

## Reminiscences

Continued from Page One

Everyone paid him tribute. He had succeeded, and they, working hard under great difficulties, looked up to him to show them success. There was no good in cursing the white man. He was on the scene to stay. Rather, they should take advantage of race prejudice and so improve their businesses that Negroes would support them.

### Niagara Movement

A little before the Negro League came the Niagara Movement meeting at Harpers Ferry, where John Brown made his stand for freedom. It was attended by about one hundred men and women of the "Intelligentsia." They were from different parts of the country, the North largely predominating. Storer College housed us, and between the meetings, which were not burdensome, there was opportunity for long discussions and good times. I was very diligent, as this was my first newspaper assignment, and I wanted to do my best. But I met the members at meal times and in the evening when my work was done, and managed to have more than one discussion, or rather conversation, for I was wholeheartedly in accord with the platform of these insurgents.

### John Brown Fort

The John Brown fort, now on the grounds of Storer College, was then

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# DON'T DOSE CHILDREN WITH HARSH MEDICINES



## Mother of Healthy Family Tells How to Keep Youngsters Happy and Strong

Mrs. J. E. Gaines' children are full of life. Neighbors of the Gaines have always envied the glorious health of her six youngsters. (Three are shown in the picture above.) Their complexion is always clear. Appetites fine, and bowels move just like clockwork. And they are always so full of pep, too! They get high marks at school and have a lot of energy left over to help their mother with the chores.

All of her friends in Atlanta say Mrs. Gaines is just plain lucky having such lovely children. Mrs. Gaines, however, tells another story. In a special story for the newspapers, to aid mothers with the health of their young ones, Mrs. Gaines said:

"Good health is never an accident like many people think. It comes from watching the physical needs of children. When a youngster is sluggish, headachy, with clogged-up bowels and coated tongue, it's a sign that the vital organs are out of order. This makes the child dull at school. Sometimes these children just mope around, or get into mischief instead of playing like other children. Don't spank children who get this way. You'll find that the poor youngster's bloodstream has been poisoned by accumulated

in a field at a distance, and we made a pilgrimage there early one morning. I can see Dr. Owen M. Waller walking barefooted through the rough grass and stones to the shrine of this old warrior, who with a handful of supporters stood against the million of the slaveholding South. There was one young man who would have looked handsomer in a movie than any favorite we have today. He said he had the blood of the Randolphs in his veins. I don't doubt it. I only doubt whether any Randolph was as aristocratic as he.

### We sang "John Brown's Body"

There was Frederick McGhee, big, black, respected by all his community, a representative of Minnesota. There were a number of women, some of them of great beauty. The work of the year was retailed—a few cases of discrimination carried up to higher courts. Even one as inexperienced as I saw that legal work could not possibly be carried on by the movement's small fees. But there was purpose and enthusiasm. We sang "John Brown's Body" at the end of every meeting, and we sang as though inspired.

In one way we were more conservative than Booker Washington. We had our meals regularly at one time. In Atlanta I had taken notes until four in the afternoon, and then found the second meeting coming at once upon the end of the first. The Negro stores up food at the camel stores up water. We anemic whites are not so stoic. We like a luncheon.

### Five Things

In the Address to the Country which the Niagara Movement gave the press, five things were demanded: the vote, the abolition of jim-crowing, equal enforcement of the law, education on the same basis as education for the white, "The right to associate with such people as

## Are You Reading Them?

Not only because they reveal the life history of one of the most interesting white women which this country has produced, but because they reflect a vivid picture of some of the most vital incidents which have influenced the fate of the 14,000,000 colored folk in America, the Reminiscences of Mary White Ovington, deserve special mention.

These articles, running in the issues of the Illustrated Feature Section, should be read by every man and woman in this country and should be brought to the attention of students everywhere. The average reading time for each article is about 15 minutes, and we commend their use for a part of the card-club session, the young people's organizations in the churches and the various study groups.

For scrapbook use, for holiday presentation to young people, these offer an excellent opportunity. And perhaps more significant than anything else, these give the feeling that this country is safe so long as there is one white woman with the courage and passion for fair play exhibited by the author.

Are you reading them?

wish to associate with us." It was written by Du Bois and magnificently read by Mr. L. M. Hershaw of Washington. It could appropriately be read today.

### Greener Looks Both Ways

Among the distinguished visitors to the Business League and the Niagara Movement was Richard T. Greener, the first colored man to graduate from Harvard College. Greener had lately returned from Vladivostok, where he had been United States consul. He made an address at each place. At Harpers Ferry he spoke of the battle for freedom. He eulogized John Brown and consecrated his race anew to the struggle for human rights. His speech ended with the words, "Who would be free himself must strike the blow."

Later, at the Business League he talked of compromise, of the necessity of adjusting one's self to circumstance, ending with the quotation, "It is better to bend than to break."

He left the platform after his

speech and walked down the aisle and saw me taking notes. We had met and talked together at Harpers Ferry. There was embarrassment in his manner as he nodded and hurried past.

Both of his pieces of advice held a good deal of truth, and an old man might be permitted to utter them both with conviction. He had done his work and was past the time for taking sides. But the leaders and many of their followers were young and could not believe that both sides were right. Fortunately for the race, they were able to choose where they should stand. Solidarity is good, but independence of thought is better. Where the Negro suffered and still suffers is in his inability to express his aspirations. Following Washington's advice, he pair his house and then is thrown out of it because it looks better than the house of his white neighbor. How shall he ever have the right to live in it, save as his aspirations seem to his race to be worth battle and sacrifice?

To be Continued

# The Farmer

## Supply Green Feed in Summer for Poultry

By JOSEPH H. BODWELL

It is profitable to feed green feed to all poultry during the summer, because it can be secured so readily and easily. For growing birds rape, clover, lawn clippings, swiss chard, oats or rye can be utilized.

Some poultry men find it wise to plant rape in rows around the poultry yard and let it grow about eight inches high before cutting it, and then by keeping it four or five inches from the ground all the time, it readily grows again after being cut. But if the rape is cut close to the ground, especially during dry weather, it will not respond and will die out. One of the troubles with rape in laying birds, however, is that it casts a greenish color to the whites of a few of the eggs.

Swiss chard and rye planted in the spring have proved to be two very popular green feeds for summer in the poultry plant. According to Prof. Graham, of Ontario College, winter rye planted in the spring will continually stool throughout the summer and will not grow very rank and will keep more succulent than the winter rye planted in the fall.

Too much green feed for laying birds may have a tendency to affect the quality of the albumen, but for growing birds there is very little chance that much harm can be done by overfeeding of green feeds, unless they are limited on other feeds, such as grain and mash.

Some poultrymen also are beginning to allow their growing chicks to go in their sweet corn or field corn fields after it has become about one foot high. This gives the growing chicks a chance to get shade as well as green feed and does no serious harm to the corn as long as the birds are not large enough to jump up and eat the sweet corn ears later on in the season. When trouble of this kind starts, the birds could easily be taken out of the field.

At least the birds should be allowed some sort of green feed that will help to keep the digestive system in good condition.

## Embarrassing Moments

### Dispossessed

I noticed some children playing in an automobile parked in front of my house. Fearing that they might do some damage, I ordered them to get out of the car. They did so and stood idly near the car. A few minutes later a man and woman came out of the house next door and greeted the children. All of them entered the auto and drove away—casting meaningful glances in my direction.

### Modern Politeness

One of the banks downtown has a free scale, on which I usually weigh myself. As I was passing the bank I started in, but found the door locked. When I shook the handle, however, a guard opened the door for me. I walked straight over to the weighing machine. As I glanced around I noticed there was not a soul in the bank. I looked up at the clock—it was 3:30 p.m.

## Bright Sayings of the Children

One week when the family finances were a bit low, hamburger occupied a prominent place on the menu. One day over a luncheon of meat balls, Mary Lou, aged 3½ said, "Mother, tomorrow is pay day and we can have some meat with bones in it, can't we?"

My little niece, Lou, will be three years old next month. Recently we called at her home and found her mother out. When we asked Lou where her mother was, she answered: "O, she's gone to the ladies' merry-go-round," meaning a meeting of the "ladies' circle" at the church.

Charles was discussing his first day at school: "You know daddy," he said, "that teacher doesn't even know as much as we do."

"How can that be?" asked his parent. "Well, at least we all know our names, and what street we live on, and she doesn't know one of them."

## THE HUMAN THING TO DO

The afternoon tea tray should have both cream and lemon on it, so that the guest may have her choice.

The guest who is seated at a distance from her hostess gets her tea from the hostess and carries it to her place.

Always put a cloth on the table on which tea is placed. The cloth may be of colored linen; but white—either plain, hemstitched or trimmed with lace and needlework—is a more general choice.

A guest at an afternoon tea who happens to be seated close to her hostess facilitates matters by extending her hand for her cup of tea.

## PUZZLING PROBLEMS

A city park is 520 feet by 710 feet. How many acres does it contain?

### ANSWER

8.47 (plus) acres. Explanation—Divide the product of 520 and 710 by 43,560 (number of square feet in one acre).

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