

IOWA STATE BYSTANDER.

VOL. XXI NO. 34

DES MOINES IOWA, FRIDAY, FEBRUARY 26, 1915.

Price Five Cents

CITY NEWS

Mrs. Geo. H. Morton, 1177 12th St., reported quite ill this week.

Mrs. Ernest McGuire who has been sick the past two weeks is slowly improving.

Mrs. R. A. Todd is quite ill at her home this week, suffering from an attack of the la grippe.

Mrs. Evelyn Kintchloe was called to her home in Shelby, Mo., on account of the illness of her mother this week.

The Callahan club met with Mrs. Wm. Rivers Wednesday evening.

Position Wanted by a lady to clean office rooms, working from 5:30 to 8:30 a. m. Call wal. 899 and ask for letter K

A musical entertainment will be given under the auspices of the Capital City Band at the Coliseum Wednesday evening March 10th.

The Altar Guild met at the home of Mrs. B. Carr. Next meeting March 8, with Mrs. Wm. Woods 1320 Day street. All members requested to be present.

For Rent—4 room house, 1440 Main St. Call at 511 W. 3rd; Phone Red 6589

Mr. and Mrs. Richard White of 1645 Buchanan street entertained Rev. H. A. Perry Wednesday evening the 17th. Mrs. Frances C. Rander and Mrs. Sallie Hodges recited some spicy selections of poetry.

Rev. H. A. Perry and members of the East Side A. M. E. church wish to express their heartfelt gratitude to Rev. Edward G. Jackson and his congregation for their attendance and assistance at the quarterly meeting last Sunday.

The Altar Guild club of the A. M. E. church met Thursday with Mrs. J. H. Pett on Park street. Mrs. Pryce read a very interesting paper on the club work. Next meeting with Mrs. Henry Taylor.

Mrs. Adam Dixon of 1056 Enos Ave., will be hostess to the High School Girls Glee club, Sunday from 4:30 to 6:30 p. m. Feb. 28th complimentary to Miss Edith M. Jones.

Mr. Emmitt Mickle of Kansas City, Mo., arrived in the city Thursday to visit his sisters, Mesdames Harry Allen, J. E. Ously and J. Hickman indefinitely.

Miss Jessie Renfro and her sister Miss Hattie of Ottumwa are visiting at the home of her auntie, Mrs. E. Yeager of 108 West 13th and their cousins Mrs. Thomas of Grand avenue and Mrs. E. Miller of Carney, Iowa.

The Willing Workers and Mite Missionary societies met at Mr. and Mrs. Jasper Coop's home Thursday Feb. 25. Both societies are auxiliaries of the East Side A. M. E. church.

Rev. H. A. Perry who has been confined to his room for several days is much improved and hopes to be about his regular pastoral duties within a few days.

Miss Ida Jackson, daughter of Mr. and Mrs. Green Jackson, 777 10th St., became the bride of Mr. Wm. Kyser Feb. 21st at the home of her parents on East 16th street, where they will reside in the future. They were showered with a host of presents by their many friends, after which the parents served refreshments.

Keep in mind the lecture of Mrs. Mary Church-Terrill of Washington, D. C., Wednesday evening, March 3rd. Mrs. Terrill is one of America's greatest lecturers, a brilliant woman, and a great scholar, having received her education in America and Europe.

Look! Look!

Special sale beginning Saturday, February 27th to March 6th, inclusive, for one week only.

Come and get your hair cut, shave or shine, and buy

- 7 Tom Keene Cigars for... 25c
- 7 Henry George Cigars... 25c
- 7 Armona Cigars... 25c
- 7 Black Label Cigars... 25c
- 7 Press Club Cigars... 25c
- 7 El Toro Cigars... 25c
- 7 She Cigars... 25c
- 7 Sunny Side Cigars... 25c
- 3 10-cent plugs tobacco... 25c
- 6 Granger Twists... 25c
- 8 of any 10-cent cans of tobacco... 25c
- All 10-cent Cigars; 3 for... 25c

Other things accordingly
LUTHER H. S. BROWN
229 Third Street
Barber Shop—Billiards—Cigars—Tobacco

The Dramatic Art club met Tuesday afternoon at the home of Mrs. Bailey on 11th street and studied chapters 6, 7 and 8 of the Book of Esther. Meet next week with Mrs. J. B. Rush, 1547 20th street, finish the book and discuss the topics "Mordchai," "Jewish Calendar," "Ahasuerus and his Palace," "Vashti."

The Triple H club met Feb. 23rd with Mrs. Richard Jones at Mrs. William McGruder, 1628 Carpenter avenue. Quotations from Dunbar; Life of Dunbar, Mrs. Richard Jones; Reading from Dunbar, Mrs. Wm. McGruder Remarks from members of club; report of Critic Adjourning to meet March 2nd with Mrs. J. A. McDowell, 909 8th street.

The Missionary society of Union Congregational church was entertained by Mrs. C. A. Clegg last Thursday at her home. Mrs. Wade H. McCree gave an interesting talk on the history of St. John Congregational church at Springfield, Mass., pastored by Rev. W. N. DeBerry. After the regular business the hostess served a three course luncheon.

The Grand Master, John L. Thompson, is out this week on his official visit in North-eastern and Eastern Iowa; ending up the week at Davenport Friday night Feb. 26. On Monday March 1st he will be in Clarinda; Tuesday March 2nd, Council Bluffs; Wednesday March 3rd, Omaha, Neb.; Thursday March 4th, Sioux City; Thursday March 11th, with Doric and Thursday March 18th with North Star Des Moines, Ia.

About thirty friends gathered at the home of Mrs. Yeager, 108 13th street on the 21st inst, and very pleasantly surprised Mr. George Griffith in honor of his birthday. A lovely time was enjoyed by all. The guests were entertained by Mrs. Moore of School street, Mrs. Thomas of West Grand avenue and Mrs. Miller of Carney. The out of town guests present were Miss Ollie Carter of Kansas City, Mo., Misses Hattie and Jessie Renfro of Ottumwa, Mr. S. Griffith of Orabur and Mr. James Alexander and H. Buttron of Carney. He received many beautiful gifts from his friends. The guests departed about 7.30 for their respective homes wishing Mr. Griffith a lovely birthday.

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Rev. Roberts

Sometimes we may meet a man for months and even years and do not learn the real aim of his life work. This is true in the case of Rev. J. E. Roberts, a very efficient Baptist minister, who came to our city about three years ago and has been working and occasionally preaching in different churches of our city. He is one of our good honest christian ministers who is deserving. He has a loveable wife and is in the field to fill any charge. He is a race man.

OBITUARY.

Mr. W. H. Mason, son of Mr. and Mrs. Geo. W. Mason was born in Memphis, Mo., June 16th, 1876 and died in Des Moines Feb. 20th, 1915. Besides a father and mother he leaves a brother, Prof. James L. Dammeron of Madison, Ind.; four sisters, Mrs. Margaret M. Lowry, Institute, West Va., Laura Dammeron, Bessie and Effie Mason of this city; two aunts, Mrs. Charlotte Nunn of Indianapolis, Ind., and Mrs. Mary Cheate of Mexico, Mo. The funeral was preached by Rev. T. L. Griffith at Corinthian Baptist church Wednesday morning and the remains were taken to Memphis, Mo., for burial in the family lot. Sympathy is extended to the bereaved family.

The death of Mr. S. Blakey of 1331 Crocker street occurred Tuesday morning at the Methodist hospital from blood poisoning. The deceased was 70 years of age and had lived here over 30 years. The funeral will be held today at Corinthian Baptist church, and will be preached by Rev. T. L. Griffith. Charity Lodge of Odd Fellows, of which the deceased was a member will have charge of the funeral.

He leaves to mourn his death a wife and four daughters, Mrs. Bertha Long of Des Moines; Mrs. Nellie Croft of Buxton and Gertrude and Ida of Chicago. Interment in Glendale. Friends extend sympathy in their bereavement.

A FORMER IOWA MAN.

One Time Slave Wins 41 Out of 61 Appeal Cases—Turner W. Bell, Negro Lawyer, Succeeds as Attorney in High Courts.

St. Louis, Mo.—Three judges of the United States circuit court of appeals listened with profound interest to the plea of a Negro attorney, a one-time slave, who appeared before them in the federal building here.

Probably few in the court room realized until he started his argument that a gray haired Negro sitting near the front was a noted lawyer who has appeared before every United States judge in the central district in many famous trials. The attorney, Turner Bell, represented three men who are confined in the federal penitentiary at Leavenworth, Kas., serving sentences on convictions of conspiracy in the famous structural iron workers' dynamiting cases two years ago.

Crowd Realize Experience. Bell fingered his brief as he sat listening to the arguments of Assistant United States District Attorney L. S. Harve of the eastern district of Kansas, representing the government.

He had spoken but a few words, however, when the crowd knew that such incidents evidently were in the everyday life of the Negro lawyer.

The men represented by Bell are white and were given sentences of six years at Indianapolis in December, 1912.

They were convicted of being implicated in more than one hundred dynamiting cases, including the destruction of the Times building in Los Angeles, in half of the states of the United States. They were at one time officers of the organization of which J. J. McNamara was a member and who is now serving a life sentence in California.

Bell represented the men in the United States district court in Kansas last July and was defeated. He appealed.

Lawyer's Chief Contention. Bell's chief contention is that the men could legally have been convicted on but one charge under the revised statutes of the United States and that the maximum penalty should have been but two years in the penitentiary or a fine of \$10,000. They were charged with having transported dynamite throughout the country and with the blowing up of a bridge at Indianapolis.

Bell has been a practicing attorney in Leavenworth twenty-eight years. His hobby, he said, is appeal cases.

In 1914 he filed sixty-one appeals in the United States courts, and was successful in forty-one of them. In but two cases were his clients Negroes.

Bell was born a slave in Tennessee. He was taken with his parents to Oskaaloosa, Iowa, when young, and earned enough money to carry him through a course in law. The day he was admitted to the bar at Leavenworth United States Judge Hook was in the court room, and Bell considers Judge Hook one of his best friends. Among famous appeals in which Bell has been successful was the case of Charles A. Stevens, a wealthy Ne-

gro boy of Kansas City, who stole a mail sack containing \$55,800. Stevens' sentence was reduced from ten to five years. As his fee Bell received \$13,000.—Chicago Daily Tribune, Sunday, Feb. 7th.

WIFE OF A DISTINGUISHED MAN DEAD.

Mrs. E. L. Scruggs Dies at Her Home, 410 East Euclid Avenue.

Mrs. E. L. Scruggs, wife of Dr. E. L. Scruggs, former pastor of the Calvary Baptist church of this city, but now pastor of the Mount Emory Baptist church at Jacksonville, died Saturday evening at 6:10 o'clock at her home, 401 East Euclid avenue. Mrs. Scruggs had been in failing health for the last nine months, but about one week ago contracted a severe case of pneumonia. In her weakened condition she was unable to withstand the strain.

Miss Hannah Ann King was born May 4, 1873, in New Bedford, Mass., and remained there until September 9, 1899, when she united in marriage to Dr. E. L. Scruggs, who was then president of Western college at Macon, Mo. She accompanied Dr. Scruggs to Macon, where she took charge of the music department of the college and remained there until 1906, when Dr. Scruggs resigned as president of the institution to come to Monmouth and was engaged as pastor of the Calvary Baptist church. Owing to a nervous breakdown in 1906, when Dr. Scruggs resigned as pastor on November, 1913. She then came to Monmouth.

Deceased was recognized as one of the best pianists of her race. She spent much time on her musical education. She was graduated from music at New Bedford, and had studied under some of the most noted musicians of the east. She assumed charge of the Calvary Baptist choir in this city and took an active part in all church work. She joined the Union church at New Bedford eighteen years ago when Rev. E. H. McDonald was pastor. She was united in marriage by Rev. McDonald and by her request he will officiate at the funeral.

One child, Bernice, thirteen years of age, one brother, Hubert King, of New Bedford, and one sister, Mrs. Estella Denison, of Plymouth, Mass., besides a large circle of friends, are left to mourn the death of Mrs. Scruggs.

The funeral was held Tuesday afternoon at 2:30 o'clock at the family residence, 401 East Euclid avenue, Monmouth. The order of services follows: Duet, "Face to Face," Mrs. Ford and Mrs. Barnett; scripture reading, Rev. Mr. Gardner of the Memorial Baptist church, Monmouth, prayer by the Rev. H. P. Lewis, A. M. E. church, Monmouth; solo, "Thy Will Be Done," Mrs. Carrie Bennett, Macon; obituary, Dr. J. Edgar Smith, Macon, Mo.; sermon, Psalms 23-40, Dr. E. H. McDonald, St. Paul, Minn.; resolutions, President J. H. Garnett of Western college, Macon, Mo.; words of condolence from Mt. Emory Baptist church, Jacksonville, Rev. J. W. Muse; solo, "Just For Today," J. Edgar Smith, Macon, Mo.

The floral offerings were very beautiful. Among the designs was a large clock sent by the faculty and students of Western college, an Italian harp from Calvary Baptist church, Monmouth, and a pillow from Mt. Emory Baptist church, this city.

Dr. Scruggs will arrive in the city Saturday and will fill his pulpit Sunday at Mt. Emory Baptist church.

COUNCIL BLUFFS, IOWA.

Rev. Manly, pastor of the A. M. E. church, preached an excellent sermon Sunday morning. On Sunday night the members of the literary societies rendered an excellent program.

The teachers will meet at the home of Mrs. Manly on Sixteenth avenue. An entertainment was given by the stewards celebrating George Washington's birthday the 22nd of February. In spite of the stormy weather it was quite a success.

Mrs. A. A. Green of 1108 South Eighth street is improving slowly. Mrs. J. E. Kennard of 1629 Avenue B is on the sick list.

Mrs. Walter Herndon had the misfortune of falling into the basement of her home at 2032 Eighth avenue Saturday evening while preparing supper for the family. She is suffering with a badly sprained knee. Her many friends hope for a speedy recovery.

Miss Hazel Steward, after two weeks' illness, is able to be out again. Rev. Moore is on the sick list at 2004 Seventh avenue.

Little Genia, Mrs. W. Herndon's granddaughter, is sick. Mr. L. I. Brockman is able to be out again.

Mrs. Moore, wife of Rev. Moore, has returned home, after spending three weeks in Lawrence, Kans., with her mother, who is sick.

Little Rosa Hopkins is better at this writing. Little Antoinette Estratta, daughter of Mr. and Mrs. Estratta of Seventh avenue, was christened Sunday a. m., February 21, by Rev. Manly, pastor of the A. M. E. church, at Bethel A. M. E. church.

Reason Enthroned. Because meats are so tasty they are

consumed in great excess. This leads to stomach troubles, biliousness and constipation. Revise your diet, let reason and not a pampered appetite control, then take a few doses of Chamberlain's Tablets and you will soon be well again. Try it. For sale by all dealers.

ALBIA NEWS.

Mrs. M. Grant of Keokuk accompanied Miss Marjorie Holbert. They were the guests of Mrs. Ed F. Butler while in Albia.

Mrs. Henry Jones, Mrs. G. A. Davis, Miss Bernice Jones and Miss Ada Davis visited at the home of Mrs. Nora Grayson in Hiteman on Saturday evening with a pleasant surprise on Mr. Bert Jones.

Mr. and Mrs. Pearl Thomas entertained Mrs. Oscar Roper and Miss Bertha Strauthers at lunch on Sunday afternoon.

Mr. John Lewis was an Ottumwa visitor over Sunday. Lawyer Geo. H. Woodson and Jas. Spears and Miss Bertha Strauthers, the stenographer, of Buxton, have been in Albia the past week on business.

Mr. and Mrs. Lou Morris entertained Mr. and Mrs. Willis Ritchie at 6 o'clock dinner Friday evening. Mr. Henry Bowman entertained the choir Friday evening.

Constable Tom Romy and Pierce of Buxton were in Albia today. Mr. Chas. Corthon of Hiteman attended services in Albia on Sunday. Rev. Neely of Lovilla preached a very interesting sermon at the A. M. E. church this morning.

The home of Mrs. Oscar Roper was the scene of much merriment on Thursday afternoon, February 18th, from 2 o'clock until 6 o'clock, when a company of about twelve ladies was invited to her home for the afternoon, Miss Bertha Strauthers of Buxton being the honored guest. At 5 o'clock a three-course lunch was served by the hostess.

Miss Della Davis and Mrs. G. A. Davis were at dinner at the home of Mr. Brittain Thomas on Sunday. Some sickness in our vicinity the past week. A few strangers seen on our streets.

MASON CITY, IOWA.

Mr. Arthur Gray, who is confined at the Park hospital, is reported no better at this writing. Mrs. Gray of Mississippi was called here to this city on account of the illness of her son, Mr. Arthur Gray.

Mr. and Mrs. Orphas Cabbell are the proud parents of a fine baby boy. Mrs. Cynthia Fisher, who has been on the sick list for several weeks, is some better at this writing.

Mrs. Cabbell of Des Moines was called here on account of the sickness of her daughter-in-law, Mrs. O. Cabbell.

Mr. and Mrs. Roy Bates beautifully entertained a number of their friends at a house party last Tuesday evening. The evening was spent in games, for which three prizes were offered. Mrs. Carr won first prize for the best drawn picture of George Washington. The prize was a beautiful hand-painted powder box. The second prize was won by Mrs. John Roberts, which was a lace handkerchief for the best folded paper hat. Mr. John Roberts won the third prize. The prize was a gentleman's handkerchief, for pinning the mule's tail on.

Rev. W. H. Wheeler, the district superintendent, arrived last Friday evening to hold the fourth quarterly conference. Rev. Wheeler pre an able sermon Sunday morning and evening. Seven additions were made to the church. Rev. Wagner of the First M. E. church preached the sacramental sermon, which was very good, and enjoyed by all who were there to hear him.

Mrs. Thomas Allen spent Saturday and Sunday in Fort Dodge visiting with her mother and father, who have been ill.

Mr. and Mrs. J. D. Reeler entertained Rev. Wheeler for dinner Saturday. An enjoyable time was spent. Mr. and Mrs. Smith and daughter of Hampton, Iowa, spent Sunday in Mason City. Mr. and Mrs. Smith

were the guests of Mr. and Mrs. Virgil Warren.

Miss Marie Hall was entertained at the home of Mrs. Williams on E. State street.

Mr. and Mrs. Chas. Brewton entertained Rev. W. H. Wheeler and Rev. and Mrs. F. D. Woodford for supper Saturday evening.

Mr. John Mitchell has resumed his duties again at the 5 and 10 Cent Store.

Mrs. L. Banning entertained Rev. Wheeler, Rev. Woodford and wife and Mrs. Cabbell of Des Moines for dinner Monday. A pleasant time was spent.

Mrs. Mary Bradford was reported on the sick list Sunday. Mrs. Fred Wright, who has been very sick for several weeks, is able to be up and around in the house.

Mr. and Mrs. H. Cabbell entertained Rev. Wheeler and Mrs. J. D. Reeler and Mrs. M. Brewton for supper Monday evening. A two-course supper was enjoyed.

Mrs. Maggie Carter is reported on the sick list at this writing. Love feast was observed Monday evening at Union Memorial church. A large membership participated in the love feast.

Rev. Wheeler will preach both Wednesday evening and Thursday evening. All should be present at these services.

Mr. and Mrs. Chas. Brewton have moved from 1317 Tuttle street to 771 E. State street.

IOWA CITY, IOWA.

Mrs. Moore gave an after examination whist party for all students Friday evening, February 19. After the very dainty two-course luncheon a flashlight picture was taken by Mr. Cheeks, freshman dent.

Christian Endeavor was led Sunday evening by Mr. Campbell of Institute, West Virginia. The reason why the seventy-third psalm is the most favorite chapter of the Bible was ably handled and discussed.

The modern method of conducting Sunday school lessons enacted by Miss Graves and Mr. Lowry makes the Sunday school hour exceedingly instructive.

Mr. W. H. Lowry and wife were called to Des Moines by the sad loss of their brother, Mr. William Mason. The Kappa Alpha Nu will give a dancing party Saturday evening, February 27.

Freshmen Cobbs, Miller and Campbell became Kappa Alpha Nu's Saturday night, February 21, by way of barrel staves.

CLARINDA, IOWA.

Mrs. L. Williams, Miss Mabel Nash, Mrs. Florence Rice and Mrs. E. Moss were all visitors out of town Tuesday.

Mr. Joe Howe made a business trip out of town one day last week. The D. of T. gave an entertainment at the Tabernacle hall Friday.

Mr. L. W. Williams, grand chancellor, has been seriously ill at his home. A surprise party by the Woman's Home and Foreign Missionary society was given at the home of Mrs. Georgia Walker. A delightful time was had by all.

The Ladies' Study club were entertained by Mrs. L. Lane at the home of Mrs. G. Nowlings. Mr. H. Farrier has purchased a residence property on W. Water street. We are glad to hear of any advancement made by our people.

Mr. Robt. Franklin received a telegram to the effect his nephew had died suddenly in St. Joe. Messrs. Wilber Gipson and Henry Cooke have been working on a vaudeville circuit the past week. Mrs. Florence Rice departed for St. Joe, her future home.

Mr. Marshall of Sharps made a business call to our town. Uncle Henry Webb, Mr. John Morgan and Mrs. L. Blythe are all reported better. Rev. Mrs. D. W. Brown has been sick this week. The O. E. S. Rose of Sharon, No. 16, met for the first time in the new quarters of Keystone, No. 33, on E. Main street.

OSKALOOSA, IOWA.

Rev. H. E. Moorman was summoned to the bedside of his sick wife last Monday, who is at the home of her mother in Marion, Ind., and left for that city over the Rock Island at 4 p. m. Mrs. Moorman's condition is said to be very critical and her recovery doubtful.

Wesley chapel will celebrate its fiftieth anniversary this Thursday evening. An appropriate program has been arranged for the occasion, at the conclusion of which refreshments will be served.

Mrs. C. F. Kiner of Beacon was in the Abbott hospital last week for a minor operation. Mrs. Robt. Johnson was called to Union Mills on Tuesday by the serious illness of Aunt Lu Hagen Weston.

The Ladies' Social club held its weekly meeting at the home of Mr. Ida Henderson on D avenue West. Mrs. Cora Jones spent Sunday at Ottumwa at the home of her daughter, Mrs. Anna Wilson.

Rev. Dr. Toomey of Omaha, who has been conducting a revival at the Second Baptist church for a week or more, is meeting with encouraging success. The church has been crowded each evening and much interest is manifested.

Leonard Ford and Melvin Tolston recently entered high school. We now have about six colored boys and girls attending high school. The Mothers' club held its semi-monthly meeting with Mother Allen at the home of her daughter, Mrs. Robt. Franklin, on D avenue E. A dainty lunch was served.

Mrs. Mary Wright of Buxton was the guest of Mrs. Hannah Poindexter last week, while looking after her trade in the Polo line. Mr. and Mrs. Thos. Spicer of Ottumwa spent last Sunday at the parental home of Mr. Spicer, who has just recovered from an extended period of sickness, is looking fine and says he is feeling quite himself again, which is good news to his many friends.

The Ladies Progressive League held its weekly meeting at the home of Mrs. A. G. Clark on Friday afternoon. Mrs. Paul Brown was able to be up town this week for the first time since being operated upon for appendicitis at the Abbott hospital recently.

Mr. and Mrs. James Henson, who came here from Kansas City some time ago, have moved to Ottumwa. We were sorry to have them leave us.

Recognized Advantages.

You will find that Chamberlain's Cough Remedy has recognized advantages over most medicines in use for coughs and colds. It does not suppress a cough, but loosens and relieves it. It aids expectoration and opens the secretions, which enables the system to throw off a cold. It counteracts any tendency of a cold to result in pneumonia. It contains no opium or other narcotic, and may be given to a child as confidently as to an adult. For sale by all dealers.

MT. PLEASANT NOTES.

The Mission Circle of the Second Baptist church gave a chicken pie social last Friday night at the home of Mrs. Belt Robinson. It was a success.

The missionary society met at the A. M. E. church Thursday afternoon. The presiding elder's committee gave a rag social Thursday night. It was quite a success.

Mrs. D. Turner Cary, evangelist, of Chicago, just closed revival at the A. M. E. church. A great deal of good was done.

Mrs. Hattie Hedge of Aurora, Ill., is in the city visiting her mother, Mrs. Matilda Atkins.

Mr. Edward Pickett and Mr. Joseph Pickett have returned from a business trip to St. Paul. Mrs. Irene Neal was called home from Peoria by the serious illness of her mother.

Mr. William Burnhugh spent a few days in Muscatine visiting his sister, Mrs. Will Greenway.

There is quite a number on the sick list. Those that are on the sick list are: Mrs. Jane Carter, Mrs. Maggie McNeal, Mr. Levie Clay, Mrs. S. H. McCracken, Miss Julia Evans, Mr. Phil Brown, Master Mason Burnhugh and little Martha Angeline Burnhugh. Mr. Wilbur Burnhugh spent a few days in Bloomfield visiting friends last week.

Mr. Marvey Keith has returned from a visit in Omaha, Neb., with his daughter, Lulu. The Busy Bee society met at the home of Mrs. Sarah Berry Thursday afternoon.

Mrs. Morris Wicks of Eldon, Iowa, spent a few days in the city visiting relatives.

"The Best Laxative I Know Of."

"I have sold Chamber

AFRO-AMERICAN CULLINGS

One of the very important phases of the work of the Manassas Industrial School for Colored Youth is a summer school, held for the rural school teachers during July of each year. To this come about a hundred teachers from the rural districts, men and women, who are heart and soul in the work. Some of these teachers are well trained and competent, but the greater number are wholly unfit to teach. Many have had no training above fifth grade, and often can only read and write with great difficulty. During the winter of teaching, they often have to travel many miles to their school houses, which are usually meager dilapidated frame buildings, neither wind nor rain-proof, where they are compelled to teach all grades and ages in one room. For this they receive pitifully small salaries, and if they want to add any special work over the regular curriculum, the pennies of the children, with a share of their own small income, are forced to meet the added expense.

They must find enough inspiration during this one short month at the summer school to carry them through their trying winter. The state of Virginia contributes to the work. Besides this summer school, there is held for these rural teachers of northern Virginia, a Teachers' institute during the Christmas holidays, where all questions relating to school life and work are discussed by prominent speakers, as well as general discussions on subjects of school hygiene and teaching methods.

There is no doubt that the work accomplished by the school, both in its training of the children and in the broader field of its community work, is of vital importance to the people of northern Virginia—not alone to the colored man, but to the white man as well. That the white man fully realizes this can be judged by the fact that the mayor of Manassas says that the colored community all love and work for the school, and forget to get drunk and get into jail. One mayor told a friend of the school, some years ago, that he attributed his empty jail to the influence of the Manassas Industrial school.

The great financial stress confronting this country on account of the European war, and the diverting into foreign channels of much of the support which in ordinary years goes to our own philanthropies, has forced Manassas, as well as other schools of this type, into a very difficult position. The vitality of this work is too strong to let it die, but if the struggle for existence becomes too great, the work must suffer. There is danger of the crippling of one of our most valuable institutions, which has only gained power for good through years of untiring effort and sacrifice.

White citizens of South Carolina have contributed \$10,000 for a hospital for Negroes, to be erected at Columbia. There are 75,000 colored people in the state who are without hospitals where they can go for treatment, as the hospitals for white people do not admit them.

In Kansas, 17 per cent of the women are married, 14 per cent separated, divorced or widowed, and 69 per cent are unmarried girls.

Fifty-four women have received medals and rewards for heroism from the Carnegie Hero Fund commission during the past ten years.

Although the most intelligent leaders of the race are proud of the folk-songs as the rhythmic cry of the slave, there are those who feel ashamed of them because they hark back to the days of ignorance, superstition and childlike trust. Doctor DuBois says of them: "They are the music of unhappy people, of the children of disappointment; they tell of the death and sufferings and unvoiced longings toward a truer world of misty wanderings and hidden ways. They are the most beautiful expression of human experience born this side of the seas."

Special emphasis is placed on these songs in all the southern colored schools, especially in Tuskegee, Hampton, Spellman and Fiske university, to which the Negro folk-lore will always be indebted for its revival. The Fiske jubilee singers sang the slave songs so deeply into the hearts of a half-credulous world that it can never wholly forget them again.

Fifty St. Louis women have formed a league with the object of cleaning up that city of rats.

The Henry S. Denton memorial building for medical research at the University of Colorado has now been made ready for use. It contains laboratories for research in bacteriology, pathology, physiology, chemistry and clinical methods.

Spain has just given assurances to the officials of the Panama-Pacific International exposition that her participation in the exposition will proceed according to original plans, and that the war will have no effect on Spanish participation.

A Connecticut inventor's farm tractor consists mainly of a huge wheel, within which is the motor that furnishes the power.

Experiments in tea growing have been started in San Diego, Cal., by English tea dealers. Tea growing is already carried on at Summerville, S. C., and Southern Pines, N. C.

Miss Freda Boss of Superior, Wis., has sailed for China, where she will supervise the plays of oriental children.

The New Jersey state board of education decided that the Bordentown Industrial School for Colored Youths shall be made an industrial institution in fact and not merely a school for the academic training of Negro residents of the state.

Contemporaneously with this decision the board accepted the resignations of James M. Gregory, principal of the New Jersey school; Mrs. Gregory, the matron, or preceptress, and J. Francis Gregory, teacher of English. Mr. and Mrs. Gregory had been associated with the school for 18 years, or practically since its inception. Both admitted that, although they had been trained to teach academic branches they did not feel equipped to care for the needs of a purely agricultural and mechanical arts school.

Attempts to choose a successor to Principal Gregory precipitated a wrangle in the board and the matter was laid over for a month. The committee on the Bordentown school recommended the selection of William R. Valentine, a Negro educator of Indianapolis, who was graduated from Harvard in 1904. He is now a supervising principal, having charge of a number of schools, and for three years has been vice-president of the National Education Association for Colored Teachers.

Former Senator Joseph S. Frelinghuysen and John P. Murray thought that more than one name should be presented for consideration. He also advocated making the selection from Tuskegee institute with a view of bringing the Bordentown school into closer touch with Booker T. Washington and his associate educators. The committee was disposed to resent the comment of the objecting members as a reflection upon its judgment.

The Bordentown school, as recently brought to public attention, has been an object of serious criticism for its seeming failure to accomplish the aims for which it was established. In short the industrial features, including agriculture and the mechanical arts, were subordinated to the teaching of academic subjects.

The situation is to be exactly reversed, according to the plans for the future outlined by the state board. Never to have had instruction in art and yet ability to paint well enough to have a picture hung at the Charcoal club's exhibit in the Peabody institute at Baltimore, is the fortune of Ernest Atkinson, a Negro porter. "It must be natural instinct," said Atkinson, "for I never had any instruction and never saw an artist work. I just studied other paintings, and what I observed in other paintings I applied to my own work."

Atkinson is twenty-eight years old and was born in Kingston, Jamaica, where he lived until eight years ago. He then took to the sea and it is to his memory of those years that he enabled him to reproduce his present work. His work is an ocean scene, showing the waves breaking against the shore and two boats in the background, one heaving against the wind and the other running before it.

His talent was first discovered by Charles H. Webb, an instructor in the Maryland institute, when he was asked to criticize one of Atkinson's paintings. Mr. Webb was astonished at the skill shown, and suggested that it be submitted to the Charcoal club's exhibition. It was submitted without any name on it, and was one of the 82 selected out of the 210 offered.

Talk of cutting down next year's cotton acreage in the South—which may be an economic necessity—comes largely from white planters. What the mass of poor Negro tenant farmers will do is a distressing problem, as Booker T. Washington has said. They have never been taught to plant any crop but cotton, and the system under which they borrow money in the spring to carry them and their families until the harvest is based on cotton growing exclusively. If many of them cannot plant cotton in the coming year they will be idle and plunged into the deepest poverty. The North now has its own played; the South may have a horde of Negroes to look after before the end of 1915.—Spring-Field Republican.

Mrs. Mary S. Howarth of Chester, Pa., just admitted to practice in the supreme court of Pennsylvania, is the first woman in that state to be so honored.

Corsets worn by the women on the islands of Malaysia are made of telegraph wires.

Bakers in Rotterdam have started to make bread composed of equal parts of flour and potato. They like it. Potatoes there are cheaper than wheat flour.

Dr. M. D. Edwards of St. Paul has served 40 years as pastor of Dayton Avenue Presbyterian church, his first and only pastorate.

More than 48,000,000 bunches of bananas were imported into the United States last year, or about 40 bananas for each man, woman and child.

Japanese wood prints are made on lengthwise sections of cherry wood parallel to the grain.

Berne, Switzerland, exports a much higher value in Swiss cheese than in Swiss watches.

In Melbourne no Sunday papers are permitted and no hotels are allowed to open their bars.

Dr. Isabel Bradley will most likely become a member of the Akron (O.) board of health.

BREAD DRESSING FOR STEAK

Many Prefer Meat Prepared in a Casserole to That Broiled in the Regular Way.

If you wish to stuff a flank steak use bread dressing; use it with vegetables and a small quantity of liquid in a casserole. If you do not own one (and you should in these times of high prices) use any tightly covered dish. Be sure it is tight so the steam cannot escape.

Bread Stuffing.—Two cupsful soft bread crumbs, one-half cupful butter melted in one-third cupful hot water or milk, one-quarter teaspoonful powdered sweet herbs or spiced poultry seasoning, one beaten egg. Mix the ingredients together thoroughly. The bread should be 24 hours old and taken from the center of the loaf. The seasoning is a matter of individual taste, so you can use the above quantities or suit your taste. The egg may be omitted if the flank is to be eaten hot, but will slice better when cold if egg is used. Cracker crumbs give a drier stuffing.

Spread your flank steak with above and roll tightly. Fry out some suet and then brown the flank so as to hold the juices. Put in casserole, add little water and when half done season with salt and pepper, chopped onions and plenty of fine minced vegetables or rice, whichever you may prefer. The flank is quite juicy, so you will need but little water. It lacks flavor, so the high spices and vegetables make up what the flank lacks. It is much better this way than broiled as regular steak.

DO YOU KNOW THAT—

Pickles will never become moldy if you put a tiny bag of mustard in the top of the receptacle in which they are kept?

If your silk dresses look rusty you can revive it by dipping it with water in which potatoes have been boiled?

Mice can be most successfully exterminated if you stuff all their holes with a piece of rag which has been dipped in water and then in cayenne pepper?

A very quick way to cool a hot liquid is to pass it through a clean cloth saturated with cold water? And if the liquor is soup no trace of grease will remain?

If you lay your silver away in common flour it will remain bright for some time?

You can warm over meat much more quickly if you wrap it in greased paper? The steam will prevent the meat from becoming hard and dry?

Perspiration stains can be removed from a thin shirtwaist by soaking it in cold water, to which you have added a little sodium bicarbonate before it has been washed?

There is a new square meshed veiling that is much liked?

Hot-Water Chocolate Cake.

Two tablespoonfuls butter, one cupful sugar, yolk of one egg, two tablespoonfuls cocoa dissolved in one-half cupful boiling water, one teaspoonful of soda dissolved in one-half cupful boiling water, one teaspoonful of baking powder, sifted with one and one-half cupfuls of flour and one teaspoonful of vanilla. Mix in order given and bake in square tin about thirty minutes. Frost with white of egg beaten stiff. Roll one cupful sugar in little water till it hairs, then turn on egg and beat till stiff.

When Steak is Tough.

To make a tough steak tender, put three tablespoonfuls of salad oil and one tablespoonful vinegar on a large flat dish.

Lay the steak on the mixture and let it rest in this way for half an hour, then turn it over, and let it rest another half hour in the same quantity of vinegar and oil.

The toughest steak will yield to this treatment and be nice and tender when served.

Little Cake Decorations.

Decorate your small cakes with white icing and form a bowknot on each cake with pale green icing. Before laying the knot place a narrow strip of white paper on, slightly raised. When the knots are set in the icing, ice over the ends with the green. Before serving slip a small spray of holly with the bright red berries on through the loop.

Fish Puff.

This is a delicious dish made from remnants of cold cooked fish. Chop fish and mix it with equal parts of mashed potato. Season with salt and pepper and a tablespoonful of melted butter. Stir into it two eggs, form into a roll, brush with a beaten egg, roll in bread crumbs and bake in a quick oven until brown.

Wine Jelly.

Take a half box of gelatin, soaked in a half pint of cold water for 15 minutes, and add three gills of boiling water and two-thirds of a cupful of sugar. Let this come to the boiling point, then add seven tablespoonfuls of best sherry wine and two teaspoonfuls of French brandy. Boil up once, strain and cool.

Cape May Omelet.

Soak one-half cupful stale bread-crumbs in milk. Beat one egg well, add salt, pepper and a tablespoonful melted butter. Add one-half cupful canned corn and mix with the bread-crumbs. The mixture should be quite thick. Bake in a buttered dish just long enough to set the egg and brown the top.

Rendering Leaf Lard.

A quick way to render leaf lard is to cut it in strips about the size that will fit into a meat grinder, using the largest opening, which will allow it to come through very fine. Put in kettle and place in a hot oven until the lard is extracted, strain through cheesecloth and put in crocks.

Golden Buck.

Prepare a nice Welsh rarebit, spread on slices of toast and place a poached egg on each slice. Garnish with water-cress.

Dr. Marden's Uplift Talks

By ORISON SWETT MARDEN.

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CULTIVATE THE HABIT OF CHEERFULNESS.

A woman in California, who, because of crushing sorrow, had fallen a victim to despondency, insomnia and kindred ills, determined to throw off the gloom which was making life so heavy a burden to her, and established a rule that she would laugh at least three times a day, whether occasion presented or not. Accordingly, she trained herself to laugh heartily at the least provocation, and would retire to her room and make merry by herself. She was soon in excellent health and buoyant spirits, and her home became a sunny, cheerful abode.

To people who have lost the laughing habit I would say: Lock yourself in your room and practice smiling. Smile at your pictures, furniture, looking-glass, anything, just so the stiff muscles are brought into play again.

In order to become normal, the natural fun-loving forces within us must be released. Laughter is one form of exercise which sets them free, rescues men from the "blues."

Somewhere I have read of a man whose "laughing muscles" were so paralyzed that his laughter sounded like a voice from the tombs. American life is so serious that many men lose their power to laugh. They can force a little sepulchral chuckle, but the genuine side-shaking laughter is almost a stranger to their experience.

They are in such a serious chase after the dollar, their life is so strenuous, so given to scheming and planning, that they do not have much time to laugh. They do not know the medicinal value there is in the habit of laughter, how it clears the cobwebs out of the brain, disposes of the pangs of worry and anxiety and business pressure, takes the mind off the grind of things, removes friction, and helps to make life worth while.

You may not be able to cultivate the optimistic temperament to any great extent, if you lack it, but cheerfulness can be cultivated. We all know that if we brood over our sorrows, and dwell upon our misfortunes, our physical being very quickly sympathizes with our moods.

"Talk happiness. The world is sad enough without your woe."

A woman who has had great affliction says: "I have had nothing I could give but myself, and so I made the resolution that I would never sadder anyone with my troubles. I have laughed and told jokes when I could have wept. I have smiled in the face of every misfortune. I have tried to let everyone go away from my presence with a happy word and bright thought to carry with them. Happiness makes happiness, and I myself am happier than I would have been had I sat down and bemoaned my fate."

"Encourage your child to be merry and laugh aloud," says a great French surgeon. "A good hearty laugh expands the chest and makes the blood bound merrily along."

We realize that it is very necessary to train the mind in business principles; to train certain faculties to do special things, but do not seem to think it necessary to cultivate the habit of cheerfulness. Yet not even an education is as necessary to the child as the formation of the cheerful habit. This ought to be regarded as the first essential of the preparation for life—the training of the mind toward sunshine; the developing of every possibility of the cheerful faculties.

Cheerfulness is one of the great miracle-workers of the world. It reinforces the whole man, doubles and trebles his power, and gives new meaning to his life.

A SMILING FACE IS A GREAT HERITAGE.

"I just look to let her in at the door," said an Irish servant of a lady caller. "The very face of her does one good, shure."

How glad we all are to welcome sunny souls! We are never too busy to see them. There is nothing we welcome so much as sunshine. Someone has said, "A happy human face—it is the gift that may be made by poor or rich, by old or young. It is the gift to which all are entitled, with which all are pleased."

Oh, what riches live in a sunny soul; what a heritage is a smiling face—to be able to fling out sunshine everywhere one goes, to scatter the shadows and to lighten sorrowing hearts; to have the power to send cheer into despairing souls through a sunny and radiant disposition!

And yet all about us we see people going through life peddling vinegar, radiating bitterness, finding fault, and seeing only the ugly; worrying, fretting, cynical and pessimistic! Some people have a genius for seeing only the crooked, the evil and disagreeable. Pessimism is always a destroyer, never a producer.

We need more joy peddlers, and sunshine makers, more people who refuse to see the ugly, the bitter and the crooked; who see the world of beauty and perfection which God has made, and not the world which sin and discord and disease have made. We need people who see the man and woman

ment of louder cheers, which did not make them shy. It had taken him six months to train them, and he refused an offer of \$250 down for the vehicle and team.

Pa's Plan.
"Pa, I simply must marry a noble man."

"I have a scheme that ought to suit everybody."

"What is it?"

"You marry a good American. Then if necessary, I'll buy him a title."

Hogs and Bulls as Racing Mounts.
The eighteenth century experiment of using bulls and cows as racing mounts, instead of horses. The early nineteenth century saw an equally interesting substitute for the harnessed horse. Just a century ago a small farmer of the neighborhood drove into St. Albans on market day in a little car drawn by four hogs. Having toured the market place three or four times amid applause, he put his animals up in a stable, did his marketing and drove off again to the accompani-

whom God has made—pure, clean, sane, healthy—and not the ugly, diseased, discordant dwarf, the burlesque of man, which wrong thinking, wrong living and sin have made.

A cheerful, optimistic mind is a sort of a prism which brings the rainbow colors out of things which are invisible to the pessimist.

The prism does not make the colors in the spectrum. They are everywhere in the light before our eyes. Our light is made up of all the different colors of the rainbow. The prism merely separates them and makes them visible to the eye.

The ability to radiate sunshine is a greater power than beauty or wealth. If you would do the maximum of which you are capable, keep the mind filled with sunshine, with beauty and truth, with cheerful, uplifting thoughts. Bury everything that makes you unhappy and discordant, everything that cramps your freedom, that worries you, before it buries you.

Take joy with you; cling to it, no matter where you go or what you do. It is your lubricating oil which would prevent the jars, the discords, and shut out the sorrows of life.

True religion is full of hope, sunshine, optimism and cheerfulness. It is joyous and glad and beautiful. There is no Christianity in the ugly, the discordant, the sad. The religion which Christ taught was bright, cheerful and beautiful. The sunshine, the "lilies of the field," the "birds of the air," the hills, the valleys, the trees, the mountains, the brooks—all things beautiful—were in his teaching. There was no cold, dry theology in it. It was just happy Christianity!

Refuse to be gloomy. Cheer up! Get your mind off your troubles. Do not think about them. Think of the bright things in life. Think gratefully of the good things you have. Wake up, and be cheerful.

Stops Heat Rays.

An interesting chemical paint which has the property of intercepting the heat rays of the sun, has recently been put on the market by a German concern. It may be applied to tin, corrugated iron, slate or glass, indeed, any material used in the roofing of buildings, and by its peculiar quality leaves the room beneath the roof comparatively cool. It is stated that the temperature of workrooms may be reduced from 15 to 20 degrees Fahrenheit, according to the surface which can be covered, and the added efficiency of the workmen thus promoted is a direct and measurable gain. The paint is light blue in color, so that, if applied to glass, it does not appreciably influence the light. Its components are at present a trade secret, but the fact that many large electric and manufacturing companies in Germany are regular users is cited as evidence that it is practical.

NOT MEANT FOR THE POCKET

First "Watches" May Have Kept Good Time, but Were of Most Inconvenient Size.

At first the watch was about the size of a dessert plate. It had weights and was used as a "pocket clock." The earliest known use of the modern names occurs in the record of 1552, which mentions that Edward VI had

Ancient Corn Mills.

These peculiar rock formations are hand made—the most ancient of grist mills for grinding American corn. They have been used by the Navajo Indians of Arizona from time immemorial up to within a comparatively few years. There are 35 to 40 of them in the group, the lava rock in which they have been cut being especially favorable for grinding purposes.

The Navajos, unlike their more warlike neighbors, the Apaches, have been for the past 200 years a pastoral and industrial race of Indians, cultivating large acreages of grain and an entire tribe was wont to repair to these mortars near Sulphur Springs, where the squaws would spend several days making meal. Some of the old hangers-on at Sulphur Springs say that years ago there were many pestles or grinding stones lying around the "mill," but these have all been taken away by travelers as curiosities.

Thought and Action.

We build from within, outward, but the outward growth also sends down its roots within. We act according to the thoughts we cherish, and yet it is true that our actions have their reflex influence upon our thoughts. Do you wish to be brave and unselfish?

Compel yourself to act as if you were, whatever your feeling, and your conduct will have its effect in strengthening your spirit. Do you desire to be temperate and kind in your judgment of others? Make your speech of that order and a like habit of thought will gradually become yours. The way to get anywhere is to start with the one step possible.

Old Registration System.

The papery of the Roman period have conclusively proved that registration of land already existed in a highly elaborate form, and that it was instituted not only in the interests of the state, but also—some think even primarily—in the interests of private individuals. That point comes out clearly in an important edict of a first-century prefect, who ordains that contracts affecting real property were not to be drawn up without due authorization from the keepers of the public archives. These officials had to keep the registers up to date, entering in them all mortgages and other charges, as well as changes of ownership, and they were thus enabled to protect an intending purchaser from oversights and frauds.—New York Press.

Regimental Pets.

Some of the Canadian regiments took their pets to England with them. In front of one detachment during the march through Plymouth was a young trooper with the neck and shoulders of a wrestler, and on his shoulder, playing with his ear, was a tame white rat. Another battalion intends to take to the front a small black bear captured in the Canadian woods.

Auto Races on Tracks of Salt.

How would those of you who own an automobile and are fond of speeding like to travel over a roadway made of natural salt beds, 65 miles in length and eight miles in width, furnishing a smooth, unbroken surface, level as a table, and from two to twenty feet in depth? Great! you say. Well, there is such a road at Salsure, Utah, and it is considered the most novel automobile racing track in the world. The salt is crystallized, 98 per cent pure, and white as snow.

Modern Warfare.

Mounting his gallant 20 horse-power automobile, the colonel led the pneumatic attack on the trenches. And before the sun fell upon the plain, he had four aijos shot from under him.—Detroit Journal.

His Camera Must Be Swallowed.

A camera small enough to be swallowed, to photograph the interior of the stomach, has been invented by a Danish surgeon.

IS HIGHEST COURT LIKE MAID'S BLUSH

Jewish Tribunal Whose Decisions Are Final.

English Israelites Bow to Rulings Which Have No Recognition Legally—Few Appeals From Its Findings Are Taken.

Probably few Londoners are aware of the existence of a Jewish court in their midst which is known as the "Beth Din," or the House of Judgment. It is situated just off Aldgate, close to the Great synagogue, in the heart of Hebrew London, and is the highest religious, as well as civil, court of the Jews. A raised bench runs along one side of the court; in the center are seats of the judges and the court officials. The head judge, the chief rabbi, has a seat in the exact center, with the assistant judges on either side of him. The latter always include an expert English lawyer and the head of the "Shochetim"—the licensed butchers, who may only kill cattle as prescribed by the dietary laws of the Jews.

It is impossible, owing to the ethics of the Jewish religion, for many cases to be heard in the ordinary police or county court. Cases dealing with Jewish ritual, marriage laws, etc., are adjudicated by the Beth Din, and it rarely occurs that the parties concerned are dissatisfied with the decisions given in this court. No higher tribunal can be approached for final justice, as the decree of the Beth Din is purported to be indisputable.

It is very interesting to note that the proceedings of this Jewish court are held "in camera"; no newspaper reports are permitted, neither are the public allowed to be present during the sittings.

Though the Beth Din has no official recognition from the state, its judgments have more than once been confirmed in the ordinary courts. Some time ago a litigant, dissatisfied with the judgment given against him in the Ghetto court, took his case before Judge Bacon at Whitechapel county court. The chief rabbi offered to attend and explain the reasons of his decision, but his honor, without requiring his presence, upheld the verdict given by the Beth Din.

Tree Simulates Color That Comes and Goes on Cheek.

To the Uninitiated, One of the Wonders of the Florida Swamps is the Plant That Constantly Changes Its Hue.

The blush of a pretty maiden has oft been extolled in song and story. But do you know that among the many wonders of the vast Florida swamps there is a tree, known as the blushing tree, whose mysterious and beautiful glow of color during a rainstorm is far prettier than that of the prettiest maiden?

When the cool rain drenches the blushing tree a change of color is noted. Gradually, yet unmistakably, the green hue gives way to pink. In a few minutes the green fades from sight. Only in a few half-hidden spots beneath the lower branches and on its trunk is there a tinge of green to be seen.

After an hour or more, when the shower passes over, the wonderful tree assumes its familiar green once more. As it is changing back to emerald the spectator suddenly realizes the secret of the phenomenon. Can you guess what it is? No? Well, we'll tell you. Certainly, tiny insects, and not the tree itself, change. These peculiar parasites are possessed of the power of chameleons.

Absorption.

"Why do we always bring out a lot of fairy tales at Christmas time? I'll tell you why. It's because the fairy tale is irresistibly absorbing."

The speaker was Mitchell Kennerly, the popular young New York publisher. He went on:

"I gave a little boy a book of fairy tales last Christmas. One evening, after his supper, the little boy began to cry.

"What is the matter with you?" asked his nurse. "What are you crying for?"

"'Boo, hoo!' he blubbered. 'I ate all my supper while you were reading me one of my fairy tales, and here I didn't know I'd eaten it.'"

A New Profession.

In time one may become familiar with this sort of business card: "Society Knitting Sought—All the latest fancy stitches imparted in six easy lessons. The New Needle Nip, the Double Drop and the Pavlova Lock Stitch, illustrated by diagrams. Half-knit hoes constantly in stock. Work started for beginners. Full supplies of gold and silver needles, lambswool yarn and rainbow worsteds—scented and unscented. Write for our handbook, 'Knitting as a Society Art.' Every applicant is given a copy of the 'Knitnik Gazette.' Start a class now. Address Mme. Click-Click, the Hummer apartments.—Cleveland Plain Dealer.

New Chinese Government Journal.

The Chinese ministry of agriculture and commerce has decided to issue a magazine, which will be written in conversational style, and the editorial staff will be composed of technical experts and specialists of the ministry. The principal object of the paper is to arouse the people from their slumber and encourage them to proceed with their commercial business and other enterprises.

A Scientific Age.

"The phonograph has made it possible for a public man to be in one place and deliver a speech at another place." "I ain't thought of that. His speech is reproduced on a record."

"Yes. The other night a toastmaster rose and said, 'Gentlemen, we have with us this evening the voice of our eminent fellow citizen, Senator Jonesby, who is himself unable to be present.'"

Hongkong.

Hongkong is a small island containing 27 square miles, lying to the northeast of the estuary of the Pearl river and 90 miles from Canton. The new territory, the Kow

Fundamental Principles of Health

By ALBERT S. GRAY, M. D.

THE THYROID GLAND.

Before the appearance of any central nervous system in the lowest organisms it is by chemical means, by so called automatic excitation through the action of products of decomposition by the organs in different parts of the body, that any co-ordination of function is determined, either among the different organs of a colony or among the various cells making up a multicellular organism such as a sponge.

The mechanism which determines the movement of phagocytic cells—a phagocyte is any cell possessing the property of absorbing and digesting—the chase of food, the escape from noxious environment or the approach of sexual cells, has been given the name of chemotaxis. The name signifies the attraction or repulsion exhibited by certain chemicals to living cells. Since the application of these chemical stimuli depends on their diffusion through the medium bathing the cells, the process very obviously must necessarily be both slow and lasting.

The most important and definite knowledge concerning the actions of these internal chemical secretions has perhaps resulted from work done on the thyroid glands, those shieldlike vesicular bodies filled with colloid material located on the sides of the trachea (windpipe) just below our "Adam's apple" (the thyroid cartilage). Carried by the blood to all parts of the body, the metabolic products of the thyroid gland affect every other gland and tissue and may act either to heighten or to reduce the activity of other organs, according to their specific function.

In 1856 Schiff showed that removal of the thyroid in dogs is followed usually by the death of the animals in one to four weeks.

The disturbances appearing after removal of the thyroid affect the most widely different organic systems of the body. The skin, especially that of the head and face, becomes greatly swollen because of an accumulation of mucin in the subcutaneous connective tissue. Subsequently the skin becomes hard, rough and dry; its secretion ceases; the hairs change and fall out; the visible mucous membranes become swollen and the voice becomes harsh and monotonous. The internal organs exhibit marked pathological changes; the kidneys and the liver undergo fatty and colloid degeneration and the arterial walls taken on a hyaline (crystalline) degeneration. Metabolism is abnormally low; that is to say, not only is the appetite poor, but the ability to convert the food taken into the body, to break down and release the energy therein contained, is decreased.

Disturbances of the nervous and muscular system following removal of the thyroid are profound; not infrequently functional disturbances such as epilepsy ensue. All those parts of the brain which are active in the physical functions become functionally much reduced, and in myxedematous cases we meet with weak memory, extreme irritability, stupidity and the like; all of which in turn find expression in a marked decline of muscular tone and in vigor of the body movements generally.

In man any material disturbance in the function of the thyroid produces derangement in the temperature and heat regulating ability of the body; the subnormal temperature is one of the most constant symptoms and the patient feels cold constantly.

In the growing organism after suppression of the thyroid the "ones fall considerably behind in their development and the ossification of the cartilages connecting bone processes is materially delayed. The physical disturbances in the young are generally more pronounced than in grown persons.

Schiff and many others have found that all these evil results of the complete or partial destruction of the thyroid in dogs might be obviated by grafting pieces of the thyroid into the body, and this knowledge was quickly applied with astonishing results to human beings in cases of myxedema and cretinism. Then, instead of grafting thyroid tissues, it was found that injection of extracts under the skin, of better still, the simple feeding of thyroid material, gave similarly favorable results—the individuals recov-

ered their normal appearance and mental powers. But prevention is always better than cure and we are slowly coming to understand that anything that will cause a depletion of the thyroid gland train of ill. The chief factor in prevention is simply sane living. The depleting factors are overeating of improper food, the excessive use of spices, alcoholic drinks, tobacco or drugs; sexual excesses, too frequent pregnancies, worry, anxiety or excitement. Normal functioning of the thyroid gland is maintained by a natural diet containing what Funk has designated the vitamins, the mother substance from which the gland colloid is prepared, and by equilibrium.

WONDERS OF DUCTLESS GLANDS.

It is well known that very often a medicine or other remedy, of itself absolutely without effect, produces a very marked improvement or perhaps even totally corrects all sorts of nervous and functional disorders of the human body. If only the patient is convinced beforehand that the remedy will be effective and that he will be "cured" thereby.

History, both ancient and modern, running even down to this present day, bears witness to many hundreds of authentic instances of such cases, and also it records wave after wave of belief in miracle working remedies and practices that have from time to time swept through the habitable globe "curing" the multitudes of their ill.

The uncultured mind has no conception of the quantitative relations of cause and effect, but the disciplined mind knows that there must be an adequate cause behind every phenomenon and it is ever striving for a comprehensive grasp on laws and principles; and civilization consists of the cumulative light of such knowledge.

It is quite generally known that a motion of the hand, or a glance of the eye, will throw a certain type of weak and credulous patient into a fit; and a pill made of bread, if taken with sufficient faith, will operate a cure as well, or even better, than all the drugs in the pharmacopoeia. Such cases are generally assumed to be "hysterics."

But we are beginning to understand that there must be always an adequate cause behind such manifestations; it cannot be the result of the "super-natural," and modern physiologists and psychologists step by step are unraveling the tangled lines and solving the puzzles. They are proving these happenings to be neither freaks of the imagination nor the work of either benign or malignant "supernatural" powers, but rather due to an interaction, the perfectly natural results of adequate stimuli normally active within every human body, and amenable to personal development, and to individual control, proving thereby that in a very large measure every man makes his own disease.

In Van der Mye's account of the siege of Breda, in 1625, it is stated that the prince of Orange cured all his soldiers who were dying of the scurvy by a philanthropic piece of quackery which he played upon them with the knowledge of the physicians, when all other means had failed: "The garrison being afflicted with the scurvy, the prince of Orange sent the physicians two or three small vials containing a decoction of chamomile, wormwood and camphor, telling them to pretend that it was a medicine of the greatest value and extreme rarity, which had been procured with very much danger and difficulty from the East, and so strong, that two or three drops would impart a healing virtue to a gallon of water. The soldiers had faith in their commander; they took the medicine with cheerful faces and grew well rapidly."

Obviously these sturdy Netherlander campaigners of that day, possessed of the stamina necessary to enable them to defy and withstand the attacks of the most powerful and brutal of monarchs, could not justly be classed as weaklings, neurasthenics or hysterics.

Few minds possess talent for abstract thinking, but such ability is not necessary because all minds are capable of acquiring knowledge if only they remain open and are willing to be shown. Everybody can see an object when it is placed before him and all can observe objects in relation—if they will—and our scientists are slowly and systematically working out and placing before us the solution to our troubles for all such as have the wisdom to accept and profit thereby.

Fundamentally these ill effects of ours are proving to be functional, not organic, in origin, and they are very largely due to bad habits of mind, as careful investigation and thought will clearly show. They rest in the relationship between the primitive co-ordinating and power of our bodies as now manifested through the action of our ductless glands and that of our later acquired brain power which we have not yet learned to use only because we are not properly trained how to use it.

children need sweet foods and candy to help build up their muscular strength. The child's longing for cake and candy is in reality a systematic demand for food to give it strength. Let the children have candy at meals, never between meals. Eating too much of the sweet things, particularly between meals, causes fermentation in the digestive tract, and sometimes a serious illness may result. Sugar is an antiseptic. Burning sugar on a shovel will destroy unpleasant odors. For hoarseness and weak voice there is nothing more comforting than something sweet slowly dissolved in the mouth.

Habits of the Crocodile. Although the crocodile does not possess lungs of extraordinary size, it can remain beneath water for any length of time. It has the power of hibernating as well. In many parts of India these creatures are buried during the hot season, beneath the dried-up mud at the bottom of the lakes. The mud hardens above them and they stay thus buried in a torpid state for long periods.

Laura Jean Libbey's Talks on Heart Topics

DO BRIDESMAIDS WED SOON?

Oh, had I but loved such an angel as you! Oh, had but my swain been a quarter as true! To miss such perfection, how blinded was I! Sure now they were excellent company!

Where is the girl who is not anxious to be bridesmaid when she hears a girl friend is soon to wed? Passing up the aisle to the strains of the wedding march, knowing that she in turn gets her full measure of admiration from hundreds of eager eyes, is almost as delightful as being the bride.



And, then, it is known to be lucky to take part in such a ceremony. Nine times out of ten the entire group of bridesmaids have married within the twelvemonth. Especially is this said to be true if the bridesmaid takes a four-leaf clover in her bodice unknown to anyone, as she sets forth for the altar. In the dancing and feasting that follow, though there be hundreds of pretty girls as guests, all the eligible young men are eager to dance with the prettiest bridesmaid, just for luck, as they will tell you. Some young man, who has never thought of her seriously before, will suddenly become conscious of her attractions, and think how pretty she would look in bridal array, wishing he might be fortunate enough to win her.

Thus the romance begins. It is a question of wonderment among the girls as to which shall be the next bride. It is a moment of delightful expectancy when they all band together to watch the departure of the bride, each eager to catch the bouquet which she throws among them. For this determines the maiden who will be the next one led to the altar by a happy groom.

Of course only one girl gets the bouquet. But that doesn't hinder the rest from having high matrimonial hopes. Last, but by no means least, there's a piece of wedding cake for her to slip under her pillow and dream over, secretly hoping that she will see in her vision one of the ushers who seemed to be particularly attracted toward her. He had asked permission to call upon her.

But girls should not seek to be bridesmaids too often. There is a superstition connected with it, which is not pleasant to learn of, yet one might as well know about it. "Sh—! Let me whisper it in your ear, girls. The wisecracks who pretend to know all about it say: "If you are three times a bridesmaid you will never be a bride." So accept with joy the first invitation you receive to accompany your dearest girl friend to the altar. Be just as glad to act in that capacity a second time; but fight shy of the third time to perform the same duty—you know why?"

Now, that the wedding season is in full swing, every girl will want her prettiest friends for bridesmaids. You have a rosy cheek and a dimpled chin you may be eagerly sought for. Tradition also has it that "if you can make your own bridesmaid's gown, every stitch of it with your own deft fingers, you will sew in a young man's heart with the tucks and dainty ruffles." My! What "sewing bees" will start up. Every girl will want to know how to make a bridesmaid's gown. She who is popular with her girl friends may need it sooner than she expects.

HOW MUCH IS A WIFE WORTH?

He said when first he saw me
Life seemed at once divine;
Each night he dreamed of angels
And every face was mine;
Sometimes a voice in sleeping
Would all his hopes forbid;
And then he'd wake, wondering—
Do you really think he did?

When a man falls in love with a girl sufficiently to wed her, the thought of money does not enter into his consideration. After marriage he loves her more devotedly than before. If children bless the union, he is indeed a happy man. If offspring is denied, a wise man looks at it philosophically.

Life flows contentedly onward with the pair. A man may be a very good husband and yet forget the first duty he owes to the woman who has chosen him from all others is to make good his vow at the altar—namely, to endow her with an equal half of his worldly goods. He has promised to give her all. The average wife is not so covetous as to take over his business and attempt to run it. She is usually willing to accept the amount he doles out to her for household expenses, etc.

What wife would think of asking a statement of her husband in regard to his business at the end of each year? If the marriage bark glides smoothly, all is well. She has nothing to fear. But if there's trouble in the matrimonial camp, and the husband becomes parsimonious toward his better half, she has every reason to fear.

Many a man's fortune is based on the prudence of a saving wife. She may have eked along on a sum which barely enabled her to keep body and soul together that her spouse might have the more money to put into his business. She may have added her own little mite, which she had earned by sewing during those years of struggle, to swell his profits.

Should serious disagreements arise between husband and wife, which would cause the parting of their

ways, the question of how much is a wife worth, no matter how rich her husband may be, will cause many a wife a perturbed heart when she hears what the law has to say about it. A learned judge has decided that a wife cannot, by law, gain from her husband any part of his fortune, even though the half of it should rightfully belong to her. If the man whom she married wishes to be mean with her, he can see her face the world, broken in spirit, penniless. After this, who can blame parents for having a satisfactory understanding with a rich suitor who comes a-wooing their daughter? A father who is looking after his child's fortune should not be called mercenary, if he insists that the husband should give the wife a certain amount each year, if they are prosperous, which may be absolutely hers. She would never press the claim if he had business reverses. Love should cause husbands to provide for their wives. The faith of a true wife is the most valuable of a husband's possessions.

SHOULD GIRLS KNOW HOW TO WORK?

Love, exacting nothing back,
Never knoweth any lack;
Love, compelling love to pay,
Sees him bankrupt every day.

No matter how poor a woman is or how hard she has to work in her struggle to keep the wolf from the door, if she has a daughter she will work her fingers to the bone rather than to permit the girl to seek other than genteel employment. If the mother had her way about it, the girl would do fancy things, painting, embroidery sofa pillows, or teach music lessons. She has denied herself even the necessities of life to send the daughter to school. Her dreams of what she would become have been the brightest she had ever known.

She determines that the girl shall be a lady at any cost. She would as soon think of flying as permitting the girl to get up first on a cold winter morning and make a fire, getting the breakfast for the family.

Let her do a washing or an ironing? "Never, while I'm able to do it," the mother declares to the neighbors when they suggest the girl should help her a bit. Her daughter is not initiated into the art of baking, housekeeping or sewing. Her dresses are made by a seamstress who is tasty, but works cheap.

If misfortune overtakes the struggling family—if they lose the father or the mother falls ill—the girl is helplessly at her wits' end to know what to do to earn the money for the rent and the upkeep of her little brothers. In that moment, the sick mother's eyes are open. She realizes that she made the mistake of her life in not teaching the girl that she could learn to do all the housework of every description and yet be a lady. Perhaps it may be the girl's own fault that she does not know how to cook a meal that could be eaten and keep the home and the children clean, keep the little boys' clothes neatly mended. She is politely laughed at when she answers an advertisement to teach music to children after a moment's exhibition of her skill at the piano. She learns, too, with dismay, that she couldn't earn enough to keep body and soul together embroidering sofa pillows because her work is so plain.

It's the same with china painting. She's lucky if she secures a position behind a counter in a store. If a young man forms her acquaintance, she would lose him if she invited him to her untidy home. If he puts the question bluntly to her, as to whether or not she could cook a meal, she would have to acknowledge she couldn't.

She isn't a helpmate for a poor man. It is more likely than not that she would never come in contact with a rich man, who would want her for his wife. The girl who does not know how to do anything well is mercilessly elbowed to one side by girls who have been taught by their mothers many useful things from which they could gain a livelihood, if need be. Knowing how to work never spoils any girl.

About the Crocodile. There is no escape from the jaws of a crocodile when they have once closed upon the victim. The 68 teeth, long and sharp-pointed, fit exactly into the interstices between them, making a most effective trap.

In shooting these reptiles a very accurate rifle is necessary, as there are only two points that are immediately fatal—just behind the eye and exactly through the center of the shoulder. The latter shot will break both joints of the fore legs and pass directly through the lungs. The hard scales of crocodiles are said to be proof against a rifle bullet. This may have been so years ago when rifles were loaded with only one dram of powder. But a hardened, solid bullet, propelled by six drams of powder, will drive through a crocodile as through a sheet of paper.

Work. Man must work. That is as certain as the sun. But he may work grudgingly, or he may work gratefully; he may work as a man, or he may work as a machine. He cannot always choose his work, but he can do it in a generous temper and with an up-lifting heart. There is no work so rude that he may not exalt it; there is no work so impressive that he may not breathe a soul into it; there is no work so dull that he may not enliven it—Henry Giles.

First Bank Notes. The Chinese were the first people to issue bank notes. They started in this business 27 centuries before the birth of Christ. One of these bank notes may still be seen in the Asiatic museum, Petrograd. It is printed in blue on white paper made from mulberry tree fiber. Round the margin is a tree fern. Round the margin is a motto which rather indicates that the first Chinese banker was of Scotch origin. It reads: "However much you may possess, strive to be thrifty."

As a Usual Thing. When a man wears a drawing necktie and calls himself a "dreamer" you can spot him as a member of the anti-work club.

ICED COFFEE OR CHOCOLATE

Ideal Beverages to Be Served at Card Party or Other Informal Entertainment.

To serve between games at a card party, try iced coffee or chocolate. For the coffee, make enough of what is known as clear black after-dinner coffee to fill at least two wine or sherbet glasses for each guest. Sweeten this while it is hot and set aside to cool. Then pour it into a large bottle or pitcher and set in a tall or deep kettle, packing ice around it. When ready to serve pour into glasses three-quarters full and heap on top either sweetened and whipped cream, or a tablespoonful of ice cream.

Iced Chocolate.—Melt two quarts of chocolate in a double boiler and add a cupful of granulated sugar and a cupful of water. Let this mixture cook from the fire, add a teaspoonful of vanilla and set away to chill in a pitcher. When ready to serve fill half a large mixing glass with chopped ice, add two tablespoonfuls of the chocolate sirup, fill up the glass with good sweet milk, cover with a shaker and shake thoroughly, strain into glasses and put whipped cream on top of each. Do not mix more than a large glass of this at a time. It will make three small glasses. This method is much better than boiling the chocolate and milk and then chilling, which usually forms a sediment.

WOVEN TABLE MATS POPULAR

For Use Under Hot Dishes Nothing More Satisfactory Has Ever Been Put on Market.

Nothing has ever been found more satisfactory to put under hot dishes than the old-fashioned woven table mats, and of late there has been quite a revival in their favor, especially as it does not require any great amount of ingenuity to learn how to manipulate the frames upon which they are woven.

These frames come in a box containing several sizes, so that a set for meat dishes and several sizes in vegetable dishes may be made. After being woven on the frame crosswise, the points where the crossed threads pass each other are caught and knotted with either white or light-colored twist. In cutting the finished mat off from the frame, a fringed edge is formed and the mat not only launders well, but literally lasts forever. The writer has a set of these mats made quite ten years ago by a deft old lady. These have been in constant use, some of them washed each week and they have scarcely yet begun to show signs of wear.—Exchange.

Creamed Apple Tart.

Line a small, deep pudding dish with a rich pastry, peel and slice carefully one and one-half pints of tart apple, with just a dust of nutmeg, three-fourths cupful brown sugar and grated rind and juice of one-half lemon. Cover with crust and bake until done. Lift the crust and pour in pint of rich boiled custard. Replace crust and serve cold. This is a very old-fashioned Dutch dish and is delicious. Whipped cream is very nice in place of the custard, but if cream is used heat it up high and do not replace the upper crust.

Celery Fritters.

Beat one egg until very light; add one-half cupful of sweet milk, two teaspoonfuls of butter, one saltspoonful of salt and enough flour to make almost a drop batter. Beat it thoroughly and let it stand an hour or more to swell the flour. Beat again before using. Cut the celery into inch pieces and cook in boiling water (salted) until tender. Drain and stir it into a fritter batter. Drop by spoonfuls into deep fat.

Beefsteak Pie (English).

Cut two pounds of round steak into strips, roll in flour and arrange in a deep dish with three lamb's kidneys, which have been cut up and parboiled, one dozen oysters, one onion minced fine, parsley, dried thyme. Dot generously with bits of butter, and add two cupfuls hot water. Cover with a biscuit crust arranged in strips. Brush with yolk of egg and bake two hours in a moderate oven.

Soup Meat, Herosradish Sauce.

Boll a piece of tender beef. The sauce: Melt some butter in a saucepan, stir in some flour and add some of the broth you boiled the meat in. Then add about one cupful of grated herosradish root, season with salt and sugar and at last a little milk. Have the sauce quite thick. Boiled potatoes and string beans are very nice with it.

Grape Juice Whip.

Whip the whites of eggs, one for each person, stiff and add half a tablespoonful of powdered cinnamon. Mix all the ingredients together in a basin until perfectly smooth. Pour into a buttered pudding dish and bake for 40 minutes.

Coffee Mold.

Scald one pint of milk, dissolve two heaping tablespoonfuls cornstarch (1 heaping flour) in a little cold milk or water, add two tablespoonfuls sugar, pinch of salt. Stir this into the scalded milk and cook until it thickens. Turn into a mold and set it aside to cool. Serve with cream and sugar.

Yum Yum Pudding.

One cupful of cooked cereal, one-half cupful of molasses, one-half cupful of milk, one-half cupful of seeded raisins, two well-beaten eggs, one-half teaspoonful of powdered cinnamon. Mix all the ingredients together in a basin until perfectly smooth. Pour into a buttered pudding dish and bake for 40 minutes.

Boiling an Egg Soft.

Put a fresh egg in a teacup, pour boiling water over it, cover with a saucer and let stand five minutes. This plan prevents the coagulation of the white and is very delicate.

The KITCHEN CABINET

Stolen sweets are always sweeter
Stolen kisses much completer,
Stolen looks are nice in chapels
Stolen, stoiln be your apples.
—Thomas Randolph.

VALUE OF WATER AND FRUIT JUICES.

Water is not a food, but a carrier of food to all parts, and waste from all parts of the body, we are taught. Too little drinking of fresh, pure water is the cause of much physical disturbance. Overeating and little drinking of water is said to be our greatest American failing in dietetics.

Water should not be iced, but cool enough to be palatable, either summer or winter, and the amount each individual should take depends largely on the food eaten. If one eats largely of fruit, less water is needed, and if one drinks much milk, less is required, but even the very young baby should be given frequent drinks of cold water.

As children must suffer with their teeth, when the little gums are inflamed and swollen, a drink of cool water will give much relief.

The acids in fruits play an important office in destroying those germs which create gases and cause auto-intoxication. Fruit juices act on the kidneys and quench thirst. At the same time they are a natural laxative.

A juicy, good flavored apple is better than medicine, and should be eaten many times a day. Scraped apple may be given to young children.

The reason that fruit is best eaten either early or late in the day is that the stomach is empty and thus the digestive juices have free access to the fruit juices, stimulating them to action.

To keep in good condition, drink freely of water before retiring, as this flushes the system. The first thing in the morning rinse the stomach with a good tonic of cold fresh water a half hour at least before eating.

Though fruit contains little nutrition, it has a large amount of cellulose which adds bulk to the food and stimulates the activity of the juices on the digestive tract, thus aiding digestion.

APPLE, THE QUEEN OF FRUITS.

Eaten from the hand unpeeled the apple is indeed the queen of fruits, and those who indulge often in the wholesome fruit find it as good as a tonic.

Apple Cream Pudding.

—Slice a dish for baking full of apples and pour over it the following batter: Take a pint of sour cream, add a teaspoonful of soda, and when it is dissolved beat in one or two cups of flour, enough to make a thin batter, add salt and pour over the apples. Bake until brown. If the apples are not tart enough add a squeeze of lemon juice and serve with sugar and cream or with a hard sauce.

Apple and Almonds.—Core then pare nice, well-flavored apples, which will cook well without losing their shape. Cook in a thin sirup until nearly tender and fill with almonds which have been blanched and cut in quarters. Put the almonds sharp end first into the apples until they look like little porcupines. Dust with powdered sugar and place them in the sirup in a baking pan in the oven to brown. When the almonds are brown and the apples well cooked remove, cool and serve with whipped cream and sugar. The attractiveness of this method must be tried to be appreciated.

Apple Gelatin.—Pare, core and quarter six tart apples, add the yellow rind of half a lemon, cover with a pint of cider, boll and press through a sieve. Cover a half-box of gelatin with half a cupful of cold water and when softened add the juice of one lemon and mix all together. When molded serve with cider sauce or cream and sugar. Grape juice may be used in place of cider when it is not obtainable or any canned fruit juice may be used.

Apple Filling for Cake.—Grate one or two good, juicy, well-flavored apples, add a cupful of sugar and the whites of one or two eggs, depending upon the amount of apple pulp. Beat until light and firm, then put between layers of cake and on top. This filling may be flavored with a drop of almond and two or three of lemon extract. Cake filled with this mixture keeps moist for days and is good to the last piece.

Here's the Worst Speller.

One of the dealers in honey at the Portland (Ore.) public market is entitled to the championship booby prize of the world in spelling. Here are reproductions of placards which the merchant has tacked up before his merchandise:

Light household duties, ever more in-wrought
With placid fancies of one trusting heart
That lives but in her smile, and turns
From life's cold seeming and the busy mart
To be refreshed where one pure altar
Shut out from hence the mockery of life:
Thus liveth she content, the meek,
The fond trusting wife.
—Elizabeth O. Smith.

SEASONABLE DISHES.

Oysters are rather an expensive food, but they add variety to the diet and an occasional use of them may be made most profitable.

Creamed Oysters.—Carefully handle each oyster to remove all shells, put in a colander and

rise in cold water, drain the liquid from the oysters and strain it, adding it to the oysters. Make a rich white sauce of three tablespoonfuls each of flour and butter, cooked together when the butter is bubbling hot, then add one and a half cupfuls of rich milk, a half teaspoonful of salt and a few dashes of celery salt and red pepper. Cook a pint of oysters in boiling water and the liquor until plump and the edges curl, pour into the white sauce and serve hot with buttered toast.

Fish Hash.—Take equal parts of cold flaked fish and cold boiled potatoes, chopped fine. Season with salt and pepper. Put butter in a saucepan, and when melted add the fish and potatoes, stir until well warmed, then let brown underneath. Turn as an omelet.

Apple and Banana Salad.—Scoop out two apple balls from peeled apples, using a French vegetable cutter, and prepare banana balls in the same way, cover both with a generous sprinkling of lemon juice to keep them from discoloring, and serve on lettuce leaves with French dressing.

Asparagus Salad.—Place a cupful of canned asparagus tips on lettuce leaves. Cover with thin slices of red and green peppers and serve with well chilled French dressing.

Macarons.—Beat the whites of four eggs until stiff, add a cupful of sugar, one cupful of cocoanut and one of nut-meats, then three cupfuls of corn flakes, stir until well mixed and drop by spoonfuls on a buttered sheet. Bake in a moderate oven.

DAINTY DISHES.

When serving cheese or cottage cheese mold it into small balls, then with a wooden skener dip each in grated cheese and lightly coat each ball. If the cheese is quite moist in the balls the mixture will stick and make a most attractive dish.

Cream of Beets.—To a quart of milk add one onion, a sprig of celery (both cut up), and heat, strain over two tablespoonfuls each of flour and butter which has been cooked together. Cook until smooth. Beat until thick and add one cupful of cooked beets cut in small cubes.

Celery mixed with potato when creaming potato adds to the dish. Both should be cooked until tender.

Chocolate Nut Cake.—Soften a half-cupful of butter, add two cupfuls of sugar, yolks of four eggs, one cupful of milk alternately with 2-1/2 cupfuls of flour that has been sifted with four teaspoonfuls of baking powder. Fold in the whites of the eggs and add two squares of melted chocolate and a half-teaspoonful of vanilla.

Frosting.—Take two cupfuls of sugar, one-half cupful of water, cook until it threads, pour over beaten whites of two eggs, add a fourth of a teaspoonful of cream of tartar and nine marshmallows.

Rhubarb Shortcake.—Chop fine one cupful of mixed dates and raisins. Add to two cupfuls of rich, thick stewed rhubarb, cook five minutes. Split a shortcake and spread generously with butter, then cover with the rhubarb mixture. Cover with whipped cream.

Lettuce, Pepper and Egg Salad.—Wash the tender leaves of lettuce and arrange on a flat dish; chop fine two green peppers and sprinkle over this, then add two hard cooked eggs, also chopped, cover with French dressing and serve well chilled.

Nellie Maxwell.

Diminutives. The man who is "below five feet in height" may well be reckoned as being among the "diminutives." The average height is around five feet six inches. A man is "tall" when he is six feet or over. Under five feet five he is "sh-r-t."

English Life Guards. England's famous Life Guards were organized just after the Restoration. They were recruited from the old cavaliers who fought for Prince Charles Stuart, and in 1661 they were formed into three troops.

Many Juvenile Readers. More than seven and a half million books are lent by London public libraries in a year, the juvenile readers taking considerably over a million.

Life and Work. I must do my own work and live my own life in my own way, because I'm responsible for both.—Kipling.

Happiness Ever by You. Only learn to catch happiness, for happiness is ever by you.—Goethe.

was duly issued to him by the treasurer of said Polk county, Iowa, therefore, 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 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 payment of the taxes for the year 1910, thereon, and a certificate of purchase was duly issued to him by the treasurer of said Polk county, Iowa, therefore, 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 24th day of February, 1915.

W. H. Meredith, His Agent.

For That Terrible Itching. Eczema, tetter and salt rheum keep their victims in perpetual torment. The application of Chamberlain's Salve will instantly allay this itching, and many cases have been cured by its use. For sale by all dealers.

MEMBER NATIONAL NEGRO PRESS ASSOCIATION

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.

Jonas Cafe. The Old Reliable Place to get your meals. PHONE RRD 318 W. 3rd St. 3027. Rooming House at 3rd St. 216-218.

How To Prevent Bilious Attacks. "Coming events cast their shadows before." This is especially true of bilious attacks. Your appetite will fail, you will feel dull and languid if you are subject to bilious attacks. Take three of Chamberlain's Tablets as soon as these symptoms appear and the attack may be warded off. For sale by all dealers.

Subscribe for the Iowa State Bystander.

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 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 payment of the taxes for the year 1910, thereon, and a certificate of purchase was duly issued to him by the treasurer of said Polk county, Iowa, therefore, 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.

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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 payment of the taxes for the year 1910, thereon, and a certificate of purchase was duly issued to him by the treasurer of said Polk county, Iowa, therefore, which certificate is now lawfully held and owned by F. Green.

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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 payment of the taxes for the year 1910, thereon, and a certificate of purchase was duly issued to him by the treasurer of said Polk county, Iowa, therefore, 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.

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W. L. Baugh, Agent.

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