

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

ILY.



are able to pass

they

she is in a position to build up healtny government to be sent to Liberia. bodies or tear down and ruin diges-"Bad habits ruin life, as do TWO NEGROES LYNCHED tions. weak bones the bodies."

Protein foods are those most expensive and complex, such as meat, fish, are the starches and sugars, potatoes, rice, macaroni and the various sugars.

beets.

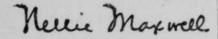
as that which is not assimilated clogs the system and causes self-poisoning.

Brain workers need easily digested food: muscle workers find coarset foods better suited to their needs. increase intestinal activity.

ter, yolk of egg and green leaves of the city streets. One body was dropplants contain a growth determinant ped in front of a leading hotel. The absolutely essential to the growing child, without which he will be stunt ed and handicapped through life.

Diet should be varied as well as mixed, substituting occasionally such of the mob, but no arrests had been foods as rice and macaroni for pota made. toes.

By planning meals several days SYNDICATE CONTROLS ahead it will be much easier to ar VALUABLE P range 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 enter in to qualify it.



### PRES.-ELECT KING OF LIBERIA INVITES AMERICAN NEGROES

\*

happy.

are in Liberia. My countrymen run N. A. A. C. P. MEETS AT the entire government and are advancing in importance to the point where the American government has lent us 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 presiding. anywhere.

constitution is almost identical with

Food is not necessarily nutritious in the American constitution. Great proportion to its cost. Humaniy, the Britain has supervised our customs high-priced foods for many years, following a loan to appeal to the un Liberia, but now we are asking for agination and seem very an American protectorate, in effect desirable, but by that will give the United States a stiffening the back comercial foothold in Africa, if the bone and develop- American interests wish to take ading will power we vantage of it."

Mr. King said he hoped to arrange The mother of a family should, of all people, understand food values,  $f_{GI}$  tration and the judicial branches of

### IN JACKSONVILLE, FLA.

eggs, cheese and milk. Carbohydrates Negroes charged with murder were chairman, Mr. C. C. Galloway. taken from the city jail here shortly An excess of meat is especially bad, night, following threats of violence. mor and the logic of his remarks. Finding their intended victim gone Dubose, a white man, took them to o'clock. However, all need roughage (foods the outskirts of the city in automothat contain cellulose) to give bulk and biles and shot them to death. They SOMETHING ABOUT BASEBALL then placed ropes about the necks of Let us not forget that milk and but- the bodies and dragged them through

> other has not been found. At an early hour the sheriff and a posse were searching for members the masses.

With Housing Problem.

is the head, holds title to three large organized base ball. New York, N. Y., Sept. 16 .- C. D. \$1,500,000. The properties cover two white players. B. King, president-elect of Liberia, acres, and were built about seven Why Colored men have never been with an invitation to all dissatisfied that country was the head. The prop- man's prejudice. Negroes in the United States to go erties are apartment houses, contain- That Colored men can make good,

In fact, he says, he came to Ameri-ca from Paris, where he was the Liber-known real estate operator, in 1917, with or against white men could be

The Omaha branch of the N. A. \$5,000,000. We have a country the A. C. P. held its usual weekly meet- the Colored troops showing championing at Zion Baptist church with the high class feat was performed by president, Rev. John Albert Williams, individual members of all sides and

"Liberians all talk English, as the the failure of the police authorities members of their race as well wishers WISDOM IN FEEDING THE FAM- | country was started in 1848 by Amer-1 to suspend Officers Brigam and Arm-1 and active rooters, but to the credit icans as a colonization project. Our strong held to the district court in of the white man be it said, many of connection with the killing of Eugene them aided greatly in assisting the Scott in the raid on the Plaza hotel. dark skin willow yielders to bring The committee declared that it would home the bacon. be satisfied with nothing less than the suspension of these officers and ing, as far as we know, given the intended to leave nothing undone that first chance to a Colored team to would bring about this desired re- play in a white league of organized sult. It recommended that the asso- base ball and do so with absolute ciation defer further action until the fairness. committee had been given an opportunity to confer with Mr. Ringer and them by with but with the American government for 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 Jacksonville, Fla., Sept. 17 .- Two committee as offered through its

Mr. Lemma led off the contribution before midnight and lynched. A mob made to the defense fund by paying and lentils, take the place of ment, of fifty men stormed the jail in his pledge of \$5. More than \$50 was When the meat allowance is small search of a Negro who was being held paid in by the members of the branch. these vegetables should be used free for assaulting a little white girl, but A. G. W. Sango, prominent attorly, rather than cabbage, turnips and who had been secretly sent to St. ney of Muskogee, Okla., addressed the Augustine, by court officers early last association, pleasing both by the hu-

> The association adjourned to meet the crowd seized two Negroes charged next Sunday afternoon at Grove M. E. with the murder recently of George church, 22d and Seward streets, at 4

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

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 VALUABLE PROPERTY head still stands below the height of the bat.

Acquired It to Provide Sanitary and Not only do white people play ball, Suitable Homes for Race Confronted but all races as well. In the history of baseball the Colored race has pro-Philadelphia, Pa., Sept. 10 .- A syn- duced some marvelous players. Some as age, occupation, health and climate dicate of Negro capitalists, of which, of whom it is said have, by hiding the E. C. Brown company of this city their identity, taken part in American

properties in West One Hundred and There are Colored players, members Forty-first street, three in West One of such organizations as the Giants Hundred and Forty-second street, ex- of Chicago who not only know every tending the whole block from Lenox rule governing base ball, but are exavenue to Seventh avence, New York, pert players as well, equal if not TO LIVE IN HIS COUNTRY for a consideration said to be about superior of some of the foremost

has a solution for America's "Negro years ago by a Mexican syndicate, of admitted to membership in the big Problem" if such there be. He is out which the late President Huerta of leagues is only a rule of the white

over to his African republic and be ing 1,466 rooms, divided into 306 goes without saying, that has been suites. The properties were bought proved more than once. And that \*\*\*\*\*\*\*

ball the Colored team won the pen-ZION BAPTIST CHURCH nant and a fifty dollar prize hung up by the camp authorities.

NEW YORK SIOUX CITY

These games were hotly contested, ship form from the outstart. Many a perfect harmony prevailed always. The grievance committee reported Not only did the Colored outfit have

To Funston goes the credit of hav-



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Liberia, and incidentally obtain as- corporation. sistance from the United States.

dissatisfied," he declared in an inter- the syndicate intends providing hous- satisfaction nor disorder. view yesterday. "I do not attach ing for Colored people in better sec- The writer, who had charge of the those in the United States.

"We don't know what race riots ing."

ian delegate to the peace conference, and the title holding syndicate has stared without trouble was shown to encourage Negro immigration to been named the Payton Apartment during the late war.

Colored teams and white nines Andrew F. Stevens, of this city, vice played in many camps in France The Negroes in your country seem president of the corporation, says that and we have no record of any dis-

blame to any one, but I do know that tions in this city, "thus avoiding the athletic training of Colored troops the opportunities for the American unpleasant humiliation and segrega- stationed at Camp Funston had un-Negroes in my country greatly exceed tion that usually confronts us, both der his direction several teams, one in home-getting and pleasure-seek- of which was entered in the Inter-

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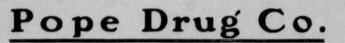
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