.C. & P. Phone: MADISON 2492-1

tric lighting company. -Boston Transcript



of the best organizers in the A. M. E. sarily accurate but they are sugges-

In Minneapolis, Minnesota, his first charge, he built two churches, St. James and St. Peters, and paid for Successful pastorates in Des Moines, when I was Governor effort, the May 5th Rally netted St. perturbed, this Committee wanted of Paul \$5,000. The next year May 19, know why I had allowed a particular-1913, the larger sum of \$7541.85 was ly vicious prize fight to go on in the employed the same system of Mock known of the fight, and so I said to Conferences that he used with such them, 'Why didn't you come before. success in the Baltimore rally, just You say there was a prize fight in

for Bethel Church. First, he has only been in charge of St. Louis affair. This is a post morthe church for eleven weeks ... The tem. There is no way to bring back \$5,000 raised in the Rally, \$2,500 has thorities. You don't stop these been taken up in public collection. -- things until you get an executive, who a total of \$7,500 for the eleven weeks. says they are going to stop, and take Dr. Brooks is very modest, yet most steps in time." enthusiastic about what he has accomplished here. "The most impor- "Dere's no rain to wet you, tant element to success was the way Dere's no sun to burn you, the people received me here. That O push along, believer, settles it. That is the most astound- I I want to go home." ing thing in the history of my minis-

Edited by Margaret Black

Your Back-Lot Garden Have you set out your late cabbage plants as yet? If you trim them before setting them out it gives them a better start, as the seaves trimmed the statements of our rriends, and esoff would have withered and died pecially when you know they are sinanyhow, at the same time drawn on cere and honest in what they say. the resources of the plant which Added interest is created when would have tried to sustain them. statement coming from one who vegetables of our garden as the vege- is well known socially. are the ones that can be stored for resides in Boston; and is possessed of spring, and if you do not use it all signed testimonial. Sauer-kraut is easily made from late trouble for the past seven years. It cabbage in the late fall, if your cab- took the form of indigestion and dys- Night. bage has fully matured. If you are pepsia. I had dizzy spells and headbothered with cabbage worms get rid aches, and after I ate a little food it of them by using slug-shot, which can | would ferment and cause gas to form be bought from your druggist in pow- in my stomach. I had plans all over der form, and comes in handy boxes my body, and was enronically constiwith perforated top, and should be pated. My liver was torpid, and I felt applied once a week or oftener if they generally miserable. I had doctored prove troublesome, you can also pur- and been sent to the hospital, but rechase it at most all seed stores.

The following recipes have been contributed by Mr. Storer S. Chase, who is a well known Pennsylvania He has kindly volunteered to furnish reliable and economical cipes for our column each week. All Measures Level Unless Otherwise Specified.

Angel Cake 6 egg whites

tablespoonful of cornstarch

2-3 rd. cup pulverised sugar 2-3 rd. cup flbur teaspoonful extract almond

1 level teaspoonful cream of tarter Small pinch of salt Beat egg whites until stiff with wire beater, add one-half of sugar gradu-Wipe the pan out with a wet towel bad breath, sick throbbing headache. and pour in the mixture. Bake in a moderate oven from thirty to forty minutes and the cake can be shaken

Lemon Sponge Cake

4 eggs % cup of pulverized sugar

small lemon 1 cup flour Beat egg whites stiff, add gradually two-thirds of sugar then beat in the yolks one at a time. Add the fold in the flour Pour the mixture rough or how dark. Costs nothing Is Free. 25 to 35 minutes.

1% cups brown sugar 1-3 rd. cup butter

"Time and again," said D. N. Tate, have I seen beautiful Niagara-Falls and to my delight viewed the majesover the banks into the great gorge edge and power he will tell you below--the Horseshoe, the American your natal star just what you wish to pated embarking on the sea of Matri- and meetings every day, Have you seen mony? Or was it a clever woman Mysterio Messenger the Wonder Board who already enjoyed the matrimonial Come see it work. It is the greatest s? Certainly nere is one mystery of the day. Every one their why Niagara continues to be America's foremost resort for Honey-

cers are being trained in Des Moines. is not to be found in the rank and file per ratio of population, Brooks. Here are and the proportion of men be

> Vice President Calls St. Louis Post-Mortem

Committee that appeared before me of St. Paul's church in St. office in the Senate Building last Louis outrage Very much In these rallies, Dr. Brooks state the night before. I had not about it. The only thing is to go to might be mentioned, ment. We can't stop the fight now, Rally at St. Pauls took six the lives of those killed in the riot. Secondly, in addition to the It does no good to criticise the au-

Old Negro Melody.

BOSTON WOMAN RECOMMENDING IT TO HER FRIENDS.

Popular Boston: Lady Says Tonoline Has Proven a Godsend to Her. It is always interesting to listen Home Office Madison 1613 J. is one of the important spent a lifetime in Boston, where she

tables classed as important this year | Such a person is Annie Stewart who winter use. Cabbage can be buried the respect and confidence of her asjust like you do potatoes. It can be sociates, and is willing for anyone to made into sauer-kraut, and kept until call on her to verify the following then you can what is left. "I have suffered from stomach

> ceived no permanent relief. I was so nrvous and restless that at night ould scarcely sleep. The gas pressing under my heart caused palpitation nd when I rose in the morning I was just as tired as when I retired. About two weeks ago I began to take tonoline, and I can truthrully state that has done wonders in my case. I am feeling like a new woman and can eat any kind of food. I sreep the night through and have no more aches or

> pains; in fact it has cure dine and I am recommending it to all of friends, as it has been a Godsend to Reid Drug and Chemical Company sells and guarantees conoline. There are numerous symptoms o this trouble that tonoline can relieve. In fact, any of the following may de-

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If for any reason these muscles are lacking in strength, vision will be painful and cross-eyes, even, may result. Special lenses are required to relieve weak muscles, and and the reader will readily appreciate that finding the of lenses to cerrect the various errors of vision should be intrusted only to those who make a specialty of eyestrain

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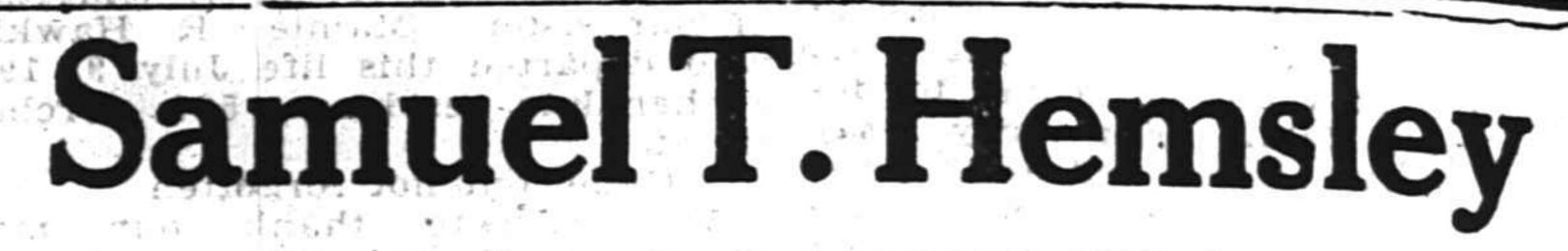
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Federal Govnment, has invoked fruits the cooperations Baitimore preach- which for the purise of emphasizing to cheape their congregans certain details, of the the observance of which, will help babel materially to gulate the wasteful habit of the Aerican people. The gist of e advice given so far' necessary for ie meal and thus

another side this question which link, is of vl importance and that the kind opod one should eat. tively few pole know the relative merits of the odstuffs they buy. The mt most people eat is ters chosen for agreeable taste, most valual er things orot enough of them. The food a eat is required to build tissue up the body The tissues of the body who d

die so apid that one may safely say we she that "re dito live." This rapid death peop hindes its harmful to the body. a t Everyacto every movement of the are no body ever thought is accomplished the ba at the sacrice of some of the cells of leads the dy thich must be restored by is the instat stream of food substance age in the blod. The heat and energy of some the dy just also be kept up by the man r

ODS OF ER LITTLE VALUE bbage, spinach, lettuce, eggplant, all al stoes, cucumbers, greens, aspara- for ba Thubbarb, sauerkraut, have very anima food value. To be nourished by contain eal of cabbage one must needs eat it doe It eight heads at one time. To- tains oes, like watermellon and egg- water. are almost all water. Celery, water

popular as a side dish, has a little i stance re food value than tooth picks. dealer yet, much of the housekeepers' erated ney goes out daily for these things. | shows THE CEREALS most important of the vege- inability reals; but comparatively few peo- fresh

like them. Barley, buckwheat, becaus oats, rice, rye, wheat may be well aringly eaten and so cheap, is sev- worse times more valuable as a food for a

to diet. As nutriments they goes Poor because they are mostly