

TO GROW LONG, STRAIGHT HAIR

You Need a Real Scalp Food.

There are so many so-called hair growers on the market, a large number of which are nothing more than perfumed grease. It is no wonder people get discouraged and lose faith in all hair tonics in deciding what to use on their scalp. Seeb's Quinade is a highly medicated pomade that has stood the test of time. It is a real scalp food; it stimulates and nourishes the roots of the hair, causing a natural growth of long hair.

Quinade is the invention of an expert chemist and is made under the supervision of an experienced and careful pharmacist. It makes the hair soft and smooth and easy to put up in the style desired.

To get best results from the use of Quinade it is necessary to shampoo the scalp about every two weeks with Seeb's Quinade. Quinade is made entirely out of pure vegetable oils, principally coconut oil, and is a thorough cleanser. Quinade lathers very freely. It leaves the hair soft and fluffy and imparts a refreshing feeling to the scalp unequalled by any other shampoo.

Do not accept any substitute, but insist on getting Seeb's Quinade and Seeb's Quinade, asking for them by the full name. Price is 25 cents each. If your druggist or dealer does not stock these two articles, ask him to obtain them for you from his wholesaler or send us the price and we will mail them to you. Write to Seeb's Drug Co., 79 East 120th street, New York City, for a sample of Quinade, mentioning the name of this paper.—Adv.

BUSINESS LEAGUE BOOSTERS

By Alton L. Holsley.

Tuskegee Institute, Ala.—A booklet entitled "The Negro in Business in Philadelphia" has recently been issued by the Armstrong Association of that city. The compiler summarizes the study as follows:

"A summary review of this study shows a very large number of businesses of small size. This small size of the business and the lack of efficiency frequently found may be due to one or several of the following causes: Inexperience, lack of training, lack of ability, difficulty in securing capital. The Negro who wishes to enter business is usually inexperienced and untrained, and has practically no opportunity of apprenticeship in the stores or offices of white business men. There are very few business men to appreciate him. It is true also that no business courses are available for them in the school; but even if such courses were offered they would afford of much assistance, be of small value in comparison with the apprenticeship available to white boys and girls and young men and women."

The National Negro Business League has frequently called attention to the need of concerted action on the part of the race to help our

boys and girls qualify for successful business careers. The following suggestion was sent out to Local Negro Business Leagues some months ago:

"Frequently, we find in the South, stores owned by white people, especially gent's furnishing and furniture stores where the colored porter is allowed to serve colored customers. This sort of thing should be encouraged. If the colored boy is bright and shows an aptness in grasping business details and the fine points of salesmanship, the Local Negro Business League should take him in hand and help him to improve himself along this line, remembering that this young man may be future material for the sales-management of a Negro Business enterprise."

DEATHS.

Alvin Terby, 1 year 5 months, 1106 Grand Ave.
 Sophia Logan, 49 years, 14 Trimble St.
 Edith Elizabeth Bliss, 6 months, 45 Lincoln Ave.
 Clara Elizabeth Womack, 10 months 24 days, 1018 Overton St. (rear.)
 Matilda Matthews, 32 years, 1304 16th Ave. N.
 Mattie Simpson, age 24 years, city hospital.
 Robert B. Parks, infant, 1234 4th Ave. S.
 Eli Starks, 22 years 620 Hunter Herman St.
 Mary Denwoody, 67 years, 2214 Herman St.
 Mattie Smith, 32 years, 302 Capitol Ave.
 Willie L. Bigley, 31 years 1317 Dunelson St.
 Annie Moorman, 45 years, 616 Peabody St.
 Amanda Brown, 32 years, 2816 Clifton Ave.
 Bertha May Smith, 1 year, 55 Lafayette St.
 Richard Tinsley, 67 years, City hospital.
 Jno. W. James, Jr., 4 months, 1105 1st Ave. S.

FOOD CONSERVATION NOTES.

New Meat Program.

The demand for beef for our Army, the armies of the Allies and their civil populations for this summer are beyond our present surplus. On the other hand we have enough increased supply of pork this summer to permit economical expansion in its use. It will therefore be a direct service to our Armies and the Allies if our people will in some degree substitute fresh pork, bacon ham, and sausage for beef products.

The Food Administration requests all hotels and restaurants not to place on their menus or served boiled beef more than two meals weekly; beef steaks more than one meal weekly; roast beef more than one meal weekly. It asks householders not under any circumstances to buy more than one and one-fourth pounds of clear beef weekly, or one and one-half pounds, including the bone, per person in the household.

The public will realize that the changing conditions of production from season to season, the changing situation in shipping, and therefore, of the markets available to the Allies,

and the increasing demand for our growing Army, with the fluctuating supply of local beef in France, all make it impossible to determine policies for a long period in advance. The Food Administration has recently asked for economy in all meat consumption; now it emphasizes further reduction of beef by the substitution of pork. It is anticipated that this program will hold good until September 15, and the Food Administration most earnestly requests cooperation of the public.

THE OPPORTUNITY TO BUILD UP RESERVES.

How large will this year's crops be? And what use will this Nation make of them?

Such are the queries which nowadays are all important and are heard everywhere. Most vital of all, perhaps, is the question of our approach to new wheat supplies, and how much supplies are to be utilized. At present the most careful estimates place the 1918 wheat crop at a high figure, and there is little reason to doubt them.

What is to be done with this wheat? To find the answer for this a good many people—far too many—are arguing thus: "Wheat supplies at present in this country are abnormally low, have been in that condition for some time. There are all sorts of trade restrictions regarding the amount of wheat that can be bought, sold, and used. The housewife has been told to conserve wheat in every way, and has done so. Now, if the approaching wheat crop is large, let us at once rectify all these abnormal conditions, and get back to our normal pre-war domestic conditions. That is surely the only sensible course."

Such reasoning is altogether false. Worse than that, it is unpatriotic, in that it contributes nothing towards our troops or the Allies. Our coming wheat crop, which should begin to be available sometime after the middle of August, must be regarded as a potential factor in maintaining the strength and morale of the armies and people in allied Europe. Such an achievement as an accomplished only by regarding the coming crop of wheat as a means for building up a reserve, practical and efficient in its possibilities. It is true, of course, that with a larger supply of wheat in hand, some restrictions regarding domestic use may be modified or removed. But such removal of restrictions should be regarded as only incidental. No mere assets of domestic convenience can begin to equal the importance of an adequate reserve.

Such a reserve will provide an accumulation of at least one staple food product which will permit real flexibility of usefulness. That is, it will help guard against any unforeseen and unfavorable crop conditions in the future. It will aid, by constant shipments overseas, the Allies in building up in their countries such reserves as are necessary to guard against unexpected contingencies which might result from a more complete submarine blockade. Finally, perhaps most important of all, such a reserve will help counteract the effect of the steady and continued diversion of men from food production to other necessary war activities.

And all of this applies not merely to wheat, but to any other staple food product of which we may have an abundance.

Therefore the coming harvest time should—must—be regarded not as an occasion to cease conservation, nor as a period in which it is advisable to "take off the lid" in any sense, but, rather, as a time when our Nation's food service will be greater because its opportunity is greater. That is a policy and an ideal to be lived up to wholeheartedly and patriotically during the coming months.

CAN CONSERVATION.

Many people who have never raised vegetables and small fruits before are, as the result of war-garden propaganda, producing more than their families can consume during the summer. Others have increased the size of their gardens so as to swell the total production far above normal. This prospect for a large surplus, coupled with shortage of freight and express accommodations, makes it necessary for these people to buy their canning and drying outfits, cans, and other containers early in the season.

For jellies and jams, old jars and glasses may be used. No good containers of any kind should be thrown away, as they represent not only a possible saving of food but also a saving of glass or tin and valuable shipping space.

It is not a saving, however, to put up preserves in milk bottles, a practice of which the milkman often complains.

MAKING COLLEGE GIRLS' FOOD SCIENTISTS.

It is nature's plan in facing the problem of carrying the message of food conservation into all corners of the land the Food Administration should have turned to the college girl for aid. She represents a vast amount of potential energy, which, with her trained mind and quick aptitude for leadership, would make her services invaluable provided she had the necessary special training in the science of food.

As comparatively few colleges gave their students an opportunity for this special training, the National Food Administration in Washington sent out three courses of study last winter to every co-educational and women's educational institution in the country.

The first of these courses gave the history and organization of the Food Administration, its purposes and policies, as well as the most important facts regarding the world food situation. It was designed to give the college girl a basis for an intelligent opinion on the food problems of today and those that loom on the horizon of tomorrow.

Course II dealt with the fundamentals of food and nutrition in relation to the war, and Course III was purely a laboratory course, designed especially to give the information and to develop the skill which would prepare the student to act as assistant in official demonstration work.

In some institutions one or more of these courses were made compulsory, but in the majority of cases they were

left optional to the student. The response of the college girl to this opportunity to equip herself for active service in food conservation was beyond all expectation. Over 26,000 diplomas were issued in June by the United States Food Administration to the college girls who had passed the examinations in these authorized courses in food science. Many others took one or more of the courses, but did not take the examinations and so did not receive the official diploma from Washington.

Upon the closing of the college for the summer recess, each girl who desired to do active service in the work of food conservation was put in touch with the secretary of Volunteer College Workers of the Food Administration in her particular State, who in turn placed her where her special training and aptitude would make her services valuable.

This means that in June a vast army of young womanhood went out of 720 colleges and institutions all over America equipped with the fundamental facts of the food situation, and eager not only to live their own lives in accordance with the food-conservation commandment but to influence others to do it also.

BRITISH FOOD REGULATIONS FOR INVALIDS.

Recent regulations by the British Ministry of Food indicate that invalids are to be well cared for. The regulations allow a greatly increased ration to sufferers from milk cases of diabetes and from tuberculosis. Diabetics are allowed the maximum of two and one-half pounds of butcher's meat, one pound of bacon, and one and one-half pounds of butter or margarine weekly. Tuberculosis sufferers are allowed a maximum of two and one-half pounds of meat, one pound of bacon and one pound of butter weekly, in view of the fact that protein and fat are necessary to the diet of consumptives.

Most foods, besides milk, which are important in cooking for the sick—such as eggs, fish, rice and flour—are not rationed. For all who need it, extra milk may be obtained through local food controllers. The Ministry of Food states that applications for white flour should be reduced to a minimum, since it has been shown that war bread when properly baked and chewed is as digestible as white bread, though it may not be so palatable. With the allowance made by the Food Controller, it is possible for invalids of all classes to receive suitable foods and enough for their needs.

MISS COOMBS RETURNS.

The younger element is glad to welcome back in their midst Miss Francesca Coombs who has spent the past winter teaching at Macon, Ga.

Although a very young lady and a recent graduate, Miss Coombs enjoys the esteem of a large circle of young people as well as the confidence of a host of her father's and mother's friends. She is well known in literary circles and her musical talent presages a brilliant future. She is the youngest daughter of Rev. A. G. Coombs who did a great work as rector of the church of the Holy Trinity for many years and Mrs. Coombs.

CLARY E. HOWSE
HOWSE BROS.
 FURNITURE, STOVES AND CARPETS
 TERMS TO SUIT EVERYBODY
 We Can furnish Your Home Complete From Parlor to Kitchen
 We Take Old Goods as First Payment; Balance Weekly or Monthly
 304-306-308 BROADWAY
 NASHVILLE, TENN.

THE PERFECT FLOUR
LEONTE
 FOR BISCUITS, CAKES, WAFERS, ETC. THE BEST ON THE MARKET. ALL GOOD COOKS USE IT.
LIBERTY MILLS
 NASHVILLE, TENNESSEE

Uncle Sam Needs You
 LET THE
Poro System
 Take care of you
 "TRADE MARK"
Poro College Company
 St. Louis, Mo. Department R

THIRD QUARTER SUNDAY SCHOOL SUPPLIES NOW READY

Send Your Order Now, Have it Filled Before the Rush is on. Orders Filled and Mailed the Same Day Received. Don't Delay, Act Right Now.

NATIONAL BAPTIST CONVENTION SERIES.
THE CONVENTION TEACHER
 FOR JULY AND AUGUST—(Monthly)
5c
 PER SINGLE COPY, 60c PER YEAR.

NATIONAL BAPTIST CONVENTION SERIES.
THE M. AND G. MAGAZINE
 FOR JULY AND AUGUST—(Monthly)
10c
 PER SINGLE COPY, 25c PER QUARTER.

NATIONAL BAPTIST CONVENTION SERIES.
THE Advanced Quarterly
3c
 PER SINGLE COPY.

NATIONAL BAPTIST CONVENTION SERIES.
THE Intermediate Quarterly
3c
 PER SINGLE COPY.

NATIONAL BAPTIST CONVENTION SERIES.
THE Primary Quarterly
3c
 PER SINGLE COPY.

NATIONAL BAPTIST CONVENTION SERIES.
THE B. Y. P. U. Quarterly
10c
 PER SINGLE COPY.

SEND ALL ORDERS AND MAKE ALL MONEY ORDERS, CHECKS, DRAFTS, Etc., PAYABLE TO
THE NATIONAL BAPTIST PUBLISHING BOARD,
 REV. R. H. BOYD, D. D., LL. D., Secretary
523 SECOND AVENUE, NORTH, - - - NASHVILLE, TENNESSEE