

## Our Women and Children

Conducted by  
Lucille Skaggs Edwards

### THE DANGER FROM IGNORANCE By Mrs. Penrose England.

If you knew that by a certain date your little child (son or daughter) would have to ride a high-spirited, fiery horse and manage it alone, would you think that the safest thing was to say nothing about the matter and let the child take his chance. Surely it would be fairer to teach him in the meantime to ride a quiet pony, and tell him by degrees what he had to expect; or, to use another simile, you would not put a sharp razor into a child's hand without instructions as to its use, or warning as to its dangers, and then blame him if he cut himself. Yet we know that the mysterious power of sex, the power of manhood or womanhood, is far more difficult to understand and imagine rightly than a fiery horse, and far more dangerous than a razor if misunderstood or wrongly used, and yet children in hundreds and thousands every year come into possession of this stupendous gift without one word of instruction, or perhaps even warning, on the subject.—Purity Magazine.

#### IF WE KNEW

If I knew that a word of mine,  
A word not kind and true,  
Might leave its trace,  
On a loved one's face,  
I'd never speak harshly;  
Would you?

If I knew the light of a smile  
Might linger the whole day  
through  
And lighten some heart  
With a heavier part,  
I wouldn't withhold it;  
Would you?

—Ex.

#### FACT AND COMMENT

Do not forget that "plan" is half of "planting"—and the first half, at that.

Three Neighbors ever good  
Are Mountain, Stream and Wood.

Do not think you can discharge your patriotic duty toward the food supply by keeping a bee.

Bread has gone to fifteen cents a loaf in many parts of the country, and cheese is thirty-five cents a pound. The third staple of the simple and idyllic life is fortunately no dearer; young couples need not economize in the use of water.

Although saving waste paper is a practice that is exceedingly useful just now, it may nevertheless be a source of serious danger if the paper is piled loose in the cellar, in closets or in the attic. In several instances school authorities have had to stop children from storing paper in the basements of school buildings. The only safe way is to pack the paper in well-tied bundles separate one from another, and to send for the junkman before any large quantity accumulates. Newspapers, wrapping paper and magazines should not be mixed.—Youth's Companion.

#### RULES THAT MAKE FOR HEALTH

These are the training rules Dr. C. Ward Crampson gives the boys of

the Public Schools Athletic League, New York City.

Go to bed at nine o'clock, after a thorough wash and a cold splash on chest and trunk; teeth and gums well scrubbed.

Bedroom windows open top and bottom.

Rise not a minute later than seven o'clock. Go through two-minute drill and hygienic exercise for demonstration. Clean face and neck and scrub the hands. Finish up with a big cold splash and a hard rub all over. See that feet and legs are clean, and rub them hard to get them in condition.

#### AN APPEAL IN BEHALF OF LITTLE COLORED CHILDREN

Through the columns of this paper I wish to make an appeal on behalf of five little homeless Colored boys and girls. There are two boys, one 9 and the other 13 years of age; and three girls, respectively 3, 5 and 7 years old. They are all bright children and free from physical ailments. The state has been boarding them in private homes for some time and they would now be at the Home for Dependent Children, Lincoln, were it not for the fact that there is scarlet fever and measles in the Home and it has not been deemed wise to bring them in. Anyone wishing to adopt one or more of these little children will confer a favor on the children by writing direct to Miss Amy V. Stevens, State Agent, care Home for Dependent Children, Lincoln, Nebraska, who will give full information.

The two boys are in school and it is not wise to take them out until the school closes in order that they may make their grades. The three little girls could be taken at once.

The rule for placing children is to put them out on trial for four months and if it is found they are properly cared for then they can be legally adopted. If they are not properly cared for the State Agent will bring them back to the Home as soon as her attention has been called to existing conditions.

There are childless homes among the Colored people as well as among the whites, and it seems to me that suitable homes for these five little ones should be found at once.

E. O. MAYFIELD,  
Chairman, Board of Commissioners of State Institutions.  
Lincoln, Nebraska, May 22, 1917.

#### ST. JOHN'S A. M. E. CHURCH NOTES

##### Event Extraordinary

On June 8 the Omaha students who have been attending Western University, Quindaro, Kansas, during the past year, will give a great concert and recital at St. John's. Prof. R. G. Jackson, head of the famous Western University music department, recognized as the greatest chorus director in the west, will come from Kansas City to conduct the music. Miss Beulah Douglass, the brilliant pianist and member of the Western University music faculty, will play. In connection with the recital there will be thrown open an exhibit of industrial work done by the Omaha students who are Misses Aline Bentley, Hazel Hall, Rosa Bright, Elsie Hill; Messrs. Hurbert Glover, Harold Bentley, Thomas Roulette, Wilson Green, Percel Baugh, Richard Allen. Dr. H. T. Kealing, president of Western University, will also accompany them and bring greetings.

The annual sermon of the K. of P.'s will be held at St. John's Sunday afternoon, 3 p. m. The Rev. W. T. Osborne will preach the Thmanksgiving sermon.

#### TO TRAIN NEGRO OFFICERS

A Camp Will Be Established in the Western Army Department.

San Francisco.—An independent training camp for Negro officers will be established soon in the Western army department, according to announcement recently. All Negroes who have been recommended for re-

serve commissions will be excused from other duty until the camp is established.

The Du Bois Dramatic Club will present Mr. J. Andrew Singleton in recital June 18.—Adv.

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