OUR WOMEN and WHAT THEY THINK-Edited by Mrs. Amy Jacques Garvey

WOMAN'S FUNCTION IN LIFE

UITE frequently we hear the question debated as to whether woman's place is in the home, in business, in politics or in industry. Countries differ as to woman's status; but present day events convince us that woman, lovely woman, if you please, is making her presence felt in every walk of life.

Some men are slow to admit that the woman of today has a place in nearly all phases of man's life, and when such a place is not yet properly established, her voice is heard in that regard, yes these men are the ones who more readily fall under the influence of mere woman.

The women of the East are fast being emancipated and educated to the point where they no longer consider themselves human incubators and slaves to do the bidding of their husbands, but intelligent, independent humansbeings to assert and maintain their rights. in co-partnership with their men.

Recently Mustapha Kemal Pasha, one of the westernized leaders of the East, while addressing some students at the Girls' Training School at Smyrna, was asked the question, "What must Turkish women be?" And he replied as follows:

Turkish women must have the best cultivated minds, and must be the most virtuous and the most serious ladies in the world. The duties of Turkish women ought to be to prepare future generations who will be able to protect their country mentally, morally and physically. Women being the source of the nation and the basis of human society, they can only fulfill their duty when they are virtuous.

This splendid answer should serve as a guide for Negro women the world over. They must realize that they are indeed the basis of human society, and that the race cannot achieve nationhood and world power unless the women are prepared to wield the proper influence over the men, and exact from them service to race and love

Eastern women are taking an active part in all movements for the liberation of their people. Whether they be in India, Egypt or Turkey the new woman is making her impress on the world. Who knows but because of the softening, conscientious effect of woman's entry into politics and big conferences, that the world will be better off and will in the future more readily concede to every race and nation its moral rights. Women are supposed to be tender-hearted. Well, if they can succeed in putting a little more heart in this sordid selfish world, they will be able to lessen wars and racial conflicts.

Woman's function in life is to soften the ills of this wicked old world and to draw man nearer his Creator, in the practice of his beliefs and in his mode of living. If in the carrying out of this most noble task any new departure has to be undertaken it is the duty of noble woman to rise to the exigencies of the demand and continue upon her destined course, "blessing and blessed where er she goes."

Women of the Negro race! If you have not yet hearkened to the all to duty, do it now, and fall in line with the women of the Universal Negro Improvement Association who feel that their place is alongside of the men, in the thick of the battle, if need be, but always serving the cause of their oppressed race, in the endeavor to redeem Africa, and to lift the race to the level of progress and respect enjoyed by other peoples. Think ye that this is woman's most perfect function in life? Then join our band, and make your contribution, while you are young and full of hope. Mother Africa needs the assistance of her scattered daughters, and surely she shall not call in vain.



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IRISH FEMINIST VISIONS FUTURE HOME

No Children and No House

(From The Evening Sun) In the home of the future there will e no cooking, no housework, no children-and that will be the ideal home

Husband and wife will both be engaged in business or professional activities, meals will be served by the Government or community, house work will be done by machinery and the children will live at their schools from early infancy.

here today by Mrs. Margaret Conners of Dublin, internationally known feminist and leader of the woman suffrage novement in Ireland. She would abolish cooking in private kitchens and relieve parents of bringing up their chila place for rest, recreation and refresh-

"It is what we are coming to," she said, "and it is what we should come to. It is economically unsound for the wife to do housework—and she is dong less and less of it as time goes on. It is inefficient for her to cook for her family and even worse for her to raise children along with her other duties.

Looking Backward *Comparatively few years ago the wife's duties included baking, laundering, making most of her own clothes and many of her husband's garments. Now we have bakeries and laundries clothing; and can you imagine weaving the cloth for a post for her husband when he can go duspitown and outfit himself for one-half the cost

"As to cooking and serving mentit is due to become a national induswork. It may be a function of the prepared and better balanced. can do a better job than a woman with perhaps no training at all and

"In the matter of bringing up chiliome. Why not let them live away arduous routing duties connected with should get from its home is training in manners, courtesy and politeness-I might say 'general background. background would be of a much better character if the child only visited it iome when the circumstances were nost propitious and its mother always bright and charming and not worn ou by household worries.

"When there is this condition in the omes-and I know it will come in time-the wife will be free from the shackles now imposed by marriage. She will be able to take her rightful place in the world of affairs and will intelligent, brighter keener and more attractive. Then she will have a chance to be a home makeningtead of a housekeeper. She can

Mrs. Connery is in Washington as a guest of the National Woman's party being a member of the organization in the advisory council.

freshment as it should be

bring real atmosphere into her home

and make it a place to rest and re-

Diets and Food Values

By the Black Gross Nurses of New York Quality of food.-After the energizibstance has beer ascertained there remain several other factors which determine its suitability as a food. Digestibility is one of the most important. Absorbability is also of importance, for few substances are completely absorbed into the system. and some like vegetable proteids and white of egg, are even rejected if taken as food in large amounts, and passed by the bowels unchanged.

Thus a considerable amount of al food eaten and especially of the coarser kinds remains unused. Satisfying power is of great importance and depends partly upon the bulk of the food and partly upon its prepara-tion. Food should not be capable of too rapid digestion; or it cannot be food like catmeal is more sustaining in persons of good digestive power than meet essences, also the value of cooking certain foods with fat, which when it penetrates the other food,

retards digestion. As a rule the more satisfying a fo is the less digestible it proves, and this is one of the chief reasons that different foods and different methods of cooking suit persons of diverse physique and digestive powers. Preparation by grinding, cooking, etc., is

also important. The effect of cooking is partly to de-velop flavors in the food and make it more paletable and digestible, purily to kill organisms and animal para-sites which may be present in it, and mainly, garhaps, in the case of meats. m the democtive till d the meat proper and th the case regetables, to burst or tear the re and especies of collulose vegstables which surround the starcky

shoul probably on book dorses this bet find, and bread to by the this post, well deserving the many of

CANDY AND THE TEETH

Sweets in Excess Causes Softening of Bone. Structures

ind this is an opinion generally held among the laity as well—that the sugar we use in the form of candles acts directly in the destruction of the teetn

"This opinion is so ingrained in the consciousness of most people." says Dr. Thomas J. Ryan in his book on "Teeth and Hoalth," "that to dissent from it stamps the one contradicting or qualifying the accepted opinion as being listinctly heterodox in these matters.

"Yet, right here I want to go on rec ord as being heterodox respecting this important subject—not to the fact it-self, but as to the way which the fact is brought about -"While it is true that the develop

ment of lactic acid from the fermentation of the sugars cars away the alkaline substance in the enamel of the teeth and favors the development of micro-organisms, this is only one of the ways in which sugar acts. "For the chief damage done by sugar

and candy eating in excess is to cause mineral-salt starvation in the system. structures, which is a natura consquence of this drain. This is a most important point, and one that every motion, and every hum a being inter-ested in teeth, should remember. "The reason is as plain as a pike-

staff witen it is recalled that the vital ability accelerate this trend.
RECORSES of the body cannot be carried WILLIAM HENRY CHAI on except in the presence of lime Therefore it is that if there is a deficiency of lime salts in the food the body actually must tear down its own body actually must tear down its own Not Forgotten this necessary material.

selective dimined lime is extracted the promises made to them at the bodily from the only available source of Washington conference have not yet supply in the system—the soluble lime been carried out. Great Britain had of the teeth and bones. This is gradu- agreed to restore the leased territory of murify affair run, by the residents of ally drawn upon and consumed-weak- Welhaiwel and France had stated her cortain streets or districts. When this ening the resistance of the tooth struc-time comes the meals will be better ture—until finally the enamel cracks and breaks down under the strain of return of Klachow. Though the Japa biting of small pieces of bone, crusts 1923, neither Fritnee nor England have of trend or any extra hard substance, so far done anything to make their and thereby a minute opening into the word good, vidnerable interior of the tooth is et-

"This permits the entrance of a corps of micro-organisms-who are valiting for just such a chance-and home entirely and thus relieve the process of destruction is then in full swing.

child gun long before there was any external tooth structure of the systematic abstraction of its lime salts -afterwards hastened by the destructive action of the bacteria of decay.

"Yet sugar and fruit acids, in themselves-and apart from their products tooth enamel. In fact, sound teeth can sugars and acids for months and suffer croding influence. So sugar itself and is not, in itself, a cause of bone and

"Yery few people, even professional men, seem to be awage of this fact, a been everyday principles of nutri-

"Yet, here, again, the most important ing is apparent. For sugar and lime have just as remarkable an affinity for each other as have iron and oxygen, which combine to form rust. So that cessive amount of mineral-hungry candles, the sugar cats up the soluble lime of the blood, and the blood, robbed of its store of vital lime salts, seizes teeth and in the bones to replenish its

est and most efficient forms of proteid producing food, after bread, come skimmed milk, cheese and fish. Fat has double the energy-producing power of carbohydrates, but neverthe less butter is more than four times as expensive as its equivalent in bread Hence fatty foods receive the genera name"'uf "rich foods." Nevertheless margarine falls into the list of cheap foods, and proves to be quite as nu tritious as butter.

(To be continued next week.)



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NOTES OF INTEREST

Russia Turns Toward the East

'It seems likely that in the immediate natural place as a great Asiatic power. with more interests in the Pacific than in Europe. Economically Russia is be coming more closely connected with exports expand; Soviet business and industrial representatives are placing Jermany and America. But politically the East; and Locarno will in all prob

WILLIAM HENRY CHAMBERLIN. In the New Republic.

The Chinese Have

The Chinese have not forgotten that willingness "in principle" to -until finally the enamel cracks Kwangchowwan to China upon Japan' mastication, or from the accidental ness restored that port in January

A Student's Conviction

"First and before all else com Christ, in whom is universal salvation the communion of the spirit in the ference of nation. But that does no evidence of its extent, and was first nation in which God has placed us brought about by the weakening of the rather it gives us a new love for our country, a new sense of being bound up with its destiny, and a desire to work toward its eternal salvation."

England Sheds Tears for Oil

The league of nations is in frouble again. And so is the world court, Both feeler for the league. Britain wants subsoil of Mesopotamia. The particular spot is Mosul. England has no mor eight to the oil than "Yellow Kid" Well, of Chicago, our outlawed confidence of commerce and be a regular fellow tives being a good deal like Turks, ap-England, however, being tender heartd, fears that the Mosulians would be unhappy under the Turkish "yoke." T. J. O'FLAHERT T.

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for having poor, unbealthy

scalps and dull lifeless

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SMILES

In Deep Waters

Johnny had been unusually bad all day and his mother had threatened him several times, but that seemed to have no effect on him. have no effect on him. At legest in-tending to make her threat good, tha took after him with a vengeance, Johnny made a dash for his room and crawled under the led.

In the meantime Johnny's father arrives and is told of Johnny's conduct, rushes into Janny's room and start to crawl under the bed. Johnny, bear, ing him, turned over and exclaimed: "Hello, dad, & she after you too?"

A Wise Guy

She-You raised your has to that girl who passed. -You don't know her,

He-No, but my brother dees, and

Elbert Hubbard's Creed

"I believe in the stuff I am handing ut, in the firm I am working for, an

n my ability to get results.
I believe in wrking, not weeping: in boosting, not knocking; and in the

pleasure of my Job.
"I believe that a man gets what he honestly goes after, that one deed done today is worth two deeds tomorrow that no man is down and out until he has lost faith in himself. "I believe in today and the work

am doing; in tomorrow and the work I hope to do, and in the sure reward that the future holds.
I believe in courtesy, kindness, in

ind in honest competition, "I believe there is something doing mewhere, for every man ready to de

"I believe I'm ready-right now."

Beware of Bachelors!

Some men do not marry becaus they are too difficult to suit. They are full of vanity. They think no one is perfect girl-one who is all the virtues rolled into one. But—alas—the perfect leaves them high and dry without a friend before they know it.

Many girls have asked me how to must be very careful, for it is, often : gets one is taking grave chances with e has been a bachelor ANNE PARRISH. too long.

PROVEN WAY

TO STOP FALLING

HAIR and DANDRUFF

Dandruff, falling hair, itching scalp

and baldness are enemies to scalp

health and the growth of long,

lustrous hair. Scientists under they are "germ" diseases and to

germ life, that they attack

only diseased tissues, tend

to keep the scalp free from

dendruff and itch, allay

falling hair, enrich the

ecalp, stimulate growth

and make for long lustrous

cure them the germ must surely be destroyed:

ALLEGED BRITISH SPY CAUGHT IN FRANCE

Woman's Role in Peace and War

Genical Frenchmen, observing the do of women in court intrigues sam well as domestic acondal; have adopted trite atlmonifiers "look for the woman," when they proceed to unravel recent exposure. through a female dealges of Monand starts in to take immediate action, crating in Paris, brings up the general question of women military spies. The Isychology of formy officers makes them particularly susceptible to the come from the Paris Latin quarter, the Cherry Hill district of New York, the mandons of Fifth avenue of apsear in the bushe of red cross nurses

will-leave to explain his amount to his superiors. And the superiors elves are not without guilt in the affairs if reports of the observations he French military intelligence department are reliable.

British deportment ander the direction if that eminent knight of the garter, Mr. Austen Chamberlain, while professing undying devotion to the "spirit should contenance deof Locarno," bauching of the French army by a paid

Continental and British newspapers blandly admit that every nation has spies operating in every other nation o extort military secrets that may be

Mile. Moreutt will escape with a soight in peace time. If Britain and perosity, in good cheer, in friendship might have another Edith Cavell case to fan the passions of national hatred, in which gase the Montmartre girl would probably be described as a red cross nurse pure as the driven snow. To the enemy country the female spy. in time of war is an adventuress, while those in their own employ are of spotless character, herofeally sacrificing In Germany Mati Harl, the enticing dancer, executed as a spy in France, became a heroine. In England it was the adventures: Edith Cavell, wearing the garb of a red cross narse whose fate was utilized by the recruiting ofwoman never comes along, and old age fleers to entice workers into the slaughter house, Duly Worker.

Date Crackers

Those of descriptive rate cookies for not too rich and because dates (or tigs or prunes) are used in tile frost-

I nound dajes (stougd)

214 cups rolled cats 24 cups flour

1 cup butter

1 teaspoon soma 1 cup promulated sugar

14 cup warm water 24 cup cold water Cook date's for an equal quantity of figs or james) with the cold water and granulated squar for about twenty minutes-until dates are softened

Cream butter and brown sugar, add rolled outs, flour and soda, all mixed together. Then self hot water and mix well. If there doubt in equal parts, roll, thin, sarfilding about one eighth cult flour on pushry board. Cut out cookles in pairs and put together with date filling. Place in buttered pans and bake in that over 400 degrees-

A Baby In Your Home







for about lifteen minutes.