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CAN EASILY BE OBTAINED BY USING

### Brown Bess Face Powder

Which is especially prepared for colored people in an elegant presentation, smooth and beautiful. It will adhere to the face until washed off, always looks natural and does not contain any injurious qualities.

**CUBANOLA BROWN BESS** is a toilet necessity that should be kept in your dresser at all times. A trial will convince you.

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**CUBANOLA MEDICINE CO., Atlanta, Ga.**  
DEPT. OF EXCELLENT TOILET ARTICLES  
AGENTS make a good living by recommending us. Write for particulars.

**Pelican's Habits.**  
The pelican is commendably regular in his habits. The parent birds catch fish, and, after eating their fill, fly to their young, who eat by thrusting their bills down the mother's throat and feasting on the half-digested food.

## KINKY HAIR MADE STRAIGHT

SOFT, LONG, SILKY

By using Herolin's Franchise Hair Dressing, which is delightfully perfumed and really the best preparation made for producing beautiful, soft, silky, straight, long, fluffy hair—just the kind you want. Herolin frisks the scalp and makes kinky, curly, short, stubborn hair so soft, long and lustre that you can easily handle it and put it up in any style. It is your natural right to have fine, lovely hair, and Herolin offers you a chance. Take it—but don't be fooled into getting anything else than

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It makes short hair grow long and beautiful, stops itching scalp and dandruff.

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Be your own man or woman.  
AGENTS We make you a liberal offer—and show you how to make money fast.

**BOOK ISLAND, ILL.**  
(Special to Bystander.)  
Wednesday evening, April 9, at 9 o'clock, at the Masonic hall, Miss Glee Stoner, daughter of Mr. and Mrs. W. L. Stoner of Rock Island, became the bride of Corp. Edward Johnson of Kansas City, Mo. The ceremony was performed by Rev. J. L. Wharton of the A. M. E. church of Monmouth, Ill. The bride was dressed in a white georgette crepe dress with a bridal veil, and the groom was dressed in his soldier uniform. Miss Katherine Thompson of Leavenworth, Kan., attended as maid of honor and Sergt. Ulysses Clark was best man. Edith Shanley of Dow, Iowa, and Gladys Thompson of Leavenworth, Kan., were the flower girls. After the ceremony a wedding dinner was served. The tables as well as the hall were decorated in the national colors. Corp. Johnson has recently returned from overseas, where he served for nine months. After a wedding trip to Chicago the bridal couple will leave for Kansas City, where their new home will be located.

**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 as phase of medicine will be discussed at each writing.

**Sleeplessness.**  
"Sleep is a natural state of rest, with a more or less complete unconsciousness."  
The amount of sleep necessary varies with the individual. The young and old require more sleep than persons of middle age. Twelve to fourteen hours of sleep for a growing child should be the rule. The average individual should get from seven to nine hours of sleep out of every twenty-four hours.  
Sleep is absolutely necessary for the proper recuperation of the body waste during the hours of activity. If this repair is hindered either by not sufficient sleep or restlessness during the



Wm. H. Harper, B. S., M. D.

time of sleep, the resistance of the body is proportionately weakened and the health of the individual suffers.  
Some persons spend eight to ten hours in bed and get approximately four to six hours of sleep. This condition may be due to many causes too numerous to discuss in this article.  
To those persons who find it difficult to sleep soundly after retiring the following suggestions may be found helpful:  
Don't make supper the heavy meal of the day, as the energy required in digesting it brings about a restlessness. The position is often best determined by experience. Some persons rest best on the back, while others the right or left side. However, the position of choice should be the right side, as it is in this position that favors the emptying of the stomach into the small intestines and thus gives a mechanical aid to digestion.  
A hot shower or tub bath before retiring favors a good night's rest.  
Coffee or tea for individuals who are restless should never be drunk at night.  
A glass of hot milk is good and should be taken about one-half hour before retiring.  
I have found that many do well by eating an apple on going to bed. This gives the stomach something to digest which is easy, but which is sufficient to draw most of the blood from the other parts of the body to that organ, hence

sleep ensues.  
A hot foot bath works on a similar principle and for some is sufficient to secure the needed rest.

**CLINTON, IOWA.**  
Mr. and Mrs. Harrison Reed left for their home in Paris, Mo., Tuesday morning after a several days visit at the home of the former's mother, Mrs. W. J. Porter on Elm St. Mr. Reed is on his return from overseas, having but recently been given his discharge.

Easter was most appropriately observed at Bethel A. M. E. church. At the Sunday school hour a most interesting program was rendered by the pupils. In the evening a program of merit was given by adults. The collection for missions for the day was flattering.  
Mr. W. L. Luckey of Chicago was in the city this week, called here on account of the death of his brother, G. W. Luckey.  
Notwithstanding the inclement weather, a large number were in attendance at the entertainment given by McNeil lodge, April 10th. The program rendered was of a high standard. One of the events worthy of mention was an address by Lieut. E. W. Mann, recently returned from overseas, who told of the experiences encountered in the world's conflict. Refreshments were later served. The success of the entertainment is due to the committee in charge, who in the face of opposition worked incessantly, for which the Masons are under obligations.

Fred Slater spent his Easter vacation in Clinton from his studies in Iowa City. Fred Douglass, one of our young men, passed away at Agatha Isolation hospital Friday afternoon, where he had been taken two weeks before with diphtheria. The funeral was held Saturday morning from Delaney's chapel. Rev. W. H. Williams, pastor of A. M. E. church, officiated, assisted by Rev. Bates of the 2nd Baptist church.

Miss Gilla Robinson of Lyons entertained at dinner recently in honor of her nephew, Lieut. E. W. Mann, and wife. Afterwards all present went to the A. M. E. church in Lyons and listened to an interesting address of his experiences overseas.

Lieut. E. W. Mann spoke before a large audience at the A. M. E. church at the morning service, April 13.

Mrs. Ella Robinson remains quite feeble.

Art Williams is feeling some better. Geo. W. Luckey, a long time resident of Clinton, passed away at his home on Maple avenue, Saturday noon, after a protracted illness. Deceased was a well known character. His immediate relatives are a sister, Mrs. Minnie Meadows of this city, and a brother, W. L. Luckey of Chicago. He is also survived by two nephews, Carl and Clifford Culberson, the latter in France, a niece, Anna Culberson of Davenport, a grand niece, Josephine Davis of Edmonton, Alberta, Canada. The funeral was held Tuesday afternoon at 2 o'clock from Bethel A. M. E. church, Rev. W. W. Williams officiating, assisted by Rev. Bates of the 2nd Baptist church. The bearers of the casket were Messrs. Joe Robinson, Scott Robinson, J. W. Cooper, M. O. Culberson, J. T. Culberson, Chas. Thompson and Geo. Johnson. Interment was in Springdale cemetery.

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—In the Economy Basement Store— at Yunkers'.

**DAVENPORT, IOWA.**  
Last Week.

The Allen Christian Endeavor is now progressing rapidly each Sunday. There is also an increased membership attendance each meeting. The league is working hard for the good of its members, and also the fill the coffers of their treasury for the purpose of sending their delegate to the convention and for other purposes connectionally.

The Davenport colored scouts met in scout assembly at the troop headquarters last Monday night in accord with their scoutmaster, Mr. John Gordon. He is preparing the scouts and getting them in readiness for to pass their second class tests by May 12. The colored scouts are rare to go, in their preparedness for the Memorial Day parade. The troop flag was unfurled at the meeting and a great cheer was sent up by the enthusiastic scouts.

On the corner of 11th and Ripley streets stands a building wherein is the scene in the lecture room of an elaborate bazaar. The ladies of the T. L. O. Club have prepared the bazaar, which consists of beautifully made garments, in the shape of what you would call aprons, also table doilies, night caps, dust caps, and any other kind of caps a person with money would want to get. A very warm article is to be given to the lady who sells the most tickets for the concert, this article will consist of a many colored quilt, a kind which many people use in winter. Whoever this lucky lady may be she will be able to use this said article next winter when Mr. Jack Frost will play his nimble game of "Freeze-em-quick." A concert will be given in connection with the same.

On Wednesday the 16th, Mrs. S. L. Prescott, a noted traveling evangelist missionary, will appear at Bethel A. M. E. church and will preach. All are most cordially invited.  
On next Wednesday the 23rd, the members of the Living Waters Club are requested to meet. Let every member rally to the call of your president.  
At the A. M. E. church on Tuesday evening, the time of which the T. L. O. Club will give the concert and bazaar, Mrs. Martha White of Indianola will be the speaker of the hour. Who is the president of the Iowa State Colored Women's Federation of Clubs. This week the public will have the pleasure of spending their exquisite time in hearing a very able lady speak. Everybody out and hear Mrs. Martha White.

### NEGRO SOLDIERS IN OUR WAR

(New Book)  
Tells all about the war; it is fair to colored people. A tremendous seller. Price only \$2.50. Agents making \$8 to \$15 a day. Send 25c quick for agent's outfit.

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## PETE EXPOSES A FRAUD

Panel 1: A woman in a dress looks at a man in a top hat. She says, "OH COUNT! I ACTUALLY BELIEVE THIS CUTE LITTLE MONKEY IS WINKING AT ME." The man replies, "VOT! I CHALLENGE HIM ON ZE FIELD OF HONOR!"

Panel 2: The man in the top hat is in a boxing stance, shouting, "WHY COUNT! WHAT IN THE WORLD?" The woman says, "YOU INSULT ZE LADY YOU INSULT ME—DEFEND YOURSELF!"

Panel 3: The man in the top hat is being thrown back by the woman. She says, "HE'S GONE CRAZY YOU TAKE ZAT!"

Panel 4: The man in the top hat is on the ground, shouting, "STOP! STOP! MY HONOR EZ SATISFIED!"

Panel 5: The man in the top hat is being carried away by a man. He says, "OI SAY OL' CHAP! I'M A BIT CAGY AINT I?"

Panel 6: The woman is sitting on the ground, looking dejected. She says, "I AM RUINED! YOUR MONKEY BUSINESS HAS LOST FOR ME ZE AMERICAN HEIRESS." A man nearby says, "TAKE ME HOME HE IS COUNT! BRUFFIT!"