been more sincere than that of this unnamed fakir.

"In an ecstasy of loyalty," writes a correspondent, "he hung himself up by his feet directly he heard that the prince and the princess of Wales were to visit India, the act being designed to prove his gratitude for the



From a Photograph Taken While the Fanatic Was Hanging.

honor paid to his country. He intended to remain suspended until the arrival of the royal pair, but succumbed under the self-imposed ordeal at the end of 12 days."

Plural Titles.

All peers above the rank of baron are pluralists in the matter of titles, but the Duke of Buccleuch, who has just died, was a pluralist even in dukedoms. His forbears married the daughters and sisters of kings, and he himself was a lineal descendant of Charles II, to whom the family owed the highest title. Charles, the Duke of Monmouth, married Anne Countess of Buccleuch, and on their wedding day Anne—the duchess in "The Lay of the Last Minstrel"—persuaded Charles to make them Lord and Lady Scott of Whitecheter, Earl and Countess of Dalkeith, and Duke and Duchess of Buccleuch. To the third duke came in 1706 another dukedom, that of Queensberry, and the late, the sixth, duke held them both, together with a marquessate, four earldoms, three viscounties and four or five baronies.—London Chronicle.

Restricting Growth of Cotton.

A law has been passed in South Carolina that provides that no planter shall have more than one-third of his cultivated area in cotton, and placing a tax of \$25 for each acre evasion of the law. All sheriffs, district attorneys, and other state and municipal officials are made responsible for the carrying out of this statute. As a result South Carolina is already beginning to diversify her crops, and it is said that her farmers are now sowing wheat and oats in greater quantities than ever before in the state. In some cases the people are not waiting for the cotton crop to be harvested, but have sown their grain between the rows of cotton plants.

Dummy Rows a Boat.

R. E. C. Weir of 287 Baldwin avenue, South Ozone Park, Woodhaven, Long Island, has invented a mechanical rowboat. In this boat a dummy, in the representation of a person, is pivotally supported and adapted to be oscillated by a connection with a spring or other motor, mounted on the hull near the stern, or otherwise, while the dummy consists of an arrangement of pivotally connected parts to permit a natural movement as in the act of rowing, there being oars attached to the arms of the dummy to cause propulsion of the boat.—Scientific American.

Just Getting Wise.

Senator Borah of Idaho recently bought a motor car. Borah has never before undertaken to operate any mechanical device more complicated than a monkey wrench or a wheelbarrow. After he had succeeded in reaching home without getting maimed he took a long breath and remarked solemnly to his wife: "When I became a United States senator I thought I had taken on grave responsibilities. Why, I didn't know what grave responsibilities were!"

Laura Jean Libbey's Talks on Heart Topics

THEY WOULD BE MOVIE STARS

The world is filled with folly, and sin, and love must cling where it can, I say, for beauty is easy enough to win.

It is wonderful what a hold moving pictures have taken upon the hearts of girls.



They pick out their favorite actresses and silently worship at their shrine evening after evening.

Work in factory or shop looks hateful to her when she is possessed of this craze. Managers are besieged with just such stagerestricted applicants.

A fortnight in the harness is usually quite enough to dispel her brilliant delusions. The soul of the amateur is filled with terror at the thought of climbing out of the window of a room apparently on fire and dropping into a net below.

It's hustle, bustle, hustle from early morning till late at night. Rehearsals are long and tedious. The star must make her meaning known by action.

MEN WHO SHOULDN'T BE INVITED TO CALL

Cupid from his favorite nation Care and envy will remove; Jealousy that poisoned passion, And despair that dies for love.

It is a pleasure for young women to make new acquaintances, especially when they are of the opposite sex and agreeable. It does not follow that they should be invited to her home on a five minutes' acquaintance.

Under such circumstances, a man with a glib tongue can ingratiate himself into the good graces of many a thoughtless girl. As he has been properly presented to her through an introduction, she imagines that it is quite the correct thing to invite him to call upon her.

hears that the other girl is engaged to him. His new flame likes him immensely but she will not give her heart and hand to him until she finds out something about him.

It doesn't take a man long to read another man aright. The affable young stranger is found to be a profligate and fortune hunter, with all the evil traits attending such a life.

WINTRY NIGHTS' WOOLING.

We cannot fight for love as men may do. We should be woold and were not made to woo.

To win thy love, my bashful suitor; Who fears to ask her hand doth teach to deny'd.

The most-to-be-dipped young man is he who has no sweetheart when the dear old wintertime rolls round. His most intimate chum plays him false, when it depends upon him as a companion to accompany him hither and thither.

All of his friends have the same reason to offer. They all would a-wool on go on a wintery evening. The young man who sits down in his hall bedroom wondering if he will go out somewhere to pass the time away, begins to envy his friends for the first time.

In despair, he rushes to the telephone and calls up every girl he has the slightest acquaintance with. Each and every maiden has some excuse to offer as to why she cannot be home to receive him.

CURIOUS CONDENSATIONS

Canada's cultivated area in 1911 was \$2,404,110 acres.

Japan's 1913 foreign trade was valued at \$678,222,146. Imports, \$363,266,960.

One hundred and ninety-seven nurseries, embracing 619 acres of nursery stock, are licensed in Wisconsin.

The main anchor of the German liner Imperator is the largest in the world. It weighs 26,445 pounds. Experiments in cotton growing have been successfully made recently in southwestern Spain.

Dr. Marden's Uplift Talks

By ORISON SWETT MARDEN.

PREACH THE DOCTRINE OF CHEERFULNESS.

Mr. Paul Polret, the well-known Frenchman who visited our shores last fall, carried away some not very flattering impressions of our people and country—says we do not know how to laugh, or at least must be "made" to laugh.

Even in our sports we are serious, says M. Polret. "Those who take part in them do it as soberly and as intensely as if it were an act of business. And the spectators! They might be watching a man being tried for his life. They could hardly look more concerned if they were."

Many people give us the impression that the famed Damocletian sword of pain, suspended by a thread, hangs over them constantly, ready to fall and pierce them at any moment, even in their joys and pleasures.

The American people as a rule take life much too seriously. They do not have half enough fun. Europeans look on our care-worn, solemn-faced people as on pieces of machinery run at forced speed and which squeak for lack of oil.

"I question if care and doubt ever wrote their names so legibly on the faces of any other population," says Emerson. "Old age begins in the nursery."

Why take life so seriously, anyway? A lot of play will not only improve your health, but increase your efficiency wonderfully. If a man is living in a perfectly normal way he ought not to have, as so many have, a haunted, hounded look, as though he suspected either a policeman or a detective were on his track.

TRAGEDIES CAUSED BY THE TONGUE.

They had "heard rumors and become frightened." This was the only reason the panic-stricken depositors would give for their mad rush on the bank for savings in New York a few days ago.

The silly gossip of a servant, it was thought, started the rumor that the bank was in difficulties. Although its president stated that the deposits were ninety-seven million dollars, nearly eleven millions of a surplus, and that the largest banks in New York had offered to come to the rescue with fifty million dollars if necessary, yet thousands of men and women crowded one another in their frantic haste to get their money out of one of the soundest institutions in the country!

The whole fabric of the business world hangs upon confidence. Our vast credit system depends absolutely upon it. Anything which throws the slightest suspicion upon it causes disaster. Nothing else is so sensitive as confidence. And there is nothing that does this more than the tongue.

ing quite so malignant in its power to destroy it, to blast everything it touches, as rumor, the baseless gossip of idle or malicious people.

Sometimes the least breath of suspicion will seriously injure a man's credit which it has taken a lifetime to build up. It has often made havoc of a woman's reputation.

One of the cruelest things that a human being can do is to peddle gossip, to pass along slander, or even a true story which tends to injure another, or to put him in an unfavorable light. It is fatally easy to say things which will cause lifelong wounds, and many people are so careless with their tongues!

Only a short time ago a woman in Brooklyn was driven to suicide by the gossip of her neighbors. They told her that her husband was paying attention to other women; and although he assured her that he was doing nothing of the kind the gossips succeeded in making her so jealous that she poisoned herself.

I know people who would never forgive themselves for striking another with their hands, but who do not hesitate to stab an absent person in the back with an unkind, uncharitable, cruel remark, or to spread a bit of slander which may have disastrous effects on the victim.

Some years ago this headline appeared in a New York daily: "Georgia Cayvan Dies on a Sanatorium Cot! Falsehood Ended Her Career." Miss Cayvan was an actress. She began her career by reading selections from Shakespeare to customers in her mother's "candy store" in Bath, Me. Later she graduated from the School of Oratory in the Boston university and attracted the attention of Daniel Frohman, who brought her to New York. In a short time she became a star, and one of the most popular actresses in New York city.

Her beauty, brilliancy, vivacity and remarkable talent made her such a favorite that those envious of her began to reflect upon her character. A scandal was started which so preyed upon Miss Cayvan's sensitive mind that she fell into melancholy and never returned to the stage. Although it was proved that the actress was in Europe at the time of the scandal in this country with which her name was falsely connected, and notwithstanding the fact that her character received a sweeping vindication, yet the wagging tongues continued to peddle the scandalous gossip until her melancholy developed into paresis, and finally put her beyond medical aid.

There are thousands of people in the great failure army today who might have been a success but for the gossip and the unkind criticisms of companions or neighbors, the scandals, calculated by the thoughtless or evil-minded unnerved them. They lost heart when even those they thought were friends stabbed them in the back and they gave up the struggle.

We probably have all of us come to points in our careers when it would not have taken very much to have discouraged us and turned us to the other way. Who can ever estimate the number of failures, the wrecks, that have been caused by gossips? How many people have been driven to suicide by cruel slander? How many people have become disheartened and have laid down their burdens and given up the struggle because their sensitive natures could not stand the strain of misrepresentation?

MAKING THE MOST OF LAMB

Housekeeper Will Find This Arrangement a Help to the Cutting of Her Bills.

Every housekeeper is on the lookout to save in these days of high cost of living, especially in meats. Here is one way to save mutton or lamb. If, on Saturday, a forequarter of mutton or lamb is purchased, weighing from seven to ten pounds, it should be divided as follows: Shoulder, neck, breast, French chops, bones and trimmings. The shoulder is boned, pocket cut for filling, that makes the roast; stuffed shoulder of lamb or mutton for Sunday dinner and cut cold for Monday luncheon or supper.

Then the neck is boned with the shoulder bone and trimmings, making two quarts of lamb broth, to be used for soup for Monday's dinner.

The meat is trimmed from the neck bones for lamb croquettes, meat salad or loaf. The breast is stewed, or curried with rice. The choicest part is left, that is, one dozen frenched lamb chops.

Of course, you must be able to tell your butcher just how you want it cut and trimmed. The chops are frenched, chine removed, but the chops are not cut apart. That is left for the housekeeper to do, cutting just as needed. The trimmings from the chops are boned with the neck and bones, strained, and when cold all fat is removed and clarified for drippings.

From this forequarter you have the following dishes, always for four persons: Roast stuffed shoulder, hot for Sunday dinner. Roast stuffed shoulder, cold for Monday, with soup (two quarts for soup stock). Lamb croquettes or meat loaf for Tuesday. Stewed or curried lamb for Wednesday. Lamb chops which can be kept for Thursday.

POLISH FOR COFFEE BOILER

By the Use of Oxalic Acid the Utensil May Be Kept in the Best of Condition.

A shining copper hot-water boiler adds much to the appearance of a kitchen, as all housekeepers know. The boiler may be kept in a state of brilliancy by the use of a solution of oxalic acid and water. Five cents worth of the acid dissolved in a quart of warm water will last through many cleanings days. Best results are obtained by applying the solution to a warm boiler. After one application of the solution the boiler should be gone over with a cloth wrung out in warm water and then polished with a dry cloth.

The best part of the process is that no "elbow grease" is required. In a few minutes a dull, grimy boiler becomes bright and shining with but little effort. All copper articles not having a lacquered surface may be cleaned with this solution, and it also serves as a brass polish. Keep in a safe place, as oxalic acid is poison.

Cocoanut Candy.

Remove the shell from a half a cocoanut and shred or shave it with a silver knife. Spread it on dishes in the open door of an oven until it is soft and elastic. Desiccated cocoanut can be used instead, but the fresh sort is better. Then boil a cupful of molasses and a cupful of sugar, brown or white, a teaspoonful of vinegar and a tablespoonful of butter. When this is cooked enough so that it is brittle when dropped in cold water add the warmed cocoanut and pour into buttered dishes. Mark into squares when it is thick but before it is cold.

Peas, Normandy Style.

Cut one piece of pork or bacon (large slice will do) into small diced pieces. Put into pan with three or four onions and fry very gently. When sufficiently brown, add liquor from can of peas to cover onions and cook until tender. Then add peas with salt and pepper, and heat through and through. Thicken by stirring in well-beaten yolk of egg and serve in a covered dish. This is simply delicious.

Soft Ginger Cookies.

Cheap and good. One cupful of molasses, two-thirds cupful of lard, two-thirds cupful sugar, two-thirds cupful hot water, one teaspoonful ginger, two dessert spoonfuls of soda and one dessert spoonful cream of tartar. Put the molasses in mixing bowl first, then add cream of tartar and soda. Add also a pinch of salt and flour to roll. Cut out and bake. Do not roll too thin.

Crust for Chicken Pie.

The ingredients are three cupfuls of sifted bread flour, three teaspoonfuls of baking powder, one-half teaspoonful of salt, one-half cupful of lard and butter, one cupful of milk. Sift all dry ingredients together. Rub in the shortening with finger tips, then stir in the milk, using a fork and handling it lightly. As soon as combined place on floured board and with a rolling pin pat into the required size.

Adam's Pudding.

Butter a pudding dish; pour in one and one-half pints of milk. Set on back of the range and add one cupful bread crumbs, one tablespoonful butter, one saltspoonful salt, yolks of three eggs, two cupfuls chopped apple, one teaspoonful vanilla and sugar to taste. Bake until apple is done and custard firm. Put meringue on top, brown, etc., and serve with liquid sauce or cream.

Best Relish.

Cook beets the same as for the table. One quart of beets chopped fine, one quart of raw cabbage chopped fine, one cupful grated horseradish as prepared for the table, one cupful granulated sugar, one tablespoonful of salt, one teaspoonful black pepper. Vinegar enough to mix well.

The Kitchen Cabinet

Talk not of temples, there is one Built without hands, to mankind given: Its lamps are the meridian sun And all the stars of heaven, Its walls are the cerulean sky Its floor the earth so green and fair. The dome its vast immensity: All nature worships there. —David Vedder.

THINGS TO REMEMBER.

When lettuce has been seemingly hopelessly wilted, it may be resuscitated by giving it a cold bath, shake off the water and put it into a tight dish or pail. Put on the cover and put into a cold place for an hour or two when it will be crisp and fresh again. Parsley may be treated as satisfactorily in the same way. A coffee can with a tight cover is a good receptacle to use for this purpose.

Keep newspapers handy to wipe and rub the kitchen range; they may then be burned and out of the way. Don't forget to throw out crumbs these snowy days for the birds, because all their food is covered with snow.

Cover work tables with zinc, and save much labor of scouring. To keep a piano in good condition, rub with the following polish: A cupful of water, a half cupful of turpentine, and a half teaspoonful of alcohol. Follow this with a brisk rubbing with a dry cloth or chamois.

When cutting celery for salads, lay a half dozen stalks on a board and cut with a sharp knife in half the time it takes to cut each stalk separately.

When dicing potatoes, mark off the top in squares, then slice and each piece drops of the right size with one cut of the knife. When packing delicate china or cut glass, wrap each piece in bright paper or tie with a red or green string so that none may be overlooked or broken in the unpacking.

In putting away the linen place the freshly laundered under the pile so that it may get even wear as the linen is taken from the top when needed. Other ways may be used, but care should be taken that each gets its turn of wear. Save the old grape baskets, keep them clean and fresh and have a neat little receptacle which may be made very festive with colored paper for various uses.

SALADS AND DRESSINGS.

The following salad will be one which will take the place of a meat dish. It is a salad and meat combined. Chop a pint of cold roast mutton and young cabbage. Soak a half-cupful of gelatin with a half-cupful of cold water, add a slice of onion to a pint of tomatoes, a half-teaspoonful of salt, a dash paprika and a drop or two of tabasco. Boil two or three minutes and strain. Garnish a mold with olives, put in a layer of cabbage, then seasonings and a layer of chopped nuts. Form the meat into a roll and place on top, surround and cover the meat with cabbage, then pour over the tomato, which has been mixed with the gelatin and is cold but not yet stiff. Stand over night and serve with lettuce and French dressing.

Honolulu Salad.—Place a slice of canned pineapple on a lettuce leaf, wash a cream cheese with one or two chopped red peppers, add a dash of salt and cayenne and form in balls, placing each in the center of each slice of pineapple.

Prepare a mayonnaise dressing and add to it two tablespoonfuls of soft-ened gelatin to a cup of mayonnaise. When it is getting stiff pipe the pineapple with roses of the mayonnaise.

Potato Dressing.—Press hot mashed potato through a sieve, add four tablespoonfuls of cream and the yolks of two eggs, hard-cooked. Rub until smooth and press through the sieve. Add a teaspoonful of salt, a teaspoonful of prepared mustard and two tablespoonfuls of vinegar, mix and cool. Use with fish. Celery, chopped onion and green red peppers are a great addition to any salad dressing, and is especially good if the salad is simply lettuce or sliced tomatoes.

An unusual and surprising salad is this: Hollow out small tomatoes and fill with sardines, well seasoned with lemon juice, turn upside down on lettuce and cover with boiled or mayonnaise dressing.

The Aftermath.

Inkblot—The war is bad enough, but what comes afterward is even worse. Smudgely—Yes, indeed; just think of the trouble we'll have dodging agents with books about the battles. And Food at War Prices. He—Be mine, I cannot live without you. She—Oh, go long; you've said that to many girls before. He—Yes, but not when eggs were 50 cents a dozen. Driven to It. "Poor old Slatersby! He's taking the gold cure again." "Why, can't he stop drinking?" "He married a woman whose sole accomplishment is her ability to mix cocktails." No Doubt. "Football is a game of endless possibilities." "So it is, and I dare say it offers more diversified hospital experience than any other game that is played today."

It is not a lucky word, this same impossible; no good comes of those that have it so often in their mouths.

Few things are impossible to diligence and skill.

UNUSUAL DISHES.

Try a small piece of cheese about the size of a hickory nut, added to each quart of oysters; stew a few minutes before it is served. It adds a delicious flavor as if cream had been added to the stew.

The long process of mayonnaise dressing making may be shortened to ten minutes by mixing all the dry ingredients with the yolk, then add one or two teaspoonfuls of oil and stir until thick. Repeat until all the oil is used, though after a half-cupful the last half-cupful may be added at once. Add the lemon juice after all is in. Moisten the half-teaspoonful of mustard to a paste with a few drops of cold water before adding the egg. This is the secret, together with adding the lemon juice last.

Oriental Dish.—Cook a half-teaspoonful of sliced onion in three tablespoonfuls of olive oil, add a cupful of tomato, a chopped green pepper, a teaspoonful of salt and a can of green beans. Cook until the onions are tender, about a half hour.

Sardine Balls With Cucumbers.—Remove the skins from a box of sardines, rub to a paste, add a teaspoonful of Worcestershire sauce, a dash of salt, a drop of tabasco, and form the paste into balls the size of a walnut. Peel cucumbers, remove the seeds after slicing and let stand in cold water to crisp them. Arrange a ball of the sardines in each slice and serve on lettuce with French dressing. Add a pinch of cinnamon to chocolate filling for cake or for chocolate or cocoa as a beverage.

Take the heads from cloves and fruit will not have the dark-stained look which is usual. Rice may be pressed into a pie plate and covered with fruit and a meringue and served as one does pie, making a most delicious and digestible pie for the children.

A delicious salad dressing for a potato salad is made by putting a cupful of celery, a green pepper and a small onion through the meat chopper, then adding this to the salad dressing, thoroughly mixed before putting over the potato.

Men must be taught as if you taught, them not And things unknown propos'd to things forgot.—Pope.

An open foe may prove a curse But a pretended friend is worse.

WHAT TO DO WITH COLD BOILED RICE.

Rice that has been well cooked and each grain stands up separate and distinct may be reheated by adding a little water or milk to it and let it get hot in a double boiler and serve with peaches and cream.

Rice Griddle Cakes.—Reheat rice with boiling water and press through a ricer. To this liquid rice add half a teaspoonful of salt to a cupful and a half of rice, the beaten yolks of two eggs, one cupful of flour, two teaspoonfuls of baking powder, and when well mixed fold in stiffly beaten whites of the eggs. Bake on a hot griddle.

Savory Rice.—For a cupful of cold boiled rice make a hot sauce of a cupful and a half of tomato sauce, two or three tablespoonfuls of grated cheese, four or five drops of onion juice, half a teaspoonful of chopped chili pepper, and salt and pepper as needed.

Rice may be added to almost any mixture used for breakfast gems, and will add to the palatability. Curried Rice.—A most appetizing dish of rice and finely chopped lamb or mutton, with curry powder, onion juice and the broth of the meat to moisten, baked in the ordinary escalloped method. Add butter for richness when putting in the seasonings.

Rice croquettes are a pretty accompaniment to many dishes. Make them in the form of a small nest and fill the hollow with bright jelly. The croquettes made in the ordinary way and mixed with chopped meat and rice will make a small amount of chicken or lamb so much farther.

Nellie Maxwell.

Return Voyage. Peggie—Oh, we are getting up a tug o' war team between the married and the single men. You are married, aren't you? Reggie—No. I've been senesick; that's why I look that way.—Judge.

It Never Stops. "Isn't it extravagant to have all these gas lights burning?" inquired his wife. "No," said her husband hopelessly. "We might as well have the light; the meter works anyhow."

A Stab in the Back. Good Little Sister—I pray every night for the war in Europe to stop; Practical Little Sister—You mean thing, how dare you? You know perfectly well that papa has bought wheat!—Puck.

Investigate. "Did you investigate this report of grafting by the men of the force?" asked the chief of police. "Sure," said the captain. "I asked them, and they said there's nothing to it."

HEALTH HINTS.

A. J. Booker, M. D. The greatest organization that has been perfected in these parts was launched a few nights ago. It is great because it does not deal with money, nor property, nor with any tangible commodity, but with the greatest of all things in the world, and that is social and civic rights.

George Woodson has gone around here for years saying that we must have everything that any other man has and many of us would not believe him until a man came from New York and said that he did not kick enough. Harvey Ingham says that if we accept places of inferiority and think that the policy of meekness will cause the other fellow to call us to our deserts we are sadly mistaken.

It takes a lot of weak kneed so-called leaders to apologize for faults and ask for half a loaf. That many of us are yet children is a fact; the same may be said of other people, but that is no reason that all of us are to be treated as children and weaklings because some of us are weak.

This movement must go. There are a few weak-kneed sissies who are sure to see the harm it can do. Watch those guys; they are the ones that have been pussy-footing off with the change at election time.

We elected Joe Brown president, because he is a friend of ours; we both honor and trust him. He may have faults; I know some of them, but there is one thing that he is not lame on and that is trying to see that they do not put it over on a black man.

We have lost ground here in Des Moines because we have not had men to stand squarely by the colors in season and out. Some of these fellows would walk to Valley Junction in a blizzard to curry favor with a white man and would not go across the street to tell a black man where to find a job.

NOTICE TO REDEEM FROM TAX SALE.

To Geo. Wright, the person in whose name the real estate described below is taxed: You are hereby notified that at a regular tax sale held in and for Polk county, Iowa, on December 4th, A. D. 1911, the following described real estate, to-wit: Lot No. four (4), block No. ten (10), Fairview addition, which is now in and forming a part of the city of Des Moines, was sold to C. D. Be Voice Royal for the year 1910, thereon, and a certificate of purchase was duly issued to him by the treasurer of said Polk county, Iowa, therefor, which certificate is now lawfully held and owned by F. Green.

That the time for redemption from said sale will expire and a deed for said lot will be issued to him by the treasurer of said Polk county, Iowa, unless redemption from said sale be made within ninety days from the completed service of this notice. Dated this 26th day of January, 1915.

W. L. Baugh, Agent.

NOTICE TO REDEEM FROM TAX SALE.

To Geo. Wright, the person in whose name the real estate described below is taxed: You are hereby notified that at a regular tax sale held in and for Polk county, Iowa, on December 4th, A. D. 1911, the following described real estate, to-wit: Lot No. five (5), block No. ten (10), Fairview addition, which is now in and forming a part of the city of Des Moines, was sold to F. H. Noble for the year 1910, thereon, and a certificate of purchase was duly issued to him by the treasurer of said Polk county, Iowa, therefor, which certificate is now lawfully held and owned by F. Green.

That the time for redemption from said sale will expire and a deed for said lot will be issued to him by the treasurer of said Polk county, Iowa, unless redemption from said sale be made within ninety days from the completed service of this notice. Dated this 26th day of January, 1915.

W. L. Baugh, Agent.

NOTICE TO REDEEM FROM TAX SALE.

To Nancy J. Smith, the person in whose name the real estate described below is taxed:

scribed below is taxed: You are hereby notified that at a regular tax sale held in and for Polk county, Iowa, on December 4th, A. D. 1911, the following described real estate, to-wit: Lot 25, block 11, Larison Place, now included in and forming a part of the city of Des Moines, Iowa, Polk county, was sold to the Des Moines Trust Co. for the year 1910, thereon, and a certificate of purchase was duly issued to him by the treasurer of said Polk county, Iowa, therefor, which certificate is now lawfully held and owned by F. Green.

That the time for redemption from said sale will expire and a deed for said lot will be issued to him by the treasurer of said Polk county, Iowa, unless redemption from said sale be made within ninety days from the completed service of this notice. Dated January 27, 1915.

W. L. Baugh, Agent.

NOTICE TO REDEEM FROM TAX SALE.

To Nancy J. Smith, the person in whose name the real estate described below is taxed: You are hereby notified that at a regular tax sale held in and for Polk county, Iowa, on December 4th, A. D. 1911, the following described real estate, to-wit: Lot 26, block 11, Larison Place, now included in and forming a part of the city of Des Moines, Iowa, Polk county, was sold to the Des Moines Trust Co. for the year 1910, thereon, and a certificate of purchase was duly issued to him by the treasurer of said Polk county, Iowa, therefor, which certificate is now lawfully held and owned by F. Green.

That the time for redemption from said sale will expire and a deed for said lot will be issued to him by the treasurer of said Polk county, Iowa, unless redemption from said sale be made within ninety days from the completed service of this notice. Dated January 27, 1915.

W. L. Baugh, Agent.

Biliousness and Constipation Cured.

If you are ever troubled with biliousness or constipation you will be interested in the statement of R. F. Erwin, Peru, Ind. "A year ago last winter I had an attack of indigestion followed by biliousness and constipation. Seeing Chamberlain's Tablets so highly recommended, I bought a bottle of them and they helped me right away." For sale by all dealers.

KEOKUK ITEMS.

Mr. Ginger Fields returned to his home in Chicago, after spending the holidays with his brother, Mr. Orange Fields.

Mrs. E. L. Goins spent a few weeks in Chicago attending the E. Burnham Beauty Culture school.

Mrs. E. L. Goins was entertained by the following: Mr. and Mrs. Lucius S. Lee, at a 6 o'clock dinner. Mr. and Mrs. Ed Vines entertained in honor of Mrs. Goins on New Year's day. Mr. and Mrs. S. Stewart entertained at a 6 o'clock dinner. The amusements of the evening were dancing and cards.

Leatha Johnson, Georgia Holly, Evelyn Frye and Thelma Smith graduated from the grammar grade to the high school January 22nd.

Mrs. A. J. Fields received the sad news of the death of her brother, Ben Bland.

The body of Wm. Vaughn arrived Sunday from Santa Fe, New Mexico. Mr. Vaughn is survived by his wife, sister, Mrs. F. D. Bland, and a brother of Minneapolis, Minn. Mrs. Bland was with her brother several days before his death.

Mr. George Bannister of Peoria and son, Arnold, of St. Louis spent Monday in the city.

Mrs. W. W. Gross has returned home from the hospital.

Mrs. G. L. Coleman has been on the sick list for several days.

Everybody attend the mission at St. Mary the Virgin on February 2-12. George Kelles, the colored undertaker, conducted a nice funeral at the "grim Baptist church on 14 Exchange street of Mrs. Speaks. Everything was satisfactory to the family and friends and he appreciates the patronage of his people to the greatest, and it also shows the appreciation of avenues open to the colored man.

OTTUMWA, IOWA.

The third and last of three sermons on amusements was delivered by Rev. Searcy on Sunday evening to a crowded house.

The Faithful Few met at the home of Mrs. M. Taylor, all the members being present. Mrs. B. Washington, Mr. and Mrs. J. Black, Mr. and Mrs. C. Andrews and Mr. H. Milton were visitors. The hostess served a three-course lunch.

Misses Leora and Edith Williams gave a party at their home, the occasion being the fortieth milestone reached by their loving mother. The guests had a very delightful time. The mother was the recipient of many useful presents. A six-course supper was served.

The Benevolent club met with Mrs. E. Marshall on the South Side Thursday afternoon.

The Sewing Circle of the Second Baptist church met at the home of Mrs. H. Green on Grant street.

The Young Girls' Embroidery club met with Miss Aline Johnson on Grant street.

Mr. J. Cheshire is on the sick list. The A. M. E. Sewing Circle will meet at the church Friday afternoon.

Mrs. H. Owens solicited a few friends, who gladly responded and purchased their pastor, Rev. W. A. Searcy, a beautiful pair of shoes.

Mrs. Anna Robinson is quite sick with a severe cold; not able to be out.

Mrs. Kitty Wagner and son, Earl, have returned from Chicago, where they were called by her son, Bert, who was met with a very painful accident, but is getting along nicely.

The young men had a rousing meet-

the Negro and 15th amendment. All seemed greatly interested and a large attendance.

The A. M. E. church has elected officers in their various auxiliaries and are ready for a year's good work.

Mrs. Addie Elliott entertained at dinner in honor of Mrs. B. Green. The table was laid for ten and a four-course dinner was served.

Mrs. B. Green has returned to her home in Keokuk, Iowa, after spending two weeks with her sister, Mrs. J. Harris, on Mechanic street.

Mrs. Emma Smith has been sick, but is able to be out.

Mrs. Bennett is very sick at the home of her daughter, Mrs. M. Clark, on Division street.

Reginald Clark and wife of Omaha are visiting at the home of his mother, Mrs. M. Clark, on Division street.

Mrs. Bessie M. Pertum and daughter, Marguerite Pertum, of Caldwell



Woman's Crowning Glory is Her Hair

Why not grow your hair by using

Mme. M. Beard Hair Grower

It removes dandruff, stops itching of the scalp and makes in grow long, soft and beautiful. Price 50c a box. Send stamp for pamphlet.

MME. M. BEARD AGENTS WANTED

619 So. 16th St. St. Joseph, Mo.

Stomach Trouble cured.

If you have any trouble with your stomach you should take Chamberlain's Tablets. Mr. J. P. Klote of Edina, Mo., says: "I have used a great many different medicines for stomach trouble, but find Chamberlain's Tablets more beneficial than any other remedy I ever used." For sale by all dealers.

Park were visitors at the home of Mr. and Mrs. Jim Anderson at Chillicothe, Mo, last Saturday between train time, en route to Monroe City, Mo., to see the remains of the former's mother laid to rest, who passed away very suddenly Friday a. m., and much

praise is given Mr. and Mrs. Anderson by Mrs. Pertum and daughter for their kind hospitality shown them while there.

Excellent For Stomach Trouble. "Chamberlain's Tablets are just for stomach trouble," writes Mrs. G. C. Dunn, Arnold, Pa. "I was bothered with this complaint for some time and frequently had bilious attacks. Chamberlain's Tablets afforded me great relief from the first, and since taking one bottle of them I feel like a different person." For sale by all dealers.

Fever Sores. Fever sores and old chronic sores should not be healed entirely, but should be kept in healthy condition. This can be done by applying Chamberlain's Salve. This salve has no superior for this purpose. It is also most excellent for chapped hands, sore nipples, burns and diseases of the skin. For sale by all dealers.

Green's Cafe The Old and Reliable Place to get good meals or lunches Ice Cream and Cigars 114 E. 5th Street Phone 4908 y E. Green, Prop. Davenport Ia

Complex advertisement for hair care products including 'HAVE YOU BEAUTIFUL HAIR?' and 'The Old Reliable Mme. Baum's Hair Emporium'.

Complex advertisement for 'The Love Regalia Co.' featuring 'Badges', 'Banners', 'Emblems', 'Regalia', 'Furniture', and 'Books'.

NOTICE OF SHERIFF'S SALE ON SPECIAL EXECUTION. State of Iowa, Polk county, ss. District court of Polk county, Iowa. Dr. R. A. Schwaner vs. P. A. Miller and Mrs. P. A. Miller.

By virtue of a special execution to me directed, issued by the clerk of the district court of Polk county, Iowa, in favor of Dr. R. A. Schwaner, and against P. A. Miller and Mrs. P. A. Miller, on a judgment rendered by said court on the 12th day of January, A. D. 1915, wherein it was ordered, adjudged and decreed that the following described property be sold to satisfy said judgment, to-wit: Lot twenty (20) in Glenwood Place, now included in and forming a part of the city of Des Moines, Iowa.

Now, therefore, public notice is hereby given that unless the said defendants appear at my office in Des Moines on or before the 26th day of February, A. D. 1915, at ten o'clock a. m. of said day, at which time said above described property is hereby advertised to be sold, and pay off the amount of said execution, with interest and costs, I will sell said property, or sufficient thereof to satisfy said execution, with interest and costs, at public outcry, to the highest bidder, at the east front door of the court house, in Des Moines, Iowa, for cash in hand to pay off said execution.

J. F. Griffin, Sheriff of Polk County, Iowa. By J. H. Kelley, Deputy. Sheriff's Office, Des Moines, Iowa. Date of first publication, January 22, 1915.

Published and printed by the Iowa State Bystander.

NOTICE OF SHERIFF'S SALE ON SPECIAL EXECUTION.

State of Iowa, Polk county, ss. District court of Polk county, Iowa. New System Dentists vs. D. M. Bowmer.

By virtue of a special execution to me directed, issued by the clerk of the district court of Polk county, Iowa, in favor of New System Dentists, and against D. M. Bowmer, on a judgment rendered by said court on the 12th day of January, A. D. 1915, wherein it was ordered, adjudged and decreed that the following described property be sold to satisfy said judgment, to-wit: The south two-thirds (2-3) of lot thirteen (13) of W. W. Jones' subdivision of block T, and the west half (1-2) of block S, in Holcomb's addition to Des Moines, now included in and forming a part of the city of Des Moines, Iowa.

Now, therefore, public notice is hereby given that unless the said defendant appear at my office in Des Moines on or before the 26th day of February, A. D. 1915, at ten o'clock a. m. of said day, at which time said above described property is hereby advertised to be sold, and pay off the amount of said execution, with interest and costs, I will sell said property, or sufficient thereof to satisfy said execution, with interest and costs, at public outcry, to the highest bidder, at the east front door of the court house, in Des Moines, Iowa, for cash in hand to pay off said execution.

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STANDER FOR CO. ... FRIDAY, JANUARY 29, 1915.

Send money by postoffice order, money order, express or draft, to the Iowa State Bystander Company, Des Moines, Iowa.

OSKALOOSA, IOWA.

(Special.) Hon. John L. Thompson, of Des Moines, Grand Master of the United Grand Lodge of Iowa, A. F. & A. M., paid his official visit to Maple Grove lodge, No. 16 Monday evening. Nearly the entire resident membership was present to receive him with the customary honors of the order.

In response to an invitation, Golden Star lodge, No. 4, of Ottumwa was represented by the following members: Hon. H. E. Williams, deputy grand master; Wells E. Fowler, W. M.; Luther Williams, J. D., and Bros. Geo. Gabrel and Raymond Clark. Other visiting brethren present were B. J. Hack, P. M. North Star No. 2, Des Moines; John A. Spencer of Grinnell, P. M., Eureka No. 20; and C. F. Topson, P. M., of Doric No. 30, Des Moines. Grand Master Thompson, upon taking the chair, proceeded to speak briefly of the condition of the craft in his jurisdiction, which he pronounced as harmonious and satisfactory in every way. He then received and inspected the reports of the officers of the local lodge and expressed himself as well pleased with conditions here. Bro. James Lloyd, W. M., then extended an invitation to the grand master to preside and confer the third degree upon a candidate who was in waiting, which he accepted, and after filling the stations with the visiting brethren, proceeded with the work to its completion. It was a fine exhibition of Masonic work, the brethren being all well informed and able to fill their stations with credit to themselves and the lodges to which they belong. At the completion of the work a short session was devoted to speech making that brought out some splendid sentiments on the Masonic fraternity and some flattering compliments to the local lodge by the visiting brethren, which were responded to by Brothers Barquet, Jones and Clark on behalf of the lodge. The work done, the lodge closed, a substantial lunch was served in the hall and for an hour the social and fraternal spirit was manifested by all, and with the words of "God Be With You Till We Meet Again" lingering upon their lips, they parted as all true Masons ought to part.

One of the unique as well as interesting and instructive features in connection with the "work" occurred when the grand master, thinking perhaps to catch the lodge lax in its discipline, asked to have the candidate brought into open lodge and examined before he advanced him. This was done and the candidate examined by the grand custodian on the second rank, and he not only answered every question, but then took up the questions and examined the grand custodian.

MARSHALLTOWN NEWS.

Rev. and Mrs. R. J. Roman have returned from a trip south, and Rev. Roman has taken up his work again as pastor of the Baptist church. All welcome them back.

The A. M. E. church has a thriving literary organization. Five candidates were initiated into the mysteries of Masonry last Tuesday evening.

Tuesday afternoon Mrs. G. R. Warn entertained about twenty ladies in honor of the fifty-fifth wedding anniversary of her mother, Mrs. Carrie Suter, and also to announce the engagement of her daughter, Miss Elvilda Geneva Warn, to Mr. Luther D. Lowery of Cedar Rapids, Iowa, the wedding to take place in the early summer.

The Lawrence Clifton Jones club will meet at the home of Mrs. G. R. Warn next Thursday.

Mrs. Spencer Simmons has returned to Des Moines, after a short visit with her mother Mrs. Roman.

ORIGINAL NOTICE.

Iowa, in and for Polk county. Iowa, in and for Polk county. March term, A. D. 1915. Decimer Price, Plaintiff, vs. Wm. Price, Defendant.

To Wm. Price: You are hereby notified that on or before the 18th day of February, A. D. 1915, the petition of the plaintiff in the above entitled cause will be filed in the office of the clerk of the district court of the state of Iowa, in and for Polk county, Iowa, claiming of you a divorce from the bonds of matrimony on the ground of adultery and desertion. And unless you appear thereto and defend before noon of the second day of the next term, being the March term of said court, which will commence at Des Moines on the 1st day of March, 1915, default will be entered against you and judgment and decree rendered thereon.

Dated this 22nd day of January, 1915.

S. Joe Brown, Attorney for Plaintiff.

Large advertisement for Chase & West furniture sale, featuring 'NOW, DURING OUR MIDWINTER FURNITURE SALE, MUCH OF OUR GOOD FURNITURE IS 1/4 LESS--SOME OF IT 1/2 LESS, AND MANY PIECES ARE REDUCED 1/2!' and listing various furniture items like dressers, chairs, and rugs.

Advertisement for 'NEW Elite Restaurant' located at 304 W. Grand Ave., Des Moines, Iowa.

Advertisement for 'New Restaurant' located at Miami, Ia., or old No. 10 Junction, Des Moines, Iowa.

Advertisement for '1914 Catalogue COLORED PEOPLES HAIR' by the 'Mania Hair Company'.

Advertisement for 'VIVIAN L. JONES Funeral Director' located at 619 East Court Ave., Des Moines, Iowa.