

TAKE CARE OF ONE'S SELF, ADVISES ROSS

Undue Exposure Is Declared Athletic Folly.

AQUATIC DANGER CITED

In Water Sports Swimmers Particularly Exposed to Untimely Draughts and Dampness.

BY NORMAN ROSS. World's Champion Swimmer. To become a successful athlete and to remain successful a person must take exceedingly good care of himself.

In swimming this is particularly true, for the swimmer is greatly exposed to draughts and dampness. It is a common practice with many swimmers to come out of a building on a cold winter day still wet.

Bodily Resistance Lowered. Standing around in a wet bathing suit has caused more trouble than anything else. The body radiates heat so fast trying to dry up the suit, and the bodily resistance is lowered to such an extent that a little exposure has serious results.

At my first appearance in Australia I was greeted with hoots and laughter. I was told that I had been in the water until I heard someone call to me to take off my shirt. Another wanted to know if I had cold feet.

Care Is Necessary. I recall a night at Sinal that my coach, Mr. Bachrach and myself witnessed a couple of months ago. That was when Richard I came out with a ring into the limelight. He was running around the wet pool on the cold cement in his bare feet with a wet suit on.

Shooting Is Double-Header. Teams Participate in Island Empire Trap Tournament. SPOKANE, Wash., March 20.—A double-header shoot was conducted today in the Island Empire telegraphic trapping tournament.

Basketball Honors Tied. CHEHALIS, Wash., March 20.—(Special.)—Championship of the southwest Washington basketball season for 1920 was decided a tie between Chehalis and Hoquiam, according to a decision yesterday by the coaches and directors of athletics for the southwest Washington schools.

Smoker Stage All Set. B'NAL BRITH WILL FEATURE BOXING, WRESTLING. Winners of Different Weights to Represent Club in Pacific Northwest Tournament.

The stage is all set for the B'nai Brith club smoker tonight in the club gymnasium. Three wrestling matches are on the bill between the club grapplers and some of the best high school boys. All the boxing will come from club talent. The winners of the different weights will represent the club in the Pacific northwest boxing and wrestling championships which will be held at the armory on March 31.

Brandon Hockey Team Has Edge. WINNIPEG, Man., March 20.—The Brandon hockey team gained the advantage in the finals for possession of the Allan cup, emblematic of the Canadian hockey championship, Saturday night, when they defeated the University of Toronto team, 2 to 0.

New Leaders in Bowling Tournament. BUFFALO, N. Y., March 20.—New leaders were established in the two-man event of the American bowling congress tournament today, when Charles Norton and S. Knoch of Madison, Wis., shot 1294 pins.

Stanford Wins at Track. LOS ANGELES, March 20.—The track and field team of Stanford university defeated the University of Southern California, 71 to 60, on Bondville field here Saturday.

On the Alleys. AUTOMOBILE LEAGUE. Team Standings March 17, 1921. HI. HL. 3.

Centralia Wins at Track. CENTRALIA, Wash., March 20.—(Special.)—At a meeting held yesterday in Centralia, May 14 was set as the date for an intercollegiate track and field meet to be held at the southwest Washington fair grounds, midway between Centralia and Chehalis, under the auspices of the southwest Washington high school league.

Third Annual "Blitherin" Contest on Del Monte Links. DEL MONTE, Cal., March 20.—Spectators and players armed with horns, bells, whistles and other noise-making devices attempted to harass the golfers in the third annual "blitherin" contest today. Despite the noise, excellent golf was played, the best being done by one of the George A. Harris of New York City won, eliminating nine other players in nine holes.

NERVES OF GOLFERS TESTED. Third Annual "Blitherin" Contest on Del Monte Links.

All-Star Team Selected. CENTRALIA, Wash., March 20.—(Special.)—An all-star southwest Washington league basketball team was selected yesterday at a meeting

of the league in Centralia. The selections are: Byron Day, Chehalis, and Melford Ingram, Aberdeen, forwards; Fred Abel, Montesano, center; Harold St. John, Chehalis, and Ted Wheeler, Montesano, guards. The league ruled that a tie exists between the Chehalis and Hoquiam high school teams for the 1921 basketball championship, but that a silver cup, representing the championship, should remain in the possession of Chehalis, 1920 champions, for another year.

Intercollegiate Swim Mark Set. NEW YORK, March 20.—Edwin Binney Jr. of Yale set an intercollegiate record of 22 4/5 seconds for the 50-yard swim in a trial heat at the individual intercollegiate championships here last night. Yale won three events for 55 points, 31 more than her nearest competitors, Amherst and Rutgers; Columbia 4, Pennsylvania 3 and Navy 2. The former record was 24 1/5, made by Binney at New Haven March 11.

BOWLING INTEREST KEEN. SEATTLE AND VANCOUVER ARE PREPARING FOR MEET. Entry of 50 Teams Outside of and 50 Inside of Portland Indicate Coast's Biggest Tourney.

J. W. Binney, manager of the local bowling association, who has been touring the northwest in the interest of the coming Pacific Northwest International Bowling association, to be staged on the Oregon alleys, April 11 to 17, reported lively interest in Seattle, Wash., and Vancouver, B. C. The former city will send 12 teams and the latter six, with one from New Westminster, B. C. Present indications point to an entry of upwards of 50 teams outside of Portland, while the local entry will number more than 40 teams, making this the largest tournament ever held on the Pacific coast.

SHOOT IS DOUBLE-HEADER. Teams Participate in Island Empire Trap Tournament. SPOKANE, Wash., March 20.—A double-header shoot was conducted today in the Island Empire telegraphic trapping tournament.

Following are the scores: St. John-Garfield 75, Coeasa 75. Wabash-Yuma 75. Sprague 74, Coulee City 69. Kellogg 74, Walla Walla 74. Wenatchee 74, Walla Walla 70. Cheney 63, Ellensburg 72. Oroville 72, Palouse-Columbia 70. Spokane 75, Lewiston-Pomeroy 75. Second half: St. John-Garfield 75, Walla Walla 74. Wabash 74, Spokane 73. Sprague 74, Palouse-Columbia 70. Kellogg 74, Walla Walla 70. Pendleton 71, Walla Walla 70. Coeasa 75, Wenatchee 74. Kellogg 74, Lewiston-Pomeroy 74. Cheney 63, Coulee 69.

Little doubt was expressed that the referendum petition will find sufficient signatures to place it before a vote of the people. The registered voters of the city, according to Mayor Houck, number 854. It was unofficially reported that 400 voters signed the petition the first day it was circulated. No provisions regulating referendum procedure exist in the city charter, according to City Attorney Conner, and the matter will be governed by the state laws. Petition by not more than 10 per cent of the registered voters of a municipality is required to invoke the referendum on an ordinance and 30 days after its passage by the council is the time limit for such procedure.

It was considered probable that a special election would be called for June 7.

"We wish a test of the case as soon as possible," declared T. A. Hansard, one of the councilmen. "In case a referendum is caused by individual complaints to members of the council and the apparent feeling that public dances were a source of danger to the young people."

The city council is composed of councilmen T. A. Hansard, retired farmer, Frank Wortman, banker, Scott Wright, plumber, J. C. Gilbert, real estate man, E. L. Ballard, retired farmer, and B. E. Hollingsworth, furniture dealer. W. S. Houck, mayor, long has been identified with the grain, hay and milling business in the county, although he has virtually retired during the last few years.

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McMINNVILLE BAN ON DANCES FOUGHT

Referendum Petitions Already Are Started.

BITTER BATTLE IS AFOOT

Council Stands Pat and Overrides Mayor's Veto—Businessmen Are Aroused.

McMINNVILLE, Or., March 20.—(Special.)—Indications that a bitter fight to prevent the recently enacted anti-public dance ordinance from going into effect here developed Saturday with the circulation of a referendum petition to put the question up to a vote of the people of McMinnville.

The petition was backed by an organization of the business men of the city and took shape immediately following the third stage of the controversy when the ordinance prohibiting the holding of public dances was passed by the council over Mayor Houck's veto Friday night by a vote of 5 to 1.

The ordinance prohibits all public dances in the city, and all persons are forbidden to keep, operate or manage a dance hall, with a penalty provided for attendance by any person.

The measure was vetoed by Mayor Houck on March 5 at a special council meeting, and his action was backed up by a petition of 100 business men and other citizens, as well as by public protest of the volunteer fire department of the city and daily protest of the American Legion post in regard to its own dances.

Heavily signed petitions, both for and against the measure, were ready for presentation when the council met to reconsider the matter March 18, and citizens filled the city hall to overflowing. The ordinance was put to a vote without discussion. Unless curbed by the referendum the ordinance becomes effective April 18.

Charges that the ordinance as drafted and passed through the council is a "blue law," pure and simple, and aimed against dancing, and not at abuses of dancing, have been freely made. According to members of the council and Mayor Houck, no investigation of public dances was made.

Business men of the city, even those who do not attend dances, are said to be so extremely opposed to the measure that in one instance at least a store was closed while the proprietor attended a protest meeting.

Mayor Praises City's Morals. "There was absolutely no investigation made by the council," declared Mayor Houck yesterday, "and direct charges of wrongful conditions were not advanced by its members. Attempts by both the business men of the city and myself to substitute an ordinance regulating dances instead of prohibiting them were turned down by the council."

"Moral conditions of McMinnville compare with those of any city in the state and visitors frequently remark that we have the cleanest town in the valley. No drunkenness or public scandal has come to my notice from our dance halls and the police have kept check on them under my direction."

"To bar public dances from McMinnville will not protect young people from their influences, but will force them to go to neighboring towns for amusement. There it will be beyond our power to pass upon the conduct of the places they frequent. I vetoed the measure in the firm belief that I was acting in the interests and for the welfare of the young people."

Time to Act Is Limited. Little doubt was expressed that the referendum petition will find sufficient signatures to place it before a vote of the people. The registered voters of the city, according to Mayor Houck, number 854. It was unofficially reported that 400 voters signed the petition the first day it was circulated.

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This is the First Day of Spring

Today, March 21st, is the first day of Spring—the day that everybody has agreed upon as the time when "business will open up." Business is here. It starts from now. It should be greater every day.

Industry is awakening. On all sides you see the evidences of this. In every newspaper you read of resumption of work.

Back to normal! It is a cheering thought. Employer, employee, dealer and customer are glad of it.

Out in the country the crops are being put in as of old. Mother Nature never takes a vacation. She is swinging into her spring work, making the seeds sprout and the crops grow. The food of the world is going to be produced. The foundation of all prosperity exists as it always did.

Business is here. It is ready at your hand. It is not something to be waited for, not something to be wished for. It is.

The first day of spring is a splendid starting point. Winter, with all its handicaps and disappointments, is behind, and can be forgotten. Ahead of us all are days that grow better and better, days when work will

count more and more, when mutual understanding and helpfulness will bring their lasting benefits. The roads are getting better, the shops are showing the new things, people are putting money into circulation. Your dollar, paid out for a necessity, does not stop working. It keeps going on and on—increasing the volume of business.

"Good times" are coming back with the sunshine and the flowers, with the humming of machinery and the song of the whistles. The hour for moping and complaining has gone; the time for hustling and prospering is with us.

In the automotive industry the news is encouraging. Passenger car and truck manufacturers are welcoming the first day of spring with increased activities to satisfy the coming demand.

And here in the Goodrich plant the opening of spring finds us ready to serve our old and new customers through the Goodrich dealers in the efficient manner that has characterized our organization for fifty years.

It is the first day of spring—the dawn of the good business era for us all.

Goodrich Tires

"BEST IN THE LONG RUN"



SILVERTOWN CORD AND FABRICS FOR PASSENGER CARS DE LUXE SOLID AND CORD FOR MOTOR TRUCKS FABRIC AND CORD FOR MOTORCYCLES AND BICYCLES



THE B. F. GOODRICH COMPANY • AKRON, OHIO • FOUNDED 1870

report at tomorrow's luncheon of the chamber. The winning team will be guests of the Chamber of Commerce at a dinner; the captain of the winning team will receive a hat; the high man on each team will get a silk hat, and if the membership reaches 500 the entire chamber will be guests of W. H. Oliver at a banquet.

Chehalis Damage Trial On. CHEHALIS, Wash., March 20.—(Special.)—The damage suit of D.

At the Sign of the Fir

Compiling Mailing Lists

If a certain kind of people are logical "prospects" for what you have to sell, an accurate mailing list of those people can be compiled, and you can tell your story by mail.

Compiling mailing lists is simply separating people into groups. Over eight thousand of these classifications or groups are in our files. Perhaps YOUR prospects are among them.

Information gladly furnished. Write or telephone for Mailing List Catalog.

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Arcady Press and Mail Advertising Co. Makers of Advertising Literature

MEMBERSHIP DRIVE LAUNCHED. CENTRALIA, Wash., March 20.—(Special.)—A membership and budget drive was launched yesterday by the Centralia chamber of commerce. Two teams have been appointed with R. E. Edmonson and J. H. Roberts as rival captains and will make their first

Cornwall, a resident of Randle, against Dr. J. M. Steicher, a Chehalis physician, is on trial here in the Lewis county superior court. Cornwall alleges that permanent injury followed the setting of broken bones.

Carnegie Plant to Start Work. PITTSBURGH, Pa., March 20.—Officials of the Carnegie steel company

Woman Assassin Cleared. STUTTGART, Ark., March 20.—A coroner's jury yesterday exonerated Mrs. Algie Marks Smith, 25, holding

she was justified in shooting John McVay, aged 55, at the home of her mother Friday night. Mrs. Smith testified that McVay had repeatedly threatened her life.

to and cease using the words "Nux and Iron" on the fraudulent imitation. Another Nuxated Iron imitator was recently caught in Tennessee and given a heavy fine for violation of the criminal law—But the rascals are not all caught yet so beware of substitutes—How to tell the genuine.

IN LIFE THERE ARE "FAKE" DIAMONDS AND REAL DIAMONDS. For real diamonds there are always imitations and substitutes, but nobody ever heard of a substitute for a "fake" diamond—IT'S THE THINGS OF REAL VALUE THAT ARE AFFLICTED WITH IMITATIONS.

Nuxated Iron has its substitutes and fraudulent imitations, the reason is plain. NUXATED IRON IS ORGANIC IRON LIKE THE IRON IN YOUR BLOOD and like the iron in spinach, lentils and apples. It is far more expensive to manufacture Nuxated Iron than ordinary metallic or mineral iron which people usually take, and which is made merely by the action of strong acids on small pieces of iron.

OVER 4,000,000 PEOPLE ANNUALLY ARE USING NUXATED IRON TO HELP GIVE THEM HIGH RED BLOOD, REVIVE THEIR WEARIED EXHAUSTED NERVES AND INCREASE THEIR BODILY AND MENTAL VIGOR. The fraudulent imitator reasoned that by offering a product with a similar name for a little less money which he claimed to be just as good, that he could fool thousands of people into buying it, and thousands have been so "fooled" and often have only found it out after they failed to get the benefits they have been accustomed to receive from the genuine organic Nuxated Iron. If you have taken some other iron product without results this afternoon as to the amount collected or the number of converts made. The subject for the last meeting was "The King's Business."

Mr. Bulgin. In the afternoon he spoke on "Friendship," dwelling especially upon the lives of the mountaineers of the south. Most of that session was also devoted to raising funds for Rev. Mr. Bulgin.

It was estimated that over \$1500 was taken in at the morning meeting and large amounts at both afternoon and evening meetings. No statement had been given up late this afternoon as to the amount collected or the number of converts made. The subject for the last meeting was "The King's Business."

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today announced that after a ten-day shutdown operations would be resumed at the Clairton plant this week. Three thousand men will return to work.

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the criminal code. (We refrain from giving wide publicity to their names because we hope they will now reform and become decent, upright citizens.) Beware of anybody who offers you something else which he claims is cheap and just as good. See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of ordinary Nuxated Iron three times per day after meals for two weeks. Then test your strength again and see how much you have gained. Thousands of nervous, run-down persons, who were ailing all the while have surprisingly increased their strength and endurance in two weeks time in many instances. Four money will be refunded by the manufacturers if you do not obtain perfectly satisfactory results. Beware of substitutes. Always look for the word "Nuxated" on every package and the letters "N. L." on every tablet. Sold by all druggists—Adv.

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HAD NERVOUS BREAKDOWN

Mrs. Ireland Permits us to Publish this Letter for the Benefit of Others Who Are in Her Condition

Warsaw, Missouri.—"For five years I was weakly, nervous and in a run-down condition. Then I had a nervous breakdown and doctors said I would never be well again. After I took seven bottles of Lydia E. Pinkham's Vegetable Compound I was healthier, stronger and felt better than I ever did in my life before. I can't praise the Compound enough and will recommend it to all women. You may publish this letter if you think it will help others."—Mrs. FLOYD IRELAND, R. R. 1, Warsaw, Mo.

Nervous women are both ailing and wretched, and with a nervous breakdown all joy goes out of a woman's life. It is said that the ill peculiar to women act on the nerves like a fire-brand.

Lydia E. Pinkham's Vegetable Compound is successful in overcoming such conditions, and a large number of American women who were once great sufferers from nerve troubles owe their present health and comfort to it and it contains no narcotics or harmful drugs.

IF YOU SUFFER WITH RHEUMATISM TAKE WITH PRESCRIPTION A-2851

A constitutional treatment for rheumatism and gout. It dissolves the calcium deposits which cause the painful swelling at the joints and drives the uric acid out from the system. In use since 1850. Sold by leading druggists or sent postpaid for \$1.00.

Eimer & Amend, 3d Av. and 18th St., New York

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