

# THE MONITOR

A Weekly Newspaper Devoted to the Interests of the Eight Thousand Colored People in Omaha and Vicinity, and to the Good of the Community

The Rev. JOHN ALBERT WILLIAMS, Editor

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Omaha, Nebraska, December 18, 1915

Volume I. Number 25

## Another Colored American Inventor

Philadelphia Laborer Invents Mail Delivery Service for Use on Rapidly Moving Trains.

MAY SAVE GOVERNMENT MILLIONS

The Inventor, John C. Jones, Had Great Difficulty Raising Funds to Perfect His Device.

Philadelphia, Pa., Dec. 17.—James C. Jones, a colored laborer of this city, residing at 4720 Fairmont avenue, has invented a mail delivery device to be used on rapidly moving trains, which postal experts have given a severe test and say will save the government millions of dollars. Jones, who is 58 years old and has had a hard time of it making both ends meet all his life, believes that he will soon become wealthy. He expects to get a million dollars from the government for his invention.

The last test of Jones' new device was made Wednesday, December 1, when a train going as high as sixty miles an hour dropped bags of mail and took up others without endangering either the contents of the bags or the containers. With devices now in use, trains must slow up to take up mail bags automatically and the government loses over a million dollars a year in damages for lost and destroyed mail matter and in the cost of pouches that are hurled under the wheels of the train by inadequate catch devices.

At last Wednesday's test Jones accompanied the postal authorities and directed the tests from the mail car. An engine attached to two cars was run past the receiving device. The test was made eight times, and on each occasion the train was operated at increased speed. The mail catcher worked perfectly at fifteen miles an hour and performed its allotted function without a hitch after the speed of the mail car had been put to sixty miles an hour.

The inventor, who is a cement worker, has never had any scientific training. His invention is the outgrowth of an idea that struck him some years ago when he read a government pamphlet telling of the need of a perfect mail catcher for use in the railway service and the fortune that would fall to the successful inventor of such device.

E. M. Norris, superintendent of the railway mail service of the second division of New York, represented the government in the tests. B. S. Fellows, chief clerk of the railway mail service of the eighth division, Philadelphia, was also present, as were John C. McCann and W. W. Beakey, representing the Baltimore & Ohio railroad. At the conclusion of the experiment the government officials announced their approval of the de-

(Continued on third page)

## Thoughts From Our Own Authors

Take up your arms, come out with me,  
Let Heaven alone; humanity  
Needs more and Heaven less from thee.  
With pity for mankind look round;  
Help them to rise—and  
Heaven is found.

—Paul Laurence Dunbar.



MISS ANNA M. McLENDON, GRADUATE NURSE  
Who is giving good service at the City Emergency Hospital.

## Something to Make You Think.

### THE POLITICAL PROBLEM

(Editorial in The New York Age.)

The national committee of the democratic party has met and the national committee of the republican party will meet next week. So again the time is approaching when the colored voter must meet and work out as best he can his political problem.

This problem will be more difficult in the coming general election than it has ever been before. The republican party is not the same toward us as it was in the former days, and the democratic party, under the present administration, has shown plainly that it wants nothing to do with the Negro, that it does not even want his vote. Had the democrats, under Wilson, treated the Negro as the democrats, under Cleveland, treated them the problem would be simpler. As it is we are faced with the lukewarmness of one great party and with the direct enmity of the other; and, at present, there is no third party to which it would be advantageous for us to turn.

How then should we meet the problem? Colored voters, especially in the states where they have political freedom, must exert all the strength and influence possible for the nomination of men who stand squarely on the race question. How a candidate for nomination or election stands on the question of preparedness or tariff or income tax must be, for them, a secondary matter; they must demand of him how he stands on the question of equal human rights, and cast their votes accordingly.

It is regrettable that we are forced to narrow our political vision down to these narrow limits, but there is no other way out for us.

Let colored voters now wake up. Let them watch the utterances and study the records of men of the party who are seeking political preferment. Let them through organized effort seek to find out how these men stand with regards to the interests of the race. Let them keep their eyes open. Let them begin by watching what attitude the national republican committee will take on the "lily white" movements in the South.

## Does Brazil Welcome the Colored American?

This Growing Republic Has Fabulous Wealth, Wonderful Beauty, and Draws No Color Line.

CONDITIONS FAVORABLE.

Chicago Defender Publishes Interesting Report on Country South of Equator.

Chicago, Dec. 17.—A large and enthusiastic audience listened to Mr. Newman, the famous traveler, as he lectured on "Brazil" Sunday, Dec. 5, at Orchestra hall. Moving pictures of untold beauty, giving views of wonderful tropical skies, rivers, mountains and sea, and the fabulous wealth of its natural resources added to a brilliant story.

The effort to awaken the slumbering American to the great possibilities of the vast and growing republic that lies south of us is the aim of a well directed movement in the interest of greater America.

After following the lecturer with his gorgeous pictures that are magnificent beyond description, our attention is sharply called to sociological conditions south of the equator.

We are reminded that Brazil, too, had slaves just as they existed in the United States, but in 1848 they were made citizens both in law and fact. Upon the canvas is shown first, the slave, age-worn and haggard, then the later type of progressive people, prosperous, happy and free. We hope that these truths relative to both wealth and social conditions there, will be sure of recognition by the American people for their incalculable value. We possess here neither all the wealth nor brains of the world. Brazil is a complete refutation of the plausibility of southern ethics.

"THERE IS NO COLOR LINE IN BRAZIL," he said. If American merchants desire Latin-American commerce they must abolish the color line. Brazil is smarting yet from the slurs and insults her navy received in our ports.

PROFESSIONAL AND ARTISAN CLASS LEAVE.

Just before Thanksgiving 25 married men and their wives, and one single man, left Chicago and sailed from New York for Rio Janeiro and other points in Brazil. Included in occupational lines there were doctors, 2; dentists, 3; chemists, 2; mechanics, 5; painters, 5; carpenters, 5; blacksmiths, 4. This exodus is due to a well considered plan adapted some time previous by professional men and skilled laborers, who have combined themselves together for mutual advancement.

The ruling spirit of the industrial corporations of the United States is absolutely responsible for this shame-

(Continued on eighth page)



# General Race News

## LOSES HEALTH WITH ALLIES

Bellefontaine, O., Dec. 10.—Miss Lemy Lewis is in receipt of a letter from her brother, Mr. Willys Mayo, who is in Belgium fighting under the British flag. He is in the hospital and as soon as he is able to travel will return to the United States.

## YOUTH EARNS GOLD MEDAL

St. Paul, Dec. 17.—Little Gertrude Hubbard of Dodd road was given a medal for bravery because she saved her 4-year-old sister and 18-month-old brother from their burning home. The Women's Civic league of St. Paul have secured the medal for this 9-year-old girl and it was presented to her by Mayor Powers in his office December 14.

## K. OF P. CASE IN SUPREME COURT

Washington, D. C., Dec. 10.—Attorney S. A. T. Watkins, well-known Chicago lawyer, is here to defend the K. of P.'s in a case pending in the supreme court. The case is expected to close this week and a decision rendered.

## SECRETARY TALBERT LEAVES WILBERFORCE

Xenia, O., Dec. 17.—The Rev. Henry Talbert, secretary of Wilberforce university, has resigned. He has been connected with the university for twenty-three years, and has been secretary for eighteen. In point of seniority he ranked next to the president, Prof. W. S. Scarborough.

## CUBANS CELEBRATE MACEO ANNIVERSARY

New York, Dec. 17.—Tuesday night, December 7, was the ninth anniversary of the death of the great Cuban general, Antonio Maceo, and the occasion was commemorated in an elaborate manner by the Club Antonio Maceo of New York, which held exercises at St. Mark's hall, 59 West 138th street. Hon. Francisco Taboada, Cuban consul, presided.

## WHITE MAN RISKS LIFE SAVING COLORED GIRL.

Dallas, Texas, Dec. 11.—Last week Edward Foreman, engine master at the M. K. & T. railroad yards, was severely injured when he attempted to save the life of a girl member of the race who was deaf and dumb. A freight train was approaching and the child did not hear it coming. Foreman was thrown under one of the cars and dragged several yards before the train could be brought to a stop. He succeeded in saving the child by knocking her off of the tracks.

## OBJECTIONABLE PART MUST GO

Grand Rapids, Mich., Dec. 10.—A delegation of the citizens of Grand Rapids, led by Rev. Mr. Pettiford, attended the city council on Monday evening in an attempt to prevent the presentation of that base insult to the race, "The Birth of a Nation." An address was made by Mr. Benjamin Mr. Ben Hatchett and Mr. Pantlind expressed themselves as favoring the showing of the picture. After due consideration the mayor gave his

promise that on the first day of the screening of the play, December 24, in the afternoon at Powers theater, it is to be attended by a representative of the council and a number of race citizens. Any parts of the film declared to be objectionable by said representation will be forced to be omitted, according to the promises declared by his honor, the mayor of Grand Rapids, Mich.

## EXHIBITION OF FILM PLAY IN DENVER STOPPED.

Denver, Dec. 13.—City officials tonight ordered stopped the exhibition of a motion picture play at a local theater, on petition of Negro organization of the city. The Negroes claimed that the photoplay tended to incite race prejudice and was offensive to their race.

## MUSICIAN FOR FORTY YEARS

Indianapolis, Ind., Dec. 10.—Henry Hart, one of the oldest and most highly respected citizens, died Tuesday at his home where he has been sick for several weeks. Mr. Hart, for forty years, has been the leading musician of Indianapolis and conducted an orchestra which furnished the music for all of the leading white social functions, including those in which ex-President Benjamin H. Harrison figured during his life time. Mr. Hart leaves a loving wife and five daughters, Mrs. Hazel Hendricks, Mrs. J. L. Fry, Mrs. Daisy Jenkins, Sally, Willie and Clothilde, to mourn his death.

## INSURANCE OFFICIALS MAKE TOUR OF GEORGIA

Durham, N. C., Dec. 7.—John Merrick, president, and C. C. Spaulding, vice president and general manager of the N. C. Mutual and Provident association, have returned from a two weeks' inspection tour of the company's work through the state of Georgia.

They held co-operative meetings to which all the business and professional men were invited, including the representatives of the other colored insurance companies. These meetings were held for the purpose of having a better understanding and a more co-operative spirit between the Negro business men generally.

In all places the business of the company was found in flourishing condition.

## PATERSON MUSICIAN HERO IN MOVIE PANIC

Paterson, N. J., Dec. 8.—John Van Renssaliere, the Negro musician, who has a local reputation as a pianist and composer, joined the ranks of heroes on Saturday night, November 20, when the film in the moving picture machine at the theater where he is employed caught fire.

Brilliant flashes from the celluloid, accompanied by a nauseating odor, caused patrons of the Regal theater, lower Main street, many of whom were women and children, to become extremely excited. A panic was averted only by the coolness of the Negro musician, who quickly improvised a catchy march movement which served to allay their fears.

Van Renssaliere has composed "The Chimes of St. John's" and other songs.

## Miss Anna M. McLendon Graduate Nurse

Nursing comes naturally to our women. Their tenderness and sympathy make them the best nurses in the world. Before the days of trained nurses our women were in demand for their skill as practical nurses, not only in the South, but very generally in the North. In later years, as the nursing profession has extended, the services of our women as practical nurses, especially in the North, have grown less and less in demand; and our trained nurses, no matter how competent, have found it exceedingly difficult to find employment. Nevertheless, undaunted by the difficulties in the way hundreds of our girls have been trained in some of the best equipped schools and hospitals in the country. Scientific training has increased their efficiency, and whenever they have found an opportunity for employment they have made good.

It is not generally known that Omaha has several competent women who are graduate nurses, although we know of only two Omaha girls who completed such courses. They are Miss Pearl Duncan and Miss Anna M. McLendon.

Miss Duncan was born and reared in Omaha and Miss McLendon, although born in Atlanta, was reared and educated in Omaha. Both girls attended the Franklin and the Omaha High schools and both graduated in the class of 1911 from Provident hospital, Chicago. The ranking graduate from this same excellent institution is Miss Deborah Williams, who has been most successfully engaged in private nursing in Council Bluffs for a number of years. Miss Duncan is in Denver at present. Miss McLendon, whose cut is published in this issue, is on the staff of the City Emergency hospital, where she was appointed by Dr. Connell and where she has served with such proficiency and acceptability that another colored nurse, Miss Wilson, a classmate of Miss McLendon's, has been added to the staff.

Coming to Omaha nearly sixteen years ago, Mrs. McLendon, who is now Mrs. George L. Brown, was bereaved of her husband. She bravely struggled, like so many of our good mothers, to raise her little girl and educate her. In this she succeeded, and was most happy when her daughter returned to Omaha equipped for nursing.

Miss McLendon found it difficult to get employment at her profession and eventually went elsewhere. Subsequently she returned to the city and after a time was given her present appointment. Recently, when nurses were assigned to examine the public school children, Miss McLendon was given her assignment with the rest and did her work with intelligence and efficiency.

We believe that the day is not far distant when in the North as well as in the South, competent trained nurses of our race will find a good field of employment. We are absolutely confident that whenever given a chance to show what they know and what they can do they will prove their efficiency. Private families of wealth and standing in this vicinity have not yet been educated up to the point where they can really appreciate the skill of the BEST NURSES IN THE WORLD—THE TRAINED COLORED NURSE.

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**NATIONAL PREPARDNESS**

(Editorial in The Pittsburg Courier.)

President Wilson delivered his theme on preparedness, and added a few remarks about hyphenated Americans and their recent activity against the best interests of the government. His phraseology is up to the usual standard, and the feeling exhibited between the lines is something new for our ex-school master.

Of course, the Negro has to view everything said and done by his country from his own peculiar angle. This ought not to be, but the practices of the government make it so. We must see everything from the angle of our own particular group. If we were all white, then we could place the common construction upon everything that is done by the leaders of our country.

What is of especial interest to the Negro is the position in which he finds himself with respect to the preparedness program. We take it that the "men" referred to in the message mean all citizens able to carry arms in the event of war. The Negro has always been included in this category. Now, the provision of the system proposed is to train men a certain number of months in the year; to provide certain training for men, and to equip them for duty. Appropriations will be made for this very work.

The Negro cannot forget that a democratic congress is again in session; that heretofore some fire eating southerner has attempted to abolish the fifteenth amendment, or to pass some iniquitous law calculated to oppress the black citizen. The Negro cannot forget that the president sanctioned Jim Crowism in the departments at Washington; that he refused to remedy the situation upon petition of the Negroes of the country; that he has suffered democratic activity to rob the Negro of federal employment and has sanctioned southern sentiment as expressed at Washington. The Negro has little confidence in the present administration. He has less confidence in many of the representatives in congress. He listens to the program of the president with some misgivings.

If preparedness is to be the slogan of this country for the next five years; if men are to be trained in the use of arms, if all men are to be made ready to defend the flag, let our good president, with words well chosen, tell these southern fire eaters that for the sake of "preparedness" give the Negro his rightful place in the government which he may soon be called upon to defend. We would remind our president that men must be prepared in their hearts as well as in the use of arms. Kind words turn away wrath. A square deal to all men will do the same thing.

**ANOTHER COLORED AMERICAN INVENTOR**

(Continued from first page.)

vice, although they refused to give out a statement for the public. Their report has been forwarded to Washington.

In perfecting the device Jones had a difficult task raising money to further his idea. At first he sold shares to his colored friends at 10 cents each, but they soon became discouraged and refused to advance more money. Three years ago he went to Adolph

Kreutzer, a butcher he had known for years, and interested him in the invention. Then Kreutzer bought out the other stockholders.

Jones has a wife and five children, and says when he gets his money he will buy a farm and move to the country.

SMOKE

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Men's Purses from	.50c to \$3.00
Stick Pin Cases	\$1.00 to \$5.00
Traveling Slippers, in cases	\$1.50
Medicine Cases	\$1.00 to \$5.00
Photo Frames	\$1.00 to \$6.00
Folding Umbrellas	\$3.00 to \$8.50
Drinking Cups from	25c to \$3.50
Collar Bags from	.75c to \$4.00
Manicure Sets from	\$3.75 to \$7.50
Dress Cases from	\$3.75 to \$25.00

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# THE MONITOR

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## "MAY STUB HIS TOE"

One of our local subscribers, who holds a political position of importance, evidently reads The Monitor with much interest and edification. He does us the appreciated honor of saying that "The Monitor is all right and is a mighty good little paper, but I am afraid that if he is not careful the editor may stub his toe because he doesn't understand politics."

Our friend's anxiety lest we may stub our editorial toe arises from the fact that he does not like our criticism of the city officials' inactivity in the matter of a photoplay which is being allowed to run "indefinitely" at a local theater. His words would seem to imply that certain favors might be granted or withheld, according as our editorial utterances might please or displease the powers that be.

We are not of those who hang on princes' favors.

Fortunately, we hold no political job, we have no axe to grind and we are not dependent upon our political friends for support, although if they like the paper we will be pleased to receive their subscriptions at the current rate, and when they desire to do political advertising if they believe this to be a good medium we will take their advertising at the established rate. Our editorial policy is not for sale. As we announced in our first issue our "editorial policy will be independent, frank and fearless, courteous and kind, sane and conservative." We have adhered to this rule.

When we believe any action or inaction, if you please, is not conserving the best interests of the special group which we represent we expect to say so, and we shall always endeavor to be sure of the facts in the case before we speak. We may not "understand politics," but in this instance it looks to us as though there has been an ill-disguised attempt to play both ends against the middle.

In football days we used to stub our toe frequently against the pigskin and it went hurtling over the goal. That scored. We may stub our editorial toe, but each time we do we hope to kick goal. We believe that even our friends, the city commissioners will admit, if they are good sports, that in the present game we have at least scored.

## ACT UPON THIS HINT

Here is something we ran across the other day in one of our exchanges which we most heartily commend to our readers. Not only should we think seriously about what is here said, but we should immediately act upon this hint:

Do you know that if 100 addition-

al Negroes would patronize any one of our Negro enterprises, and spend only 25 cents apiece a week with him, in a year he would make \$1,300? Suppose 500 Negroes would patronize him, in a short time his or her business would increase so rapidly that they would have to take on more help. Maybe then your son or daughter might be taken out of the field or kitchen to fill the position.—Royal Messenger.

We call attention to a good suggestion made by Mr. Pegg in a letter, published elsewhere in this issue, to the effect that some of the more fortunate of our people should interest themselves in giving Christmas cheer to some family. There are many families among us who could and should provide a dinner for some deserving family of our race. Mrs. Doane, secretary of the Associated Charities, will gladly furnish the names of cases they have investigated. There are people who have no children of their own who should see to it that Santa Claus visits some child not already abundantly provided for, but who might be forgotten even by the supposedly omniscient St. Nicholas. Indeed, we need not and ought not confine our dispensation of goodfellowship to members of our own race, but if we chance to know of any to whom we can give happiness it ought to be given.

We have received a few more subscribers this week, but we are still a long distance from securing the additional 200 asked for by January 1. Send in your subscription. Our list has grown rapidly since we began publication of The Monitor. Our aim is to have it read in the home of every colored man and woman in Nebraska and in as many homes of the white race as it is possible to reach.

Just a few of the places around us where the city authorities forbade or stopped the production of the photoplay: Des Moines, St. Paul, Minneapolis and Denver. The authorityless authorities of Omaha were powerless (?) to even compel the elimination of the admittedly most objectionable parts. Evidently their eliminator is out of order.

Use common sense in gift buying and gift making. Don't mortgage the future for vanity's sake or in an effort "to keep up with the Joneses."

You know that playing politix  
Differs from playing on a fiddle;  
When you think you're in a fix  
Play both ends against the middle.

Help the poor, not only at Christmas-time, but throughout the year.

Use Red Cross seals.

## BOOST.

Boost your city, boost your friend,  
Boost the lodge that you attend,  
Boost the street on which you're dwelling  
Boost the goods that you are selling.  
They can get along without you  
But success will quicker find them  
If they know that you're behind them.  
Boost for every forward movement,  
Boost for every new improvement,  
Boost the man for whom you labor,  
Boost the stranger and the neighbor.  
Cease to be a chronic knocker,  
Cease to be a progress blocker,  
If you'd make your city better,  
Boost it to the final letter.

—Edgar A. Guest, in Detroit Free Press.

To which boosting we would add—  
Boost your mother, boost your dad;  
Boost your school and boost your teacher,  
Boost your race and boost your preacher;  
Boost your home and boost your church,  
Do not leave it in the lurch;  
Boost your butcher, boost your baker,  
Even boost the undertaker;  
Boost the printer and physician,  
Don't leave out the politician;  
Boost the mender of old shoes,  
And the sewerup of holes;  
Boost all along the line,  
If you could make this old world shine;  
And while boosting up and for,  
Boost and boost The Monitor



## This is a Jewelry Xmas and Here Are Some Suggestions

- Solid Gold Bracelet Watches, 15-jeweled lever movement, guaranteed. Regular price \$25.00, sale price **\$17.50**
- Solid Gold Diamond Set Scarf Pins, beautiful designs. Special **\$3.98**
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- Casque Combs, beautiful new hair ornaments, some new designs just received. Special, each **\$1**

Sterling Silver Manicure Sets, Toilet Sets and Military Sets, all in nice velvet lined moire boxes, at—

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## A Christmas Gift



Send him or her  
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Fill out this blank. Send it with \$1.00 to The Monitor, 1119 North Twenty-first Street, Omaha, Neb.  
Send The Monitor for One Year

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Town \_\_\_\_\_  
State \_\_\_\_\_  
Signed \_\_\_\_\_



# Events and Persons

In Which You Will Be More or Less Interested.  
News for This Department Must Be Received by Wednesday Night.

Mr. C. M. Johnson who has been seriously ill with pneumonia for the past fifteen days, is getting better.

Mrs. William H. Ransom has returned from Bardstown, Ky., where she went a few weeks ago to bury her brother.

Mr. and Mrs. G. W. Clay, who a few months ago moved to Clarinda, Ia., have returned to Omaha and are living at 1621 North Twenty-second street.

Miss Helen Hagan of Boston, Mass., a brilliant pianist, whose European tour was interrupted by the war, will give a recital in Omaha early in February.

Mrs. Isaac Bailey of 2814 Pratt street, who underwent a serious operation at St. Joseph's hospital Wednesday of last week, is slowly improving.

Mrs. W. H. Costen of 2719 North Twenty-eighth avenue, has been quite ill for several days with pneumonia. She is slowly recovering from her illness.

Helen Hagan—Early in February.

Tuesday of last week Mrs. M. E. Overall, 2010 Lake street, gave a delightful party in honor of her son-in-law, Dr. Leonard E. Britt's, birthday anniversary.

Miss Anna N. McLendon returned Friday from a pleasantly spent six weeks' vacation at Atlanta and Madison, Ga., and Chicago, where she visited relatives and friends.

For Sale—Half interest in barber shop and pool hall, Twenty-fourth and Patrick avenue, to settle a portion of the estate of Jethro Brooks. See John Grant Pegg at once.

St. John's A. M. E. Sunday school will have their Christmas tree next Friday night, Christmas eve, in the church. A cantata, "Playing Santa Claus," will be given by forty children.

Mrs. Jasper E. Brown and daughter, Gladys; Oliver and Miss Mamie Willis and Mrs. Kenner returned Tuesday from Atchison, where they were called last week by the death of their father.

Mrs. Nate Hunter, 2212 North Twenty-eighth street, has returned from a two weeks' visit with her mother at Clinton, Mo. Her brother, Luther Webster, returned with Mrs. Hunter and will be her guest for a few days.

Robert E. Brown of Blanchard, Ia., and Miss Isabel Allen of Oskaloosa, Ia., were married at the residence of Mr. and Mrs. Jasper E. Brown, 811 North Forty-fifth street, Tuesday afternoon, the Rev. W. T. Osborne officiating.

Mrs. Joseph La Cour, who has been spending six weeks in California, returned Tuesday morning accompanied by her daughter, Margaret, who has been a student at the University of California for the past year.

Mrs. W. W. West of New York city arrived in the city last Wednesday for a fortnight's visit with her brother and sister-in-law, Mr. and Mrs. Edward F. West of 2006 North Twenty-eighth street.

The Rev. John Albert Williams assisted in the ordination services of the Rev. Carl M. Worden and the Rev. John E. Darling, who were ordained to the priesthood in St. Matthias' church by Bishop Williams last Sunday morning. The services at St. Philip's were taken by the Rev. Charles W. MacWilliams.

See the Misses Campbell and Councillor for Christmas gifts. Distinctive out-of-the-ordinary presents for women at reasonable prices. We carry a complete line of women's fancy and plain kimonos, negliges, boudoir caps and slippers, house-dresses and wrappers and fancy waists. Webster 604. 2428 Lake St.—Adv.

Cunnigan Wilson, son of Mr. and Mrs. Alphonse Wilson of North Thirty-third street, and Miss Hazel Edwina Wilson, daughter of Mr. and Mrs. Edwin Wilson of Chicago, and who has been residing with her grandmother, Mrs. S. G. Wilson of North Twenty-first street, were married in Council Bluffs Monday afternoon. Both young people are in their teens, Cunnigan being a student at Creighton university and Hazel a high school girl.

Ben Stanley, organist and choir-master of Trinity cathedral, has, at the request of Mrs. W. T. Osborne, consented to train the voices for the rendition of the beautiful cantata, "Queen Esther." One hundred voices are needed. Mr. Stanley will meet those interested at St. John's A. M. E. church Sunday afternoon at 3:30 to talk over matters and select the voices. This is a splendid opportunity for those who love music to receive some excellent training. Mr. Stanley ranks first among Omaha musicians and it will be a great privilege to be under his training. "Queen Esther" is a beautiful cantata. It is to be given for the benefit of St. John's church, and all music lovers ought to take interest in its successful rendition.

### WORTHY OF SUPPORT.

Omaha, Nov. 19, 1915.  
Rev. John Albert Williams.

My Dear Friend: Sample copy of The Monitor, your new publication, received, and I wish to thank you very much for the same. It is bright and newsy, and it is worthy of the support of every citizen of Omaha who has the interest and welfare of the colored race at heart.

I do not recognize the colored race as a part separate and distinct from any other race, but I do recognize it as a part of God's great family of human beings, and I say this without any mental or other reservation.

Being a southern-born former democrat (even what that means), and taught to intensely hate and despise the Negro, after traveling considerably in this and foreign countries, and then becoming a student of economics (working class kind), I dismissed my prejudices and have become intensely interested in the welfare of

my brothers of whatever nationality, color or previous condition of servitude.

Wishing you and your co-workers every success which you so richly deserve, I will say in conclusion that you can number me as one of your subscribers.

Fraternally,  
JESSE T. BRILLHART,  
2703 Farnam St.

### FUGITIVE "PERSONALS."

"Mrs. Vance has just had her ell shingled."

"Our fellow townsman, \_\_\_\_\_, met with a double bereavement last week. His brother Cyrus died over in \_\_\_\_\_ and a fine yearling heifer of blooded stock passed away by falling into an old well."

"A. B., our genial postmaster, left for New York yesterday. Mrs. B. remained at home as A. went simply for a little pleasure trip."

"Don't nurse a Grouch. Knock it in the head and bury it."

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# Our Women and Children

Conducted by Lucille Skaggs Edwards.



JOSEPHINE SILONE-YATES, A. M.

We fondly cherish the memory of the late Josephine Silone-Yates who spent her life in the interest of the women of her race. Just before her death she contemplated the publication of a book of poems among which was the following gem, which we feel might appropriately be quoted in memory of the late Booker T. Washington.—L. S. E.

"Thou art at rest! no more, the stormy scenes of life, in which—a warrior bold—thou didst not fear the strife. The trumpet's blast, the call "To arms,"

For thee, brave soul, held no alarms!

Nor didst thou fear if rife the air with potents dire, Thy hopeful soul foresaw, beyond the gloom and mire, A breathing space—a talked-of age of peace! An age of light—from war, a rare surcease!

An age in which a race would mount and rise, To seek from Heaven that boon, that prize Which comes alone to those who conquer self. Yes, still we seek this prize, in spite of earthly pelf.

Therefore, rest on, brave soul, rest on, nor weep, Ye friends,—"He giveth His beloved sheep,"

Although our eyes with tears are dim, "Thrice blest the dead, who die in Him!"

And from the deep rolls in this glad refrain—

"Reward is sure and Christ is gain!" Therefore, rest on brave soul, rest on."

—J. S. Yates.

## WHAT IS YOUR HOBBY?

Every woman ought to have some pet interest in life, outside of the everyday routine which composes her regular occupation. What is yours?

Don't say you are too busy, too tired, too uneducated, too isolated, or too cramped in the crowded quarter of some great city. Nobody is so hampered by any of these handicaps as to be unable to find time for a hobby. And nobody who hasn't at least one hobby is getting all the enjoyment of life to which she is entitled.

The man who wishes to be strong continually lifts great weights. The would-be runner steadily practices running. The musician becomes

skilled in music by constant practice. So it goes in every department of life, in the heart and mind and soul, just the same as in the muscles and bones and nerves.

When a woman falls a prey to the treadmill of routine she is to be pitied, her self is beginning to decay. The best tonic for self is enthusiasm. The only sure developer of enthusiasm is a hobby, something in which you can take lively interest by way of relief from monotony. If you wish to keep young, and bright, and interesting, and enjoy and prolong your life, don't delay another day.

Get a hobby.—Ex.

## JUST FOR A MOMENT.

Oh, just for a moment, when Christmas has come.

Sit down, little girl, little boy. And silence the trumpet and muffle the drum,

Forget every doll, every toy— Then think, in the stillness that fills all the room,

Of somewhere far over the sea, Of hearts that are dumb in the sense of their gloom,

Of Christmas that never will be.

And just for a moment, you grown-ups, suppose

You return from the gladness at home,

Where candle shades give things the color of rose,

And then let your fancy roam To homes that were once, and to hearths that are bare,

To children who know naught of glee—

Then just for a moment, in thought you will share

The Christmas that never will be.

So, just for a moment, suppose you and I

Agree on this deed we will do. We'll think of the children who wonder and sigh

Of Christmases that they once knew;

We'll send them a prayer; we'll send them a thought,

And hope that we never may see The days dipped from hell that of warfare have wrought

The Christmas that never will be.

—Wilbur D. Nesbit in Life.

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## Science Notes

BY WILLIAM G. HAYNES.

### SIDE-STEPPING STOUTNESS.

By Edwin F. Bowers, M.D.

"What causes obesity, and how may it be prevented?"

A moderate excess of fat is one of our very best forms of life and health insurance. It is a storehouse of food and energy—a fuel reserve for times of stress. If we are to remain healthy, every tissue of the body, except the nails and teeth, must contain more or less of some form of it.

If we are stricken by fever, or any wasting disease, we have thirty per cent. better chances of recovery if we are comfortably plump than if we are spare and emaciated. Fever burns fuel; physiologically, it is cheaper to give it fat to oxidize than it is to let it burn up more vital tissue.

Each ounce increase in the consumptive's weight increases his prospects of ultimate recovery. Many neurasthenics are physically as well as nervously bankrupt, and one of the most successful methods of restoring their nervous balance is to fatten them.

Yet there is a point beyond which fat is excess baggage; for no man who has to rock his abdomen to sleep in his lap is properly qualified for the hurdles of life.

In obesity the heart and lungs must work harder, and fatty degeneration of important internal organs is not unusual. Fat folk are especially liable to heat prostration, hardening of the arteries, dropsy, skin eruptions, diabetes, asthma, apoplexy, gallstones, and gout. They stand operations poorly, and lack resistance to acute infection. They are very prone to anemia and conditions resulting from lack of red cells in the blood.

Yet there are some things worse than being too plump. These are the methods sometimes used to eradicate the condition. Remedies and methods that "just make the fat fly" are extremely likely to make the owner of the fat fly also.

The only two internal remedies that have any certain value as "fat reducers" are so uncertain as to what else they may do that they should never be used except on medical advice. Most other remedies are valueless.

This was demonstrated by the Bureau of Chemistry of the United States Department of Agriculture, which recently "tested out" a series of "fat-reducing" nostrums. Two subjects were obliged, after the second week, to stop taking a "favorite specific" of a great obesity specialist. If they hadn't stopped, the "cure" might have killed them. Another subject gained two and a half pounds on a "guaranteed discovery."

Another method of being swindled getting slim consists of placing Epsom salts, washing soda, or other alkalis in the bath. These are similar innocuous compounds are the basis of most of the obesity cures—where you simply put a few cents' worth of something for which you paid a dollar into the bath water and the fat is "washed away"—vanishing with a chuckling gurgle down the waste-pipe.

But, it will be asked, is there no way of parting amicably with this dangerous surplus? There are ways. But they lie over the rough and arduous path of self-denial.

First, it must be recognized that there are certain diseases in which excessive corpulency is merely a

symptom, among which are dropsy and disturbance in the pituitary and other glands. Before fat reduction is attempted these causes must be excluded.

#### The Cure—Diet and Exercise.

Failing to find such a cause, we may remember that fat is derived from food; and, no matter how little food we may be eating, we are getting either the wrong kind or too much of the right kind. So it requires merely that we reduce the fuel intake of food to a point below the expenditure of bodily activity, or else increase bodily activity until more than the daily intake of food energy is consumed—or both. In short, the cure for obesity is less eating and more exercise.

While the system can make fat out of only food-stuff, it makes it with almost ridiculous ease from starches and sugars. Alcohol, also, by unduly hastening the conversion of albumins, sets free fat-producing substances that materially assist in padding the blanket of fat.

Yet it is not necessary to punish one's self dietetically or to risk certain dangers to acquire svelteness. It is merely necessary to eliminate all surplus and to limit the amount of food to that required to maintain strength.

This is accomplished by relying upon lean meats, with liberal amounts of green vegetables. These may include lettuce, celery, tomatoes, onions, parsley, and sour fruits. Also salads without oil.

Pork and all fat meats, oily fish,—such as mackerel and salmon,—potatoes, rice, pie, tapioca and all farinaceous puddings should be avoided. Also beer and malt liquors, gravies and sauces, cakes, pastries, ice cream, beets, sweet fruits,—as figs, prunes, dates, grapes, and oranges—candies and all sugars, so far as possible.

Graham bread and gems, or dry toast, may be substituted for white bread.

Fluids should be limited in quantity, but not so limited that the system will suffer from lack of one of its principal sources of elimination. A cup of hot or cold water, with the unsweetened juice of half a lemon, on rising, and another in the afternoon, helps to keep the liver active, and sometimes aids fat reduction.

The use of plain soups, which are filling but not fattening, should be encouraged. Buttermilk or soured milk, if taken slowly, a small mouthful at a time, makes a nourishing and satisfying meal. If the food is thoroughly chewed, much less of it will satisfy the appetite. Masticate each mouthful until swallowing becomes almost an involuntary act.

Cold-water baths, if they do not cause rheumatism or nervous shock, are an excellent aid in fat reduction. It is well to avoid sleeping too much, and it is especially advisable to forego the doubtful luxury of the afternoon nap. We build tissue faster during sleep than we do while active or awake. Six or seven hours of uninterrupted sleep—provided one feels recuperated—should be enough.

Exercise of all kinds is indispensable. When it can be indulged in, swimming is probably the best form, as it exercises the little used muscles of the abdomen as well as nearly every other muscle in the body. The cold water also melts away the fat.

All outdoor activities, and forms of gymnastics than can be practiced in well ventilated rooms, are very beneficial. In fact, all muscular exertion that does not put too much strain upon the heart and circulatory apparatus is helpful.

#### Other Helpful Exercise.

Some derive benefit from "rolling." Others crawl, bend, stretch, stoop, twist, and turn. Others gallop about on all fours, to the great confusion of fat. Lying upon the back and slowly raising the legs with stiffened knees, then lowering them with equal deliberation, discourages embonpoint. That classic exercise known as "picking pins," in which the devotee stands with stiffened knees and, with outstretched fingers, touches the floor repeatedly, also punishes ponderosity.

Kicking is good for hips and bad for fat. High kicking, a la ballet dancer; front kicking, ostrich fashion, and side and back kicking, mule fashion, are all effective.

Turkish baths will reduce flesh; but people who are strong enough to withstand their debilitating influence are strong enough to get rid of their excess fat in safer ways.

Depend rather upon the tape measure than upon scales for affirmative evidence that you are parting with your too bountiful store. For fat is of a sponge-like texture and very light in weight.

But remember that any method that produces irritability, restlessness, weakness, or an uncomfortable craving for food, is doing far more harm than are the few extra pounds of peaceful adipose.—Washington Star, Magazine Section.

#### A GOOD CHANCE TO HELP SOME FAMILY

To the Editor of The Monitor:

Will you kindly furnish space in your paper for the following suggestion and appeal:

As Christmas is drawing near and everybody is making preparations to make not only those around their own fireside happy, but to contribute to the happiness of the less fortunate ones, I desire to suggest through your paper that any of our people who feel disposed to help some family among our own people, should phone the Associated Charities, Douglas 2287, and the name and address and needs of a worthy family will be given them to whom cheer and happiness and substantial help can be given on Christmas day.

I have taken up this matter with a representative of the Associated Charities and they say that this is the method being employed by many of the white citizens, and they feel that we should have a share in this good work for the sake of sweet charity.

Thanking you in advance for your courtesy, I am

Yours respectfully,

JOHN GRANT PEGG,

Insp. W. & M.

Omaha, Neb., Dec. 14, 1915.

#### REPLY TO TELEGRAM OF CONDOLENCE.

Tuskegee, Ala., Dec. 9, 1915.  
Rev. John Albert Williams, Chairman of Committee, St. Phillip's Episcopal Church, Omaha, Neb.

My Dear Sir:  
I am writing to express to you and the other ministers who signed the telegram, and through you to the colored citizens of Omaha for Mrs. Washington, and for the officers, teachers and students of Tuskegee Institute their grateful thanks for the message of condolence you so kindly sent them upon the occasion of the death of our lamented principal, Dr. Washington.

Your expressions of sympathy are a great solace to all of us.

Sincerely yours,

EMMETT J. SCOTT,

Secretary.

## CLASSIFIED ADVERTISING

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## News of the Lodges and Fraternities

### Masonic.

Rough Ashler Lodge No. 74, A. F. & A. M., Omaha, Neb. Meetings, first and third Tuesdays in each month. J. H. Wakefield, W. M.; E. C. Underwood, Secretary.

Excelsior Lodge, A. F. & A. M., Omaha, Neb. Meetings first and third Thursdays in each month.

Zaha Temple No. 52, A. E. A. O. U. M. S., Omaha, Neb. Meetings the fourth Wednesday in each month. N. Hunter, III. Potentate; Charles W. Dickerson, III. Recorder.

Shaffer Chapter No. 42, O. E. S., Omaha, Neb. Meetings first and third Friday in each month. Maggie Ransom, R. M. Elnora Obee, Secretary.

Rescue Lodge No. 25, A. F. & A. M., Omaha, Neb. Meetings first and third Monday in each month. Lodge rooms, Twenty-fourth and Charles streets. William Burrell, W. M.; H. Warner, Secretary.

Omaha Lodge No. 146, A. F. and A. M., Omaha, Neb. Meetings first and third Fridays of every month. Lodge room 1018 Douglas street. Will N. Johnson, W. M.; Wynn McCulloch, Secretary.

Keystone Lodge No. 4, K. of P., Omaha, Neb. Meetings first and third Thursday of each month. C. Lewis, C. C.; A. Marshall, K. of R. S.

Western Star No. 1, K. of P.—Meetings second and fourth Thursdays in each month. J. N. Thomas, C. C.; E. R. Robinson, K. of R. and S.

Omaha Lodge No. 2226, Grand United Order of Odd Fellows. Meeting nights, the first and third Thursdays of each month. Lodge rooms, 2522 1/2 Lake street. L. S. Moates, N. G.; J. C. Belcher, Cor. Secretary.

Owing to the bad weather, the New Era Dramatic had few at its meeting of December 10th, therefore the meeting was a social one. Those being present got a gist of the songs to be heard in our first production, "Kentucky Belle." You can't miss it. Watch for the date.

## DOES BRAZIL WELCOME THE COLORED AMERICAN?

(Continued from first page.)

ful condition. A condition without a parallel in our present civilization aside from the United States. The artisan classes in the United States (relating to race members) are excluded or socially ostracized, by opposing forces preventing their full share in the avenues of industrial enterprises. They are taught in schools in college trades and professions which afterwards are proven to be wasted energy. The walls of race prejudice are built around them, and guarded by powerful enemies who in Congress have disfranchised the race.

### SOCIAL PHENOMENA

The awakened conscience of these people is surely and truthfully a scientific fact; there must be an outlet to these pent up forces, which hitherto have slumbered. Their double and treble strength in all-truthfulness must have an outlet. Nature demonstrates herself in this way under laws of natural forces. Violent forces within the earth cause terrific explosions there, which is true under the social organization. Something must be done to relieve these forces which are daily growing into discontent.

Their advance agent was duly sent to Brazil, where he traveled in the interest of men who have nerve, brain and muscle. He was successful. Employment was secured in advance for those who have gone.

Shall Brazil be to the race that long desired haven that new England offered the British and Dutch persecuted who fled England's coast because of intolerable conditions there?

### OLD FOLKS' HOME FUND.

No one is authorized to solicit for The Monitor's Old Folks' Home fund. Contributions must be sent or brought to the office of The Monitor. A receipt on a printed form will be given to each contributor. His name and the amount will be published in our columns. As soon as \$100 is received it will be turned over to the treasurer of the Negro Women's Christian association to be paid on the property, and a copy of the receipt from the treasurer and from the real estate agent to whom payment is made will be published in this paper.

### Acknowledgments.

Nov. 1., E. W. Pryor.....\$5.00

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