



Let me but do my work from day to day.
In field or forest, at the desk or loom,
In roaring market-place, or tranquil room.

WISDOM IN FEEDING THE FAMILY.

Food is not necessarily nutritious in proportion to its cost. Humankind, the high-priced foods appeal to the imagination and they seem very desirable, but by stiffening the back bone and developing will power we are able to resist them by with but a longing glance, though tempted.

The mother of a family should, of all people, understand food values, for she is in a position to build up healthy bodies or tear down and ruin digestions. "Bad habits ruin life, as do weak bones the bodies."

Protein foods are those most expensive and complex, such as meat, fish, eggs, cheese and milk. Carbohydrates are the starches and sugars, potatoes, rice, macaroni and the various sugars. Plant protein, such as peas, beans and lentils, take the place of meat. When the meat allowance is small these vegetables should be used freely, rather than cabbage, turnips and beets.

An excess of meat is especially bad, as that which is not assimilated clogs the system and causes self-poisoning. Brain workers need easily digested food; muscle workers find coarser foods better suited to their needs. However, all need roughage (foods that contain cellulose) to give bulk and increase intestinal activity.

Let us not forget that milk and butter, yolk of egg and green leaves of plants contain a growth determinant absolutely essential to the growing child, without which he will be stunted and handicapped through life.

Diet should be varied as well as mixed, substituting occasionally such foods as rice and macaroni for potatoes.

By planning meals several days ahead it will be much easier to arrange a rightly balanced and varied diet. We do not tire of the common staple foods, but we find them very monotonous served in the same old way. It is not possible to fix a general dietary standard, as many things, such as age, occupation, health and climate enter in to qualify it.

Nellie Maxwell

PRES-ELECT KING OF LIBERIA INVITES AMERICAN NEGROES TO LIVE IN HIS COUNTRY

New York, N. Y., Sept. 16.—C. D. B. King, president-elect of Liberia, has a solution for America's "Negro Problem" if such there be. He is out with an invitation to all dissatisfied Negroes in the United States to go over to his African republic and be happy.

In fact, he says, he came to America from Paris, where he was the Liberian delegate to the peace conference, to encourage Negro immigration to Liberia, and incidentally obtain assistance from the United States.

The Negroes in your country seem dissatisfied," he declared in an interview yesterday. "I do not attach blame to any one, but I do know that the opportunities for the American Negroes in my country greatly exceed those in the United States. "We don't know what race riots

are in Liberia. My countrymen run the entire government and are advancing in importance to the point where the American government has lent us \$5,000,000. We have a country the size of the state of Ohio, with a population of 2,500,000, two colleges, banks and an agricultural and industrial outlook that cannot be surpassed anywhere.

"Liberians all talk English, as the country was started in 1848 by Americans as a colonization project. Our constitution is almost identical with the American constitution. Great Britain has supervised our customs for many years, following a loan to Liberia, but now we are asking for an American protectorate, in effect that will give the United States a commercial foothold in Africa, if the American interests wish to take advantage of it."

Mr. King said he hoped to arrange with the American government for expert advisers in education, administration and the judicial branches of government to be sent to Liberia.

TWO NEGROES LYNCHED IN JACKSONVILLE, FLA.

Jacksonville, Fla., Sept. 17.—Two Negroes charged with murder were taken from the city jail here shortly before midnight and lynched. A mob of fifty men stormed the jail in search of a Negro who was being held for assaulting a little white girl, but who had been secretly sent to St. Augustine, by court officers early last night, following threats of violence.

Finding their intended victim gone the crowd seized two Negroes charged with the murder recently of George Dubose, a white man, took them to the outskirts of the city in automobiles and shot them to death. They then placed ropes about the necks of the bodies and dragged them through the city streets. One body was dropped in front of a leading hotel. The other has not been found.

At an early hour the sheriff and a posse were searching for members of the mob, but no arrests had been made.

SYNDICATE CONTROLS VALUABLE PROPERTY

Acquired It to Provide Sanitary and Suitable Homes for Race Confronted With Housing Problem.

Philadelphia, Pa., Sept. 10.—A syndicate of Negro capitalists, of which the E. C. Brown company of this city is the head, holds title to three large properties in West One Hundred and Forty-first street, three in West One Hundred and Forty-second street, extending the whole block from Lenox avenue to Seventh avenue, New York, for a consideration said to be about \$1,500,000. The properties cover two acres, and were built about seven years ago by a Mexican syndicate, of which the late President Huerta of that country was the head. The properties are apartment houses, containing 1,466 rooms, divided into 306 suites. The properties were bought by the late Philip A. Payton, a well known real estate operator, in 1917, and the title holding syndicate has been named the Payton Apartment corporation.

Andrew F. Stevens, of this city, vice president of the corporation, says that the syndicate intends providing housing for Colored people in better sections in this city, "thus avoiding the unpleasant humiliation and segregation that usually confronts us, both in home-getting and pleasure-seeking."

N. A. A. C. P. MEETS AT ZION BAPTIST CHURCH

The Omaha branch of the N. A. A. C. P. held its usual weekly meeting at Zion Baptist church with the president, Rev. John Albert Williams, presiding.

The grievance committee reported the failure of the police authorities to suspend Officers Brigam and Armstrong held to the district court in connection with the killing of Eugene Scott in the raid on the Plaza hotel. The committee declared that it would be satisfied with nothing less than the suspension of these officers and intended to leave nothing undone that would bring about this desired result. It recommended that the association defer further action until the committee had been given an opportunity to confer with Mr. Ringer and the commissioners during the incoming week.

A spirited discussion followed the report of the committee, participated in by a great many of those present. The question was finally called for and the branch accepted the report and recommendation of the grievance committee as offered through its chairman, Mr. C. C. Galloway.

Mr. Lemma led off the contribution made to the defense fund by paying his pledge of \$5. More than \$50 was paid in by the members of the branch. A. G. W. Sango, prominent attorney of Muskogee, Okla., addressed the association, pleasing both by the humor and the logic of his remarks.

The association adjourned to meet next Sunday afternoon at Grove M. E. church, 22d and Seward streets, at 4 o'clock.

SOMETHING ABOUT BASEBALL

The baseball season is fast coming into the shadow of another year's retirement. The old pastime, loved by millions, young and old, is indeed worthy of the support given it by the masses.

Baseball today is played in many parts of the world to admiring crowds. Many old folks are as keenly interested in the game as the urchin whose head still stands below the height of the bat.

Not only do white people play ball, but all races as well. In the history of baseball the Colored race has produced some marvelous players. Some of whom it is said have, by hiding their identity, taken part in American organized base ball.

There are Colored players, members of such organizations as the Giants of Chicago who not only know every rule governing base ball, but are expert players as well, equal if not superior of some of the foremost white players.

Why Colored men have never been admitted to membership in the big leagues is only a rule of the white man's prejudice.

That Colored men can make good, goes without saying, that has been proved more than once. And that play in which Colored men figured with or against white men could be staged without trouble was shown during the late war.

Colored teams and white nines played in many camps in France and we have no record of any dissatisfaction nor disorder.

The writer, who had charge of the athletic training of Colored troops stationed at Camp Funston had under his direction several teams, one of which was entered in the Inter-mural league. By playing superior

ball the Colored team won the pennant and a fifty dollar prize hung up by the camp authorities.

These games were hotly contested, the Colored troops showing championship form from the outstart. Many a high class feat was performed by individual members of all sides and perfect harmony prevailed always. Not only did the Colored outfit have members of their race as well wishers and active rooters, but to the credit of the white man be it said, many of them aided greatly in assisting the dark skin willow yielders to bring home the bacon.

To Funston goes the credit of having, as far as we know, given the first chance to a Colored team to play in a white league of organized base ball and do so with absolute fairness.



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