

THE BYSTANDER

BYSTANDER PUBLISHING CO., PUBLISHERS  
DES MOINES, IOWA

JOHN L. THOMPSON, EDITOR  
FRIDAY, DECEMBER 1, 1916

Published every Friday by the By-stander Publishing Company, Des Moines, Iowa. Office in Chemical building, corner Seventh and Mulberry streets. Phone, about 899. Official paper of the M. W. U. Grand Lodge of Iowa, A. F. & A. M., and International Grand Congress of Heroines of Jericho of America, and Western Baptist Association.

Entered at the postoffice as second class matter.

Advertising rates for display ads, 25 cents per inch, for each insertion. Three to six months' contracts, 15 cents per inch. Local advertising, counting seven words to a line. For churches and secret societies where admission is charged, one-half of the above-mentioned rates. For professional, legal and announcement cards, yearly contracts, etc., terms are given on application. All advertising is to be paid in advance.

We are prepared to do first class job work at reasonable prices. All of our work is guaranteed. NOTICE TO CORRESPONDENTS. Communications must be written on one side of the paper only and be of interest to the public. "Brevity is the soul of wit," remember.

TERMS OF SUBSCRIPTION.

One year \$1.50  
Six months .75  
Three months .50  
We will not return rejected manuscript, unless accompanied by postage stamps.

Send money by postoffice order, money order, express or draft, to The Bystander Company.

All subscriptions payable in advance.

This notice applies to all writers contributors, agents and correspondents. Sign all articles, write only upon one side of paper, write a plain or receptionist send in programs to be published before or after the event. Do not give an eulogy or write your personal comment upon hand and spell accurately. Do not send in names of persons at parties the event. Simply tell the news or event in a brief, simple manner and let the readers of The Bystander comment. Write the news of all classes, all societies, all religious denominations, irrespective of your personal whims or ideas.

The Iowa State Bystander is the oldest Afro-American journal published in Iowa. It was established in 1894, and is read by nearly all the colored people of Iowa. We have correspondents in the following towns:

- Albia.....Miss May Davis  
Washington.....N. L. Black  
Burlington.....Mrs. L. M. Abel  
Monmouth, Ill.....Mrs. Bernice Metlock  
Colfax.....Mrs. Gertrude Broddus  
Minneapolis.....Mrs. R. L. Butner  
Clinton.....A. A. Bush  
Macon, Mo.....Lucy Harris  
Mason City.....Mrs. Maud Brewton  
Keokuk.....Miss Ruth Bland  
St. Paul, Minn.....Mrs. Hattie Hicks  
Scandia, Iowa.....Mrs. J. M. Montague  
Rock Island, Ill.....Mr. Earle Reynolds  
Davenport.....Mrs. D. J. Johnson  
Oskaloosa.....Mrs. Cora Moore  
Centerville.....Miss Cora M. Crittenden  
Burlington.....Mrs. Wm. Ashby  
Monmouth, Ill.....Miss Bernice Metlock  
St. Paul, Minn.....Mrs. Mattie Hicks  
Omaha, Neb.....Miss Murel Brown  
Ottumwa.....Mrs. W. H. Thompson  
Moberly, Mo.....Miss Lee Etta Owens  
Dalton, Mo.....Prof. R. H. Payne  
Chillicothe, Mo.....V. E. Williams  
Sioux City.....Mrs. M. Askew  
Clarinda.....Mrs. G. N. Nowling

EDITORIALS

HOME IDEALS.

The American people, and especially the colored people, have grossly neglected the home training to their children. In the busy struggle of life and living we seem to have no time or thought to give the rearing of the little ones. Think of the German family life or the Scotch home environment. See what high ideals, pure morals and parental love that those children have, a loving devotion of their parents, due wholly to the irrevocable law of early home and family devotion. Don't send your children away nor go away from them, but stay with them and have them to become a part of what you are.

A good remedy for sleeplessness is to wet a towel and apply to the base of the neck, pressing it hard 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.

Would you know how to get the best of life? Crawford—Do the best you can for the other half live! Crabshaw—After getting their money from them they must be able to turn some idea of how they are compared to live.—Pack.

POLLARD GREATEST HALFBACK

Brown University Player Has Wonderful Record on Gridiron This Season.

When the 1916 football season has drifted into the easily dimmed and more easily forgotten past of sporting events; when things that are still unread from Time's untorn pages and football heroes of the past have had the nebulous haze of glory which encircles them dimmed a little more; even after managers of the various football teams shall have been terribly mangled in the terrible crush to claim championships the present year will not be devoid of its gridiron stars.

But from among the vast horde of men who have chased the pigskin on gridirons from the Atlantic to the Pacific coast and from the gulf of Mexico to the great lakes there is one young athlete who must be hailed as the peer of any of the men who now occupy niches in the football hall of fame.

Fred D. Pollard, a dusky skinned young American, halfback on the Brown team and particularly bright luminary of the Brunonian eleven, is the man. Practically single handed the young colored boy has beaten Yale and Harvard on successive afternoons on their own fields. He has been the backbone of the hammering attack which has brought Brown through a tough season with an unbroken string of victories. He plays football because he likes it, and his quiet deportment, grit and stamina, coupled with his remarkable ability, have forced crowds at both New Haven and Cambridge, sorrowful in defeat, to stand up and acclaim him as he left the field.

Pollard is now in his second year at Brown, having matriculated there last year from Lane Technical high



FRED D. POLLARD.

school, Chicago. It is said that before entering Brown Pollard went up and looked around Dartmouth, where his brother had played football some years ago. His mind was not made up on what school he would attend, although he had decided that it would be either Dartmouth or Brown. He finally decided on Brown, much to the sorrow of Yale and Harvard men, not to mention the sons of various other colleges.

There is no hint that Pollard came to Brown through any persuasion because of his athletic ability, and this is said because sometimes there have been hints of proselytizing in the case of other star athletes. Sure enough he played scholastic football, and played well, for three years while a student in Lane Tech, but he was not an outstanding star. He came to Brown unknown and made no talk of even trying for the football team.

As a matter of fact, none of the coaches or men interested in football up at the Providence university knew that the quiet young colored boy knew anything about football. They did know that in his spare time he used to come out and watch the practice; but, then, pretty nearly every other student does the same thing.

The first inkling the coaches had that he knew anything about the game was last year, a month after the practice season had started. One day Pollard came out to the field and asked the head coach if he might don a uniform and come out for practice. The coach asked Pollard if he had ever played the game, and Pollard told of his high school experience. As a result Pollard came out that day and every day thereafter and finished the season as one of the stars of the team.

It is not all football and hurrah for Pollard. With him it is a case of dropping the flatiron to be dropped on the gridiron. You see, Pollard is working his way through college and earns the money for his expenses by running a little tailor shop. The work keeps him pretty busy, and now he has another colored student helping him. Of course it may be that his business has grown through his prowess as a football player, for who would not have his trousers pressed by a man who in a week's time can press both Yale and Harvard into the flatness of defeat?

Dr. S. N. Vass at Conference. The Rev. Dr. S. N. Vass of Raleigh, N. C., who for over twenty years has conducted Bible institutes in all sections of the country, was one of the chief speakers at the conference on education held at the National Training school, Durham, N. C., from Tuesday, Nov. 21, to the 24th. Dr. Vass is superintendent of religious work among our people for the American Baptist Publication society.

GROWTH OF THE BODY.

It Comes in Alternate Periods of Filling and Stretching.

That men and women grow in height and weight from birth until maturity, if they live the ordinary term of years, and that, as a rule, men are taller than women are facts of common knowledge. How this growth is accomplished is not so generally known, nor is it commonly understood that the difference in length of the male and female of the species is apparent even at birth. Carefully kept records show that the average boy baby is about two-fifths of an inch longer at birth than is the average baby girl.

Another curious feature of this growth discovered by patient research is the fact that it is not a gradual and regular increase. There are periods in which the youthful body expands rapidly in length, while it seems to become thin and lean.

Then comes a time where there is little increase in height, but the body becomes plump. While there is a slight difference of opinion as to the exact number of years and ages when these alternate growths are in evidence, the general proposition is conceded by the most thorough of the investigators.

Professor Stratz tabulates this growth of the body as follows: Period of the first fullness of body, two to five years; period of first stretching, six to eight years; period of second fullness, nine to eleven years; period of second stretching, twelve to sixteen years; period of maturing, seventeen to twenty-five years.

Professor Weissenberg, however, divides the time of growth somewhat differently and makes allowance for a difference between the periods of change in girls and boys.

His tabulation is as follows: Period of first fullness, two to four years; period of first stretching, five to six years; period of retarded growth, boys eight to twelve years, girls eight to ten years; period of second stretching, boys thirteen to eighteen years, girls eleven to fifteen years; periods of retarded growth, boys nineteen to twenty-six years, girls sixteen to nineteen years; period of standing still and of the second fullness, twenty-six or twenty-nine to fifty-one years; period of decline, fifty-two to seventy-six years.

Among other interesting features of this growth, it is noted that the changes are not constant within the limits of a year, but appear to depend upon the season.

It has been found that increases in height and girth of chest are greater in summer than in winter. It would seem that the greatest gains in weight are made from August to January, the weight remaining almost constant from February to May.

Of course there are many special causes which in individual cases make exceptions to these rules, but under normal conditions this is the way our bodies grow from babyhood to maturity.—New York American.

A Lament From Japan.

The opening of Japan has brought many new trades, but it has driven others out of existence. One handicraft which is making a long but a losing fight is that of making fude or writing brushes. It might have been expected to increase, seeing that education is ten times as prevalent as in the old days, but the steel pen and the lead pencil are formidable competitors and, with their vulgar efficiency, are gradually making the use of fude obsolete. In the primary schools young Japan is taught to wield the brush, but in the middle schools they care but little for the elegance of the Chinese style of writing, and the modern steel pen is much in evidence.—Japan Society Bulletin.

Commodores in Our Navy.

Previous to 1862 the courtesy title of commodore was given to all captains in the United States navy who had commanded a squadron, but no actual rank higher than that of captain existed. In July, 1862, the first captains to hold a higher office were commissioned as commodores. In 1882 the number of commodores on the active list was reduced from twenty-five to ten, and in 1890 the grade was abolished, and the ten commodores on the list promoted to the rank of rear admiral, the members in that grade being increased from six to eighteen.

Something Wrong.

"There was a steep embankment on my right and a high wall on my left," explained the bandaged motorist. "Around a curve swept a big touring car full of intoxicated joy riders. I was between Scylla and Charybdis." "Hold on," interrupted the interested listener. "You told me just now you were on the road between Perkinsville and Jackson's Gap when this accident happened."—Spokane Review.

Business.

Lawyer—If I bring a suit against your husband I'll be able to get about a third of his income as alimony for you. Prospective Divorcee—Umph! I can do better than that myself. For years I've been getting nearly all his salary out of him.—Lamb.

Religious.

"Is he a religious man?" "I guess so." "Does he go to church?" "I don't think he ever goes himself, but he never kicks on his wife going when she wants to."—Detroit Free Press.

Advice is not disliked because it is advice, but because so few people know how to give it.—Lynn Hunt.

FARMERS TO MEET AT TUSKEGEE

Elaborate Program Prepared For Conference, Jan. 17. MANY NOTABLES TO ATTEND

Promoters Plan Agricultural Parade to Show Tuskegee Activities and How Tillers of the Soil Are Solving Their Own Economic Problems—Cash Prizes For Best Farm Products.

The annual farmers' conference will be held at the Tuskegee (Ala.) institute for two days, beginning on Wednesday morning, Jan. 17, at 10 o'clock.

The agricultural parade will not only include an exhibition of the various activities at Tuskegee institute, but will also, by means of the various floats, show how the new economic conditions are being met by the farmers of the south.

The parade will form promptly at 10 o'clock on Wednesday morning and after making a circle of the principal thoroughfares at the institute will conclude its march near the chapel, where the various floats will then be on exhibition. After the parade the visitors and delegates will be escorted through the various industrial and agricultural departments, where demonstrations and exhibitions of interest and instruction will be held.

From 12:15 to 1 lunch will be served the visiting farmers and friends, and after lunch the conference proper will open in the chapel with a brief address by Dr. Robert B. Moton, principal. Expressions upon the life of the late Dr. Booker T. Washington and reports from local conferences will occupy important places on the program before the meeting is turned over to a discussion of "The New Economic Conditions Now Facing the South."

Raising cotton under boll weevil conditions, diversifying crops and live stock raising are among the many phases of complex situations involved in this new economic condition. The viewpoint of farmers, preachers, landlords, teachers, merchants and bankers upon these subjects, based upon their actual experiences, will lend first hand information, which will be of immense value in reaching some conclusions as to methods.

The conference of workers will be held in the assembly room of the Academic building, beginning Thursday morning, the 18th, at 9 o'clock, and will continue till 4 with an hour's intermission for lunch. The subjects for discussion in the morning are: "Health Improvement For Efficiency," "Food as a Factor In Health," "The National Health Week Movement as an Aid to Better Health Conditions."

The entire afternoon session will be given over to a discussion of the control of preventable diseases. In connection with the workers' conference a special meeting will discuss the "Life and Conduct of Girls in Boarding Schools." Lady deans from fifty schools have been invited to take a part in this discussion.

The Tuskegee institute choir will sing the old time spirituals and plantation melodies.

Various national health organizations, the United States government, the Alabama state board of health and some of the largest insurance companies have been invited to send health exhibits for the conference. A special free clinic will be held at the John A. Andrew Memorial hospital during the two days' session, and many prominent specialists will be present to assist Dr. Kenney.

Charts containing valuable information regarding crop, health and living conditions are being prepared by Mr. Work, editor of the Negro Year Book, to be displayed in chapel. A unique exhibition will show how Tuskegee institute is solving its own health problem. An exhibition of corn and canned goods will be held in the frame building near the chapel. Prizes will be awarded as follows: For the best corn there will be three premiums of \$5, \$3 and \$2; for the best canned goods also premiums of \$5, \$3 and \$2.

Among the persons invited to be present and speak during the conference are Mrs. G. H. Mathis, diversification agent for the Alabama Bankers' association; Bruce Kennedy, secretary of the Montgomery Chamber of Commerce; Dr. Dowling, the famous health specialist of Louisiana; Dr. J. E. McCulloch, secretary of the Southern Sociological congress; Dr. A. M. Moore, who is doing splendid work among the Negro rural schools of North Carolina; and Editor E. J. Davis of the Atlanta Independent.

Popular Sunday School Congress. Henry Allen Boyd of Nashville, Tenn., secretary of the National Baptist Sunday School congress, has begun preparations for the next annual meeting of the organization on a more elaborate scale than ever before. The popularity of the congress and the benefits received by Sunday school workers who attend the annual meeting make an early announcement of the time and place for the 1917 session very necessary.

writing to Ophelia "When you feel any temptation come along," said the friend and adviser, "you must say: 'Get thee behind me, Satan.'" "De's what I done said," answered Mr. Erastus Pinkley, "an' dea I 'magines I hynks Satan answer me back: 'De's all right. We's both gwine de same way, nobow, an' it don' make no diff'ence to me which leads de whosooner.'"—

**KINKY HAIR**  
Becomes Straight, Soft, Glossy, Long by Using **HEROLIN**  
HAIR DRESSING. NEW DISCOVERY—NOT STICKY OR GUNKY.  
You see the kinks in your hair disappear. All year sunny, coarse, stubborn kinky hair made straight, smooth, silky, glossy. Herolin's hair dressing makes hair grow fast, long and beautiful, stopping dandruff and itching of the scalp and falling hair at once. Stop using hot irons. Apply Herolin instead.  
—Send 25c (in stamps or coin) for a big can of Herolin. Money back if Herolin doesn't satisfy you.  
HEROLIN MEDICINE CO., Atlanta, Ga.  
**AGENTS WANTED TERMS.**

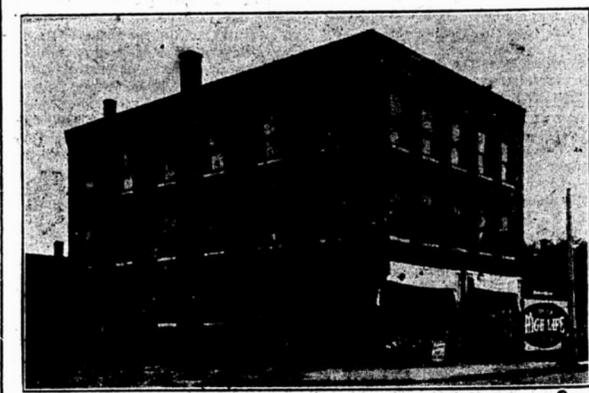
Good For Constipation. Chamberlain's Tablets are excellent for constipation. They are pleasant to take and mild and gentle in effect. Obtainable everywhere.

Cough Medicine for Children. Mrs. Hugh Cook, Scottsville, N. Y., says: "About five years ago when we were living in Garbutt, N. Y., I doctored two of my children suffering from croup with Chamberlain's Cough Remedy and found it just as represented in every way. It promptly checked their coughing and cured their colds quicker than anything I ever used." Obtainable everywhere.

**Buxton Cafe**  
135 E. Grand Ave.  
A Good Restaurant and Rooming House  
H. D. WILLIAMS, Proprietor.  
(Known as Huestler William.)  
DES MOINES, IOWA  
Also has a Confectionary and Barber Shop at Carney.

Relieves CATARRH of the **BLADDER** and all Discharges in **24 HOURS**  
**SANTAL MIDY**  
Each capsule bears the name "SANTAL MIDY" and is marked by all druggists.

**DR. PALMER'S SKIN WHITENER**  
25c Postpaid  
Whitens and Clears dark and brown skin. Bleaches sallow or dark complexion, causing it to grow whiter. Get the original.  
**Dr. Palmer's Skin Whitener**  
Do not accept imitations. Sold by druggists or sent direct postpaid anywhere in the United States for 25c. Remember the name, Dr. Palmer's Skin Whitener. Made only by **Jacobs' Pharmacy, Atlanta, Ga.**  
**AGENTS WANTED**  
WRITE FOR TERMS



**THE NEW THOMPSON HOTEL**  
A First-Class Modern Hotel European Plan  
Rates Reasonable  
10 Blocks from Union Depot Corner of 9th and Park Sts. The Public is Invited.

No Combination of Reading Like It and **\$2.10** All For  
**The Youth's Companion**  
52 ISSUES  
The favorite family weekly of America. 12 Great Serials or Groups in 1917, and 250 Short Stories, a thousand Articles and Suggestions, a thousand Funny-isms. Special Pages for all ages.  
**McCall's Magazine**  
12 ISSUES AND A DRESS PATTERN  
The Fashion Authority followed by millions of American women. You will get the 12 monthly issues of McCall's, making not merely a "department" but a fashion magazine every month of 1917.  
**64** Issues and 15c. **\$2.10** McCall Dives Patterns for...  
Send \$2.10 (Enclose or P. O. Money Order) to the publishers of this paper in which the other appears and get  
**1** THE YOUTH'S COMPANION for 52 weeks, and the 1917 Home Calendar. (This offer is to new Youth's Companion subscribers only.)  
**2** McCall's MAGAZINE every month for one year; also choice of any 15-cent McCall Dress Pattern FREE for 3 cents extra to cover mailing.  
**3** THE YOUTH'S COMPANION, S. Paul St., BOSTON, MASSACHUSETTS.