

IOWA STATE BYSTANDER.

VOL. XXI NO. 30

DES MOINES IOWA, FRIDAY, JANUARY 22, 1915,

Price Five Cents

CITY NEWS.

Mr. and Mrs. Fred Anthony of one spent Wednesday in our city.

Mr. and Mrs. Harry Hammett are the proud parents of a fine baby boy.

Master Tevis Brown arrived in the city Monday to resume his studies in school after a holiday day visit of three weeks with his parents in Buxton.

On account of many members wishing to attend the lecture of Dr. J. E. Spingarn of New York, the meeting of Moriah Tabernacle No. 567, Daughters of Taber for Wednesday Jan. 20th postponed until Wednesday Feb. 23rd p. m.

Mr. Wm. Thompson, one of Ottumwa's highly esteemed and respected citizens, was elected as an assistant in the clerk room of the Thirty-sixth general Assembly in our city. He is sitting at the come of Mr. and Mrs. S. Wilkinson, 223 E. 13th.

The Wednesday Night Bridge club met with Miss Madew Robinson at School street. Mrs. Pearl Williams served the prize, having the highest score. A dainty luncheon was served.

The Triple H club met Jan. 19th with Wm. McGrunder, 1628 Carpenter street. Quotations from Dr. DuBois, medical selection Mrs. A. M. White, discussion social science, led by Mrs. E. Jacobs. The club adjourned to meet Jan. 27th with Mrs. J. L. Thompson, 1306 20th street.

The W. W. club of Asbury M. E. church met at the residence of Mrs. L. Lee, 939 12th street Monday evening. Twelve of the members were present and the usual routine of business was transacted, after which lunch was served. The society adjourned to meet with Mrs. Victoria Redix 11th street, Jan. 25th.

The W. Y. P. A. will meet Sunday, 24th with Miss Sadie Collins, 779 street and the following program will be rendered: The book of Judges will be reviewed by Miss Bernice McWell; general discussion by the club, reading by Miss Margaret Roberts; instrumental solo by Miss Letha Johnson; Quotations from the Bible.

Mr. B. J. Hack accompanied the Master, John L. Thompson, to the Grove lodge, Oskaloosa last Monday where he assisted with work in the 3rd degree. He reports a royal option. Other visiting Mason presiding were H. E. Williams and Wells of Ottumwa, John Spencer of Anell and C. F. Topson of Des Moines.

Geo. H. Woodson, lawyer; E. A. Her, physician; L. R. Willis, dentist and J. W. Neeley, grocer, came from Buxton to attend the meeting presided by Dr. Spingarn at the Corinthian Baptist church Wednesday evening.

The Des Moines Negro Lyceum association will meet Tuesday evening with Miss Mamie James at No. 127 card street, Lake Park, and will discuss the recent visit of Dr. Joel E. Spingarn, chairman board of directors of the N. A. A. C. P.

BRANCH N. A. A. C. P.
At the meeting called by Miss Kathryn M. Johnson and held at Union Congregational church Monday evening a Des Moines branch of the National Association for the Advancement of Colored People was organized with the following officers:

President, Atty. S. Joe Brown.
Vice president A. A. Alexander.
Secretary, Mrs. Jessie E. McClain.
Treasurer, Wade H. McCree.
Directors, Mr. E. R. Hall, Atty. Casper Schenck, Editor Harvey Ingham, Mrs. John L. Thompson, Mrs. S. Joe Brown, Mrs. J. P. Hamilton, Dr. A. J. Booker, Mr. Jesse A. Graves and Rev. E. G. Jackson.

The board of directors, which includes all officers, will hold its meeting at the residence of the president, 1058 Fifth street, Monday evening, January 25th.

KEOKUK, IOWA.
(Special to the Bystander.)

Mr. Ab. E. Anderson and Mr. and Mrs. Jay H. Goins of New York City were guests the past week of Mrs. Jennetta Morton. Mr. Anderson is a former Keokuk boy, being the son of York E. Anderson. It is eighteen years since Mr. Anderson visited in his old home and he was kept quite busy shaking hands with friends and relatives. Mr. Anderson and Mrs. Jay Goins and wife are en route from the east, where they have been making hits in the west with their vaudeville acts, they being clever and comedians. They left Keokuk for Chicago, where they have two weeks' stand at Loew's theater.

Mr. Morton has arrived from to spend the remainder of the week with his mother, Mrs. Jennetta Morton.

SPINGARN MEETING GREAT SUCCESS.

Dr. J. E. Spingarn of New York City brought last night to 800 colored men and women and a sprinkling of white persons, the latter including Governor Clarke, Attorney General Cosson, Casper Schenck and Harvey Ingham, a call for renewed courage in the struggle of the black race for political and economic equality and pleading for recognition by the white race of the Negro's rights. The meeting was held at the Corinthian Baptist church.

Dr. Spingarn, who is a white man, the chairman of the board of directors of the National Association for the Advancement of Colored People, laid chief stress on the three most vital and unjust evidences of racial inequality, as he termed them, disfranchisement, anti-intermarriage and segregation propaganda, and laws.

Referring to the amendment to the immigration bill excluding the black race, he said: "That would have meant that a Negro doctor or a lawyer, or an educator, born and raised in this country, could not have crossed the suspension bridge at Niagara into Canada and then returned to his native land."

Intermarriage Problem.
The amendment was lost, the speaker pointed out, chiefly, if not entirely through the efforts of the Washington branch of the N. A. A. C. P., working through an awakened and united body of organized colored men and women.

The speaker vigorously attacked the phase of the race question which has inspired the anti-intermarriage agitation, although admitting the difficulty of presenting the subject without danger of offense.

The subject has timely significance in view of the bill which has been introduced in congress making it a crime for black and white persons to marry.

"There is no legal intermarriage between the colored people and the white people now," he said. "Not one colored person out of a million wants to marry a white person."

Here the speaker was interrupted by the biggest demonstration of applause with which his words had yet been greeted.

"Why are they so anxious to stop legal marriages?" he continued. "The reason is simply this: To save white men from the consequences of any wrong they may do colored women."

Attacks Segregation Propaganda.
"There are some of us white men, men who have families, who do not intend to see without protest that colored girls receive less protection than our wives and daughters."

The subject of segregation was forcibly handled by the speaker. He protested against herding the black race, the weaker race, within proscribed limits, where vice, disease and crime would be generated. Under this humiliation with the incentive for struggle removed the progress the race has achieved through bitter struggle would cease and degeneration would follow, continued Mr. Spingarn.

Disfranchisement, anti-intermarriage and segregation must be fought by agitation and political power, declared the speaker, in summing up.

Attorney S. Joe Brown introduced Governor Clarke, who introduced Dr. Spingarn. Mr. Brown declared emphatically that the governor had done more for the progress of the colored race than any governor Iowa has ever had.

The governor paid a tribute to the achievements of the colored race, and prophesied a time when every man would have equal opportunity with every other man.

Preceding the main address and following the invocation, delivered by the Rev. W. W. Alexander, Miss Mildred Griffin, pianist, and the Metropolitan octette entertained with musical selections.

At the conclusion of Dr. Spingarn's address the roll was opened and over a hundred persons, including Governor Clarke, Attorney General Cosson and Editor Harvey Ingham enrolled as members of the Des Moines branch of the national association.

COUNCIL BLUFFS, IOWA.
(Last Week.)

The services were largely attended at the Tabernacle Baptist church on Sunday morning and evening. Rev. Toomey preached in the morning and Rev. Morton delivered an excellent sermon at night.

We are very proud of the Sunday school attendance and at the election of officers each was re-elected except the secretary.

The members of the Tabernacle Baptist church are now enjoying services in their new church, and within a few months we hope to complete it.

Saturday night, January 16, the Golden Rule club will give an entertainment for the benefit of helping to complete the new building.

Mrs. Frank McRaven realized a very neat sum Saturday evening from her supper given at her home. To Mrs. Chas. Davis and Mrs. E. Rose, who assisted, and to the many friends who patronized her, your kindness shall never be forgotten. Mr. McRaven is still in Arizona sick. They have three little children to be looked after.

At the meeting of the Literary society Tuesday night Mrs. Manley read an excellent paper, which was discussed. There were many young men

present and the meeting was enjoyed by all present.

QUINCY ITEMS.

(Last Week.)

The Gates Ajr met at the home of Mrs. Melvina S. J. on last Thursday. After the regular routine of business the hostess served an elegant luncheon.

Mothers' club had an interesting meeting at Lincoln school on last Monday night and light lunches will be served the children at school during the rest of the year.

The Mutual Aid met with Mrs. Cora Marshall on Monday night and dainty refreshments were served.

Mrs. S. B. Thompson left Monday for Halsey, Neb., called there by the death of her mother, Mrs. Maria Rhome, whose demise occurred Saturday.

Mesdames Nannie Hall, Lillian Mitchell, Mary Anderson, Cora Harris, Hallee Tuttle and Mr. Henry Moore.

Mrs. Mamie Harris, who had her foot amputated at Blessing hospital, is getting along nicely.

The Current Event club gave their annual reception to their husbands and friends on Tuesday night. Talks on "The Gem City" by members was interspersed by music. A dainty luncheon was served.

Mr. Wm. La Foe departed this life Wednesday morning at 6:15. He leaves a wife, Mrs. Emma La Foe, daughter, sisters and other relatives.

MONMOUTH, ILL.

Mrs. Mattie Baker visited her sister, Mrs. Belle Harris, at Davenport last week.

Mr. Mose Marshall, who has been sick for some time with tuberculosis, passed away at his home Friday evening. The funeral services were held Monday afternoon at the Calvary Baptist church, Rev. Mason having charge.

Mrs. Mattie Miller is sick with pneumonia poisoning.

Mayo Williams, now employed in Chicago, is in the city visiting his mother, Mrs. Milly McGrunder.

Rev. H. L. Forte of Carson Mo., delivered both morning and evening sermons at the Calvary Baptist church.

Mr. and Mrs. Herbert Hally and friends of Chicago are the guests of Mrs. Hally's sister, Mrs. D. D. Starr.

Those who are on the sick list are Miss Lois Skinner, Miss Mary Payne and Mr. Jim Johnson.

The Agnes Moody club met last week at the home of Mrs. Susie McWilliams. A musical program was given. The guests present were Mrs. Laura Maupin, Mrs. Oliver Thomas, Mrs. Bates, Revs. Lewis and Forte.

We are sorry to send the news of the death of a beloved friend Mrs. E. L. Scruggs, who died at 6:10 Saturday evening, after an illness of nine months. The deceased leaves to mourn her death a husband, daughter, one brother, one sister and a host of friends. The funeral services were held Tuesday afternoon at the home. Dr. E. H. McDonald of St. Paul, assisted by Rev. P. H. Lewis of the A. M. E. church, officiated. The music was furnished by Mrs. Ada Ford and Carrie Barnett and Dr. J. E. Smith of Macon, Mo. Mrs. Ollie Anderson and Miss Edna Williams at the piano. The pall bearers were J. T. Wallace, J. S. Williams, J. E. Groff, T. W. Wallace and J. H. Twyman. Those who paid their respects from out of town were Dr. J. W. Muse and Frank Mallory of Jacksonville, Dr. J. E. Smith and Dr. H. P. Garnett of Macon, Mo., also Mrs. Blanche Graham of Burlington, Miss Dorothy Hawkins and Mr. Tom Waters of Galesburg.

KEOKUK, IOWA.

On Friday evening a surprise party was given in honor of Miss Irene Bryant, being her seventeenth birthday. She received many beautiful presents.

Misses Lena and Mamie Lewis of Des Moines are visiting at the home of their grandparents, Mr. and Mrs. Rufus, near Summitville.

Coleridge Taylor Music club will meet at the home of the president, Mrs. Anna Holmes, on Tuesday evening.

Revival services are in progress at the A. M. E. church. Rev. Page of Missouri is assisting Rev. Butler.

Mission services will be held at St. Mary's church beginning February 2 and ending February 12.

Rev. and Mrs. Bird entertained Rev. and Mrs. Helm at a dinner Sunday.

Mr. and Mrs. Wm. Mills are the proud parents of a baby son.

CLARINDA, IOWA.

Rev. D. W. Brown pastored in Bedford Sunday to a good congregation. Aunt Nancy Campbell continues ill at her home.

Golda Fern Nowling was a little indisposed a couple of days last week.

OTTUMWA, IOWA.

(Special to the Bystander.)

The chief social event last week was the public installation of officers of the Court of Calanthe, Rose of Sharon lodge, No. 258, which occurred at the K. of P. hall on Main street Friday evening, January 15. The affair not only proved to be very interesting, but also as a curiosity to those of the audience who were not members of the order.

Mrs. Rosa L. Watson, the D. D. S. W. C. of Buxton Iowa, performed the ceremony in a very intellectual and spiritual manner. The program was as follows: Opening song by court; invocation by Rev. Searcy; introduction of Mrs. Rosa L. Watson, the D. D. S. W. C., by Mrs. Alberta Graham, W. C.; short address by the D. D. S. W. C.; installation of officers; address, Rev. Searcy; address, Mr. W. S. Page; closing prayer by Mrs. Rosa L. Watson, D. D. S. W. C.

The program was delightfully entertaining and Rev. Searcy's address was one that brought deafening applause.

Mr. W. S. Page's address was interesting and pleasing to all and all the members of the order rendered a vote of thanks to both Rev. Searcy and Mr. W. S. Page.

The officers installed were as follows: W. C., Mattie Green; W. I., Alberta Graham; W. Inn, Ella Graever; O., Martha Bradshaw; R. D., Ella Bohanan; R. A., Agnes Hughes; R. of D., Anna Shields; S. D., Fannie Allen; J. D., Elizabeth Tipton; C., Hannah Edwards; A. C., Georgia McKenry; E., Lydia Williams; H., John Burris; P., John Bradshaw. Other members are Mrs. Marman, Mrs. Ada Hughes, Mrs. B. M. Pertum, P. W. C., Mrs. Anan Wilson and Mr. Charlie Wilson. After the installation refreshments were served and all departed for their homes at a late hour, after having had an enjoyable evening.

ROCK ISLAND, ILL.

(Special to the Bystander.)

The benefit entertainment given by the Progressive Art club ladies at McKinley Baptist church for all of the colored children of Rock Island was a complete success. Over sixty children were made happy by receiving stockings, waists, candy, oranges, nuts and many other useful articles.

Some of the prominent white ladies donated to this benefit entertainment, given annually by the Progressive Art club.

The many friends of Rev. Wharton will be glad to know that he is recovering from his recent illness.

Mr. Chas. Gilden is erecting a nice building on his lot he recently purchased from the Baptist church. It is rumored that a grocery firm will occupy the building.

Mrs. Cass Lambert has been indisposed for several days, but is improving at this writing.

The deacons and members of McKinley Baptist church have extended a call to Rev. G. E. Sanders of Clinton, Iowa. Rev. Sanders comes highly recommended from different churches throughout the Iowa association and it is to be hoped that the church will build up under his leadership. He entered upon his new field of labor Sunday.

Mrs. Ada Jackson entertained the Ladies' Oak Leaf Embroidery club at her residence, 522 Thirteenth street. A dainty lunch was served.

The pastor of Wayman A. M. E. church organized a missionary society, which was named by the members of the society in his honor Wharton Missionary society. Officers were elected. Mrs. O. Penn, president; Mrs. M. Hall, secretary; Mrs. Frank Jackson, assistant secretary; Mrs. A. Jackson, corresponding secretary, and Mrs. W. Horton, treasurer.

Mrs. C. Morrison, Mrs. M. Brooks and Belle Taylor gave a chicken pie supper at McKinley Baptist church last Thursday evening. A neat sum of money was realized.

Loretta Jackson, who has been spending the holidays with her mother, Mrs. Ada Jackson, left Sunday night for Kansas City Kansas. Loretta is a student at Stowe school.

The Progressive Art club ladies will tender Mr. H. E. Burris a banquet complimentary to his honor he recently received as mail carrier.

Cough Medicine For Children.

Never give a child a cough medicine that contains opium in any form. When opium is given often and more serious diseases may follow. Long experience has demonstrated that there is no better or safer medicine for coughs, colds and croup in children than Chamberlain's Cough Remedy. It is equally valuable for adults. Try it. It contains no opium or other harmful drug. For sale by all dealers.

MARSHALLTOWN NOTES.

Interest has again been aroused in the A. M. E. church. Rev. Mayes, the pastor, is working to pay off the indebtedness. He comes here well recommended by his work done in other places. We all wish him success.

A pleasant social affair was had at the A. M. E. church Thursday, January 14th.

(Last Week.)

The Literary association was organized at the A. M. E. church Thursday. The following officers were elected for the ensuing term: Mr. David Cross-wate, president; Mr. Carl T. Brown, vice president; Miss Buella Wheeler, secretary; Mr. George E. Jackson, treasurer.

Mrs. I. L. Brown entertained the Dunbar Progressive club Thursday afternoon. Lunch was served and the club adjourned to meet with Mrs. R. W. Warn on January 21st.

Mr. Harry Pippings has returned from Cedar Rapids for the winter.

Mrs. Harry Pippings entertained a small company of friends at a matinee party.

Mr. and Mrs. Charles Gilmore are the proud parents of a seven-pound baby girl. Mother and child are doing well at this writing.

Mr. Milligan of Cedar Rapids, Iowa, was in our city during the poultry show, at which he took several firsts and seconds. While here he was the guest of Mr. and Mrs. I. L. Brown.

Mrs. Robinson of Des Moines is in our city on business. While here she will be the guest of her son, Mr. Herman Stone.

Mrs. Ella Jackson of Chicago is in our city visiting her parents, Mr. and Mrs. J. M. Jackson.

Mr. Harry Carter has returned to Marshalltown from Des Moines, where he has been working.

Mrs. Floyd Reeves was on the sick list last week.

ST. PAUL BUDGETARIAN.

We had quite a severe snow storm up this way Saturday.

William Monroe Trotter, editor of the Boston Guardian, and who headed the delegation representing the National Independent Equal Rights League, who called upon President Wilson November 12th last in regard to the race segregation, addressed a large and enthusiastic audience at St. James' A. M. E. church on the evening of the 8th inst.

Mrs. Hattie Davenport, mother of Lawyer W. T. Francis, passed away on the 10th inst., after a short illness at her home on Carroll avenue. She was buried from St. James' A. M. E. church Tuesday afternoon, Rev. H. P. Jones officiating, assisted by Rev. Murrell of Pilgrim Baptist church.

Rev. E. H. McDonald former pastor of Pilgrim Baptist church for about four years, has filed suit in the district court against the church to recover \$300 salary. Rev. McDonald alleges that his removal from said church last May was unlawful in as much as that he was not given three months' notice, which is required by the rules of the church.

Mrs. Mm. Alston is reported quite sick at the city hospital, being stricken with paralysis.

The following named trustees for St. James' A. M. E. church were elected Tuesday evening last: Messrs. John H. Dillingham, Jas. Thomas, Ora C. Hall, Fred Parker and Samuel Hatcher.

Mr. and Mrs. Q. Hicks of Thomas street were the proud recipients of a box of yellow yam sweet potatoes from the Piney Woods Institute last week, having been sent by Prof. and Mrs. L. C. Jones of Braxton, Miss.

The Improvement club is a new organization of Pilgrim Baptist church, which meets each Tuesday evening at the homes of the members.

The choirs of all the churches are beginning to rehearse their Easter music.

Mrs. Ache is the new directress of St. Philip's Episcopal Mission choir.

The relief fund department of the Benevolent association will give a grand entertainment and bazaar at Tschidas hall about the middle of February.

The Self Culture club will give a card party at Tschidas hall on February 12th for the benefit of Attucks Home.

Mr. and Mrs. Wm. Martin of Hatch street leave this week for southern California to reside permanently. We are sorry to lose them, but wish them success in their new home.

Mr. Jas. Lee of Sherburne avenue is in Hot Springs to remain the rest of the winter.

The agent is very desirous of closing up all 1914 accounts with the Bystander Co., as they are urging her to do so. Those who can will please notify her when to call and get their subscription, please.

CLINTON, IOWA.

The annual election of officers of Bethel A. M. E. Sunday school was held recently. The old officers and teachers were re-elected.

Mrs. Holland Williams is convalescing from an attack of tonsillitis.

Mrs. C. V. Bush returned to Chicago on Friday, after a three weeks' visit at the home of A. A. Bush and family.

Mr. and Mrs. Ezra Carter are the happy parents of a son, born to them on December 31st. He will bear the name of Ezra James Carter, Jr.

The remains of Mr. S. C. Smith, a former resident of Clinton, who passed away a few days ago at his home in Waterloo, was brought to Clinton, where the remains were interred in Springdale cemetery. The body was accompanied by the wife and daughter, Miss Vivian, and a sister, Mrs. W. A. Richardson, of this city.

Mr. Holland Williams was taken ill while at his work at the gas plant on Sunday afternoon and had to be removed to his home in a cab. At this writing he is resting easier.

Miss Murda Beason accompanied her aunt, Mrs. S. C. Smith and daughter to Waterloo, where she will visit for a while.

Rev. G. E. Sanders of Rock Island, a former pastor of the Second Baptist church of this city, visited his family this week. He recently received a unanimous call to McKinley Baptist church of Rock Island. He began his pastorate last Sunday. He is the subject of congratulations by his many friends. His family will remain here for awhile.

Mr. Earl Jenkins has recovered from a recent illness so as to be about again.

J. M. Mitchell of Fulton, Ill., who has been ill in Clinton for several weeks, passed away Saturday evening at 11:45 at the home of Mr. and Mrs. Wm. Henderson on Maple avenue. His death came as a surprise, as he had shown marked improvement and hoped to go to his home before very long.

Jesse M. Mitchell was born July 22, 1866, in Fulton, Ill., where he grew to manhood. He early in life took up the occupation of a barber, being employed in a number of places. For several years he was associated with his father, who was also a barber. After his retirement from active work the deceased took over the business, which he retained up to the time of his death. On March 1, 1887, he was married to Miss Ida M. Aikens of this city. To them was born six children, one girl, May, who died in September, 1913, and five boys, Eddie, Howard, Norman, Wilford and Millard, who survive with their mother. He also leaves his father, Harvey Mitchell, two brothers, Harvey of Sioux Falls, S. D., and Albert of Chicago; two sisters, Mrs. Joe Bass of Mason City, Iowa, and Mrs. Elisha Epps of Los Angeles, Cal. He numbered his friends by his acquaintances. His funeral was held from Bethel A. M. E. church on Wednesday afternoon, Rev. G. W. Slater officiating. Interment was made in Springdale cemetery.

Delinquent subscribers are once more requested to pay their obligations to the Bystander.

The following persons were in Clinton this week in attendance at the funeral of Jesse Mitchell: Mrs. Geo. Lewis, Prophetstown; Mrs. Bob Mitchell, Rock Island; Frank Cook, Davenport; Harvey Mitchell, Sioux Falls, S. D.; Mrs. Fred Gresham, Cedar Rapids; Mr. and Mrs. Albert Mitchell, Chicago.

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ALBIA NEWS.

Mr. W. B. Griffin entertained the Monroe county lawyers on Friday and Saturday. Geo. H. Woodson and James Spears of Buxton were among the county lawyers.

Mrs. Will Black of Washington, Iowa, is visiting her sister, Mrs. Charlie Washington, of Albia.

For payment of the insurance due on the A. M. E. church January 15, 1915, the Sewing Circle club donated \$20 and the Missionary society \$10.

Mrs. Ira Jenkins of Buxton passed through Albia on Monday en route to Omaha, Neb.

Mr. Henry Jones entertained at dinner on Sunday, January 16, the following: Rev. and Mrs. C. Thomas, Mr. and Mrs. Monroe Davis and family and Mr. Williams. Mrs. Nora Grayson assisted the hostess with her serving.

Mr. Oscar Surges of Buxton visited Mrs. Beasley in Albia this week.

Mr. Lewis Edmond of Hocking was in Albia on Sunday.

Mrs. Andrew Smith entertained Mr. and Mrs. Arthur Estes and Rev. Morgan at dinner Sunday, January 16.

Mr. and Mrs. Charlie Washington celebrated their twentieth anniversary at their home on C avenue on January 16th. The house was nicely decorated in remembrance of the occasion. The host and hostess are both good entertainers and made the evening one long to be remembered. A three-course luncheon was served and the friends remembered Mr. and Mrs. Washington with many nice presents.

The A. M. E. Sunday school elected their officers for the year. Mr. Washington,

AFRO-AMERICAN CULLINGS

What shall be done with the Negro? This question is frequently asked and but seldom given a rational, intelligent, satisfactory answer. Possibly it ought to be changed to read this: What shall the Negro do with himself? Not a few Negroes are answering the question in this form and in very satisfactory fashion, too. Instances of the Negroes who have been building up the town of Boley, Okla., and its surrounding section. There is an illustration of the successful and suggestive working out of the self-segregation idea. It has been described and commented on by the Southern Workman:

"Boley, Okla., is the largest Negro city in the United States. It is surrounded by some of the richest land in the world and has in its neighborhood most valuable mines of coal and wells of oil. Recently it was the scene of joyous activity when Dr. Booker T. Washington and some 400 delegates to the National Negro Business League came to its citizens from Muskogee, through Okmulgee, Boynton and Clearview, where Negroes are succeeding in farming, in cattle raising, in mining, in the oil and gas fields and in stockkeeping.

"Boley was founded in 1904 by Thomas M. Hayes of Texas in the rolling prairie land on the Fort Smith & Western Railroad between Deep Fork and North Canadian rivers, and is in the heart of a vast region capable of producing such diversified crops as corn, wheat, cotton, potatoes, alfalfa, apples, peaches, grapes, berries and the common garden vegetables.

"This Negro town is 'making good.' Today it has over eighty business concerns, an electric lighting plant, efficient waterworks, two banks, several attractive churches, a high school worth over \$15,000, a normal and industrial school supported by the C. M. E. church, flourishing fraternal orders, a Masonic temple of the Oklahoma Jurisdiction worth \$35,000, a telephone system, several cotton gins, a chamber of commerce, a city hall, a Negro station agent and a Negro newspaper.

From 15,000 to 20,000 people live in the region surrounding Boley—3,000 are in the township of Boley and 1,300 are in the city of Boley. Here, then, is the beginning—really an excellent beginning—of a demonstration in Negro city building which will be watched closely by those who are interested in the Negro as a factor in business.

"The people of Boley, all of whom are Negroes, have shown rare pluck in going into a new country and doing together what most people said Negroes never could do—exercise initiative and judgment in building up business enterprises apart from white men. They have won their present success by making their lot one with the man on the farm.

"Boley is in many ways a substantial evidence of the ambition, thrift and capacity of the Negro who takes life more seriously than the average man of the race and is not interfered with by unwise friends or out-and-out enemies. Boley reflects credit on Mr. Haynes and his coworkers. It gives promise of great things. It ought to be better known by young Negroes, who are dissatisfied with their lot and are ignorant of what the South and the Southwest offer in golden opportunities for the sober, hard-working man on the farm.

The Negro Year Book, 1914-1915, has just been issued from the Tuskegee institute, Alabama, Monroe N. Work, editor, and is a more thorough compendium of vital information than ever before, not only to persons of the race, but all students of the life and growth of that race, and all who wish to be informed in regard to a people which has had amazing growth in numbers and in all material and intellectual development since their emancipation from slavery hardly more than half a century ago. The present issue of 448 pages is about 70 pages larger than the last previous issue. Another interesting publication is "The Crisis, a Record of the Darker Races," published weekly at 70 Fifth Avenue, New York city. In both publications the question of race segregation is discussed at some length.

The warden of a Georgia prison has been puzzled by an order to give one of his prisoners a ten days' allowance on his sentence. As the sentence is for life the order is difficult to carry out.

Alien law may bar a red-headed man, but it won't bar a red-headed woman.

The earning capacity of a woman determines her right to vote in Norway.

Success is always due more to the ability to stand the bumps than anything else.

As a rule the self-appointed censor of other people's morals has a busy time of it.

Public employment bureaus are maintained by the government in Sweden.

United States exports in the last fiscal year exceeded \$100,000,000 in value.

Shantung province, China, area 55,000 square miles, has a population of 30,000,000 people.

Spaniards prefer Porto Rican coffee because of its delicate flavor and aroma.

ing, cheerful man, regardless of color. "What the future of Boley will be depends not only on the men and women who have planted a thriving city in a rough country, but also upon the Negroes who are trained (and will be trained within the next few years) for leadership in education, business and public health, as well as in religion and law.

"Dr. Washington's visit to Boley, his words of encouragement and advice, together with his vital relation to problems of race adjustment, give the demonstration in 'big business' for the Negro more than passing significance."

I am sure that it will prove both interesting and educative to many of your readers to have laid before them certain statistics of church work among the colored race, and gleaned from the recently issued Living Church Annual and Churchman's Almanac for 1915, writes George F. Bragg, Jr., in a communication to the Living Church.

Organized congregations to the number of 233, within 53 dioceses and missionary districts, report 23,706 colored communicants. They are distributed as follows:

The province of New England: In two dioceses and five congregations, there are 1,413 communicants.

The province of New York and New Jersey: In six dioceses 19 congregations, 4,439 communicants.

The province of Washington: In nine dioceses, 63 congregations, 6,432 communicants.

The province of Mid-West: In eight dioceses, 15 congregations, 2,318 communicants.

The province of Southwest: In eight dioceses, 18 congregations, 1,189 communicants.

The province of California: In two dioceses, two congregations, 223 communicants.

The combined colored communicant lists in the entire states of Alabama, Mississippi, Louisiana, Kentucky, Tennessee, Arkansas and Texas amount to just 266 more communicants than are reported by the single colored parishes of St. Philip's church, New York. It would certainly seem that the church needs the "Racial Episcopate," or something else, which promises better results than the machinery we have tried for a whole half century.

Here is the real thing which tests the catholicity of the church.

Steps taken to improve facilities for the education of the Negro are summarized in an installment just made public of the forthcoming report of the general educational board. Assistance is shown to have been given what the board alludes to as some of the more efficient of the industrial training schools as follows: Hampton institute, \$138,000; Tuskegee, \$196,912; other institutions, \$85,384, making a total of approximately \$558,780.

To provide for higher education of Negroes, contributions have been made to colleges and universities as follows: Atlanta Baptist college, \$5,000; Atlanta university, \$8,000; Fisk university, \$70,000; Lane college, \$7,000; Leeland university, \$2,000; Livingston college, \$12,500; Mines Memorial college, \$5,000; Paine college, \$5,000; Shaw university, \$18,000; and Virginia Union university, \$11,500, total, \$144,000.

That the men of the Negro race are strongly averse to taking their own lives as a way out of this world of woe is proved most conclusively by the suicide and attempted suicide records of Houston for the past five months. Bichloride of mercury tablets have no fascination for him and all other forms of poison are classed in the "don't touch" list.

On the other hand, the women of the Negro race are not so prone to take solace in the carbolic acid bottle as are the women of the white race, and in following the statistics still further it is shown by the records that there are fewer attempts at suicide by women of the white race than by men. —Houston (Tex.) Post.

Rich phosphate deposits have been discovered in Chile.

Western Australia's gold fields cover 224,000 square miles.

Portland, Me., has a barber who has been in continuous service 50 years.

Austria's population is 51,340,000.

Cotton goods constitute about one-third of England's manufactured exports.

New Brunswick has 17,393,000 acres of land, of which only 1,474,076 acres are cleared.

Manchester, England, has 1,000 students in an evening school of commerce.

West Virginia declares her "blue sky" law void, overlooking a chance to shoot it full of holes.

Statistics show that few babies die in New Zealand. Also that few live there.

Extravagance—Wife who shoveled coal fourteen hours a day indulged in an expensive habit.

Quackenbos says hypnotism can cure divorce, but most victims don't want to be cured.

Three queens remain colonels in opposing armies. Get 'em all on one side and the war will be won.

BEST OF SANDWICHES

SOME NEW IDEAS EVOLVED BY CLEVER COOKS.

Improvements in the Popular Titi-Bit Known as the "Club" Have Been Made—Oysters Used in Place of Chicken.

Tea rooms in the big city shopping districts are serving some new varieties of the always popular club sandwich. While the principal ingredients remain the same each style of club sandwich differs from its fellows in some detail which makes it distinctive.

What is known as a French club sandwich is served with a toasted English muffin substituted for the usual slices of toasted bread. It is set down before one garnished with a few sprays of parsley pressed deep into the yielding surface of the half muffin which tops the substantial filling of chicken, bacon, mayonnaise, lettuce and sliced tomato. Watercress is used in similar fashion, the spray of green in either case being embedded in the toasted muffin so firmly that it seems to be a little flower holder. Two halves of crumpet are used for a similar sandwich and filled with the same combination, making a sandwich still more hearty.

Where toasted bread is used variety is given to the club sandwich by reason of some other meat or fish being substituted for the usual foundation layer of breast of chicken. Thinly sliced duck is delicious with the bacon and other ingredients, and turkey is also another good substitute. Strips of rare beef, either cold or freshly cut from a hot roast and moistened with horseradish may also be used, and strips of rare steak are equally appropriate.

An oyster club sandwich has for its distinctive feature two or three large fried oysters. These are laid on the under slice of toast, sprinkled with lemon juice and then topped with two strips of bacon, two lettuce leaves, a spoonful of mayonnaise and then the second slice of toast.

For those who do not care for fried oysters the oyster club sandwich comes in still a different form, the oysters being poached in their own liquor until the gills curl, when they are drained of moisture and used for the foundation of the sandwich. If preferred oyster club sandwiches may be served with Russian dressing instead of mayonnaise, as the addition of the tomato flavor in the chili sauce is particularly agreeable with oysters, either fried or poached.

Sardine club sandwich is made of large boned sardines sprinkled with lemon juice and arranged as usual and finely cut lobster, either hot or cold, offers still another variety.

The egg club sandwich is usually served with a basis of an egg fried on both sides, and seasoned well with salt, pepper and paprika before the other materials for the sandwich are added. Hard-boiled eggs, sliced or chopped, result in a sandwich less rich, in both cases the eggs should be served hot.

Economy Helps. In most households greater economy of time and energy can be practiced by cooking larger amounts of food at one time, and this means a saving in the fuel bills as well.

Enough mayonnaise dressing for all the salads you will make in a week can be made on one day. It is just as easy to cook a kettleful of potatoes that will last two days as it is to prepare only enough for the midday meal.

There is hardly a vegetable one can think of that cannot be cooked in large quantities to advantage and that will not lend itself readily to warming over in a variety of ways. And on those days when the oven is being used for baked dishes in which the vegetables play an important part, double portions of puddings should be baked.

What is not required that day can be served a few days later, steamed over the vegetable pot, and it will be just as appetizing, if not more so, as if freshly made.

Fig and Nut Jelly.

Wash a cupful of pulled figs in cold water. Put over a slow fire with two cupfuls of cold water and stew figs until tender. Skim out figs and to the juice add one-half cupful of sugar and boil until it is like thin syrup (there should be one cupful of liquid). Chop figs and one-quarter cupful of shelled pecans not very fine. Soak one-half box of gelatin in one cupful of cold water for half an hour. To the gelatin add one-half teaspoonful of lemon juice and to the fig syrup add one-half cupful of boiling water. Strain through fine sieve of cheesecloth. When nearly set add nuts and figs. Turn into molds and set in cool place for three hours. Serve with whipped cream.

Scotch Broth Without Meat.

Soak four ounces barley in one quart cold water over night; next morning drain, put into a soup kettle with one onion, one turnip and one carrot, cut into slices; add a few green tops of celery if obtainable and four tablespoonfuls of oatmeal; cover with two quarts boiling water and simmer gently a half hour; then add salt and pepper; strain and serve.

Fruit Cream.

Cook the juice of three lemons and three oranges with two cupfuls of sugar, set aside to cool. Soften two tablespoonfuls of gelatin with milk, then heat over hot water until dissolved. Whip two cupfuls of cream, add the fruit juice and gelatin, stir until well blended, then pile high in a deep dish or mold if preferred.

Steamed Dried Beef.

Here is an unusual recipe, but a very good one. Prepare a spiced vinegar as for fruit pickles, only less highly seasoned. Cut very, very thin slices of dried beef in narrow strips, diamond or any fancy shape, and cut with scissors. Steam the beef in the vinegar for one hour. Serve hot with toasted wafers.

Fundamental Principles of Health

By ALBERT S. GRAY, M.D.

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MOTHER'S MILK.

It is universally conceded that the most carefully bottle-fed infant has a smaller chance of escaping trouble and achieving health and life than a breast-fed baby of the most ignorant and slovenly mother.

Of course, when the child's artificial food is prepared and given by an intelligent person under competent advice, the baby may yet through with a minimum of discomfort and danger from digestive disorders arising from bacterial contamination of its food from unclean cans, bottles, spoons, nipples, tubes and other utensils, devices and attachments intervening between the cow or the factory and its mouth; but granting that all sources of bacterial contamination are overcome, there still will remain the absence of an automatically adjusting physiological food supply, which no other than the human animal can furnish.

In composition milk is highly complex and variable. The important constituents are the fats, held in emulsion as minute oil droplets; casein, a nucleoprotein which clots under the influence of rennin; milk albumen or lactalbumen; a protein resembling serum albumen; lactoglobulin; lactose or milk sugar; lecithin, cholesterol, phosphoric acid, urea, citric acid, enzymes and mineral salts. The mineral contents of milk comprise appreciable quantities of sodium, calcium, magnesium, iron, phosphorus and chlorine, besides probably minute quantities of other elements not yet determined.

By reason of the fact that casein and milk sugar do not exist in the blood it is held that they are formed by the secretory metabolism of the gland cell under the action of a hormone (stimulating property). And the composition of the milk fat and the histological appearance of the gland cells during secretion leads to the view that the fat is also constructed within the gland itself. Bunge has called attention to the fact that the organic salts of milk differ quantitatively from those in the blood plasma and resemble closely the proportions found in the body of the young animal, thus indicating an adaptive secretion. The casein of human milk is smaller in amount, curdles in looser flocks than cow's milk and seems to dissolve more easily and completely in gastric juice. Human milk also contains relatively more lecithin and less ash, while cow's milk, on the other hand, contains less sugar and fat. Human milk, in short, is a complex compound no factory can even approximate to any appreciable degree.

Experience by poultry raisers proves artificial brooding to be lamentably inefficient; the best kerosene lamp, assisted by the most earnest human effort, making but a pitiful showing compared with the average results achieved by a sturdy old hen—and bottle-fed babies are about at par with broader chicks.

The absence of normal building material while the foundations of life are being laid insures a handicap the organism must carry all through life; hence every mother should recognize the ethical and racial obligations she is under to keep up a supply of milk through the period of normal lactation.

This brings up the question of how a poor or deficient supply of mother's milk may be increased or bettered and how it may be maintained through the period of lactation. Generally the physician is not consulted about the matter until a short time before the baby is expected, and then the best he can do is to recommend a nourishing diet. It is highly suggestive in this connection to note that practically every such recommendation includes some form of malt extract, and that practically without exception all proprietary compounds claiming to be good for nursing mothers are founded on malt. Experience proves that nothing appears more quickly to promote the secretion of milk than good malt extracts and many brands possessing various degrees of merit and grades of nutritive value are to be found in the market.

But at best such emergency measures and the attempt to force things in this manner are not likely to give either satisfactory or lasting results because it is not entirely a question of food; there is a psychological, a purely mental side to it as well.

The experience of dairymen proves that it makes little difference what food is given a cow; the quality of the milk, so far as the fat content is concerned, will remain the same. Quality is inherent and essentially a matter of type and of breeding, but quantity can be developed. A cow will be born to give milk containing, for example, four per cent butter fat, and she will continue to give four per cent milk under all conditions, be the quantity much or little. An abundance of food and water coupled with kind treatment may increase the quantity of milk given, but it will not influence the quality; that will remain steadily at four per cent fat.

The cow is generally believed to be the most placid, calm and docile of all animals; nevertheless she is highly sensitive to handling and under identical conditions of food and stabling one milker may be able to secure nearly double the quantity of milk from the same cow that another milker will produce, the difference in the results depending on the bond of sympathy established between the animal and the milker. Good food and equanimity then, are essential factors to an abundant milk supply. Inasmuch as all

animal life is subject to the same laws it is reasonable to assume that, as the human being is more intellectual than the cow, mental irritation and anxiety may exert proportionately even a greater influence on the human milk secretion. But however that may be, obviously the full action of these two factors will not be attained by telephone conversations or by means of a written order on a drug store; on the contrary results can be expected only from a careful, comprehensive preparation and training on the part of the mother.

The absence of this training in the individual home constitutes one of the fundamental weaknesses in our civilization and is, to no small degree, responsible for our weaklings and the serious problems of intemperance and social unrest now confronting us.

MALT AND MILK.

It is perfectly obvious that the ultimate source of milk in all mammals must rest on the food intake. Consequently, wherever a mother suffering from a deficient milk supply seeks, from those qualified to advise, information as to how she may correct the unfortunate condition, she is invariably recommended to use a more nutritious diet. In other words, she is informed indirectly that the food she has habitually used is deficient in some important particular.

Almost without exception, the diet recommended to a mother includes some form of malt.

The word malt is believed to be derived from a Sanskrit word meaning soft, and having a reference to the fact that malt is raw grain made soft or tender by a process in which germination has been caused to proceed to a certain stage and is then controlled and checked by the gradual removal of the water and finally completely arrested by drying through the application of heat in kilns.

During this limited germination enzymes are developed and the constituents of the grain are so modified that the finished malt differs from the original raw grain in that the greater portion is split into simpler compounds that more easily dissolve. An enzyme is a complex organic substance, or an unorganized or chemical ferment, capable of effecting by catalytic action the transformation, splitting up or digestion of other compounds.

The changes effected by the partial germination and subsequent treatment of the grain are chiefly the conversion of the nitrogenous substances into diastase, the conversion of the starch into grape sugar by the action of the diastase, and the imparting of color and flavor to the malt in the kiln. Diastase is an enzyme of great physiological importance in that it is capable of converting starch and glycogen into sugar (principally maltose) and dextrins. It occurs in germinating seeds, in the leaves and in other parts of plants and also in various animal secretions, such as the saliva and the pancreatic juice.

A very common medical preparation in the form of a sirup of about the consistency of a heavy molasses is made by digesting sprouting malt in water, expressing the solution, precipitating it with alcohol and drying the precipitate. This precipitate is simply an impure diastase, but under various proprietary names and combinations it is very generally used as a tonic in case of malnutrition, and it is particularly effective in those cases marked with defective starch digestion, generally known as "intestinal indigestion."

Two new words have recently been added to our vocabulary—"hormones," by Starling in 1906, and "vitamines," by Funk in 1912. Investigations conducted since 1889 have fully demonstrated that some of our ductless glands play a role of vast importance in general nutrition, and this knowledge has proved very useful in widening our conception of the nutritional relations in the body. The conception that certain glandular organs may give rise to chemical products which on entering the circulation influence the activity of one or more other organs is finding application in the study of the digestive secretions.

The gastric and pancreatic "secretions" are regarded as examples of internal secretions. Chemical products of this kind which stimulate the activity of special organs are what Starling designates hormones. These internal secretions from ten or twelve kinds of ductless glands are known to exert a profound influence on our body in general. Starling advanced the theory that this was the primitive method by which the complex body was originally co-ordinated and regulated, the nervous system being of later development. However this may be, at the present time it is established beyond any question that both methods are in force in all mammal bodies—the ductless glands are the "bosses" of our bodies.

Following a long series of investigations into the causes of beriberi and similar diseases, Funk in 1912 isolated some highly complex nitrogenous bodies from the grindings from rice, from seeds, whole grains, raw milk, fresh meat, yeast, fresh fruit juices, the yolk of egg and like. Because these compounds were nitrogenous and proved to be absolutely essential to organic life—the absence of them is demonstrated to be the cause of death from polyneuritis—Funk named them "vitamines."

The vitamins are soluble in water and are destroyed by exposure for ten to twenty minutes to a temperature of 248 to 260 degrees Fahrenheit, and by extreme dryness. So far as is known, animals are incapable of making vitamins; normally they are found in plants, and especially in their seeds and in animals that eat fresh vegetable matter containing vitamins. Funk regards vitamins as the mother substance of ferments and the hormones, and of vital importance to the thyroid and other ductless glands; consequently, they are fundamentally the regulators of the general co-ordination of our bodies.

Obviously this all points to a reason for the effectiveness of malt on milk secretion and opens wide the question of nutrition in general.

CAUSE A SMILE NOW

Exhibition of Crude Old Surgical Instruments.

Modern Scientists Amused at Fossils of Ancient Learning and Superstition—Some Rare Medical Vol-umes Also Shown.

Like a museum of geology of the medical profession was the exhibit of rare old tomes and crude surgical instruments which was held by the Missouri Historical society, assisted by the St. Louis Medical society. Digging down into forgotten strata of medical evolution, the exhibitors exhumed a throng of fossils of ancient



Ancient Surgical Instruments.

learning and superstition—as quaint to the eye of modern science, with its germ theory of disease, aseptic surgery and X-ray, as is a flint arrowhead to the crew of a 42-centimeter howitzer.

The exhibits came from the libraries of the medical schools of St. Louis and Washington universities; from the library of the surgeon general of the United States army in Washington, and from the private collections of physicians in St. Louis and other cities.

Dr. George Dock, dean of the medical faculty of Washington university, supplied a facsimile of the diploma conferring a doctor's degree upon William Harvey, who discovered the circulation of the blood. Dr. James Moore's Hall of St. Louis, among scores of other old volumes, loaned "Surgical Works" of Ambrose Pare, the Frenchman who haunted the wars of his time (1509-1590) and became the father of military surgery.

A copy of "the first work on pathology," published at Venice in 1761 by Johannes Baptista Morgagni and entitled "Concerning the Seats and Causes of Disease," was loaned by Dr. Robert E. Schluter of St. Louis. Among the hundreds of other "quaint and curious volumes of forgotten lore" which were on display were a "Regimen Sanitatis," published in Venice in 1495, three years after the discovery of America, and loaned by Dr. E. C. Streeter of Boston; the "Labyrinth of Medical Errors," published in 1553 by the renowned Theophrastus Paracelsus; the complete "Theatrum Botanicum-Medicum-Anatomicum" of Marcellus Maephigius, published in 1687; and Thomas Guidott's "On ye Bathie," a treatise concerning the medical qualities of the waters at that resort, which was issued in 1676.

The War's Historian.

"When the history of this war comes to be written" is a constantly recurring journalistic phrase, as if the story of this great conflict could ever be written. You may be fairly certain that no one under the rank of an archangel, in close touch with omniscience, will ever write the full history of the world war. Down below there isn't the knowledge, and there isn't the time. There will be some sectional accounts. But if in the fullness of time a world syndicate succeeds in getting some million tons of print written covers, the public will (one hopes) be thinking of something else.—London Chronicle.

Escorts for Hire in Kansas City.

The young man of engaging manners who is willing to hire himself out as an escort to women is said to have a field for his activities these days. Even in Kansas City the new profession has made its appearance, but it is said to have originated in New York. Parents who wish to send their daughters to a concert have only to telephone the bureau's bureau, indicate the mental complexion they expect of the young man and say whether or not they want him to wear evening dress. The bureau fills the order, the girl hears the concert and the young man is well paid for his trouble.

Value of Ashes.

A ton of average hardwood ashes contains 100 pounds of potash, 32 pounds of phosphoric acid, and 640 pounds of lime, or about one-third of the latter. Tree trimmings run 200, 50 and 375 pounds, respectively. Weeds will doubtless average about the yield for hay and straw or 70, 20 and 100. Coal ashes are practically valueless as fertilizer, but improve the physical condition of close or sticky soils. Average stable manure contains about one-tenth as much potash as do hardwood ashes.

A Disguise.

"What are you going to wear at the fancy dress ball, Mabel?" "I'm going to wear two skirts and a petticoat and go as an old-fashioned matron."

COVER FOR TROOPS

Moving Shields Advocated in Warfare.

Idea Has Been Seriously Put Forth and Is Being Considered by Powers at War—Its Method of Operation.

As for a French officer's suggestion of moving shields, an American has already invented one and has written about it to the heads of the belligerent governments. He offers to demonstrate the efficiency of his device.

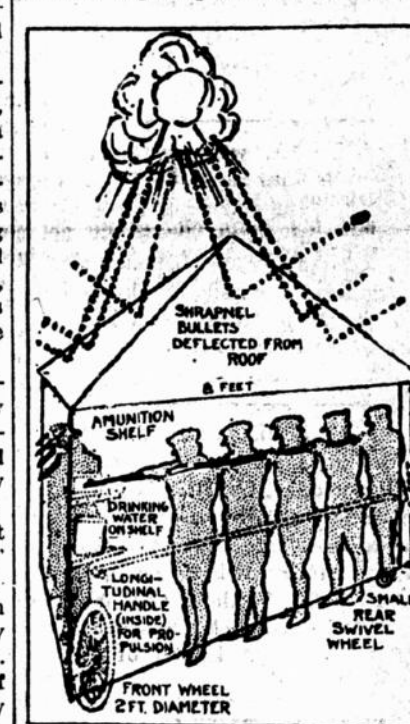
The "bullet deflector," as he calls it, is made of two sheets of steel six feet wide, eight to ten feet high and one-quarter-inch thick. The sheets are jointed at an acute angle, so as to make a triangular shield, the base of which is open. The device, which weighs 1,200 pounds, is mounted on wheels and can be trundled along by the ten men it can shelter. At a suitable height are holes through which rifles can be aimed. It has compartments for water and food, and a top to protect its occupants from sun and rain and shrapnel.

It can be used, he thinks, to great advantage in infantry advances when the supporting artillery has cleared the way, as the attackers would be safe from rifle fire until they got close enough to charge with the bayonet if they desired. He says that a bullet striking one of the faces of the barrette would glance off harmlessly, and that it would be impervious to machine-gun fire.

For defense he thinks a cavalry charge or a bayonet charge would beat itself to pieces against a wall of steel. Folding shelves could be put into it, and they would make bunks for the crew. On the march it could be drawn by cavalry horses. Its cost would be relatively small.

"I would consider one soldier equipped with the deflector," he says, "of more service to his country and his cause than 50 not so protected, for the simple reason that he can operate all the time during a long campaign in a hundred battles while the 50 are dead in the trenches. I am aware that many objections will be made to its use in battle, all of which I can easily answer. Its advantage over the stationary defenses, such as sandbags and barricades, would be many.

"In the first place, the men would not have to lie down on the ground or remain in a cramped, stooped position for many hours. They can shoot without exposing their heads to the



Steel Shield on Wheels.

enemy. A bullet striking the barrier will not throw dust into their eyes to blind them. They will not be exhausted by the laborious process of 'digging' in."

Heavy Wood Best Fuel.

Equal weights of dry, nonresinous wood are said to have practically the same heat regardless of species, and as a consequence it can be stated as a general proposition that the heavier the wood the more heat to the cord. Weight for weight, however, there is very little difference between various species; the average heat for all that have been calculated is 4,600 calories, or heat units, per kilogram. A kilogram of resin will develop 9,400 heat units, or about twice the average for wood. As a consequence, resinous woods have a greater heat value per pound than nonresinous woods, and this increased value varies, of course, with the resin content.

Had Eight Sets of Twins.

Squire Robert I. Mitchell, who visited his old home near Ridgeville recently, brought back a bit of rare news. The wife of West Graves, a negro of that section, has just presented her husband with the eighth consecutive set of twins. The young couple have been married about thirteen years, the knot having been tied by Squire Mitchell when he was a justice of the peace. A remarkable circumstance thereof is the fact that in each set of twins was a boy and a girl. There are eight children living, one of each set having died.—Caswell (N. C.) Dispatch to New York Tribune.

Cossack Loyalty.

The Cossack at home is good-natured, fond of his children, devoted to his horse. His intimate knowledge of that animal seems to make him the best horseman in Europe. The novelist Gogol speaks of him in high terms for his faithfulness to a comrade-in-arms: "The Cossack's first duty and first glory," says Gogol, "is to fulfill the duty of comradeship. Long as I have lived in the world, gentlemen brothers, I never happened to hear that a Cossack ever left his comrade, or betrayed him in any emergency."

Going Them One Better.

Mrs. Newrich—She has "Wednesday" on her card. Newrich—Well, we'll put "paydays" on ours.

Laura Jean Libbey's Talks on Heart Topics

(Copyright, 1914, by the McClure Newspaper Syndicate)

WHO IS SHE?

Give me but something whereunto I may bind my heart. Something to love, to rest upon, to clasp affection's tendrils round.

"Who is she?" That's the question every anxious mother asks her son when she hears he has a sweetheart. Then follows a torrent of questions which the young man finds it difficult to stem. "Do you know who her parents are?" "Where does she live?" "How old is she?" "Who introduced you to her?" "How often have you called on her?" "Were her folks impressed with you?" "Is she one of those dance-mad girls, or is she the kind who can make herself useful in the kitchen as well as play on the piano in the parlor?" "Is she a girl who powders and rouges, or is she sensible enough to be pleased with the complexion nature gave her?" "Is she a flirt or a modest maiden?" "Is she of the sort that you could with pride bring home to me, or one of the kind that you would rather I wouldn't see or meet right up to the wedding day?"

The average young man laughs at his mother's solicitude and tries to evade answering. But when he is cornered, if he admits that she is a pretty girl, employed either in office, or shop, he doesn't know which, and was introduced to her by a girl friend of hers; that she hasn't a home of her own, but is sheltered by a boarding house roof; that she is the most modest as well as the sweetest girl in the world, instead of being relieved by the young man's last remark the mother oftentimes goes off into hysterics.

"I don't know any more now than I did before," gasps the twin head of the family. "If you continue to visit her, I shall never rest until I find out all about her." Any young man will protest vigorously about his mother interfering in his love affairs, no matter how fond she is of her boy. He bravely declares that as long as he loves the girl, and she cares for him, that's all that's necessary. He does not add all that he has found out concerning her; that, although she is poor and her plain clothes do not correspond with her sweet face, she has an honest heart and an unsullied reputation, a girl whom he can trust; that she is not running around inquiring who he is—whether or not his father was a shoemaker or a railroad magnate in his early life; if his mother was a milliner's apprentice when she was young. All that she asked when he proposed that they keep company was if he had good habits, a steady position and whether or no he was a trifter, wanting to take up her time with no serious intentions—infatuated with this girl today and that one tomorrow. She added that she was a good working girl, honest, and frankly asked not to be deceived by a declaration of deep interest in her unless it came from the heart.

It is not every girl who is brave enough to face an anxious, keen-eyed mother of a son, lest she break up a sweet love dream. Nine times out of ten mothers can trust their son's judgment in selecting a wife whom they can be happy with. Girls who have now and then been dubbed "nobodies" have invariably turned out to be the most lovable of wives. Judgment should never be rendered too hastily.

IF HE WERE WHAT HIS SISTERS THOUGHT HIM.

Yes, hold me, beloved!
I feel your soul;
But my wayward soul,
Takes wings, fleet and strong,
If you hold me too long.

One brother midst a household of girls, unless he is an extra level-headed young fellow, is sure to be hopelessly spoiled before he gets out of kindergarten. The spoiling goes on up to the time he is a man grown. He is looked upon by the family as the flower of the flock; the brainiest and most sensible of young men.

They are anxious as to the time he may fall in love, believing that there are few, if any, girls who are quite good enough for him. They will not allow older on their table lest he might acquire a taste for it, which might lead on to other beverages stronger and more harmful.

The girls bring to the house only Sunday school scholars as friends lest he be brought in contact with a maid who would have fun and frolic instead of being serious. The girls hide from their brother the fact that each had a night girl lest he would be horrified at the knowledge.

The sisters were never out later than ten o'clock, attending prayer-meeting, singing school, or perchance a quilting-bee. Brother often reached home in the wee sma' hours. How the family pined him when he explained at breakfast table that he was looking over the books at the request of the firm! It happened so often that the father, knowing something of the world himself, looked across the table dubiously, at his son. The mother was indignant at the way they plied work on the poor soul; his face was so pale and his eyes so heavy.

His sisters openly declared that father should put him in business for himself; that they would be perfectly willing to make their shares over to him. "He had come home minus his watch and chain. The grief of his sisters was great when he confessed that some of the light-fingered gentry must

have purloined it. He couldn't tell for the life of him how he had lost it. The girl found clove, and cardroom seeds scattered about the top of his dresser. He accounted for these by remarking that the street gamins had made him the victim of their putty blowers. His clothes were muddy, his hat dented. His sisters believed in him implicitly when he told, reluctantly, that he had slipped in attempting to escort an organ-grinder from one pavement to the other. As for the coupons of the French ball found in his pocket as he drew out his handkerchief, he was puzzled to know how they got there unless it was the jolly chap who sat next to him in the crowded street car must have tucked them in his yawning pocket to get rid of them.

Such a brother can go a long way before he is found out. It is usually some cast-off sweetheart who opens the family's eyes, just to get even with him; pulls the little tin down from his pedestal to get even with him, as it were. Many a fellow has rooted out his bad habits just to become the honorable brother his dear sisters thought him.

LONELY HEARTHS AND HEARTS.

I hold it true what'er befall,
I feel it when I sorrow most,
'Tis better to have loved and lost
Than never to have loved at all.

Every one thinks the single man must have a happy life of it. They argue that he must be contented or he would change his state of single blessedness. The scale of their pity is tipped in favor of the bachelor. They like to consider that he is bashful. In the case of a widower, they know that he has entered into matrimony once, and therefore he knows how to win a woman's heart. If he remains single, it is because he will not put anyone in the dear departed's place.

The truth is that the bachelor is not deserving of such sympathy. He will go through the world until he finds one who appeals to him. The older he gets the younger he wants the girl to be with whom he shall fall in love.

The widower's home has been so different that it is with much difficulty he can submit himself to the change. He has been used to have a presiding helpmeet, a loving face close to his own when he needed someone to cling to, one nearer and dearer yet than all others when he was in need of someone to confide in. Bereft of his treasure, he has no heart to make himself agreeable to those who have little or no interest in him for himself alone. The years that have gone before have domesticated him. He appreciates the comfort of his own hearth.

He tries to make himself believe that he is happy in the companionship of his brave sons and sweet daughters. They love him dearly, but it is heaven's plan that they shall woo and be loved, turning their hearts bravely to other loves. The sons wed and the girls marry. When the last bird has fluttered away from the home nest, he begins to realize fully, and for the first time, that he is desperately lonely. His housekeeper may be very good, but she has her own interest elsewhere. Servants come and go. Where can he look for a dependable home staff?

He realizes that he does not grow younger and more active with the years. He knows then that he can expect only a fireside companion in a wife. The world and his wife are shocked when he weds again. But they would not be if they studied the conditions of his lonely life and realized that the only path that showed a bright star to light his way was that which led to matrimony. A man who has once loved, tenderly and well, is never happy away from a faithful woman's gentle influence.

Neither the bachelor nor the widower should be influenced into living a lonely life. Happiness in this world is brief. Each day should be measured by its joys, not by its griefs. There is no heart so lonely but that a woman's presence can brighten it. There's no heart so dusty and untenable with the cobwebs of years about it but that some one woman can make it habitable again. Life can be happy or adjusted as a man wills it.

TELLS OF ANCIENT AMERICA

Dr. Herbert Spinden, Back From Yucatan, Describes Ruins of Olmec Cities.

From Yucatan and the jungles of Central America Dr. Herbert Spinden of the Museum of Natural History, has returned with archeological and chronological collections and drawings and studies of the art of the Maya country of great value to the museum.

Doctor Spinden traveled about fifteen hundred miles through the jungles and spent six months exploring. At Belize Doctor Spinden was joined by S. G. Morley of the Carnegie institution, Washington, and the two traveled to Flores, on a picturesque island in Lake Peten, where Doctor Spinden made his headquarters for an expedition to the ancient cities of the Maya Indians. The population today is 5,000, but about A. D. 600 the region had about 500,000 people. The country is now virgin forest.

"An interesting question has been raised," says Doctor Spinden, "as to whether the decrease of population has been caused by climatic changes. There are seven cities of the first class in this region, the greatest and most famous being Tikal. It is in the heart of the jungle, and the ruins extend over a square league. Among the features are enormous terraces and pyramids. The cities were laid with plazas and viaducts. On the sculptured monuments are elaborately costumed warriors, while other bear dates of interest to the student of Maya history.

"The great temples have enormous roof structures, and the broad stairs are made from slabs of a very hard and permanent wood called calceopote. These stairs are carved with priests and altars and sacrifices, and although placed in position about A. D. 600, many are still in perfect preservation."

Dr. Marden's Uplift Talks

By ORISON SWETT MARDEN.

PICKING UP KNOWLEDGE BY THE WAY.

I often receive letters from young people, complaining that it is impossible for them to attend school or college because they have to work, and therefore have no opportunity to acquire an education.

Did you ever stop to think, my young complaining friends, that a great many of the most prominent men of today have been self-educated? I do not mean that they have worked their way through school or college, but that they have actually gained an education in its widest and best sense by their own efforts, with little or no actual schooling.

Thomas A. Edison had only a few months' regular schooling for his parents were poor, and at twelve years of age he had to earn his own living. But he began reading "solid books" very early. When only ten he was absorbed in Gibbons' "Rome" and Hume's "England," and had already read the biographies of many great and noble men.

Andrew Carnegie had only an elementary school education, but by reading and studying in his leisure moments he acquired the culture that has fruited in several books and many magazine articles on topics of world-wide interest, to say nothing of his business achievements.

Prof. William J. McGee, who recently left the United States bureau of ethnology after remarkable geologic and ethnological achievements, was a blacksmith in Iowa when he began to study geology, the higher mathematics and languages. He was chief of the department of ethnology at the Louisiana Purchase exposition. He is now editor of the National Geographic Magazine.

You who complain that you have no opportunity to get an education, read the lives of men who have lifted themselves into place and power by self-education, biographies like that of Franklin, of Lincoln, of Vice-President Marshall, men who from the direst poverty, by sheer force of their own will power, have lifted themselves into the highest stations of life.

Did it ever occur to you that you are right now in the greatest of all universities, the university of life, where you are meeting people every day from whom you can learn something valuable, no matter how humble they may be?

If you are ambitious you can absorb knowledge every moment of your life; every piece of work you do, every human being you meet is a study for you.

If the young people who long for knowledge and think they are deprived of it because of their unfortunate position as wage-earners could only realize what a marvelous opportunity is theirs to drink in wisdom at every breath, to absorb invaluable knowledge through their very pores. The results of all the schools, of all the colleges and universities of the past are spread out here before our eyes in the civilization that now is. There never was such a time for gaining an education as the present.

To the busy worker our free public libraries, art galleries and museums, which are now opening their doors to evening visitors, offer splendid advantage for picking up knowledge. The greatest characters in history have been noted for their perpetual self-improvement habits; they were always absorbing knowledge, power, from their experiences and surroundings, treasuring up gems of thought, valuable deductions.

It does not matter what your occupation may be, determine that every day, no matter how busy you may be, you will add a little something to your general improvement, you will absorb something that will make you a little larger, fuller, broader man or woman. Keep your eyes and ears and your mind open and you will be astonished at the number of useful things you will learn every day.

If you want to improve yourself form the habit of carrying a pad or notebook and pencil and jot down things you would like to be able to remember. You will be surprised to see how much you will gain in this way in a single year.

It is astonishing what the passion for self-improvement, the determination to get an education, will do for one in the course of a few years.

MOST PEOPLE THEIR OWN WORST ENEMIES.

This is John Wanamaker's recent advice to men: "Don't be blue. If I only thought of my mistakes I would be miserable all the time."

Many a once prosperous man has gone down in financial ruin because he dwelt so much on his mistakes and gave way to discouragement and the blues.

The so-called "hard times" which we have been passing through and which have distressed business men for many months were not so much due to the actual financial condition of the country as to the mental condition of the people.

I have in mind a man who suffers

Applying the Old Saw.
Father—You talk altogether too much. You should cultivate the art of listening.

Willie—But you told me the other day that listeners heard no good of themselves.

Her Dream Comes True.
Mrs. Gough—What do you think, my dear? Such luck! We leave for Paris in an hour!

Chappie—Really!

Mrs. Gough—Yes, we're going to

so terribly from "blue" fits that his whole appearance is completely changed while under their influence. He does not look like the same man. He is absolutely unfitted to attend to business, and even his best friends try to avoid him. His whole appearance is that of utter despair, of intense mental suffering.

You would think by his expression that he was bearing on his shoulders all the troubles of mankind. It is difficult to smile or feel serene in his presence. No matter how enthusiastic or joyful you may be, his icy expression and discouraging conversation, his doubts and pessimism, chill you. Every time I go near him I feel as though I were running out of the sunshine into a dungeon.

Isn't it pathetic to see a strong, vigorous man, made to be a giant among the forces of the world, covering the abject slave of mental clouds which cast dark shadows over his life?

Think of a man, capable of leading hundreds or thousands of employees in a great enterprise—a man of achievement, born to do great things—the victim of the "blues," in the clutch of mental demons which he ought to be able to throttle in five minutes!

Think of the life force wasted every time he talks of failure, of hard luck, of troubles and trials, of past errors and mistakes!

There is no place in civilization for the morose, gloomy or despondent man. Nobody wants to live with him or do business with him. Everybody is disgusted and depressed in his presence and tries to get away from him.

When you look at it squarely it is a very foolish, almost criminal thing to go about this beautiful world, crowded with things to delight and cheer us, with splendid opportunities, showing a sad, dejected face, as though life had been a disappointment instead of a priceless boon. Just say to yourself, "I am a man and am going to do the work of a man. It's right up to me and I'm going to face the situation."

No one is capable of correct judgment, of using good sense, when there is fear or doubt or despondency in his mind. Discouragement colors the judgment. People will do all sorts of foolish things under the pressure of fear. I have known men who own real estate, who would come to grief in their business if they did not have it, when, as a matter of fact, there was no real cause for anxiety whatever. When you are in a fix like this, end and do not know which way to turn, you are in danger, for you are in no condition to plan anything or to do the best thing. You should do your planning when you are cool and calm.

Most people are their own worst enemies. We are all the time "queering" our life game by our vicious, bearing-down thoughts and unfavorable moods. Everything depends upon our courage, our faith in ourselves and others, and in our holding a hopeful, optimistic outlook.

When you are low-spirited and feel the "blues" getting a grip upon you, just stop whatever you are doing and make a business of driving these enemies out of your mind, neutralizing them, killing them, by their opposites. You know perfectly well that a cheerful, beautiful thought, no matter how difficult it may be for you to hold it when you are suffering, will soon bring you relief. Assume the cheerful, hopeful virtue, if you have it, and it will soon be yours.

Among the Highbrows.
A famous baseball man is a prodigious story-teller, and oftentimes his yarns are the source of amusement to his friends. Here is one of his new ones:

"A friend of mine, a metropolitan merchant, who had amassed quite a fortune by close application to his business, was being entertained one evening at a friend's house, where he encountered a number of young women graduates, whose conversation suddenly turned to a discussion of the development of the English novel."

"The merchant speedily experienced a feeling within which told him that he was out of it. After a few minutes of animated colloquy, during a brief respite, one of the young women turned to him sweetly and asked: 'What do you think of Fielding, Mr. Ellis?'"

"Oh, fielding is important, of course," our friend quickly responded, "but it isn't worth much unless you've got good pitchers and men who can hit the ball."—Harper's Magazine.

Oldest Old Oak Bucket.
Gardens in Palestine are found mainly in the environs of the larger towns and owe their existence to springs and fountains whose precious waters give life to the fruits and flowers, orchards, parks and pleasure grounds which enter into the oriental conception of Paradise. Where no running stream exists they depend for life upon capacious cisterns which "drink water from the rain of heaven." They are always carefully inclosed and protected by hedges, walls and ditches, and the traveler is surprised amid the heat and glare of the Syrian sun to enter their pleasant pathways and find retired and shady nooks under embowering greenery. Their secluded recesses have always been a favorite resort for purposes of devotion. They are often the gathering place of families and friends and the token of peace and security is when a man may sit in safety under his own vine and fig tree.—Christian Herald.

Pastor's. My husband has just been bitten by a mad dog.—Clubfellow.

Battle of the Nervils.
According to investigations made by Napoleon III of France the battle of Nervil took place between the villages of La Bussiere and Louvroil on the River Sambre.

Before giving any one a piece of your mind figure out whether you will have enough left to keep you going.

FOR THE SUCCULENT CARROT

Six Ways of Serving Vegetable That Should Be of More General Consumption.

Creamed Carrots.—Scrape and wash the carrots, cut in thin slices crosswise; boil in salted water until tender, drain off the water, cover with sweet milk, add salt to taste and a small piece of butter. Thicken with a spoonful of flour to the consistency of good cream.

Carrot Croquettes.—Boil four large carrots until tender; drain and rub through sieve, add one cupful of thick white sauce, mix well and season to taste. When cold, shape into croquettes, and fry same as other croquettes.

Carrot Soup.—One quart of thinly sliced carrots, one head of celery, three or four quarts of water, boil for two and one-half hours; add one-half cupful of rice and boil for an hour longer; season with salt and pepper and a small cupful of cream.

Carrot Pie.—Scrape and boil the carrots until very tender, then mash thoroughly, and to one cupful of carrot add one pint of milk, one-half teaspoonful each of salt, cinnamon and ginger, one well-beaten egg, sugar to sweeten to taste. Bake slowly in one crust like squash pie.

Carrot Preserve.—Boil the carrots until tender; peel and slice them and to each pound add one pound of granulated sugar and one-half cupful of water; flavor with lemon. Simmer slowly until half and thick, then seal.

Carrot Marmalade.—Boil the carrots until perfectly tender, then mash to a fine smooth pulp, and to each pound allow one pound of sugar, six almonds, the grated rind of one lemon and the juice of two and a few drops of almond flavoring. Bring to a boil gradually, and let boil, stirring constantly for five minutes; then pour into jars and seal.

DAINTY BASKET OF MACARONI

For the Luncheon Table or the Afternoon Tea This Is a Delicious Confection.

Take two cupfuls sugar, one cupful boiling water and one-eighth teaspoonful cream of tartar. Put ingredients in a smooth saucepan, stir, place on range and heat to boiling point. Boil without stirring until sirup begins to dissolve. Remove from fire and place in larger pan of cold water to instantly stop boiling. Remove from cold water and place in a saucepan of hot water. Now dip macaroni in sirup at regular intervals close to edge and put two together. When firm add a third macaroni and so on until a circle is formed large enough for base of basket.

Over these fit another layer of macaroni and over the second layer a third one. Make a handle of stretched candy twisted, and adjust same. Arrange basket on small plate, fill with ice cream, garnish with whipped cream, flavored and sweetened, and surround with holly.—Exchange.

Wash Chamolis and Doeklin Gloves.
The secret of success in washing chamolis and doeklin gloves lies in using lukewarm or cool water—better cool than even a few degrees too warm.

That, at least, is one of the secrets; the other is to use soapy water. The soaper the water, providing it is of the right temperature, the slicker and softer the gloves will be. They should first be freed from all dirt in a soap bath, and then put through another soapy bath in order that they may be rinsed from the dirt set free. They should then be pressed and squeezed in a thick towel until they are free from soap and water as nearly as possible. Then they are ready to be hung to dry in a cool, dry place. Never hang them near a fire, and never hang them in the sunshine if you would have them soft and pliable after laundering.

Individual Coconut Pies.
Beat together the yolks of two eggs, one cupful sugar, three tablespoonfuls flour and pinch of salt. Add one pint boiling milk and stir briskly until it thickens smoothly. Remove from stove, flavor with vanilla and add three-quarters cupful shredded coconut. Pour into individual shells that have been previously baked. Make a meringue of whites of two eggs and a tablespoonful of sugar and drop on pies. Brown in quite hot oven. These are truly delicious.

Heavenly Hash.
Beat yolks of four eggs until very thick; beat into them gradually, one cupful powdered sugar and one-half teaspoonful of salt. Beat until sugar is dissolved. Add juice of two lemons and beat again. Peel and slice thin six bananas and four oranges, put in a deep dish a layer of bananas, then a layer of dressing, then of oranges, and so on, having the bananas on top, and pour the remainder of dressing over it. Serve very cold.

Beef Scraps With Tomato.
Take pieces of beef left from a roast that are not inviting enough to serve again at the table. Place in the bottom of a granite, baking dish, season with salt and pepper and pour over this a quart can of tomatoes, or a can of tomato soup is even better. Then cover with bread crumbs, and dot with butter and bake till golden brown. Fine served with fried potatoes.

Beef Fricassees.
Cut two pounds of stew beef into pieces about two inches square. Roll them in flour. Have some meat drippings heated in a large frying pan. Put in the meat with six or eight onions sliced. Cook until brown. Add the contents of a can of tomatoes. Remove to back of range and cook slowly two hours. Season with salt and pepper to taste. Real nice if served with well-baked potatoes.

More Comfortable Shoes.
Paste a round piece of black velvet inside your low-cut shoes when they begin to stretch, and you will not be bothered with them slipping up and down.

The KITCHEN CABINET

If I had not to grub for bread
My muse mankind would thrill;
If all the world were not awry
I should be famous still.

But though I lay the blame on chance,
I notice with a sigh
The fact I cannot quite escape,
That half of it is I.

COMBINATIONS UNUSUAL.

To add variety to your table try some of these dishes.

Asparagus With Peas.—Cut the tender portions of a bunch of asparagus in pieces half an inch in length; let it cook in boiling water, with a bit of salt and a tablespoonful of butter. Beat the yolks of three eggs, add half a teaspoonful of sugar, a dash of pepper and salt; if needed a cupful of cooked peas; add three tablespoonfuls of butter to the asparagus and mix with the other ingredients, cook until the egg thickens. Serve on toast or on a dish garnished with toast points.

Cut the stem ends from six peppers, parboil for three or four minutes in salted water, drain and set in order in a serving dish suitable for the oven. Have ready about a cupful and a half of white sauce made from rich milk or cream, half a cupful of rice cooked tender and three milk onions boiled until tender. Cut the onions in bits and mix with a third of the white sauce. Fill the peppers with alternate layers of the creamed onions and the rice. Sprinkle with a few buttered crumbs over each and put in the oven until the crumbs are brown. Serve with the rest of the sauce poured around the peppers at once.

Prune Bavarian Cream.—Remove the stones and cut cooked prunes in small bits. There should be one cupful and a half of pulp and juice. Soften a third of a package of gelatin in one-third of a cupful of cold water; dissolve a little of the prune juice heated for the purpose; add one-fourth of a cupful of orange marmalade, the juice of half a lemon and two-thirds of a cupful of sugar; stir until the sugar is dissolved, then set in ice water and stir occasionally until the mixture begins to set, then fold in a cupful and a half of cream beaten stiff, and put into a mold. Garnish with half a cupful of whipped cream and pieces of cooked prunes.

HELPFUL IDEAS.

The decoration of the table for simple or elaborate entertaining does not take as important a place as it should.

A properly and at the same time prettily decorated table need not be either expensive or incur much work. For those who serve with the beautiful wood of the table covered with doilies or with beautifully laundered linen, the center piece is the first consideration. When a cloth is used there should be a heavy silence cloth under the linen, which may be of an old blanket or bed spread if one cannot afford one made for the purpose. At any rate have something to deaden the sound and pad the table.

When a scheme is desired a piece of silk or silecia cut a bit smaller than the open-worked center piece will give a pretty tone of color to the table and if the same color is used in flowers and candle shades a most attractive result is obtained. A center piece which is a low basket, filled with flowers loosely but gracefully arranged, with narrow ribbons running to tiny baskets also filled with flowers at each cover is an exceedingly pretty table decoration. The small baskets may be bought for five cents apiece or less.

To prepare fresh parsley for chopping dissolve an eighth of a teaspoonful of soda in a cupful of boiling water, dip the parsley in this and let the sprigs remain a moment, when they will turn a bright green. Then directly from the boiling water take them and cut with a sharp knife, then add to soup or sauce.

Both parsley and mint may be kept in vinegar, spiced or otherwise. Simply heat the vinegar and steep the herbs in it until of the desired strength, then strain and bottle. Such vinegar will keep for years and is a great addition to many dishes. Dried parsley and mint may also be used.

For a fresh mint sauce chop a handful of sprigs with a sharp knife until well bruised and fine, add two tablespoonfuls of sugar and two of boiling water, let stand for a few minutes to steep, then add hot vinegar, a quarter of a cup if quite strong. If the vine-

The Last Cartridge.

Near the French town of Sedan is the village of Baselles, where some of the fiercest fighting took place in 1870. There is a tavern still standing known as the Last Cartridge, which was the last French position desperately defended by the marines in that bloody war. The inn, which was the only house not burned down, now contains a small museum of relics of the battle, and one of the rooms on the first floor is still preserved in the same state as it is seen in the pathetic

Horse Makes Electric Light.

An Ohio inventor has devised an apparatus intended to transform a horse's energy into electricity with which to light a house, or charge storage batteries for the motor car which has replaced it for family driving purposes. The arrangement consists of a circular sweep which operates a dynamo, the animal causing power to be generated as it walks slowly around the 14-foot track. An electric bell and whip attachment keeps the horse going steadily ahead. If the animal

gar is not very strong the water may be omitted and the hot vinegar used to steep mint in.

SOME GOOD DISHES.

For a cold day there is no more appetizing dish than

Chili Con Carne.
—Boil until tender one pound of small red chili beans. Just before they are quite done add one onion and one clove of garlic finely chopped. There should be at this time in the dish about three pints of water; add seasoning of chili powder and a teaspoonful of salt. Chop a pound of suet, let cook to try out the fat, remove the bits and add a pound and a half of chopped steak or hamburger. Stir for a few minutes, then add to the beans and let cook several hours.

String Bean Salad.—For a can of beans mix four tablespoonfuls of olive oil, two tablespoonfuls of vinegar, a few dashes of cayenne pepper, a tablespoonful of catchup, and a teaspoonful of grated onion, a half-teaspoonful of salt or as much as is needed. Pour this dressing over the beans and toss until well mixed.

American Sausage.—Grind two pounds each of fresh pork and ham through a meat chopper; chop one small onion, one green pepper, one red pepper and four sprays of parsley, cut fine. To the meat and vegetables add one teaspoonful of powdered basil, half a teaspoonful each of curry powder and paprika, a teaspoonful of salt, two eggs, well beaten and one cupful of rich milk. Mix all the ingredients together, adding more onion and other seasonings if desired. Spread half a yard of cheesecloth on a meat board; on this lay strips of thin sliced bacon, side by side; on the bacon place the sausage rolled, spreading the ends with slices of bacon, then roll in the cloth. Tie the ends and two or three places through the center or sew it well. Let cook in boiling salted water (to which half a cupful of vinegar has been added) for three hours. Let cool under a weight. Serve cold, sliced thin with potato, cabbage or string bean salad.

SOMETHING NEW TO TRY.

It is true that there is nothing new under the sun, yet there are combinations of foods which are new in part, being originated every day. New flavors, new garnishes, new combinations are always welcomed. The following dishes may be new to many.

Custard Cake.—Cream or soften by heat a half cupful of butter and a cupful and a quarter of sugar; add two well beaten eggs and a half cupful of milk alternately with two cupfuls of flour which has been sifted with two teaspoonfuls of baking powder. Add a half teaspoonful of salt and a teaspoonful of vanilla extract.

Divide into two parts; add to one part, two tablespoonfuls of molasses, one cupful of raisins, one-half teaspoonful of cloves, one teaspoonful of cinnamon, and a fourth of a teaspoonful of grated nutmeg. Bake in a buttered tin for 20 minutes; take from the oven and spread over the white part; return to the oven and bake until well done.

Pear and Pimento Salad.—Fill each canned pepper with two halves of canned pears; place on a bed of lettuce and serve with the following dressing:

Put one teaspoonful of salt into a bowl; add a few dashes of red pepper; four tablespoonfuls of melted butter and two tablespoonfuls of vinegar, mixing well with the butter. Olive oil may be used in place of butter.

Cheese

ARGUES CASE IN SUPREME COURT

Attorney William Harrison Is Against Separate Car Law.

BIG EVENT IN WASHINGTON.

Distinguished Lawyer and Consistent Agitator For the Full Constitutional Rights of Colored Americans Questions Legality of Oklahoma Separate Car Law Before Highest Tribunal.

Washington.—The Jim Crow car case brought up from the United States circuit court of Oklahoma was recently argued in the United States supreme court by Attorney William Harrison of Oklahoma City, Okla. The purpose of Lawyer Harrison in bringing the matter before the highest court is to test the constitutionality of the separate car law for interstate passengers. The case was filed in the federal court by Lawyer Harrison Feb. 15, 1908.

The case is unique in that it involves the rights of the colored people throughout the country. It is one which few lawyers have been willing to handle and has been from its beginning handled exclusively by lawyers of our race.

In the argument Attorney Harrison sought to interpret the mind of congress as evidenced by the enabling act approved by congress June 16, 1906, and insisted that unless the legislature of the state of Oklahoma could violate every provision of the enabling act, which the people of Oklahoma had accepted and adopted irrevocably as a condition precedent to admission into the sisterhood of states, it (the legislature of Oklahoma) could not enact a law making distinction when it comes to the Negro race based upon color, the

same being forbidden by the language of the act itself. This argument was clinched when Mr. Harrison pointed out that separate schools were provided for in the enabling act and no other distinction or separation.

Arguing that the act of the Oklahoma legislature seeks to and does regulate interstate transportation, the lawyer said the act must stand or fall as a whole, not being separable, and being clear, positive and unambiguous, could not be construed away and had to be taken as expressing the mind of the legislature. He exploded the theory of police regulation and showed that, so far as the health, safety, comfort, etc., of the citizens were concerned, the police regulation argument set out by defendants was a mere subterfuge, and in this connection it was forcibly argued that the Mexican, the Italian, the Indian, the Turk, the Greek and every other race on the face of the earth had been legislated into white men and educated, cultured and refined citizens by the act of the legislature complained of.

Lawyer Harrison reached his climax by invoking the interpretation and construction of the federal constitution and specifically the fourteenth amendment as applied to the act of the legislature of Oklahoma complained of. Perhaps the most finely drawn differentiation was shown by the able jurist when it came to comparing the case at bar with other cases adjudicated. He clearly showed that his case was different and new in the following particulars:—That the supreme court of the state of Oklahoma had not construed the law as had been done in cases coming up from Louisiana, Mississippi, Kentucky, etc. The case at bar had evaded and avoided the state courts, knowing what its fate would be once in the said courts, and finally that the word "distinction" did not occur in the organic act of the states mentioned, but was purposely written in the enabling act of Oklahoma.

Closely connected with the case and intimately associated with Mr. Harrison from the very beginning of this case is the Rev. W. H. Jernagin, D. D., pastor of the Mount Carmel Baptist church in this city. Dr. Jernagin was formerly pastor of a Baptist church at Oklahoma City, Okla., before coming to Washington. He is a nice man of the cloth and has from the beginning agitated and argued that competent Negro lawyers were able and should have the conduct of this case. He has stood on the firing line, financially encouraging Lawyer Harrison to go on, and this he has continued up to the present time.

Now, therefore, public notice is hereby given that unless the said defendant appear at my office in Des Moines on or before the 26th day of February, A. D. 1915, at ten o'clock a. m. of said day, at which time said above described property is hereby advertised to be sold, and pay off the amount of said execution, with interest and costs, I will sell said property, or sufficient thereof to satisfy said execution, with interest and costs, at public outcry, to the highest bidder, at the east front door of the court house, in Des Moines, Iowa, for cash in hand to pay off said execution.

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NOTICE OF SHERIFF'S SALE ON SPECIAL EXECUTION.

State of Iowa, Polk county, ss. District court of Polk county, Iowa. Dr. R. A. Schwaner vs. P. A. Miller and Mrs. P. A. Miller.

By virtue of a special execution to me directed, issued by the clerk of the district court of Polk county, Iowa, in favor of Dr. R. A. Schwaner, and against P. A. Miller and Mrs. P. A. Miller, on a judgment rendered by said court on the 12th day of January, A. D. 1915, wherein it was ordered, adjudged and decreed that the following described property be sold to satisfy said judgment, to-wit: Lot twenty (20) in Glenwood Place, now included in and forming a part of the city of Des Moines, Iowa.

Now, therefore, public notice is hereby given that unless the said defendants appear at my office in Des Moines on or before the 26th day of February, A. D. 1915, at ten o'clock a. m. of said day, at which time said above described property is hereby advertised to be sold, and pay off the amount of said execution, with interest and costs, I will sell said property, or sufficient thereof to satisfy said execution, with interest and costs, at public outcry, to the highest bidder, at the east front door of the court house, in Des Moines, Iowa, for cash in hand to pay off said execution.

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State of Iowa, Polk county, ss. District court of Polk county, Iowa. New System Dentists vs. D. M. Bowmer.

By virtue of a special execution to me directed, issued by the clerk of the district court of Polk county, Iowa, in favor of New System Dentists, and against D. M. Bowmer, on a judgment rendered by said court on the 12th day of January, A. D. 1915, wherein it was ordered, adjudged and decreed that the following described property be sold to satisfy said judgment, to-wit: The south two-thirds (2-3) of lot thirteen (13) of W. W. Jones' subdivision of block T, and the west half (1-2) of block S, in Holcomb's addition to Des Moines, now included in and forming a part of the city of Des Moines, Iowa.

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MASON CITY, IOWA. (Last Week's News.)

Miss Ardella Car spent a few days in Mason City, the guest of Mrs. B. F. Eaton, the first part of this new year. Mr. Fred and John Mitchell are furnishing a vaudeville stunt this week at the Princess theater, which has been very satisfactory.

Mrs. F. D. Woodford is visiting for several weeks in Oskaola, the guest of her aunt. The comic play written by Miss Ardis Williams and played by the mem-

bers of the I. I. club New Year's eve, proved to be a total success. A large crowd was present to witness the affair and the remainder of the evening was spent in dancing. Mrs. Eaton and Harry Mitchell furnished the music for the evening.

Mrs. Maryellen Bradford was hostess Thursday for the Willing Working club. A two-course luncheon was served and at a late hour they adjourned to meet at Mrs. Fred Wright's the first Thursday in February.

Mrs. Thomas Allen spent a few days last week in Fort Dodge visiting her mother, Mrs. Beverly.

Mrs. H. Cabell very pleasantly entertained the Foreign Missionary society last Wednesday afternoon. A pleasant afternoon was spent by all.

Mrs. Laura Cabell returned home last week, after spending several weeks in Colfax visiting with her mother and friends.

Mrs. Walter Davis very pleasantly entertained Rev. Woodford and Mrs. Harvey Bass and Mr. Henry Casen of Clear Lake for dinner last Sunday. Each report a pleasant time.

Master Harold Davis is still reported on the sick list, yet able to be up and around in the house.

Mr. and Mrs. Thomas Allen entertained all the young people of Mason City in honor of Miss Allen of Oskaola, Iowa, for supper. She is the guest of Mr. and Mrs. W. L. Jones.

On last Friday afternoon Mrs. J. D. Reeler entertained the Home Missionary society. Two very interesting papers were read. After the regular routine of business light refreshments were served by the hostess.

Mrs. Allen of Oskaola arrived in the city Saturday to participate in the musical program given by the stowardess and trustees of Union Memorial church, which will be held at the First church (white).

We are very sorry to note that Rev. Woodford was called to Oskaola on Thursday on account of the death of Mrs. Woodford's grandmother.

Mrs. Alta Dent and children have returned to Mason City after spending a few weeks in Des Moines.

The Epworth League members organized a literary department Friday evening with a membership of twenty-two young people. Light refreshments were served by the members.

The Epworth League Bible session was led Sunday by W. L. Jones, which all discussed the lesson. The lesson will be led next Sunday by Mr. J. Crawford.

The stork visited the home of Mr. and Mrs. Dan Ewing last Wednesday, elating a fine boy. Both mother and child doing fine.

Mrs. B. Banning, who has been visiting in the state of Indiana ever since the first of November, returned home Sunday, reporting a fine time.

The Ladies' Aid society will give a ladies' banquet at the Union Memorial church January 29th. A special program is being prepared and 100 tickets are out to be sold. A fine menu is being prepared.

ORIGINAL NOTICE. Iowa, in and for Polk county. March term, A. D. 1915. Decimer Price, Plaintiff, vs. Wm. Price, Defendant.

You are hereby notified that on or before the 18th day of February, A. D. 1915, the petition of the plaintiff

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 it grow long, soft and beautiful. Price 50c a box. Send stamp for pamphlet.

MME. M. BEARD AGENTS WANTED 519 So. 16th St. St. Joseph, Mo.

Stomach Trouble Cured. If you have any trouble with your stomach you should take Chamberlain's Tablets. Mr. J. P. Klotz of Edina, Mo., says: "I have used a great many different medicines for stomach trouble, but find Chamberlain's Tablets more beneficial than any other remedy I ever used." For sale by all dealers.

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