

TORTURING TWINGES

Much so-called rheumatism is caused by weakened kidneys. When the kidneys fail to clear the blood of uric acid, the acid forms into crystals like bits of broken glass in the muscles, joints and on the nerve casings. Torturing pains dart through the affected part whenever it is moved. By curing the kidneys, Doan's Kidney Pills have eased thousands of rheumatic cases, lumbago, sciatica, gravel, neuralgia and urinary disorders.

A COLORADO CASE

John T. Beaudette, 1223 Johnson St., Tulsa, Okla., says: "I was tormented by bed rheumatism for three months with excruciating pains in my back, neck and joints. I had to lie in bed for weeks. After taking Doan's Kidney Pills, I was able to get up. I had no more pain. I feel like a different man."



Get Doan's at Any Store, 50c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

Radium is now valued at \$2,400,000 an ounce.

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, & a bottle is a blessing.

Some women worry about worries they might have but don't.

Not Fit For Ladies

Public sentiment should be against it, and we believe it is; there can be no reason why ladies should have to suffer with headaches and neuralgia, especially when Hunt's Lightning Oil gives such prompt relief. It is simply a question of getting the ladies to try it. All druggists sell Hunt's Lightning Oil in 25c and 50c bottles.—Adv.

The Proof.

"You can see that boy of mine has vaulting ambitions."
"I haven't seen him show it anywhere else than in leapfrog."

Worldly Wisdom.

"The question is," said the young M. D., "how long can we keep him alive?"
"And sick," added the elder M. D., correctively.—Life.

Quite a Job.

Mrs. Platt—Can it be true, William, that you were holding onto a lamp post down the street for two whole hours last night?
Mr. Platt—Yes, dear; but I mailed that letter you gave me, all right.

Invalid's Sweet Patience.

Who does the most complaining in this world? Not the invalids. For hours on hours they lie there, secretly resolving, "Let me make myself less a sorrow to others than I was yesterday." And these are the victories, grander far than those of war. When these moral conquests are extended over months, perhaps years, the heroic sufferer's room often becomes a chamber of comfort to all who are unhappy. What a triumph when to the chair of some grand martyr come the friends of a wide circle that her gentle hand may wipe away their tears. These are the uncrowned queens of our race, in almost every home there is a name above every name—that of the sweet and patient invalid.

Breakfast

Sunshine

Post Toasties and Cream

There's a delicious smack in these crisp, appetizing bits of toasted corn that brings brightness and good cheer to many and many a breakfast table.

Toasties are untouched by hand in making; and come in tightly sealed packages—clean and sweet—ready to eat with cream and sugar.

Wholesome Nourishing Easy to Serve

Sold by grocers everywhere.

AFRO-AMERICAN CULLINGS

The failure of the negro public schools to accomplish their mission is evident in the examination of applicants for admission to Prairie View—unsuccessful applicants. For example, the writer asked an applicant what a noun was. He could not answer and yet he had "finished" the sixth grade in a certain negro public school. There are many such cases, enough to reveal the inadequacy of the negro public schools in Texas. Texas spends more for negro education than any state in the Union and pays its negro teachers the best salaries.

But there is a crying need of better teaching. The trouble is not so much the ignorance of the negro teacher and their indifference to the acquiring of good method in the schoolroom, and above all the lack of industry and application on the part of both teachers and pupils. The county superintendents naturally visit the white schools most. Yet the negro school needs supervision the most. Perhaps the county superintendent could appoint a faithful, honest and competent negro teacher, who would not traduce or underestimate her fellow teachers, who would aid in reforming the negro schools.

The writer believes that if there were a more general interest taken in the negro schools by the school authorities and the white leaders, ministers, merchants and lawyers and doctors, there would be better negro schools. But too often no one ever enters a negro school except the pupils and their teachers. No one seems interested and the teacher is left unto her own devices and her chief occupation gets to be, in some instances, the mere "marketing time" and drawing her monthly modicum. Public servants need to be held to a strict personal accountability.

Swiss national exposition will be held in Berne in 1914.

"Uncle Irving" is dead at the age of 164, relates the Cincinnati Enquirer. The industrious ex-slave, whose picturesque figure was familiar to patrons of the Sixth street market, where he was employed, celebrated his one hundred and fourth birthday last Monday by taking a holiday, and on Friday he breathed his last. His funeral will be held tomorrow afternoon in the Calvary Baptist church. The aged darky was of that vanishing school, the ante-bellum negro, whose naive winsomeness and wholesome simplicity endears him to all, especially southerners. "I lives right with Gawd—that's all." This was "Uncle Irving's" invariable reply when asked for his creed and formula for his long life and contentment. He had clear memories of the days when the eighteenth century was young. Born in Warsaw, Ky., in 1808, he lived in slavery until his fiftieth year, when freed by President Lincoln's emancipation proclamation. The half century of slavery was a span of pleasant years for him, he often said. He always spoke gratefully of his first master, Thomas Brown of Warsaw, who bought him when he was five years old for \$500. He would also speak proudly of the fact that he one time brought \$1,500 on the block. For years "Uncle" Irving Brown had been a zealous member of the Baptist church. He often represented his church at conferences and meetings in other cities. Three times he was chosen a delegate to Yellow Springs. He was a trustee of the church until the day of his death.

St. Martin's college, a Protestant Episcopal school for colored boys, which has been occupying a building at 173 Catharine street, Philadelphia, is endeavoring to find a location in the country where it may reopen as a farm school. Several desirable farms within easy access of the city have been investigated by prominent churchmen and laymen of the city. Because of insufficient funds to finance this proposition, however, no specific negotiations toward the proposed change have as yet been completed.

An attempt has been made to interest the wealthy laity in the city in order to receive their moral and financial support in the new movement. Active solicitation and advertisement of the scheme have not been resorted to, for it is believed that when a suitable situation has been chosen the necessary funds will be forthcoming.

Recently a wealthy layman of Glen Loch has intimated that he might be able to provide the requisite means and farm to establish the enterprise in lower Chester county. Other possible sites are being withheld, pending the negotiations for the property near Glen Loch.

Booker T. Washington, president of the National Negro Business league, delivered the principal address at Philadelphia. He spoke in part as follows: "This, the fourteenth meeting of the National Negro Business league, marks also the fiftieth anniversary of our freedom as a race. It is, then, both timely and fitting that this great gathering of the representatives of the backbone and progress of our race should be held in Philadelphia. It is most appropriate that this meeting should take place after 50 years of freedom in this city, where 137 years ago that immortal document, the Declaration of Independence, was issued. Whether the American negro was meant at that time to be included within the scope and meaning of the words of the Declaration of Independence has been a debatable question. However that may be decided, we mean as a race through this and similar organizations to make ourselves such a useful and potent part of American citizenship that in all the future no one will dare question our right to be included in any declaration that relates to any portion of the body politic."

"During the 50 years of our freedom we have been subjected to some pretty severe tests. First, there were not a few who raised the question as to whether or not the American negro could survive in a state of freedom. We answer that question by showing that when freedom came to us we were 4,000,000 in number; now we have grown to over 10,000,000 free American citizens."

An electrical meter has been in constant service in New York for 17 years and is still accurate.

The march of the Tenth cavalry, a negro regiment, from Ft. Ethan Allen, Vt., to the camp of instruction near Winchester, Va., has not attracted much attention, but it was a fine performance. The distance traversed was 705.90 miles and the route was through five states and over several mountain ranges. The start was made on June 16, and Winchester was reached on July 19. Four days the regiment rested, and the average day's ride was 23.53 miles. The weather was generally hot, the maximum temperature being about 100 degrees on several days. One horse died of colic; three, overcome by heat, were shot, and eight were left on pasture for their own good. The ages of the horses ranged from five years to twenty-three—it appears the veteran survived. One hundred and thirty-eight pack mules shared the march, and all trotted into the instruction camp in good condition.

No hospital returns have been published, but the troopers doubtless did better than the horses. Negro soldiers are hardy and merry on the march, making light of the hardship and discomfort. The Tenth is a crack regiment, as every one of its white officers will testify, and it had been stationed for a long time in a salubrious country. Perhaps, remarks the New York Sun, there are white regiments in the army that could have ridden from Vermont to Virginia in quicker time than the Tenth, but none could have finished the march in better temper and under better discipline.

The Chinese have a saying that an unlucky word dropped from the tongue cannot be brought back again by a coach and six horses.

For testing the germinating qualities of seeds quickly an Iowa man has patented a cabinet something like an incubator, warm moisture rising through the walls and dropping on the seed trays.

Seventeen-year-old Dora Gray of Salem, Ore., is a page or pages in the state senate, and it is the first time in the history of the Oregon legislature a girl has held such a position.

A New Yorker has invented a motor truck with four rear wheels instead of two, so mounted on short axles that the load is equally distributed among all of them regardless of the roughness of a road.

Biography is useless which is not true. The weaknesses of character must be preserved however insignificant or humbling; they are the errata of genius and clear up the text.

In these modern days, you cannot hide the light of the city that is set by a waterfall, nor stop the growth of the one with a waterfall.

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