

AFRO-AMERICAN CULLINGS

It is not usual to think of the Negro as having contributed much to the "wisdom literature" of the world, but the following proverbial expressions are enough to show that he has not been altogether lacking in this respect:

Not to add one in distress is to kill him in your heart.
Birth does not differ from birth; as the free man was born so was the slave.

Much gesticulation does not prove courage.

Do not repair another man's fence until you have seen to your own.

You cannot kill game by looking at it.

Familiarity induces contempt, but distance secures respect.

Faults are like a hill, you stand on your own and you talk about those of other people.

To love the king is not bad, but a king who loves you is better.

The day on which one starts is not the time to commence one's preparation.

He who forgives ends the quarrel.

The slave never sits meal by itself.

The dawn does not come twice to wake a man.

"I have forgotten thy name" is better than "I know thee not."

The fugitive never stops to pick the thorn from his foot.

The elephant does not find his trunk heavy.

But the outstanding feature of a new magazine is just the fact of its appearance. Launched at Chicago by a new organization, the Association for the Study of Negro Life and History, it does not intend to drift into the discussion of the Negro problem, but rather to "popularize the movement of unearthing the Negro and his contributions to civilization . . . believing that facts properly set forth will speak for themselves." This is a new and stirring note in the advance of the black man. Comparatively few of any race have a broad or accurate knowledge of its past. It would be absurd to expect that the Negro will carry about in his head many details of a history from which he is separated by a tremendous break. It is not absurd to expect that he will gradually learn that he, too, has a heritage of something beside shame and wrong. By that knowledge he may be uplifted as he goes about his task of building from the bottom.—New York Evening Post.

Prof. Kelly Miller, dean of the College of Arts and Sciences of Howard University, has contributed an article to the December number of Education, discussing the industrial and the higher education of Negroes, and taking the stand that the two are not antagonistic or inconsistent. He says: "The Negro's presence in this country in the first place, was due to the belief that he was intended by the Creator to be an instrument of crude service. His traditional function was mainly mechanical, and scarcely more human than that of the ox which pulls the plow. His personality was at first denied, and afterwards ignored. Men spoke of the Negro as a 'good hand' just as they spoke of a good ox or a good dog. The imputed virtue had exclusive reference to his utility as a tool. The traditional bias concerning the Negro's ordained place in the social scheme influences present-

The work that is being done toward the industrial education of the Negroes in a dozen schools scattered throughout the South by the American Church Institute for Negroes was described at Washington by Rev. Robert W. Patton before 400 women interested in social betterment work.

Dr. David H. Greer, Episcopal Bishop of New York and president of the Institute, presided at the meeting, which was held in the assembly hall of the Colony club and introduced the speaker.

Rev. Mr. Patton said: "It cost the nation \$10,000 per capita and a million lives besides to emancipate the slaves. But emancipation is not freedom. And after the bitterness of the reconstruction period in the South, which should be called the reconstruction period, a group of men in the North and South decided that this was so. The Church Institute is freeing the slaves at \$100 each by giving the Negro the freedom of mind, body and soul."

England's gold is placed at \$800,000,000.

Tommaso Salvini, the world-famous Italian actor, who died the other day, forbade his sons acting in Italy during the years of his own activity on the stage, although three of them, Gustavo, Alexander and Tommaso, were thespians. The father's namesake is said to be the most talented of the trio.

A screwless corkscrew has been invented—a pointed shaft carrying a piece of metal on a pivot so that it falls at right angles beneath a cork that it has been thrust through.

Why Shafts Are Hollow.

By careful experiments it has been proved that a solid column subject to bending strains is no stronger than a hollow one. Consequently all iron shafts which drive the screws of steamships have a hole bored down the center so that weight may be reduced.

Not Really Ancient.

The claim is made that a Maya inscription in Yucatan fixes the date of a building in that region at 200 years

ent opinion concerning the kind of education which should be imparted to him. As a consequence of this attitude, that type of education which fits him for his accustomed sphere and place has found ready appreciation and favor; he is to be educated for his work, rather than for himself. As a matter of fact, the great bulk of this race must devote its chief energies to the cruder and coarser grades of service which fall to its lot as far in the future as our present vision can penetrate. The industrial education of the masses, therefore, becomes a matter of the highest concern to the practical statesmen and philanthropist. D. Booker T. Washington, in his moments of greatest enthusiasm, never overstated the importance of industrial training as an essential agency of the general social uplift. But at the same time, it should never be forgotten that the Negro is a human being as well as a utensil of service. A wise educational economy will seek to make him a man working, rather than a working man. Fortunately, however, the saner sense of the people is now asserting itself. The two types of education are no longer contrasted as antagonistic and inconsistent, but compared as common factors of a joint product. Their relative claims should never have been made a matter of essential controversy, but merely a question of ratio and proportion. Negro colleges, following the lead of white prototypes, are adjusting their curricula to the demands of the age."

In Chicago a movement is afoot to erect a memorial to the late Booker Washington and a large sum of money has already been collected for this scheme, which is to be entirely local, and to express for all time the sympathy and admiration of Chicago people for the great Negro educator. It will not be a statue or a symbolic temple of ornate architecture, but it will take the practical form of an industrial training school for Negro Children of the city. The Chicago Herald infers that if Booker Washington had been asked what sort of a monument he would desire to perpetuate his memory he would have answered: "A school for my people." Chicago's example is good and well worth following.

A number of such memorial schools in various parts of the country, for the industrial education of the colored race, would serve to keep his memory green and go far toward the solution of the racial problem. To make his people self-supporting and self-reliant was the object of his life. No better monument to him could be thought of than a school to continue his mission.

Paul Laurence Dunbar wrote a memorable sonnet to Booker T. Washington. It was read recently at the memorial exercises held at Tuskegee. In part it is:

A poor Virginia cabin gave the seed,
And from its dark and lowly door there
A peer of princes in the world's acclaim,
A master spirit for the nation's need,
Strong, silent, rugged beyond his kind,
The mark of purged force on brow and
Straight on he goes, nor turns to look
behind
Where hot the hounds come baying at
his hip.
With one idea foremost in his mind,
Like the keen grow of some on-forging
ship.

The Negro population of the United States increased from 757,208, or 19.3 per cent of the total population, in 1790, to 9,827,763, or 10.7 per cent of the total in 1910. The increase between 1900 and 1910 was at the rate of 11.2 per cent, while during the same period the white population increased 22.3 per cent. Since 1810 there has been a continuous decrease in the proportion which Negroes have formed of the total population, due, at least in part, to the fact that the white population has been continually augmented by immigration, while there has been very little immigration of Negroes during the last hundred years.

"Indians dying everywhere; maybe no more big talk," was what Chief Black Horse of the South Dakota Sioux said recently when arranging a big council of aborigines from that region at Deadwood. The subject of work will be the right of the Sioux to the Black Hills, on which they insist in the face of numerous adverse court decisions.

Workmen on the Rouge river (Or.) canal set off a blast and thereby uncovered a buried treasure. The coins were of the mintage of the fifties, and there were some Spanish coins among them. How the money came to be buried or when or why is unknown. According to some accounts, there was about \$500 and to others about \$2,500.

According to an English scientist's estimate the world's total annual rainfall amounts to 29,347.4 cubic miles, of which less than one-fourth drains through rivers into the ocean.

B. C. How accurate this claim is, only experts can tell, and probably they will wrangle about it for half a generation before deciding. If established, it will be the oldest date in the history of the western continent—but how modern compared to the records of the lands by the Euphrates and the Nile!

Opportunities are very sensitive things; if you slight them on your first visit, you seldom see them again.—Ruskin.

SUBSTITUTE FOR MEAT

MANY PREPARATIONS THAT MAY BE UTILIZED.

Macaroni Served With Kidney Beans Will Be Found Entirely Acceptable—Vegetable Roast Also Well Worth a Trial.

Are you looking for a dish that can be substituted for the expensive meat, and will yet be good eating and strengthening? Try

Macaroni With Kidney Beans.—One cupful macaroni, one pint kidney beans, one-half pint tomato sauce, one teaspoonful salt, one quart water, two tablespoonfuls flour, two tablespoonfuls butter, three-quarters cupful hot milk, one-quarter cupful tomato (strained).

Break the macaroni in small pieces and cook in boiling salted water until soft. Drain, pour a cupful of cold water through it. In preparing the tomato sauce, heat the milk to the scalding point and stir into it the creamed butter and flour. Cook five minutes, add the heated strained tomatoes, drained macaroni and the cooked beans, with more salt if needed. Heat thoroughly, pour into a vegetable dish and serve. Sufficient for four or five persons.

Vegetable Roast.—One quart beans or peas, one quart nut meats, four slices zwieback, one cupful sweet cream.

Put the well-cooked beans or peas through a colander to remove the skins, then mix with the finely-chopped nut meats. Season to taste. Put one-half the mixture in a buttered baking dish, spread over it a dressing made as follows: Pour boiling water on four slices of zwieback, cover, let stand for a few minutes, then break them up with a fork and pour over one-half cupful of sweet cream. Season with salt and sugar. Cover the dressing with the remainder of the nut mixture, pour over all the remaining half cupful of cream and bake for one and one-half hours. Serve in slices with cranberry sauce.

Potato Salad With Sardines.—One pint potatoes, one onion, half green pepper (sweet), three sprigs parsley, three olives or pickles, three teaspoonfuls olive oil, one and a half tablespoonfuls vinegar, one can sardines, one tablespoonful beets or olives, salt and red pepper to taste.

Boil potatoes in their jackets, then peel, and when cold cut into cubes. Mix together the potatoes, onion, green pepper, parsley, olives, salt and a dash of red pepper. Add the oil and vinegar. Mix lightly and put in a salad bowl. When ready to serve, open the sardines, drain and wipe free from oil and arrange on top of the salad in a circle. Put the chopped beets or olives in the center and serve. Brown or whole wheat bread goes well with this. This will serve three people. A salad of this description, with its fish and its olive oil, meets the requirements of an all around hearty and nourishing dish.

Have you tried not polishing your cooking stove, but keeping it well washed? It saves your own aprons, tea towels, etc., and the children's clothes, if they come around the stove in the kitchen.—Emma Paddock Telford.

Grapefruit Salad.

The grapefruit is a cheap and delicious fruit. It makes an excellent hors d'oeuvre when cut in half, the hard center and seeds removed, and a little maraschino or rum poured over it. It is equally successful as a salad. Select a large heavy fruit and separate the flesh from the bitter skin in good good-sized pieces. Line the salad bowl with tender lettuce leaves, chicory or romaine, add the grapefruit, and sprinkle over it a tablespoonful of finely chopped fines herbs, then pour over this a good French dressing, add garnish with white, hard-boiled egg rings with an olive curled in the center of each.

Supper Dish.

A novel and tasty way of serving frankfurts and tomatoes for either a supper or luncheon dish is as follows: Put about a tablespoonful of butter in a frying pan, and when melted slice in a large onion and fry brown. Add one can of tomatoes, one-half teaspoonful of salt, a small amount of red pepper and one whole clove. Take one pound of frankfurts and remove the skin and slice lengthwise into halves, and remove and cook ten minutes. Serve with baked potatoes.

Oatmeal Bread.

Four over one cupful of rolled oats two cupfuls boiling water and let stand for one hour. Then add one-third cupful of molasses, one-half tablespoonful salt, one tablespoonful butter, one-half yeast cake dissolved in one-half cupful of luke-warm water. Then add four and a half cupfuls of bread flour. Let raise in the morning, cut down and beat thoroughly when light enough, and put into buttered bread pans and let raise again, then bake. This makes two loaves.

Cream Mince.

Chop, not too fine, four large cold potatoes, about three-quarters that quantity of cold beets, and one-third onion. Mix all together and dust with flour, salt and pepper. Put over one cupful of salt fish. Put water over the fish to soften. Make a cream with two tablespoonfuls of butter and one of flour and one-half cupful of hot water and same of milk. Drain water off the fish and add the cream with the vegetables. Heat and serve.

Fairy Ginger Cake.

One cupful of molasses, one-half cupful of sugar, one heaping tablespoonful lard, one egg, one cupful sour milk with one teaspoonful soda stirred in until it begins to foam over top of cup, one teaspoonful ginger. About a pint of sifted flour, making a rather thin light dough. It will be light like a sponge if not mixed too stiff. Can omit ginger and use spices and raisins if desired.

In the Vanguard of Spring Styles



If the pretty suit for spring, which is pictured above, had nothing else to recommend it but the charm of simplicity, it would still possess the best of all attributes of the street dress. But it has also the distinction which belongs to novelty in design and is compellingly good to look at.

This is one of a number of new models in which taffeta is combined with a cloth in making up suits. In this particular case it is made up with serge. The skirt is wide and plain, with most of the fullness disposed at the sides. The facing, of serge, is very wide and is set on to the taffeta with a double row of machine stitching. Skirts made in the same way, of cloth, are faced up with leather in the same color as the cloth, set on with a small piping of leather, and were among the earliest imports of the season.

The smart coat of taffeta is designed with a yoke of serge and finished at the bottom with a wide banding of it. This is rather an exception to the rule of bandings on street suits, but is admirable because it corresponds with the skirt facing, as it should. The plain, wide belt is of the serge also and the sleeves are finished with cuffs of it.

The sailor collar is made of the taffeta and stands rather high at the back. It is protected by a white organdie collar with scalloped edges, and this is decorated with black hemstitching, another of the new-style features for spring. In the coat, as in the skirt, most of the fullness is gathered in at the sides at the waist line, where it is apparently confined by the belt.

It would not be easy to find a more dependable style in a spring suit than this. It is one of many in which two materials are combined, but it is not always done with such nice balance. The silk and cloth are of the same shade and usually in dark colors. Less practical but very elegant suits are made in light gray and in tan color.

Dignified and Simple Coiffure



Everybody that is young enough, and some persons who are not, appear to have adopted one of those many styles in hairdressing patterned after the "Bobby" coiffure. The "Castle bob," made popular by the famous dancer, requires a bare forehead with the hair drawn back and a bob at each side.

The Bobby coiffure is youthful looking but sometimes unbecoming. Only the possessor of a beautiful brow looks well with it entirely uncovered. To get over this difficulty the wearing of a narrow band of velvet or other ribbon bound about the forehead has come into vogue. Although not much may be said in favor of this particular style of hairdress so far as becomingness is concerned, we may thank it for compelling a beautiful finish and neatness in other styles.

The hair may be waved or curled, or it may be dressed without either, but whatever else it is, fashion requires that the coiffure shall be beautifully done, and finished looking.

For the more dignified styles in hairdressing, the French twist, rolled softly and close to the head, as shown in the picture given here, is used with many variations in little details of finishing. The hair is trimmed in a light, curving bang, and a short strand is turned forward in a flat ringlet on the cheek, in one style. In another the hair is waved and parted at one side. It is brought down on the forehead, as in the coiffure pictured here, but is coiled in a moderately high coil at the top of the head. This is particularly effective with the tall turbans which are to be worn.

She is a wise woman who remains faithful to a style of hairdress that she finds more becoming than any other. The charm that belongs to a well-groomed appearance is within every woman's reach and it is unerring. In the matter of the coiffure, at least, she can afford to be independent of fashion and to cultivate individuality.

To make a child maintain an erect position while writing at a school desk a German has invented a rod to be attached to a desk, terminating in a cup against the child's chin.

Decorated with a jeweled clasp or ornament.

Sometimes a single strand of brilliants, pearls or gold beads are used for the purpose. Any ambitious girl can make such a strand for herself. All she need do is take three narrow ribbons of the length required to form the fillet and on these string the beads. Attach the three strands to a flat disk an inch in diameter, formed of buckram covered solidly with beads. Finish the other side in a similar manner.

POTATOES AT THEIR BEST

Universally Popular Vegetable Will Well Repay All the Care That Can Be Given to It.

There are many varieties of potatoes. Tastes differ as to the most desirable kind. In this country the white potato, when light and dry, is preferred. It is especially suited for boiling, steaming and baking, also for soups and purees. The yellow potatoes are more suitable for salads, ragouts, hash and frying, because they keep their shape when cooked. The sweet potato makes a pleasant and healthful addition to the table. It is rich in starch and sugar and somewhat laxative.

The white and yellow varieties contain a large percentage of water, a fair percentage of starch, a very small percentage of sugar and about one per cent mineral matter. It is to this mineral matter that the potato owes its antiscorbutic properties.

Potatoes cooked in dry heat, as by baking in the oven, roasting in ashes, frying in deep fat, or steaming without peeling are more pronounced and savory than when cooked in water. But the vegetables so cooked must be served just as soon as they are done, or else they will become soggy. On the contrary, boiled potatoes may be kept warm for an hour or more after cooking without ill results.

Potatoes should cook in half an hour if ordinary size. Large potatoes should be given five minutes more, and small ones two minutes less. These rules apply to peeled, partly peeled or unpeeled.

The potatoes should be covered with boiling water and brought quickly to a boil. After fifteen minutes add one tablespoonful of salt to thirty twelve potatoes. At the end of thirty minutes drain off. To make them very white and mealy, after draining off the water, put the cover on, hold it down firmly and give the pot a shake. Next open the window and hold the uncovered pot outside for a few seconds, to let the steam escape. Place the vessel where it will keep warm for a few minutes, covering with a folded cloth, not the lid.

When boiling potatoes in their skins a narrow band of the skin should be removed from the center of the vegetable and small bits from either end.

Steamed potatoes will require forty minutes to cook, the water boiling hard all the time.

Baked potatoes (in their skins) must be pricked before putting into the oven to allow the gases to escape. The oven should be very hot, as a number of cold potatoes will lower the temperature. One hour should be allowed.

Small sweet potatoes will bake in half an hour, large ones an hour or more. Those who like them moist and sweet may bake them two hours.

Economical War Cake.

A fruit cake without eggs was much used in England during the holidays and further popularized by being called a "war cake." It is really very good and undoubtedly economical. It requires one-half pound of flour, two ounces of sultana raisins, one ounce of currants, one ounce of butter, one-half pound of brown sugar, one teaspoonful of carbonate of soda, one teaspoonful molasses, one-fourth teaspoonful cinnamon or mixed spices, one-fourth teaspoonful of ground ginger, one teaspoonful vinegar. Mix the ingredients after creaming the sugar and butter, in a half-cup of milk. Put the vinegar in last and very carefully a drop at a time lest it curdle the mixture. Bake in a moderate oven for an hour and do not cut for a week.

Beef Essence.

Remove the fat from a slice of steak from the top of the round, cut three-quarters inch thick, broil over a clear fire three or four minutes, turning often; heat the broiler to prevent the steak from adhering, as any suggestion of grease must be avoided; remove to a warm plate, cut into 1½-inch squares, wash on both sides and with a lemon squeezer extract the juices; season with salt. This is nutritious and extremely palatable. Often desirable, given in small quantities, where a condensed form of food is desired.

Cottage Savory of Ham.

Place in a chopping bowl three ounces of cooked, lean ham and chop for ten minutes until it is a smooth pulp. Then add half a tablespoonful of good butter, two tablespoonfuls of Worcester's sauce, half a teaspoonful of cayenne pepper and half a teaspoonful of mustard. Chop the whole well together for five minutes more and place this paste on a plate. Prepare six small round pieces of toast. Divide the ham preparation evenly on the toast and serve immediately.

To Mend Buttons.

When the little cloth center or inner side of buttons has either pulled out, or worn, make a net work by criss-crossing your threads, in inner part where cloth was, to make that part solid; from here then catch threads out to edge of button, completely hiding tin part, and sort of forming a spider's web. Thus one can use buttons that might otherwise be thrown away.

When Making Cake.

Never beat eggs for a cake. Drop the unbeaten whites in the last thing, and stir just enough to mix well with the butter. This is against all customary rules for cake making, but after one trial you doubt no more. Soft, moist, light fluffy cakes are the happy result.

Flaxseed Lemonade.

Carefully pick over and wash two tablespoonfuls of whole flaxseed, add three cupfuls boiling water, let cook for two hours, keeping below the boiling point, strain, add sugar and lemon juice to taste. Of great value in throat and lung troubles.

When Roasting a Turkey.

The turkey need not be sewed after the dressing has been put in. Insert toothpicks on either side and string back and forth over the picks. This is easily removed after the bird is cooked.

INTERNATIONAL SUNDAY SCHOOL LESSON

By E. O. BELLERS, Acting Director of Sunday School Course, Moody Bible Institute.
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LESSON FOR FEBRUARY 20

CHRISTIAN BROTHERHOOD.

LESSON TEXT.—Acts 4:32-37.

GOLDEN TEXT.—Love one another from the heart (1st John 1:7, 12; R. V.).

The Sanhedrin had tried threatening upon the disciples and this is generally pretty weak business. But their threat meant danger and the disciples were not unduly puffed up over their deliverance. With all their believing friends they prayed and in response the Holy Spirit came upon them in still further measure (4:23-31).

I. The Spirit-Filled Believers, 4:32-37.

The two sections of this lesson are really one and are designed to bring out sharply the contrast between the Holy Spirit-filled church and an evil spirit-filled man. The communism of the early church was (a) Christian communion (see 2:44); and it was (b) for a special occasion; (c) it was benevolent—each had according to his "needs" (4:34, 35); (d) it was voluntary (5:4), and (e) it recognized the right to private property (see 5:4, 9). He, the Holy Spirit, does bring that unity, that altruism, those active social relations and services of which Pentecostal communism is the type. Unity and love are seen in genuine Christianity in all ages, but the forms of their expression may differ.

The power of the Holy Spirit was manifested, not merely in love and unity which it produced, in the brotherhood thus evidenced, but also in the testimony given for the Lord Jesus Christ, "with great power gave the apostles witness to the resurrection of the Lord Jesus." There is much witness to the resurrection of the Lord Jesus Christ in our day, but not always "with great power." When we are filled with the Holy Spirit it is of Jesus, and especially of his resurrection, that we will bear witness.

Another result of being filled with the Holy Spirit was that grace was upon all. "Grace" means favor. We are not told whether it was God's favor or man's favor that was upon them. It seems to imply both (see Luke 2:52). No man looked upon his own interests, but "every man on the things of others." Distribution was made according as each had need, not according to his ability, not according to his notable service. The pre-eminent illustration of Christian love in the brotherhood at Jerusalem was Barnabas.

If we had more of such today we would have less of union labor troubles and missionary difficulties. We do well to consider carefully the six distinguishing features of this early church: (1) A praying church (4:24-30), (2) A Spirit-filled church (31), (3) A united church (32), (4) A witnessing church (33), (5) A ministering church (34, 35), (6) A multiplying church (36, 37).

II. The Devil-Possessed Unbeliever, 5, 1-16.

Barnabas had received great praise for what he had done at the impulse of the Holy Spirit in his life. It is an exceedingly fair picture, but the scene of the early church had been from foes without, now it faces the greater peril of foes within. And when this great question, regarding the deity and personality of the Holy Spirit, is first brought to light, God, through his chosen, deals with it in a stern manner. The devil is always presenting his imitations of everything good and holy. Ananias and Sapphira were not willing to make a life sacrifice. They, too, "sold a possession," but they secreted a part of the price and brought the rest with the intent to deceive the church. The Holy Spirit quickly informed the church of this hypocrisy and, Spirit-guided, they were not deceived. For Ananias to lie in the atmosphere of love and consecration engendered by the Holy Spirit made his crime the more unpardonable. The same words are used in describing his actions as those used in describing the actions of Barnabas up to a certain point. But what a difference we see subsequently. In the case of Barnabas his act was a deed of self-forgetting love; in the case of Ananias it was one of calculating hypocrisy. We thus see that the early church was not as perfect as some would have us imagine it to be. To pretend to a full consecration which he did not possess is thus revealed, and for us to pretend to a consecration we do not possess is to lie to the Holy Ghost. In the case of Ananias and Sapphira it brought swift and awful judgment. Peter's question seems to imply that the plan had originated with Satan, but Ananias was none the less responsible, for he had given place to Satan and permitted him to "fill his heart." The fact is his sin originated with Satan, but that did not lessen—but rather aggravated—his guilt, for he had entered into partnership with the devil, and this is what every liar is doing (John 9:44, 1 John 2:22). The heart that is open to the Holy Spirit he will fill; the heart that is open to Satan he will fill. The one who pretends to an entire consecration, which does not exist, is "emptying the spirit of the Lord" (1 Cor. 13:5), and it is a dangerous thing to do. It may not bring physical death, for God gives us other examples of his dealings towards sin, but there will be the ultimate judgment that comes upon all liars and deceivers.

The second section of this paragraph (vv. 12-16) is a record of what the results of this vindication of the Holy Spirit were. First the Spirit came upon the apostles and literally overflowed upon all those about them.

In the second place those who were thinking of joining the church for mercenary motives were held back from so doing (v. 13).

If the Holy Spirit were present in such power today there would be fewer hypocrites who would dare to join themselves to it.