

ST. PAUL RECORDER

Published Weekly
Cecil E. Newman, Publisher
Earl Burford, Advertising
Estyr Bradley, News

Main Editorial and Business Offices
306 Third St. South, Minneapolis, Minnesota
BRIDGEPORT 3595

SUBSCRIPTION RATES:

One year, \$2; six months, \$1.25; three months, \$0.75, payable strictly in advance.
Advertising Rates Furnished Upon Application.

The RECORDER believes no man should be denied the right to contribute his best to humanity. As long as that right is denied any man, no man's rights are inviolate.

Friday, August 20, 1937

TO TRY IS VITAL

That it is not always easy to agree upon what is good to be done, is ordinary human experience. It is much harder to find the way of doing. The course of bills now in Congress, federal low cost housing and the wage and hour measures for instance, illustrate that truth.

Going back into history, we find that Senator Norris, the much-beloved member of Congress from Nebraska, spent decades getting the date of inauguration changed from March 4 to the beginning of the year. The logic of the situation was with him, but habit, inertia, sentimentality and what-not blocked that common sense improvement. Wilberforce, the great English statesman, was years getting his country to outlaw human slavery.

Somewhat or other things worth doing are laborious. The truth of this should nerve Negroes, the under privileged group in the United States, to try and try again for justice and real equality. If they do not try, they certainly will never gain them. Having all to gain and nothing to lose, the only sensible thing to do is to make the effort.

The what's-the-use Negro who argues that his race should accept less than it desires, on the grounds that to get them is impossible, is a worse enemy than any outside the group. He sets up an unreasonable expectancy and urges his people to take failure to succeed quickly as proof that it is never to be.

After all, why not? If right prevailed easily, if wishes were horses everyone could catch and tie in a stall, they would lose their value. Patience is necessary. But not the patience of despair. With all their might through the longest night, Negroes should let their aims beckon them on. Whether they win or lose now is a small matter. It is vital that they try.—K. C. Call.

HERE and THERE

By W. M. Smith

It would be strange, indeed, if with the spirit of the just ended convention strong upon me, I could write of anything else. To my mind it is the most deeply significant action, in the interest of my people that Minnesota has ever witnessed.

There is nothing strange or unusual in people going back home. We all have a very natural urge to return to the place of our youth, to visit again with the home folks, to renew our acquaintance with the scenes of our childhood. But this trek of the Iowans from many and diverse cities and states is an entirely different thing with a significance that even numbers of its loyal members have not fully realized. For believe it or not, this is the incarnation of an idea and not a place; a reminder of a condition that has strongly and beneficially affected the lives of those who have experienced it.

The new Negro is often spoken of by those who fail to realize that any one of the Negro group is indeed a new creature. With but a faint trace of his African ancestry remaining, with his admixture of Indian and white blood he has become in the years of his American existence not an African, not an Indian, not a white man but a composite of them all; a new biological product, the like of which exists nowhere else on earth.

And the new, new Negro is one to whom this knowledge has come and with it the desire and the ambition to be all that American environment and American opportunity make possible for whoever possesses the proud title of American citizen.

It happens that the soil of Iowa is particularly propitious for its growth. Not the soil of the earth that grows the tall corn, but the soil of the spirit where the souls of free men, unshackled by prejudice and unfair practice, may develop and reach up to the heights.

Something of this is present in Minnesota. With greater difficulty it may be developed in Mississippi, in Texas, anywhere when through education and experience men come to a realization of their potentialities and determine through unity of aim and purpose to reach their desired goal.

And this is the real inspiration of these Associated Iowa Clubs. Not the mere reunion of those who have lived in the same place; rather a cementing of forces of those who have been imbued with the same thoughts, the same ambitions, for the same objectives. Those who decide to pool their strength and abilities to more quickly reach the goal of real manhood. I am obsessed with the thought that the Iowa clubs will

become the IOWA IDEA in which any Negro anywhere may have a place and a part. I heard the thought expressed in definite language many times in the course of convention speaking.

It was voiced by the President, Talmage B. Carey, whose persistent work is largely responsible for the convention itself. It rang out in the stirring welcome of Jos. Albright. It was given fiery utterance by that flaming courageous youth John Thomas. In private conversations with other delegates I listened to its solemn repetition. John Whittier, full of the wisdom of years, living on, only to give his best to his people's welfare—earnest, sincere and capable, spoke to me of the same thing. Mrs. S. Joe Brown, a tower of strength to any movement that stirs her interest, exemplifies the idea in her every utterance; that fine young lawyer from Milwaukee, James W. Dorsey, has lived the thought in his ten years of work and struggle in his home environment.

Unconsciously, perhaps, in many instances, I believe the germ of that same idea has motivated the hard grinding work of the men and women whose labors have fructified in this fine effort. I believe it is the ushering in of a new day. What do you think?

AND ST. PAUL RECORDER PUBLIC SERVICE BUREAU

You folks are not giving enough attention to our advice regarding visits to the shut-ins! Out at Parkview we did our best to make excuses to one man in particular about the absence of his friends. He feels he has been forgotten. We sent a letter to his pastor in St. Paul and visited some of the friends of the patient. This patient has had a long, hard siege of illness and his pastor and friends were very considerate of him during his serious spell. Now the patient's condition has improved sufficiently for him to enjoy chatting with his friends.

There is a charming little book entitled "Live Alone and Like It" that makes very good reading. Maybe we can live alone and like it at times, but never when we are ill.

Mrs. Sally Bailey does not appear to be suffering although her condition remains critical.

Mr. Andrew Horton was bright and cheerful after two weeks of rather tough going. Mr. Humphrey was out on the lawn and seems to have put on weight. It is a pleasure to talk with him. He is so calm and seems to find so much good in everyone and everything. Mrs. Leah Peal welcomed us. We were glad to be able to give her a little personal attention.

Our little girl at Glen Lake had a birthday a week ago. We want to get up a box of candies and another pair of sun glasses and some sewing for her. Although she was in a room by herself because of a slight cold, she has grown fat and

happy. Our larger girl was engrossed in a most complicated looking game with some of her room-mates.

One of the ladies, we regretted to learn, had taken French leave of that beautiful place. She was due to be released in November, but just couldn't wait her full time. It is so much to be regretted that patients do not see fit to accept the advice of the doctors as it would be to the patients' advantage. We have seventeen patients at Glen Lake. That is more than at any other institution. None are on the seriously sick list.

We stopped by the Farm and talked with our boy. His record is not as pleasing to us as we hope to find it next time. There was one good thing that encouraged us somewhat; finding him less surly than formerly. Maybe our visit to his home helped some.

General hospital has two seriously ill patients: Nonna Pollard and Annette Lawson, Alexander Knoontz, Elizabeth Woods, Walter Dixon and Lewis Ewing were our latest patients admitted there.

We made several visits to persons ill in their homes last week and the result of those visits reminded us more forcibly than ever that NEGLECT IS YOUR HEALTH'S WORST ENEMY.

We have some unpleasant information for you, but just do not feel like writing about it at this time. We haven't quite recovered from our embarrassment when we were told the unpleasant facts. You will hear about it later.

We shall be with the Phyllis Wheatley Camp kiddies this week and we hope to find absolutely no use for our nursing knowledge other than the use of it for preventive measures.

Let us adopt for our slogan, "We remember the S and A" (Sick and Ailing).

DOROTHY W. WILSON,
Director.

Health and Hygiene

By Dr. W. D. Brown

HEART DISORDERS

One commonly hears someone say that he thinks he has heart trouble. This is considered lightly or seriously depending on the appearance of the speaker. The term, heart-trouble, specifically means nothing because the heart is a complicated organ, anatomically and physiologically. A disorder may occur in so many different places that to determine the seriousness a careful study and observation must be made.

To the afflicted, certain symptoms give the impression if not the fear that there is something wrong. Pain over the heart or around the region of the heart is a symptom usually interpreted by the uninitiated as pathognomonic of heart disease. This is usually not so because most pains in this region are muscular, neural, or pleural and have no relation to the heart whatsoever. Again, shortness of breath, although often found in heart disturbances, may be due to anemia, asthma, nerve depletion, or some organic disease. Swelling of the extremities, known as dropsy, although associated with some heart ailments, may be the result of obesity, kidney dysfunction, or other pathology. In this way we could take all of the common symptoms and evaluate them.

One of the most serious heart ailments, coronary sclerosis, often gives only vague symptoms before there is a sudden collapse. In many cases, even death has resulted suddenly from this cause without any previous recognizable symptoms. Whereas if diagnosis is made before too much damage is done and if the mode of life is properly regulated, this disorder may exist for years causing very little discomfort.

The best advice then is find out what is the matter when any symptoms occur, however slight, which put suspicion on an erring heart. In most cases, the heart will be found not guilty but when the opposite is true, the discovery may be life-saving.

Editor:

I understand that the Minneapolis Spokesman and the St. Paul Recorder will celebrate their fourth anniversaries at an early date. I take this opportunity to congratulate you and your staff on past activities and to wish you much such success in the future.

CHAS. W. WASHINGTON,
Executive Secretary,
Twin City Urban League.

BRONZE Standouts

Eddie Allen

IVIE ANDERSON

THE CALIFORNIA BLACKBIRD, FEATURED VOCALIST WITH DUKE ELLINGTON'S ORK—MUSICAL COMEDY AND SCREEN PERSONALITY, TOURED THE U.S.A. AND AUSTRALIA BEFORE JOINING ELLINGTON. HE CALLS HER THE BEST SINGER ANY BAND EVER HAD, HER SINGING OF "ALL GODS CHILDREN GOT RHYTHM" IN THE FILM "FACE" WAS RECEIVED WITH SUCH AN ENTHUSIASTIC OVATION THAT SHE HAS RECORDED THE NUMBER FOR VARIETY RECORDS.

FRANK NEWTON

TRUMPETER PAR EXCELLENCE—ACCLAIMED BY HUGOS PARNASSIE (NOTED FRENCH MUSIC CRITIC) AS THE WORLD'S GREATEST TRUMPET PLAYER. HEADS HIS OWN RECORDING BAND "UPTOWN SERENADERS."

© 1937 INTERNATIONAL NEGRO PRESS 7821

MRS. McCULLOUGH HERE

Mrs. Nellie McCullough from Seattle, Wash., has been visiting her son, Philip McCullough, at 415 E. 39th St. Mrs. McCullough is Grand Recording Secretary of the Daughter Elks. She is on her way

to the Elk's convention in Cleveland. She will return after the convention and upon leaving here will visit Norfolk, Va., before returning to Seattle.

"ICE" CASH AND CARRY OR DELIVERED

See or Call Us about Your Winter Fuel
St. Anthony
Ice & Fuel Co.

260 West Central
Phone Elkhus 2562
HAULING and MOVING

CHEER UP, BIG BOY, DON'T BE SICK ALKA-SELTZER DOES THE TRICK



Why don't you try Alka-Seltzer for the relief of—
HANGOVER

Stomach Gas, Headache, Acid Stomach, Colds, Neuralgia, Fatigue, Muscular, Rheumatic and Sciatic Pains?

ALKA-SELTZER makes a pleasant, sparkling drink. As it contains an analgesic, (acetyl-salicylate) it first relieves the pain of every-day ailments, then by restoring the alkaline balance, removes the cause when due to Excess Acid.

At your drug store, at the soda fountain, and in 3c and 6c packages for home use.

BE WISE—ALKALIZE!

Phone: 45-L
Rivendale Cotton Club
Southern Fried Chicken
Steaks and Bar-B-Q
Opal Whyte Highway 64 & Turn
Somerset, Wis. Left at Co. Rd. C

CLEANERS of Distinction SWEENEY'S

CLOTHES CLEANERS
CEDAR 3614

Fidelity Storage

Will care for your valuable possessions when moving around the corner or across the continent.
126 E. 4th St.
Telephone CEDar 1070

KOL-R

Cigarette Vending Machines
Automatic Phonographs
MAURICE STRONG DALE 7325

OWENS MOTOR SALES

YOUR FORD DEALER
ALWAYS APPRECIATE YOUR PATRONAGE
See Us for Your Next Used Car

709 University Ave.
(20 Years in Same Location)

CUT PRICES ON STRAW HATS

Panamas - Toyos
Bankarus - Yacht Straws
AS LOW AS 95c
FELTS AT \$2.95,
\$3.25, \$3.85, \$5.00
WORMSER
HAT STORES
5 E. 7th St. 112 E. 7th St.
404 Robert St.

If You Are Interested In A Good Reliable Used Car Or A New Plymouth or Chrysler
SEE ROSCOE JAMES
Dupont 9336
River-Lake
Motors, Inc.
3815 East Lake Street

Frank A. Ibel

Optician-Optometrist
Now at
29 West Seventh St.
Garfield 1680
Established 1897

Milton Shanks

GENERAL
CONTRACTOR & BUILDER
LO CUST 2449
3712 4th Ave. S. Minneapolis

Franklin Beauty Salon

711 Rondo St.
Open from 8 A. M. until 7 P. M.
Call Elkhus 4170 for
Appointments

CHEAPER BECAUSE BETTER

DOUBLE STRENGTH DOUBLE ACTING
Wm. C. J. Walker's
WONDERFUL HAIR GROWER

Made with deep penetrating active oils that relieve dandruff, itching scalp, dandruff and falling hair. It grows, thickens, softens and beautifies the most stubborn hair. These regular full size bottles cost \$1 (the price of two). Write today. Save 50c. Send P. O. Order or Registered Letter.
THE W. M. C. J. WALKER MFG. CO.,
INDIANAPOLIS, INDIANA

30 YEARS THE STANDARD

LIQUORS - WINES - BEERS

AT THE LOWEST PRICES

Your Patronage Always Appreciated

Free Parking Across the Street—Free Delivery

ST. PAUL LIQUOR HOUSE

Corner 7th and Sibley
Prompt Delivery - Convenient Parking

RIDE IN COMFORT AND SAFETY

—CALL—

BLUE & WHITE CABS
FOR SATISFACTORY SERVICE
They Appreciate Your Business

Cedar 4433

Cedar 4433

DRUGGIST

SANSBY BROS. DRUG CO.

800 University Ave. (Corner Avon)

We Appreciate Your Order

Dale 0190

Dale 4794

MODERN

The modern way to heat water in your home is by means of an Automatic Gas or Electric Water Heater. It's entirely automatic, and provides all the hot water you want whenever you turn a faucet. \$5 down will install one—balance in 24 monthly payments.

NORTHERN STATES POWER COMPANY



Kato
LAGER BEER
KATO BREWING COMPANY



WE TRADE FOR EVERYTHING

Keating-Hill, Inc.

Keating-Hill, Inc.
Authorized Ford Dealers

Most friendly automobile dealers in city.
Always a good stock of good used cars and trucks.
Easiest Payments in the Northwest.

Down Payment As Low As \$5.00
Open Until 10 P. M.

3000 University S. E.

Gladstone 5948

Know
Friends
Everywhere!

ARE YOU
Lonely
Friendless?

Enter into correspondence with some one who will share your thoughts, interests, and ambitions... Know and write to club members of the opposite sex. Strictly confidential.

Write for free application and literature

NATIONAL FRIENDSHIP CLUB

2132 SEVENTH AVENUE NEW YORK CITY

NEW CLUB FORMED

The new vogue that has been created by people all over the country writing through "Lonesome Hearts" columns of publications has resulted in the formation of the National Friendship Club.

This new club has headquarters at 2132 Seventh Avenue, New York City, and its purpose is to help lonesome people enlarge their circle of friends.

It is a strictly confidential club through which only club members are introduced. Membership in this new club will bring you new friends—and a thrilling experience. Any one regardless of age may write for free information.