

Thoughts for Thousand Sermons

BY DRUSILLA DUNJEE HOUSTON

Love and courtesy seem to be dying in the heart of the average man. With most of us courtesy is becoming a hilly from I was talking with a thinking man about some kindness shown me. He said, "They did not mean it. You cannot believe what people say anymore." He went on to tell of a large store which he had worked where he had learned this. Some man would come in to present a proposition and they would be all smiles and flattering agreement. When he would leave the elevator would hardly disappear before they would be sneering over his project. What a picture, and yet not an unusual one. Somehow we have learned to wear an outer face that does not conform to our real feelings. We smile benignly as we meet people and they hardly pass before the face registers annoyance at our having to turn from our selfish projects to greet a fellow being. Watch yourself and you will be ashamed to realize how we have departed from the old fashioned courtesy and sympathy that was genuine big business gives clerks training in courtesy it is one of the main springs of their business.

I entered recently a place of business, where I wished a slight change done. The proprietor who was stiff was not there but a new workman stepped up. He has great dignity of appearance and he listened attentively as the request was made. He agreed to make the changes and went out of his way to show how delighted he would be to do so. His employer said that he was the finest workman that he had ever had in the office. I found that he had this same courtesy for everyone. One will pass many other places for such service.

On the other hand, we avoid the store where we see some humble daughter of the people try on a gaudy and unbecoming hat and hear the chorus of the shop girls, "Oh, how

lovely, how becoming". Disgust fills us as we see her deceived by their flattery. I have heard so much of this that I use my own judgment entirely as to what is and what is not becoming. I turned to my friend and said, "I do not believe all men are deceitful but I have made it a lifetime rule to cut from the list of friends all whom I find deceitfully courteous to others."

Leaving the business world, how much more terrible it must be to find deceit and lack of cordiality in the church and yet it is there. Many who love the Master have become so engrossed in earthly things, huses, furnishings, fine dress, social position, ambition and business that we have lost sympathy and love for others. Friendliness becomes a form; we grow indifferent to the needs of others. In fact by worshipping these false gods we deliver ourselves into the hands of the devil and thereby lose our drawing power to win men to a higher life. I was present at a mother's day program. I saw the minister stand with tears in his eyes as he talked of the influence upon his life of a godly mother. He spoke of the wonderful FAITH of a mother that follows the child into degradation and draws it back up again to Christ. I saw the people whom he had stirred crowd up to join the church, 18 or 20 of them, one 70 years old who had been converted in the service. At the close I saw the minister stand in the doorway with a prominent official of the church and shake the hand as they passed out of every person. Here was sincere cordiality and I could see why this church was growing.

ARE YOU GROWING LONELY? I have a sweetheart to cheer you, if you wish wealth and happiness, write S. James, Drawer C, Hollywood, California. —Adv.

Health & Diet Advice

By DR. FRANK MCCOY Author of "The Fast Way to Health"

SELECT FOOD OF THE RIGHT QUALITY

ONE of the most important objects you should have in mind in selecting the foods which are to constitute your diet is to learn to select the foods of the proper quality.

As the builder chooses materials out of which to construct a building, so you should study with the utmost care the materials out of which you are to build your body, not alone for strength and endurance, but for beauty of form and symmetry.

Although your system has the important power of choosing the elements needed from the mass of conglomerate substance you burden your digestive organs with, it is not wise to over-work your assimilative faculties with so much needless material you are in the habit of using for food. We need food solely to supply the essential elements for building and repairing cell structure. The only foods necessary for the body are those containing these vital elements. Probably the most needed substance is that supplied by the protein foods. Such as meats, eggs, cheese, nuts, fish, fowl, etc. Our muscular systems require these important protein foods and the body can not long exist if deprived of them. Next in importance are the foods which embrace the vitamins and organic salts, such as are found in the non-starchy vegetables. Chief among these vegetables are celery, spinach, asparagus—in short, all of the greens and also the small, tender non-starchy squashes, as summer squash, zucchini, chayotes and cucumbers. These vegetables provide the vegetable minerals out of which we construct and repair the nucleus of the nerve, blood and bone cells.

No living animal cell can long exist without these indispensable elements. Fruits also furnish a large supply of these vital principles, so needed by our bodies, often starved on so much tasty deatured food so

common on the modern table.

Our tables are always loaded with an excess of carbohydrate foods which are the ones least needed for building and repairing body structure. If these foods are used, great care must be exercised in selecting only those which have not been devitalized by too much refinement. For instance, "pure white" flour has practically no vital material left after the roller mill process has removed the dark, coarser portions. The white part of the flour is mostly starch and water, and very little use to be system. The most nourishing part of the wheat was discarded to be fed to cattle until in recent years. But, health food manufacturers use these parts in making breakfast foods, but these are usually devitalized in the process of preparing them into tasty "pre-digested" dishes.

If you do not learn to select your foods from the standpoint of proper quality, you cannot expect the grocer or butcher to do this for you.

(Next week, Use of Meats)

SEE THE EXHIBITION OF NEGRO LITERATURE AT THE PUBLIC LIBRARY NOV. 18 & 19. PORTLAND POST TO ENTERTAIN WITH FOLLIES

Two weeks concentrated drill of a sort never dreamed of by Portland theatrical artists confront the 150 members of the chorus selected for Ned Wayburn's Follies of 1927, which Portland Post No. 1, American Legion, will present as its annual benefit production at the Municipal Auditorium the nights of November 10 and 11.

The first two weeks education in the 24-episode revue were under the tutelage of Wallace Milam, first assistant to Wayburn, world famous educator of Flo Ziegfeld's Follies' girls. The concluding two weeks rehearsals will be under Wayburn himself. He will arrive in Portland this weekend to take over personal supervision of the rapidly-moving revue.

One hundred dollars worth of scenery, costuming and unusual lighting effects arrived last week. Dress rehearsals will be held next week.

BOOK REVIEW

PORTRAITS IN COLOR

Miss Mary White Ovington, the author of "Half a Man", a study of the Negro in New York; "Hazel", a juvenile, and "The Shadow", has written another book, "Portraits in Color" which has just been published by the Viking Press, 30 Irving Place, New York City.

The book which is bound in rich gold and purple, sells for \$2.00 and is dedicated to Mr. Moorfield Storey, president of the National Association for the Advancement of Colored People of whose executive Board, Miss Ovington is chairman.

In her introduction to the book Miss Ovington says: "Thirty years ago it might have been possible to choose the twenty Negroes who could properly be called the most distinguished representatives of their race. Today, no one can make such a choice. The colored men and women who have done important work are too many in number. I have therefore chosen my Portraits with the idea of covering a wide range of achievement. It has been possible to present only one or two examples in each profession. I have written of no one whom I have not met and seen at work. The Portraits are drawn from life."

"Apart from their racial implications, the lives of these men and women contain the elements that give charm to all biography. For they are "success stories" in the highest degree—or when not success stories, they are the record of men spectacular even in failure.

The persons written about, as characterized in the index, are as follows.

JAMES WELDON JOHNSON, has served his country as Consul, reformer and poet; MARCUS GARVEY, sits in Atlanta prison stretching his imagination like a rubber band around the Continent of Africa; MAX YERGAN, is the first 'Y' Secretary to work among the natives of South Africa; MORDECAI W. JOHNSON, occupies the highest scholastic position given any Negro in this country, the presidency of Howard University; LUCY LANEY, would rather teach than eat. Her school has been her meat and drink for forty five years; ROBERT RUSSA MOTON, successor to Booker T. Washington at Tuskegee, has the confidence of the white south; W. E. B. DU BOIS, by his genius as a writer forces Americans to face the Negro problem; SCIPIO AFRICANUS JONES, carried a great case to the Supreme Court of the United States; WALTER WHITE, writes novels, and plays the part of a white man while he unearths the truth about lynchings; ROBERT S. ABBOTT, made the colored newspaper a popular institution; MAGGIE LENA hargroot et CMFWY YEATON WALKER, runs a successful insurance business and bank; EUGENE KINCKLE JONES, helps, as secretary of the Urban League, to solve the serious problem of Negro unemployment; LOUIS TOMPKINS WRIGHT, as a successful New York physician and a member of the Staff of Harlem Hospital; ERNEST EVERETT JUST, has an international reputation as a biologist; GEORGE WASHINGTON CARVER, has shown a hundred and one ways of using the peanut and the sweet potato; JANIE PORTER BARRETT, has made the Virginia state farm for colored girls not a reformatory but a home; LANGSTON HUGHES, tells in his verse of simple, friendly colored folk; PAUL ROBESON, has won recognition as athlete, actor, and musician; META V. WARRICK FULLER, favored pupil of Rodin's, makes beautiful things from clay; ROLAND HAYES, by the nobility of his music has taught the world to forget race."

No Negro library should be without this book. It would be very helpful no doubt, to some white people to own a copy.

Stay off New Year's Eve. Particulars later. Adv.

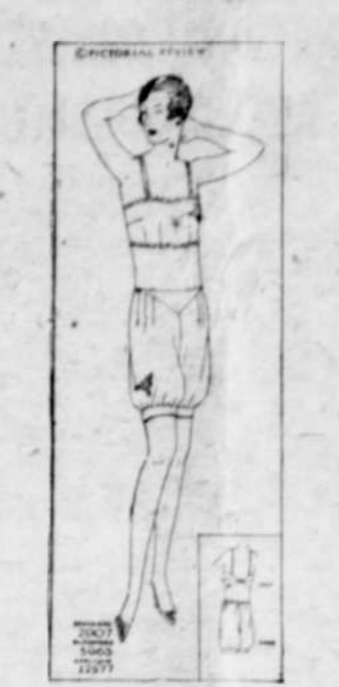
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Daily Fashion Hint



FOR THE MODISH SILHOUETTE

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LODGE DIRECTORY

I. B. P. O. E. OF THE WORLD



NOTICE

Dahlia Temple No. 202, I. B. P. O. E. of W., of Portland, Oregon, meets the 1st and 3rd Tuesday nights in each month at Stag Auditorium. All visiting Daughter Elks in good standing in their respective Temples are invited to meet with us.

DOLLY PARRIES, Daughter Ruler.

LULA HUBBARD, Daughter Secretary.

Syracuse Lodge, No. 1, K. of P., meets the second and fourth Friday nights each month at the Stag Auditorium 381 1/2 E. Morrison St.

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