

Boost Pay
and read The
Bystander

THE BYSTANDER

The Best
advertising medi-
um to reach colored
people in the west

XXIV No. 34

DES MOINES, IOWA, FRIDAY, FEBRUARY 8, 1918.

Price Five Cents

THE EMANCIPATION GROUP.

John Greenleaf Whittier.
Amidst thy sacred effigies
Of old renown give place,
O, city Freedom-loved! to his
Whose hand unchained a race.

Take thy worm frame that rested not
Save in a martyr's grave—
The care-lined face, that none forgot,
Bent to the kneeling slave.

Let man be free! The mighty word—
He spoke was not his own—
An impulse from the highest stirred
These chiseled lips alone.

The cloudy sign, the fiery guide,
Along his pathway ran,
And nature, through his voice, denied
The ownership of man.

We rest in peace where these sad eyes
Saw peril, strife and pain;
He was the nation's sacrifice,
And ours the priceless gain.

O symbol of God's will on earth,
As it is done above,
Bear witness to the cost and worth
Of justice and of love.

Stand in thy place and testify
To coming ages long,
That truth is stronger than a lie,
And righteousness than a wrong.

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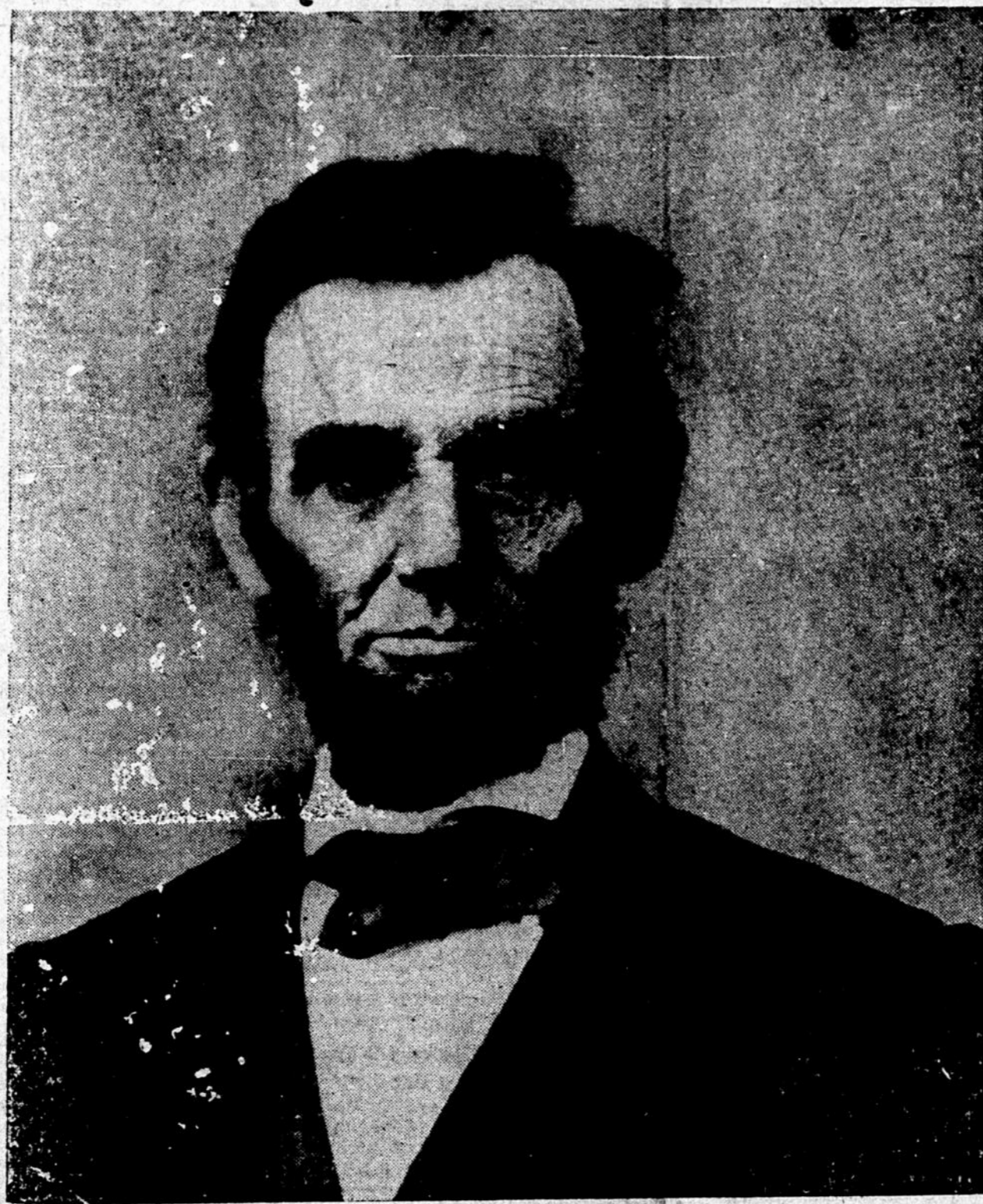
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tribute to the deceased, who was a consistent Christian and a loving mother. Interment was in Clarinda cemetery. Mrs. Josephine King's maiden name was Josephine Saunders. She was the daughter of Mr. and Mrs. Isaac Saunders and was born October 20, 1850. She was married to Isaac King on June 14, 1877 and was the mother of two children, Glen King of Clarinda, Iowa, and Fred King of Kansas City, Mo., her sister, Mrs. Thomas G. Jones of Clarinda, a brother, John Saunders, of Omaha, Neb., and a host of friends to mourn her death.

A. Friend.

BUXTON, IOWA.

Friendship is the very beginning of happiness in the heart; it is a rare and precious plant, and is found in its purity and power only here and there among the hosts of men and women who dot the earth's surface by their moving forms and faces. This was shown in the great surprise given to the Rev. J. J. Evans and wife of St. John A. M. E. church a few evenings ago by the members and friends of the church, under the auspices of the Pastor's Aid, Mrs. Minnie B. London, president; Mrs. Hattie Claybrooks, secretary, and Miss Georgie Black-



Stereopticon Lecture

BY

MME. C. J. WALKER

AT

West High School Auditorium, 15th and Center Streets

THURSDAY, FEBRUARY 14th, at 8 P. M.

Under Auspices Frederick Douglass Memorial Committee N. A. C. W.

MRS. S. JOE BROWN, Chairman

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Lieut. Brown was born in Mobile, Ala., September 28, 1893, was educated at Atlanta university, Ga. He was connected with the Standard Life Insurance Co. of Atlanta, and only resigned his position to enter the officers' training camp at Fort Des Moines, later receiving the commission of first lieutenant.

During his entire stay at Fort Des Moines and Camp Dodge he carried himself in an exemplary manner and won many loyal friends. He was also loved by every one who came in contact with him in Atlanta.

The saddest feature about his passing is that he was to have been married the first of February, but it was delayed on account of his illness.

Lieut. Brown was a member of the First Congregational church of Atlanta, Ga., of which Rev. Proctor is pastor.

The bereaved family have the deepest heartfelt sympathy of all who knew him in Des Moines. Short funeral services were held at Harbach's undertaking chapel, conducted by Chaplain Newman of the 366th infantry, assisted by Lieut. Bondrant, and remains were shipped to Mobile on Thursday evening, February 7th, accompanied by First Lieutenant Shaw.

burn, treasurer. About fifty persons joined in this surprise, and many were the things that were brought to gladden the hearts of the pastor and wife. Among the guests were the Rev. Woodard and wife, whose presence did much to make the evening one of a high social nature.

Willie Reasby, who was hit with a billiard cue by James Brown a few weeks ago, is improving nicely, after an operation for same. He will likely be home next week.

We are glad to see Mr. Peter Moore out again, after being quite ill.

The Ladies' Industrial club met at the home of Mrs. John Baker on Wednesday of last week. Regardless of the stormy weather, very few members were absent. A report of the finance from the bazaar was read, from which the club realized the splendid sum of over \$50 clear. About all of the outlines of various departments from state chairman were received at this meeting, all of which are so interesting and will be so pleasantly studied that we feel quite sure the state chairman will receive from our local chairman successful reports to submit to our state federation.

One of the infant twins of Mr. and Mrs. Wm. Sharp passed away Monday morning, February 4th, about three o'clock, after a few days' illness. Interment at the Buxton cemetery.

Mrs. John Holland of Lantry, S. D., with little Johnnie and Edith, are visiting here with her son, Mr. Lonnie Carter, for an indefinite stay. Her daughter, Mrs. Hurley Crouch, accompanied her from Des Moines and spent a few days.

Mr. Robert Hale is able to be out again.

A PRETTY WEDDING.

Dan Cupid is ever and anon,
With his busy wiles,
Visiting his pranks upon the hearts
Of any who might bid him enter.

It seems that he lost no time in captivating the hearts of Mr. J. A. Baker and Miss Sadie M. Qualls, as on Thursday evening, January 31st, he bade them follow him to Mt. Zion Baptist church, where he delivered his message to Rev. F. B. Woodard, saying, "These are my beloved victims, render unto them such service and blessings as shall keep them one and the same throughout their natural lives."

The gentleman was attired in a conventional black and white and the lady was handsomely attired in a satin gown trimmed in white lace.

At 9:15, as Mrs. Ollie Shelton played the wedding march, they were escorted to the altar by Mr. and Mrs. Leonard Mays, where they were united in the holy bonds of matrimony by Rev. F. B. Woodard, assisted by Rev. J. J. Evans.

Immediately after the ceremony the bride and groom, with their many friends, repaired to Mr. J. F. Baker's, No. 1 East Fourth street, and there partook of a sumptuous repast. The evening was very enjoyably spent in exchanging greetings and in wishing the bride and groom a happy and successful career.

Dan Cupid took his flight back to Mt. Olympus,
Until another circumstance warrants his descent,

On another worthy errand.
It is understood that Mr. and Mrs. J. p. Baker will spend the remainder of the winter in Buxton.



EDWARD ROSS.

The above cut is that of Mr. Edward Ross, the new secretary of the Y. M. C. A. recently established in the Union Congregational church, known as the Park Street branch of the Army Y. M. C. A. for colored soldiers.

Mr. Ross was sent here from Camp Funston. He has lived nearly all of his life, 36 years, in Kansas City, Mo., and has been active developing the social, religious and civic life of the colored people there, an active member of the Second Street Baptist church, held every office in the church but pastor, a deacon for thirty years, Sunday school teacher for twenty-five years; at present president of the New Era district Sunday school convention; was one of the active original organizers of the colored Y. M. C. A. and was its main support when it seemed to be falling; an active member of the Cosmopolitan lodge, G. U. O. O. F., No. 2935, president of Child's Protective League, member of the colored Federated Charities, also member of Philis Wheatly hospital board. He comes highly recommended. Men and boys, he asks you to come to the Y. any time and meet him.

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at

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Corner Fifteenth and Linden Streets

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8:15 p. m. Admission Free

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Invocation—Rev. H. E. King.
Instrumental Selection—Miss Mildred Griffin.

Reading—"Lincoln's Second Inaugural Address"—William Oney.

Vocal Solo—Mrs. Dalza Hammitt, Soprano.

Address—"Lincoln"—Hon. Geo. W. Clarke, Ex-Governor of Iowa.

Selection—Quartette: Miss Ethel Bowmer, Mrs. C. B. Woods, Chas. B. Woods, Jr., and Theodore Pemberton.

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Benediction—Rev. S. Bates.

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Vice President—Dr. W. H. Lowry.

Secretary—Mrs. S. L. Birt.

Treasurer—Rev. H. A. Perry.

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Mrs. J. L. Thompson

Mrs. Geo. C. Young

Ushers.

Wm. T. Jones

Rufus B. King

M. E. Cassell

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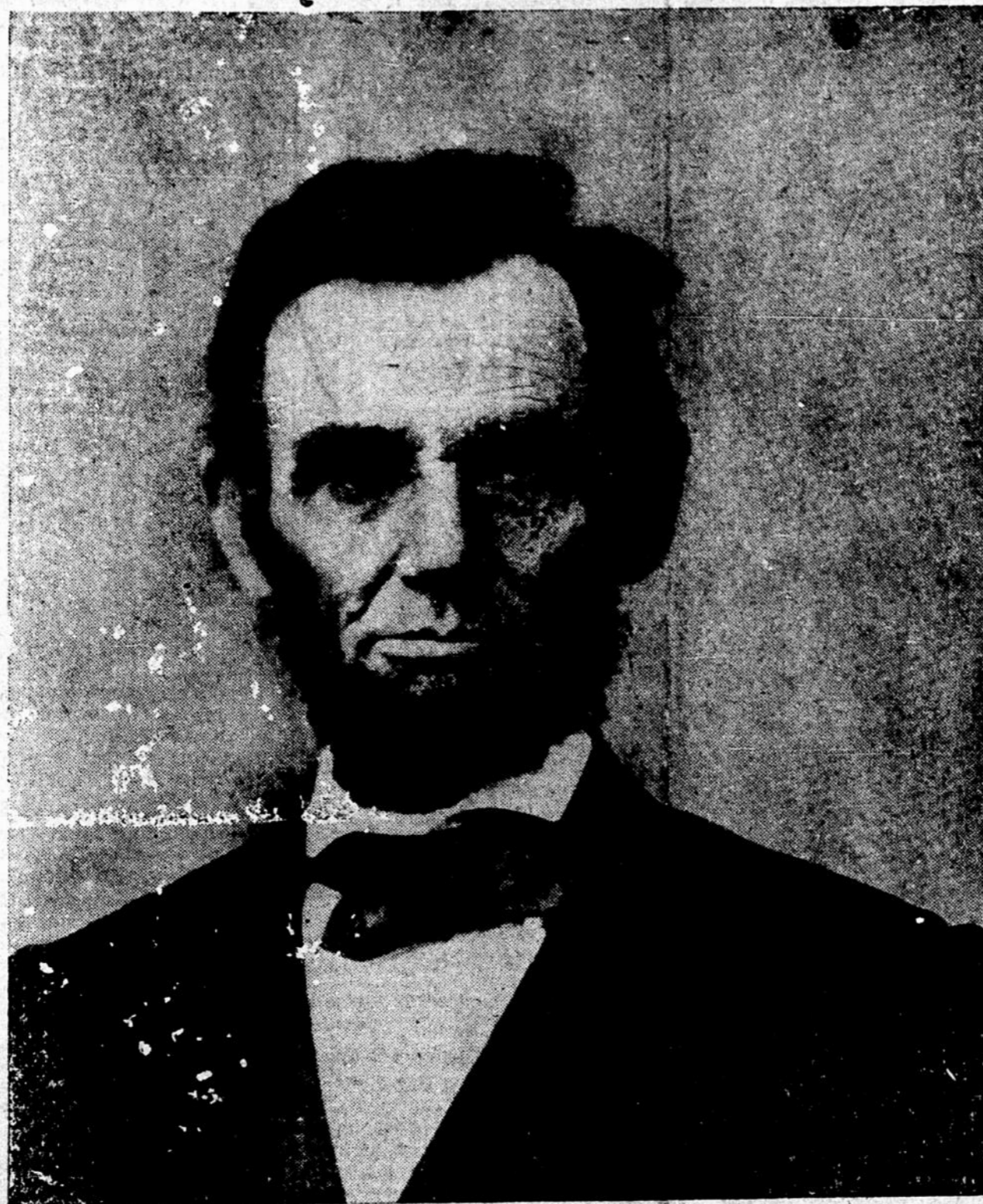
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JOHN L. THOMPSON, EDITOR

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TERMS OF SUBSCRIPTION.

One year \$1.50
Six months .75
Three months .50

Entered at the postoffice as sec-
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money order, express or draft, to The
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All subscriptions payable in ad-
vance.

Advertising rates for display ads
25 cents per inch, for each insertion.
Three to six months' contracts, 15
cents per inch. Local advertising
10 cents per line for each insertion,
counting seven words to a line. For
church and secret societies where
admission is charged, one-half of
the above-mentioned rates. For pro-
fessional, legal and announcement
cards, yearly contracts, etc., terms
are given on application. All ad-
vertising is to be paid in advance.

We are prepared to do first class
job work at reasonable prices. All
of our work is guaranteed.

Official paper of the M. W. U. Grand
of Iowa, A. F. & A. M., and
International Grand Congress of
Heroes of Jericho of America,
and Western Baptist Association.
We will not return rejected manu-
script, unless accompanied by post
age stamps.

Communications must be written
on one side of the paper only and
be of interest to the public. "Brev-
ity is the soul of wit," remember.

The Iowa State Bystander is the
oldest Afro-American journal pub-
lished in Iowa. It was established
in 1894, and is read by nearly all
the colored people of Iowa. We
have correspondents in the following
towns:

- Albia.....Miss May Davis
- Washington.....N. L. Black
- Monmouth, Ill.....Mrs. Bernice Metlock
- Clifton.....A. A. Bush
- Mason, Mo.....Lucy Harris
- St. Paul, Minn.....Mrs. Hattie Hicks
- Rock Island Ill.....
- Davenport.....Miss Berna Edmunds
- Oskaloosa.....Mrs. D. J. Johnson
- Centerville.....Mrs. A. L. Crittenden
- Omaha, Neb.....Miss Murel Brown
- Ottumwa.....Mrs. W. E. Thompson
- Moberly, Mo.....Miss Lee Etta Owens
- Galesburg, Ill.....Miss B. Anderson
- Quincy, Ill.....Mrs. Mattie Lillye
- Buxton, Iowa.....Miss Gladys Mardis
- Knoxville, Iowa.....Mrs. H. Bryson
- Council Bluffs.....Miss Agnes Fountain
- Keokuk, Iowa.....Mrs. Georgie Caldwell
- Chillicothe, Mo.....V. E. Williams
- Sioux City.....Mrs. M. Askeew
- Clarinda.....Mrs. G. N. Nowling

This notice applies to all writers
contributors, agents and correspond-
ents. Sign all articles, write only
on one side of paper, write a plain
hand and spell accurately. Do not
send in names of persons at particu-
lar. Do not give an eulogy or
write your personal comment upon
classes, all societies, all religious de-
votionals. Simply tell the news or
event in a brief, simple manner and
let the readers of The Bystander
comment. Write the news of all
persons' whims or ideas.

EDITORIALS

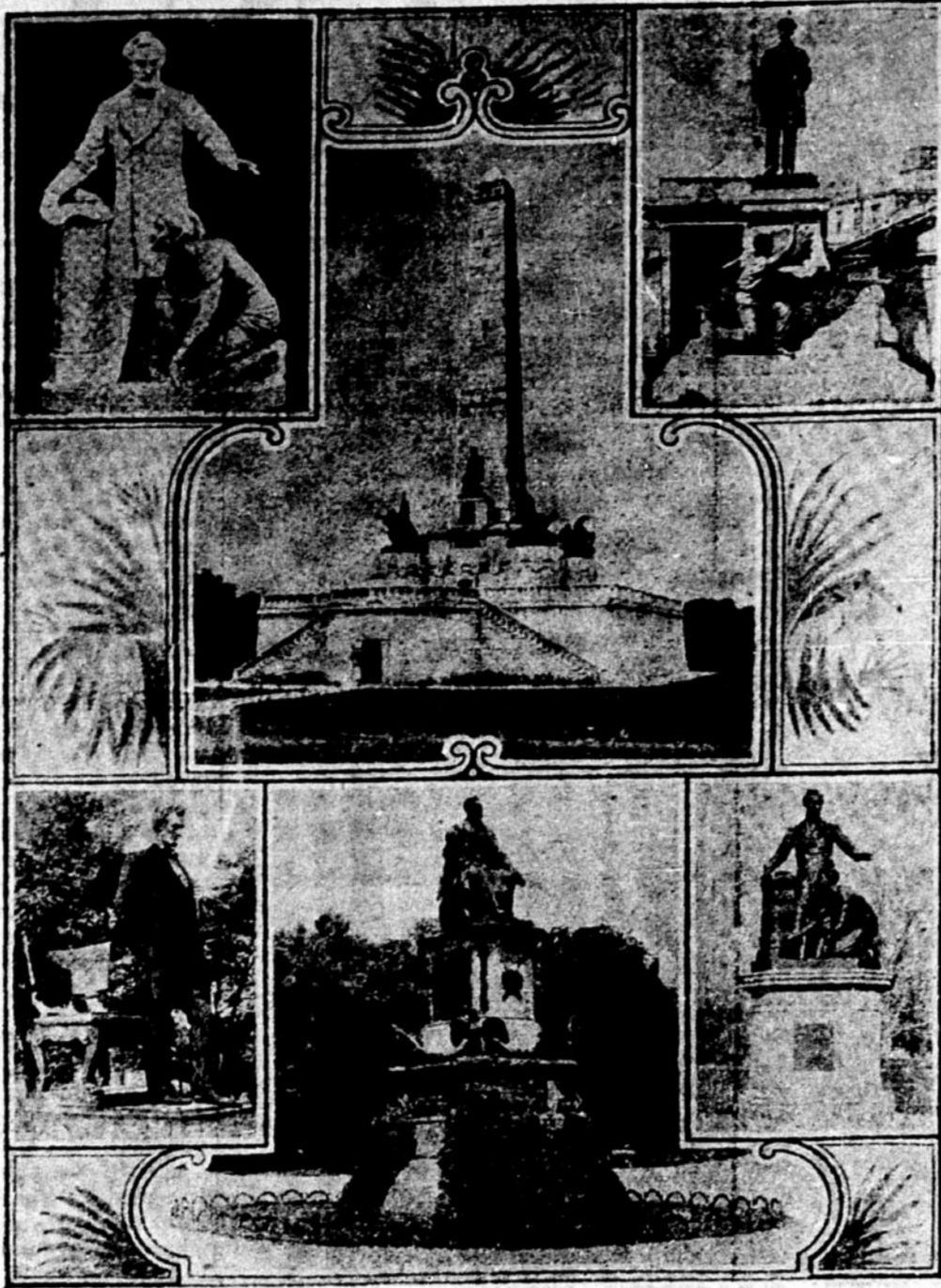
ABRAHAM LINCOLN.
1912-1865.

On next Tuesday, February 12th,
the American people will celebrate the
natal day of their greatest states-
man, philosopher and president that
America has yet produced, that im-
mortal, clean-cut and sympathetic
feature of Abraham Lincoln. Our first
martyred president, the emancipator
of a race and the saviour of the Amer-
ican people from further shame, sin
and humiliation. Lincoln, like the
average colored man, had further to
climb to reach the average white
man's qualification, then from this
standard to that of president. Yet
Lincoln was born in poverty among
the common people, in a one-room
log house in one of the poorest coun-
ties of Kentucky, La Rue, with no
schooling and with Aesop's Fables, a
spelling book and the Bible he march-
ed to the president's mansion in the
white house, loved, honored and re-
vered by all people. His great life is
an inspiration to every American
youth.

An Appeal by G. W. Robinson, Pastor
Corinthian Baptist Church, Des
Moines.

It should not be as it is among the
people of the Afro-Americans that
they have to be so often asked to sup-
port, maintain and read a good Negro
newspaper. Many of our best rep-
resentative citizens speak so discourag-
ing of the Negro press. But after
all it is the only source through which
the true version of our progress can
be obtained. If our papers could get
the proper support how soon could

MONUMENTS TO ABRAHAM LINCOLN



Statue of emancipation. Lincoln Memorial and Tomb, Spring-
field, Ill. American-Scottish Soldiers' Memorial,
Edinburgh, Scotland.
Saint Gaudens, Lincoln Park, Chicago. Emancipation Group, Lincoln Park,
Washington, D. C.
Statue in Fairmont Park, Philadelphia

there be a few substantial dailies by
Negroes.

Here in Des Moines we have more
than six thousand Negroes. Some of
them are of the most progressive of
any people. Many of them are mak-
ing a good support for their families,
their church and their country. But
not one-third of these citizens are
supporting our papers. Not only the
one published here in our city, but no-
where else. Too, there are many who
pay weekly and monthly for our great
dailies and fail to pay yearly for our
poorly supported Negro papers.

Friends, this ought not to be. We
ought to support the Negro press
with our subscriptions, with our ad-
vertisements, with our influence. The
preacher in his pulpit should sound
the keynote often to his people about
the Negro press. The doctor should
tell his patient, the lawyer his clients,
the grocer his customer. By so doing
we could have a source to let the
world know we are rising. I do ap-
peal to every Negro citizen to support
and encourage the Negro press.

MONUMENTS TO ABRAHAM LIN-
COLN.

In this issue will be found five mon-
uments erected to Abraham Lincoln.
Two of these are in Europe, the statue
of Emancipation in Florence, Italy,
and the American-Scottish soldiers'
memorial at Edinburgh, Scotland. The
monument located in Lincoln Park,
Washington, D. C., is properly known
as Freedom's Memorial. It was erect-
ed by the Western Sanitary Com-
mission of St. Louis, Mo., with funds
solely contributed by emancipated cit-
izens of the United States, who were
declared free by the proclamation of
President Lincoln. The first contribu-
tion of \$5.00 was made by Charlotte
Scott, an ex-slave of Virginia. Her
contribution being the first earnings
in freedom and consecrated, by her
suggestion and request on the day she
heard of President Lincoln's death, to
build a monument to his memory.

COLORED FOOD EXPERT IN CON-
SULTATION AT WASHINGTON.

Tuskegee Institute, Alabama, Feb.
2.—Professor George W. Carver, di-
rector of the Tuskegee Experiment
Station, has just returned from Wash-
ington, District of Columbia, where he
went at the invitation of the depart-
ment of agriculture, to demonstrate
the sweet potato products which he
has been experimenting with success-
fully during the past year.

Professor Carver reports that his
meeting in Washington was most en-
couraging and states that it is the
purpose of the government to make
future experiments with the sweet po-
tato to ascertain how some of the
eighty-eight products which he has
worked out may be used in connection
with the nation's war program of food
economy.

Concerning the dried sweet potato,
one of the products which Professor
Carver has been experimenting with,
The Rural New Yorker says:

"Prof. Geo. W. Carver of Tuskegee
Institute in Alabama recently sent us
samples of dried sweet potatoes, the
first we have ever seen. They came
in excellent condition, and our people
pronounced them quite equal to the
fresh product when cooked. It was
only necessary to soak them for a
short time, and then cook in the ordi-
nary way. These potatoes came in
such excellent condition, and were so

near to the fresh product, that it
seems as if this preparation of the
sweets ought to become a great in-
dustry."

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 ap-
petite control, then take a few doses of
Chamberlain's Tablets and you will
soon be well again. Try it. For sale
by all dealers.

save

1-wheat

use more corn

2-meat

use more fish & beans

3-fats

use just enough

4-sugar

use syrups

and serve
the cause of freedom

U. S. FOOD ADMINISTRATION

WHEATLESS BISCUITS.



Parched cornmeal is the feature of
these excellent wheatless biscuits.
First, the cornmeal—one-half a cup—is
put in a shallow pan placed in the
oven and stirred frequently until it is
a delicate brown. The other ingre-
dients are a teaspoon of salt, a cup
of peanut butter and one and a half
cups of water. Mix the peanut but-
ter, water and salt and heat. While
this mixture is hot stir in the meal
which should also be hot. Beat thor-
oughly. The dough should be of such
consistency that it can be dropped
from a spoon. Bake in small cakes
in an ungreased pan. This makes 16
biscuits, each of which contains one-
sixth of an ounce of protein.

DELICIOUS CORN MUFFINS.



Here's an old fashioned recipe for
corn muffins that has recently been
revived and used with unusual success
in several of the larger New York ho-
tels: To make three and a half dozen
muffins take one quart milk, six ounces
butter substitute, twelve ounces of
light syrup or honey, four eggs, pinch
of salt, two ounces baking powder
one and a half pounds cornmeal and
one and a half pounds rye flour. The
butter and syrup should be thoroughly
mixed; then add the eggs gradually.
Pour in the milk and add the rye flour
mixed with cornmeal and baking pow-
der.

MONMOUTH, ILL.
(Special to Bystander.)

Obituary.
The funeral services in connection
with the burial of Joshua Simms were
held yesterday afternoon at 2 o'clock
from the St. James A. M. E. church
and were in charge of the pastor,
Rev. M. Viney, assisted by Rev. C.
Lindell, pastor of the Calvary Baptist
church. The pall bearers were W. P.
Hubbard, S. P. Maupin, Henry Mc-
Daniels, D. D. Star, George C. Wal-
lace and W. H. Marshall. Interment
was made in Monmouth cemetery.

Card of Thanks.
We wish to thank the friends and sym-
pathizers during the illness and death of
our father, Joshua Simms. Also for
the many beautiful floral offerings.
Mrs. Nancy Jane Raglin.
Mr. and Mrs. L. C. Simms.

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 itch-
ing, and many cases have been cured
by its use. For sale by all dealers.

ALBIA NEWS.
Miss Mildred Lewis has been very
sick the past week.

On last Tuesday night the home of
Mr. Pearl Thomas burned and all its
contents. Quite a loss to Mr. and
Mrs. Pearl Thomas.

A few friends gathered at the home
of Rev. and Mrs. J. W. Dowden on
last Wednesday evening in a pound
party. Ice cream and cake were
served. All present had a very enjoy-
able time.

Mrs. G. A. Davis spent Friday and
Saturday at the home of Mrs. Bessie
Grayson at Hocking, No. 3.

Sunday, February 3, was Trustee
Day at the A. M. E. church.

A Hint to the Aged.

If people past sixty years of age
could be persuaded to go to bed as
soon as they take cold and remain in
bed for one or two days, they would
recover much more quickly, especial-
ly if they take Chamberlain's Cough
Remedy. There would also be less
danger of the cold being followed by
any of the more serious diseases.

Relieves CATARRH of
the
SANTAL
CAPSULES
MIDY
and all
Discharges in
24 HOURS

Each capsule bears the
name of
MIDY
Beware of
counterfeits.
Sold by all druggists.

Chamberlain's Tablets.
These Tablets are intended especial-
ly for disorders of the stomach, liver
and bowels. If you are troubled with
heartburn, indigestion or constipation
they will do you good.

Sell Your Spare Time
to us for
CASH COMMISSIONS
and
Valuable Premiums
Let us tell you how you can
earn wonderful Christmas gifts.
DUKE SALES COMPANY
Muscatine, - Iowa.

REMEMBER
Lud Strothers' Cafe
417 W. Third Street
Meals and Short Orders at
all hours. Quick Service.
We serve on the
European style.
L. G. Strothers,
Proprietor Des Moines

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FIRST CLASS WORK
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Bradford's Pool Hall
M. J. BRADFORD, PROP.
A LINE OF TOBACCO, CIGARS & SOFT DRINKS
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DES MOINES, - IOWA.



How Does a Soldier Feel in a
Life-and-Death Crisis?

He was caught—like a rat in a trap—with only one chance in a million of
coming out alive. He thought of—
What does a soldier think of in a life-and-death crisis? How does he
feel? What does he do? What is the millionth chance that he takes to escape?
While trembling and hot from the experiences they have gone through,
over two hundred men—airmen, trench raiders, submarine commanders,
grenade throwers—have told what they saw, heard and felt. To read these
stories of personal adventure is to get an entirely new viewpoint of the war.

A Close-Up of the War

Newspapers and magazines treat the war along broad, general
lines—they speak of nations and armies. But these stories
tell you about the most daring, audacious and heroic deeds of
MEN—individuals. They tell of exploits which even now
you think never could happen. No professional author in
the history of literature could tell such stories, for no man's
imagination could think them up. Yet each of these stories is
true—and so startling that the mind simply stands agape at
wonder. They would thrill a man with blood as cold as a slab.

"True Adventures of the Great War"

6 Volumes Free!

The Review of Reviews has collected these two hundred and more
stories in six handsome volumes, containing altogether 1800 pages, pro-
fessionally illustrated. Every one of these stories is absolutely genuine and
is the hero or heroine of the exploit. And now, for a limited time, you can secure these six volumes
free, with a two-year subscription to the Review of Reviews.

Now, and during these next few years, as never before, every
Intelligent American will need the Review of Reviews. The
world is on the verge, it is in the throes of social, industrial
and political changes that are cataclysmic. One cannot form
opinions on these revolutionary events, one cannot have his acts
intelligently upon them—one cannot understand the real war
situation, unless the facts, all the facts, are known. It is
everyone's patriotic duty in these coming days of trial, for
every citizen to know comprehensively what is happening
in the world around him.

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offered at the regular price. The six volumes
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absolutely free. So that no one may get in
the dark, the books will be sent first for
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may return them within five days.
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ing and authoritative source of information
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greatest true stories of
our times.

CITY LOCALS

Barber Wanted.—At once. Good wages. 509 Mulberry street. L. J. Shelton.

CORINTHIAN BAPTIST CHURCH NOTES.

Rev. G. W. Robinson, Pastor. Rev. G. W. Robinson was called to Cedar Rapids on important business for the Northern Baptist Convention this week. He returned Wednesday. The pastor will speak Sunday morning from the subject, "Salvation By Work." Be in your seat at 10:45 a. m. Every department of the church is alive and at work. We are looking for the greatest of church years.

The Sunday school is one of the best in the northwest. The B. Y. P. U. will inspire any one at any time. The people have a mind to work.

The Ushers club will give a box entertainment at the residence of Bro. J. H. Spriggs, 1060 W. Fourteenth street, February 21.

Our choir is rated in Class A, not only in Des Moines, but in the northwest. Now if you do not believe it, come out on Sunday at either service and be convinced.

ST. PAUL A. M. E. CHURCH NEWS.

The executive board of the A. C. E. League met with Mr. and Mrs. Emanuel Davis of Clark sree on Friday last. Sixteen members were present. The league is in a flourishing condition. Two of the members of the league are exper Endeavorers and three chairmen have passed the efficiency test. It is hoped that every chairman in the league will prepare for the test.

Sunday was Decision Day in the league. Three young women decided for Christ and united with the church. One young man was transferred from associate to active membership in the league.

Young People's Day will be observed at this church with appropriate ceremonies on Sunday. The morning sermon by the pasor, "Christian Efficiency." At 3 p. m. the C. E. mass meeting will be held. All he young peoples' societies of the city have been invited. Chaplain Neuman of Camp Dodge will be the speaker of the afternoon. A quartet from Camp Dodge will furnish the music. Mr. E. N. Warren will present the service flag to the church.

Quarterly meeting February 17th, P. E. Ferrabee in charge. A number of ladies met at the parsonage on Thursday and organized a new church club, to be known as the "S. L. Birt Club." The club will work for the new St. Paul and aid the pastor in his official labors. Mrs. Izora Mackey was elected president and Mrs. Rubenia Harper, secretary.

Mrs. John L. Thompson has been quite sick this week.

Mr. Gus Watkins is very sick just as we go to press, with ptomaine poisoning.

Mr. and Mrs. Harry Calloway announce the arrival of a fine boy January 21st. Mother and son doing nicely.

Lieut. C. J. Adams of Co. K, 366th infantry, underwent an operation the past week for removal of adenoids at the base hospital.

Miss Gretchen Tucker left Monday night for Kansas City, Kans., to spend two weeks visiting her grandmother and aunt.

Mrs. C. A. Clegggett came down from Ames, Iowa, Sunday, to see her daughter, Mrs. Wm. Jones, who has been very sick, but is improving nicely. She is home from the hospital.

Mr. Claude D. Crowley of 145 Sheridan avenue was taken to the Methodist hospital Monday, suffering from inflammatory rheumatism. He is reported better at this writing.

Mr. Andy Fisher, who is employed at the Shrine temple building, is real sick with pneumonia. He was taken to the Methodist hospital last Monday for a much needed rest.

The Callanan club will meet with Mrs. Thornton Adams, 922 Twenty-third street, February 13th. All members are urged to be present and report.

The Union Baptist Improvement club will give a goal social at the home of Mrs. John Miller on Saturday evening, February 9th. All are invited to attend. Mrs. J. Miller, president; Mrs. J. Tate, secretary.

E. A. London's BARBER SHOP

SEPERATE FROM POOL HALL. Complying strictly with City and Camp Dodge Health Regulations. 229 West Third Street Phone Wal. 2314 R. Hobson W. L. Berry

LONDON'S POOL HALL. Choice Line of Cigars, Candy and Soft Drinks. W. SMITH, Prop.

day evening, February 9th. All are invited to attend. Mrs. J. Miller, president; Mrs. J. Tate, secretary.

Captain Kelley of the 366th infantry, Camp Dodge, donated \$5.00 to the Protection Home through the Young Women's club, which meets every Wednesday evening at the Home.

Lieut. Blocker, 366th infantry, has been confined to the base hospital the past week, also Lieut. Morris. Lieut. Carter Brown is very seriously ill with pneumonia. He is improving, but not out of danger.

Mr. Jerold Hayes entertained 175 of his friends at his birthday party Monday evening, February 4th. Mr. Hayes appreciates the many beautiful presents given him by his friends.

The Mary B. Talbert club met Tuesday with Mrs. Ousley. After the business session a program was rendered. Adjourned to meet with Mrs. R. N. Hyde, 821 Thirteenth street, Tuesday, February 19th.

Mrs. Rubenia Harper, who has been visiting in Indiana, Illinois and Kentucky, has returned home. She was accompanied by her niece, Thelma Hortense, whose father, Amos L. Holt, is "somewhere" with the 370th infantry.

The Callanan club gave their play, entitled "Cornelia Pickle Plaintiff," at St. Paul's church on February 4th, the proceeds of which are to go to the building fund of the new St. Paul. They realized about twenty-five dollars, for which they wish to thank their friends for their patronage.

Mrs. Izora Hickman left last Sunday night for Minneapolis, where she will complete a course in manicuring and massaging. She expects to return in April, when she will establish beauty parlors on Ninth and Grand avenue.

Mr. Harry Clay, son of Mr. Henry Clay, who has been in Dakota for the past three years, has been called home on account of the draft. He has been examined and will return to Dakota on Sunday to await his call to go into training. He has been working a claim and doing fine.

Lieutenant W. H. Thompson, who has been confined to the hospital, is able to be out now. His little child is also improving.

Secretary R. L. De Frantz, international secretary of the Army Y. M. C. A., of New York, spent Thursday in our city visiting officially the Army Y. M. C. A. at Camp Dodge.

The members of the Officers' Wives association held their regular meeting at the Park Street Army Y. M. C. A. Friday, February 1st. From there the ladies went to the Y. M. C. A. at Camp Dodge and gave a musical entertainment for the enjoyment of the soldiers. All seemed to enjoy and highly appreciate the program.

Mr. Joseph H. Shepard took suddenly sick last Saturday with his same old trouble. On Thursday his trouble became so great that he was taken to the Methodist hospital, where he underwent a serious operation. At the time we go to press he was resting as well as could be expected with such an operation at his advanced age. His many friends throughout the state will be shocked to hear of the collapse but their fond hope for his speedy recovery.

Sunday Will Be Get Together Day at the Army Y. M. C. A., 10th and Park Streets.

All of the men who are interested in the young men and boys of the city are earnestly requested to be present at 3:00 and bring another man with you. This will be an informal meeting, where each one may add his bit to the success of the Y. M. C. A. This is a wonderful opportunity for this city. Come one, come all. Welcome. Eduard Ross, Secretary.

The Mme. C. J. Walker club that was recently organized to assist in entertaining Mme. Walker while in the city, will meet Monday evening at 7 o'clock at the residence of the president, Mrs. Mary Mease-Scott, 1040 Fourth Street Place, at which time Mrs. S. Joe Brown, chairman of the Douglass Memorial Committee, requests that all those in the ticket selling contest will make their final report and she will award the prize, a splendid life size portrait of Douglass, in honor of whose one hundred and first anniversary the Mme. Walker lecture is being given.

COMPANY MOTHERS INSTALL PORTRAITS IN CAMP DODGE "Y."

The Negro company mothers, under the direction of Mrs. S. Joe Brown, will give a special program at the colored Y. M. C. A. building at Camp Dodge tomorrow evening, at which time they will present and formally install in the building life size portraits of seven great Americans who have been in some way connected with the progress of the Negro race or with the present war. Installation addresses will be delivered on the portraits of Abraham Lincoln, by Mrs. John L. Thompson; Crispus Attucks, by Mrs. G. G. Nichols; Toussaint Louverture, by Mrs. E. R. Hall; General Grenville

M. Dodge, for whom the camp is named, by Mrs. Mattie Brooks; Booker T. Washington, by Mrs. W. H. Lowry; Frederick Douglass, by Mrs. R. N. Hyde, and President Woodrow Wilson, by Mrs. Jessye E. McClain. Mrs. Rev. Bates will have charge of the music.

CORN WILL WIN DEMOCRACY'S WAR

America's Greatest Cereal Crop Is Now Moving to Market.

MAINSTAY IN NATION'S CRISIS.

Surplus Wheat of the United States Has Been Sent to Famine Threatened Europe.

America's great corn crop, exceeding 3,000,000,000 bushels, will save the world's food situation, officials of the United States food administration believe.

Corn is the nation's best food cereal, housewives are beginning to realize. It contains all the elements needed to keep the body in a state of health and when used according to the scores of tried recipes, especially when combined with an added portion of oil or fat, will sustain life indefinitely. Indian warriors in colonial days lived on parched corn alone for many days at a time, and at Valley Forge parched corn was at times the sole ration of the Continental soldiers.

Owing to transportation difficulties caused by the war the corn crop moved more slowly to market this year than ever before. Now, however, the cereal is reaching the millers and consumers. In the meantime the nation's surplus wheat has been sent to Europe.

Today there are approximately 30 bushels of corn for every American. This quantity is greater by five bushels than in former years.

Corn has become the nation's mainstay in the crisis of war.

Just as this cereal saved the first American colonists from famine on many occasions, just as it served as a staple food during the War of the Revolution and during the Civil War, King Corn has again come to the front in the nation's battle with autocracy.

Corn meal is finding greatly increased use in the making of ordinary white bread. Hundreds of housewives and many of the larger bakers are mixing 20 per cent. corn meal with wheat flour to make leavened bread. This kind of a mixture is worked and baked in the same recipes and with the same methods that apply to straight wheat bread.

Corn bread—using corn meal entirely—is gaining a greater popularity than ever before. Housewives are coming to realize that every pound of wheat saved in America means a pound of wheat released for shipment to the nations with which America is associated in the war.

There are a score of corn products that today possess unusual importance for Americans. Corn syrup for sweetening corn cakes and buckwheat cakes and for use in the kitchen instead of granulated sugar is one of the leading products made from corn.

Corn oil, excellent for frying and for every other purpose filled by salad oils, is appearing on the market in large quantities. It comes from the germ of the corn.

MADE-IN-GERMANY LIES CIRCULATED IN CANADA

Canada is also having trouble with Made-in-Germany lies calculated to hinder Canadian food conservation according to an official statement received from the Canadian food controller by the United States food administration.

The stories bothering Canada are of the same general character as those the United States food administrator recently denounced in this country, such as the ridiculous salt and blueing famine fakes and the report that the government would seize housewives' stocks of home canned goods.

The Canadian food controller estimates that when the people listen to and pass on such stories, each one has the power of destruction that lies in a battalion of soldiers.

"Stories without even a vestige of foundation have been scattered broadcast," said the Canadian statement. "Nor have they come to life casually. They have started simultaneously in different parts of the country and in each instance have been calculated to arouse public indignation.

"They are insidious, subtle, persistent. Bit by bit they dissipate public trust, the great essential in the work of food control.

"It lies with every individual to forbear from criticism; to refrain from passing on the vagrant and harmful story, and thus the more effectively to co-operate in work which is going to mean more than the majority of people yet realize."

Infalible Indication. When a man says he merely plays for pastime, the indications are he quits loser.—Atchison Globe.

HITS. Behave unbecomingly of cases free for years of attacks of influenza, colds, coughs, etc. Buy a bottle of Chamberlain's Cough Remedy today. It will save you a great deal of trouble. Price 25c. Sold everywhere.

When You Have a Cold. It is when you have a severe cold that you appreciate the good qualities of Chamberlain's Cough Remedy. Mrs. Frank Crocker, Pana, Ill., writes: "Our five-year-old son, Paul, caught a severe cold last winter that settled on his lungs and he had terrible coughing spells. We were greatly worried about him as the medicine we gave him did not help him in the least. A neighbor spoke so highly of Chamberlain's Cough Remedy that I got a bottle of it. The first dose benefited him so much that I continued giving it to him until he was cured."

WITH OUR CHURCHES

CHURCH DIRECTORY.

MAPLE ST. BAPTIST CHURCH. East Maple Street. Rev. Samuel Bates, pastor. 11:00 a. m.—Preaching. 1 p. m.—Sunday school. 6 p. m.—B. Y. P. U. 7:30—Preaching. Prayer meeting Wednesday evening.

Cornithian Baptist Church. Fifteenth and Linden Sts. G. W. Robinson, Pastor. 11 a. m.—Preaching. 1 p. m.—Sunday school. 6:30 p. m.—B. Y. P. U. 8 p. m.—Evening worship and preaching.

Union Congregational Church. Tenth and Park Sts. Rev. H. M. McCraven, Supply Pastor. 11 a. m.—Morning worship. 12 m.—Sunday school. Everybody welcome.

St. Paul's A. M. E. Church. Second and Center. Rev. S. L. Birt, D. D., Pastor. 10:45 a. m.—Preaching. 12:30 p. m.—Class meeting. 1 p. m.—Sunday school. 6:30 p. m.—Christian Endeavor. 8:00 p. m.—Evening worship.

Union Baptist Church. Sixteenth and McCormick. Rev. J. M. Eaves, Pastor. 9:30 a. m.—Sunday school. 11 a. m.—Preaching. 6 p. m.—B. Y. P. U. 8 p. m.—Preaching.

FIRST A. M. E. ZION CHURCH. Rev. E. S. Hardege, Pastor. 511 S. E. Fourth street. 10 a. m.—Sunday school. 11:30 a. m.—Preaching. 8 p. m.—Preaching.

Asbury M. E. Church. 777 Eleventh St. Rev. W. L. Lee, Pastor. 10 a. m.—Sunday school. 11 a. m.—Preaching. 12 m.—Class meeting. 6:30 p. m.—Epworth League. 7:30 p. m.—Preaching.

Bethel A. M. E. Church. Sixteenth and Filmore Sts. Rev. H. A. Perry, Pastor. 11 a. m.—Morning service. 12:30 p. m.—Class meeting. 1:00 p. m.—Sunday school. 6:30 p. m.—Christian Endeavor. 7:30 p. m.—Evening worship.

KINKY HAIR BECOMES Fluffy—Soft—Silky—By—Using Herolin. Pomade Hair Dressing for making coarse nappy hair grow long, soft, fluffy, silky, as you can do it up in any style. Removes BANDS OFF and Stops ITCHING SCALP. HEROLIN is delightfully perfumed and not sticky or gummy. SEND 12 CENTS (stamps or coin) for a big 100-page HEROLIN MEDICINE CO., Omaha, Neb. AGENTS WANTED Write for Terms

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HOW TO KEEP WELL.
 J. Alvin Jefferson, M. D.

Since the teeth bear a close relationship to the digestive tract, we feel that it would not be out of order at this time to consider the food tube and its most common disease, constipation.

The food tube or the alimentary tract as it is called extends from the mouth throughout the whole extent of the body. This tube is made up of a muscular coat running in a circular and lengthwise direction. The object of these small muscles is to carry or force the food forward. Its action may be compared to that of the heart muscle. When the heart is beating at the rate of 72 times to the minute, we say that is normal, but if there is a period of fright or excitement and the heart beats 120 times to the minute, we say that we have palpitation; so it is with the muscles of the digestive tube. When they contract about twenty times a minute, the food moves along its extent at a normal rate, but if a strong cathartic is taken or some intestinal disturbance through error in diet is present, they may contract at the rate of 60 or 70 times a minute, giving rise to what is known as diarrhoea, but if this muscular coat becomes inactive, we have what is known as constipation.

Our food tube is lined from the mouth throughout by a mucous membrane. Embedded in this membrane are a number of glands. In the



mouth we have the salivary glands, the stomach the gastric glands, in the intestines the intestinal glands. We also have glands from the pancreas and liver. The juices secreted by these are aids to digestion, preparing food for the blood. Should all or any set of these glands become diseased our digestive powers would become diminished.

We can readily see how gastritis, gastric ulcers, cancers and constipation may result.

Constipation is the chief enemy of the food tract. It is a disease of civilization. Have you stopped to think that civilized man is the only animal that suffers from constipation to any great extent? Constipation is a stranger to the savage, the monkey and all the lower animals.

Among the causes of constipation, we find hasty eating, too concentrated diet, irregularity in responding to the call of nature and an insufficient amount of fluids taken into the body.

We must condemn the habit of eternally taking laxatives. If one wishes to correct his costive habit, he must eat less fine flour bread and rich steaks and eat more of vegetables and fruits.

The farmer who lives upon his carrots, beets, cabbage, turnips, lettuce, spinach, rhubarb and fruits is not worried about constipation. The majority of women and a large percentage of men suffer from constipation. Drugs will not cure constipation.

Thomas Carlisle said that we are a nation of dyspeptics. Our American digestion is said to be the worst in the world. It is due to the fact that we eat the things that do not give the bulk needed. The intestinal tract requires plenty of roughness to produce sufficient stimulus to force the waste matter along the tube.

Fresh air and exercise are also valuable aids in digestion. Avoid hasty eating. Masticate your food well. Do not take large drafts of ice cold water during meals. Do not overload your stomach. The stomach is your power house, so treat it right.

LA BELLE, MO.
 (Special to Bystander.)
 On January the 16th the friends of Mrs. Edward Holder gave her a very pleasant surprise party, it being her birthday. The guests brought their baskets well laden with everything good to eat. All departed at a late hour wishing Mrs. Holder many more happy birthdays.

Mrs. Jennie Ball of Kansas City is visiting at the home of her brother, John Holder, and helping to take care of her aged mother, who is in poor health.

Miss Gail Coby was a Kirksville visitor last week.

We are proud to know that Mrs. Edward Holder, who has been confined to bed, is able to be up again.

Mr. Sylvester Holder was a business caller in Lewistown on Saturday.

Mrs. Lola Jackson's brother, Ikie Berry, spent the week-end with her while recovering from the grippe.

GALESBURG, ILL.
 A father and son banquet will be held at all the churches on Tuesday, February 12. The public is cordially invited. Admission, 35 cents.
 Rev. Garrison attended quarterly

meeting services in Monmouth on Sunday. He also spent Monday there. The concert given by the Garrison club Thursday was a grand success. Rev. Owens of Aurora sang five beautiful selections.

The people of Galesburg are looking for great things from the Movement Literary society.

Miss Genevieve Green left Sunday evening to spend a few weeks in Kansas City.

Mrs. G. Allcon entertained twenty friends at a birthday party Monday evening in honor of her daughter, Verna's 17th birthday. The evening was spent in music and dancing. At a late hour a two-course luncheon was served. All departed wishing Miss Allcon many more happy birthdays.

Mrs. A. Hawkins spent the week-end in Monmouth, the guest of her daughter, Mrs. M. Murphy.

A large number of boys are expecting to be called February 16th.

Malinda Dunbar is preparing for a minstrel.

The Masons will give a jass Valentine dance at Central hall on Thursday evening, February 14th.

Mrs. W. Brown is visiting in Chicago and other cities.

Jessie Harmon, aged 5, died Sunday at 12:30 at St. Mary's hospital, following a siege of illness, which gripped him over a month, beginning with pneumonia December 23. The seriousness of the case necessitated the boy's removal to a hospital, where his sister lies suffering with the same disease. His father died a year ago. He leaves to mourn his death his mother, one sister, grandparents, Mr. and Mrs. Harmon, Mrs. C. Mitchell, a grandmother of St. Paul. Funeral services were conducted Tuesday afternoon, Rev. Webster officiating.

Miss Beatrice Anderson entertained twenty friends at a birthday party Monday evening in honor of Mr. H. Pruitt. The evening was spent in dancing and playing cards. A two-course luncheon was served. Mr. Pruitt received many beautiful presents. Out of town guest was Mr. J. Sullivan of Kewanee.

In Other Days.
 Until a New Jersey man tried to corner the potato crop of his neighborhood the mosquito was considered the most undesirable predatory insect produced in that section of the country.—Washington Star.

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Where We Are. A clergyman, in musing on our common morality, gave vent to his feelings in this remarkable apothegm: "We're here today and away tomorrow."—Christian Register.

That Was the Reason. "The paper states that you pleased a big audience at the banquet last night." "The paper is wrong. I did not appear." "Um, I guess the paper is right."

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Panel 2: "—WAS JUST ABOUT TO MAKE HIS ESCAPE WHEN HE RECEIVED A TERRIFIC BLOW—"

Panel 3: "—THE FORCE OF WHICH SENT HIM FLYING OVER THE EDGE OF A PRECIPICE TEN THOUSAND FEET HIGH—"

Panel 4: "—BUT WITH RARE PRESENCE OF MIND HE HELD TIGHT TO THE GOLD—"

Panel 5: "—AND LANDED SAFE ON THE BACK OF AN ANTELOPE—"

Panel 6: "HE'S NEVER TAKEN HIS EYES FROM OFF THAT BOOK!!"

Panel 7: "—THAT COULD RUN A MILE A MINUTE AND—"