

Boost Pay and read The Bystander

THE BYSTANDER

The Best advertising medium to reach colored people in the west

XXVI No. 5

DES MOINES, IOWA, FRIDAY, JULY 25, 1919.

Price Five Cents

Remarkable Gift To Race

A colored woman's remarkable gift to the people of her race in the United States is reported by Dr. J. M. Gaston, chief executive of the Presbyterian Board of Missions for Freedom.

The woman, said Dr. Gaston, is a graduate of Scotia seminary, a Presbyterian school in North Carolina. Left a widow on her own resources, she courageously opened a rooming house in an Ohio city and accumulated \$15,000. Of this she has set aside \$5,000 for business capital and the remaining \$10,000 she has presented to the Freedmen's Work of the Presbyterian Church in the U. S. A., in order, as she said, "More girls may have the same chance I had."

Released for publication by J. B. Wootan, director of publicity for the Presbyterian Church in the U. S. A., 156 Fifth avenue, New York City.

CLARINDA, IOWA NEWS.

Rev. J. H. Reynolds left Monday morning for Des Moines to move his family to Clarinda.

The Y. W. C. A. girls gave a surprise party on Goldie Nowling last Tuesday afternoon in honor of her twelfth birthday. The evening was made merry in games after which light refreshments were served. All went away wishing Goldie many more happy birthdays. Miss Viola Walker deserves much credit for her leadership with her fourteen girls and they all love her very much.

Rev. Manley of the A. M. E. Church preached at the Baptist Church last Sunday afternoon.

Little Alice Jones and her aunt, Mrs. Georgia Horne left last Tuesday for Blair, Neb., to visit mother and grandmother.

Lester Washington was visiting home folks Sunday from Gravit.

IN MEMORIAM.

In sacred memory of our dear daughter, Myron Lorene Farrier, who departed this life nine years ago, July 31, 1910.

Nine sad years have passed away and time brings no relief. Perhaps there will some day be an end to our grief.

Sadly missed by mother and father, Mr. and Mrs. Farrier.

Mrs. W. M. Headly spent the afternoon at her sister's in the country Tuesday.

DAVENPORT ITEMS.

Mr. John L. Thompson, editor of the Bystander, visited this city last week in the interest of his paper.

Mrs. Mary Colson, a police woman of Des Moines, was here last week on business in keeping with her office. Mrs. Colson called on two old friends, Mrs. William Turner and Mrs. Fred Wright.

Mr. John Gordon has returned from Centerville whither he went for a much needed rest. He reports he is feeling better.

The Third Baptist Church is in the midst of a thousand dollar rally. The Sunday School with Mrs. D. Holmes at its head has contributed quite a sum toward raising the amount.

A wedding that calls forth best wishes from a large circle of friends is that of Miss Emma Brown and Mrs. Claude Harris. Two of our boys have returned from over seas within a week, Harry Roberts and Ed Shepard.

Dr. Taylor has returned from an eastern trip.

The Missouri Club had a splendid time at their picnic in Lougview Park, Keokuk Island.

Saturday, July 26, will be the annual tag day of Bethel A. M. E. Church.

Summer Complaint Quickly Relieved.

"About two years ago when suffering from a severe attack of summer complaint, I took Chamberlain's Colic and Diarrhoea Remedy and it relieved me almost instantly," writes Mrs. Henry Jewett, Clark Mills, N. Y. This is an excellent remedy for colic and diarrhoea and should be kept at hand by every family.

Mrs. S. V. Bean, a teacher in the public schools of Crystal City, Mo., is here visiting her aunt, Mrs. C. H. Marshall.

The stewardess of Bethel A. M. E. Church had a splendid program last Sunday evening. Mrs. Tarver of Moline gave a very interesting talk on the "Duty of Mothers."

Mrs. Hill of Moline contributed a piano solo.

Mr. Harry Roberts, who spent ten months overseas, gave an interesting and instructive address.

Mrs. Francis Baker has returned from a business trip to Chicago.

The colored war camp community service girls gave a dance for the returned soldier boys last Friday night at the new intermediate school building on Harrison street.

KEOKUK NEWS.

Mrs. Anne Bales of Peoria and daughters are visiting in the city.

Rev. Balding, former pastor of the First African Baptist Church of this city now located at Buxton, Ia., preached two excellent sermons Sunday to an appreciative audience at the First African Baptist Church.

The lawn social given by the Pilgrim Rest Mission Circle last Friday was very successful.

The citizens of Keokuk met last Tuesday evening at the Bethel A. M. E. Church for the purpose of perfecting a branch of the N. A. A. C. P.

The First African Baptist Sunday School is progressing nicely under their superintendent, Mr. Athel Smith. The B. Y. P. U. is also doing nicely under the leadership of Rev. Cain White, formerly of Kansas City.

Miss Opal Smith has returned home after a visit with friends in Mt. Pleasant.

The First African Baptist Church will celebrate their seventh annual anniversary from the 22nd to the 27th of July.

We are glad Mr. Ben Toomes is able to be out again after his recent illness.

Miss Watheline Kenny is the guest of her aunt, Mrs. Carson of New Boston.

The Bethel A. M. E. Church burned the mortgage on their church last Thursday evening. Addresses were made by Rev. J. Sterling Moore, Dr. T. H. Phillips and Rev. C. R. Waters.

Talks were made by some of the oldest members of the church. Mrs. F. Jones being the oldest and the cup in which the mortgage was burned was presented to her in memory of the occasion.

MACON, MISSOURI NEWS.

Miss Marriet Bradley of Fayette, Mo., is visiting her grandmother for a few weeks.

Miss Laura Pankey of Fayette, Mo., is visiting relatives in this city.

Ray Houston has returned from a visit in Quincy, Ill.

Miss Della Williams has returned from a visit out of town.

The picnic which was given at the home of Mrs. Rosa Adams was quite a success.

Rev. J. W. L. Underwood has returned from St. Louis, Mo., where he attended the convention.

Miss Ora Finney is visiting in St. Louis, Mo.

Mr. Euell Clark left Tuesday for St. Louis, Mo.

The sad death of Mrs. Mary E. Young occurred at her home which was a great shock to her many friends. She leaves a host of relatives and friends to mourn her death. She will be greatly missed as she was a good Christian woman and was always for the right.

Rev. Cash Bates is visiting in the various cities of Oklahoma.

The Vine Street and Broadway Baptist Sunday Schools are preparing for their usual picnic on August 1.

Prof. R. N. Pyrtle passed through Macon Saturday en route for his home in Nashville, Tenn.

Mr. and Mrs. Taylor of Beirer, Mo., were Macon visitors.

Rev. J. L. Williams filled the pulpit in Beirer, Mo., Sunday.

Mrs. Hannah Morris and Mrs. Richard Morrison are on the sick list.

Mr. Paul Johnson of Quincy, Ill., is in the city visiting his parents.

Mr. Floyd Ancell has returned from over seas.

Dr. Smith left for St. Louis to represent the lodge. Mr. Joe Ancell left also. He holds a grand lodge office.

Put the Dollar to Work.

When a manufacturer or other producer of real wealth does a profitable business and turns his profits back into the business, he gives employment to men and creates more real wealth as he progresses year by year. He does more real good for his fellowmen than he would if he gave all his profits in charity, because it is better to make people self-supporting and independent than it is to give them something for nothing no matter how worthy the motives may be.

OPEN AIR VAUDEVILLE AT THE STATE FAIR.

Lovers of good snappy vaudeville—and that includes pretty much the whole durned family—will have an opportunity to enjoy it in liberal measure at the coming Iowa State Fair.

Every afternoon in connection with the race program and every evening preliminary to the big night show the platforms in front of the Amphitheatre will be occupied with the best new and novel acts the management has been able to book.

No less than fifteen special acts will be presented, tumbling, trapeze, balancing, circus, etc., etc. Some of these acts are positively terrifying in their reckless defiance of the laws of gravitation, which of course makes them all the more interesting. Others are so excruciatingly funny that they approach sublimity—if you can stretch your imagination to the point of hooking the sublime and the ridiculous together.

Neither pains nor money have been spared in the effort to get acts that are fresh and spectacular for a public that has become discriminating in its desires.

BUSY AFTERNOONS AT THE STATE FAIR.

The afternoons at the Iowa State Fair, devoted to sports and amusements, are as full of fun and entertainments as it is possible to crowd them. Races, music, hippodrome, music, races, vaudeville, more races, more music, auto polo, races, aviation stunts, balloon ascensions—it beats a three-ring circus a hundred ways.

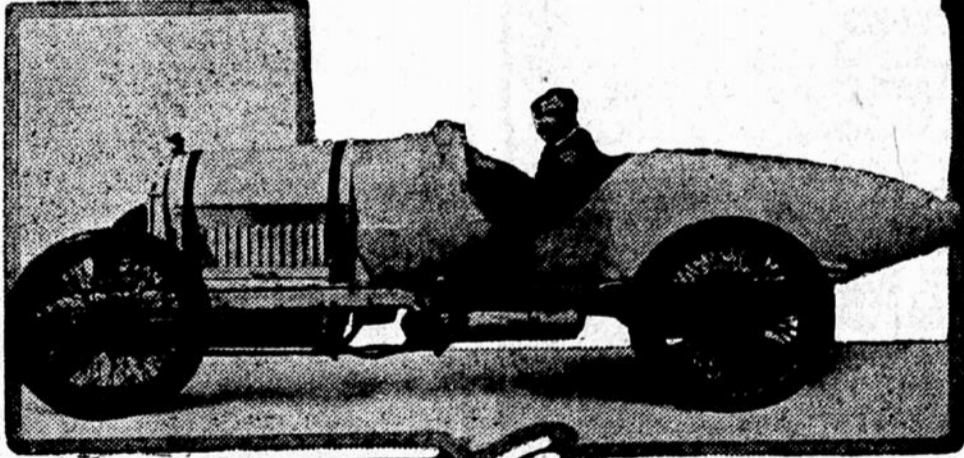
From the time the music strikes up shortly after noon until supper time there isn't a minute's break or an intermission of any kind. There will be at least six races every afternoon, four for harness horses and two or three for the runners, with each of the harness races going from three to five heats.

In the evening another big show, the great open-air war drama, "The Battle of Chateau Thierry," preceded by music, hippodrome and circus specialties and auto polo by electric lights. The night show will wind up with a gorgeous display of patriotic fireworks put on by the Thearle-Duffield Co.

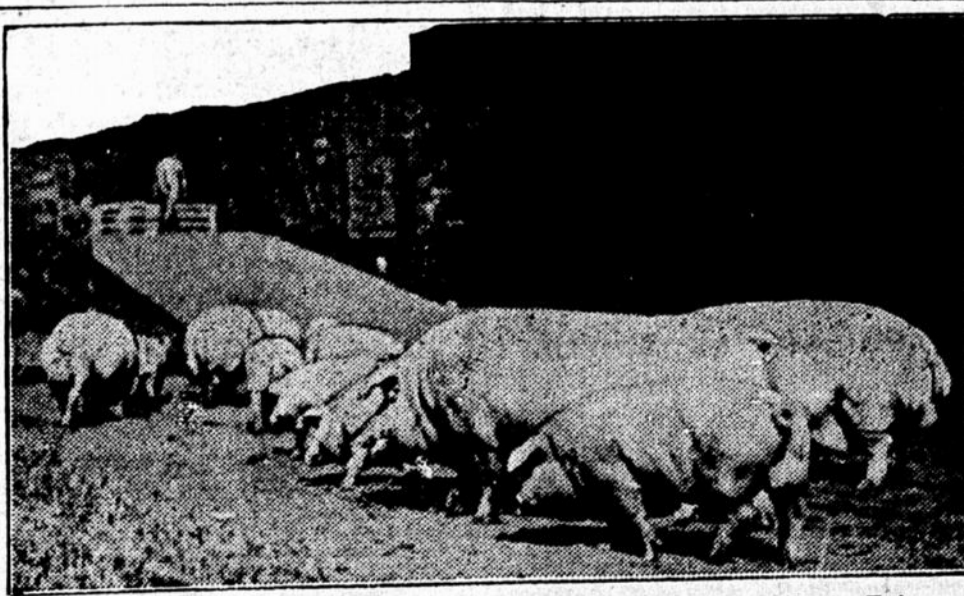
A THRILLING BALLOON STUNT.

A novel and thrilling balloon-parachute act has been engaged for the Iowa State Fair. After ascending to a lofty height the balloonist cuts loose from his air wagon and starts back to Iowa with a string of parachutes, anywhere from six to ten of them. During the downward trip he is supposed to change horses, so to speak, changing from one parachute to another until each in turn has been ridden. Just how he is going to do it history sayeth not, but he is going to do it because it is "so nominated in the bond."

Some considerable stunt? We'll say it is. But that isn't all. A part of the time he will take a passenger up with him, a woman, and start her "back to the land" with a six-in-hand of these parachute things, after which he will follow with another team.



Dick Seip of Chicago and the Big Racing Car He Will Drive in the Races at the Coming Iowa State Fair, August 20-29.



Fancy Chester Whites Just Off the Cars at the 1918 Iowa State Fair.

Proof Conclusive.

"No bachelor can understand a woman," declared Mrs. Stubkins. "Hub, you don't say so!" replied Stubkins, with a snort. "What else in the world do you suppose makes a bachelor?"—Judge.

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.

WASHINGTON RIOTS.

In connection with the race riots in Washington, D. C., the National Association for the Advancement of Colored People today telegraphed President Wilson warning of the danger of such outbreaks elsewhere. The telegram called upon him as president to condemn mob violence in the national capital and as commander-in-chief of the armed forces of the nation to enforce military law. The telegram is as follows:

July 21, 1919.
Woodrow Wilson, President of the United States,
White House,
Washington, D. C.

In the name of twelve million Negroes of the United States, the National Association for the Advancement of Colored People respectfully calls your attention to the shame put upon the country by the mobs, including United States soldiers, sailors and marines, which have assaulted innocent and unoffending Negroes in the national capital. Men in uniform have attacked Negroes on the streets and pulled from street cars to beat them. Crowds are reported by the New York Times to have directed attacks against any passing Negro by cries of "there he goes." The effect of such riots in national capital upon race antagonism will be to increase bitterness and danger of outbreaks elsewhere. National Association for the Advancement of Colored People calls upon you as president and commander-in-chief of the armed forces of the nation to make a statement condemning mob violence and to enforce such military law as situation demands.

John R. Shillady, Secretary.

National Association for the Advancement of Colored People.

OSKALOOSA NEWS.

Miss Bertha Weeks of Chicago arrived Saturday evening for an extended visit in the home of her grandmother, Mrs. James Smith.

Mrs. Jennie Johnson and children, Miss Cordelia, Masters Arthur and Bill, left Thursday for a visit among relatives and friends in Buxton. Before returning Mrs. Johnson will go to Cedar Rapids accompanied by Master Arthur, who makes his home there with relatives. Mrs. J. returns home Saturday.

Mrs. Letta Blodsoe and baby daughter, Zeta, after a pleasant visit in the home of her mother, Mrs. Frank Allen, were guests in the homes of relatives both in Des Moines and Ottumwa returned Saturday to her home in Marshall, Tex.

Among the boys who have been over there and returned home to the states are: Sergeant-Major Tomer Johnson, Sergeant-Major James Crowder; Privates Henry Bennett, Guy Hackley, Ward Burquith, James Guy Washington, Arthur Washington, Harry McCutcheon, Alphonza Adams, George Brown and others.

Miss Edna Jones went to Ottumwa Thursday, taking Master Cedric home after a two week's visit in the homes of his grandparents, Mr. and Mrs. C. C. Jones.

Rev. D. W. Brown left Monday morning for the district conference which convenes in July.

The Mite Missionary Society met Thursday afternoon in the church with the president, Mrs. D. W. Brown, presiding. The regular routine of business was gone through. Arrangements were completed for an entertainment next Thursday afternoon in the church. Program committee, Sister Florence Allen; committee on refreshments, Addie Clark, Cora Jones and Cora Moore. At this time there will be the "barrel breaking." All having barrels are expected to bring them in at this time.

Rev. Samuel E. Skelton and wife are in the city holding a series of meetings in the Second Baptist Church. Everybody is invited.

SPECIAL NOTICE TO BAPTISTS.

The Iowa Baptist Association convenes in Zion Baptist Church, Minneapolis, Minn., August 19-24. All churches govern themselves accordingly. All messengers in the vicinity of Des Moines, please arrange to reach Des Moines not later than Monday, August 18 at 8 p. m. We have arranged for a special car over the Rock Island short line leaving Des Moines at 9:30 p. m. Monday 18. Drop me a card if you desire to go with this party.

Geo. W. Robinson, Secretary,
1009 West 12th St.
Des Moines, Iowa.

ALBIA NEWS.

Mr. E. Jeffre and daughter, Mrs. Nellie Estes of Des Moines is visiting in Albia this week.

At the A. M. E. Church on Sunday evening the following program was rendered by members of the Mite Miss Society. Solo and chorus, Mrs. Jessie Goodly and Mrs. Mary Harris; quartet consisting of four Albia young people; recitation, Miss Margaret Estes; chorus by the Sunday School choir; reading by Mrs. Minnie Johnson.

Mrs. Mable Robinson and Mrs. Burns of Hoeking were in Albia this week.

Mrs. Hattie Bennings entertained the Sewing Circle Club at her home on Monday afternoon, and in the evening the husbands of the members of the club and other friends. Mrs. Estes and Mrs. Jeffries were the honorary guests.

Zion Bishops Make Appointments.

The Zion African Methodist conference closed its fortieth annual session last Sunday night with the reading of the appointments in the St. Paul A. M. E. Church.

The services during the day were largely attended and offerings taken to the amount of \$300. Bishop L. W. Kyles of St. Louis preached at 11 a. m. Bishop J. S. Caldwell of Philadelphia at 3 p. m. and Bishop G. C. Clement of Louisville, Ky., the closing sermon at 8 p. m., after which Bishop Kyles of St. Louis read the following appointments of pastors for the ensuing year:

St. Louis District.
Washington Metropolitan church, St. Louis, Mo., the Rev. B. G. Shaw.
Saint Mark's, St. Louis, Mo., the Rev. A. L. Wilson.
Saint John's, East St. Louis, Ill., the Rev. N. T. Hunter.
Jones, Chapel, St. Louis, Mo., the Rev. W. G. Hignins.
Blackwell Chapel, Webster Grove, Mo., the Rev. W. H. Jordan.
Moscow Mills, Mo., the Rev. James Moore.
Chain of Rocks, Mo., the Rev. James Moore.

Kansas City District.
St. James', Kansas City, Mo., the Rev. W. E. Shaw.
St. Peter's, Kansas City, Mo., the Rev. L. Beard.
St. Matthew's, Kansas City, Mo., the Rev. L. D. Davis.
St. Paul, Rosedale, Kan., the Rev. C. F. Collins.
Dunivant Chapel, Jefferson City, Mo., the Rev. E. J. Dodson.
Denver, Colo., the Rev. W. I. Burch.
Topeka, Kan., Rev. O. G. Mocs.

Des Moines District.
Kyles A. M. E. Zion Church, Des Moines, the Rev. E. S. Hargde.
Melix temple, Perry, Ia., the Rev. C. H. Jackson.
Blackwell Chapel, Scandia, Ia., the Rev. John Milliard.
Lovillia, Ia., the Rev. Florence Schoeler.

Cedar Rapids, the Rev. W. I. Burch.
Sioux City, Ia., the Rev. S. H. Marion.

Waterloo, Ia., the Rev. J. W. Corsey.
Omaha, Neb., the Rev. M. O. Bonaparte.

Davenport, Ia., the Rev. S. S. Ingram.

Conference Missionaries.
The Rev. S. H. Marion, the Rev. W. I. Burch, the Rev. John Hilliard, the Rev. Mrs. Mary E. Tivin, the Rev. S. S. Ingram and the Rev. Florence Schoeler.
The Rev. F. W. Alstork of Kansas City was made presiding elder over three districts which were combined into one.

Y. W. C. A. RECREATIONAL CENTER FOR COLORED GIRLS PIONIC A SUCCESS

The picnic given last Saturday, July 19, by the Y. W. C. A. Recreational Center for Colored Girls in Good's Park for all girls between 10 and 15 years of age was a decided success.

The object of the picnic was to interest all graded school girls of those ages in the Girls Reserve Movement.

After various games of ball, etc., the girls gathered in groups for lunch which they ate in regular picnic fashion spread upon the grass.

The Girl Reserve Movement, its organization, insignia, code, slogan, purpose, membership, uniform, honors, etc., were carefully explained by Miss Beulah G. McNeill, secretary for the center. Sixty-eight girls showed their interest by registering their names.

The following volunteer leaders brought groups of girls with them: Mrs. Mable Brooks, Misses Adah Hyde, Mammie James, Dorothy Quail, Workle Beulah Wheeler, Dora Newcome (who kindly brought a net and balls and Mrs. Williamson. Miss Beulah Walton was absent because of illness but sent her group of girls by Mrs. Brooks.

It was very gratifying to see a number of the mothers present. We hope they will continue their interest in the movement.

A number of group pictures were taken.

Just before going home, Mrs. H. R. Graves, chairman of the social committee, assisted by one member of her committee, served every one with iced lemonade.

After the separate corps meetings for the following week had been planned and announced, all went home saying they had had an enjoyable afternoon.

Chamberlain's Colic and Diarrhoea Remedy.

This medicine always wins the good opinion if not the praise of those who use it. Try it when you have need of such a remedy.

Pelican's Habits.

The pelican is commendably regular in his habits. The parent birds catch fish, and, after eating their fill, fly to their young, who eat by thrusting their bills down the mother's throat and feasting on the half-digested food.

YOUR PRINTING

is a Valuable Asset of Your Business

We Help Our Customers to Success With Presentable, Profitable

PUBLICITY

THE BYSTANDER
PUBLISHED BY THE BYSTANDER PUBLISHING CO., PUBLISHERS
DES MOINES, IOWA
JOHN L. THOMPSON, EDITOR
FRIDAY, JULY 25, 1919

Published every Friday by the Bystander Publishing Company, Des Moines, Iowa. Office in Chemical building, corner Seventh and Mulberry streets. Phone, Walnut 899. Entered at the postoffice as second class matter.

TERMS OF SUBSCRIPTION.
One year \$1.50
Six months75
Three months50
All subscriptions payable in advance.
Send money by postoffice order, money order, express or draft, to The Bystander Company.

Advertising rates for display ads, 40 cents per inch, for each insertion. Three to six months' contracts, 35 cents per inch. Local advertising, 10 cents per line for each insertion, counting six words to a line. For churches and secret societies where admission is charged, one-half of the above-mentioned rates. For professional, legal and announcement cards, yearly contracts, etc., terms are given on application. All advertising is to be paid in advance.

Official paper of the M. W. U. Grand Lodge of Iowa, A. F. & A. M., and International Grand Congress of Heroines of Jericho of America, and Western Baptist Association.

The Bystander is the only Afro-American journal published in Iowa, and the oldest west of the Mississippi River that has never missed an issue. It was established in 1891, and is read by nearly all the colored people of Iowa.

We will not return rejected manuscript, unless accompanied by postage stamps.

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

Communications must be written on one side of the paper only and be of interest to the public. "Brevity is the soul of wit," remember. Write the news of all and lay aside your personal whims or ideas.

This notice applies to all writers, contributors, agents and correspondents. Sign all articles, write only upon one side of paper, write a plain hand and spell accurately. Do not send in names of persons at parties event. Do not give an eulogy or write your personal comment upon classes, all societies, all religious denominations should be recognized. Simply tell the news or event in a brief, simple manner and let the readers of The Bystander comment. We have correspondents in the following towns:

- Albia Miss May Davis
Surlington Mrs. Hale Buxton
Iowa, Iowa Edward Mills
Clarinda, Ia. Miss Viola Walker
Cedar Rapids Mrs. Cora Harrison
Centerville Mrs. A. L. Crittenden
Chillicothe, Mo. Mrs. Ruth Anderson
Clinton A. A. Bush
Council Bluffs Miss Agnes Fountain
Davenport Mrs. D. J. Johnson
Galesburg, Ill. Miss B. Anderson
Keokuk, Ia. Miss Mary Smith
Knoxville, Iowa. Mrs. H. Bryson
Macon, Mo. Lucy Harris
Mason City W. L. Wiginton
Moberly, Mo. Miss Lee Etta Owens
Moline, Ill. Miss Hable G. Torver
Monmouth, Ill. Mrs. Bernice Metloek
Omaha, Neb. Miss Murel Brown
Oskaloosa Mrs. Cora Moore
Ottumwa, Ia. Miss Margrette Davis
Rock Island, Ill. Miss B. Edmunds
St. Paul, Minn. Mrs. Fattie Hicks
Quincy, Ill. Mrs. Mattie Lillye

CLUB WOMEN LAUNCH \$10,000.00 DRIVE
The Iowa Federation of Colored Women's Clubs through its scholarship committee have launched a drive for ten thousand dollars to purchase a home at the Iowa State University, Iowa City for colored girls.

The committee held a meeting in this city Wednesday. The special committee composed of state president are: Mrs. Martha White, state chairman, Mrs. Helen Downey and Mrs. S. Joe Brown had returned from Iowa City and reported they had selected a beautiful place that would stand as a monument of culture to the colored people of Iowa.

The committee acknowledges receipts of money from Prof. L. C. Jones, principal of Piney Woods school, Braxton, Miss.; Woman's Aid Club of Ames, Ia.; J. Wesley Thompson, Iowa City; Mary Church Terrell Club, Des Moines; R. R. Montgomery, Coin, Iowa. These are first to encourage and aspire to better things.

Sponges in Australasian Seas. Sponges are known to be very abundant in the Australasian seas.



RECREATION IS ESSENTIAL TO MAINTAIN EFFICIENCY

That time-honored axiom, LAUGH AND GROW FAT, is full of meat and excellent to practice—provided one wants to grow fat. But here's a better one:

LAUGH AND PRESERVE YOUR BALANCE OF ENERGY

Can't you call to mind an occasion when a hearty laugh saved the day from impending tragedy? Can't you recall a time when, weary, worn and worked to a frazzle, you were saved from a threatened breakdown by a few days of vacation?

IT HAS BEEN A BUSY AND STRENUOUS SUMMER

You have worked like a horse in corn field, hay field, harvest field, garage, shop, office or elsewhere. You are tired. You lack the snap that characterized your work a few months ago. You find it harder to come back after a long day's work. You don't need a doctor—you don't need dope. You need rest and a change of interests. A few days at the

IOWA STATE FAIR

will do you a world of good. It will rest you physically, inspire you mentally and put you back to 100 per cent, and you will go back home keen, cheerful and ready to tackle any sort of a job that comes along in connection with fall work.

THE ENTERTAINMENT PROGRAM IS THE MOST ATTRACTIVE EVER OFFERED TO THE PEOPLE OF IOWA

- BATTLE OF CHATEAU THIERRY
TWO COMPANIES OF GRAND OPERA SINGERS
GRAND INTERNATIONAL BALLET
THE THAVIU BAND AND SINGERS
THE HENRY BAND AND SINGERS
FISHER'S BURLINGTON BAND
ROYAL KEALAKAI HAWAIIAN ORCHESTRA

- FIVE DAYS OF HORSE RACING
TWO DAYS OF AUTO RACING
EVENING HORSE SHOWS
DAYLIGHT HORSE SHOWS
STOCK PARADES and TABLEAUX
HANKINSON'S AUTO POLO

- AIRPLANE DEMONSTRATIONS
BALLOON ASCENSIONS
AIRPLANE-PARACHUTE ACTS
BALLOON-PARACHUTE ACTS
NIGHT AIRPLANE BATTLES
OPEN AIR HIPPODROME
OPEN AIR CIRCUS and VAUDEVILLE
THEARLE-DUFFIELD FIREWORKS

A Host of Other Features too numerous to mention—Bands, Orchestras, Parades, Pageants, Drills, Contests, Sports, Games, Shows, etc., etc.

Beautiful camp grounds where you can pitch your tent and enjoy the great exposition in comfort and at leisure. No charge for camping privilege.

REDUCED RATES ON ALL RAILROADS DES MOINES, AUGUST 20-29

BIG WINNER OF 1918 TO RACE AGAIN.

Floyd Willard, auto race driver, won first money in fifty races last season with his Monroe racing machine. Willard is well known in Des Moines, having raced here at different times, and expects to return again this year to race at the state fair.

Willard will drive a Monroe again this season. It is 156 horse power, and while not so big and powerful as some of the cars with which he will have to compete, he counts on getting a share of the winnings just the same. If his success of last year can be taken as a criterion he will certainly be in the going again this year.

SUNDAY DEVOTED TO MUSIC.

Sunday, August 24, will be one of the most interesting days at the Iowa State Fair this year. The day will be devoted to music principally, both vocal and instrumental. In the morning there will be special Sunday School exercises. In the afternoon and evening concerts will be given in front of the Amphitheatre and in the Stock Pavilion. The Thaviu Band and Grand Opera Singers will hold forth on the stand in front of the Amphitheatre while the Henry Band and singers will occupy the Stock Pavilion. A special low admission price has been made for that day, only 25 cents for adults.

MRS. R. A. BROYLES PASSED AWAY TUESDAY

Mrs. Rev. R. A. Broyles, wife of the pastor of the Eighth and Center Streets Baptist Church, passed away at St. Elizabeth Hospital last Tuesday morning at 9:15 o'clock. Mrs. Broyles had undergone an operation some time ago and at that time Dr. McChen removed a growth from her. Her death followed the second operation. For many months afterwards she began to improve, but foreign substances began to show in another growth, and for nine weeks she struggled with the monster death, but finally was overcome and passed into the great beyond. Rev. Broyles labored long and steady to give her every comfort and every service to prolong her life, but to no avail.

Mrs. Broyles was a woman of extraordinary habits, possessed of a strong religious fervor. She was a leader among women and always took an active part in the welfare of the race women.

She was a graduate of the public schools of Bozham, Texas, where she was reared. She was also a graduate of Prairieview State Normal and Industrial College of Prairieview, Texas. She took post-graduate work at the University of Chicago, along with her husband, which added much to her ability as a helpmate to her husband in the ministry.

The funeral services took place at the Eighth and Center Streets Baptist Church, of which she was a member. The services were conducted by Rev. C. W. Holmes, assisted by Rev. C. W. Newton of St. Louis, Mo., and the pastors of the city.

Rev. Broyles left with the body at 11:50 Thursday night for their home in Waterloo, Ia., where she will be laid to rest. Rev. Broyles was accompanied by Miss Norma L. Steward of Austin, Texas, a niece of Mrs. Broyles; Mrs. Martha Pickett and Mrs. Bettie Talbot.

CARD OF THANKS. I wish to thank all of the friends who showed a helpful spirit during the illness and during the last hours of my wife, Mrs. Broyles. I wish to express my appreciation to Rev. C. W. Holmes and the pastors of Hannibal churches, also Rev. C. W. Newton of St. Louis for their many kind words of encouragement at the funeral of my beloved wife, Mrs. Broyles.

REV. R. A. BROYLES, Hannibal, Mo.

SIoux CITY NEWS.

Mrs. Jessie Roberts has returned from her trip to Montgomery, Ala., where she was called on account of her sister's illness. Her mother, Mrs. H. Sturgis, is still there.

Rev. Lewis, Miss Goldie Talbot, Mr. Curtis and Mr. Tuggle of the A. M. E. Church are attending the district conference and Sunday School convention at Council Bluffs.

Rev. Shelton, the evangelist, is holding revival meetings at the Mount Zion Baptist Church.

Miss Laura Askew, who has been seriously ill at the St. Vincent hospital is now home.

At a quick call get-together of the League girls it was gratifying to us that one hundred girls responded. The girls had a splendid evening.

Last Resort.

Over Twenty-One—"Do you think women should propose?" Young Thing—"I don't know. Have you tried anything else?"—Fact.

The Youth's Companion

is worth more to family life today than ever before

Still \$2 a Year 52 ISSUES

THE COMPANION gives the greatest amount of everything worth reading, an abundance of Fiction, of Entertainment, of Informing Reading, of Fact and Humor, besides the Special Pages for each one of every age. It appeals to the families with highest ideals.

OFFER No. 1 New Subscribers to The Youth's Companion will receive: 52 WEEKLY ISSUES

Immediate orders will receive Companion Home Calendar for 1919 as long as the supply lasts. \$2.00

OFFER No. 2 THE YOUTH'S COMPANION All for \$2.50 including all of \$2.00 Offer No. 1 McCall's MAGAZINE \$1.00

Check your choice and send this coupon with your remittance to the PUBLISHERS OF THIS PAPER, or to The Youth's Companion, Boston, Mass.

SUBSCRIPTIONS RECEIVED AT THIS OFFICE



Should be in Every Family

GREAT STORIES OF ADVENTURE SPORTS GAMES THINGS TO MAKE INFORMATION For BOYS

SPECIAL GEMS STORIES HOUSEWIFE COMPANION GARDENING RECIPE BOOKS ETC. COMPANION For GIRLS

CHILDREN'S PAGE RECIPE BOOKS NEW & SEASONS BARRIBLES OF HONEY For MOTHER

STORIES OF ADVENTURE SPORTS GAMES THINGS TO MAKE INFORMATION For FATHER

For Round Shoulders.

An excellent exercise to straighten round shoulders—good for girls or women who have to sit a good deal—performed by placing a thin stick or wand across the back and letting it run out through the bent elbow. The arms are bent so that the hands rest on the chest. Keep the arms and shoulders pressed back and down and walk about the room in this way for five or ten minutes.

Sparrows Eaten in England.

Sparrows are often eaten by English country persons. They are captured easily in fine mesh nets stretched over the ground and baited with grain, or in nets hung at night around their roosting places in ricks, hedges and ivy-clad walls. Also, the ground can be baited and a crowd of feeding sparrows laid low with a gun, using fine shot for the purpose.

Teaching Child to Read.

A child is best taught to read in the natural method, by means of objects. His words or short sentences containing the same words repeated in different connection, are written on the blackboard, and he quickly learns to recognize these and to read at sight. First words in script, then in type when he is made to copy the blackboard words at each lesson, he learns to read and write both at the same time.

Organization of Roman Army.

The Roman army was divided into legions, the number of which varied. Each was under six tribuni or "chief captains," who commanded by turns. The legion was subdivided into ten cohorts, the cohort into three maniples, and the maniples into two centuries. The century originally contained 100 men, as the term implies, but subsequently from 50 to 100 men, according to the strength of the legion.

By Degrees.

A man would wonder at the mighty things which have been done by degrees and gentle augmentations. Diligence and moderation are the best steps whereby to climb to any excellency.—Owen Felltham.

Social Etiquette.

Mrs. Fashionplate—"Poor, dear Mrs. Upperton is to be buried today. Are you going to the funeral?" Mrs. Etta Quiet—"I really can't you know. I have just discovered she owed me a call."—Los Angeles Times.

Difficult Achievement.

"My young friends," said a member of the board of trustees, who was addressing the school, "let me urge upon you the necessity of not only reading good books, but also of owning them, so that you may have access to them at all times. Why, when I was a young man I used frequently to work all night to earn money to buy books and then get up before daylight and read them."

Hang the Expense!

As George folded the fair young creature to his heart a dull, cracking sound smote his ear. "Ah! It's good-bye to those cigars in my vest pocket," he said grimly; "but hang the expense at a moment like this."

A Worth-While Habit.

"It is worth a thousand pounds a year to have the habit of looking on the bright side of things."—Samuel Johnson.

OUR NEW HOME



25,000 MORE PORO AGENTS WANTED
Equipped with the Very Latest Apparatus for Teaching the Poro System of Scalp and Hair Culture and all Branches of Beauty Culture
Terms Moderate Diplomas Given
Write Today for Further Information
"PORO" COLLEGE
Poro Corner "Dept. A-5" St. Louis, Mo.

CITY LOCALS

E. TRACY BLAGBURN REAL ESTATE AGENCY Dealer in Vacant Lots and Improved Property Phone D. 774

REAL ESTATE. Modern Bungalows, Cottages and Houses sold on terms. Gertrude Abernathy, 910 Seventh street. Phone Wal. 8346.

804TH PIONEERS BACK. Many hearts were made glad and many absent ones were returned to their loved ones when part of the 804th Pioneer infantry were sent back and demobilized at Camp Dodge the first of the week.

FORMS LEGION. Tuesday night a number of our former soldiers met and formed a legion known as Lincoln Post with Mr. Chas. D. Howard, former first lieutenant in the 366th infantry, as post commander.

MOVIES. On Wednesday evening in the basement of Union Congregational Church quite a number of people were given a high class entertainment of moving pictures.

DANCE AT DREAMLAND. The members of the Silver Leaf Club are giving a dancing party at Dreamland Hall Wednesday evening, July 20 in honor of the returned boys of the 804th and 809th Pioneer infantries.

NOTICE. Princess Zorah Chapter No. 10, O. E. S., kindly asks all members to be at their hall at eight o'clock sharp Tuesday night, July 29 for a special initiation by order of the W. M., Henrietta Graves.

CORRECTION. In last week's issue we mentioned the fact that Mrs. Mae Ruff of Peoria, BYSTANDER—7-25-19.

BECOME A GRADUATE Practical Nurse. You can earn \$15 to \$20 a week in this noble profession. Positions everywhere.

Roy E. Handy J. W. Bland Handy and Bland Funeral Director Golden Rule Services Golden Rule Prices PHONE MARKET 1488 600 Eight Street Des Moines, Iowa.

New Monarch Cafe When you are in Omaha you would be pleased to have you call and pay us a visit at The New Monarch Cafe THE FINEST OF ITS KIND WEST OF CHICAGO C. R. TRAMBLE 107 So. 14th St. Phone: Tyler 4591 J

WHEN IN COUNCIL BLUFFS Go To HALL'S CAFE For good meals, short orders Ice Cream and Soft Drinks. Also Rooms to Let. A. S. HALL, Prop. 1013 Broadway

Bradford's Barber Shop 226 W. 3rd Street FIRST CLASS WORK BATHS Bradford's Pool Hall M. J. BRADFORD, Prop. A LINE OF TOBACCO, CIGARS & SOFT DRINKS Phone Wal. 1916 757 W 9th St. DES MOINES, IOWA.

Mrs. Ruff is the guest of Mrs. Jack Lindsey, formerly Miss Olive Smith at 945 Fourteenth Street Place.

PERSONALS. Mrs. Louise Gray formerly of this city but now of Chicago is in the city visiting her father, Mr. Henry Clay.

Madame Mattie Brooks was in Buxton last week attending to lodge business. While there she visited her daughter, Mrs. Lalah Morris.

Mr. and Mrs. Harry Burnan have purchased a lovely home at 1063 Fifteenth street.

Mr. Frank Harris, clerk of the Corinthian Baptist Church was severely injured by falling slate at the Keystone mines, Monday, July 14. He is at his home in Auburn Heights, 3113 North Union street.

Miss Maybelle Moorman and Mr. Edward Owens of Oklahoma were married Tuesday, July 15 at the home of the bride's parents on 746 West Ninth street.

Mr. John Smith of Keokuk, Ia., is visiting with her daughter, Mrs. G. Daley, 933 Fourteenth street.

Mr. and Mrs. Hieronymus entertained Mrs. John Smith of Keokuk, Ia., at dinner Sunday evening. Covers were laid for eight. An enjoyable evening was spent.

Mrs. John Smith of Keokuk, Ia., was the honored guest at a 5 o'clock dinner Monday evening at the home of Mr. and Mrs. Charles Wilson, 804 Arthur street. Covers were laid for eight. An enjoyable evening was spent in playing cards.

The Misses Esther and Julia Barley Mrs. Minnie Mills-Clay and baby of Buxton have rejoined her husband, Corporal Everett Clay of the 804th Pioneer infantry, who was discharged Monday from Camp Dodge.

Mr. and Mrs. Jesse Braden will leave the city for a three month's vacation They will spend the same in Chicago Washington, D. C., and Virginia.

Mr. Jesse A. Graves of Chicago arrived in our city Wednesday night for a week's visit with relatives and friends. Mr. Graves is now manager of the circulation department of the Chicago Whip, a new paper in Chicago.

Mr. William Fletcher well known here in Des Moines, died at the Methodist hospital July 13. Funeral services were held at Harbachs Undertaking Parlors by the members of the Elks lodge of which he was a member. He is missed by all the brothers and friends. The exalted ruler, Mr. Albert Garter could not accompany the remains to Omaha where they were taken for burial but sent two of his able officers, C. W. Williams and Henry Taylor.

Mr. and Mrs. H. Knoll entertained Friday evening at a buffet supper in honor of Mr. and Mrs. M. Boldridge of Kansas City, Mo., who are guests of their brother, Mr. and Mrs. A. Boldridge.

NOTICE. Attorney James B. Morris has entered the practice of law at 515 Mulberry street. He will be pleased to give clients his best service. Phone Walnut 1181.

Mrs. C. R. Foster of Oklahoma City, Okla., chairman of the art department of the National Association of Colored Women, has appointed Mrs. Gus G. Nichols of this city as one of the representatives of her department.

Rev. S. W. Bacote, D. D., pastor of the largest Baptist Church in Kansas City, Mo., and who has been its pastor for twenty-four years, delivered a strong sermon to a nice audience in Corinthian Church last Tuesday night.

CLUBS. The Mary Church Terrell Club met Tuesday evening with Mrs. Stella Hyde. The Club raised \$15 to apply on the scholarship drive for our girls at the State University of Iowa.

CHARITY LEAGUE. The Charity League has grown in influence, popularity and true worth such that now it has charge of all the social service work among our people in the city.

It is now able to do great work and render valuable service in the community; for it has been supported by the Public Welfare Bureau for about two years; this was accomplished through the untiring efforts of its organizer and

Summer Complaint in Children. There is not anything like so many deaths from this disease now as before Chamberlain's Colic and Diarrhoea Remedy came into such general use.

When this remedy is given with castor oil as directed and proper care is taken as to diet, it is safe to say that fully ninety nine out of every hundred cases recover.

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faithful and worthy leader, Mrs. J. B. Rush, who was endorsed by the Chamber of Commerce more than four years ago and who now serves as a board member of every local organization for the public welfare and in whose brain the plan of the Charity League originated.

The social work of the city is carried on systematically, being distributed in seven departments. The most thoroughly developed departments are: Protection home; relief, carried on by the H. B. S. Club; Traveler's Aid, carried on by Home Makers League; Good Housing; Juvenile; and Rescue.

The work of these departments is progressing nicely since they are not hampered by having to solicit funds; for each department is financed by the Charity League.

SOCIAL. Mrs. Jack Lindsey entertained a number of friends at a picnic in Good's Park, Sunday evening complimentary to Mrs. Mae Ruff of Peoria, who is the guest.

A very pleasant afternoon was spent and a delicious picnic luncheon was served by the hostess.

Mrs. George C. Young is entertaining Monday afternoon, July 28 at her home 1041 Sixteenth street in honor of Mrs. Jack Lindsey's guest, Mrs. Mae Ruff of Peoria between the hours of two to five. All guests are urged to be there promptly at two o'clock.

ASSISTANT WAR WORKER HERE. Mrs. Lena Evans has arrived in the city as assistant worker in the War Camp Community Service. She is a graduate of the normal department of Wilberforce and took the post summer work at Columbia university and Ypsilanti, Mich. She took her war work training at Tuskegee institute in June.

Mrs. Evans has been a teacher in College Hill a suburb of Cincinnati, Ohio. We believe she is a valuable asset to the work there.

TENNIS COURTS. Two tennis courts are now finished and open for use at the Army Club, Ninth and Mulberry streets. All members of the league are welcome to attend classes on Wednesday and Saturday afternoons.

GIRLS SUMMER CAMP. The camp for the league girls will be held from August 9 to 16 at Colfax. It is wonderful the interest the people and girls have in this camp. The expense for one week's outing is the small sum of \$5.70, which includes car fare to and from Colfax. Those interested can get full information by calling Market 1111. Those planning on attending will be asked to carry a pillow slip, sheet and towels.

Twenty-Five Cents is the Price of Peace. The terrible itching and smarting incident to certain skin diseases, is almost instantly allayed by applying Chamberlain's Salve. Price 25 cents.

We Are Always Ready to serve you with good printing. No matter what the nature of the job may be we are ready to do it at a price that will be Satisfactory

Morgan & Elliston When you are in the City do not fail to see the old Reliable Barbers 1110 CENTER STREET

WHEN IN MINNEAPOLIS VISIT THE REX CAFE FOR MEALS Sunday Dinner 40c 322 1/2 So 3rd Phone Main 1682

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

HAD IT DOWN FINE

Janitor's Wife Evidently Profound Philosopher.

Allowed No Differences of Opinion to Mar Her Happy Married Life—Some May Say She "Humored the Brute."

"Excuse me, Mrs. Dimkin, but if there's any cool feeling between you and Mr. Dimkin it has nothing to do with me and I can do nothing but wish you to patch up your troubles and be happy once again." The Janitor's wife put down her mop as she spoke and stood with arms akimbo.

"But there is no quarrel," replied Mrs. Dimkin, tearfully. "Really! Just a difference of opinion, so to speak." "That's one thing people shouldn't have, especially married ones, this here difference of opinion," remarked the Janitor's wife. "The difference is in danger of getting worse until finally it's a break."

"If a man wants to go to the ball game he should be let go. A woman shouldn't be always begging to go along. Baseball is a man's game and a woman's fad. No woman really likes baseball—she only pretends it so her husband will take her along."

"When Oswald, my husband, asks to go by the game I don't pester him to be on the next bleacher seat. I have better sense. If I get the habit of going to the ball game with him how do I know but what he may start asking me to take him by my knitting club? Not for me!"

"Maybe what you say, a difference of opinion, comes about cooking. What a man should eat lots of times causes trouble. If he hasn't got the same food ideas as his wife she should have the same as him. I don't like finnan haddie—I hate it—but Oswald is more finnan haddie than a finnan haddie itself."

"Then what do I do to save arguments? Why, when he says we will have finnan haddie for breakfast, or for dinner, I say: 'Oh, Oswald, how glad I am you mentioned that delicate food! I'm dying for a portion!'"

"I like different talking-machine music than what he likes, but he don't know it. He never knows that when a bagpipe solo is on the machine I feel like jumping off the roof or something. He never guesses that a yodel makes me so sentimental I feel I got to mop my eyes instead of the floor."

"He wears a silk hat that Mr. Simmons gave him four years ago, and it makes him look like old Cap. Street, but he thinks he looks like someone he saw in the movies—a feller called Bushman, I think—and I let him go on thinking it."

"Would you advise me to start something and then we'd be like you and your husband is—have already a difference of opinion? No, Mrs. Dimkin. We are one happy couple and we're going to stick that way. Maybe it's my fault, but I'm satisfied and so is Oswald, I think."—Chicago News.

Airman's Coveted Title. Henry Farre in his "Sky Fighters of France" gives a full explanation of the way in which the airman's most coveted title, "Ace," came into general use.

He says, "When a pilot has brought down his fifth plane, the chief of the squadron telegraphs his fifth victory to headquarters, and that gives him the right to be carried in the next general orders to the whole army with a citation of service rendered, for the press to publish the following day in the Official Gazette. Whenever pilots merited this distinction, their machinists called them aces, which has the same significance among the pilots as the ace card has in a game of cards; that is to say, the strongest card, and this is the etymology of the word 'ace,' of which many persons are ignorant. This title has nothing official, and it sprung from the slang of the machinists, but that does not prevent it from being quoted in all languages and in every country in the world."

Miles of Poison for Beetles. The Japanese beetle, that not only destroys flowering plants, and especially roses, but also attacks orchard trees, has recently become so prevalent in New Jersey that the federal government has begun a warfare against it.

Miles and miles of poison are used, and trenches dug to keep the beetles from escaping the sections treated. Already bushels of dead beetles are being collected, and it is hoped that they can all be destroyed so that they won't infest other parts of the country.

The department of agriculture works hard to keep out the "undesirable alien" among insects of all kinds, but as in the case of the Japanese beetle, one or two occasionally smuggle themselves in as stow-aways on plants or fruits, and then escape to work against the country they have adopted.—Philadelphia North American.

Government Experts at Work. When a cotton shortage was threatened before the armistice, the forest products laboratory of the forest service, United States department of agriculture, entered a practically new field of investigation—finding the practicability of using wood pulp as a source of explosives.

Methods for the production of acid and sulphate pulp suitable for nitrating were developed, and tests at a government arsenal proved conclusively their suitability for nitration purposes. These results have other applications, particularly in the manufacture of lacquers and pyroxylin products, and the laboratory is continuing its work along these lines.

Poison for Rabbits. Poisoning by means of phosphorized grain is said to be an effective means of checking the increase of rabbits in certain parts of the British colonies.

Ready-Made Pie Crust! Someone has invented a ready-made pie crust that will keep a year. By the evidences that have been encountered it might be judged that many ambitious cooks have been experimenting for a long time with this object in view.

We invite you to come to the mos tup-to-date cafe and confectionary the NEW FLOROS CAEE Taylor Bros. Prop. PRIVATE ROOMS FOR PRIVATE PARTIES 12 West 6th St. St. Paul

Help for Those Who Have Stomach Trouble. Aftering doctoring for about twelve years for a bad stomach trouble, and spending nearly five hundred dollars for medicine and doctors' fees, I purchased my wife one box of Chamberlain's Tablets, which did her so much good that she continued to use them and they have done her more good than all of the medicine I bought before.—Samuel Boyer, Folsom, Iowa.

By using Herold's Penand Hair Dressing, which is delightfully perfumed and really the best preparation made for producing beautiful, soft, silky, straight, long fluffy hair—just the kind you want. Herold feeds the scalp and makes kinky, curly, short, stubborn hair so soft, long and lustrous that you can easily handle it and put it up in any style. At its your natural right to have fine, lovely hair, and Herold offers you a chance. Take it—but don't be fooled into getting anything else than HEROLIN. It makes short hair grow long and beautiful, stops itching scalp and dandruff. SENT BY MAIL FOR 25 cents. Herold Med. Co., Atlanta, Ga. AGENTS: We make you a liberal offer—and show you how to make money fast.

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Carter's Little Liver Pills You Cannot be Constipated and Happy A Remedy That Makes Life Worth Living. ABSENCE of Iron in the Blood is the reason for many colorless faces but CARTER'S IRON PILLS will greatly help most pale-faced people

Can't sleep! Can't eat! Can't even digest what little you do eat! One or two doses ARMY & NAVY DYSPEPSIA TABLETS will make you feel ten years younger. Best known remedy for Constipation, Sour Stomach and Dyspepsia. 25 cents a package at all Druggists, or sent to any address postpaid, by the U. S. ARMY & NAVY TABLET CO. 260 West Broadway, N.Y.

The Wonderful Art of Hair Growing A Complete Course by Mail or Personal instruction. The Peerless Walker System, Ready MONEY and the Door way to Prosperity. MADAM C. J. WALKER President of the Madam C. J. Walker Manufacturing Co., and the Lelia College, 640 North West Street, Indianapolis, Ind.

Is Your Hair Short, Breaking Off Thin or Falling Out? Have you Tetter or Eczema? Does your Scalp Itch? Have you more than a normal amount of Dandruff? If so, write for MADAM C. J. WALKER'S WONDERFUL HAIR GROWER, which positively cures all Scalp Diseases, Stops the Hair from Falling Out and starts it at once to growing. These remedies are manufactured only by The Mme. C. J. Walker M'fg Co. 640 North West Street, Indianapolis, Ind. A SIX WEEKS TRIAL TREATMENT Send to any address by mail for \$1.50. Make all Money Orders payable to MME. C. J. WALKER. Send stamp for reply. AGENTS WANTED. Write for terms.

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The road to **GOOD LOOKS** is made easy by using high grade **BEAUTY HELPS**. We have a complete line but space will not permit us to list all of them.

- Madam Walker's Hair Grower, Shampoo, Tetter Salve, 52 cents each
- Madam Walker's Gossine and Temple Grower, 37 cents each
- Kashmir Bleach, Vanishing Cream and Powder, 52 cents
- High Brown Powder, 26 cents and 52 cents
- Straightening Combs, \$1.00
- Black and White Goods, 26 cents and 52 cents

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At the price FLOR DE MELBA is better, bigger and more pleasing than any mild Havana cigar.

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THE BYSTANDER



PROTECTION OF HEALTH

(By Wm. H. Harper, B. S., M. D.)
Freedmen's Hospital, Washington, D. C.

Diet of School Children

The period usually spoken of as "school days" is an extremely active one physically. The vast number of metabolic changes going on and the growth of the body demand a plentiful and suitable diet. Both in and out of school and in seminaries careful attention should be given to food, fresh air, and exercise. In other words, the physical development should receive as much attention as the mental growth.

Milk, being easily digested in most cases, is of great value, especially for children whose nutrition is below normal. It should be furnished as a beverage daily for breakfast and supper, and is advisable even with dinner. It may also be used in the preparation of puddings and soups. Cream is very valuable and whenever possible should be supplied in sufficient quantities. A cup of warm milk is helpful during the middle of the morning, and as a substitute for tea in the afternoon.

Delicate children and others may with advantage take a glass of warm milk a short time before going to bed. If the rising hour is sometime before that set for breakfast a cup of milk or of bread and milk should be given on rising.

Eggs may be used alone or in the preparation of various dishes. They may be used in almost any way except fried. Fried eggs are liable to be very indigestible. They are often prepared in this way in order to disguise the stale taste of an egg that has been in storage for some time.

Meat is a very important part of the diet, as it contains a larger quantity of protein, from which the tissues are built up, and in a more available form, than any other form of food. Steaks, chops and roasts of beef, mutton, lamb, fowl and bacon are the most suitable meats.

Bread and butter should be given with each meal. Bread made from the whole wheat flour may be used in the largest quantity, but it is well to supply various kinds of bread to avoid monotony.

Cereal porridges of all kinds may be given for breakfast, oatmeal being the most desirable.

Vegetables of almost all varieties may be used.

Fruit should invariably be given once a day. Sugar should be provided for in the dieting. Candies and many of

the sweets given children are harmful and cause indigestion and dyspepsia.

The beverages should be water and milk. Weak cocoa or chocolate may be given after the seventh year. Tea and coffee should not be given before the thirteenth year, and may be withheld advantageously even longer. Alcohol is not to be used in any form except by a physician's orders or direction.

The food should be well prepared and attractively served. This has more to do with influencing the appetite of delicate, nervous children than is generally supposed.

Overeating should be avoided, and to this end an older person should be present when practicable.

It is by neglect of diet, fresh air, and exercise that many cases of tuberculosis gain headway, anemia may result from such neglect, and a delicate nervous child be the outcome of one that should by right be healthy.

The above article was written by request of a Bystander subscriber. Would be very pleased as far as practicable to comply with any request of a medical nature for discussion, reserving, however, the right to reject subjects not of a common interest or those which cannot well be discussed in the space allotted for these articles.

MT. PLEASANT NEWS.

Rev. H. J. Handy preached two stirring sermons Sunday and one member was added to the church. The pastor and members were very much encouraged at the progress of the church.

Rev. Handy and wife have gone to Waterloo after his household goods. He was very happily surprised on July 18 by a company of his members gathering on him with full baskets and also quite a financial success.

Mr. George Green is very sick at this writing.

Mr. and Mrs. C. H. Steward were down from Fairfield to attend a social at the A. M. E. Church on the 17th and also Mrs. B. F. Hubbard.

Permanent organization for a Keokuk branch of the National Association for the Advancement of Colored People assured here Tuesday night.

A very enthusiastic meeting among the colored citizens of Keokuk at the Bethel A. M. E. Church where they met to further perfect the work of the temporary organization which was the outgrowth of the massmeeting called by Rev. J. Sterling Moore at Pilgrims Rest Baptist Church some weeks ago after the perpetration of the Inman murder.

Sixty-five names representing people in their various walks of life have applied for a charter into the national body. Besides the chairman, Dr. T. H. Phillips, W. W. Gross, F. S. Johnson, A. W. Draine, Rev. C. R. Waters, Rev. W. H. Clark and George Mott were much in evidence and gave the very much needed timely and helpful instruction and advice. The chairman in a very dignified manner pushed the meeting right along and allowed no time lost. One special feature noticeable was the perfect harmony with which every phase of this work was characterized and was the result of the earnest and sincere effort of everyone present.

The election of the permanent officers though considered individually was unanimous: Rev. J. Sterling Moore, president; Rev. C. R. Waters, vice president; Mrs. Selby Johnson, secretary; Geo. W. Snoddy, treasurer.

Executive committee incomplete. In addition to the above named officers, W. W. Gross, A. W. Draine, Mrs. V. Olive Phillips, Rev. W. H. Clark, Dr. T. H. Phillips and Solomon Williams were elected. As soon as the charter is re-

ceived other committees will be formed and there will be plenty of work for every member, and others too which will join from time to time. The next meeting will be at the call of the president.

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.

Corinthian Baptist Church
Fifteenth and Linden Sts.
G. W. Robinson, Pastor.
7 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. E. King, pastor.
11 a. m.—Morning worship.
12:15 p. m.—Sunday school.
Christian Endeavor at 6:15 p. m.
Lieut. M. H. Thompson, president.
Evening services at 7:30 p. m.
Mid-week prayer meeting Wednesday.
Everybody invited at all of these services.

St. Paul's A. M. E. Church
12th and Crocker Sts.
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. M. Toomey, Pastor.
9:30 a. m.—Sunday school.
11 a. m.—Preaching.
8 p. m.—B. Y. P. U.
8 p. m.—Preaching.

St. John A. M. E. Zion Church.
S. E. 19th and Scott Sts.
Rev. E. S. Hardge, Pastor.
10:00 a. m.—Sunday school.
11:00 a. m.—Preaching.
6:30 p. m.—V. C. E. Society.
8:00 p. m.—Preaching.
8:00 p. m. Friday—Prayer and class meeting.

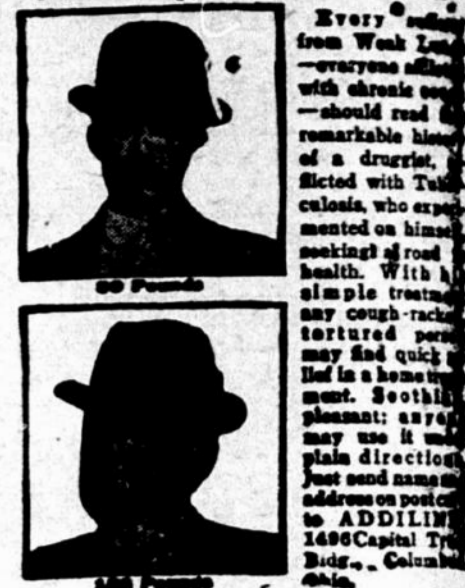
Bethel A. M. E. Church
Sixteenth and Filmore Sts.
Rev. H. A. Perry, Pastor.
11 a. m.—Morning service.
12:30 p. m.—Class meeting.
1:00 p. m.—Sunday school.
6:30 p. m.—Christian Endeavor.
7:30 p. m.—Evening worship.
Prayer, Wednesday, 8 p. m.
Epworth League, 6:45 p. m.

Asbury M. E. Church
Services in Knights of Tabro Hall, 12th and Park Sts.
Rev. Spencer Ray, Pastor.
Phone Wal. 8241.
Sunday School, 10:00 a. m.
Evening Service.
Preaching, 7:45 p. m.
Class Meeting, Friday, 8 p. m.

CHURCH OF GOD AND SAINTS OF CHRIST.
928 12th St.
Elder E. W. Pittman, Pastor.
Preaching every 4th Sunday A. M. 11:30.
Preaching every Sunday evening,

7:30. Preaching every Wednesday evening, 7:30.
Preaching every Friday evening, 7:30.
Services all day Saturday.

"I Cured Myself of Tuberculosis"



Every sufferer from Weak Lungs, chronic cough, asthma, should read this remarkable story of a druggist, afflicted with Tuberculosis, who experimented on himself, seeking a road to health. With a simple treatment, say cough-racks, tortured, you may find quick relief in a homeopathic remedy. See this plan: Address on postcard to **ADDISON'S**, 1488 Capital Tr. Bldg., Columbia, Mo.

Some Good Out of War.

The geophone, a listening instrument developed by the French during the war to detect enemy underground mining operations, is to be used by our bureau of mines as a possible aid in locating miners who have been entombed after a disaster. A miner pounding on a coal seam can be heard with this instrument 1,200 feet away. Recently a pit boss who happened to be near while the geophone was being tested in a mine, put the instrument to his ears. He heard so distinctly that he called out in a startled tone: "Mack is tamping in a charge. We had better move away." A coal seam 300 feet thick separated Mack from the startled boss at the time.

Laugh on the Doctor.

An Illinois physician who had motored into an Ohio town found a porter standing back of the machine laughing. "What's the joke?" inquired the owner.

"Nuthin', boss; but you're a doctor, ain't you?"

"Yes."
"I thought so when I saw that red cross on the front of your car. But if I owned the car I think I'd put that sign on the back."

The doctor walked around to the rear and looked at his license tag. It read: "46,000 Ill."—Rehoboth Sunday Herald.

Rose to High Place.

Thomas Okey, who has been elected to the new professorship of Italian at Cambridge, began life as a basket-maker. He traveled on the continent working at his trade and learning each country's language as he passed through. Later he took up the teaching of languages and is now known as one of the greatest English authorities on the Italian language and on Italy's art treasures.

Wise Conclusion.

"Going to buy yourself a car now? Why don't you wait until cars are cheaper?"

"Say, all my life I've been waiting for things to get cheaper and look what has happened to the price of everything. I've come to the conclusion that the time to get a thing is when you want it if you've got the money to pay for it."

BRAINY BOWERS PROVES THE POWER OF MIND OVER MUSCLE

