

Helpful hints

by Nancy Lee

A new department is being offered to the readers of The Advocate. A column devoted to advice on friendship, love, and all matters pertaining to the home.

Anyone wishing such advice, please write Nancy Lee, in care of this paper.



COOK with KRAFT American Cheese

It melts to a smooth and creamy sauce. And what flavor! A rich, time-mellowed flavor that only "cave curing" can give.

Try it for rarebits, sauces for vegetables, baked dishes, toasted sandwiches. Your grocer has Kraft American Cheese. Order today.



For COLDS, COUGHS Sore throat, muscular rheumatic aches & pains, apply Musterole, the "counter-irritant"



Buy a new hat with what it saves you

Why pay 50¢ or more for a dentifice when you can get Listerine Tooth Paste, the quality dentifice, at 25¢ the large tube? It saves approximately \$3 per year per person over dentifices in the 50¢ class. Use the saving to buy a new hat. Lambert Pharmaceutical Co.

LISTERINE TOOTH PASTE 25¢

KEEPING -FIT-

A Health Column dedicated to readers of The Advocate by DeNorval Onthank, A.B. M.D. Arata Building—12 1/4 N. 6th St. Phone AT 1703; MU 2621

In the course of a physician's daily work he has many experiences. He is called upon to offer much medical advice in his office and out of it and, most especially, over the phone. A mother calls in despair to know what to do for Johnny or Mary. Their child had not responded to home remedies or they are "burning up" with fever. An excited mother calls to say the new baby has the colic—or he cries all night. A very perturbed father may bring in his child whom he has had to several doctors or to a clinic, still in doubt as to what is wrong with his child because explanations of the child's ailments, if given, were in such technical terms that he failed to understand. A very nervous woman who has been the rounds of several physicians and one or more clinics, comes in disturbed because she has had continual examinations and tests and a little treatment, yet no explanation of her trouble and no improvement in her health.

Because of this great number of people are undoubtedly seeking a common sense explanation of some of the common ailments, an attempt is being made in this column to discuss some of these briefly and simply each week.

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Digesting . . . The News

By CLIFFORD C. MITCHELL

The Advocate does not necessarily share in the writer's views, but whether we do or not, the opinions are sane, logical and interesting. It is the readers' as well as our privilege to disagree with the writer who invites your opinion upon the subjects discussed from time to time in this column.

With the passing of the Seventy-first Congress the Negro finds himself in the most strategic political position ever recorded in American history. Those who view their politics only by the political jobs that they or their ilk can control will at once dispute the aforementioned statement. Viewed entirely from the point of opportunity to achieve and become independent, there is no question or argument that will dispute the actual facts.

J. T. Allen, a former resident of Portland, spent several days last week in the city. Mr. Allen was in charge of a private car for the president of the Southern Pacific Ry. Co. He visited with time honored friends, Mr. and Mrs. Charleston, on Rodney avenue.



How to have a COMPLEXION That CHARMS

Above all, men admire a smooth, soft, light skin . . . it is the basis of beauty and feminine appeal. You may have this lure that charms men's hearts . . . Dr. Fred Palmer's Skin Whitener Ointment softens and lightens the darkest skin, clears up pimples, blotches and tan marks, and does away with that "oily, shiny" look. Use this preparation regularly to make your skin soft, delicate and alluring. This amazing Ointment is made in the famous Dr. Fred Palmer's Laboratories where are also made those other beauty aids you know so well: Dr. Fred Palmer's Skin Whitener Soap, Skin Whitener Face Powder, Hair Dresser and Hid Deodorant which may be had at all drug stores for 25 cents each or will be sent postpaid upon receipt of price. Dr. Fred Palmer's Laboratories, Dept. 2, Atlanta, Ga.

Send 4c in stamps for a generous trial sample of the Skin Whitener, Soap and Face Powder.

DR. FRED PALMER'S Skin Whitener

"KEEPS YOUR COMPLEXION YOUTHFUL"

FLIT DESTROYS Moths, Flies, Bedbugs, Roaches

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RALPH C. CLYDE FORMER MEMBER OREGON LEGISLATURE AND

Municipal Ownership

Here is some interesting news on public ownership, which gives the growth of the movement.

The City of Paris, Texas, recently voted two to one to build a municipal ice plant. They are so encouraged they are now planning to build a municipal power and light plant.

B. F. De Lanty, manager of the Pasadena Municipal Light & Power Plant, just sent us the 22nd annual report. This little California city earned \$650,022.21 profit in one year. If you are interested write Mr. De Lanty for a copy of the report.

Virginia, Minnesota, has one of the lowest lighting rates in the country for small cities. The rate of 3 1/2 cents per kilowatt hour charged by its municipal electric plant is remarkable when you consider the population is only 16,030.

The people of the City of Milford, N. J., have emphatically refused to dispose of their municipal light and power plant. The power trust, as usual, spent considerable money to prove public ownership a "failure." The voters could not see it that way. By a vote of six to one, they refused to sell their plant to the private company, which offered \$450,000 for the city utilities.

Arrow Tips

KITS RIED

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In one of the journals that comes to my desk I read the following on "The Faith of a Jew," by Edmond Fleg: "I am a Jew because the faith of Israel demands no abdication of my mind." Compare that assertion with the "band wagon" minds of many of us Gentiles. I have been listening in on the radio talks of the pope. I don't understand Latin, but some of my lawyer friends do and some of it has been translated for me. Ah, me! I dislike to be forced to believe that we must still be governed by superstitious fear and reactionary doctrines. While the world is filled with hearts and minds waiting to be stirred by spiritual truths that at the same time will unlock the hungry intelligence, it is somewhat discouraging to be fed on ecclesiastical dogma.

OSCAR DePRIEST



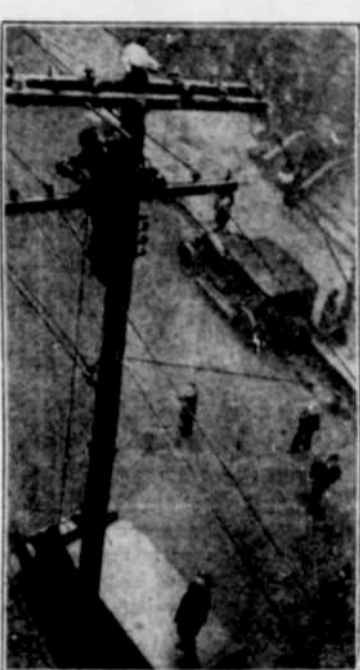
(See story on page 1)

HOLD ELECTION

NEW ORLEANS, La., Mar. 12.—The Grand Lodge, K. of P., met the latter part of February and elected officers as follows: Oscar W. Adams, G. C.; W. H. Calloway, G. V-G.; L. J. Lewis P. G. C.; J. B. Carter, G. Pre-late; A. G. Benning, G. K. of R. & S.; Leo N. Sykes, G. M. of Ex.; W. H. Davis, G. M.-at-A.; M. L. Griffin, G. I. G.; C. H. Brown, G. Marshall; J. H. Davenport, G. O. G.; J. A. LaFayette, G. L.; Dr. A. B. McKenzie, G. M. R.; Chas. V. Hendley, G. Attorney. The Board of Directors are as follows: Sirs: W. C. Davis, W. R. Strother, W. R. Simpson, L. Weiss, R. J. Pool, Abe. L. Smith, D. Carter, James Echols, W. T. Breeding. The board of endowment is as follows: Sirs: L. A. Van Hoose, A. O. Sheffey, Sam Jones, H. Strawbridge, J. B. Butts. Supreme representatives are as follows: Sirs: William Foster and L. J. Lewis. The officers were installed by the supreme chancellor, S. W. Green. The session was held in Birmingham, Ala.

O. L. Lyntheum, who died recently in Pasadena. Mr. Lyntheum for many years resided at Salem, where he and his wife, the late Mrs. Lyntheum, and young son were among the capital's leading families. Friends in Portland received the sad news with great sorrow.

When Is a Pole-kitty Not a Polecat?



Whether the white cat shown atop the pole in this picture of a New York street got there one jump ahead of a dog, or merely wanted to try for an endurance record, it found that getting down wasn't so easy as getting up. A kind-hearted telephone lineman broke his day's routine by effecting the rescue of one white cat, very hungry.

EVERYBODY ARRESTED

After watching Jess Cochran succumb to the wiles of a colored woman gesturing from a window at 127 North 14th street Saturday, Patrolmen McCormick and Conway entered the house to find Cochran in a rage at two colored women in one of the rooms. Cochran declared the women, Frankie Edwards and Grace Jones, had stolen his purse, containing \$50. After a search the purse was found on the floor in a clothes closet, still containing the money. The women were arrested on morals charges, possession of liquor, disorderly conduct and larceny. Cochran was held for disorderly conduct.—Journal.

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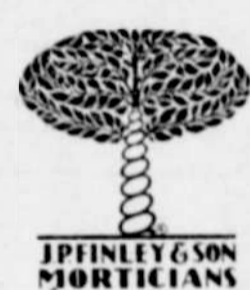
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NOT A FAD

Electricity in the home, the office or the manufacturing establishment is not a fad or a fashion subject to changing styles or to be discarded as a passing whim.

It is just as much an essential commodity as any other commodity required in the operation of these institutions. Fashions in methods of its utilization may vary from time to time, but its usefulness and the need for it are basic.

We are in the business of manufacturing, selling and distributing this commodity. It is our business to furnish a never-failing supply of kilowatt-hours and to distribute them in the most efficient manner possible.

This is what constitutes service. The best possible service at the lowest possible cost is our one aim, and we recognize that only by the accomplishment of this aim can we discharge our obligations to the individual and the community.

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