

**HEALTH HINTS.**

A. J. Booker, M. D.

There is a new cult in religion which claims that every person has a sort of invisible color which precedes the physical coming and going. They say that this aura changes according to the disposition of the person and the sort of humor they are in. What is more important, they claim that we affect those with whom we come in contact, that this aura is a sort of feeler and others are sensitive to aura.

Whether there is truth or poetry in this idea the fact remains that we are very largely responsible for the reception we receive from people and for the impressions we leave with them. If we are in good humor we are likely to find the world in smiling state. When we are grouchy the world is a bad place to live in. Children are more spontaneous and likely to express their feelings and sentiments, yet there are some who do not believe in first impressions. Children instinctively shrink from cruel and deceptive folks; dogs and young folks are fair judges of humanity.

A great many of our troubles are the results of our own mental state and the knowledge of our own worth. We cast our ideas, project our feeling ahead of ourselves and prepare the other person, not for what we say, but for the way we feel. The other person is often but a mirror of our true selves. If we go into a place expecting to be ill treated we will not be disappointed. If we are doubtful about our proposition we are likely to find the listener skeptical. If we expect that every one is thinking of us in terms of color we are likely to find them doing so.

The real facts are that much of prejudice is kept in thought and action by our thinking in these terms. The less we remember differences the more likely we are to have exhibitions of differences shown to us. Whether we are exponents of any of these esoteric religions, or not, there are many practical points in living for us to get from them. It should matter little to us from whence these truths come so long as they help us live and act better. As a purely metaphysical proposition, we must admit that the more of love, kindness, good will and harmony we send from us the more there is in the world, consequently the more people are going to be affected. We must think less in terms of color and of discrimination than we do in terms of world values and equality. There is a subtle psychological truth abroad in the land that if we are made to think in circles of selfishness we will be unfitted to think in straight lines and reach logical and broad conclusions. We must be careful of our aura lest the other fellow see us better than we can express ourselves.

There is a certain nobility in being imposed upon if this imposition is borne with dignity and patience. To be resentful and made sullen is to lose the soul quality and fail to have the proper reaction on the other person. There are certain gifts in the lap of the gods which we may not be fortunate in sharing, but we can come up to every measure of requirement, thereby putting the burden of proof and the dishonor on the other fellow. Finer qualities are never without recourse and reward. The reward may be simply the acquisition of a fine soul, the recourse may be the withdrawal from the field of coarse natures, but fine people are less concerned about practices and apparent victories than they are about principles and the justness of the cause. If your cause be just and your contention unselfish you have won your victory regardless of the course or inconsistent judge or audience. Sooner or later the facts soak in and you have won.

This aura is a thing we must be careful of; we must be sure that we do not give advance notice of our real feelings and embarrassment when it will work to our own defeat of purpose. We must think less of color and more of the big things of the world. We must expect more than we mentally rule ourselves out of. A finesse of approach and gentle demeanor will often gain more for us than great argument. Our own mental attitude is often the greatest weapon of disadvantage we carry about with us. In matters of social contact the right poise will carry, by a doctrine of non-resistance, further than harsh words and a stubborn manner. The conquests which are won by kindness and worth are greater and more lasting than those which come by force and arms.

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There is only one way to cure dandruff and that is to kill the germs. There is only one hair preparation that will kill the germs and that is Mildredina Hair Remedy. This unusual hair restorer with its record of thousands of cures will grow hair on any head where there is any life left; it cures dandruff, stops falling hair and itching of the scalp in three weeks or your money back. It is the most pleasant and invigorating tonic, is not sticky or greasy and is used extensively by ladies of refinement who desire to have and to keep their hair soft, lustrous and luxuriant. Every druggist is selling Mildredina Hair Remedy on a positive guarantee to remove dandruff or money refunded at 50c and \$1.00 a bottle. Out-of-town customers supplied by mail.

**BAPTISTS VISIT FOREIGN FIELD**

**Secretary Jordan Returns From Trip to Africa.**

**HAD THRILLING SEA VOYAGE**

Representative of National Baptist Convention Describes Conditions as They Exist in Senegal and Gambia. French Colony Furnishes Great Number of Black Troops to the Allies.

By N. BARNETT DODSON.

The Rev. Dr. L. G. Jordan, corresponding secretary of the foreign mission board of the National Baptist convention, has returned from West Africa, whither he went in January to visit the several mission stations and schools fostered by the convention. Dr. Jordan was accompanied by some of the new workers under the auspices of the board, among whom are the Rev. and Mrs. Horton and Dr. Sykes. The trip was one of great profit to the denomination, especially at this crisis of our national race.

Describing some incidents of the trip to Dakar, Senegal, and to Bassa, Secretary Jordan said:

"We were at sea four days on the steamer Egori, and to say they were days of great anxiety is putting it mildly. Reading of war and being in the zone of warfare are two different things. In Liverpool we paid 60 cents for one egg, a cup of tea, small piece of ham, bread and butter; \$6 per day each for lodging. Thinking it better to go on to some African coast town and catch our ship possibly a week later, we boarded this ship Wednesday night, Jan. 24, but remained in harbor till Thursday noon. Our tickets to Bassa cost \$615.04.

"On boarding the ship our party got together in my cabin and read Phil. IV,



SECRETARY L. G. JORDAN.

5, and Matt. xxviii, 20, and knelt to pray, thanking God for his care thus far, for the friends who sent us out, for his continued care and protection, that the people to whom we go may receive us and our message be a blessing to them and the kingdom. Then we went apart to meditate, reconsecrate ourselves to God and to sleep. "All we ever heard about 'God will take care of you' comes up fresh in our minds, and we believed all of it. So in his great name we went forward. To avoid raiders and submarines we went 1,000 miles or more out of our course. The weather was bad, and we were all poor sailors. By wireless we learned a submarine was behind us some distance and that a ship off to our left had struck a mine and was sinking rapidly. It cried for help, but we were too far away to go to her rescue. We were called on deck, each coming with his life belt; they were tested and tried on. Each was then shown the boat to make for in case of need. The signal for 'ten minutes' was given and the signal for 'at once,' so we would understand.

"We arrived at Dakar, Senegal, safely. Here is a city of 25,000 and a colony with more than 2,000,000. In the city only a Catholic mission and one little Protestant mission with less than fifty persons—all this land left to Mohammed and the devil. Oh, for one good man to settle here and peg away for Jesus until he is introduced to at least a few. The French have been at Dakar for 200 years, introducing many useful things and many hurtful and damaging things.

"It is possible this colony has given more black troops to the allies than all the other parts of the world combined. We saw quite 1,000 take ship from Dakar for some other points on the coast. The colony is represented in Paris by a colored man. France is not ashamed of her black colonies."

The Rev. Dr. Jordan also says that he met many noble men and women at Bathurst, in Gambia. The population of Bathurst is 7,000, and in the whole colony of Gambia there are more than 7,000,000 people. There is one Catholic mission, one Anglican and three Methodist missions. A strong Baptist and an African Methodist to inspire these people would be a godsend to this town and colony. There are no societies or lodges save a little Y. M. C. A. organized one year ago. The need of a religion that deals with heart and life is seen everywhere.

**ALBIA NEWS.**

The Sewing Circle club met at the home of Mrs. Henry Jones on Monday afternoon. Lunch was served by the hostess after the business meeting.

Mrs. Joe Robinson was in at the club meeting on business Monday.

The K. of P. lodge of Albia has had three called meetings this week. They are making preparations for the grand lodge meeting on July 24, 1917.

On Saturday afternoon and evening and on Sunday there were a number of Buxton people in Albia.

Mr. and Mrs. Carson of Hocking No. 3 and Mr. and Mrs. Roy Grayson and three children were in town on Sunday.

Mr. and Mrs. Carthon and family and Mr. Stovall of Hiteman and Mr. Luke Mosely of Hiteman were in Albia on Sunday.

Rev. J. W. Dowden went over to Buxton on Sunday afternoon to be at the services in that town on Sunday evening.

Mrs. Bessie Grayson entertained a few little Albia tots from 4 to 7 o'clock with a birthday party for Bennie Grayson at the home of his grandparents, Mr. and Mrs. Monroe Davis.

On Wednesday evening, July 4th, a patriotic social was given at the A. M. E. church. A program was rendered. Mr. Edward Butler, chairman. Music was furnished by Albia and Hocking band. Singing by church choir. An address by Rev. Crawford of the Christian church—a fine speaker, whom everyone applauded. Recitation by Miss Tinks of Hiteman from Paul Lawrence Dunbar. A recitation by Miss Bernice Jones. A paper on the Negro on the battlefield by Miss Sadie Lewis. Instrumental solo, Miss Jewett Lewis. A paper on patriotism by Miss May F. Davis. Lunch was served by the ladies of the A. M. E. church. Visitors from Ottumwa, Buxton, Hiteman and Hocking.

Mr. and Mrs. Joe Robinson and a number of others were in town from Hocking on Sunday.

(Last Week.)

Mrs. Joe Robinson of Hocking was in Albia two days on business this week.

The K. of P. lodge of Albia has had several meetings the past week. They are busy preparing for the meeting of the grand K. of P. lodge of the district on the 24th of July.

Miss Mildred Lewis is again out for drives with her father. Her health has been failing for some time.

Terry's Uncle Tom's Cabin, with a colored drum corps, was in Albia on Thursday.

Mr. Pearl and Mrs. Virginia Thomas have returned from their visit in Des Moines this week.

Two colored blind musicians played Albia this week. They also visited the church social at the A. M. E. church on Monday evening.

Mr. Joe Robinson of Hocking and Mr. and Mrs. Roy Grayson and children of Hocking No. 3 were in Albia on Sunday.

**MACON MO. NEWS.**

(Last Week.)

Rev. A. R. Fox preached two soul-stirring sermons Sunday morning and evening.

Rev. and Mrs. A. R. Fox and Mrs. E. W. Perkins were delegates to the A. M. E. Sunday school convention, which met at Norborne, Mo.

Quite a number of young people motored to Moberly on Sunday to attend the baseball game.

The A. M. E. Sewing circle was delightfully entertained Friday at the home of Mrs. Mollie Robinson.

Mrs. Opal Tanner of Kirksville, Mo., was a Macon visitor Tuesday evening.

Miss Fannie Monroe spent a few days in Palmyra, Mo., last week.

Miss Ella Carter has returned from a visit in Evanston, Ill., with the Misses Cayles and will return Tuesday for a visit with Miss Bernice Appleton of Kirksville, Mo.

The death of Mrs. Martha Jones occurred Friday at her home on Rubey street. Mrs. Jones has been a long and patient sufferer and was ready when the Master called her. She was a member of the Vine Street and Broadway church and the funeral was preached by Rev. J. W. L. Underwood. She was also a member of the St. Martha Court and the Masonic sisterhood. She leaves a host of relatives and friends to mourn her death.

Miss Lizzie Wanzler of Kansas City, Mo., is visiting here, the guest of relatives.

Mrs. J. Saunders of Bucklin, Mo., attended the funeral Sunday.

President I. E. Page departed for a business trip in Moberly.

Alfred Oliver, Earnest Finney and Snow Terral spent Monday at the Salt river fishing.

Mr. Alex Houston of Minneapolis, Minn., departed for his home, after a visit with relatives.

**BUXTON Y. M. C. A. NOTES.**

The Y. is now planning a big July membership campaign, to be followed by a big banquet.

Wilson Garland, our Y. baseball promoter, has been successful in lining up several good games for the 4th.

The Red Cross meeting held in the Y. M. C. A. on last Sunday proved quite a success. Many of the miners pledged \$5.00 to the great and noble cause. Mr. N. E. Kendall delivered a very strong and touching address in behalf of the Red Cross movement.

The Williams Colored Singers appeared here in the Y. M. C. A. auditorium on last Monday, July 2nd, in a very classical and up-to-date entertainment. They played to \$150 gross.

**Fat Folks May Now Become Slim Quickly**

**Be Moderate in Your Diet, Breathe Deeply, and Take Tasso.**

Fat persons, particularly those from 10 to 30 pounds above normal weight, will be interested to learn that they may easily reduce their weight without starvation diet or tiresome exercise.

This can best be done by being moderate in your diet, so that you will not over-tax your assimilative organs, by getting plenty of fresh air, by breathing deeply and by taking Tasso four times a day.

Tasso may be obtained from any good druggist in 5-grain tablets; take one after each meal and one before retiring at night. They cost little, are absolutely harmless, are pleasant to take and are designed to reduce fatty accumulations in the system wherever located.

A few days' treatment should show a noticeable reduction in weight, the flesh should become firm, the skin smooth and the general health improved, in fact your footsteps should even become lighter, your work seem easier and a lighter and more buoyant feeling take possession of your whole being.

Every person who is 10 to 20 pounds over normal weight should surely give this treatment a trial. You will probably find that it is just what you need.

We highly compliment the people of Buxton for their appreciation and good taste. They seem to realize that one of the great points in life is to desire something good and then take care of it after they get it. It is well to remember that co-operation is one of our greatest needs.

Many of our boys who have occasion to go to Des Moines are making it a point to visit the fort, and they all seem to bring back greetings from our friend Townsend, whom we are always glad to hear from. In return we heartily join hands and heart in wishing Fred much success as a fellow friend as well as a true patriot.

Have you ever known a good father to have a bad son. If so why? To be discussed in our Tuesday night Bible class. 2 Chron. 28th verse.

**WASHINGTON, IOWA, NOTES.**

Mrs. Philip Rushing and son, Robert, went to Galesburg, Ill., Tuesday a. m. to attend the funeral of a sister, Theola Mitchell.

Mrs. John Mondy expects to go to Richmond, Ky., about the 1st of August to visit at her old home. John, Jr., will accompany her.

May Watkins is spending a couple of months at the summer resort at Havana, Ill.

Joe Daniels is now going into the street oiling business. He has contracts with several of the adjacent towns, and with the county supervisors, and many private thoroughfares will be oiled by him. His wagon has arrived and he is getting it in shape to start the work on the county road near the city.

Miss Eva May Gentry has returned to her home at Winchester, Ky., after having made her home here with the Ollie Gentry family for a year.

Mr. Crayton and family of Hedrick, a brother of Hayes Crayton, spent the Fourth here, having made the trip in his Overland.

Miss Blanche Rosetta Shelton and Lewis Spencer Hill, both of Chicago, were united in marriage Sabbath morning after the services at the A. M. E. church, Rev. N. R. Morgan officiating. Miss Luba Gwinn and N. L. Black were the attendants. They will reside in Chicago. The best wishes of many friends follow them to their home.

(Last Week.)

Mrs. Emma Patterson of Memphis, Mo., arrived Tuesday evening for a visit at the Cordelia Whaley home.

Mr. Ollie Gentry is home from a few weeks' sojourn in Rock Island, Ill. He may return there to take up his abode.

Miss Nora Motts visited with friends briefly in Fairfield recently. Messrs. Mose Hall and James Redd have consolidated their two barber shops, Mr. Redd moving his effects to Mr. Hall's quarters just north of the new postoffice. Both are good barbers and should do well.

Alden Blagburn, who came here to work in the country this summer, returned to Des Moines on Tuesday a. m.

Mr. and Mrs. Morris, nee Pearl Cissel, of Sioux City, were the guests of Mr. and Mrs. Geo. Burkley a few days last week.

Miss Luba Gwinn visited at the Garfield Foster home in Mt. Pleasant a few days the fore part of last week.

Mrs. Emma Black has received the soldier's widow pension of \$12 per month, dating from September, 1916.

Mrs. Henry Green has returned from a visit with relatives in Des Moines. She reports a very enjoyable trip.

Florence Hall was very sick the fore part of the week.

Last Sabbath was stewardess day at the A. M. E. church and the ladies had a nice treat in store for the public in the form of a varied program, and they also held a rally at the same time and a nice sum was added to their treasury.

Mr. and Mrs. T. L. Burnett entertained Rev. Morgan and his visitors at a 6 o'clock dinner one evening last week. Presiding Elder Ferribee dropped in

on his church people here Wednesday of last week and held the love feast, communion and quarterly conference in the one evening. That is going some.

**CLARINDA, IOWA.**

Mrs. D. W. Brown is visiting friends in Keokuk. She expects to be gone a couple of weeks.

Friends are glad to learn of Mrs. S. S. Sullivan improving, who had the misfortune to get poison ivy in her eyes while out fishing and nearly lost her eyesight, but is better at this writing.

Mrs. Ed. Cheetwood Pemberton is on the sick list.

Mr. and Mrs. Joe Beard are enjoying visiting his mother, Mrs. D. Hawley and friend, Mrs. Mamie Anderson, of Chicago, Ill.

Mr. and Mrs. Geo. Johnson went to Maryville, Mo., for a few days' visit while Mr. Johnson is taking his vacation, who is employed at the New Linderman.

Mr. Dennis Anderson is in Platte City, Mo., for a couple of days' visit.

Mr. R. T. Lane served twenty-eight of Swift's men and women at dinner last Sunday.

A number of our young folks had a picnic out at Geo. Cason's on the 4th of July. A good time was had by all and in the evening they went boat riding on Crabbill's lake.

Miss Vance of Marysville spent the first part of the week with Misses Cattie and Lydia Montgomery.

Mrs. Luvera Fields of Omaha is visiting her mother, Mrs. Lou Nash.

If you have any news, kindly call 272 R and it will be gladly received.

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Beautiful Bust and Shoulders are possible if you will wear a scientifically constructed **Bien Jolie Brasieres**. The dragging weight of an unconfined bust so stretches the supporting muscles that the contour of the figure is spoiled. put the bust back where it belongs, prevent the full bust from having the appearance of flatness, eliminate the danger of dragging muscles and confine the flesh of the shoulder giving a graceful line to the entire upper body. They are the daintiest and most serviceable garments imaginable—come in all materials and styles: Cross Back, Hook Front, Surplice, Bandeau, etc. Bonded with "Walonin," the rustless boning—permitting washing without removal. Have your dealer show you **Bien Jolie Brasieres**, if not stocked, we will gladly send him, prepaid, samples to show you. **BENJAMIN & JOHNSON, 51 Warren Street, Newark, N. J.**

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**Magic Hair Grower, 50c. Straightening Oil, 35c.**  
All orders promptly filled; send 10c for postage. Money must accompany all orders.  
Agents wanted—Write for particulars. We carry everything in the latest fashionable hair goods at the lowest prices. We make switches, puffs, transformation curls, coronet braids, and combs made to order, matching all shades a specialty. Send samples of hair with all orders.  
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