

WITH OUR CHURCHES

CHURCH DIRECTORY.

MAPLE ST. BAPTIST CHURCH.

East Maple Street. Rev. Samuel Bates, pastor. 11:00 a. m.—Preaching. 1 p. m.—Sunday school. 6 p. m.—B. Y. P. U. 7:30—Preaching. Prayer meeting Wednesday evening.

Cornithian Baptist Church Fifteenth and Linden Sts. G. W. Robinson, Pastor.

7 a. m.—Preaching. 1 p. m.—Sunday school. 6:30 p. m.—B. Y. P. U. 8 p. m.—Evening worship and preaching.

Union Congregational Church. Tenth and Park Sts.

Rev. H. E. King, pastor. 11 a. m.—Morning worship. 12:15 p. m.—Sunday school. Christian Endeavor at 6:15 p. m. Lieut. M. H. Thompson, president. Evening services at 7:30 p. m. Mid-week prayer meeting Wednesday. Everybody invited at all of these services.

St. Paul's A. M. E. Church 12th and Crocker Sts.

Rev. S. L. Birt, D. D., Pastor. 10:45 a. m.—Preaching. 12:30 p. m.—Class meeting. 1 p. m.—Sunday school. 6:30 p. m.—Christian Endeavor. 8:00 p. m.—Evening worship.

Union Baptist Church Sixteenth and McCormick.

Rev. M. Toomey, Pastor. 9:30 a. m.—Sunday school. 11 a. m.—Preaching. 6 p. m.—B. Y. P. U. 8 p. m.—Preaching.

First A. M. E. Zion Church.

Rev. E. S. Harage Pastor. S. E. 15th and Shaw. 11:00 a. m.—Preaching. 1:00 p. m.—Sunday school. 6:30 p. m.—V. C. E. Society. 8 p. m.—Preaching. Prayer and Class Meeting Friday night at 8 o'clock.

Bethel A. M. E. Church Sixteenth and Filmore Sts.

Rev. H. A. Perry, Pastor. 11 a. m.—Morning service. 12:30 p. m.—Class meeting. 1:00 p. m.—Sunday school. 6:30 p. m.—Christian Endeavor. 7:30 p. m.—Evening worship.

Asbury M. E. Church.

Services in Congregational Church, 10th and Park Sts. Rev. F. D. Woodford, Pastor. Residence 844 13th St. Phone Wal. 8241. Sunday School, 10:00 a. m. Evening Service. Preaching, 7:45 p. m. Class Meeting, Friday, 8 p. m. Prayer, Wednesday, 8 p. m. Epworth League, 6:45 p. m.

CHURCH OF GOD AND SAINTS OF CHRIST.

928 12th St. Elder E. W. Pittman, Pastor. Preaching every 4th Sunday A. M. 11:30. Preaching every Sunday evening, 7:30. Preaching every Wednesday evening, 7:30. Preaching every Friday evening, 7:30. Services all day Saturday.

KIRKSVILLE PEOPLE.

Mrs. Lizzie Martin is improving. Baby Frances continues better. Rev. B. C. Anderson gave up his pastorate of the A. M. E. church and has gone to Canton, Mo., for his health. He was accompanied there by his sister, Mrs. Minnie Christopher of St. Louis, Mo., and Mr. Wardell Payton of Canton. Mrs. Ellen West returned to Pueblo, Col., Wednesday. Sunday last was quarterly meeting day and Rev. P. C. Crews, P. E., preached to appreciative congregations morning and night. Rev. C. B. Johnson filled his regular appointment at Edina, Mo., Sunday, March 9th. Rev. James M. Zachary was detained in St. Joseph, Md., by the death of the lady who kept his son. Mrs. Bowler of Kansas City, Mo., has come to be at the bedside of her sister, Mrs. Byrum, who continues very ill. Mr. Eugene Richards of Oskaloosa, Iowa, is home with his parents a few days. News of the safe arrival of "Ras" Coby and Claude and William Maupin, the two last of Marceline, Mo., has been received by relatives. "Proctor's Place" was damaged slightly by fire Saturday. Messrs. Sherman and Grant Linn were called to Ottumwa, Iowa, by the illness of their mother. They returned Tuesday, leaving her improving.

CLINTON, IOWA.

In response to invitations, a number of the friends of Mr. and Mrs. Ike Robinson were present at their home on Elm street Wednesday evening, Feb. 26, at a reception tendered to Miss Lillian Hamilton of Booneville, Mo., a house guest. The hours, 8:30 to 11 o'clock, were well spent with games, affording a great deal of pleasure. During the evening refreshments were served. Quarterly meeting is scheduled for

Bethel A. M. E. church Sunday, March 23d.

Mr. J. T. Culberson has been suffering the past few days with a rheumatic attack. The girls club entertainment given Friday evening, Feb. 28, netted \$18.60 for the pastor.

At the annual installation of officers held a short time ago of Leah Chapter, O. E. S., the following persons were obligated for the ensuing year: W. M., Miss Minnie Sayles; Associate Matron, Mrs. May Thompson, W. P., Mr. T. G. Dozier; Secy., Mrs. E. S. Heron; Treas., Mr. Henry Williams; Conductress, Mrs. Mary Williams; Associate Conductress, Mrs. A. J. Jenkins; Warder, Mrs. Hattie Henderson; Sentinel, Mr. Holland Williams.

A supper will be given by the trustees of Bethel A. M. E. church on April 1st. The trustee helps the committee in charge.

The girls and boys club will give a concert at Bethel church on the evening of March 20th.

Mr. D. G. Williams, 239 Oak street, received the sad intelligence this week from the adjutant general of the United States that his brother, Solomon Williams, had passed away Feb. 20th in France. The cause was lobar pneumonia and pyemia.

Some of our subscribers who are delinquent do not seem to heed the request to pay their obligations, neither do they endeavor to make their promises good. Put yourselves in the place of the man you owe and see how you feel.

FORT DODGE, IOWA.

Miss B. Wynn is in Ames, Iowa, this week visiting her sister, Mrs. Marshall. Mrs. Davis of Des Moines is here with her sisters, Mrs. Brooks and Mrs. Guy for a much needed rest.

The Fort Dodge Improvement Club will be entertained March 19 by Mrs. Biggs.

Mrs. W. H. Davis of Moberly, Mo., is in the city the guest of Mrs. Beverly.

Rev. Thomas of Mt. Pleasant had a very successful twelve night revival service at the Second Baptist church, after which he was called as pastor, the church being without a pastor. He preached two soul stirring sermons Sunday, taking his text Sunday night from Romans, 12th chapter and 1st verse. Collections Sunday night were \$20.20. Money taken in during revival services was \$62.79. We feel that Rev. Thomas will do a wonderful work here for the cause of Christ and the uplift of humanity, with the assistance of the people. He will move his family here this week.

Mrs. Loomis of 22nd St. and 11th Ave. is reported very ill.

Mrs. C. Coffman has been sick with the mumps.

Mrs. Joe Wilson entertained eight guests at a 6 o'clock dinner Thursday, March 6, complimentary to Mrs. S. Hudson, who leaves soon for Cumberland, Maryland, for an indefinite stay with relatives and friends. The evening was spent in music and conversation. Mrs. Wilson was assisted in serving by Mrs. Edyth Doknings and Mrs. O. Buckner. Mr. C. Dishman visited in Ames over Sunday.

COUNCIL BLUFFS NEWS.

Rev. J. P. Jackson, pastor of the Tabernacle Baptist church, 14th St. and Ave. A. We are glad to say by the help of God we had splendid services all day yesterday. Rev. Jackson preached in Omaha twice yesterday, at 11 o'clock in the Grobe St. M. E. church and at 3 o'clock in the Pleasant Green church, for Dr. Corstella. Both of these meetings were rallies pertaining to the respective churches. The collections were fair.

Rev. Jackson preached last night in his own church to a well filled house. Collections fair.

The carpenters are making rapid progress on Rev. Jackson's church. At present the church is ready for wiring and they hope to begin services in the auditorium soon.

Rev. Rhonenee and his people will be with Rev. Jackson the 16th. We pray God that the good spirit may continue to exist in the hearts of the people. Dr. Jackson is not well, but able by the help of God to be out.

Dr. Parker of the Beulah Baptist church and his people are doing a great work in the building up of the membership of their church. Rev. Parker is also making preparations for a rally.

Rev. W. A. Broadenax, pastor of Allen Chapel, South Omaha, preached for Rev. Rhonenee and his people last Wednesday night to a well filled house. In that meeting the stewardess Board No. 2 was appointed by the pastor.

We had a glorious day all day Sunday with a crowded house and with fair collections. Rev. Aaron Gamble preached Sunday night at the Bethel A. M. E. church to a well filled house. Rev. Rhonenee being unable to fill the rostrum because of nose and throat trouble. Rev. Gamble's sermon was very greatly appreciated as well as enjoyed by all.

The Bethel A. M. E. Pastor's Aid, Mrs. Minnie Herndon president, Mrs. Corrine White secretary, will give a mock male wedding at the Bethel A. M. E. church on March 17th. All auxiliaries of the church are working in perfect peace and harmony and are doing a tremendous work.

The Christian Endeavor will give an entertainment Friday evening at the residence of Mrs. Ellen Roderigez, 1230 7th Ave.

Jewish Armies Conscripted

On the approach of an enemy the Jewish army was recruited by a conscription made from the tribes under the direction of a muster-master, by whom also the officers were appointed. The army was divided into thousands and hundreds under their respective captains (Numbers 21; 20:14; Numbers 2:24; 11 Chronicles 25:5; 22:12).

PROTECTION OF HEALTH.

By Wm. H. Harper, B. S., M. D. Simple, practical suggestions on different every day problems of health. File each article as a different subject or phase of medicine will be discussed at each writing.

Food.

"We are physically as much what we eat as we are mentally by what we think."

Food includes everything we take into the mouth for the upkeep of the body, hence in order that the body be well kept, the proper food should be ingested or eaten. Proper food is a broad term which changes with the physical conditions of the individual as well as the seasons of the year, etc. What is proper food for one in the summer would not necessarily be proper food for one in the winter, and likewise what is proper food for a man who works hard mentally would not suffice for one who works hard physically.

The sum and substance of proper food for any individual should be governed by the appetite of that individual tempered or limited by discretion.

By limitation of appetite by discretion is meant that every person in this respect is his best doctor as he knows through experience the food stuffs which do not agree with his digestion, hence what is good for one person may be harmful to another, and no one should ever partake of anything that brings about ill after effects.

Now as to what kind of food, which also includes water, is governed in a great way by the customs and habits of the individual and can be looked after better by the individual with the exercise of the above discretion than by any doctor or anybody else.

Your system asks for what it wants through the appetite and if this is properly limited by the judgment of experience there would be far less sickness from over eating, which by the way causes 90 per cent of the digestive disturbances in man.

In winter without thought we consume more meat, and why many of us never stop to think, but it is our body through our appetite which calls for it; in summer we want but little meat, with plenty of green stuffs, and if eaten as called for with proper limitations is certainly the best for us.

There is a happy co-ordination between nature and the wants of man, when it is hot it is usually summer and nature has at our disposal vegetables and fruits and an abundance of water which we also need at that time, but in winter our body does not call for these things to the same extent and we have instead our more substantial foods. At any time there is a lack of harmony between nature and you, who is simply one of its offsprings, competent medical advice should immediately be obtained. Remember this final statement if no more, an appetite should be so governed and so satisfied that there are no ill effects to the individual after the intake of food and in this the individual is his only and best doctor.

CENTERVILLE NEWS.

Spring seems to be on its road here again. After such sudden cold spells all like the spring weather the best. Sunday was a beautiful day. Many visitors in town. Rev. Carrington preached two excellent sermons Sunday, which were enjoyed by all who heard them.

Mrs. Millie Longly and Mrs. Sweets were in the city Saturday shopping and attending to business.

Mark Carrington, Jr., is not so well at this writing.

Mrs. W. M. Cobbs was called to Des Moines last Thursday by the serious illness of her son-in-law, Mr. Geo. Henry. She took little Frank Henry home to see his father and the rest of the family. He has been staying in this city with his aunt, Mrs. Wm. Noah, for the last few months.

Miss Velma Marshall is reported in a serious condition at this writing. We hope for her a change for the better soon.

The trustees of the church are planning to have a social for the church Saturday evening. Bro. Joe Saunders, chairman.

Mrs. Lizzie D. Price is expected home from Chicago this week.

Mr. and Mrs. E. F. Brown and son, W. E., of Mystic, spent Sunday in the city attending church and visiting relatives and friends. They took dinner with Mr. and Mrs. J. P. Gooding.

Mrs. Lucy Bell fell and hurt her side and ankle a few days ago.

Mr. Geo. Johnson of Camp Dodge is in the city.

Mrs. Martha Hughes of Mystic was in the city Tuesday evening attending the meeting of the Daughters of Tabor.

The committee has placed the new chairs in the deacon's stand and they are nice ones and we are proud of them. When they get through fixing things up our little church will look O. K.

Many were in town Saturday watching the demonstration of the new fire truck which the city has purchased.

Miss Christina Crittenden returned home from Unionville, Mo., Sunday evening.

Mrs. A. L. Crittenden and children, James and Olive, took dinner with Mr. and Mrs. L. H. Jones.

The C. C. Band is still progressing nicely. Mr. S. Lee is real proud of his boys.

Mrs. William Noah received the sad news from her sister, Mrs. Geo. Heney, that her husband had passed away some time Friday. The many friends of Mrs. Heney extend the deepest sorrow for her and family.

Mrs. Mattie Biddings was very sick Saturday and Sunday. The doctor was called to prescribe for her. She is some better at this writing.

Mr. and Mrs. Wm. Kerney were out Sunday. Mr. Kerney has been laid up all winter with his shoulder.

Little Alfred Mays is reported not

so well at this writing. Deacon Wm. Oliver is able to be out again.

ALBIA NEWS.

Mrs. Carrie Thomas Griffith of Topeka, Kansas, spent a week at the home of her mother, Mrs. C. Thomas, left Saturday for her home.

Mrs. Bessie Grayson's three children have been kept in for two weeks with chicken pox.

Presiding Elder Farrisbee was in our city until Friday morning.

On request of the committee of the Iowa State Women's Confederation on Health, the president of the Albia Confederation, Mrs. Delia Thomas, had the following program rendered Sunday afternoon at her home: A paper on Health, Mrs. Jewett Walls; what effect has the soil on health, Miss Bernice Jones; describe home treatment of tuberculosis, Miss May F. Davis; define hygiene, Miss Saddle Lewis; name five different headaches, Miss Frances Thomas; define food, give classification, Miss Edith Thomas. Each reading or speech was followed by an instrumental or vocal piece on the Victrola, after which remarks were made by members of the club. Mrs. Lucinda Jones and Mrs. Mary Harris.

Presiding Elder J. H. Ferrisbee and Rev. J. W. Dowden administered sacrament to Miss Mildred Lewis at her home last Monday afternoon.

Presiding Elder Ferrisbee was entertained at the home of Mr. and Mrs. B. T. Lewis Thursday evening. A pleasant evening was spent.

Forgot What He Needed.

From the Republican, Mt. Gilead, Ohio: The editor had an interesting experience some time ago, when a young gentleman came to this office and asked for a copy of the Morrow County Republican. He scrutinized it carefully when a copy was handed him, and then said: "Now I know!" "What is it you are looking for?" we inquired. "My wife sent me after a bottle of Chamberlain's Cough Remedy, and I forgot the name. I went to several stores and the clerks named over everything in the line on the shelf except 'Chamberlain's.' I'll try again, and I'll never go home without Chamberlain's Cough Remedy." The Republican would suggest to the proprietors of stores, that they post their clerks, and never let them substitute. Customers lose faith in stores where substituting is permitted, to say nothing of the injustice to makers of good goods and the disappointment of customers.

IOWANS PAID FOR SAVING

More Than \$9,000,000 Will Be Turned Over by U. S. for Thrift in One Year, if Stamps Are Held.

More than \$9,000,000 will be paid to the people of Iowa by the United States government for their thrift during 1918, if the War Savings and Thrift stamps sold in the state last year are held by buyers until maturity, according to an estimate made at state headquarters of the Iowa War Savings committee.

This sum, representing the interest on war savings alone, shows the great importance of aggregate saving in small amounts, and as well, the individual advantage to the person who invests a part of his savings in interest-bearing securities.

The people of Iowa in 1918 bought nearly 47,000,000 Thrift and War Savings stamps, and it is reasonable to believe the lessons of thrift and saving learned then will result in a far greater amount of sales this year. If this is the case, the government will be called to pay to the people of the state for their thrift in 1919 probably a good deal more than \$10,000,000.

Budget Plan Popular.

The budget plan for both individuals and families, through which the Iowa War Savings committee expects to build up a savings system in the state which will enable it to go "over the top" in War and Thrift stamp sales this year without any forced drives, is taking root rapidly in many sections of the state.

Some of the leading newspapers have taken up the budget idea and are showing their readers with figures just what certain incomes should permit in the way of savings, basing estimates on local costs of food, clothing, rents and incidental expenses for the ordinary wage earner or family. These newspapers are giving the public valuable information and at the same time helping to build up a community in which the spender are gradually being turned into savers.

State headquarters of the Iowa War Savings organization, 208 Sixth avenue, Des Moines, is receiving daily inquiries regarding the budget system and sample budget covering incomes from \$800 to \$4,000.

Unified Writing Forms.

When Charles the Great became monarch of central Europe, among other great ideals he set himself to unite the learning of Christendom by purifying and unifying the many and varied forms of writing. To do this he went back to the original Roman model. The invention of printing came as a great advance, and at first the type took the form of a writing hand.

Children's Bedtime.

Interesting statistics showing the time at which the children of Beverly, Mass., go to bed, disclose that 13 go to bed between five and six o'clock, 5,240 between eight and nine; 156 between 11 and 12, and 45 between 11 and 1. It is to be hoped that there are no Beverly children who are not in their nightgowns, safely tucked up, by one o'clock.—Boston Globe.

Had Something on George. "I've got it all over George Washington in one thing," Harold told his playmate. "How's that?" he was asked. "Well, he couldn't tell a lie and I can."

YANKETON, S. D., NOTES.

(Special to Bystander.) The Second Baptist Church of Yanke-ton has been running a very successful two weeks revival. During this time eleven persons were converted. Rev. Hereford is pastor of this progressive church.

Mrs. Williams and daughter have been sick at their home, 814 Lime St.

Little Dortha Hayes has been very sick. We hope she will recover.

Everybody is invited to attend the services of the Second Baptist church. Morning services at 11, Sunday school at 2 p. m., afternoon services at 3

o'clock. Evening services at 7 o'clock. Rev. Heryford, pastor.

Look out for Spanish Influenza. At the first sign of a cold take



Standard cold remedy for 20 years—in tablet form—safe, sure, no opiates—breaks up a cold in 24 hours—relieves grip in 3 days. Money back if it fails. The genuine box has a Red top with Mr. Hill's picture. At All Drug Stores.

"What's in a name?"—EVERYTHING!

"All wounds may be cured but not all names" "A famous name will never die" "Nothing succeeds like success"

For over eighty years, Palmer's "Skin Success" Ointment has made a great name for itself, as a cure for most forms of skin troubles. It is the Original Skin-Brightener.

WARNING! Our Trade-Mark "Skin Success" is being used by others, evidently to deceive our friends. Let them BEWARE; we shall prosecute them to the fullest extent of the law.

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YOU HAVE A BEAUTIFUL FACE BUT YOUR NOSE?



IN THIS DAY and AGE attention to your appearance is an absolute necessity if you expect to make the most out of life. Not only should you wish to appear as attractive as possible, for your own self-satisfaction, which is almost worth your efforts, but you will find the world in general judging you greatly, if not wholly, by your "looks", therefore it pays to "look your best" at all times. Write today for free booklet, which tells you how to correct ill-shaped noses without cost if not satisfactory. M. TRILETY, Face Specialist 1157 Ackerman Bldg., Binghamton, N. Y.

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