Abstract: We study how the inflow of millions of African Americans to the US North between 1915 and 1940 – a historical episode termed the first Great Migration – affected the assimilation of previously arrived European immigrants. We construct a shift-share instrument by interacting 1900 settlements of southern born blacks living in northern cities with outmigration from each southern state after 1910. Measuring cultural assimilation in several ways, including naturalization rates, naming decisions, intermarriage trends and ethnic segregation patterns, we provide evidence that the arrival of African Americans favored the Americanization of European immigrants. We explore several mechanisms through which the rising numbers of an out-group might have favored the economic and cultural integration of previous outsiders, including competition between minorities, the effect of racial threat on barriers to immigrant assimilation, and political economy channels.