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East Oregonian

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GIVES DIRECTIONS FOR TAKING CARE OF HURTS SUFFERED BY TRACK

(By William L. Hayward, Track Coach, University of Oregon.)

Throughout these articles I have cautioned against overwork and training in athletics—the entering of too many events by the scholastic athlete when not in good physical condition. The object of these warnings is to prevent unnecessary injuries. A great many of the injuries in athletics are the result of carelessness or overwork. The athlete must take care of his muscles during early training and protect them from the cold by dressing warm. This will prevent many cases of strained and torn muscles. A good massage before going out will in a large measure prevent early stiffness.

For strains or soreness there is nothing better than hot water. The most common injury from which runners, hurdlers and jumpers suffer is sore or buck shins. They are caused by inflammation of the muscles attached to the shin bone. This is a hard one to cure. My experience is that adhesive plaster wrapped above and below the injured part will relieve it some. A good rest should be taken.

The calves of the legs will become very sore and stiff during the first week or so of preliminary training. This is something which cannot be prevented in the case of beginners. If the athlete works easily and warms up slowly at the beginning of his day's work he may overcome this, and if not, a rest of a couple of days is ad-

visible. Hot water and massage will work wonders in these cases.

The worst injury which a sprinter can receive is a pulled tendon, some call it split muscle, but generally it is the former. The cause is over-reaching while muscles are not sufficiently warmed up. It generally happens between the two heads of the biceps muscles in the back of the leg. Those who are unfortunate enough to have this happen should have an absolute rest. It should be treated by making a cast of adhesive plaster surrounding almost the entire leg, ends of the tape should almost meet on front of thigh; each strip should overlap the under layer, and it should be put on snugly without wrinkles.

Of course the athlete will have to give up training for the season if the case is severe. I have known cases to come back two years later. So one cannot be too careful. The athlete should consult a physician. There is generally a warning given before a breakdown or tear to any of the muscles. The runner will feel a sharp pain, then will become a little stiff when cooled off. Just as soon as these are felt the athlete should heed the warning by using a leg bandage to support the part. If it is painful, hot water will relieve it and care should be taken while running not to over-stride but keep within the hurting point.



REQUEST GOVERNMENT ASSISTANCE
NEW YORK, May 12.—(A. P.)—A request that the government take over the manning of vessels if the strikers refuse to return to work within 48 hours was made by the Pacific Coast Steamship operators in a telegram to Secretary Hoover and Chairman Benson, it was announced here. The telegram urged that the president be requested to declare that national emergency existed in the strike.

MAXWELL PROPERTY SOLD
DETROIT, May 12.—(U. P.)—The property of the Maxwell Motor company was purchased this afternoon by Walter Chrysler, representing the Wyllys interests, and Harry Brennon, chairman of the old Maxwell organization, for \$11,000,000,000.

SPORT BULLETINS

NINTH INNING RALLY
LOS ANGELES, May 12.—(A. P.)—Sacramento pulled in the ninth inning when the score was 1 to 1 and made two runs on two singles, a walk and sacrifice and defeated Los Angeles 2 to 1 yesterday.

BEES STING PUERTO
SAN FRANCISCO, May 12.—(A. P.)—Blascholder, Salt Lake hurler, pitched airtight ball yesterday and the Bees won from San Francisco, 2 to 0. Salt Lake started hitting the scores in the first inning. Without tripping and going home on Agnew's bad throw to first in the fifth inning the Bees scored four runs on four hits and three San Francisco errors.

OREGON JONES ON ERRORS
EUGENE, Or., May 12.—(A. P.)—The University of Oregon's errors were the big factor in the 7 to 1 defeat inflicted upon them here yesterday afternoon by the Washington State college nine. The Cougars scored four runs in the second frame when Knudsen blew up. Skadan hurled airtight ball for the visitors. Washington State 7 to 0; Oregon 1 to 0. Batteries, Skadan and Sandberg; Knudsen, Jacobsen and Leslie.

VIVID WOOL WIGS IS LATEST FAD FOR VAMPS

LONDON, May 12.—(U. P.)—Not content with merely emulating the "vamp," as originated by her American sister, the London girl is camouflaging as Cleopatra.

In this connection she has assumed a new "transformation" which, however, bears no resemblance to human hair. The new fad-dangle is exactly the kind of wig a woman might wear to a fancy-dress dance disguised as a geopaira, but it is made of wool and is dyed in colors, or perhaps green or purple.

There is the straight fringe in front, the "hair" hanging straight and back over the ears at the sides and down the neck at the back. These woolen wigs are very popular among the set but once indulged in the "airy, fairy" outdoor cap.

TWO WOMEN AMONG UNIONISTS NOMINEES FOR NEW PARLIAMENT

BELFAST, May 12.—(A. P.)—Selection of Ulster Unionist candidates for the election May 24, has been practically completed, and party leaders are centering attention on the campaign.

The nominees represent practically all classes of the community—labor, professional, man-facturing and farming elements. The labor men, however, are drawn from the Unionist ranks and do not include socialists and members of the Independent Labor Party, who are accused of being allied with Bolshevism and the Sinn Fein.

Two women have been designated to make the race for the Unionist forces. They are Mrs. R. D. S. O'Chester of Moyola Park, who will contest for the County and City of Derry, and Mrs. R. J. M. Mordie for Belfast.

Many names prominent in the civil and political life of Belfast and Ulster do not appear in the list of candidates announced, but there is yet opportunity for their selection in the senate when the members of this body are named later by the lower house.

Ulster is entitled to 47 members in the lower house divided as follows: Belfast, city, 16 members; County Down, eight members; County Antrim, seven members; County Armagh, four members; County and City Derry, five members; Counties Tyrone-Ferman-



Diplomatic Job



President Harding is expected to appoint R. Livingston Beekman, former governor of Rhode Island, to a diplomatic post in one of the South American countries.

ash, three members; Queen's University, four members.

Of the 19 Sinn Fein candidates for Ulster, nine are at present in jail and at least half of the remainder are "on the run."

The list includes Arthur Griffiths, founder of the Sinn Fein now in prison, and Eamonn de Valera, President of the Irish Republic.

MANY ENTRIES MADE FOR LITTLE COLLEGE MEET

PORTLAND, Ore., May 12.—(A. P.)—Seven Oregon colleges not connected with intercollegiate conferences will hold a track and field meet on the local college track here tomorrow.

Full teams, it is believed, will be entered by Pacific University, Pacific College, McMinnville College, Philomath College, Albany College, North Pacific Dental College and Reed College.

Fast times are expected to be made, as several stars of these "independent" schools have been showing up well in recent intercollegiate and dual meets.

PRESIDENT WILL MEET

MEXICO CITY, May 12.—(A. P.)—Presidents Oregon and Harding may meet next October at Dallas, Texas, where both have been invited to visit the Texas state fair.

According to local newspapers President Oregon, who was cordially received last fall at Dallas, will repeat his visit this year and it is said here that President Harding has expressed a desire to be present at the same time.

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Head Rice	10c lb.; 11 lbs. \$1.00
Peaches	4 cans \$1.00
Apricots	5 cans \$1.00
White Eagle Soap	20 bars \$1.00

SEE OUR MEAT SPECIAL ON PAGE 4.

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Shock Absorbers, per set	\$7.00
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Waterbury, 3 cylinder Pumps, each	\$5.00
Alomite Oiling Systems	\$10.50
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Men's Extra Dress Pants

Men's All Wool Dress Pants, made by one of the leading tailoring houses of the country. These pants made to retail for \$10.00 to \$15.00 the pair. By a fortunate purchase we are able to offer these to you at \$6.50 the pair.

Men's Dress Pants	\$2.95, \$3.95 and \$4.95
Men's Work Pants	\$2.45, \$2.95 and \$3.95

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Standard Corn, 2 cans	25c
Standard Tomatoes, 2 cans	25c
Cling Peaches, can	25c
Olympic Pan Cake Flour, 3 for	\$1.00
Assorted Jam	15c
Calif. White Beans, pound	7c
Quaker Quokies, package	10c
Van Camps Pork and Beans, 5 for	95c
Our Own Roast Coffee, 3 lbs. for	\$1.00

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BEST BUTTER, pound	35c
Wesson's Oil, pint	35c; quart 65c; 1/2 gal. \$1.20
Crisco	1 1/2 lbs. 40c; 3 lbs. 70c; 6 lbs. \$1.25
Best Crepe Toilet Paper, 3 rolls	25c
Tomatoes, 2 cans	25c
Van Camps Pork and Beans, No. 2 tins, 5 for	95c
Olympic Pancake Flour, large pkg., 3 for	\$1.00
Prunes, large size, pound	10c
Hills Red Can Coffee, 1 pound	48c
Ensign Coffee, White Package	30c
Carnation Milk, 7 cans	\$1.00