

## The Black cowboy: Unsung hero of old west

The cowboy holds a unique place in American history. He was a rugged individual, hard working and prideful. His lot was not an easy one, for life on the trail was hard and unpredictable. He was constantly under the threat of a stampeding herd, hazardous weather, marauding Indians and menacing ranchers. His courage and independence has been romanticized in literature and dramatized on film.

Unfortunately, the pioneering and settling of the West has often been depicted as an exclusively white activity. The Black cowboy did ride the trails from Texas to Montana and from Oregon to Kansas, but somehow found no place in the legends of the Old West.

One of the most noted of Black cowboys was Nat Love, born 1854 in a Tennessee slave cabin and rode into Dodge City at the age of 15. He was adopted by an Indian tribe and a woman who insisted he was her lost son. This, however, didn't deter him from being an avid Indian fighter. He survived numerous harrowing encounters and boasted of more than 14 wounds. For 30 years, he drove cattle on the trail and became a rodeo celebrity as a champion roper. Nat was a friend of Bat Masterson and an acquaintance of Billy the Kid.

Another colorful Black in the early days was cowpuncher Bill Pickett who invented bulldogging, the technique of wrestling a bull to the ground by the horns. Pickett was a hot attraction at rodeos in the United States and abroad and, at one time, employed Tom Mix and Will Rogers as his assistants.

In the cattle boom years after the Civil War, some 5,000 Black cowboys drove cattle along the Chisholm Trail from Texas to Kansas. Most of them were wranglers or ropers and often a Black held the position of cook on those

grueling drives, which could last up to five months.

There were no comforts during those arduous trail drives except when the buckeroos gathered around the chuck wagon for rest and a good h/t meal. Feeding these hungry men was no easy task and it is not surprising that the cooks were paid well and treated with a great deal of respect.

The cook was something of an autocrat second only to the boss in importance, according to *Frontier Ways* by Edward E. Dale, University of Texas Press, 1959.

The cook was the first one up in the morning and usually the busiest during the day. In addition to the three hot meals he prepared, he doctored cuts, sewed buttons, cut hair and settled bets.

The chuck wagon was home base during these long drives, and it carried everything the men would need - from bedrolls to spare bullets. Perched at the rear of the wagon was the chuck box which had a hinged lid that came down and became a worktable. Like a Victorian desk, the box was honeycombed with drawers where the cook stored his utensils and food during the stay - sourdough keg, pans, tin plates, cups, sugar, syrup, lard, rice, beans, dried fruits, salt, pepper and spices.

The coffee pot was always brewing and a pot of beans was a regular course at noon and supper. Meat was not as plentiful as many people think. So it isn't surprising that the meat was chopped and then extended by combining it with beans and tangy tomato sauce. Served between slices of bread, the Sloppy Joe was born, a uniquely American dish.

Today Sloppy Joes are a tasty and convenient meal for lunch or supper and can easily be prepared with ground beef



Cowboy Cook readies the next meal.

Out on the range today, life hasn't changed that much from 100 years ago. On the large spreads, such as the Bell Ranch in New Mexico, which covers some 475,000 acres, the chuck wagon is still used to feed the men when they are gone during the spring round-up. Sloppy Joes continue to be a favorite out on the range, and the Western Manwich Recipe listed below has the appeal to hearty appetites regardless of location.

Additional tasty and economical meals are featured in a free 36-page booklet entitled, "50 Famous Manwich Recipes" which is available by sending 25 cents to cover postage and handling costs to: 50 Famous Manwich Recipes, Hunt-Wesson Foods, Inc., P.O. Box 11625, Santa Ana, CA 92711.

1 1/2 lbs. lean ground beef

- 1 teaspoon seasoned salt
- 1/4 teaspoon pepper
- 1 [15 1/2-oz.] can Hunt's® Manwich® Sandwich Sauce
- 1 [15 1/2-oz.] can chili beans
- 1/2 teaspoon chili powder
- 6 sesame seed egg buns, split and toasted
- 1/2 cup minced red onion
- Shredded Cheddar cheese

Combine beef, salt, pepper and 1/2 cup Manwich. Form into 6 patties. Broil to desired doneness. In medium saucepan, combine remaining Manwich, chili beans, undrained, and chili powder; simmer 5 to 10 minutes. To serve, place hamburger patties on bottom halves of buns. Spoon Manwich mixture over. Top each with onion, shredded cheese and bun tops. Makes 6 Sloppy Joes.

## Aged composer plays benefit

Elizabeth Cotten and Tracy Schwarz will appear at St. Francis Church, S.E. 12th and Pine, on Saturday, January 13th at 8:30 p.m. The concert is a benefit to raise funds for St. Francis School.

Elizabeth Cotten wrote the American classic "Freight Train" during her childhood in Chapel Hill, North Carolina. At 84, Mrs. Cotten still performs with great skill on the guitar and sings her songs with unsurpassed charm.

Tracy Schwarz, one of the New Lost

City Ramblers, will open the concert. Tracy will present a selection of Appalachian and Cajun songs, accompanying himself on the fiddle, guitar, or banjo.

General Admission is \$4.00 for adults; \$1.00 for children age 14 and under. Tickets are on sale at: Longhair Music (S.W. 2nd and Stark), The Upper at Music Millennium (3158 E. Burnside), Complete Music Center, 21551 S. E. Stark, Gresham, and St. Francis School, 1131 S. E. Oak.

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## Cold cures often futile - can be fatal

by Martin Brown

(PNS) - When you get your next cold this fall or winter, watch what you take for it. According to many leading physicians and pharmacists, America's annual \$1 billion spending spree to battle the common cold is often a case of throwing good money after bad medicine.

Many over-the-counter remedies for America's most common illness are at the least ineffective and at worst dangerous.

Often taken indiscriminately because of their ready availability, commercial cold remedies can have serious side effects in large doses and even in regular doses among sensitive users.

"Self medication is being practiced today with a degree of sophistication that belongs to the Dark Ages," says the American Pharmaceutical Assn. "Abundant evidence . . . clearly indicates that they (some self-mediations) deserve to be labeled 'explosive - handle with care.'"

Consider the most popular cold remedy of all: aspirin.

Americans spend \$500 million a year on aspirin and aspirin-containing drugs, consuming about 30 million tablets per day.

But aspirin is a drug that can have unpleasant, even serious, side-effects.

For many aspirin users, just one to three tablets can cause burning pain in the mouth, throat and abdomen; breathing difficulty; lethargy; vomiting; ringing in the ears; dizziness and decreased blood circulation.

Aspirin may also attack the stomach wall and lead to bleeding ulcers.

In larger doses, aspirin is the most common single poison used by suicides and is responsible for 15 per cent of accidental deaths in young children. Sixty to 90 tablets can kill an adult; a much smaller number can kill a child.

While the medicinal value of aspirin (acetylsalicylic acid) has been known for a long time - Pliny mentioned it in his medical encyclopedia over 2,000 years ago - aspirin has been mass-produced only in the twentieth century. And just in recent years has science been able to discover the biochemical mechanism by which it works.

Ironically, the same mechanism that allows aspirin to give temporary symp-

tomatic relief for pain and fever may actually prolong recovery from a cold.

Aspirin's effectiveness results from its interference with the prostaglandin system, a recently discovered class of chemical substances that appear to play a key role in the body's defensive system.

Prostaglandins are involved in pain, inflammation and the chemical reactions that produce fever, all defense mechanisms. Thus, while treating the symptoms of a cold, aspirin can also inhibit the body's ability to fight it.

More important, aspirin taken on a chronic basis may interfere with the longterm maintenance of regulatory systems that depend upon the proper balance of prostaglandins.

The Food and Drug Administration (FDA) has tentatively concluded, for example, that aspirin may prolong childbirth and inhibit blood clotting for mother and child if taken in the last three months of pregnancy.

### Beyond Aspirin

Many other cold remedies contain chemical substances closely related to aspirin, such as acetaminophen, phenacetin and acetaminophen. The latter, sold under the trade names Datril and Tylenol, does not harm the stomach lining and is as effective at fighting fever and pain as aspirin.

But all these aspirin-like drugs - sometimes with as few as two-to-five tablets - can cause drops in blood pressure, respiratory failure or damage to the liver and kidneys in some people, according to the American Pharmaceutical Association. Such respiratory or kidney failure can be fatal.

Other cold remedies consist of combinations of several drugs in addition to aspirin, such as antihistamines and sympathomimetics.

While antihistamines are added to cold remedies to relieve stuffy noses, the FDA has reported that commercial antihistamines are ineffective for this purpose.

Antihistamines are, however, a major cause of accidental poisoning in young children and an instrument of suicide in adults. They are especially dangerous when taken in conjunction with alcohol.

According to Dr. Melvin H. Weinswig,

professor of pharmacy at the University of Wisconsin, side effects of antihistamines at even regular doses can include - in sensitive cases - sedation, gastrointestinal upset, loss of appetite, nausea, vomiting, heartburn, constipation and diarrhea.

Occasional, more serious side effects even at regular doses include impotence, convulsions and toxic psychosis. And, adds the FDA, some antihistamines containing medicine, cyclizine and chlorcyclizine can cause birth defects.

In nasal decongestion sprays, antihistamines are often combined with sympathomimetics - drugs that suppress some cold symptoms.

According to Drs. Arthur Zupko and Edward Stempel of the Brooklyn College of Pharmacy, sympathomimetics "can have a remarkable habit-forming effect." The more these drugs are used, the less effect they have - which usually leads to larger and larger doses.

This pattern of habituation can lead to "congestion rebound" - complete nasal obstruction - which the common cold would never have produced on its own.

And, add Drs. Zupko and Stempel, nasal decongestants are often ineffective because the mucous blanket in the nose prevents satisfactory absorption of the drug.

All these cold remedies contain drugs that can interact with other drugs to produce harmful side effects. Cold remedies should not be taken with alcohol or by persons on medication for high blood pressure, heart disease, diabetes, thyroid disease or other chronic diseases, without a doctor's permission.

Most combination cold and decongestant remedies are probably ineffective anyway, says the FDA. That was the conclusion of an extensive study of these products begun in 1972 by a panel of expert physicians and pharmacologists under the aegis of the National Academy of Sciences.

Prevention - aided by a moderate, well balanced diet, balanced rest and exercise, limited coffee and alcohol intake and no cigarette smoking - is still the best alternative to commercial cold remedies. To those who do succumb to colds, Dr. Sol Katz of Georgetown University has this advice: "Drink lots of hot chicken soup."

### Some highly advertised combination cold remedies and their chemical compositions

**Allerest:** 10 mg. antihistamines, 50 mg. sympathomimetics, no aspirin/phenacetin/acetaminophen, and no alcohol.

**Contac Nasal Mist:** 2% antihistamines, .5% sympathomimetics, no aspirin/phenacetin/acetaminophen, and no alcohol.

**Coricidin "D":** 2 mg. antihistamines, 10 mg. sympathomimetics, 390 mg. aspirin/phenacetin/acetaminophen and no alcohol.

**Dristan:** 10 mg. antihistamines, 5 mg. sympathomimetics, amount of aspirin/phenacetin/acetaminophen unknown, and no alcohol.

**Neo-Synephrine Tablet:** 7.5 mg. antihistamines, 5 mg. sympathomimetics, 150 mg. aspirin/phenacetin/acetaminophen and no alcohol.

**Neo-Synephrine Spray:** no antihistamines, .5% sympathomimetics, no aspirin/phenacetin/acetaminophen, and no alcohol.

**Pertussin Plus:** 34 mg. antihistamines, 1.7 mg. sympathomimetics, 100 mg. aspirin/phenacetin/acetaminophen, and 25% alcohol.

**Sinutab:** 22 mg. antihistamines, 25 mg. sympathomimetics, 300 mg. aspirin/phenacetin/acetaminophen and no alcohol.

**Super-Analhist:** 12.5 mg. antihistamines, 12.5 mg. sympathomimetics, 330 mg. aspirin/phenacetin/acetaminophen, and no alcohol.

**Vicks Nyquil:** amount of antihistamines unknown, amount of sympathomimetics unknown, 600 mg. aspirin/phenacetin/acetaminophen and 25% alcohol.

**Vicks Sinex:** no antihistamines, amount of sympathomimetics unknown, no aspirin/phenacetin/acetaminophen and no alcohol.

From *Handbook of Non-Prescription Drugs*, American Pharmaceutical Association.

## Financial aid available

Portland State University is accepting applications for financial aid for next summer and fall.

Richard Rankin, director of financial aids at PSU, says students should make sure all application materials have reached PSU by March 1 to be in the first priority group for financial aid awards.

The application process involves PSU institutional forms and financial statement which must be sent by the student to the College Scholarship Service (CSS) in Berkeley, California. To make sure this statement is returned by the CSS to PSU by the March 1st deadline, Rankin advises students to submit it in early January.

Aid through PSU is available under three main programs - the College Work-Study Program, the National Direct Student Loan program and the Supplemental Educational Opportunity Grant program.

Applications for funds under the Basic Educational Opportunity Grant program are made directly to the federal government, though application materials will be available at the PSU Financial Aids Office, other institutional financial aids offices, and many public libraries on February 1st.

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