

IOWA STATE BYSTANDER.

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DES MOINES IOWA, FRIDAY, MARCH 12, 1915,

Price Five Cents

CITY NEWS

Mrs. W. L. Lee who has been quite ill for the past 4 weeks is able to be up.

Mrs. J. R. Erickson of 1602 Des Moines street is confined to her bed with bronchitis.

Atty. S. Joe Brown was attending to legal business in Iowa City last Wednesday and reports the Negro Students "Iowa" all well and doing good work in the various departments of the University.

The W. W. club of Asbury M. E. church at the residence of Mrs. Anna Cannon, 751 W 11th street Monday evening at 8 o'clock. A short business session was held after which each member was busily engaged in embroidery. A dainty luncheon was served by the hostess. The club adjourned to meet with Mrs. Sophia Hill, 115 W. 1st St. March 16th.

Miss Helen Eugenia Hagan of New Haven, Conn., spent a few days in our city. She is our great pianist.

Dr. C. M. Wilson returned from Keokuk, Iowa, where he had been called to attend the funeral of his aged mother last week.

Mr. S. M. Davis of 127 Jefferson avenue is improving very well at the Mercy hospital since the operation.

Mr. E. J. Baldwin of Creston, who underwent an operation at the Mercy hospital a few weeks ago, is much improved, so that he is able to be up and out this week.

Frank P. Johnson, who has been very sick for several weeks, is able to be up and went to his work this week.

Mr. Nelson Watkins, who is very sick at the home of his daughter, Mrs. John L. Thompson, remains about the same.

Mr. and Mrs. John A. Spencer of Grinnell attended the Hagan piano recital last Monday. While here they were the guests of Mr. and Mrs. L. J. Shelton.

All present and past matrons and patrons of the Order of the Eastern Star in good standing are cordially invited to be present and assist in the perfection of the permanent organization of a past officers' council at the residence of the undersigned, 1055 Fifth street, Monday evening, March 15th.—By order of Mrs. S. Joe Brown, Temporary President.

All clubs in the city who expect to be represented at the Inter-State Literary association at Hutchinson, Kans., next December are requested to send their delegates to the meeting to be held at 1055 Fifth street Tuesday evening, March 16th, for the purpose of organizing the Des Moines City Literary convention for 1915.

The Corinthian Baptist church extends an invitation to their services. Morning subject, "Triumph of the Church." Sunday school after services, B. Y. P. U. at 6:30. Evening subject, "The Smoking Flax." Choir will render good music.

Official Visit.
The Grand Master of Masons, John L. Thompson, will make his official visit to North Star Lodge No. 2, Des Moines, Thursday March 18th and with Doric Lodge No. 30 Thursday April 15.

GUESTS AT THOMPSON HOTEL.
Messrs. Sam Gordon and Clarence Dodson of New York City, playing at the Empress Theater, Wilson Story at the Empress, Peter Russell, Ft. Dodge Keene and Johnson of Chicago, Miss Lulu Coats, Chicago, all playing at Empress Theater. V. L. Jackman of St. Louis, Mo., E. J. Baldwin, Creston, Ia., Miss Helen E. Hagan, New Haven, Conn.

CARD OF THANKS.
We the undersigned wish to express our heartfelt thanks for the kindness shown during the illness and death of our mother and sister. We wish to thank you also for the floral offerings. Dr. C. M. Wilson, Mrs. J. W. Wilson, Mrs. Ida Byrd, Selby Johnson

THE LYCEUM.
At the meeting of the Des Moines Negro Lyceum Association Tuesday evening Mr. Jessie A. Graves led the review of the March Crisis. Mrs. J. H. McDowell was a visitor and made an interesting address. The meeting next week will be with Miss Mildred Griffin at East 17th and Capital avenue on Tuesday March 16th, the meeting of next week being abandoned on account of the City convention, at which time Miss Beatrice Turner will sing and Atty. S. Joe Brown will review the Commission Form of Government for the State of Iowa, prepared by the Retrenchment and Reform Committee of the State Legislature.

EDITORIALS

SUNDAY IS GO TO CHURCH DAY.
Sunday, March 14, is go to church Sunday. Then it is expected that everybody who is well would go to church. We hope that the colored people, especially those of you who heretofore have not been attending any church, would go next Sunday, turn over a new leaf, make up in your own mind which church you want to go to, then just go. It is a duty you owe to your neighbor, your community, yourself and your children. Set a good example, live right and people will respect you. All our churches will welcome you there.

BUSINESS MEN'S LEAGUE.
The regular local meeting of the Negro Business League will be held next Tuesday evening, March 16th, at Union Congregational church to install the newly elected officers. Every member of the league is urged to be present. A program will be rendered.

CHRISTIAN TEMPERANCE WORKER HERL.
Mrs. Peterson of Texas, national organizer of the Women's Christian Temperance Union will be in our city next week to organize a temperance union among our people. The announcements will be made Sunday at the different churches.

A NEW CLUB ORGANIZED.
The great question at last has been solved where to go on Sundays. It is at the Y. M. Sunday club, which meets at 4:30 p. m. at Asbury church, 777 West Eleventh street. Subject for discussion, "How to Become a Real Man." Every man and boy is invited. It is our hope that the colored people will push this organization and make it a success.

MISS HAGAN RECITAL.
The great pianist, Miss Helen Eugenia Hagan, of New Haven, Connecticut, who is a graduate from Yale university and won first prize scholarship from said university, appeared in our city last Monday night to a packed house at Union Congregational church. It was the greatest musical recital ever given in Iowa and the largest and most refined and cultured musical loving people of Des Moines of both white and colored. Miss Hagan was truly a master in her art. She held that great audience in rapt attention throughout the entire evening. Her technique, her range her manipulation and her wonderful power to bring out the most difficult parts with modesty, self-control and ease won the Des Moines people as never before. She is not only a credit to the Negro race but a credit to any race or class of people.

HIGH SCHOOL GIRLS' CLUB.
During the past month among the delightful courtesies shown the High School Girls' club was the reception on Sunday afternoon, February 28th, tendered them by Mrs. Adam Dixon, assisted by her daughter-in-law, Mrs. Alpha B. Dixon. The lives and accomplishments of noted Negro women were discussed by the girls.

On last Sunday the girls had as their guest Miss Helen Eugenia Hagan, the noted pianist, who made a brief address. Other guests present were Miss Georgia Blackburn, principal of the public schools of Buxton, Iowa; Carrie Watson, Misses Magnolia and Priscilla Sears, Miss Mayre I. Bell, Miss Marguerite Roberts, Mr. Chas. Howard, Misses Batha Mash, Joburnice Redman, Rachel Elliott, Anna Collins and Zelia White, Messrs. John L. Thompson, J. A. Spencer, Jesse A. Graves, S. Joe Brown and Mrs. Elbert R. Hall, each making interesting remarks. Next Sunday afternoon a business session will be held, at which time there will be held the election of officers.

BOYS' SOCIAL CENTER.
On last Sunday afternoon at the residence of Mrs. S. Joe Brown a number of grade and high school boys met for the purpose of being organized into a club to be known as the Boys' Social Center. Mr. John L. Thompson, proprietor of the Thompson hotel, was present and extended them the hospitality of a room for the purpose of holding their meetings every Sunday afternoon, which proposition was very graciously accepted. The temporary organization resulted in Russell Jackson of West High being chosen chairman; Arthur Wilson, secretary; committee on constitution and by-laws, Norman Blagburn of North High school, Charlie Woods and Seymore Morrison.

MARY CHURCH TERRELL.
The board of directors for the Iowa Federation Home for Women and Girls are making elaborate preparations for the coming of Mrs. Mary Church Terrell to the city March 31. Mrs. Terrell has an international reputation as a lecturer, having lectured in the largest cities both of America and Europe. Mrs. Terrell was the first president of the National Association and is one of the most widely known and most active club women in America. She will speak at Co-Union Baptist church Wednesday, March 31.

APPROPRIATION PASSES THE HOUSE.

House file No. 68, a bill asking for \$5,000 appropriation to celebrate the semi-centennial celebration of the Negro emancipation, to be held in Chicago, Ill., in August, passed the house last Saturday by a vote of 65 to 26, after the bill had been recommended by the appropriation committee, to which it was referred for indefinite postponement. Representative S. Garton of Polk county, who was a member of said committee, made a minority report, which was substituted for the majority report, and after an amendment had been made reducing the amount from \$5,000 to \$3,000 it passed. Great credit is due Representative Garton, assisted by Representative Brammer of Polk county.

The Iowa legislative committee consisted of John L. Thompson, S. Joe Brown, R. N. Hyde and Mrs. J. B. Rush, with Mr. Al Walker, who went before the legislature in behalf of the bill. We only hope the senate will pass it.

CHIPS FROM THE QUARRY.

While in Mason City visiting Perfect Ashler, No. 34, we found an abundant supply of snow. In fact the deepest snow that we struck in Iowa. The lodge is gliding along nicely under the guiding eye of P. G. M. Reeler, with Mr. A. W. Brown the W. M. This is the youngest lodge in my grand jurisdiction and yet are doing as well as could be expected in this part of Iowa under their circumstances. We have hopes for the ultimate success of Perfect Ashler. After the lecture we took a lunch at a restaurant and parted at the quiet hours of the night. Our next stop was at Waterloo, where we spoke to a proposed Masonic club of about twenty-five or more people. Here they have also a prospective O. E. S. club. What a fine thing this will be for Waterloo colored citizens to be getting in line with the best colored people all over Iowa and the northwest. Much credit must be given Rev. I. W. Bess and his good wife and other faithful workers up here. We next found ourselves the guest of Dubuque, No. 29, at Dubuque, the pioneer northeastern Iowa lodge. Those brothers are doing fine and are a good bunch of workers from the quarries, each one honestly striving to make life better and to help our honorable fraternity. All resident members were present save one. We had a splendid meeting and a splendid lunch by Dr. H. L. Rose, the veteran Masonic chef. These boys know the ritualistic work well. They have a beautiful little hall. Brother John C. Wells is working hard to build up this temple. We next placed our weary feet under the well laden table of the grand treasurer, Bro. M. O. Culbertson, of Clinton, where five other weary travelers from the east came from Davenport to honor the grand master and escort him down to Hiram, King of —, so we all, with a few of the Clinton members, had a delightful supper under the supervision of Mrs. Culbertson and her daughter. Later we visited with McNeil lodge two hours and had a good meeting. Bro. H. G. Williams, with the rest of the members, promised that they would get busy and build up the temple. On the last interurban car that left for Davenport we flew. Here we met the largest and most loyal reception ever held. It looked like the members from Illinois, Rock Island and Moine, would soon outnumber the Iowa lodges represented. In fact there were represented five different local lodges and two grand lodges. We had the most excellent high priest of Illinois and Iowa Royal Arch Masons, Mr. C. E. Walkup of Moine. In fact I cannot name all those who were present from Illinois. We had a fine meeting, lasting until 11:30, when we about thirty in number, marched down to Mr. E. Green's restaurant, where one of the finest banquets was served, with a feast of oratory, wisdom and wit from at least twenty-five persons. The W. M. of Hiram was toastmaster and had made it pleasant for all those present. This lodge is doing exceedingly well. At the conclusion of this banquet the master, Bro. Bradford, presented the grand master with a beautiful token of appreciation, a gold knife set with a diamond.

WATERLOO NEWS.

Hon. John L. Thompson, G. M., paid Waterloo a visit last week and addressed the Masonic club, which will be set up next month. Mr. Alpheus Digs, who has been

ment next month.

Mr. Chas. Stewart, also known as "J. O. Midnight," the well known newspaper correspondent, spent part of last Friday in our city. He is as witty and jovial as ever. It is said that he has delivered more lectures and sermons in different cities in the United States than any other Afro-American, so if you have the "blues" don't fail to hear him speak, for he will sure make you laugh and feel cheerful.

Mrs. Robinson of Bedford, Iowa, is visiting her daughter, Mrs. O. T. Duncan, of South Fifteenth street. Miss Anna Lewis gave a luncheon last Friday afternoon, complimentary to Miss Helen Hagan. Only a few persons were invited.

Mrs. F. N. Goodson, who has been at Great Bend, Kans., for several weeks assisting in caring for her cousin, Miss Myrtle Johnson, is expected home next week.

Mr. Geo. Walker of 609 North Third street, who has been very sick for the past two weeks, is convalescent and Dr. Strawn, the attending physician, says he expects him to be in his normal health ere this week his passed.

As we have not received a copy of The National Protest or The Appeal for several weeks, we wonder if they have suspended publication temporarily or permanently.

The February Bulletin issued by the colored Y. M. C. A. is very concise and should be of assistance in increasing the interest and membership in that association. The officers are: President, Elmer Woodson; secretary, W. O. Reynolds; directors, Messrs. J. B. Franklin, Wm. McGee, Sam Mayes, Andrew Baker, I. F. Ramsey, Albert Hicks and C. W. Hairgroer.

WATERLOO NEWS.

Hon. John L. Thompson, G. M., paid Waterloo a visit last week and addressed the Masonic club, which will be set up next month. Mr. Alpheus Digs, who has been

on the sick list for some time, is improving.

Mrs. Ruth B. Bright, D. G. M., was in Waterloo on March 4th and addressed a club of ladies, who she will make bright Stars next month.

Mrs. Elizabeth Bess, mother of Rev. I. Bess, who has been sick with pneumonia, is recovering nicely.

Miss Myrtle Beason of Clinton, Iowa, who has been visiting Miss Vivian Smith on Mullan avenue, has returned to Clinton.

Those on the sick list this week are Mr. and Mrs. Pierce, Mrs. M. Jones, Mrs. Evelyn Boyd and Wm. Pearson.

Rev. S. B. Moore, P. E., was in Waterloo by request and preached the funeral of Rev. G. H. Burks on Friday afternoon.

Mrs. J. Ernestine Wyatt of Kentucky is in the city visiting her sister, Mrs. Climmie Smith.

Mme. Jennie Watts Brown has made a return engagement to Waterloo and will appear in a play in Bess Chapel A. M. E. church March 28th.

Mr. S. C. Scheers is away on his vacation.

Mr. and Mrs. Edward Sanders on East Fourth street are the proud parents of a baby girl.

Rev. Dr. G. H. Burks, formerly of Paducah, Ky., died in Iola, Kans., on March 2nd, where he had gone to assist his brother, Rev. T. W. Green, in a special meeting. His death was very sudden and was a great shock to his many friends. Dr. Burks was brought to Waterloo on the 3rd for burial and those who came from out of town to attend his funeral were Rev. and Mrs. T. W. Green, his brother, of Iola, Kans., and Mr. Llewellyn Burks, his son, of Paducah, Ky. He leaves to mourn his loss his widow, one daughter, Mrs. Georgia Burks Cheatham of Waterloo, one son, Mr. Llewellyn N. Burks of Paducah, Ky., and many relatives and friends. The funeral was held in Bess Chapel A. M. E. church with Rev. I. W. Bess in charge and Rev. S. B. Moore, P.

E., preaching the sermon. The Grand Army post turned out and paid him due honor as a soldier. Servant of God well done, Rest from thy loved employ, The battle is fought, The victory is won, enter thy Master's Joy.

HEALTH HINTS.

A. J. Booker, M. D.
The founders of this government recognized that, although every man had rights and the right to participate in the government, it would be impossible for every individual to get up in meeting and express his sentiments. We have a representative government for that reason. It is your right to select whom you desire to represent you. But it is not reasonable to suppose that every one will be satisfied after the count is made. Those of us who have the spirit of fairness in us try to be fair with the fellow who wins, and if he does not make good we try to get him next time. Nor does the good sport wear brass knucks and take unfair advantage.

The sooner we learn that we must put up some one or two individuals, tell them what we want and let them go forth and tell us what success they had the faster will we accomplish things. The private may be just as good as the general, may be in many respects his superior, but some one has to do the work of the general, and usually one is sufficient. If he is not competent the results will tell; if he betrays us and we are not shrewd enough to detect it we deserve to be sold out. But by all means let us learn the great lesson of group fighting. The leader, after all, has the meanest job, if there is any big job to be done. His are the shoulders upon which the blame will fall; his is the brain that must worry about the results; his are the eyes that must not close till you are in dreamland—the soldiers sleep more than the general. And as sure as day follows night he must finally give way, for life is short.

No sensible man who leads will try to hog it all; he must share as he progresses, whether it be money or honor. No man will get so big that he can crowd out all the little fellows. There is no danger, save an imagination on the part of the crook, who does not want the true situation and right conduct to be the order of the day. Representative government and unity, these things only will solve not only our local problems, but our national ones as well.

Watch that crook that is always telling you how dangerous the other fellow; it is not his interest in you, but fear of the other man that worries him. The local branch of the National Association for the Advancement of Colored People deserves your moral and financial support. It is well in any new order of things to observe charity. This organization will usurp no organization's place; it will perform no miracles, but if the people of Des Moines will let the work grow a new and better era will dawn and all of us will be better off. If people who do not suffer as we do are anxious to help us we can at least assist. We can at least sustain those who are its active members or get those of our liking, remembering always the fact that the longer men stay in positions the better qualified they are to work. There is a fine band of disorganizers running loose in these parts. Listen to them and ask what they have done for the country save knock and gobble up everything in sight.

MONMOUTH, ILL.

The Calvary Baptist missionary society met last Friday at the home of Mrs. Charlie Burdett. On Wednesday evening they held prayer meeting at the home of Mrs. Floyd who is quite poorly.

Mr. and Mrs. Jerry Wallace and family left Friday evening for San Diego, Cal., where they will remain until they permanently locate in California. Mr. Wallace will go into business at San Diego with Mr. Will Ingram formerly of Monmouth.

Rev. E. L. Scruggs and daughter Berenice left Wednesday for Jacksonville.

The Agness Moody club met last week with Mrs. Ham Stokes and this week with Mrs. Dayse Lash.

Mr. Andrew Watson and family have moved from six avenue to East 5th avenue. Mrs. Watson is quite sick at the home of her mother, Mrs. Neil and is unable to be taken home.

Mr. and Mrs. James Harden, Misses Edna Williams, Bessie Goodloe and Anna Knight, Messrs Ed Payne Guy Williams and Charles Chambers attended the dance in Galesburg last Wednesday evening.

Rev. Forts and family are moving here from Carson, Mo., they will make their residence on East 6th Ave.

A Pleasant Physic.

When you want a pleasant physic give Chamberlain's Tablets a trial. They are mild and gentle in their action and always produce a pleasant cathartic effect. For sale by all dealers.

KEOKUK ITEMS.

Dr. T. H. Phillip celebrated his 83rd birthday anniversary March 4th, fifteen civil war veterans being present. Mrs. Wright and daughter Emma are visiting her father, Dr. T. H. Phillips.

Mr. LeRoy Grossman of Chicago has been the guest of honor of several parties on Tuesday and Saturday evenings at the home of Mrs. F. D. Bard. Wednesday Mrs. Verna Beaman entertained in honor of Mr. Grossman. On Tuesday evening March 9th Miss Blanche Kibs entertained in honor of Mr. Grossman.

On Friday March 5th occurred the death of Mrs. Maria Wilson at the home of her daughter, Mrs. Joseph Byrd 1213 Morgan street after an illness of about two weeks, from a severe attack of the gripe. She is survived by three sons, Mat Wilson of Mississippi, Dr. C. M. Wilson of Des Moines and John Wilson of Keokuk and one daughter Mrs. Ida Byrd. She is also survived by five grand children, one brother, Selby Johnson of Keokuk and two sisters, one in Mississippi and one in Tennessee.

Miss Carrie Russell of Toledo, Ohio has arrived in our city and expects to make this her home.

Mr. John Walker of Terra Haute will arrive in Keokuk in a few days to make his home.

The revival service held at Pilgrim Rest Baptist church are being splendidly attended.

Sunshine club will give a supper March 17th at A. M. E. church.

MIUX CITY ITEMS.

The N. A. A. C. P. club met last Sunday at the Mt. Zion Baptist church. Dr. W. W. Peoples of Omaha was present and addressed the body and was elected honorary member of the organization. The evening of March 22nd the club proposes to hold a mass meeting at the A. M. E. church. A special program will be rendered and it is their aim to make this a brilliant affair.

Madame Jennie Watts Brown, reader and impersonator, will appear in a recital at the A. M. E. church, Friday evening March 19th.

Mrs. J. B. Rush of Des Moines, President of the I. C. W. F. C., will deliver a lecture at the A. M. E. church Thursday evening. She comes under the auspices of the A. I. P. club.

An old-fashioned spelling bee and masquerade social will be given at the Mt. Zion Baptist church Wednesday evening March 10. Prizes will be given to the best speller and best masked person.

His official visit to Decatur Lodge No. 14, A. F. & A. M. last Tuesday evening.

Mrs. A. J. Hogg and children and Mrs. J. W. Huson departed Monday for Chicago, the former to make her future home there.

For the Stomach and Liver. I. N. Stuart, West Webster, N. Y., writes: "I have used Chamberlain's Tablets for disorders of the stomach and liver off and on for the past five years, and it affords me pleasure to state that I have found them to be just as represented. They are mild in their action and the results have been satisfactory. I value them highly." For sale by all dealers.

ITEMS FROM QUINCY, ILL.

Mrs. Mary Tate was called to Woodland, Mo., last week on account of the death of her nephew.

Mrs. Olive Wilson was slightly indisposed this past week.

The massmeeting for the World's Forward Movement held at 8th and Elm Street church Sunday afternoon was largely attended and the talks by Prof. Sellers of Chicago on Man and Missions, Dr. J. Y. Aitchison on "Co-operation for World Conquest" and the last speaker Dr. Edwin H. Richards on "Why the Black Man is Black," were interspersed by selections from the Culture club choir and a solo by Prof. Sellers.

The Teacher-Parent meeting at the Lincoln school was well attended Monday night and Dr. M. K. German addressed the assembly on "Preventions are Better than Cures." Mrs. I. L. Gordon is president and Miss Anna Smith is secretary.

Mrs. Martha S. Johnson was called to Washington, D. C. on account of the death of her husband, Mr. Geo. Johnson.

BUSHNELL, ILL.

(Special to Bystander.)
Mrs. Elizabeth McDonald of this city was very agreeably surprised on Tuesday, March 2 when a number of her relatives and friends tendered her a birthday surprise party. The surprise was complete, for so well had everything been planned by her children that not an inkling of the happy event was suspected. Mrs. McDonald received many beautiful presents, tokens of love and esteem. A sumptuous 7 o'clock dinner was served, covers being laid for sixteen. The table was beautifully decorated, white and pink roses being used in the scheme of decoration. After dinner the older folk spent the time in conversation and the younger members passed the evening with dancing and playing whist.

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Swift Premium Hams	14c
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Iowa Pride Hams	14c
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Fresh Fish and Oysters every day	
Fresh dressed Chickens.	
Lard	12½c
Moxleys Specials butter	19c

219 West Walnut Des Moines Ia.



Another McDougall Cabin t Club

We are now completing arrangements for the organizations of another of our McDougall Cabinet Clubs such as proved so popular six months ago. Membership campaign starts Friday. The object of this club is to enable a limited number of women to secure one of the

Celebrated McDougall Kitchen Cabinets

on Payments of

ONE DOLLAR PER WEEK

The McDougall is as good as another woman in your kitchen. It cuts your work in half—saves you hundreds of steps every day. It has more features of helpfulness and convenience than any similar device.

Chase & West

Fundamental Principles of Health

By ALBERT S. GRAY, M.D.

CAUSES OF CONSTIPATION.

Constipation or chronic intestinal stasis, as it is now officially designated, with its attendant poisoned state of the blood from time immemorial has been held responsible for most of the ills of humanity.

In the past constipated patients were piled with pill and powder, oils, salts, waters and other laxative compounds, both natural and manufactured. One after the other invariably they all failed in the end and the doctor had to be again consulted.

Generally he only varied the dose of this or that or prescribed another drug, without any attempt at a thorough investigation, and generally, too, without even so much as a cursory examination. Finally the public caught the idea and ceased going to the doctor for such a minor ailment and experimented with various pills, powders and waters, such as the ingenuity of the manufacturer could devise or the druggist could suggest.

Aided and abetted by the artistic lithographer and the circus bill poster, an educational campaign for instruction on how every man may become his own physician now forms a highly suggestive background to the general landscape throughout the country. As the result of clever advertising campaigns the carrying of a box of laxative tablets, pills or candy in the pocket in order to facilitate the regular daily dose of the remedy has become habitual with a large percentage of our people.

Constipation unfortunately is not an insignificant local affair that may easily be overcome by some simple remedy but, on the contrary, it is generally a symptom of a slowly developing constitutional condition, the specific name of which will appear in the death certificate of the victim.

It is only of late years that we really have begun to understand the relations existing between constipation and the rest of the body; to comprehend that functional inactivity in the gastric tract is perhaps but a part of a general functional derangement certain to end disastrously if not corrected by a comprehensive readjustment of individual habits and relations.

By far the most important factor in the maintenance of health is food. To the average individual food means something edible and palatable, which will satisfy the demands of hunger and thirst and enable him to maintain normal strength of body and mind.

Up to a very recent time textbooks on physiology taught that the three chief foods of men were proteins, fats and carbohydrates. Tucked away in an obscure corner, if indeed they were at all mentioned, under the name of ash the mineral salts received a bare mention, the author usually explaining that little or nothing was known of their action in physiology.

Recently we have come to understand that not only are there many proteins and that some proteins do not alone suffice to sustain human life, but we have come to understand also that proteins, fats and carbohydrates are not the three chief foods of man.

Going back through millions of years to the single cell, to the ameba state of existence, we find that the primary food elements were, and still are, air, water and mineral salts. Coming up the long ladder of progressive animal evolution, we finally come to a period where proteins, fats and carbohydrates, in fixed definiteness and proportion, became necessary to us as vertebrates; and, while these three classes of foods are absolutely vital to our existence as higher animals, we are beginning to comprehend that they are still subsidiary to the first three—exactly as our more recently acquired brain, superimposed on our primitive sympathetic system, has recently been demonstrated to be subsidiary to the ductless gland system comprising our primordial nervous system.

The individual workers of the body, the cells composing our bodies, are nourished by the blood stream, and the most valuable components of that wonderful fluid are known to be the mineral salts, and these are absolutely necessary to maintain the normal composition and activity of the individual cell; hence the same must be true of the complete organism, because the organism is constructed out of the blood stream.

gradual recovery," was the meek reply. The lunatic stopped and eyed the minister. "You're a parson, ain't you, and know the Bible through and through?" The clergyman acquiesced. "Well," exclaimed the weak-minded one with a grin, "all I've got to say is that you can give Ananias 20 years start and—win easily!"

Any blood which is formed from improper food, or from proper food improperly prepared or badly cooked, is chemically of a poor quality and can not furnish the right material for the upbuilding and normal functioning of the individual. Constipation is positive evidence of defective metabolism resulting from inadequate food elements, and only will be corrected by the correction of one's personal food intake and general habits. The habitual use of laxatives is useless and dangerous.

CAUSES OF CONSTIPATION.

Habitual use of laxatives is useless and dangerous. That positive statement is made in the light of 25 years' observation of cases that have persistently followed the laxative habit because it appeared to be vastly easier to take a simple little pill, guaranteed to produce satisfactory results, than it was to follow an intelligently planned but necessarily prolonged dietetic regime. Herein lies the prestige and the charm of the purgative habit: It is the can opener principle. You buy physiological activity instead of making it yourself according to the laws of nature, and thereby beat nature at her own game. It is quick and easy; results are "guaranteed."

What constitutes constipation? As a rule few seek to analyze this question, but content themselves with the bare fact that there seems to be some lack of activity along the 35 feet of intestinal canal which appears to require correction. Then, without the least thought as to the ultimate results, one or more of the 60 odd traditional remedies are blindly recommended, or perhaps a supposed remedy may even be used solely on hearsay evidence by and from one absolutely without knowledge concerning the functional requirements of the human machine. In this connection there is food for thought in the following authorities: "Drugs of unknown toxicity be set to act upon bodily tissues in disease in which we are ignorant of deviations from the normal."

What are the deviations from the normal in constipation? Contributions from the experimental physiologists, from the clinician, the radiographer and the surgeon have only very recently enabled us to begin to understand the probable causes of constipation. We are finding that there are many causes and that very often the constipation is only a symptom of graver conditions than a "simple intestinal inactivity." Von Noorden, Boas, Straubinger and, most of all, Adolph Schmidt have added enormously to our fund of knowledge as to the physiology, mechanics and pathology of the alimentary tract.

Microscopic investigation of the feces under such conditions frequently discloses the fact that many cases of chronic constipation are due to the fact that the digestion is too good. Starling and Baylis proved that intestinal stasis, or constipation, is due to a diminution of an internal secretion, to a lack of the "hormones." The radiographer by means of the bismuth test meal is able to show to the naked eye the actual waves and contortions of the intestinal canal, and has disclosed dilated and kninked canals unsuspected by earlier clinic methods.

The surgeon uncovers adhesions, ulcers and similar conditions often unsuspected from any definite symptoms. In addition to all the above conditions which may easily account for constipation, there is another cause not generally considered. Physiology teaches us that the expulsion of fecal matter from the intestines takes place in such a manner that the contents therein act as a kind of independent body with stimulating action upon the walls of the intestines and the plexus myentericus, a network of sympathetic nerves situated between the longitudinal and the circular muscular layers of the intestinal tract. As a result there follows a contraction of the walls of the intestines and their contents are expelled.

All nerves, the plexus myentericus included, are under the control of the central nervous system, which creates motor impulses through the medium motor impulses through the medium of the pneumogastric nerve (vagus), so that strong emotions, mental shock and the like may by reason of the irritation of the pneumogastric nerve, produce a movement of the bowels, or an inhibitory or restraining influence, through the intervention of the splanchnic (visceral) nerves may cause a check to the peristaltic movements. Obviously, then, mental states may also be at the bottom of some cases of constipation. But without any discrimination whatever the amateur, ignorant of the possible conditions, takes and recommends remedies promiscuously. And society stands aghast and puzzled at the increase of crime and disease.

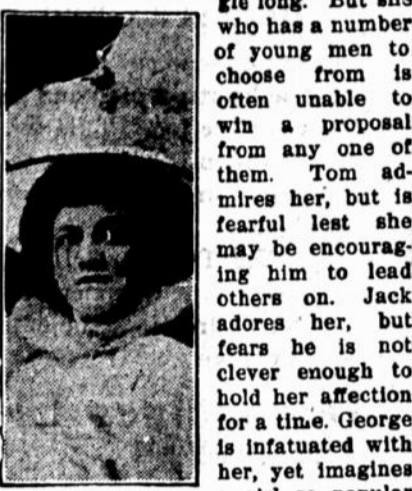
What is required more than all else is the practice of sane personal hygiene.

Laura Jean Libbey's Talks on Heart Topics

The GIRL WHO WAITS TOO LONG.

I cannot love as I have loved And yet I know not why. It is the one great love of life To feel all feeling die.

The girl who has plenty of beaux is the one you think will not remain single long. But she who has a number of young men to choose from is often unable to win a proposal from any one of them.



Time found our tired love sleeping, And kissed away his breath; But what should we do weeping, Though light love sleep to death? We have drained his lips at leisure, 'Till there's not left to drain A single pulse of pleasure, A single pulse of pain.

Because a man may fancy a girl at one time it does not follow that his regard for her will be lasting. He may talk love ardently to her, write in letters a year or more. But that is not proof that his ardor will not cool. Long after a man has forgotten one of these love episodes in his life the girl in the case will remember and cling fondly to the belief that he still thinks of her no matter where he may be.

The heart of man is changeable. When his interest in a particular woman dies out, that is the end of it, so far as he is concerned. In his arduous pursuit of a new love he has no time to fritter away in day dreaming over the past. In the course of events he may be brought, in after years, face to face with the girl whose personal acquaintance once so appealed to him. But he can clasp her hand once more and look into her eyes without experiencing one extravagant heart throb.

Not so a woman. The mention of her one-time admirer's name thrills her. The memory is sweet to her. She deludes herself into believing that she sees the old-time tenderness in him; notes the old-time fondness when he speaks her name. She may not have cared overmuch for him at first, but time has mellowed her objections. Her appreciation of him now dominates. To tell her that her one-time admirer had lost all interest in her would be to destroy one of the tenderest illusions of her girlhood. Even though she is wedded to another she likes to believe her one-time admirer regrets losing her. Her first question if they meet is: "Are you still single?" If he answers "No!" she is consumed with curiosity to behold the woman who has had the power to win him, to know if he has told her of his early love affair, and if the wife is imbued with as deep an interest to see her. Women of practical, sound sense cast aside these early, youthful fancies, knowing them to be like frail castles in the air tumbled down years ago. She knows that it is simply because her one-time admirer has not happened to come across the one woman in the world who awakened a responsive chord in his heart that he has remained single, if he is unwedded. Her husband looks complacently on at the meeting of his wife and the one-time admirer. Jealous? Not a bit of it. He knows the heart of a man too well; when he resigned her to single blessedness or to another, he was indifferent to her. He found the happiness the one-time admirer lost.

Universal Fairy Tale. "The Sleeping Beauty" may be called one of the stories of the whole world; for there is hardly a people which has not its tale of magic slumber and awakening. It has been conjectured with some probability that the origin of these stories is to be sought in hypnotism. Certainly it is a striking point that wands, pins, rings or similar objects that would assist in the hypnotist's suggestions commonly figure in them. In many eastern versions the girl goes to sleep, or dies, when a magic rod is laid near her head; she rises from sleep or death when another is placed at her feet. In Grimm's "Briar Rose" the heroine pricks herself with her spindle. In Scandinavian and Celtic versions it is a sleep thorn.

Meth-Proof Box. A most excellent moth-proof box for storing clothing can be made at home, if a cedar chest is impossible because of cost. Make a wooden box four feet deep, two feet wide, and two feet deep, having a lid with three pairs of hinges which can be hooked down firmly when closed. Inside, on the bottom, sides and lid, tarpaper should be tacked carefully. Over this, put unbleached cotton, so that no garment will come in contact with the tarpaper. Every article should be well brushed and aired before being put away, to make sure that no moths are in it, or other precautions are useless.

Weak on Geography. Geography floors most of us occasionally, and Dean Hole has recorded an instance when even a bishop nodded. Hole and Dean Spence were staying with Dean Pigou at Chichester, and their host began to talk about Korea. Suspecting some ignorance, he asked if they knew where it was. Hole said he thought you booked for Charing Cross, and Spence that you got out at Baker Street. There was laughter, and a bishop who had been listening asked in perplexity wherein lay the joke!—London Chronicle.

One Thing He Was Sure Of. "As a matter of fact," said the lawyer for the defendant, trying to be sarcastic, "you were scared half to death, and don't know whether he was a motor-car or something resembling a motor-car that hit you." It pleased the plaintiff to answer, "I was sorely struck by the resemblance."

THINGS WORTH TRYING

ALL GOOD AND JUST A LITTLE "DIFFERENT."

Effective Touches That Will Not Add to the Cost of the Dishes but Will Add Materially to Their Flavor.

Oh, you housekeepers who hanker after something a little different that will not add to the "cost of living," have you ever tried: Tiny red peppers to garnish your salad plates and give the touch of desired color, when tomatoes are not to be had, or are prohibitive in price? A center of yellow cheese for the tomato salad that is arranged to represent a poinsettia?

Halves of canned pears, piled up with white grapes and nuts for a salad in the pale yellow tones? Or asparagus tips on white lettuce leaves if you get that special coloring you prefer not to use fruit?

Rings of green peppers on greenlettuce, with a garnishing of French peas when an all-green salad is desired? Roquefort cheese, grated, or chopped onion in your French dressing? Cheese balls molded from a paste made of cream, chopped nuts and parsley, and seasoned with salt, pepper, a dash of paprika and Worcestershire sauce?

Or this same paste used as a filling for sandwiches? Thin bread and butter sandwiches of brown bread to be served with your salad in place of the more orthodox wafers? A sprinkling of paprika on top of the regulation stuffed potatoes? Small white heads of cabbage, boiled and adorned with a cream dressing, instead of the more aristocratic and costly cauliflower?

Cabbage or turnips au gratin in place of potatoes cooked in the same fashion? A sauerkraut stuffing for goose or duck if you have any hankering after "Dutch" dishes? A boiled dressing made with cream instead of oil and seasoned with a double quantity of mustard with your Dutch suppers?

Tripe with a very thick seasoned cream gravy, or chicken livers broiled with bacon, when you are at your wits' end for something new and not too expensive in the way of meats? Ripe bananas peeled, laid in earthen dish, water to cover, sprinkled with brown sugar and a few drops of lemon juice and baked slowly for about half an hour? If a few chopped nuts or dot of apple jelly are added to each portion the effect is prettier.

Use Mild Soap. No strong washing powders or kitchen soaps should be used on linoleum, as they slowly fade the pattern, destroy the dressing, and so make the linoleum look old and grimy, says a Country Gentleman writer.

Clear water may be used and mild soaps which are really mild enough to be used as toilet soaps. Wiping up the linoleum with milk has more disadvantages than advantages. The sugar and the fat in the milk seem to glaze the linoleum, but the stickiness of it will in time make the linoleum hold more dirt and in the end give a grimy appearance.

A thin coating of the best varnish twice a year will do much toward keeping the linoleum bright and shiny and preventing wear.

New Luncheon Dish. Poach an egg carefully in boiling water to which a squeeze of lemon juice has been added, trim it neatly with a round cutter, mask it with some thick, nicely flavored white sauce, which is still warm, and put it aside to get cold. Dust the egg lightly with flour, brush it over with beaten egg, cover thickly with dried bread crumbs, seasoned with salt and pepper, and fry it quickly (one and a half minutes should be sufficient) in a bath of boiling fat. Serve the egg on a round of buttered toast and garnish the plate with watercress.

Veal Croquettes. Put two cupsful of finely chopped veal in a saucepan, add two tablespoonfuls of fine bread crumbs, one teaspoonful of butter, the beaten yolks of two eggs, one teaspoonful of onion juice, quarter teaspoonful of salt, one teaspoonful paprika and a speck of mace. Stir the mixture over the fire until thoroughly heated, then set aside to cool. Shape into croquettes, dip in beaten egg, roll in fine crumbs, let stand one or more hours, and fry until well browned. Serve with tomato sauce.

Beans Spanish. Soak overnight two cupsful of pink beans, then boil them until tender. Boil three sweet red peppers and put them through a sieve. Fry three slices of bacon until brown, then add the pepper pulp and one green pepper which has been minced fine and one shredded onion. Then put in the beans, adding plenty of juice, a little salt and some grated cheese. Cook together thoroughly.

Splach the New Way. Wash the spinach thoroughly, but do not drain too dry. Put into the kettle and cover. Do not add any water, as the water left from cleansing will generate steam enough to cook the vegetable, and in this way you will find it much improved in flavor.

Lacing the Fowl. Instead of sewing up turkey, duck, etc., after stuffing, run some toothpicks across the opening and lace up with string. When the fowl is done, first pull the toothpicks out and the string falls off.

HITS FROM SHARP WITS

Some people aim to attract attention; others to get something done.—Pittsburgh Sun.

Neutrality is all right if it does nothing more than keep men who can't sing from trying.—Toledo Blade.

Red eyes are a sign that a man ought to have glasses or that he has had too many of 'em.—Columbia State.

Some men, when they are not permitted to be as mean as they please, think they are being robbed of their freedom.

A clever man can make his silence appear dignified even when it's because he is at a loss for something to say.—Albany Journal.

Men talk about what they will do tomorrow, but not a word about what they are going to say tomorrow. Most talk is unpremeditated.

Some people surely make a bad guess when they judge the width of the world by the size of their own back yard.—Philadelphia Telegraph.

"The fellow who doesn't believe in the influence of environment," remarked the man on the car, "never lived close to a glue factory."—Toledo Blade.

Half the time the man you praise for being silent is only waiting for some calamity to touch the spring that controls his vocabulary.—Houston Post.

You may have noticed that there are only a few people who take a chance on spraining their arm in lending a helping hand.—Philadelphia Telegraph.

A near-philosopher says it is better to be good-natured and imposed upon than to be a grouch, which may be all right, generally speaking, but better for whom?—Philadelphia Inquirer.

INFORMATION

Rubbing with unsalted butter, followed by bleaching in the sun, will cleanse ivory ornaments.

A Spanish syndicate is considering building a railroad across northern Africa 1,864 miles long.

To teach rifle shooting a Japanese has invented a cross bow with rifle stock, trigger and sights.

Massachusetts has the largest Portuguese population of any state, Rhode Island ranking next.

Mechanism operated by a lever from the driver's seat has been invented for opening automobile doors.

Scientists have estimated that more than 15 per cent of the earth's crust is composed of aluminum.

In normal times the spice islands of Zanzibar produce about 90 per cent of the world's supply of cloves, an average crop approximating 16,000,000 pounds.

CONDENSATIONS

The eight-hour movement in the United States began in 1868.

The German merchant marine, in 1913, had a tonnage of 4,576,355.

Chicago will spend \$400,000 in improvement at Grant park.

Los Angeles is canning Lima beans with much success. The enterprise was initiated last year.

According to an English scientist the light of the sun exerts a pressure of 70,000 tons on the earth.

California products, consisting of canned fruit, dried fruit, wine, etc., are now arriving in the eastern markets via the Panama canal.

The municipal board of health of Manila has passed an ordinance requiring that all buildings erected in future in the city must be fireproof.

Government figures recently compiled show that the salt production of the United States last year reached the record-breaking total of 4,815,903 short tons.

Kukui nut oil is a valuable Hawaiian product and is in demand in the paint and varnish trade. It has been shipped to the United States from various Pacific islands for the last 25 years.

IN-SHOOTS

The kitchen girl frequently has claws of the old cat.

We may tell our troubles, but we can never laugh them.

Platonic love and the soul kiss never travel in the same company.

Natural cussedness makes criminals of some men; others run for office.

Ability to escape from the fool-killer has often put a man in the hero class.

We often suspect that many of these convenient headaches are due to laziness.

POINTED PARAGRAPHS

Fish are wise. They begin business on a small scale.

Gossip is a deadly gas that is often fatal to friendships.

A man's wisdom isn't as interesting as a woman's intuition.

If the world doesn't understand a man it calls him a crank.

Any girl who thinks as much of a man as she does of herself will do little to.

Even after a man sees where he made a mistake he keeps right on making more.

After a girl gives her hand in marriage she may discover later that she put her foot in it.

These ultra modern skirts are evidently built for deep snows, as they are about knee deep.

When a man tells a joke to half a dozen women and they all laugh but one that one is his wife.

Most people would rather blame a man for what he doesn't do than give him credit for what he does.

A woman may not accept a proposal of marriage, but she always admires the good judgment of the man who made it.

It is always more or less of a shock to a woman when she discovers later in the game that her husband really did know what he was talking about.—Chicago News.

ACTIVITIES OF WOMEN

Pennsylvania suffragists will receive a donation of \$50,000 provided that they can raise \$20,000.

The Montana legislature has rejected the petition asking that women employees of the state have pay raises.

Women are now eligible to appointment to the faculty of the College of Arts and Sciences at Cornell university.

Mrs. L. Mercer is a candidate for mayor in Centralia, Ill., having received the indorsement of the "dry" forces.

When she is not studying a sketch or a new song, Grace Tyson, the actress, passes her time cutting cameos.

Women have been refused their request that one of their sex be appointed to the Paterson (N. J.) board of education.

Mrs. Margaret B. Laird, the wife of a Newark (N. J.) druggist, has been appointed a member of the board of health in that city.

FEMIGRAMS

Virtue—Something we ask of others.

Fatted calf—Food for the prodigal son.

A bird in the hand is bad table manners.

The egotist can only see himself through his own I's.

If resolutions could not be broken, few would be made.

Matrimony is frequently the "net" results of a hammock.

Cold Shoulder—What's handed to the prodigal daughter.

It is easier to grumble than it is to laugh—but harder to stop.

Life is getting to be progressive, changing partners after every little matrimonial game.—Geraldine Ames, in the New York Mail.

ARMENIAN PROVERBS

Armenian proverbs are very shrewd and all have a flavor of their own. A few of them follow:

Be learned, but be taken for a fool.

The fox's last hole is the furrier's shop.

The sermon of a poor priest is not heard.

Everyone places wood under his own pot.

The day can dawn without the cock's crowing.

Dine with thy friend, but do no business with him.

If you cannot become rich become the neighbor of a rich man.

What can the rose do in the sea and the violet before the fire?

The mother who has a daughter always has a hand in her purse.

Of a grumbler: Everyone's grain grows straight; mine grows crooked.

Of an impatient man: He feeds the hen with one hand and with the other he looks for her eggs.

When you are in town, if you observe that people wear the hat on one side, wear yours likewise.

Choose your consort with the eyes of an old man and choose your horse with the eyes of a young man.

When he rides a horse he forgets God; when he comes down from the horse he forgets the horse.

One day the ass began to bray. They said to him, "What a beautiful voice!" Since then he always brays.

BUXTON, IOWA.

Obituary. Mrs. Essie May Watson Boles died at the home of her parents, Mr. and Mrs. C. H. Watson on February 21, 1915, near Miami Junction.

Card of Thanks. We wish to thank our many friends for their kindness during the illness and death of our beloved wife and loving daughter, and especially Dr. E. A. Carter, Mrs. Mollie Tolson, Mrs. Susie Walker, also thank Mr. Geo. H. Woodson, Mrs. Lizzie Ashby, Mrs. Welsh and Mr. and Mrs. James Hamilton of Scandia, Iowa, for their beautiful flower offering.

ALBIA NEWS.

Sunday was quarterly meeting at the A. M. E. church. Presiding Elder S. B. Moore assisted Rev. Morgan with his quarterly services. A number from Hocking attended services in Albia on Sunday.

Social at the A. M. E. church on Monday evening. Mr. Robert McMullen, who was hurt by being kicked by a mule, is improving.

Rev. Morgan and a number of others have been ill with la grippe for the past week. A basket dinner was held at the A. M. E. church on Sunday afternoon by the ladies and friends of the church.

Best Treatment For Constipation. "My daughter used Chamberlain's Tablets for constipation with good results and I can recommend them highly," writes Paul B. Babin, Brushy, La. For sale by all dealers.

ENTERPRISE, IOWA.

Mrs. Phil Sorrel has been on the sick list for two weeks, but is somewhat better at this writing. The Household of Ruth was set up by the Household of Ruth of Colfax last Saturday, March 6, 1915.

The Progressive club was entertained by Mrs. William Battles last week. The Progressive club gave a public installation at the church on Monday and was proud of the attendance.

Mrs. Ada White of Buxton and daughter are still in our city on account of the sickness of her mother. We had good church services all day Sunday.

Miss Ada Brown and Mrs. Hazel Wimsey were in Des Moines Monday. Mrs. Mattie Brooks of Des Moines was in our city last Wednesday.

Mrs. Frank Brown is not much better at this writing. Mrs. Mamie Bates and family left our city Monday for Buxton. Her many friends were sorry to see her go.

Mrs. Joe Wellington is somewhat better at this writing. Mr. Leo Stanton, who was hurt in the mines last week, is improving at this writing.

Mr. Harry Clayborn was hurt in No. one mine Monday. Rev. G. W. Cross preached two excellent sermons Sunday morning and evening.

Miss Della Williams remains very ill at her home. Dr. J. H. Garnett spent a few days in Chicago. The musical which was given at the Vine and Broadway church Wednesday was a success.

Miss Ella Carter is on the sick list. The program which was rendered by Mrs. A. C. Crews for the benefit of the sister of the Household of Ruth was quite a success.

Little Harris Xenophon Crew remains very ill at his home with measles. The students of Western college celebrated Washington's, Lincoln's, Douglass's and Dunbar's birthday Friday afternoon. An excellent program was rendered.

at a dance which was given at the Brown residence. Both men were at their home in Sixty-one, Mo., a mingling camp. Miss Helen Eugenia Hagan, a prize student of the musical department of Yale university and a concert pianist, gave a recital Wednesday evening at Western college for the benefit of the students. An excellent program was rendered. All those present enjoyed a treat.

Miss Pearl Russell, the instructor of music department at Western college, gave an excellent recital at Fayette, Mo., accompanied by her brother, Mr. Lemuel Russell, of Kansas City, Mo., and Miss Alerta Dandridge of Miami, Mo.

CLARINDA, IOWA.

Mr. Clyde Finley, accompanied by Mr. J. Greene of Sioux City, are at present spending a few days with friends in our city.

The ladies of the O. E. S. gave a supper at Masonic hall Thursday. Mrs. Georgia Walker's children have the measles. As soon as children are able they will move on to a farm owned by our colored veterinary, Dr. Wm. Gipson.

Mr. Albert Cason will move from his farm to town Monday. The Ladies' Sewing Circle met with Mrs. J. Arnett. Study was from the Bible, after which a two-course luncheon was served.

The Ladies' Study club will be entertained at Mrs. E. B. Cook's by Mrs. Lottie Williams.

Mrs. Lucy Finley is disabled somewhat this week. John L. Thompson, G. W. M., made his annual visit to Keystone, No. 33, Monday. After the regular meeting he was accompanied by master and wardens to R. T. Lane's restaurant, met there by sisters of the O. E. S. and sat down to a luncheon. Remarks by G. W. M., responded to by W. M. of the O. E. S. and others. They all retired to their homes at a late hour.

BOONE, IOWA.

Sunday, February 21, was quarterly meeting at the A. M. E. church. Rev. S. B. Moore, P. E., was present and preached an inspiring sermon. He preached also another excellent sermon Monday just before quarterly conference.

Mr. and Mrs. Milton Hamilton gave their baby to the Lord by baptism. The young people of the Sunday school celebrated Lincoln's birthday February 2. Owing to the bad weather only a very few were out.

Miss Wooda Bell of Carroll, Iowa, is visiting at Miss Alice Stark's. January 27 the members and friends of the A. M. E. church gave their second mid-winter dinner at the B. of R. T. hall. Quite a neat sum was realized and the trustees and stewards were able to pay something on their debts.

Mrs. Emily Terry entertained Revs. Moore and Stansberry on Sunday evening at supper. Miss Woodie Bell was called home to Carroll on Sunday evening owing to the serious illness of her father.

Mr. Jesse Bell departed this life Monday, February 22, at 3 a. m. at his son's home in Carroll, Iowa.

The young matron and a few of the young ladies organized a fancy club, which they have named the Ideal Improvement club, with Mrs. Fred Anthony as president. The one beautiful feature of the club is they don't think themselves above having the older ladies as active members of the club.

Mrs. Annie Laurence entertained Revs. Moore and Stansberry at dinner Monday. The I. I. club entertained their husbands and a few outside friends at a Valentine social Monday evening, February 15, at Mrs. Geo. Taylor's on Green and Seventh streets.

Miss Alice Stark went to Carroll on Wednesday morning to attend the funeral of Mr. Jesse Bell. Mr. and Mrs. Frank Harding gave a two-course breakfast Tuesday morning at 10 a. m. for Revs. Moore and Stansberry and family.

Mr. Joe Bucker entertained the Ideal Improvement club and a few other friends to a three-course game dinner Monday, February 22. Rev. S. W. Stansberry has been suffering with a severe cold for the past week.

Mr. and Mrs. Frank Harding are enjoying a visit from their son, Charles, of Lincoln, Neb. Mrs. Mary Clay is still confined to her home with a broken rib, which she sustained a year ago this winter, when she slipped and fell on an icy pavement.

Miss Sadie White had to miss school for a couple of weeks on account of having the la grippe, but he is out again and in school. Lucian Ashby, another high school pupil, has been confined to his home on account of sickness.

Recommends Chamberlain Cough Remedy. "I take pleasure in recommending Chamberlain's Cough Remedy to my customers because I have confidence in it. I find that they are pleased with it and call for it when again in need of such a medicine," writes J. W. Saxon, Montevideo, Mo. For sale by all dealers.

OTTUMWA, IOWA.

Mr. Henry Elliott has returned from Omaha, where he was called by the death of his mother. Mrs. Q. B. Taylor died Sunday morning at her home, 325 N. Moore street, after an illness of two years. She was a patient sufferer and often told her friends she was waiting on the Lord. Funeral services Tuesday afternoon at the A. M. E. church services conducted by the pastor, Rev. C. A. Searcy. Body will be taken to Quincy, Ill., for burial.

Mr. Luther Williams and wife, Dora, and Mrs. ... are on the sick list.

Mrs. Harry Owens is sick with a severe attack of la grippe. The young men's W. C. L. met Sunday afternoon and had a rousing good meeting.

The Faithful Few met with Mrs. J. Weeks. The president being absent, Mrs. A. Rose presided. A lovely program was rendered and a delicious lunch was served by the hostesses.

Roy and Pard Johnson gave a party at their home and an enjoyable time was had in singing music and games. A four-course luncheon was served. The boys are ideal entertainers.

Mrs. Anna Jackson entertained at dinner Sunday. The table was laid for ten in honor of Mrs. Nellie, who is visiting her parents, Mr. and Mrs. W. Fowler.

MT. PLEASANT NOTES.

(Last Week's News.) Rev. Wm. Lealey filled the pulpit Sunday at the A. M. E. church owing to the absence of Rev. W. W. Williams, who was called to Burlington to preach the funeral of Mr. Folks.

The Mission Circle of the Second Baptist church met at the home of Mrs. Harriet Smith on Monday afternoon. (This Week's News.)

The Mite Missionary society of the A. M. E. church met Friday afternoon at the A. M. E. church. A paper on "The Life of a Christian" was read by Mrs. Ethel Williams.

A pie social was given in the basement of the Second Baptist church on Friday evening. It was quite a success.

The King's Daughters society met at the home of Mesdames Amanda Bartlett and R. F. Burnaugh Friday afternoon. After regular business light refreshments were served by the hostesses. All present report a pleasant time.

The death of Mr. Phillip R. Brown occurred Sunday morning at 12 o'clock at his home on E street. Mr. Brown has been a faithful deacon of the Second Baptist church for a number of years and will be greatly missed.

Mrs. Martha Baugh is on the sick list. Mrs. Matilda Atkins is on the sick list. Mrs. Harry Owens left for her home in Ottumwa on Monday afternoon.

IOWA CITY NOTES.

Friday, February 19, Mrs. Moore at an all student affair. Saturday evening, February 27, the Kappa Alpha Nu fraternity entertained at dancing. The Messrs. Swan, who intend to enter the university next fall, were visitors.

The G. L. U. I. held one of the most inspiring meetings of the year at the home of Miss McClain on March 7. The president of the fraternity, M. F. Fields, gave an exhortation to the members, which was fittingly responded to by the president.

Will anyone kindly give in the names of any senior high school girls whom they may know. Address any member of the club at the State University of Iowa.

Christian Endeavor was led by Mr. Wesley Thompson on Sunday evening, March 7th. Topic, "A Happier World." Next Sunday Nora Keesby will lead.

Miss Winus entertained at cards last week. Candy making was one of the interesting features of the evening.

Mrs. W. H. Howry stopped in town with her husband for the week-end. She had a number of callers at the fraternity Saturday evening.

Miss Minerva Graves, superintendent of the Sunday school, is elected to attend the Sunday school convention to be held at Waterloo.

OTTUMWA, IOWA.

Mrs. Harry Green is sick with a bad attack of la grippe. Mrs. M. Green of Oskaloosa visited her son, Harry Green, and wife for a few days last week.

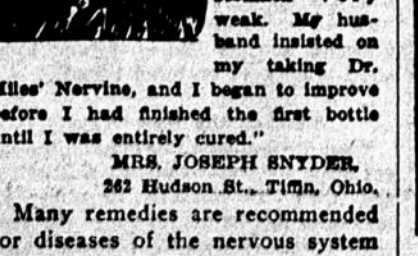
Aline Johnson was hostess to the Young Girls' Embroidery club Saturday afternoon. The third quarterly meeting will be held Sunday. The presiding elder, Rev. S. B. Moore, will be with us. The Faithful Few met with Mrs. Barquett. A nice program was rendered.

A Nervous Woman Finds Relief From Suffering.

Women who suffer from extreme nervousness, often endure much suffering before finding any relief. Mrs. Joseph Snyder, of Tiffin, O., had such an experience, regarding which she says: "Six months I was bedfast with nervous prostration. I had sinking spells, a cold, clammy feeling, could not stand the slightest noise. At times I would almost fly to pieces; stomach very weak. My husband insisted on my taking Dr. Miles' Nervine, and I began to improve before I had finished the first bottle until I was entirely cured."

MRS. JOSEPH SNYDER, 263 Hudson St., Tiffin, Ohio. Many remedies are recommended for diseases of the nervous system that fail to produce results because they do not reach the seat of the trouble. Dr. Miles' Nervine has proven its value in such cases so many times that it is unnecessary to make claims for it. You can prove its merits for yourself by getting a bottle of your druggist, who will return the price if you receive no benefit.

DR. MILES' MEDICAL CO., Elkhart, Ind.



and a three-course lunch was served by the hostesses. The choir of the A. M. E. church gave an entertainment Monday evening at the church. They had a good success.

Robert Owens is sick, confined to his bed. Julian Campbell entertained the M. T. T. society Tuesday evening at his home. A lovely time was had. The evening was spent in games, singing and music by victrola. A two-course lunch was served.

Mrs. H. Owens, district organizer of W. M. M. S., and sub-district superintendent of Sunday schools, visited M. M. S. and Sunday school at Mt. Pleasant last Sunday. While in the city she was the guest of Mrs. Nora Burnaugh.

Mr. and Mrs. Will Jackson entertained in honor of Mrs. Nellie Elliott of Michigan. Miss Mattie Williams is in the hospital for a surgical treatment.

Mr. and Mrs. Wells Fowler entertained at Sunday dinner in honor of their daughter, Mrs. Nellie Elliott, of Michigan. The Young Men's W. C. club met Sunday afternoon. The meeting was well attended and very interesting.

The Benevolent club met with Mrs. John Cheshire. A large attendance and interesting meeting.

FREE



1914 Catalogue

COLOREU PEOPLES HAIR We are the largest importers and manufacturers of colored peoples hair and the most reliable firm in this line. We make wigs, switches, braids, transformations and all styles of hair that can comb and wash the same as your own. We also sell straightening combs, hair nets and cut hair by the pound. We guarantee all goods, and if not satisfied money will be refunded. Our prices are lower than those quoted elsewhere. Send 2c stamp for illustrated book.

Humania Hair Company

Dept 61 23 Duane St., New York

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

VIVIAN L. JONES Funeral Director The very best service guaranteed Prices the lowest Calls answered promptly day or night No extra charges for distance Reverse all phone charges Phone: 2548 Maple 2548 Residence Wab. 8224 Office 519 East Court Ave Des Moines

NEW Elite Restaurant New Reliable Place to Eat Meals 15c and up Lunches or Short Orders Served 304 W. Grand Ave. Des Moines Iowa

Woman's Crowning Glory is Her Hair Why not grow your hair by using Mme. M. Beard Hair Grower It removes dandruff, stops itching of the scalp and makes it grow long, soft and beautiful. Price 50c a box. Send stamp for pamphlet. MME. M. BEARD AGENTS WANTED 519 So. 16th St. St. Joseph, Mo.



We Will Arrange to Wire Your Old or New Home for You You may pay us for it in twelve equal monthly installments. If you will investigate our plan you will put your house in shape for electric lighting and other modern electrical conveniences that make life worth living and enhance the value of your property at the same time. Here is a Great Proposition. Let us send our man up to your house, lay out the lighting plan and give you an estimate on a complete job. This will not cost you a cent, and then if you want to go ahead with the work and desire to take advantage of our liberal terms, do so. STEP TO THE PHONE, call Walnut 5300 and ask for the Commercial Department—or if convenient drop into the office for information about this plan. Des Moines Electric Company Des Moines Club Bldg Eighth & Locust Sts.

HAVE YOU BEAUTIFUL HAIR? WE are the only Importers and Manufacturers of Real Colored Peoples Hair. Also Wavy Hair. We absolutely guarantee our hair to stand combing and washing and to retain its color and crimp. Wigs, Plets, Braids, Transformations and Puffs in stock or to order; all shades, none too difficult. 25c Straightening Combs and Toilet Articles. Send two-cent stamp for Price List. Mail Orders receive prompt attention. The Old Reliable Mme. Baum's Hair Emporium 486 8th Avenue 11-162-18 Between 34th and 35th Sts. NEW YORK CITY

Magic Hair Grower and Straightening Oil The most wonderful hair preparation on the market. When we say Magic we do not exaggerate, as you can see great results in the first few treatments. We guarantee Magic Hair Grower to stop the hair at once from falling out and breaking off; making harsh, stubborn hair soft and silky. Magic Hair Grower grows hair on bald places of the head. If you use these preparations once you will never be without them. Magic Hair Grower and Straightening Oil are manufactured by Mesdames South and Johnson. We also do scalp treating. Magic Hair Grower, 50c. Straightening Oil, 35c. All orders promptly filled; send 10c for postage. Money must accompany all orders. Agents wanted—Write for particulars. We carry everything in the latest fashionable hair goods at the lowest prices. We make switches, puffs, transformations, curls, coronet braids, and combings made to order, matching all shades a specialty. Send samples of hair with all orders. 2416 Blondo St., Omaha, Neb. Phone, Webster 880

OSKALOOSA, IOWA. Mr. and Mrs. E. E. Jones were in Ottumwa on Sunday to attend the wedding of their son, Roscoe, to Miss Maggie Horn, which was solemnized at the home of the bride's parents Sunday afternoon, Rev. W. A. Searcy of the A. M. E. church officiating. It was a quiet affair, only relatives being present.

Messrs. Williams and Woods, who have recently moved their families from Lee county to this city, have purchased the Murray properties on D avenue West and are now occupying them as their homes. Mrs. W. H. Cook of Buxton was a guest of the Robt. Johnson home while transacting business in the city. The A. M. E. church arranged and carried out a very successful trustee rally at the church Sunday.

Mrs. Ethel Fields is visiting friends in Buxton this week. Mrs. J. P. Barquett has returned from Minneapolis, Minn., where she was called on account of the serious illness of her two grandchildren. She left them much improved and on the way to recovery.

Rev. H. C. Moorman has returned from Marion, Ind., where he had been called to the bedside of his sick wife. On Thursday evening, March 4th, Mr. and Mrs. W. C. Colman entertained a company of friends at their home on B avenue West in honor of their daughter, Miss Mabel. Refreshments were served.

The Second Baptist church gave another of their enjoyable socials at the church Friday evening. This little church is in a flourishing condition, under the leadership of Rev. O. B. Smith. At the close of a recent revival there were about twenty-three new members added to the church roll.

The Mothers' club met last Thursday with Mrs. Ida Henderson on D avenue West. The Ladies' Social club with Mrs. Eugenia Wheeler on D avenue West, and the Ladies' Progressive League with Mrs. Paul Brown on North B street. All the clubs are doing good work.

Mrs. Fred Poindexter was in Buxton last week on business. Mrs. Mary Wright of Buxton was in the city this week in the interest

of her work. NOTICE OF APPLICATION FOR TAX DEED. To Frank Wilfin and F. O. Evans: Fou, and each of you, are hereby notified that on the 6th day of December, A. D. 1910, the following real estate situated in Polk county, Iowa, to-wit: Lot eighteen (18, block six (6), plat one (1), Auburn Heights, an addition now included in and forming a part of the city of Des Moines, Iowa, was sold by the treasurer of said county for the taxes then due, delinquent and unpaid thereon for the year A. D. 1909 to W. L. Bugh, and that certificates of sale were duly issued by said treasurer to said purchaser, pursuant to said sale; that said certificates of sale are now owned by the undersigned, that the right of redemption from said sale will expire and a tax deed be made by said treasurer to Samuel Gordon for said real estate, pursuant to said sale, unless redemption is made within in ninety (90) days from the completion of this notice. Samuel Gordon, Owner of Certificate of Purchase.

WASHINGTON, IOWA, NOTES. Mrs. Laura Lewis of Des Moines is a guest at the N. L. Black home. Mrs. Eva Gwinn is about well again. Mrs. L. F. Phillips continues to improve slowly. Mrs. Thos. Lewis is convalescing. Mr. Robert Greaver does not improve in health as his friends would like. Mrs. F. D. Motts has returned from a two months' visit with her sister, Mrs. Zack Badgett, at La Junta, Colo. Mr. Chas. Berkley is home from a little jaunt to Excelsior springs, Mo. The resignation of Mr. H. R. Crayson as superintendent of the A. M. E. Sunday school was quite a shock to all concerned, when it was received at the Sunday school board meeting on last Friday night. Miss Marie Whaley was elected delegate to represent the Sunday school at the convention to be held at Waterloo in June. On Tuesday evening, March 2, the G. A. R. post and W. R. C. corps met at a Washington and Lincoln entertain-

ment and Rev. H. C. Loyd of the A. M. E. church talked on "Lincoln." He gave one of the best addresses of the evening and was showered with many encomiums.

Remember, subscribers, the time is fast approaching when the collector will be around after his money. Some who have been delinquent will be expected to come up, as the paper cannot be run without money, as some think. Get prepared early.

The trustee rally at the A. M. E. church on last Sunday was quite a success. Quarterly meeting will be held on March 21st and it is the desire of all the auxiliaries of the church to make their reports as good as possible.

Miss Dozier of Chicago is a newcomer to the city for an indefinite stay. Henry Campbell received a letter from his mother in North Carolina saying she was in good health for one of her age, being 101 years old, and can read and thread a needle without the aid of glasses.

Married—Saturday, March 6, at the home of the bride's parents, Mr. and Mrs. Dock Deatherage, at Richmond, Kentucky, Mr. John Monday and Miss Lillian Deatherage. The happy couple arrived here Monday a. m. to make their home and Monday night were given a nice reception at the home of Mr. and Mrs. Aaron Howard, the brother of the groom. Mr. Monday is an industrious farmer and has lived in this community eleven years and has all the qualifications for making an ideal husband, and Mrs. Monday is an accomplished young lady. We welcome this young couple to our city, to our church and homes and wish them many years of happiness and prosperity.

Mrs. Estell, mother of Mrs. Aaron Howard, of Kentucky, who has been spending the winter here, is preparing to leave for her home.

For Diseases of the Skin.

Nearly all diseases of the skin such as eczema, tetter, salt rheum and barbers' itch, are characterized by an intense itching and smarting, which often makes life a burden and disturbs sleep and rest. Quick relief may be had by applying Chamberlain's Salve. It allays the itching and smarting almost instantly. Many cases have been cured by its use. For sale by all dealers.

Insurance Department of Iowa Des Moines. ANNUAL CERTIFICATE FOR PUBLICATION.

Whereas, the Federal Casualty Company, located at Detroit, in the state of Michigan, has filed in this department a sworn statement of its condition on the thirty-first day of December, 1914, in accordance with the provisions of chapter 4, title 9, of the code of Iowa, relating to insurance companies; and whereas said statement shows that said insurance company has complied with the laws of this state relating to insurance. Therefore, in pursuance of law, I, Emory H. English, commissioner of insurance, do hereby certify that said insurance company is authorized to transact the business of casualty insurance in the state of Iowa, by agents properly appointed, as required by law, until the first day of March, 1915.

I further certify that the statement shows— 1st—The actual amount of paid-up capital of said company, December 31, 1914, to be \$200,000.00

2d—The aggregate amount of the assets of said company, December 31, 1914, to be 405,811.11

3d—The aggregate amount of liabilities of said company, including the amount required to safely reinsure all outstanding risks, December 31, 1914, to be 39,047.33

4th—The aggregate income of said company for the year 1914 to be 384,491.69

5th—The aggregate expenditures of said company for the year 1914 to be 364,932.37

In testimony whereof I have hereunto set my hand and affixed my seal of office at Des Moines this 6th day of March, 1915.

Emory H. English, Commissioner of Insurance.

NOTICE TO REDEEM FROM TAX SALE.

To G. H. Cheek, 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 6, A. D. 1910, the following described real estate, to-wit: Lot fourteen (14), in block sixteen (16), Brown's official plat of the northeast one-fourth of section 36, township 79, range 24, was sold to Des Moines Trust Co. for the payment of the taxes for the year 1909, thereon, and a certificate of purchase was duly issued to him by the treasurer of said Polk county, Iowa, therefor, which certificate is now lawfully held and owned by W. H. Meredith.

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 completion of this notice.

Dated this 24th day of February, 1915.

W. H. Meredith. By J. C. Meredith, His Agent.