Thanksgiving In "Ye Olde Colonial Dayes"

HISTORY tells us that in the early days in some of the colonies there was a puritanical hatred of Christmas, and when a day of thanks was set apart such "superstitious meats" as baron of beef, boar's head, plum pudding and mince pie, all redolent of memories of the ancient feast, were eschewed in favor of turkey and pumpkin pie. The colonists were so pleased to celebrate Thanksgiving in this fashion of feasting, especially after they were compelled to listen to a long sermon, that they began to appoint frequent Thanksgiving days—sometimes for reason of victory over the Indians, then for the arrival of a supply ship or a bountiful harvest, says the Washington Star.

Usually the day set occurred in August, especially if it was in thanks for the harvest. Finally, in 1684, Massachusetts declared it to be an annual and legal holiday, and all the New England colonies followed her example. In those days Thanksgiving in its religious character was rather curious. On one side was the minister whose duty seemed to be to predict the most direful things, and his sermons consisted of warning to the people of the awful things to come, while, on the other hand, the people were told to rejoice and give thanks on that day, even though the pit yawned on the day before and the day to come. The whole thing was a paradox, for the wives were compelled to stay home and prepare the dinner, yet they were soundly berated by the ministers for being absent.

Many of the sermons aimed at the preference for the flesh pots over spiritual things, but after the discourse the preacher frequently went to dine with one of his parishioners and enjoyed the dinner prepared by the mistress of the house, whose absence he had commented on in the pulpit an hour before. The sermons seldom touched on fasting, but they included the political topics of the day, whether local, state or national. On one occasion at a Thanksgiving service a Federalist pastor in Connecticut prayed, "And, O Lord, endow President Jefferson with a goodly portion of thy grace, for thou, O Lord, knowest that he needs it!"

The festal trait of the day at that time seems to have been entirely in the hands of the women of the family, who for days before worked quietly to prepare a feast, and the deep religious gloom which pervaded the household during those years was in a measure lightened by the sunlight of the well cooked Thanksgiving dinner. A well fattened turkey at one end of the table and chicken pie at the other were the principal articles on the menu of the well to do man's Thanksgiving feast. The middle class had the chicken pie and a small turkey, while the poor feasted on the pie alone. But every table, rich or poor, had a fowl of some kind and usually a pitcher of cider to wash it down. A pie made of pigeons, too, was a favorite Thanksgiving dish. Strangers were made welcome, and not even a tramp was turned away. Unfortunately, this hospitality seems to have been based on a superstitious fear of bad luck rather than a genuine case of charity.

Woman Who "Made" Thanksgiving.

It was a woman, Mrs. Sarah J. Hale, editress of Godey's Lady's Book and well known as a writer, who championed the cause of a national Thanksgiving. Year after year she patiently fought for a national observance of Thanksgiving day, publishing endless articles on the subject. In various ways she caused an agitation of the subject that finally resulted in 1859 in the governors of most of the states of the Union annually issuing proclamations for Thanksgiving. At her suggestion President Abraham Lincoln issued a proclamation for a national Thanksgiving for Aug. 6, 1863, about a month after the battle of Gettysburg.

CUTTING UP *the* PUMPKIN

HEALTH HINTS.

A. J. Booker, M D.

Whatever the occasion of the first Thanksgiving, we all ought to be glad that there is a day set aside for us to give thanks for all the blessings which have come to us. There may be a few in every community who are never glad for anything, but they are the exceptions; the most of us are glad to be living. Unless one is at fault, or some calamity has befallen them, every year ought to be a happier and better year than the one past. Unless this is so there is something wrong with us; it is a case of bad management, inability to get along with people or a persistence in ways which have proven unprofitable.

Every man living in the United States ought to be thankful that he has lived here. With all its problems, this is the greatest poor man's country in the world. There are greater and more damnable race prejudices than the ones in this country, there are harder conditions in other countries than two dollar potatoes, even when there is no war. There are opportunities here fo rall men alike; money may not be picked up in the streets, but there is a chance, more than a fighting chance. There are opportunities here for all educating one's self; night schools where one may learn everything from A B C to foreign languages. No one needs starve in this great country; no willing worker needs be idle; no man nor woman can die from want of medical attention; he may die from lack of medical knowledge, but not from attention being lacking.

The sick and crippled have much to be happy for. Life is sweet to most people and every reasonable thing is done for the unfortunate to make living more tolerable. Sick people ought to be thankful that they are not dead, unless their passports are made out and they are sure of their destination. There was never a time when children had such an opportunity if they are deformed or sick. As a matter of fact the state will intervene if they are not well cared for, and all this without money or price, regardless of religion, race, nationality or sex.

If we are worth our salt, all of us have friends, friends who are genuinely interested in our welfare, in our happiness and in our sorrows. All of us have some one to love us for what we are; for what people hope we are or are trying to be. These things are so despite our peculiarities and our selfishness. We all have more people who would help than would hinder us. No matter how it appears, there are more boosters than knockers. This is a great country and a glorious world. Unless you find it so there is something radically wrong with you. The world gives back to us with interest evrything we give to it and is always to give you the benefit of the doubt.

All of us ought to be glad to live in a time when the world is interested in men. More and more attention is being given to the needs and cry of the ordinary man. And just in proportion as you and your friends respond to this new spirit of helpfulness and constructive effort will the world be better.

Sit down and think of the blessing you have enjoyed, of your friends, of your family, and of how God has been good and spared you for some good which prehaps you are slow about doing. We all have more to be thankful for than we like to admit. I tis a good world and the spirit of being rich toward God will make it the heaven we pray for.

ALBIA NEWS.

The A. M. E. parsonage has been repapered and put in readiness for our new minister and family.

Mrs. Ben Lewis, president of the Missionary meeting, has called a meeting for Thursday at the home of Mrs. Andrew Smith.

Quarterly meeting at the A. M. E. church on December 2, 1916.

The Young People's club met at the Social Center on Sunday afternoon. Miss Finks of Hiteman was in attendance.

Mr. Bert Jones of Hiteman was in Albia this week.

Mr. and Mrs. Charles Seal of Lovilla, Iowa, visited with Mrs. Andrew Smith over Sunday.

Master Floyd Bowman has returned from Des Moines for a stay with his sister, Mrs. Zoe Hollingsworth.

Mr. and Mrs. Andrew Smith visited on Sunday afternoon with Mr. and Mrs. Stovall in Hiteman.

Mrs. Jones of Des Moines and Mrs. Harry Jackson of Ottumwa visited with Mrs. Bert Allen this week.

Lawyer J. L. Thompson, editor of the Bystander, was a business visitor in Albia this week.

The Young People's club met at the Social Center Sunday. Plans were perfected for an entertainment to be given in the near future. Miss Alberta Robinson rendered an instrumental solo. Victrola music was furnished by Mrs. C. L. Washington.

Mrs. Moss Johnson entertained Mrs. B. T. Lewis and Mrs. Creola Hollingsworth to a sumptuous dinner Friday as a courtesy to Mrs. J. T. Anderson of Buffalo, N. Y.

Miss Margaret E. Davis of Ottumwa was an over Sunday visitor at the home of Mr. and Mrs. B. T. Lewis. Mrs. J. T. Anderson will return with her for a few days' visit at the home of Mr. and Mrs. T. W. Davis.

Mr. and Mrs. Henry Jones entertained Mrs. B T. Lewis and Mrs. J. T. Anderson to a 6 o'clock dinner Wednesday evening.

BUXTON, IOWA.

Charlie Reeves was insatntly killed Tuesday morning in the mines at Whiteberg. Buxton friends extend their deepest sympathy in the sad hours of bereavement for the family.

The A. M. E. church will serve a Thanksgiving dinner at the church all day and at night the Organ club will conduct an excellent program. Tickets, 10 cents for the program. Everybody welcome.

Mrs. Rosa Brown entertained the Progressive club last Wednesday at her home. After going through their regular line of work a dainty luncheon was served. Adjourned to meet with Mrs. Louisa Rhodes next week.

Rev. Woodward, pastor of Mt. Zion Baptist church, delivered an excellent sermon Sunday morning to a large audience.

Mrs. Wm. Bailey was making fashionable calls Sunday.

Rev. Ferribee was in the city on business Tuesday and Wednesday.

Miss Ora Spears, who has been visiting in our city for the past month with relatives, left to spend a few days in Minneapolis, Minn., before returning home in Omaha, Neb.

Mrs. Hattie Claybrook is indisposed with a severe cold.

A good crowd was at the skating rink Tuesday afternoon and night at the Y.

Quarterly meeting will be held at St. John's A. M. E. church Sunday. Rev. J. J. Evans, pastor.

Miss Susie Roberts was the guest of Miss Gertrude Lucas on Sunday for dinner.

ST. PAUL BUDGETARIAN.

St. James' A. M. E. church, under the pastorate of Dr. Henderson, continues to keep up its renewed activities manifested since the beginning of this conference year. Everything seems to be running systematically, more so than has been the case for several years, and we predict that St. James will be herself of former years very soon.

The members and friends of Pilgrim Baptist church will present their pastor, Rev. B. N. Murrel, with a new baptismal robe Sunday.

The Literary and Social club of Pilgrim Baptist church met last week with Mrs. Jerarred Lee of Iglehart avenue this week. Mrs. M. Whitehead is the hostess.

Rev. and Mrs. B. N. Murrel have gone to housekeeping on St. Anthony avenue near Chatsworth.

Mrs. J. Scott entertains the Slef-Culture club Wednesday. The members have taken up the study of Spanish for the winter, with a special instructor.

The twenty-fifth anniversary of St. Paul's chapter, O. E. S., was celebrated on the 16th inst. at Union hall. A dance ended the festivities, which were well attended.

Mrs. A. Harvey entertained the Matinee Whist club Tuesday afternoon.

Copeland and Payton, colored comedians, accompanied by four dancing girls of the race, appeared at the new Princess theater last week. They made quite a hit, as only our people can do any and all times.

The new Palace theater will open on the 27st inst. at Seventh and Wabasha with thirty colored ushers and two matrons. This theater is owned and managed by St. Paul people and they are giving our girls a chance to make good, in fact giving them the preference, and we hope they will not fail to do their best toward giving satisfaction.

A committee of ladies composed of Mesdames Mattie Wade Hicks, Effie Wills and Cynthia Morgan, representing the Women's State Federation, appeared before the state board of pardons at the capitol on the 9th inst. in the interest of a young colored girl whose case they had been working on for a year. She was sent to prison for an indeterminate sentence up to ten years for forgery. Under the existing circumstances the ladies did not feel that the girl was altogether to blame, therefore they appeared before the board, with Mrs. Hicks making the plea for a pardon upon the grounds of adequacy of punishment. The result was that her sentence was commuted to one year and six months. Mrs. Hicks, accompanied by Mrs. Wills, went up to Stillwater with the papers and asked if they would not release her immediately. The warden complied with their request and the girl, who is only 19 years old, was turned over to the ladies, who brought her to St. Paul, bought her a ticket and sent her home to Enid, Okla. She served one year and four months. The women of the Federation are highly elated over the success of this committee.

Union Thanksgiving services will be held at St. James A. M. E. church this year. Rev. Murrel will be the speaker.

The Crispus Attucks orphanage and Old Folks Home will soon move into their new home recently purchased on Collins street. Mr. Joseph Elsinger of the Golden Rule store, and a wealthy philanthropist, made the home a donation of $1,600, first payment on the place. The officers are: President, Mr. J. N. Sellers; secretary, Mrs. Mattie Hicks; treasurer, Mr. Roy M. Knauft; matron, Mrs. Marcia Valley. They have several worthy old people and children confined in this home, who are supported mainly by voluntary subscriptions. In the annual collection of new clothing for the inmates, under the St. Paul Needlework Guild, Mrs. Hicks solicited 152 garments and $100 in money for the shoe fund, which supplies shoes for the school children. The building just purchased is a beautiful one with twenty-two large commodious rooms, strictly modern.

What Would You Do?

In case of a burn or scald what would you do to relieve the pain? Such injuries are liable to occur in any family and everyone should be prepared for them. Chamberlain's Salve applied on a soft cloth will relieve the pain almost instantly, and unless the injury is a very severe one, will cause the parts to heal without leaving a scar. For sale by all dealers.

AGENTS WANTED

For our new book, Progress and Achievements of the Colored People. Showing the wonderful doings and new opportunities of our race, low price, many pictures, lightning seller, $10.00 per day, ask for terms, write quick. Asstn Jenkins Co., 9th St., Washington, D. C.

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"My son Edwin is subject to croup," writes Mrs. E. O. Irwin, New Kensington, Pa. "I put in many sleepless hours at night before I learned of Chamberlain's Cough Remedy. Mothers need not fear this disease if they keep a bottle of Chamberlain's Cough Remedy in the house and use it as directed. It always gave my boy relief." Obtainable everywhere.

Sleeplessness.

A good remedy for sleeplessness is to wet a towel and apply to the back of the neck, pressing it hard up against the base of the brain and fastening over this cloth to prevent too rapid evaporation. The effect will be prompt and pleasant, cooling the brain and inducing a sweet and peaceful slumber. Warm water is better than cold for the purpose. This remedy will prove useful to people suffering from overwork, excitement or anxiety.

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IOWA NEGRO BAR HOLDS 16TH ANNUAL MEETING.

The members of the Iowa Negro Bar association held their sixteenth annual sessino and banquet Tuesday evening at the residence of Atty. John L. Thompson, president, at 1306 Twentieth street. Besides the wives of the attorneys, Messrs. J. B. Morris and C. P. Howard, prospective lawyers, were guests of honor and were elected to honorary membership in the association.

After partaking of a sumptuous banquet served by Mrs. Thompson, assisted by her daughter, Enola, the association elected the following officers for the ensuing year: President, S. Joe Brown, Des Moines; vice president, A. G. Clark, Oskaloosa; secretary, John L. Thompson, Des Moines; treasurer, J. B. Rush, Des Moines, and chairman legislative committee, Geo. H. Woodson, Buxton.

Des Moines Colored Woman Requests Story Published For Benefit of Her Race

"Every time I look back over the last few years and think of the dozens of remedies that I tried for stomach trouble and nervousness, without avail, I get more enthusiastic over Tanlac," said Mrs. Washington, an estimable colored woman living at 3026 Third street, Des Moines, to Druggist John McNerney, corner Sixth and Grand avenue.

"I have suffered for years with a weak stomach. I became nervous and run down. I have always been a woman who could stand a great deal of hard work, but the last few months have been very trying to me.

"I feel like a new person since taking Tanlac. I can work hard all day, eat heartily, sleep good at night and get up in the mornings feeling refreshed.

"Tanlac is sure one great medicine and I would be mighty glad to have the colorde folks of this city try it because of my recommendation. I know they will thank me."

Scores have found Tanlac a tonic, tissue builder and strength producer. It reaches those ills of the stomach and liver that sap your strength and "get your nerve."

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