State Capitol Bldg Historical Room

IOWA STATE BYSTANDER.

VOL. XXI NO. 20 DES MOINES IOWA, FRIDAY, NOVEMBER 13, 1914, Price Five Cents

CITY NEWS.

Mr. E. Reeves, who has been very sick for several weeks, is not much better at this writing.

Born Nov. 4th to Mr. and Mrs. James Barton of Oralabor a bouncing baby boy.

Mrs. James B. Harvey, 1410 Center street, is quite sick this week.

Mrs. H. E. Jacobs is improving a little at this writing.

Mrs. Geo. Laws of Lake Park is now home from the hospital, where she underwent an operation. She is improving nicely.

Mr. Harrison Gould returned from Lawrence, Kans., last week, where he had been attending the executive meeting of the Inter-State Literary association.

The Lee Mission, East Sixteenth and Filmore streets. Sunday school at 2:30. Services in evening at 7:30 by Rev. Walden, pastor. Everybody invited.

Mrs. P. H. Goggins, who underwent an operation at the hospital, is able to be brought home, where she is resting well. This is good news to her many friends.

Little Alma Jones underwent an operation for the removal of her tonsils and adinoids this week. The operation was performed by Dr. A. J. Booker. She is some better at this writing.

Mrs. Rev. Turner Lee, an evangelist of Chicago, is in our city and holding meetings at the Lee Mission. East 16th and Filmore. The meetings are being well attended. The public invited. She will remain here about two weeks.

The Triple H. club met Nov. 10th with Mrs. M. McGruder, 1628 Carpenter avenue. Paper, Mrs. W. J. Mc Dowell; vocol solo, Mrs. A. M. White; current events; question box; report of critic. Adjourned to meet with Mrs. J. L. Thompson, Tuesday Nov. 16th.

The Wednesday Night Bridge club met this week with Mrs. Harry Seymour. After the regular game of bridge a dainty luncheon was served by the hostess. Club will meet next week with Mrs. Joseph Stone, 910 12th St.

THE LYCEUM.

The postponed meeting of the Des Negro Lyceum will be held at the residence of Atty. S. Joe Brown at 1058 5th street, Tuesday evening. All members urged to attend.

CORINTHIAN BAPTIST CHURCH

Sunday Nov. 15.

The pastor having returnd from the East will fill his pulpit next Sunday morning and evening. Sunday School and B. Y. P. U. at the usual hours. All invited.

T. L. Griffith, Minister.

A Farm for Rent

We have a farm for rent in Decatur county, Iowa 4 miles from town of 140 acres to rent for cash, very low, from one to five years lease. 120 acres in cultivation, a good stock farm, land rolling, fruit trees, shade with well and barn. Would prefer a colored farmer. Write to John L. Thompson, 1306 W. 20th

Dr T. L. Griffith attended the funeral of Rev. D. E. Murff in Washington, D. C. Rev. Murff died in Baltimore Sunday Nov. 1st, and was buried in Washington the following Wednesday. A large delegation of ministers were present from Baltimore and Washington. The funeral was held from the Shiloh Baptist church, Dr. J. Milton Waldron pastor. He was buried in Washington, D. C.

Rev. Murff was a graduate of Wayland Seminary, Washington, D. C. He was pastor in Davenport, Ia., Galesburg and Springfield, Ill. He was at one time Moderator of the Iowa Baptist Association. He served over six years as missionary to Cape Town, S. Africa under the National Baptist Convention. While there he contracted the African fever, from the effects of which he died. He lived a noble christian life and died a triumphant christian death. It was his own request that Rev. Griffith should deliver the funeral sermon. Among those present at the funeral were Rachel, the adopted African daughter, Jennie Somtumzie, a native African woman who came with them and another native who came with them and is studying for the ministry. By the request of Rev. Murff an offering for African missions was laid on his coffin of which he had saved twenty-five dollars.

5c MYSTIC THEATRE 5c
11th and Center Sts. Under New Management
The best of pictures will be shown each night, and on every Saturday night we will give away a prize to the lucky person holding the prize number. Each paid admission through the week entitles you to a number for the Saturday nights contest.

Have you paid for your Bystander this year?

Mr. Peter Bell, one of our old and highly respected citizens, who has been very sick, does not improve very much. Some days he is better and other days he is worse.

Mrs. S. C. Thompson and family left Thursday for Driscoll, North Dakota, to make their future home. She joins her husband, who is now there. They are going on a farm. We are sorry to lose such an interesting family from our city and state, but we hope for them success in the northwest.

The letterheads for the Iowa State Federation of Colored Women's Clubs for 1914 and 1915 are now out and ready to be delivered upon application to Mrs. Harvey Brown, 1804 Bluff street, the editress, at 50 cents per 100.

Mrs. Booker T. Washington of Tuskegee, Ala., president of the National Womas's club of America, will deliver an address at the A. M. E. church Monday evenisg, ovember 30. While here she will be the guest of Mr. and Mrs. S. Joe Brown at 1058 Fifth street. Without doubt Mrs. Washington is one of the leading ladies of this country and everybody should hear her.

King Solomon Commandery, No. , of the Knights Templar, held their annual election Thursday evening at the Masonic temple building. A large number were present. The application of fourteen new candidates were balloted dpon for the Royal Arch degree. The following officers were elected for the ensuing year: Eminent Commander, S. Joe Brown; C. F. Topson, generalihsimo; W. C. Rhodes, captain general; Gus Watkins, prelate; W. H. Humburd, treasurer; J. B. Mitchell, recorder; J. A. Wilson, sesior warden; B. J. Hack, jusior warden; E. Wisn, guard.

FREE CLINIC.

The school inspectors find many children suffering with tonsils and adnoids. In certain cases these are a menace to the child. Having some experience along these lines and knowing the expense, the Bystander, with its eye ever single to the public benefit, has made arrangements with Dr. A. J. Booker to hold a free clinic to remove or treat these conditions, free excepting when an anesthetic is necessary, in those who have held back on account of expense. Every Thursday and Saturday from 2 to 5 p. m.

MT. PLEASANT NOTES.

(Last Week.)

The presiding elder's committee gave a Hallowe'en social at Bethel of Mrs. Phoeba Page. It was a grand success.

Rev. Lesley filled the pulpit Sunday morning at the A. M. E. church, owing to the illness of Rev. W. W. Williams. It was a soul-stirring sermon. Rev. James Eaves filled the pulpit in the evening.

The members and friends of the Second Baptist church are quite busy lathing their church.

The King's Daughters society met at the home of Mrs. Clay Reed Friday afternoon. New officers were elected for the coming year: Mrs. R. F. Burnaugh, president; Mrs. Charles McCracken, vice president; Miss Louise Mason, secretary; Mrs. Amanda Bartlett, treasurer.

Mrs. Phoebe Page is on the sick list.

(This Week's News.)

The Mission Circle of the Second Baptist church met at the home of Mrs. Wm. Lesley Monday afternoon.

On Wednesday night a club known as the Helping Hand club was organized at the A. M. E. church. Mrs. Mae McCracken, president; Mrs. Ethel Williams, vice president; Miss Ione Fidler, secretary; Miss Dorothy Anderson, treasurer.

Rev. Toomey preached a soul-stirring sermon Wednesday night at the Second Baptist church.

The Missionary society met at the A. M. E. church Thursday afternoon. A very interesting paper on Africa was read by Mrs. R. F. Burnaugh and was discussed by the various members of the club.

An illustrated lecture was given by Rev. Toomey at the A. M. E. church Thursday night. After the lecture ice cream and cake were served by the Helping Hand club.

A social was given by the Juvenile club of the Second Baptist church at the home of Rev. and Mrs. Eaves.

The Busy Bee club met Thursday afternoon at the home of Mrs. Lizzie Alexander.

Mr. R. F. Burnaugh has returned to his work in Creston, after spending a few days in the city visiting his wife.

Mr. Everett Reed is on the sick list.

Mr. Wm. Greenway and family of Muscatine and Mr. Arthur Smith drove over Sunday in their car and visited at the home of Mr. and Mrs. Wm. Burnaugh.

MACON, MO., NEWS.

Rev. B. P. E. Gales preached an excellent sermon Sunday morning.

Prof. Mykins filled the pulpit in Moberly on Sunday.

The dinner which was given by the ladies of the Household of Ruth on Saturday was quite a success.

Little Edwin Perkins is on the sick list.

Ethel Brummall was a Macon visitor Sunday.

Mrs. C. Harris is confined to her bed on account of a sprained ankle.

Frank Picket and Leo Johnson of Monroe, Mo., were Macon visitors Saturday.

Russell Walldon of Monroe, Mo., was the guest of Aleata Pleasant on Monday.

was the guest of her parents Satur-

Miss Ida Garnett of Quincy, Ill., day and Sunday.

Rev. G. W. Cross preached an excellent sermon Sunday morning and evening.

The Enjoyable club met aa the residence of Miss Lucille Harris. The next meeting will be at the home of Miss Corinne Wright.

Western College visited Summernor high school at St. Louis on Saturday in a football game. We were sorry to hear of the sad news.

Mr. Charley Burton remains the same.

Several Bevier knights spent Saturday night in Macon and attended the social.

Mrs. Frank Perkins of Clarence was the guest of her sister, Mrs. E. W. Perkins.

Oce and Otho Donely have accepted a position with the Davis Produce Co.

Little Handsom McCann has recovered from a spell o fsmallpox.

Mr. John Wright was the guest of Mrs. Victoria Brasell.

Rev. M. I. Bird was an out of town caller Sunday.

ROCK ISLAND, ILL.

(Special to the Bystander.)

Mr. Geo. Johnson is slowly recovering from the injury he received while at work on the government island.

Grandpa Windsor remains quite poorly.

Mrs. Geo. Pearson entertained a few friends Sunday in honor of her birthday. A dinner, consisting of all the delicacies of the season, was served.

Mr. and Mrs. Bradley gave an entertainment at Wayman Chapel on Octobber 29th for the benefit of the electric lights. Quite a neat sum was realized.

The entertainment given by Norine Tabernacle at the Wayman Mission on last Thursday evening was a grand success.

Quite a number of the Masonic brothers pleasantly surprised Mr. Geo. Johnson on last Friday evening.

Mr. and Mrs. B. Houston entertained Mr. Kipper and Mr. Abe Dawson at dinner last Sunday.

Mr. Cass Lambert will be able to leave the Dr.'s residence this week. His many friends will be glad to hear that he is improving so nicely.

Mr. and Mrs. John Garland are now occupying their new home just recently built.

MASON CITY NEWS.

Mrs. J. D. Reeler royally entertained the Missionary society and Ladies' Aid at her beautiful home on Eighth avenue last Friday afternoon. The special feature for the afternoon was a surprise shower for Mrs. F. D. Woodford.

Mrs. Wm. Carter, who has been on the sick list for the past week, is much better at this writing.

Mrs. Dave Howard went to Green, Iowa, to visit her husband, who is employed there

The members of the Union Memorial gave a reception in honor of their pastor and wife, Rev. and Mrs. F. D. Woodford, last Tuesday evening. The church was beautifully decorated with flowers.

Mrs. Corinne M. Ray returned from Rochester, Minn., Wednesday afternoon.

Mrs. E. L. Moody entertained the Willing Workers club at her home, 1313 Tuttle street, Friday afternoon. After business the club was served with a delightful two-course luncheon.

Mr. and Mrs. L. W. Tyler left Saturday night for a visit in Cedar Rapids.

Mr. John Mitchell has returned to the city, having just closed the season with Ringling Bros. circus.

The rally day at Union Memorial church last Sunday was very successful. Capt. No. 1, Mrs. M. M. Brewton, raised $55.50; No. 2, Miss Artevia Williams, $15.00; No. 3, Miss Pearl Cecil, $11.00. Total for rally, $81.50.

Mrs. Walter Davis entertained a few friends for dinner Sunday in honor of Mrs. C. Ray. Mrs. Davis being one of the most royal entertainers in Mason City, the dinner was everything to be deliciously coveted.

Miss Martha Alexander spent Saturday and Sunday with Mrs. Alta Dent.

Mrs. Maude Brewton entertained a 3 to 5 in honor of her son, Theodore's few children Saturday afternoon from 9th birthday.

Mrs. L. Banning delightfully entertained Rev. and Mrs. Woodford at dinner last Sonday, which was exceedingly enjoyed by pastor and wife, as Mrs. Banning ranks among the excellent cooks.

BUXTON REVIEW.

Mrs. Tillie Williams of Mt. Pleasant is in our city this week visiting friends.

Mr. W. J. Shepard of Des Moines was down Sunday and took part with the choir.

Mrs. Fannie Johnson went to Mt. Pleasant, Iowa, this week to visit her brother.

Mrs. Caroline Grandson has left our city this week for Domoin, Ill., where she will make her home.

Mrs. Lucy Ewing is better at this writing.

Mr. R. E. Weaver was in our city this week from Des Moines calling upon old friends.

Mr. and Mrs. R. H. Stewart entertained at their residence, 19 East First street, Sunday afternoon at a 3 o'clock dinner Rev. G. O. Terrell and wife, Rev. J. H. Ferribee and wife, Mrs. Harriet Lee and Mrs. Maggie Jeffries. Mrs. Stewart was assisted by Mrs. M. E. Bickley.

We had a wonderfnl sermon preached Sunday morning at St. John's A. M. E. church by Rev. J. H. Ferribee, pastor. Three souls joined the church Sunday morning.

The Sunday school is improving, and also the Allen Endeavor League.

The Sunday school union was held at Mt. Zion Baptist church Sunday afternoon. A wonderful sermon was preached to the union by Rev. F. B. Woodard, pastor. Rev. G. O. Terrell preached Sunday night at Mt. Zion.

Best Cough Medicine for Children.

"Three years ago when I was living in Pittsburg one of my children had a hard cold and coughed dreadfully. Upon the advice of a druggist I purchased a bottle of Chamberlain's Cough Remedy and it benefied him at once. I find it the best cough medicine for children because it is pleasant to take. They do not object to taking it," writes Mrs. Lafayette Tuck, Homer City, Pa. This remedy contains no opium or other narcotic, and may be given to a child as confidently as to an adult. Sold by all dealers.

ST. JOSEPH, MO.

Mr. R. W. Thompson, who has a lucrative position in the treasury department at Washington, D. C., and a correspondent for some of the best papers published by Afro-Americans in a recent issue of the Freeman says: "Mr. E. W. Thompson is the leading prescription pharmacist of St. Joseph, Mo., and a prominent factor in the civic affairs of that city and takes a lively interest in the welfare of the race throughout the nation."

Rev. J. H. McCullough, who has been pastor at the Holsey C. M. E. church for the past three years, preached his farewell sermon last Sunday night, as the bishop has assigned him to the church at Parkville for the next year. Rev. Redd, the new pastor, is expected to have charge of the services at Holsey Chapel next Sunday night.

Miss Opal Lee has returned from her visit at Atchison, Kas.

Miss Ethel Thomas, who spent several months in different cities in Colorado, has returned home.

Mr. Harrison Gould of Des Moines, Iowa, spent a few hours in our city last Saturday while en route from Topeka, Kans., where he had been attending a meeting of the executive committee of the Inter-State Literary society. Mr. Gould is very prominent in the social, literary and fraternal societies in the Hawkeye city. He said from present indications they would have a very large attendance at the annual meeting of the Inter-State at Lawrence, Kans., during the holidays.

A sister of Mrs. John Guthrie from Pittsburg, Kans., is her guest at her home at 1502 Holman street. She will return home next week.

As stated in our last notes that the fourth annual fair and bazaas at Masonic Temple M. E. church would end last Friday night, at which time the prizes would be awarded, Mrs. House received the prize for selling the most tickets of the adults and little Miss Hicks of the children. Mrs. De Boe presented the prizes to them. Mrs. Essex Allen won the diamond ring and Miss L. Heartshorn won the doll, they reporting the most money solicited among the contestants for those prizes. Dr. E. W. Thompson, the druggist, presented the latter prizes. A large crowd was present to see "The Plantation Play," and the prizes awarded.

Why are so many of the unmarried men looning so pleasant for the past few days? Answer: The State Teachers' association has been in session here since Thursday morning and will continue until tomorrow night. So many pretty school teachers reminds one of former school days.

Mr. Arthur G. Endicott and Miss Ruth A. Baker were married last week. They both are well known in this city, where they will be at home to their many friends. We extend congratulations.

Mr. Prince McGaugh spent a few days of this week at Bethany visiting his wife and her relatives.

Rev. S. Prince of Ft. Worth, Texas, Prince, with his revival at the Francis Street Baptist church. Several conversions have been secured and a number of them will be baptized next Sunday afternoon at that church.

A banquet will be given tonight at Patee Market hall for the visiting teachers. Prof. B. T. Perkins, chairman of the banquet committee, has made preparations for about 200 plates. An excellent program and menu has been prepared and those attending can enjjoy a pleasant evening.

MINNEAPOLIS, MINN.

October 25 was quarterly meeting Sunday at St. Peter's. Rev. T. W. Lewis, P. E., filled the pulpit both morning and evening. At 3 p. m. Rev. E. R. Edwards preached the sacramental sermon to a well filled house.

The stewardesses held their first meeting of the conference year at the home of Mrs. R. L. Buttner on Wednesday evening, November 4th. Officers for the ensuing year were elected as follows: Mrs. Anna English, president; Mrs. Lottie Hyde, vice president; Mrs. R. L. Buttner, secretary; Mrs. Cissco Roberts, treasurer. Two new members have been added to the board, Mrs. Belle Glover and Mrs. Littie Hyde. Mrs. Buttner served supper to the board members after the meeting adjourned. Rev. T. B. Stovvall was present.

The Woman's Mite Missionary society of St. Peter's A. M. E. church gave a very interesting program at the church Sunday evening. Mrs. Victoria Graham read a paper, "The ary Work," which was very interest- Black Man's Progress in the Missioning.

Sunday, November 8th, will be rally day at St. James' A. M. E. church, Minneapolis. Rev. H. P. Jones of St. Paul will preach at 3 p. m.

The Willing Workers club met with Mrs. Wm. Hyde. The attendance was good. Rev. and Mrs. Stovall were present. Mesdames Neal and Buttner were visitors.

The Lee Sewing Circle met with Mrs. Hattie Hall last Wednesday. They are preparing for a fair in December.

CLARINDA, IOWA.

Mrs. Lottie Williams visited a few days in Creston last week.

Mrs. Carrie Arnett and two children returned from Odessa, after a month's vacation.

Mrs. Laura Jones and daughter, Alice, and Mrs. T. G. Jones motored to Gravity. From Gravity Mrs. Jones visits her son, T. G. Jones, Jr., in Red Oak, and from there will visit Allen Jones in Omaha.

Master Eavens Williams has gone to St. Louis to visit his grandma.

Mr. Frank Matthews arrived in our eity.

Mrs. Florence Rice has been visiting her aunt, Mrs. Georgia Hower, in Bedford.

Mr. Henry Johnson visited Mrs. Emma Stewart, his daughter, over Sunday.

Sunday was rally day at the A. M. E. church. A neat sum was realized.

Rev. W. Mitchell is still carrying on a series of revivals with great interest.

Mrs. Mattie Cooke is on the sick list.

There will be an entertainment at the tabernacle hall by the daughters and at the A. M. E. church also by the stewardesses.

Mrs. Arthur Montgomery was taken suddenly ill with acute indigestion and fell in such a manner as to slightly injure her face.

Henry Carter returned from Oskaloosa.

MARSHALLTOWN ITEMS.

Murry Wolder, who has been ill at the Deaconess hispital, was moved home last Friday and is slowly improving.

Mrs. Carrie Suter, who has been visiting for several weeks in Mason City, the guest of her daughter, Mrs. Lillian Taylor, returned home last week.

Mr. and Mrs. Herman Stone are the proud parents of a daughter, born November 7th. Mrs. Stone was formerly Miss Jennie Johnson.

Rev. Ross of Cedar Rapids preached at the Baptist church Sunday.

The skating rink will be open every Wednesday for the colored people.

Mr. Harry Marshall of Des Moines is in the city. He has accepted a position as cook at the Pilgrim hotel.

Mrs. Floyd Reeves arrived in the city last week to join her husband. They expect to make their home here.

The Missionary society of the Baptist church will meet Friday evening at the home of Mrs. Sadie Warn.

WASHINGTON, IOWA, NOTES.

Mrs. Lewis Wallace of Pittsburg, Penn., returned to her home last week, after a six weeks' visit at the Mrs. Emma Black home.

Mrs. Frank Walker was called to Ottumwa last week by the death of a brother-in-law.

John Buckner of Keosauqua returned to his home Monday morning via Oskaloosa, after a few days' visit with his sister, Mrs. Emma Black.

There were two conversions at the A. M. E. church Sunday evening, November 1. That makes four since Rev. Boyd hasa been here since conference.

The P. E. girls held a picnic social in the lecture room of the A. M. E. church Thursday evening, which was crowned with success.

Mr. and Mrs. T. L. Burnett entertained at dinner Sunday John Buckner of Keosaunua and Mrs. Emma Black.

Mrs. Emma Black went to Oskaloosa on Monday evening for a visit with her sisters, Mrs. Henry Hockedy and Mrs. E. E. Jeffers.

Quarterly meeting at the A. M. E. church December 16th. P. E. Moore is expected to be present.

Mrs. L. J. Phillips, who was brought home from Davenport by her mother, Mrs. Chas, Berkley, in a serious condition, having had a paralytic stroke, is still in a bad way, but is improving some.

Mrs. Jas. Weatherall and daughter, Alice Virginia, of Minneapolis,, who have been guests at the F. D. Motts home and other friends for the past two weeks, returned to their home Tuesday morning.

On Wednesday evening, November 4th, occurred the election of the trustees for the A. M. E. church and resulted as follows: G. W. Turner, T. L. Burnett, A. L. Hall, W. H. Rhodes and N. L. Black, who were installed Sunday evening at the conclusion of the services by the pastor

Philip Rushing visited "a friend" in Fairfield last Sunday.

G. W. Turner has well been appointed class leader for this year at the A. M. E. church.

Daniel Haynes has been transferred to the county home, where he is being well taken care of. Mrs. Haynes has been ill, but is getting some better.

Sick Headache.

This distressing disease results from a disordered condition of the stomach, and can be cured by taking Chamberlain's Tablets. For sale by all dealers.

QUINCY, ILL., ITEMS.

The stewardess board board, No. 2, gave a Hallowe'en social at the home on October 30th and there was about twenty-five persons masked. Miss Beatrice Anderson won first prize for being the neatest and Miss Gladys Watts won second prize for being the most comic masked person. The social proved quite a success, as over $15 was cleared.

The members of Bethel A. M. E. church tendered their pastor and wife, Rev. and Mrs. J. J. Evans, a grand reception on last Friday evening. Over a hundred were in attendance and everyone present enjoyed the evening. The reception committee introduced a novelty in the manner in which the serving was conducted.

Rev. L. S. Brooks of Palmyra was in the city Friday and attended the Wayman Chapel A. M. E. church reception on that evening.

will serve dinner at the Loyal Legion hall on Thanksgiving day.

Venita Gillam has been indisposed this week.

The members of Eighth and Elm church will be under the leadership of Mrs. Anna Wells and Mr. Irvin Majors for the Thanksgiving rally on November 26th. Through the columns of the Bystander we wish them both success, as both are good church workers.

Miss Sophia Russ was hostess to the Busy Bee Sewing Circle on last Thursday afternoon, and after the regular routine a dainty luncheon was served.

Mesdames Bates and Kincaid were business callers in La Grange, Mo.

Mrs. Anna Doolin is on the sick list.

The stewardess board, No. 1, will give a poverty social on November 20th. Come out and enjoy yourself.

Mrs. J. H. Higgins returned Saturday evening, after a pleasant visit in East St. Louis, Ill.

Thomas J., the infant of Dr. and Mrs. J. G. Bullett, departed this life on Wednesday night at 11 p. m. of paralysis of the throat, and was laid to rest in Greenmouth cemetery Friday a. m.

Dean Coens of Cathedral of St. John surprised Mr. and Mrs. Wesley Perkins on the 22nd ult., the occasion being their fortieth anniversary of their union. Ice cream and cake were served.

Miss Flo Marshall is some better at this writing.

Mesdames Smith and Sharp of Hannibal, Mo., were in the city on a business and pleasure trip combined.

Phone any news to 2511-W.

IOWA CITY NOTES.

Mr. Coffin is in the city making arrangements for Blind Boone to play here in the early part of December.

A Christian Endeavor was organized at the Bethel A. M. E. church to meet every other Sunday while the minister is in Muscatine. A membership of twenty-six ended the first meeting of the society. Mabel Morgan was elected president; M. I. Fields, secretary; Voiletta London, treasurer, and Mr. Fields, chairman of the program committee.

Miss Minerva Graves was elected superintendent of the Sunday school for the coming year.

The Kappa Alpha Nu gave a taffy pull Saturday evening.

College Course in Politics.

To Columbia university belongs the credit of offering the first course designed to give students a practical knowledge of the conduct of political affairs. That institution has asked the bureau of municipal research in New York to give the members of the class the benefit of the experience it has derived from the study of the affairs of that city, and the invitation has been accepted. The growing demand for the adoption of the scientific methods of city governments lends support to the view that college men will be in demand in this department of the public service, hence the propriety and usefulness of a university course established on the lines indicated by the innovation at Columbia.

Haitians a Lazy Lot.

Sydney Brooks, writing to the London Chronicle about Haiti, says the Haitians were the first people in the world to abolish slavery, and Mrs. C. R. Miller, writing in Leslie's Weekly, says of Haiti: "In that little republic, covering about 10,000 square miles, within five days' sail of New York, one may encounter more strange complications and a greater disregard for human life than in the remote countries of the east. Situated in the very heart of the West Indies, where civilization exists in a high degree, Haiti alone has kept her doors closed to progress. She became an independent state more than 100 years ago. Her rich lands were already under cultivation, but the lazy natives allowed the plantations to go to ruin, and forests have grown up instead."

Farm Employment for Criminals.

Gov. Harris of Ohio believes that criminals can be employed on a farm with advantage to themselves and the state. He proposes that prisoners in the penitentiary who are not confirmed criminals be transferred to the reformatory and put to work on the state farm. "It is the conditions of our cities that breed crime," says the governor. "Most of it can be traced to idleness and drink, and idleness is frequently the cause of drink. There is little drink in the country and practically no idleness. If the young man who had slipped over the bounds of law were taught scientific farming he would come to like it and escape the associates who carry him down when he returns to the city."

Milk an Intoxicant.

New York City alone consumes annually 840,000,000 quarts of milk. We drink 2,300,000 quarts a day And this does not include mothers' milk for infants; just cows' milk—watered and unwatered, for both infants and adults. "Milk," says Emerson, "is readily made intoxicating in warm climates simply by agitation. This feature was quickly discovered." Being placed in a skin and slung from the shoulder or over the back, it was agitated by the motion of the hunter, and fermentation was soon well under way. The skin was undoubtedly none too clean, some milk of the previous day being left in it, which would act as a leaven.

Sleeplessness.

A good remedy for sleeplessness is to wet a towel and apply to the back of the neck, pressing it hard up against the base of the brain and fastening over this cloth to prevent too rapid evaporation. The effect will be prompt and pleasant, cooling the brain and inducing a sweet and peaceful slumber. Warm water is better than cold for the purpose. This remedy will prove useful to people suffering from overwork, excitement or nervousness.

YOUNKER BROTHERS

There is No Store Like the Economy Basement

Here are a few things which distinguish it:

It is, in reality, a store by itself—"A Store Within a Store"—with nearly a half hundred separate departments.

The qualities of the merchandise on sale here are dependable from beginning to end—the Younker guarantee of satisfaction-or-your-money-back accompanying every sale.

Prices are lower here, opening the way to those bent on economizing.

The Economy Basement was never before so ready to fill Fall and Winter needs with things to wear and use, for the whole family, as now.

"Shop in the Basement and Save"

AFRO-AMERICAN CULLINGS

Booker T. Washington, in a letter to the Negro people, makes these timely suggestions:

"There are 1,400,000 colored families who live on farms or in villages, or small towns. Of this number, at the present time, 700,000 have no pigs. I want to ask that each family raise at least one pig this fall. Where one or more pigs are already owned, I want to ask that each family raise one additional pig this fall.

"As soon as possible, I want to ask that this plan be followed by the organization of a pig club in every community where one does not already exist. I want to ask that the matter be taken up at once through families, schools, churches and societies, farmers' institutes, business leagues, etc.

"The average pig is valued at about five dollars. If each family adds only one pig, in a few months at the present prices for hogs, $10 would be added to the wealth of the owner, and $14,000,000 to the wealth of the colored people. If each family adds two pigs, it would have in a few months $20 more wealth, and $28,000,000 would be added with which to promote the welfare of the race during the money stringency created by the European war."

The "pig club" idea is one that the Negroes of the South should embrace. At this time all farmers of the South are discussing the problem which an enforced reduction of the cotton area has precipitated, and it is generally agreed that hogs and the feed crops necessary to maintain them will be the most profitable substitute for cotton. There is no doubt that the white farmers will as far as possible pay more attention to hogs hereafter than they ever have before, and the Negro farmers are just as much interested in the hog question as others.

The Negro farmers have made much progress during the past quarter of a century, but they have usually suffered from the same causes which have impoverished the white farmers, the chief of which is the failure to raise on the farm what is consumed at the farm table. Out of the present dilemma the South ought to emerge the greatest meat-producing region of the world, and this objective will certainly be reached if the 1,400,000 Negro families take Washington's advice and organize pig clubs in every village and farm community.

The South will have all her agricultural problems pretty well settled when the southern farmers "live at home." It will be the most prosperous region of the United States, and we shall soon see the end of the tenant system, the credit system and all the old systems which have kept so many thousands impoverished.—Houston Post.

Mrs. C. J. Walker, one of the most prosperous colored business citizens of Indianapolis and one of the most successful colored women of America, is founding an industrial school in West Pondoland, South Africa. The school is modeled after the Tuskegee institute, and has the indorsement of Booker T. Washington. She is also maintaining at Tuskegee institute scholarships, three boys and two girls, with the hope that they will go to Africa to engage in educational work. She was left an orphan at the age of seven, and has won her own way in the world. She is the only colored woman in the world to give $1,000 to Y. M. C. A. work.

The number of Negroes in the United States proper in 1910 was 9,827,763, compared with 8,833,994 in 1900, or an increase of 993,769, a preliminary report of the census bureau announced. In 1910 Negroes formed 20.7 per cent of the total population, as against 11.6 per cent in 1900. The increase for the decade was 11.2, compared with 20.8 per cent among the native whites and of 30.1 per cent among the foreign-born whites.

Of a total of 2,953 counties in the United States there were only 110 in which there were no Negroes, and there were 53 counties in 1910, as against 55 counties in 1900, in which 75 per cent of the population was Negro.

Of the total number of Negroes ten years of age and over, 2,227,731, or 30.4 per cent, were reported as illiterate. The percentage of illiteracy decreased from 57.1 in 1890 to 30.4 in 1910.

The total value of farm property operated by Negroes was $1,144,181,000, as against $499,941,000 in 1910. The death rate among them in the registration area was 25.5 for 1,000, as against 29.4 in 1900.

Boats equipped with gasoline engines are used a great deal in Paraguay for carrying fruit down the river.

Government officials have estimated that 1,350,000 horsepower in the form of gas alone is wasted every day by the old-fashioned coke ovens of the United States.

A Norwegian scientist has advanced the theory that Saturn's rings are electrical phenomena, produced by the radiation of luminous particles from the planet, which constantly renews them.

A German inventor has perfected a machine to sew the open end or side of a filled bag and knot the thread automatically.

Seventy-five per cent of the work of manufacturing rifle ammunition for the United States army and navy is done by women.

The municipal authorities of Tokio have asked the government to approve a plan involving the expenditure of approximately ten million dollars for additional water facilities.

At the opening of the forty-third annual session of the Negro Baptist General Missionary and Educational convention at Fort Worth, Tex., Dr. L. K. Williams told 1,000 Negroes that if the Negro ever amounted to anything he would have to help himself, and not sit around on the streets complaining about white people or any other people. "Every man, woman and child in the state can be something and have something," he declared, "and if the Negro fails he will have only himself to blame."

Proof. F. W. Gross, president of the Houston college, delivered an address. The convention was one of the largest in its history.

Among the visitors introduced were Rev. E. Arlington Wilson and wife, of Muskogee, Okla.; C. G. Fishback, D. D., Topeka, Kan., field secretary of the National Baptist Foreign Missionary board; H. B. Britt, Louisville, Ky., singing evangelist.

In addressing the convention in its second day's session, Rev. L. K. Williams declared that ignorance was the Negroes' great liability, and urged the convention to work as never before to wipe it out or the future of the race in America would be dark.

"The pew is demanding a trained minister," said Reverend Williams, "and no time in our history have we had as many idle preachers waiting for some one to call them, and then we have few worthy churches looking for the proper men to call."

Dr. J. E. Knox of Dallas, superintendent of missions, delivered an address, and introduced Rev. Dr. F. M. McConnell of Dallas, corresponding secretary of the General Baptist State convention (white), who delivered an address.

"When I think of the war in Europe in respect to my people," said Doctor Williams in his annual address, "I shudder, and I call upon you ministers as leaders of people, as you go from this place, urge them to live closer to God, and do all of our work well."

Rev. J. Frank Norris, D. D., pastor of the First Baptist church, addressed the convention. He congratulated the Negro Baptists on what they had accomplished and the stand they had taken against intemperance and the saloon. "I believe it is possible to drive out whisky from our country."

Attributing the inability of the Negro Presbyterian church to keep pace with churches of other denominations to too much culture, Rev. J. B. Isaacs, Wilmington, in a paper read at the session of the twenty-first annual convention of the Afro-American Presbyterian council at Reading Pa., representing five eastern states, suggested zeal and practical religion as a panacea for the ills of the sect.

Rev. Isaacs said the church was afflicted with plague known as "intellectual achievement of the scholarship," and that something woefully was wrong with its ideas, otherwise the progress would be greater than at present.

After a paper by Rev. Francis Gregory, Philadelphia, on "How to Reach the Unchurched," the session adjourned.

A famous German physician proves that infantile paralysis is often carried from one household to another by domestic animals, such as chickens, ducks and cows.

At the National Negro Business League convention at Muskogee, Oklahoma, it was stated that the 2,000,000 Negroes living in Oklahoma, Kansas, Missouri, Arkansas, Louisiana, and Texas have under their control, as owners and renters, about three hundred million dollars worth of farm property and and own 60,000 farms, containing 6,000,000 acres of land with farm property, land, live stock, and farming implements worth $200,000,000.

The first state tuberculosis sanitarium for colored people in this country is to be located in Delaware, near Hope farm. It consists of several acres of well wooded and well watered land. A temporary building has been opened, with accommodations for about twenty patients.

The livestock exhibit at the Panama-Pacific International Exposition in San Francisco will last throughout the period of the exposition, from February 20 to December 4, 1915. Competitions will take place in October and November of next year.

Russia's population is increasing at the rate of 2,500,000 a year. It now stands at about one hundred and forty seven million, of which 100,000,000 are peasants.

American wire wheels with rubber tires are soon to be used on Japanese rickhas in place of the old Japanese wooden wheels.

Fire in a Pennsylvania coal mine was extinguished by exploding dynamite in the airway, the concussions blowing out the flames.

Of English invention is a magnifying glass that may be attached to a pencil or engraving tool to aid a draftsman or engraver.

To add to the comfort of persons in bath tubs a California man has invented a spring wire head rest to be hung from the sides of tubs.

Manufacturers of greenhouses and makers of boxes are getting in touch so that the latter may use for box cleats the cypress waste from the greenhouses.

Dr. Marden's Uplift Talks

By ORISON SWETT MARDEN.

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GETTING OVER YOUR SENSITIVENESS.

I know a bright, well-trained young lady, whose intimate friends, and even her near relatives, have to be continually on the watch for fear of wounding her. She broods over a joking remark until she magnifies it into an insult. She makes herself miserable for days over a fancied slight and exhausts the patience of her friends by asking them to explain what they meant by certain expressions, looks or gestures. People who are at first attracted by her many amiable qualities soon fall away from her because of the exactions imposed by her oversensitiveness.

Over-sensitiveness is really an exaggerated form of self-consciousness. It is far removed from conceit or self-esteem, yet it causes one's own personality to overshadow everything else. A sensitive person feels that, whatever she does, wherever she goes or whatever she says, she is the center of conversation. She imagines that people are criticizing her movements, making fun at her expense or analyzing her character, when they are probably not thinking of her at all. She does not realize that other people are too busy and too much interested in themselves and in other things to devote to her any of their time beyond what is absolutely necessary. When she thinks they are making remarks about her, putting slights upon her, or trying to hold her up to the ridicule of others, they may not even be conscious of her presence.

Thousands of young women are held back from undertaking what they long to do, and are kept from trying to make real their life-dreams, because they are afraid to jostle with the world. They shrink from exposing their sore and sensitive spots, which smart from the slightest touch. Their supersensitiveness makes cowards of them.

The great majority of people, no matter how rough in manner or bearing, are kind-hearted, and would much rather help than hinder fellow-beings; besides, they have all they can do to attend to their own affairs, and have no time to spend in minutely analyzing the nature and feelings of those whom they meet in the course of their daily business. In the busy world of affairs it is give and take, touch and go, and those who expect to get on must rid themselves of all morbid sensitiveness. If they do not, they doom themselves to unhappiness and failure.

A college course is of inestimable value to a girl of over-refined sensibilities. Oftentimes when girls enter college, they are so touchy that their sense of honor is constantly being hurt and their pride stung by the unconscious thrusts of classmates and companions. But after they have been in college a term, and have been rubbing up against other girls, they realize that it would be the most foolish thing in the world to betray resentment. If one shows that she is hurt, she knows she will be unpopular and will often be laughed at. She is simply forced to drop the foolish weakness. Girls who are morbidly sensitive on entering college, often come out at the end of their four years' course with their excessive irritability cured by repeated doses of common sense.

There are many, however, who must go through life without going through college; and if these are troubled with sensitiveness, they must be their own healers. They must learn that real nobility and courage and effectiveness as a world-worker, as well as personal happiness and success, are impossible to one who is crippled by a supersensitive nature.

"What shall I do to get rid of it?" a girl asks. Think less of yourself and more of others. Mingle freely with the people. Become interested in things outside of yourself. Do not brood over what is said to you or analyze every simple remark until you magnify it into something of the greatest importance. Do not have such a low and unjust estimate of people as to think they are bent on nothing but hurting the feelings of others, and deprecating and making light of them on every possible occasion. A girl who appreciates herself at her true value, and who gives her neighbors credit for being at least as good as she is, will not be the victim of oversensitiveness.

HOW TO GET THE BOY'S CONFIDENCE.

Not long ago a boy was arrested in New York and tried in the children's court. The first thing he said to the officer was: "Don't tell Mr. Watkins." Mr. Watkins is a man who had taken a special interest in this boy from the slums and was trying to help him. He would often call at the boy's house and invite him out for a good time, or take him with him to his home. While in court the fear that Mr. Watkins would find him out seemed to trouble the boy most. He did not seem to care much that his parents knew of his arrest, because he had been scolded and nagged by them until he had become calloused. He knew that Mr. Watkins believed in him, saw something in him which even his parents did not see, and he could not bear the thought that the man who had trusted him and believed in him should think that he had gone wrong.

When you have obtained a boy's confidence and affection, when he feels that you have a real interest in him, and that you believe that there is something in him, you have a tremendous hold upon him.

The head of a Chicago business house has a large number of boys under him. For years he has felt a kindly interest in these boys, taking particular pains to notice them, to watch their work, to praise them when they do well, to correct them gently when they fail, and to manifest in general a kindly interest in their affairs. He says the results have been marvelous and that the boys have shown wonderful development under the influence of his appreciation and praise.

This man told me that he corrects the habits of his boys without their realizing the influence he brings to bear on them. He enters their sports, plays ball with them, and by his example makes them feel ashamed of doing things that are unbecoming to gentlemen.

Children are especially susceptible to praise. A boy will work harder to get the appreciation of those who trust him and believe in him than for almost anything else. Nothing except blame will so dampen his enthusiasm as the lack of recognition of good work or failure to appreciate his attempts to please.

I know a mother who reared her children upon the plan of praise. She never missed an opportunity to commend them for doing well, or to show appreciation of their efforts to do right. This, she says, has had infinitely more influence for good than perpetual scoldings. "Don'ts" harm, discourage and dwarf more children than almost anything else.

Many a child has been nagged, bullied, scolded, for every little fault or mistake, until it became discouraged, when a little timely praise and commendation would have worked wonders in getting the best out of it. Highly organized, sensitive children, have often been seriously injured, or their characters even ruined, by the harsh methods of those who do not understand the child nature and who scold and nag and bully them into obedience. Such children become sullen, obstinate and irresponsible.

The greatest thing in the rearing and education of a child is to develop his natural, normal self-expression. The youthful mind longs for activity; the pent-up forces within are struggling to express themselves; but if spontaneity is repeatedly crushed out, if the child's expression is constantly repressed with "don't do this" and "don't do that," the ambition may be ruined, the power of self-expression lost, so that the best in the child may never be developed.

When a child does not show enthusiasm in study, in work, there is something wrong, for enthusiasm and bubbling buoyancy are as natural to child life as song to the bobolink.

Spontaneity is absolutely necessary to originality—yet the buoyancy, the enthusiasm, of many a youth is absolutely crushed before majority is reached, because of constant repression.

The chief duty of the father is not only to feed and clothe his son and get all possible work out of him until he is twenty-one, but he is bound to watch with tender care the mental unfoldings, the aspirations, the bent planted by the Creator himself in the breast of the child. It is a great misfortune that so many parents feel an ownership in a child. They look upon him as a sort of chattel instead of a sacred gift, which they have received in trust, for which they assume responsibility, and enter into an implied agreement to care for mind as well as body; to guard, guide and rear with the tenderest care and greatest solicitude.

It is a father's duty not to try to bend the human sprout to suit his notions, but to watch the tendency of the child; to encourage, not stifle, his natural bent.

Every father should regard the child as a sacred trust, bringing with him into the world a sealed message which he is bound to deliver like a man and a hero. This sealed message within him is sacred; it is not even for the father to read. But it is the parent's duty to prepare his child to deliver the message he brings, to help him to live up to his ideals.

Perversity of Human Nature.

The perversity of human nature will assert itself even with the best regulated disposition. When we should work we want to rest, and when we are enforced to rest, then work is craved. In the midst of pleasure days or vacation days, the exhilaration of busy days seems more alluring. In sweltering summer the cool winds of winter are recalled as a welcome memory, and in the biting frost of winter the sweltering days of "the good old summer time" mellow into a pleasant recollection. The days of leisure, long anticipated as a haven of hope when it was planned to do so much of the neglected work and reading, slip away under the spell of doing nothing—and again we realize the age-old truth that the lash of necessity and pressure of the duties of the present accounts for many things accomplished that would not have been achieved if one fell under that inherent impulse to loaf that inspired Omar Khayyam, and the fascinating spell of lethargy captures its willing victim.—"Publishers' Department," in National Magazine.

Uses Sand to Clean Bottles.

A Swiss inventor makes use of sand and water to clean bottles in which there has been a deposit and which defy the ordinary brush to reach. Such bottles are often discarded because of the impossibility of removing this matter. The new invention is supplied with the shape of a rather large metal basin with a middle upright tube. Sand is put in the basin and a hose connects with the water supply. A simple arrangement allows of projecting sand and water into the bottle which is fitted over the tube, and this cleans it effectually. Then the sand can be stopped and the operation finished with pure water.

Ready to Go to Work.

"Let me see," said the editor to a new acquisition, a graduate of the college of journalism. "I hardly know what to put you at." "Until you decide," replied the man, "I'll sit down and write a few leading editorials."—Topeka Journal.

SEVEN METHODS OF SAVING

Some Good Uses for Utilization of Leftovers Which Will Interest the Housekeeper.

1. Save badly cut pieces of bread and slices left over from the table for a bread pudding or a Brown Betty. Save every scrap and crust to crumb up for stuffings or to use for breading scallop dishes, croquettes, etc.

2. Remove the sinew from the legs of a fowl when it is drawn and the meat of the leg will be as good as that of the second joint.

3. Cold rice should always be saved; it can be added to a soup, mashed into croquettes, mixed with eggs and fried like hominy or used in a scallop dish.

4. Leftover vegetables, when the amount is too small to be served again, may be mixed with gravy for a ragout, or used separately or together for a salad. Cauliflower, potatoes and cabbage are good broken in small pieces covered with grated cheese and baked in a baking dish, "au gratin."

5. Small portions of leftover cereals may be added to the pancake batter and will greatly improve the cakes. Or they may be rolled into balls and fried, or added to the soup stock.

6. The tough ends of steak may be chopped very fine, seasoned well with pepper, salt, butter and a little onion juice and formed into balls or cakes for sautes or broiled for luncheon. Scraps of white meat may be chopped, mixed with a white sauce warmed up and garnished with parsley and hard-boiled eggs. The carcasses of fowl and the bones of roasts should be used to make a nourishing soup. Beef fat and drippings and the fat from poultry should be clarified and kept for frying. Wings and legs of fowls that are left over are good grilled for luncheon.

7. Sour milk may be used for corn bread, griddle cakes, ginger bread and biscuits. It may be made into cream cheese or turned into a refreshing drink by icing it and whipping it for about five minutes with an egg beater.

CANDIES TO FOLLOW FEAST

Confections That Are Sure to Please if Care Is Taken in Cooking and Mixing.

(By MARTHA ELLEN PERRYMAN.)

First there are some hints it will be well to observe if you hope for good fortune in candy-making: Granulated sugar is preferable, and always used unless some other kind is specified. Candy should not be stirred while boiling. Cream of tartar should not be added until the sirup begins to boil, and butter should be put in when the candy is nearly done. Flavors are most delicate when not boiled with the candy, but added when it is taken from the fire, or when it is being pulled.

Butter Taffy.—Boil three cupfuls of brown sugar, one-half cupful of molasses, and one-fourth cupful each of vinegar and hot water. When the candy will crisp in cold water add two teaspoonfuls of butter, cook three minutes, flavor with a teaspoonful of vanilla and cool in buttered pans.

Hickory-Nut Candy.—Boil two cupfuls of sugar and one-half cupful of water without stirring until the sirup will "spin a thread" when poured from the spoon. Flavor with extract of lemon or vanilla, set off into cold water, stir in one cupful of hickory-nut meats, then into flat tins, and when cool cut in small squares.

Peppermints.—Boil two cupfuls of sugar and one cupful of water without stirring until the sirup threads from the spoon. Remove from the fire and beat with an egg-whip until white and creamy, flavor with one-half teaspoonful of essence of peppermints (less if you do not like it so strong) and drop in wafers on waxed paper to harden. You can make chocolate peppermints by dipping the cream into melted chocolate. Wintergreen, lemon, orange and other flavors may be used for the mints.

These candies are all easily made and you will find it a pleasant pastime to prepare at home the candies for the Thanksgiving feast.

One Way to Clean Rugs.

Several persons who have tried it declare that a simple and satisfactory method of cleaning rugs is to take them outdoors, sweep them thoroughly, and after hanging them on the line turn the hose on them and let the water play on them full force. This should be kept up until the water runs off them perfectly clear, and then they should be left to drip dry.

Capri Tomatoes.

Mix two cupfuls soft bread crumbs with two heaping tablespoonfuls grated cheese; add salt and cayenne and one tablespoonful melted butter. Fill six tomatoes with the mixture.

Take rounds of bread and fry a delicate brown. Arrange them in the bottom of a baking dish and put a tomato on each round. Baste with melted butter and boiling water.

Spanish Buns.

One and one-fourth pounds of flour, one pound of sugar, half pound of butter, four eggs, a teacupful of cream or milk, warmed sufficiently to melt the butter; a tablespoonful of rosewater, two of wine, a grated nutmeg. Make into buns and bake.

Spanish Omelet.

Fry two chopped onions in two tablespoonfuls of butter. When light brown add two chopped green peppers. Next add one quart of tomatoes. Season to taste, and stew until it reaches a pasty consistency. This is sufficient to fold into a six-egg omelet.

Keep Skewers.

Do not throw away skewers—either the metal or wooden kind. The metal ones are excellent for turning broiling steaks and chops—making only one puncture, where a fork makes two—also for lifting boiled and roasted potatoes.

To Freshen a Shabby Carpet.

Dampen the carpet, a small portion at a time, with a cloth wrung out in strongly salted water. Then rub dry with a clean duster. This will revive the color wonderfully.

Laura Jean Libbey's Talks on Heart Topics

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THE SIN OF LUXURY.

Dresses for breakfast, and dinner, and ball;
Dresses to sit in, and stand in, and walk in;
Dresses to dance in, to flirt in, and talk in,
Dresses in which to do nothing at all.

If this were an age of plainness in women's clothes, home furnishing and the like, not half the sins laid to the door of women would be committed. Our dear old grandmas counted themselves lucky if they had one bonnet and the makings of a dress a year.

Of course, there were fashions set then, as now, by the women of wealth and position. But that didn't ruffle the quiet minds of girls of that period. They spun the linen for their gowns, embellished them with needlework done by their own fair fingers, and made their gowns simply. A girl was considered wildly extravagant if such a dress did not last her at least five years.

Maidens were content to do the housework. They vied with each other in seeing which one could make the best bread, cake, pies, and put up the best preserves. They never looked for presents on birthdays. A rose picked fresh from the garden was considered ornament enough, twisted in a girl's hair or tucked in her belt. Only the very fat, elderly ladies possessed a string of gold beads, for they were expected to ward off a triple chin.

Young men could afford to marry in those days. It didn't cost very much to set up a home. Nor were they out much in entertaining their friends. The young folks got up surprise parties, and brought with them enough substantial food, not only to feast on, but to last over a week.

Girls of 1914 live in a different era. They seem to breathe extravagance with the first breath they draw. The little girl of ten insists upon having her white shoes, her hair ribbons, and beads, no matter how hard a time her parents have to get along. At eighteen her tastes have grown apace. It takes all that her parents can rake and scrape to buy her fashionable clothes for her dresses to walk in, flirt in and talk in. She wants jeweled combs and pins for her hair, even though they are paste, bracelets and brooches, beads, chains and earrings galore. She would as soon be out of the world as out of the fashion. She must, she will have luxuries to keep up with other girls in fashion's swim. Her hats are loaded down with feathers, the price of any one of which would have made her grandmother gasp. It takes almost a lifetime for her to learn that luxury, where one cannot afford it, is a sin; that the extravagance is a boomerang, which ruins the hand that hurls it forth.

The girl who saves money will be enabled after a while to get what she needs, and more, in the way of luxuries. A girl meets temptation halfway when she constantly covets costly gewgaws, recklessly purchasing them, letting the consequences be what they may. The simpler and plainer the girls, the more they are admired by men who will marry.

THE TEMPTATION WHICH FACES SOME WOMEN.

My heart was hot and restless,
And my life was full of care,
And the burden laid upon me
Seemed greater than I could bear.

There never was a greater mistake than the oft implied supposition that the general run of women have "the marrying bee" in their bonnets. The truth is where one woman considers marriage the goal of her ambition, there are plenty of others whose days are so filled with cares they have little time to speculate over it, or dream of its possibilities. The woman who has commenced as a child either in factory or store realizes what an important figure daily support cuts in her life.

The goal of her ambition has been to rise higher and higher just as she has seen other young women do before her. She knows it means worry and pinching to save up enough for rent and food. When she has succeeded in reaching the point where salary counts and her future looks brightest, a shadow ofttimes crosses her path in the shape of a man. He is generally a good natured fellow, kind of heart, but he has a position which nets him scarcely more than enough to keep himself. He knows that she is frugal and judges that she might have saved quite a fair amount. He pays court to her and proposes marriage.

The firm which employs her has made it plain that it will bar married women from their staff of workers. Her lover hints at a secret marriage; adding that she could still retain her position in the store and no one would be the wiser. She realizes that his counsel is not in accordance with good judgment. She has a dim notion that her will might be good enough still to work faithfully for the interest of her employer and draw her good salary, though married, but the lives of the single and the married women are wholly at variance with each other.

The single woman can pursue the even tenor of her ways, refusing to have her attention directed elsewhere during business hours. The married woman is the plaything of fate. No matter how urgent may be her need of money, much may happen in her life to keep her from earning her livelihood. While it is true that people should wed for love and love alone, they should also guard against the temptation of marrying and giving up a certainty for an uncertainty—linking their fate with those who have neither means nor ambition to keep them out of the poorhouse in old age.

If a man loves a woman well enough, he will strive hard to earn a salary equal to her own before he asks her to give up hers. While love is wonderfully compelling, it behooves a woman to face such a temptation to wed with sagacity. A poor, but ambitious young man can make good in the world if he is given time when love urges his ambition onward.

POVERTY CANNOT HINDER LOVE.

Oh, love! young love! bound in thy rosy band,
Let sage or cynic prattle as he will,
These hours, and only these, redeem life's years of ill.

The plaint of many a young man is "I have fallen in love with a fair young girl, but because I am cursed with wealth and she is the daughter of poverty I cannot make her realize that love knows no golden bars." A score or more of letters are on my desk, each from a man asking me to tell the girls the truth—enlighten them upon this subject.

Nothing gives me more earnest pleasure. I believe it of widespread interest. While one young man who already has enough of this world's goods will wed for social position or advancement the great majority of men who are wealthy will wed only because of old-fashioned love, the kind that attracts two hearts to each other.

It is all very well for mutual friends to bring young men and women of their own class together. If there is not that compelling, invisible something which attracts them, one to the other, the good offices of the would-be matchmaker are all in vain.

The wealthy girl may be beautiful in her costly furs and feathers, but a man knows that fine feathers make fine birds! He considers that she looks no better than she ought to. When the daughter of poverty is fair of face he realizes it is a divine gift bestowed upon her from heaven. It is not the face of the poor girl only which compels his admiration. It is her personality, sweet ways, her independence and refusal to be trifled with. There are girls who are oversensitive, and will not invite a rich suitor to their humble homes lest he might secretly sneer at their surroundings. Girls should know that when a man's in love he is quite blinded by the tender sentiment. A tenement house whose roof covers his dearie will seem like a palace; the plainest furnished room like a dainty parlor.

It's the girl he's looking at and considering, not her surroundings. Even if he should cast his eyes around and observe the meagerness of her home, his one ambition will be to take his jewel from the plain setting and to transplant it to one of luxury. Many a rich man thinks wealthy girls have scores of suitors in their trains and are therefore natural coquettes. But the poor girl has less chance of marrying and therefore appreciates with all her heart that which kind Providence sends her. She weds him and remains ever after a wife who admires her husband and idolizes her children. Love goes where fate intended it should. Poor girls should take heart, and not think a rich man is not in earnest when he sues for an introduction. The rich man who weds for love invariably picks out a poor girl.

QUEER MATERIAL FOR NESTS

Jackdaws, Cormorants and Crows Seem to Take Kindly to Any Sort of Material.

The jackdaw has always had a reputation of being a bold and impudent thief. The limit has been reached by a pair of these birds which have been watched plucking hair from the back of a live donkey in a Somersetshire (England) paddock, and carrying off the stolen material for the purpose of lining their nest.

Most birds build true to type, but there are a good many, like these jackdaws, which will avail themselves of any material that happens to be handy. Some years ago the British war vessel H. M. S. Sybille was wrecked off Lambert's bay, on the southwest coast of Africa.

About a year later a party went out to have a look at the wreck. One of them climbed to the "lookout" at the masthead and found there a cormorant's nest with five eggs. The nest, which is now in a London museum, was built of bits of steel wire from the rusty rigging, and lined with pieces of cordage from the same source.

An Indian crow, with similar odd tastes, got the Calcutta Telephone company into trouble.

Dog Surely Reasoned.

In Germany a short time ago a boy fell into a pond. A Newfoundland leaped into the water, dragged the boy out and displayed signs of pleasure. In order to show how it was done and what a wonderful dog he had, this boy took his parents down to the same spot and purposely fell into the water and was rescued. He did this several times, but at last the Newfoundland, after bringing him to shore, still held him by the clothing and proceeded to give him a thorough shaking as a punishment for his foolishness. Despite this the boy purposely fell in again, but the dog sat on the shore watching him, making no move, however, to his rescue. Perhaps this might be just a little reason.

Her Preference.

Young Mawks had decided to enlist and go to war and his wife was objecting. "But, darling," he argued, "even if I were killed, just think how fine it would be to be the widow of a hero!" "Oh, no, Wilfrid," pleaded the young wife earnestly, her mind reverting to a familiar proverb. "I would rather be the wife of a live jackass than a dead lion."—Judge.

Fundamental Principles of Health

By ALBERT S. GRAY, M. D.

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SIGNIFICANCE OF DECAYED TEETH.

A tooth is a calcified papilla of the mucous membrane. The first evidence of the development of the teeth is to be found in a thickening of the mouth epithelium (mucous membrane) at the site of the future gum and a resulting downward growth of its deeper portion into the substance of the primitive jaw. This epithelial downward growth is continued along the whole length of the gum and is known as the dental lamina or tooth band. The thickening of the epithelium, which is the first sign of the future teeth, begins about the sixth week of foetal life, and the entire dental lamina, or tooth band, is completed by the end of the seventh week.

The development of all the temporary and, with the exception of the eight back molars, also all of the permanent teeth, commences at an early period in intrauterine life.

We have thirty-two permanent teeth and the first of these to erupt are the four first molars, which appear during or soon after the sixth year. These first permanent teeth come out behind the second milk molars without displacing any of the temporary teeth. During the seventh year the central milk incisors fall out and their place is taken by permanent ones. These shed teeth are mere shells of the crown of the teeth, all the roots having been absorbed. The lateral incisors succeed their milk predecessors in about the eighth year; the first premolars succeed the first milk molars at about nine years; the second premolars will succeed the second milk molars at about the tenth year; the canines follow in the eleventh and the second permanent molars come in behind the first at about the twelfth year, and finally the third molars, or what are generally known as the wisdom teeth, the foundations of which we have noted were laid in about the fifth year of life, erupt somewhere between the eighteenth and twentieth years.

Tooth enamel is formed chiefly of calcium phosphate, with small amounts of calcium carbonate, magnesium phosphate and calcium fluoride. The dentine is of the same composition as the enamel, but contains in addition a good deal of organic matter. Worldwide investigations prove that there is a material difference in the average quality of the teeth of primitive and civilized peoples. United States senate document No. 419 states, for example, that "statistically the teeth of Americans are ten times as bad as those of the Igorrotes, while the civilized Filipinos have teeth as bad as those of the Americans," and for the purpose of pointing out how bad American teeth really are we should repeat a quotation from United States bureau of education bulletin No. 24 that says: "Of our 20,000,000 children enrolled, over 10,000,000 (50 per cent, and in some schools as high as 98 per cent) have defective teeth, which are potentially, if not actually, detrimental to health."

It is definitely proved that the belief that certain foods nourish specific parts or organs of the body and that by the use of these foods it is possible to stimulate the growth or functioning of certain organs is false. There is no such thing as a brain food, or a muscle food, or a bone food. Fish, for instance, is commonly reputed to be a brain food; but it is no more a brain food than is beef, or beans, or cabbage, and when fish is eaten the toe nails and the finger nails, the hair and all other parts and tissues of the body share in the resulting nutritive matter in common with the brain, each part according to its particular needs. Plants and animals in general are made up out of various groupings of some sixteen or more elements, and so long as we eat these plants and animals in reasonable quantity and in their natural combinations we thrive. Our digestive organs are adapted to and therefore have the power to select from these molecular arrangements such elements as are required and in the amounts necessary to construct and maintain our bodies in normal health and to transform the energy associated therewith to our physical needs. But when in the course of the preparation of foodstuffs constituent elements are for some reason removed, or when for any reason it becomes impossible to secure a sufficient supply of food material and our nutritive balance is thereby disturbed, then obviously the entire body must also share in and suffer from the lack of necessary material, no single part suffering more than another. Hence it is that decayed teeth in children under fifteen years of age is absolute proof that their entire physical economy is deficient.

Weak, quickly decaying teeth, shortened jawbones, contracted pelvic bones, anaemia and a long line of correlated ills have a common cause, easily removed if we would only awake to the truth and the need for action.

WHY TEETH DECAY.

Caries, or decay of the teeth, is the most prevalent disease known to man. Dr. Marshall asserts that in a practise both civil and military of more than forty years in which he examined many thousands of mouths he has met but four persons who, having reached adult life, were free from every form of dental or oral disease. Decay of the teeth seems to be pre-eminently a disease of higher civilization, as it is most common among those nations which are recognized as having the highest culture.

Tomes reports having examined the mouths of 3,368 English boys and girls at the Hanwell and Sutton schools and at the Exmouth training ship. These boys and girls ranged from three and one-half to seventeen years of age. Of all those examined 77 per cent were affected with decay of the teeth. "Two hundred and five children belonging to high class schools did not compare favorably with those less fortunately placed." Cunningham found that in 10,517 pupils of the age of twelve years in English and Scotch schools 85.8 per cent had dental decay.

"The statistics lately compiled of children six to fourteen and youths twenty to twenty-three years of age in Germany by the recommendation of Rose, are no less lamentable," says the same investigator.

We are in the midst of a strong movement for conservation; waste and loss are measured and carefully considered from every point of view and the gospel of efficiency is being preached in and to every line of business.

All this effort will be lost unless men and women as good and competent as those now being standardized are raised to succeed the present workers. Obviously this is not being done, because the available evidence appears to prove that the teeth of the present generation seem to be inferior to those of their immediate ancestors, while the children of today have, as a rule, even a greater predisposition to dental diseases than their parents.

Decay of the teeth is a symptom of body impoverishment, evidence of the lack of that element or elements in the body juices and tissues which enable the individual to resist the attack of micro-organisms, be they of tooth decay or other disease. The authorities are agreed that decay of the teeth is caused by an agent acting from without, never from within the tooth. "It is something extraneous to the teeth acting upon the surface in the beginning and penetrating little by little into its substance."

The medical profession has given careful attention to practically every organ of the body except the mouth. Here we have an open, moist and warm cavity approximately twenty-three square inches in area, not including the tongue and tonsils, making an ideal incubator. The investigations of Miller, Black, Robin, Goadby, Vicentini and others show that our mouths at various times and under varying conditions contain more than 100 different species of micro-organisms.

Tests show that these organisms will be found in the mouth of practically everybody. They are as numerous in the mouths of those who pass into old age without ever having had a decayed tooth, and they grow as abundantly in these healthy mouths as in the mouths of those whose teeth have the strongest tendency to decay. Tests also prove the saliva from these healthy mouths to be as acid as that from the mouths predisposed to disease, and cultures taken from them develop bacteria of the same character and virulence as cultures taken from the mouth of one whose teeth are most susceptible to decay. The difference between decay and soundness is one of personal resistance, assisted by cleanliness. This is proved by the fact that a sound set of teeth at twenty years or beyond will frequently disintegrate and decay during an attack of some fever or other enervating acute disease and that lactation frequently costs the mother one or more teeth if she is not very carefully watched and her vitality guarded.

The rapid increase in tooth decay simply means that nature is overtaxed and unable to balance accounts. She is unable to manufacture resistant tissues out of lifeless materials, and unless we intelligently co-operate we shall surely pay the penalty for our stupidity by rearing a race of weaklings for future citizenship.

Alarmed Over Water Supply.

Adequate water supplies is the subject at present engaging the attention of a number of local authorities in Ulster cities and towns. The amount of water in storage reservoirs is at present considerably below the amount at the same period last year, and there is a grave risk of the supply running short should there be a prolonged period of dry weather. Already the Belfast water commissioners have warned the citizens to waste water as little as possible. In Dungannon a limited supply of water is only allowed to the townspeople, and there have been complaints made to the urban council that this is not sufficient to enable the sewers to be properly cleansed. It has been wisely decided to allow the full water supply every Saturday, as the town commissioners no doubt wish to avoid the risk of fever epidemics.

Good Idea for Humidor.

A Philadelphian is the patentee of a cigar box with a thin humidor along one side so that each cigar it contains will absorb the same amount of moisture.

He Feared the Coffin.

Moving-picture promoters in China are having troubles of their own in getting Chinese actors to take part in film plays. In the coast ports the moving picture shows are making headway, but in the interior of China there is still a vast untouched field, which the moving-picture men hope to tap by getting the Chinese educated to the idea of film shows.

An American producing company worked for two months recently with some Chinese actors at Hangkong on a Chinese story. The main difficulty was that the leading man strongly objected to being placed in a coffin, which was necessary in the development of the plot.

Finally the Chinese star consented to get into the coffin. He was amazed to find himself alive after his adventure, and thereupon proceeded to laugh in expression of his joy, whereby he ruined the film in its most tragic part.

But then, those navies and vast armies must be made use of, we suppose.

MAKE 'REEL' APPEAL

Suffragists Use Moving Pictures to Make Votes.

Olive Wyndham the Principal in Drama, "Your Girl and Mine," Backed by National American Woman Suffrage Association.

A gigantic eight-reel "movie" showing man as a natural villain, if not a deep-dyed one, is to be used by suffragists to present arguments in favor of votes for women.

"Your Girl and Mine" is the title of the scenario, which the promoters declare is a melodrama and thriller not seen since the days when Theodore Kramer staged heart-failure slides for life that held the galleries tense for hours.

The National American Woman Suffrage association has staged the thriller. The production will be under the

Olive Wyndham.

auspices of Mrs Medill McCormick as chairman of the congressional committee of the N. A. W. S. A. The films will be sent into every state in the Union.

The plot of the scenario is based on a wife's troubles due to the conflict of man-made laws with woman's interests. It will bring out the argument that women are fighting for the ballot because their economic and social interest demands that they share in government, and not merely because they want to vote for the sake of voting.

Principal parts will be played by Miss Olive Wyndham, Miss Katherine Kaelred, Sidney Booth and John Charles.

The campaign committee under whose auspices the play is to appear includes Mrs. McCormick, Miss Jane Addams and Mrs. Antoinette Funk of Chicago, Mrs. Sherman Botoh of Glencoe, Mrs. Mary C. Bradford, Denver; Mrs. Helen Gardener of Washington, Mrs. Desha Breckinridge of Lexington, Ky.; Mrs. John Tucker, San Francisco, and Mrs. Edward Dreier of Brooklyn.

King Baggot in Rural Drama.

"The Silent Valley," a two-reel feature recently released, and featuring King Baggot in a role ultra-rural, proved such a success and so diverting that the company has decided to release several other film dramas, disclosing Mr. Baggot in the rough and ready. "The Mill Stream," a two-reel feature, will be the next along this line. Most of the sittings for it were laid at Smithtown, Long Island, where Mr. Baggot, with his company, has been motoring every sunny day. It is a gripping drama of the elemental, showing this actor in a role of original qualities. Charles Lessey is the director of the piece.

Will Fight for Great Britain.

Donald Crisp is returning to England to assist his countrymen in the war against Germany and Austria. Crisp fought throughout the Boer war. He joined the British forces as a private, and was made color sergeant for bravery. He was wounded three times in his service of more than two years in South Africa.

Crisp expects to be called to the service at any moment and has notified D. W. Griffith, director-in-chief for the Reliance and Majestic companies, that he is likely to leave for England soon. He has sold his new racing car and is closing up his business affairs preparatory to going home.

Star Is Children's Favorite.

Edna Maison of the Universal company, who is such a favorite with children, has two big dolls and a Teddy bear. hanging in her room They are now entirely new and Edna is a big girl for dolls now, but they were all presented to her by small girls who were happy in the giving. The little girl who presented the Teddy bear drops in occasionally and says: "May I borrow your Teddy bear to play with?"

Why the Movies Are Popular.

Physicians say that one of the greatest factors making for the popularity of the movies is deafness. Only the sense of vision is called into requisition. It is a grateful form of entertainment even for those whose deafness is very relative, and there are an enormous number of people who suffer from slight degrees of deafness.

Stella Razeto in Star Part.

Edward J. Le Saint, the Selig producer, is putting on "Ashes of Gold" with Stella Razeto in the part of a young girl who loses her mind and is finally brought back to reason by her lover in a novel manner. Miss Razeto is supported by Guy Oliver, Jack Macdonald, and others.

WITH THE SAVOR OF THE SEA

Moving Picture Drama, "When His Ship Came In," Has Scored a Deserved Success.

Featuring two of the stars of their studio, Bessie Eyton and Thomas Santschi, the Selig company has just put on a drama which has "caught on" wherever shown. Briefly the story is as follows:

Neptuna, a vivacious, beautiful girl, lives in the fishing village of Home-Port with her aged grandfather, old Captain Melody. She hates the sordid life of poverty and petulantly declares that she will leave the village if opportunity presents itself, and try her fortunes in the neighboring big city.

Bessie Eyton.

Josh Rawlins is a sailor on board the schooner, "Maid of the Mist," owned by his uncle, a crabbed old sea captain. He is repulsed by Neptuna, his sweetheart, who has developed a peevish disposition since he went away. She tells him she is sick and tired of life in the fishing village, but that she will marry him only if he has money. A short time after this Neptuna, while strolling on the beach, discovers a discarded vest washed up by the waves. In it is a $5.00 bill. Hastening to the house she steals silently in, writes a brief note of farewell to Josh and makes her way swiftly to the railroad station. When Josh discovers the note and reads it, he finds that she has directed him not to seek for her "until your ship comes in."

Neptuna finds work in a laundry, but her inexperience and lack of skill soon cause her to lose her position. Out of employment and without friends, Neptuna wanders instinctively to the wharfs where she discovers the schooner "Maid of the Mist" all ready to sail. She steals aboard and conceals herself. Alarmed by a smell of smoke from the hold where the gunpowder is stored, the sailors embark hastily in two small boats and row rapidly away from the vessel, as they expect her to blow up at any moment.

Thomas Santschi.

Neptuna is almost overcome by the smoke, but her good fortune has not forsaken her. The schooner having broached to, and with all sails set because of no hand at the wheel, is overwhelmed by an enormous wave which bursts through the open hatches and puts out the fire. Neptuna brings the schooner upon her course toward Home-Post and remains at the helm for twenty-four hours. She is sighted from the shore by Josh and her grandfather who immediately put out in a boat to meet the vessel. They find Neptuna unconscious at her post of duty, but she is easily revived. She brought Josh's ship in herself and thereby furnished her own wedding dowry. Thus were the lovers happily reunited.

Honor Popular Star.

While spending a week end with relatives at Lake Hopatcong recently, Miss Nesbitt, leading woman, was given a royal reception by many of the natives and vacationists. When it was ascertained that Miss Nesbitt would visit Hopatcong for a brief holiday plans were at once formulated for a reception and dance to be given at one of the principal hotels in her honor. Upon her arrival at the lake, Miss Nesbitt unreluctantly accepted an invitation to attend the dance. Not anticipating any celebration or demonstration, she was astounded when her screen admirers collected in the gayly decorated ballroom and showered her with congratulations for the delightful characterizations she has displayed in the films.

Production Should Make Hit.

Ed J. Le Saint, the Selig producer, is putting on a particularly pleasing one reeler entitled "One Traveler Returns," in which Stella Razeto takes the part of a minister's daughter, a delightful character. The plot hinges around a young man who marries a parson's daughter and who has previously had dealings with another woman. The manner in which the latter plans revenge and how her spirit prevents the consummation is novel and absorbing. Lamar Johnstone plays the lead, Jack Macdonald an old lawyer, and Adda Gleason the other woman.

Educational Feature in Film.

"The Locked Door," a coming feature, will have points of interest to municipalities, being a picture that brings out the violations of fire laws and suggesting a remedy. Vitagraph players assume the principal characters, but are supplemented by representatives from the fire and police departments of Greater New York, among them several of the officials. The script was written by Special Fire Investigator William B. Northrup.

War Picture Series.

The Strand war series portray the troops at St. Albans, the crowds outside the national bank in Brussels waiting to withdraw their savings, Belgium's aerial fleet and Belgian troops marching and the British "territorials" getting ready for army service.

New Three-Reel Drama.

"The Tenth Commandment" is the title of a strong three-reel drama released by the Imp company, William Shay and Ruth Donnelly in leading roles.

GOOD APPLE RECIPES

APPETIZING AND HEALTHFUL DISHES FOR THE FAMILY.

Apricot Sherbet Served in Apple Shells Is Excellent—Apples in Bloom—Two Methods of Preparing Brown Betty.

Afterthought.—One pint of nice apple sauce sweetened to taste, stir in the yolks of two eggs well beaten. Bake for for fifteen minutes. Cover with a meringue made of two well beaten whites and one-half cup of powdered sugar. Return to the oven and brown.

Apricot Sherbet Served in Apple Shells.—Select bright red apples of uniform size, rub until they have a high polish. Cut off the blossom end and scoop out the pulp, carefully notch the edge. Fill with apricot sherbet and serve upon apple leaves.

Apple Balls With a Mixture of Fruit.—Peel large apples, with a potato scoop cut out small balls, dropping them into water with a little vinegar added to keep them white. Prepare a mixture of grapefruit pulp, pineaple and banana and put into glasses; add a few of the apple balls; pour over all the juice left from the fruit which has been boiled down with sugar; cool and serve at once or the apples may turn brown.

Apple Balls Served in Sirup.—Prepare the apple balls as above; prepare a rich sugar sirup; color with a little pink color paste and drop in the balls, cook slowly until the balls are softened, pile in glasses and add a little sirup to each glass. Serve cold.

Apples in Bloom.—Cook red apples in boiling water until soft. Have the water half surround the apples and turn often. Remove skins carefully that the red color may remain, and arrange on serving dish. To the water add one cup of sugar, grated rind of one lemon and juice of one orange; simmer until reduced to one cup. Cool and pour over the apples. Serve with cream sauce as follows:

Cream Sauce.—Beat the white of one egg stiff; add the well beaten yolk of one egg and gradually add one cupful of powdered sugar. Beat one-half cupful of thick cream and one-fourth cupful of milk until stiff, combine the mixture and add one-half teaspoonful of vanilla.

Brown Betty—1.—One cupful of bread crumbs, eight sliced apples, one-half cupful of molasses, one-half cupful of cold water; butter a baking dish, put a layer of crumbs, then a layer of apples, sprinkle with cinnamon and sugar and dot with bits of butter; repeat until the dish is full; insert a knife in several places and pour in the water and molasses. Set in a pan of hot water and bake for 45 minutes. Serve hot with cream or hard sauce.

Brown Betty.—2.—Pare and chop six apples. Place a layer of apple in a well buttered pudding dish, then a layer of bread crumbs, sprinkle with brown sugar and cinnamon, repeat until the dish is full; add several generous lumps of butter and pour sweet milk or hot water on until it comes within an inch of the top of the pan. Bake in a moderate oven until brown, and serve with plain or whipped cream.

Canned Boiled Cider.

I can my cider for fruit cake and mincemeat, shortly after it is made and before fermentation takes place, says a correspondent of the Cleveland Leader. Place five quarts of sweet cider in a kettle, boil slowly until reduced to one quart, carefully watching it that it does not burn. Can the same as fruit. One gill of this added to a fruit cake makes it more moist and is far superior to cake made without it.

You can have sweet cider to drink from one season to another by placing cider in a kettle, letting it come to a boil. Have jars sterilized and can.

Clear Soup With Poached Eggs.

Put a quart of soup stock over the fire and when lukewarm stir in the white of a raw egg. Bring quickly to the boil, stirring all the time. As soon as it bubbles, take from the fire, pour in a little very cold water and let it stand for three minutes. Then slowly pour off the dregs through a flannel bag or a double cloth. Let it drip as you would jelly. When all has dripped through return to the fire. Now neatly poach as many eggs as there will be people at table, and when the hot soup is in the tureen slip these carefully into it.

Pressed Flank of Beef.

Wipe, remove superfluous fat and roll a flank of beef; put in a kettle, cover with boiling water and add one tablespoonful salt, one-half teaspoonful peppercorns, a bit of bay leaf and a bone or two which may be at hand; cook slowly until meat is in shreds. There should be but little liquor in the kettle when meat is done. Arrange meat in deep pan, pour over liquor, cover and press with a heavy weight. Serve cold, thinly sliced.

Rusty Needles.

If you are bothered by your sewing needles becoming rusty, you will find very probably that your needlebook and not the needles is the cause. It is a mistake to use flannel leaves, as the sulphur in the flannel rusts the steel. Therefore, make needlebook leaves of linen or chamois skin and the needles will stay bright.

Eggs Tivoli.

Take out the inside of half a loaf of bread. Toast the crust and fill cavity with chicken or corned beef hash. Over this break a fresh egg and then cover with white sauce and grated bread crumbs. Brown in the oven.

Refining Lard.

Put the lard into a basin and pour boiling water over it. Allow to get cold, then pour off the water and repeat the process three times. The lard can then be used for making cold cream.

The KITCHEN CABINET

"Recent achievements have done much for modern science, alleviating toil and discomfort in many branches of labor, but no branch of industry has been more revolutionized than that of cooking, by the fireless cooking method."

Another stride which the fireless cooking has made in developing power is the fact that a demand is made upon the executive sense which is so often much neglected by housekeepers in general.

BEETS BAKED AND BOILED.

It would almost seem that there was nothing to say that has not been better said about beets, yet there are always some new thought to add to each one's knowledge even about beets.

As a garnish they are especially fine if not used in combination with some clashing color like carrots, for example. With the white of potato or the green of peas of cucumber, they are exceedingly agreeable to the eye.

For a simple meat relish try this: Boil and mash fine a few beets, season with salt and pepper with a generous amount of butter, then add grated horseradish to suit the palate, with a little lemon juice or vinegar to give it piquancy.

Beets should be carefully washed not to break the skin, and then boiled until tender in salted water. The skins will then slip off, if the beets are dropped in cold water, then they may be treated as one's taste dictates.

Beet Relish.—To one quart of cooked chopped beets add one quart of chopped cabbage, two cupfuls of sugar, one tablespoonful of salt, a teaspoonful of pepper, a half teaspoonful of cayenne, one cupful of grated, fresh horseradish, and vinegar to make it of the consistency to use as a sauce. Can cold. This will keep all winter and is very good.

Beet and Rhubarb Jelly.—Measure equal quantities of new beets and rhubarb, cook until tender in as little water as possible, as the rhubarb is very juicy, mash and strain through a sieve, when tender, then drain in a jelly bag. Measure the juice and allow equal measures of jelly. Cook the juice ten minutes before adding the sugar heated, when it jellies on a cold plate pour into molds and chill. This old-fashioned preserve is especially good with meats.

No man or woman of the humblest sort can really be strong, gentle, pure, and good, without the world's being better for it, without somebody's being helped and comforted by the very existence of that goodness.—Phillips Brooks.

TEMPTING SALADS AND SANDWICHES.

One of the perplexing things which disturb a hostess, is what she shall serve for food and drink at little informal gatherings. There are many salads which may take the place of the well liked chicken salad at much less cost. Chicken salad however may be combined with veal using a third as much veal per pound as chicken, cooking it together it will all be flavored with chicken and prove quite a little cheaper, especially when serving a large company.

Nippon Salad.—To one cupful of crab meat add one dozen stuffed olives chopped, two cupfuls of celery, add French dressing to marinate and serve with mayonnaise dressing, garnish with pickles and capers.

Sandwiches.—Savory butter sandwiches are made by creaming a cupful of butter, add a teaspoonful of made mustard, the hard cooked yolks of two eggs, a teaspoonful of anchovy paste, all well mixed together and spread on bread.

A half cupful of nuts and a cupful of chopped raisins moistened with orange juice and used for a sandwich filling is excellent. If there are any pieces left in shaping the sandwiches they are used for a delicious bread pudding.

Salted chestnuts are good to serve at any season when they may be procured. Blanch them and cook in salted water until tender, drain and cook fifteen minutes in a tablespoonful of olive oil, sprinkle generously with salt and use a dash of cayenne.

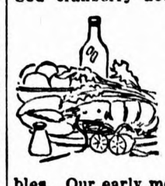
Cocoanut Sandwiches. — Add to a cupful of cocoanut a teaspoonful of lemon juice, a cupful of walnuts, a fourth of a cupful of cream whipped and powdered sugar to taste. Use on brown or white bread.

Pimento and Cheese.—Chop a can of red peppers, mix with the liquor from the can, add the yolks of two hard cooked eggs, and one cream cheese, creamed. Form into balls and roll in browned cracker crumbs which have been crisped in the oven. Serve with the salad course.

If a man find himself with bread in both hands, he should exchange one loaf for some flowers of the narcissus, since the loaf feeds the body indeed, but the flowers feed the soul.—Mahomet.

THE THANKSGIVING BERRY.

Tradition tells us that the wild Cape Cod cranberry accompanied the first Thanksgiving feast of wild turkey and venison, so we naturally feel that the feast is incomplete without the berries which graced our Pilgrim mothers' tables. Our early mothers did not know why they served the acid fruit with meat, but they knew they tasted good and that was then enough for them.



Cranberries contain an acid which is said to be especially good for biliousness, and after some of our Thanksgiving feasts no doubt they will get in good work with very little credit.

Eaten freely after typhoid fever they are said to clear the system. Care should be taken when cooking this acid berry not to use any tin utensil.

Good Cranberry Jelly.—Put through the meat chopper, after washing and picking out all the soft berries. Put over the heat in a granite saucepan, using a cupful of water to a quart of berries. When partly cooked add the sugar, as it takes less to sweeten them than if the sugar is added at once. Cook slowly until thick. This way the jelly does not need putting through a sieve.

Baked Cranberries.—Choose a wide, flat earthen dish large enough to allow a pint of berries to lie on the bottom. Pour over them a sirup made with two cupfuls of sugar and a cupful of water. Place in a slow oven and bake until done. Take from the fire, but do not stir until cold, when each berry will be coated with jelly, and when piled in a pretty glass dish look like candied cherries.

The buds may blow and the fruit may grow,
And the autumn leaves drop crisp and sere;
But whether the sun, or the rain, or the snow,
There is ever a song somewhere, my dear.
—James Whitcomb Riley.

GOOD THINGS TO EAT.

Having a half cupful of grape juice left over it was added to a cupful of raisins, a tablespoonful of flour and a tablespoonful of butter put into a rich crust and baked, making a most delicious raisin pie with a new flavor. Chop the raisins and add a half cupful of sugar with the grape juice, simmer with the flour and bake the shell first if so desired covering with whipped cream when ready to serve.

Empress Cream. — Soften a tablespoonful of gelatin in a quarter of a cupful of cold water, add a quarter of a cupful of hot milk, a half cupful of sugar, and the softened gelatin. Strain into a dish and set in cold water. Beat as it begins to thicken and when light fold in the stiffly beaten white of one egg, one tablespoonful of lemon juice, a little of the grated rind, half a cupful each of chopped dates, nuts and figs and a half pint of cream beaten stiff. Turn into a mold and serve, when molded, with small cakes.

Hot Potato Salad.—Boil a half dozen potatoes and slice while hot. Fry thin slices of bacon and cut them into small pieces until there is half a cupful. Pour off the fat from the pan, leaving two tablespoonfuls, into this stir a tablespoonful of flour, mix one-quarter of a tablespoonful of mustard, a few dashes of pepper and a quarter of a tablespoonful of salt. Stir constantly until smooth adding gradually a half cupful of mild vinegar. Let the dressing boil, add the bacon and a small onion finely chopped and the potatoes, serve very hot. This makes a good supper dish.

Nellie Maxwell.

Uses of the Chin.

The newest theory regarding the chin and the one which seems the most reasonable yet advanced is that the chin is purely and simply a factor in the mechanical force exerted by our lower jaw in chewing our food, and in speech. According to this theory the chin is situated at the outer end of the jaw lever, where the momentum is greatest, and is made up of a heavy mass of bone and flesh in order that it may help give greater force to the jaw's motion.

Refreshing Drink.

A teaspoonful of black currant jelly dissolved in a glass of cold water makes a delicious and refreshing drink for a patient in a sick room, or on hot days to serve as a family beverage in place of tea or coffee. Black currant jelly dissolved in hot water is very soothing to a sore throat.

Praise Usually Short Lived.

How many, lauded in song, are given over to the forgotten; and how many who sung their praises are clean gone long ago.—Marcus Aurelius.

Improvement on the Saw.

The efficiency of the saw has been greatly increased by the recent invention of a Frenchman. The teeth of the new saw are arranged in alternate groups—four pointing forward and then four pointing back. For cutting metal the new saws are almost twice as efficient as saws of the usual pattern. They last six times as long. The blades do not break easily. They cut either wood or metal and are made in a great variety of shapes and styles.

Devotion.

"A woman's devotion is a wonderful thing," said the sentimentalist. "No doubt of it," replied Mr. Meekton. "Where Henrietta places her affections her admiration is unquestioning. The only reason she objects to muzzling our bulldog is that she thinks the muzzle will spoil his facial expression."

Daily Thought.

Our dead are never dead to us until we have forgotten them.—George Eliot.

COLFAX, IOWA.

A series of revival meetings, which has been going on at the Bethel Baptist church for several weeks and has been very successful, closed last Sunday. There were twenty that were baptized in the pool and the white Baptist church by the minister, Rev. Evans.

We again welcome one of our old citizens and his amiable wife, Mr. and Mrs. Strothers, to our city. They expect to be very comfortably situated in their own home in the east part of the city, where they invite all their friends to call. What is Buxton's loss is Colfax's gain.

Mr. Sam Dean spent Sunday at Enterprise.

The Ladies' Home Mission Circle will meet at the home of Mrs. Hoping. All members should try and be present.

Mrs. Bennie Crank and little daughter expect to leave soon for their new home in Chicago, where Mr. Crank about a month ago accepted a position on the road, with headquarters at Chicago. While Colfax hates very much to lose this amiable family from their city, as Mrs. Crank was a member and the organist of the Bethel Baptist church, a member of the Mission Circle and her presence will be greatly missed.

Mr. Ashford, who has been sick for the past week and has had rooms at the Battle House, has been moved to the Victoria Sanitarium, where he can have better attention, and later taken to the Capital City for an X-Ray examination. His friends hope for his speedy recovery.

Mr. Fred Miller from Newton was a caller in Colfax on business and registered at the Battle House.

Mr. Herman Miller of Newton spent Sunday in our city visiting friends and attending church.

Mrs. Bennie Crank and little daughter, Mrs. A. Brooks and little son, Mr. Chas. Beasley, Mr. Herman Miller, Mr. and Mrs. L. Strother, Mr. and Mrs. J. W. Holmes were callers at the Battle House on Sunday.

Mr. Geo. Shaw was the proud recipient of a very delightful surprise, which was planned and carried out by his sister, Mrs. James, and daughters, Misses Ruth and Hazel, in the form of a birthday dinner, which occurred at his home October 27. A jolly good time was had by all present. The out of town guests were Mr. and Mrs. Joe Morris, Mr. and Mrs. Elmer Edwards, Mr. John Dawsey and Mr. Sam James, all from the Capital City; Misses Minta Johnson, Eva Bell, Cecil Oliver, Sylvia and Ella Sorrell, Mr. J. O. Redman and Mr. Finiess Bledsoe. They all departed to their respective homes wishing Mr. Shaw many more happy returns of the day.

Rev. Evans and family were very pleasantly surprised at their home on Friday evening in the form of a Hallowe'en donation party. There were a large number present, about thirty-five in all. Everyone respondi with something. The surprise was planned by Miss Minnie Alexander and Mrs. Lucy Jones. Rev. Evans table was not strong or large enough to hold the good things. All present enjoyed themselves until the time came to say good night.

Despondency Due to Indigestion.

It is not at all surprising that persons who have indigestion become discouraged and despondent. Here are a few words of hope and cheer for them by Mrs. Blanche Bowers, Indiana, Pa. "For years my digestion was so poor that I could only eat the lightest foods. I tried everything that I heard of to get relief, but not until about a year ago when I saw Chamberlain's Tablets advertised and got a bottle of them, did I find the right treatment. I soon began to improve, and since taking a few bottles of them my digestion is fine." For sale by all dealers.

CLINTON HAPPENINGS.

Allen Endeavor League held an interesting meeting Sunday night with Mr. Fred Judow as leader, at the same time the following officers for the year were elected. President, Fred Slater; Vice President, T. G. Dozier; Cor. Secretary, M. O. Culbrrson; Rec. Secretary, Mrs. Alice Henderson; Treasurer, Eugene Stewart; Librarian, Richard Slater.

John Robinson of Chicago spent the past week with relatives and friends in Lyons and Clinton. While here he was the guest of honor at several social functions.

The Woman's Loyal Club will give a supper at Bethel A. M. E. church on Saturday evening.

Mrs. Jas. Moore was taken to Mercy hospital Morday, where she will undergo an operation.

Mr. Lorenzo Vincent and wife of Ottumwa were visitors in Clinton this week with his sister, Mrs. J. T. Culberson.

Mr. Jesse Mitchell of Fulton is at Agatha hospital in this city. His friends hope for an early recovery.

The Trustee Helpers gave an enjoyable supper on Saturday evening at the A. M E. church.

Mr. D. G. Williams was called to Chicago a few days ago on account of the illness of his mother.

The supper given under the auspices of the A. M. E. S. S a few days ago was a success, a neat sum being realized.

BURLINGTON ITEMMS.

Sunday, November 15th, will be quarterly meeting at St. John's A. M. E. church of this city. Presiding Elder I. N. Daniels will be present and conduct the services during the day. The public is cordially invited to attend these services.

Many friends will be grieved to learn of the death of Mrs. Susan Love, which occurred at her home November 6th, after several weeks of illness. The deceased was 44 years of age. She leaves to mourn her loss one daughter, Mrs. Blanche Graham; one son, Odell Smith; one sister, Mrs. Bertha Smith of Leavenworth, Kans.; one brother of this city, and a host of other relatives and friends. Funeral services were held from St. John's A. M. E. church Monday afternoon at 2:30 p. m., Rev. J. H. Bell officiating. Few remarks by Father Smyth of this city and Rev. Scruggs of Monmouth. Remains were laid to rest in Auspen Grove cemetery.

Dr. Toomey, the well known pulpit orator, gave an interesting lecture at St. Johns A. M. E. church Tuesday evening. Subject, "Progress of a Peculiar Race," which was enjoyed by all who heard him.

Misses Bessie and Sadie Leslie are visiting in Monmouth.

Mr. Albert Bird, who is employed at Keokuk, Iowa, spent Sunday with his family of this city.

Mr. and Mrs. Henderson of this city visited in Monmouth Sunday, being the guests of Mr. and Mrs. Burnett.

Mrs. Mattie Jackson and son, Theo., of Mt. Pleasant spent Sunday in this city, the guests at the home of Mr. and Mrs. Wm. Stevens.

Miss Jessie Parker spent Sunday in Monmouth, Ill.

Mrs. Ruth Cipering, who is ill at the home of Mrs. Katie Boyd, is better at this writing.

Rev. Scruggs of Monmouth, Ill., attended the funeral services if Mrs. Susan Love of this city.

Miss Sadie Lester of Des Moines is visiting relatives of this city.

Mrs. Emma King is visiting her son in Davenport.

The Art Industrial club met at the home of Mrs. L. M. Abel on Thursday evening. Luncheon was served by the hostess.

Mrs. Sallie Dilcgson has returned home, after visiting with relatives in Louisiana, Mo., for several weeks.

Miss Esther Brown has returned from a two weeks' visit in Chicago.

ALBIA NEWS.

Mr. Otis Shackelford, the poet and prose writer, was in Albia this week delivering a few of his writings.

On Monday evening the A. M. E. church people were engaged in another big lunch and supper for the benefit of their church.

Mr. and Mrs. Burkett of Buxton were in town this week.

Messrs. E. A. Butler, Burt Jones, H. Jones and a few others made a trip to Buxton campaigning for the esection on Tuesday.

Mrs. Virgie Burns of Hocking was in Albia on Tuesday.

Mr. and Mrs. Carthon of Hiteman were in to services on Sunday.

Mr. Monroe Davis spent Sunday in Hocking with his daughter, Mrs. Bessie Grayson.

Prof. A. H. Hick of Buxton spent Sunday in Albia.

Mrs. Wilburn Hawkins went to Ottumwa to spend Sunday with Mr. Hawkins and friends.

The Sewing Circle club met with Mrs. Henry Jones this week.

On Wednesday evening quite a number met together and gave a surprise on Mrs. B. T. Lewis at her home.

The Mite Missionary society met at the home of Mrs. Virgie Burns in Hocking in their business meeting on Thursday.

Election day brought a number from surroundng towns to Albia for voting and business.

Mrs. Andrew Smith, Teddy and Toy Gravity were Buxton visitors Sunday.

Woman's Crowning Glory is Her Hair

Why not grow your hair by using

Mme. M. Beard Hair Grower

In removes dandruff, stops itching of the scalp and makes in grow long, soft and beautiful. Price 50c a box.

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WHAT OUR FRIENDS SAY.

Seldom do we print letters sent to us complimenting the Bystander for its stand for right and jujstice and the influence which it has wielded for the past twenty years. However, I am going to publish a few of the many letters that we have received, showing taht if all of our subsrribers would be prompt and settle their dues the Bystander could enlarge its plant and publish more news pertaining to the race, and when one member of our many subscribers pays and another fails, it does not give us sufficient means to enlarge our plant; therefore, knowing that all of our readers like the Bystander and enjoy reading it, we ask you to kindly pay up your back subscriptions.

Below are a few letters received:

Highland Park, Nov. 9, 1914.

Iowa State Bystander: Enclosed find $2.00. Some time ago your collector told me in Centerville I owed him two dollars. If we still owe you anything I would like to know it. I would like to remit. We like the paper. Yours very truly,

Mrs. Scott Richmond.

Santa Rosa, Cal., Sept. 14, 1914.

Mr. John L. Thompson.—Dear Sir: You will find enclosed $1.50 for the subscription of your paper and oblige. We read with pleasure and great eagerness the Bystander. Yours truly, Mrs. W. D. Claybrook.

Moulton, Iowa, Aug. 27, 1914.

Dear Editor, Received your statement August 27, 1914, for subscription to the Iowa State Bystander, the amount due you on April 4, 1914. Due to my negligence that I have not remitted sooner. Enclosed you will find the said amount ($1.50). Your paper is very highly satisfactory to me and it always affords me great pleasure to receive your paper and to read of the better class or classes of colored people. Yours truly,

Eldist Walls.

P. S.—This subscriber was the first to comply with notice sent out and paid up promptly.—The Editor.

Ellsworth, Kan., Nov. 9, 1914.

Editor Bystander, Des Moines, Iowa.—Sir: Enclosed find $3.00 to apply on my subscription. I will send the remainder some time during the next three months. I enjoy the Bystander very much. I have taken it nineteen years. Yours truly,

J. W. Bates.

What Would You Do?

In case of a burn or scald what would you do to relieve the pain? Such injuries are liable to occur in any family and everyone should be prepared for them. Chamberlain's Salve applied on a soft cloth will relieve the pain almost instantly, and unless the injury is a very severe one, will cause the parts to heal without leaving a scar. For sale by all dealers.

Rev. V. S. Copper, pastor of the Second Baptist church, left Monday afternoon for Buxton, Iowa, where he will assist Rev. M. W. J. Northcross in a week's meeting.

Mrs. Ada Chilse is on the sick list.

Mrs. Alice Ew ng has been ailing for several weeks, but is reported to be on the mend.

Rev. V. S. Copper organized a Young People's Literary of the Second Baptist church and they are doing excellent work and are having some very lively debates. The subject that attracted the most interest was, Resolved, Is the war justifiable, and if not, who is to blame?

The Ladies' Mission Circle met at the home of Mrs. V. S. Copper last Thursday night and will meet next Thursday at the home of Mrs. M. J. Tompkins, president.

The Ladies' Art club will be entertained Friday afternoon at 2:30 by Mrs. Mildred Mayfield, Mrs. Alice Copper and Mrs. Emfa Hicks at the home of Mrs. Emma Hicks.

Miss Maggie Oliver is on the sick list.

The Ladies' Aid society gave a two nights' fair and the Cneterville band rendered some very sweet music, and remember it had only six weeks' practice.

Mr. Verlon Ewing, one of our high school students, has organized a band and they tare doing excellent service. Mr. Verlon Ewing as bandmaster has succeeded in entering the high school orchestra, of which we are all very proud.

Mrs. Lizzie Taylor is visiting friends in Oskaloosa, Iowa.

Rev. J. P. Jackson and wife from Lockport, Ill., are visiting Rev. V. S. Copper and wife.

"Clean Up the Bowels and Keep Them Clean"

There are many remedies to be had for constipation, but the difficulty is to procure one that acts without violence. A remedy that does not perform by force what should be accomplished by persuasion is Dr. Miles' Laxative Tablets. After using them, Mr. N. A. Waddell, 315 Washington St., Waco, Tex., says:

"Almost all my life I have been troubled with constipation, and have tried many remedies, all of which seemed to cause pain without giving much relief. I finally tried Dr. Miles' Laxative Tablets and found them excellent. Their action is pleasant and mild, and their chocolate taste makes them easy to take. I am more than glad to recommend them."

"Clean up the bowels and keep them clean," is the advice of all physicians, because they realize the danger resulting from habitual constipation. Do not delay too long, but begin proper curative measures.

Dr. Miles' Laxative Tablets are a new remedy for this old complaint, and a great improvement over the cathartics you have been using in the past. They taste like candy and work like a charm. A trial will convince you.

Dr. Miles' Laxative Tablets are sold by all druggists, at 25 cents a box containing 25 doses. If not found satisfactory after trial, return the box to your druggist and he will return your money. 12

MILES MEDICAL CO., Elkhart, Ind.

HEALTH HINTS.

A. J. Booker, M. D.

The question of food is one that at some time or another comes up to everyone. Food is composed of foodstuffs, which are made dp of five great classes: Proteins, which are found most abundantly in meats, generally; egg albumin; casein, the albumin of milk, gelatin and gluten, etc.

Fats, which are both of animal and vegetable origin.

Carbohydrates; dextrose; cane sugar; lactose, milk-sngar; starch, dextrin and cellulose.

Inorganic substances, as are represented by salts of sodium, potassium, calcium and magnesium; chlorin, sulphur, phosphates, iron and iodine.

Practically all of our foods, as they are served, are mixtures of foodstuffs. "A foodstuff is a material capable of being added to the body's substance, or one which when absorbed into the blood stream will prevent or reduce ent of the organism."

The chief uses of food are: To form the material of the body and repair its wastes; in forming the tissues of the body it serves as building material. Second, to furnish energy for muscular and other work which the body has to do and to yield heat to keep the body warm. In yielding heat and energy it serves as fuel.

There are some antiquated theories going around about certain kinds of foods being the cause of disease, as for instance the eating of meat causing rheumatism, and various other unfounded statements. The chief purpose in eating is to furnish a proper balance of rations for the body so that no part will suffer in the complex organism of the body. Many people are entirely misguided by bad advice, as for example the drinking of little water causing fat to be absorbed more readily, or that to drink water with meals brings on indigestion; chief among all the errors is the readiness with which the liver is blamed for being the cause of half our troubles.

There is more danger in being underfed than in being overfed. The underfed are the ones who are more likely to fall prey to the infectious diseases; and underfed person is not likely to set the world afire with any laudable achievement; the criminals and backward peoples are as likely suffering from lack of nutrition as from some radical error in their make-up. The men who have done big things in life are the ones who are able to digest wholesome food, consequently to store energy which is essential to carry on big projects. food changes a man's view of life and often makes a passable saint of a potential criminal.

There is, however, a vast difference between eating much and eating well. There may be, and usually is, more nourishment in good meat not necessarily expensive cuts), bread, butter and potatoes than in twice the monetary value of nick-nacks. Judgment in selecting a suitable dietary is often the difference between high cost of living and the cost of high living, which frequently means improper living.

Good sense and experience will often be a better guide to the individual than some theoretical advice. No man ever gained in money, contentment nor health by underfeeding himself or famiy. But there is more sense in 10 cents worth of beefsteak or eggs than in the same value of pie.

Remarkable Cure of Croup.

"Last winter when my little boy had croup I got him a bottle of Chamberlain's Cough Remedy. I honestly believe it saved his life," writes Mrs. J. B. Cook, Indiana, Pa. "It cut the phlegm and relieved his coughing spells. I am most grateful for what this remedy has done for him." For sale by all dealers.

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JOHN L. THOMPSON, EDITOR.

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N. B.—Correspondents: Please mail your letters that contain news for publication not later than Wednesday to insure publication for the current week; and sign your name, not for publication, but that we may know who writes the news.

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 or receptions nor send in programs to be published before or after the event. Do not give an eulogy or write your personal comment upon the event. Simply tell the news or event in a brief, simple manner and let the readers of The Bystander comment. Write the news of all classes, all societies, all religious denominations, irrespective of your personal whims or ideas.

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Oskaloosa.....Luella B. Franklin
Washington .....N. L. Black
Burlington .....Mrs. L. M. Abel
Mt. Pleasant.....Mrs. M. Burnaugh
Monmouth, Ill.....Georgia Norwood
Colfax .....Miss Stella Pierson
Minneapolis.....Mrs. R. L. Buttner
Cedar Rapids, Iowa....Mrs. May Terry
Moline, Ill.....Miss Mamie Ritchie
Buxton.....Richard Stewart
Sioux City.....Miss Goldie Hackley
Clinton.....A. A. Bush
Council Bluffs.....Miss Minnie Cave
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Clarinda.....Mrs. J. R. Lane
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