

Thoughts for Thousand Sermons

BY DRUSILLA DUNJEE HOUSTON

We are studying the traits of the righteous, the class whom God prospers in the earth. "The righteous man honors the Lord with his substance and the first fruits of his increase. So shall thy barns be filled with plenty." Fifty-five years ago my father was building his first church in Cleveland, Ohio. One evening he went down into the basement of the building and sought a pledge from a young wage earner. This young man was John D. Rockefeller who gave him his one weeks salary of fourteen dollars. Thus he laid the foundation of the world's most beneficent fortune by righteous giving. God filled his barns with plenty.

My friend what you and I lack today in prosperity, we lack in generosity. We claim to have faith in God but fear to step out on his promises. The fortune of John D. Rockefeller in our hands would be a menace so God has to have quieter ways to fill our barns with plenty. Some of us if we had money would eat ourselves into the grave in a short time; others of us would go down in the whirlpools of frivolity and lasciviousness; so God has to mete out to us according to our little faith and our meager generosity and perhaps it is better for us that way.

God has manifold ways to bless the righteous, with one it is in health, or happiness, wealth or fame. In your neighborhood are the humble upright, who have a successful garden and hanging fruit when the seasons fail for the rest of us, generous men and women who have always selected the first fruits of that garden and fruit for the ministry of the poor. They have the plenty from God that carries Peace with it. They trust God day by day and know no lack.

A few summers ago I was assistant director in a summer institute and watched a stopping place with a quiet atmosphere. The rooms were clean and spotless, there were no expensive rugs on the floor but they were able to put upon their tables foods that the

average man cannot afford any more. There were highly pedigreed cows in the lot, high grade chickens without number, with fruit and vegetables products of their own toil. These two tithed and there was always a plate for the poor or lodging for the erring girl who needed help back on the road.

Let us look farther into the life of the righteous man and discern the attributes that bring to him God's blessings. "The lips of the righteous know what is acceptable." We know many who are sensationally attractive but whose lips are constantly embroiling them in trouble. They speak the words that stir anger and arouse envy, thus making enemies for their future projects. Contrary to these are men of wisdom, who in any crisis can speak the acceptable word. They have been dragged before kings and magistrates and saved themselves by the gracious words that fell from their lips.

The DESIRE of the righteous is only Good. This type have only hearts of kindness and well wishing to others. Grief comes at the fall of their enemy. Oh yes there are such people, from such you and I have fallen away. He knows no darker hueed Negroes who would be general favorites in a white community. They look upon the men of the earth as their brothers and the same came back to them.

TO all we must have the feeling of good will and the words of consolation given time and opportunity to establish such relationship as a race, we will find ourselves received irregardless of race, creed or worldly station. Booker Washington said that he had to plead with God for such a heart toward ALL men, it was not naturally his nature to forgive but he climbed that hill and America writes his name as one of the greatest three or four of his century.

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will teach you the great dietetic truth that excess fermentation of food is responsible for many symptoms and ailments caused by indiscriminate eating and wrong mixtures of even good foods.

LEWIS GIVES SOUND ADVICE

ADVISES RACE TO LOOK OUT FOR OWN INTERESTS; — SHOULD SUPPORT TROTTER WHO THRO EQUAL RIGHTS LEAGUE KEEPS RACE BEFORE PUBLIC ATTENTION — CONSPIRACY OF SILENCE ON RACE PROBLEM THRO COOLIDGE

Boston, Mass. Nov. 8—Monday night, Liberty Hall was filled with an enthusiastic audience gathered on the eve of the annual convention of the National Equal Rights League held in Washington D. C. October 25-28. Albert G. Wolff, Esq. presided.

Hon. Williams H. Lewis delivered the principle address which was punctuated frequently with applause. He said liberty was worth working for and fighting for. The apparent indifference of the colored people is to be deplored, he said. "If they are satisfied with the way things are going, they are very easily satisfied." The speaker declared that President Coolidge has solved the Negro problem. There appears to exist a conspiracy of silence. In the past, such men as Bleas and Vardaman raised their voices loudly to stir racial strife and prejudice. Now, their voices are still. The politicians are not talking about the Negro any more. It appears that a gentleman's agreement was entered into in the last campaign by which the republicans should do as little as possible for the colored man in the northern states therefore nothing should be done for him in the South. "Peace now reigns at Warsaw," declared the speaker. When southerners appear content with matters concerning colored people it bodes ill.

Mr. Lewis also urged independence in voting. The republican party, he contended, has undergone complete change. The republican elephant now appears to be only a curiosity and fit for the Smithsonian institute, Washington. Mr. Lewis highly commended Mr. Trotter in the work he is doing. He said the National Equal Rights League is at present doing more than any other organization to keep the race before public attention.

Other addresses were made by Mrs. M. Cravath Simpson who pleaded for more interest and aggressiveness in the affairs of the race and charged the ministers with responsibility in enlightening their respective congregations.

(Continued on Page Four)

BOOK REVIEW

BURSTING BONDS

By William Pickens, Field Secretary of the National Association of the Advancement of Colored People. Published by The Jordan & More Press. Review courtesy Journal of Negro History.

This work is a revised and enlarged edition of Mr. Pickens' autobiography published in 1911 as "Heir of Slaves". It will be remembered that the earlier work gave an account of Mr. Pickens' parentage, his connections in Arkansas, his early education, his development as a youth, the hardships he encountered, and finally the beginning of his college career. The most interesting portion of the former work tells of his experiences at Yale, the excellent scholastic record, and the honors which he enjoyed at that institution.

In this new edition, however, there is much more recent information, which has been requested by persons long since interested in Mr. Pickens' career. He has, therefore, brought this up to date by adding his experiences during the twelve years. These include such accounts as his career as a college teacher, his tour of Europe, his conflicts in battling for his rights in the south, and finally his connection with the National Association for the Advancement of Colored People.

On the whole, the book is interesting. In addition to being an autobiography it is written in a peculiar style of which Mr. Pickens himself only is capable. The author has little regard for the conventions restraining other writers, just as he disregards them in his public life. He has his own way of doing things, and, therefore, follows his own style in writing an autobiography. While this may be objectionable to some, it offers an opportunity for the study of the man and, above all, for understanding a liberally educated Negro who reacts to the things of this life in a way peculiar to himself. From such works, the historian of tomorrow will have to write, not only the History of the Negro race, but the history of the civilization to which this race is contributing. Hitherto the Negro has been too often regarded as a negligible factor in the thought of the world. But the increase in the production of works of this kind will make impossible for any man to write the history of the age without taking these works into account.

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WOMAN'S REALM

By ELEANORE RILEY

THESE WOMEN MAKE YOU WEAR

"Women have beaten men again. Two women of Paris rule the dress-making world. The startling fashions of the Jazz Age are produced by women," declares Marie B. Ray in the current issue of Collier's. It is the story of Gabrielle Chanel - 'Coco' Chanel as Paris calls her, and Madeleine Vionnet, master minds in the world of fashion.

"Mademoiselle Chanel," she says, "is exceedingly pretty, chic, young, and is today at the head of one of the largest dressmaking establishments in Europe, and there are not three people living whose verdicts on fashions are as authoritative as hers. In her first little shop hats and sweaters were sold over the counter by Mlle. Chanel herself. Today she is one of the richest business women in France.

"Coco Chanel's share in the revolution in fashions was the contribution of the sports mode. Today her sports costumes are worn from morning till night by women the world over, in town, as well as in the country, in the house as well as on the golf course. They have even invaded the realm of evening dress.

"Chanel is responsible for these innovations which make women look like children," says Miss Ray. "She takes the typical clothes of childhood—the two-piece jumper dress, the skirt to the knees,—the unbuttoned skirt, the sweater and pleated skirt, the party dress with its shoulder knots—and uses them without change for grown-ups. And, true to her theory of dress, she refuses to trim her clothes, or if she trims them it is with a bit of themselves—a scarf; a sash a bowknot, a cape, a bolero, a banding of the fabric. She has put all women into play clothes.

The other important feminine figure in the fashion world today, Madeline Vionnet started as an apprentice in a small dressmaking house. Revolutionary ideas were seething in her mind. But whenever she expressed one of them in a dress, it was considered queer. So she realized that, for the exploitation of her theories she would need a house of her own. On the signing of the armistice in 1918, (Concluded on page four)

Daily Fashion Hint



EXQUISITELY STYLED

Flat crepe, flannel or fine twill would be appropriate for this stunning model. An applied band, under which the dress is cut down from the left shoulder, supplies a neat trimming effect, while the lower edge of the upper-front section is trimmed with embroidery. The skirt, cut in four pieces, has plaits at the sides. Medium size requires 3 1/2 yards 36-inch material.

Pictorial Review Printed Pattern No. 3971. Sizes 14 to 18 years and 34 to 42 bust. 50 cents. Embroidery No. 13040, colored transfer, 35 cents.

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 PARIES, 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. E. W. AGEE, C. C. 718 Union Avenue N.

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Health & Diet Advice

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

THE SALISBURY DIET

Years ago, when I was a confirmed vegetarian, it was my good fortune to come across a book written by Dr. Salisbury, an English physician. This book outlined a treatment for disease which struck a new note in the study of dietetics. The writer claimed to cure practically every ailment by placing the patient on a dietetic regime, consisting of ground round steak and raw vegetables. The claims he put out were so startling that I immediately started experimenting according to his system to find out what there could be in his claims.

I was agreeably surprised to see such diseases as Rheumatism and Bright's Disease disappear rapidly under this strange treatment, which was so diametrically opposite to the accepted dietetic procedure in such cases.

By careful, unprejudiced investigation I soon discovered the reason this revolutionary diet yielded such remarkable results. First of all, it is very simple diet, and that alone accounts for a great deal of its success. Also, all excess food fermentation is avoided in the absence of any starches or sugars. Even with the large amount of protein food consumed, no harmful effects are observed. The withdrawal of all foods having a tendency to produce flatulence immediately relieves one from the distress of being a "walking gas factory". If other diet systems have not helped you, try this Salisbury regime for a week and watch the good results.

Daily Salisbury Regime

Three times daily eat one-fourth of a pound of Salisbury steak with either tomatoes or raw celery, as desired. One half hour before each meal drink one pint of warm water, also sip one pint of warm water while eating the meal.

Prepare this steak by grinding through a meat grinder only the red, lean part of round steak from which all fat and gristle have been removed. This is more palatable than Hamburger steak, as the absence of fat gives it an entirely different flavor than when the fat is left in, and makes it more wholesome. Make into thin patties and bake in the oven for about five minutes or pan broil in a dry hot pan without grease.

After you have used this diet for about a week, return to your usual well-balanced diet and you will find many symptoms, such as flatulence, have disappeared.

This diet can be repeated occasionally with marked benefit. The results