

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.

Dear Nancy Lee:

I have been interested in your column ever since it began in The Advocate and have wanted to write and ask your advice about a matter but hesitated because I am somewhat timid. However, I shall be glad to read your answer to this in the next issue of The Advocate.

I have a friend who has a "hen-pecked" husband. A little misunderstanding occurred between us a couple of years ago and since that time she has not spoken to me and her husband seems afraid to speak the truth. The "friend" went away on a vacation and while she was away her husband attended a private dancing party at which I also was a guest. He did not bring an escort and I didn't have one so he asked to take me home in his car. She heard about it upon her return and then forthwith accused me of trying to steal him from her during her absence. When his wife returned and heard about it she jumped all over him and accused him of flirting and "stepping out". So when she spoke to me I sensed trouble for him, and fearing a break-up I took it upon myself to lie to defend him. I told her that I asked him to drive me home and he did so as an accommodation. Now there was nothing wrong with what happened and I had no idea she was that sensitive about her husband. But until this day he has not told her the truth and she still blames me and does not speak. Do you think her friendship is worth anything? Do you think he is much of a man to let matters go on like they have—that is, letting her believe I asked him to escort me home and he had no alternative but to do so? What shall I do about it?

PERPLEXED

Dear Perplexed:

Looking at this from an impersonal standpoint, I would say the husband made the mistake in allowing his wife to hear of the episode from others, instead of telling her himself. There was no harm in this man offering to drive his wife's friend home late at night when she had no other way of getting home except by street car. In fact, it was a kind and courteous thing for him to do. If he was afraid of his act being misunderstood by his wife or others, he should have invited someone else to go along. However the trouble seems to have started because the husband and you were not frank and open about the whole affair. It always pays to be honest and above-board in all our dealings, then those interested know just where we stand. You might go and call on your friend when her husband is home and explain the whole thing before him, and if he is half a man he will back you up. Men hate to be nagged, and will do almost anything to save themselves this annoyance, hence this man's attitude. I am sure with the proper explanation the wife will understand you were trying to protect her, instead of her husband and yourself.

NANCY LEE

KEEPING -FIT-

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

ACUTE BRONCHITIS

Among the diseases that most commonly confine individuals to their homes are acute catarrhal inflammations of the bronchial tubes or acute Bronchitis. These conditions thus become an economic factor because of the time lost from gainful occupations while confined to the home.

Acute Bronchitis usually follows the common cold, gripe or influenza. In such cases acute bronchitis may be looked upon either as a complication or an extension of the other diseases.

Acute Bronchitis is most common in cold, damp, wet climates and in seasons marked by sudden weather changes. It has no respect for age or sex; yet it is more serious in infancy and old age.

Some people have a marked predisposition for acute bronchitis. Children with rickets, enlarged and diseased tonsils and the ordinary diseases of childhood, namely: measles, whooping cough, influenza, typhoid fever, mumps are especially prone. Adults with diseased tonsils, nasal and sinus infections and run down physical condition are susceptible to repeated attacks.

The inflammation affects the tracks and the larger bronchi of each lung. In more severe recurring cases the smaller bronchi are often involved as well.

The symptoms are similar to those of catarrhal fever—previously discussed—chilliness, extreme lassitude, fever, nausea, general muscular soreness, especially of the chest, cough, etc. The cough is first of the dry hacking type with little or no expectation. After five to ten days the cough lessens and is accompanied by a copious expectoration of mucous or muco-pus.

Acute bronchitis can simulate several other diseases. Broncho-pneumonia must be distinguished in children and elderly adults. Tuberculosis at early adult age may present the same symptoms. Acute bronchitis may be a forerunner of influenza, measles, typhoid fever or even small pox. A physician should be consulted to make the above differentiation.

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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. We invite your opinion upon the subjects discussed from time to time in this column.

Next week two of our national associations will be actively engaged. The National Urban League through their hundreds of "locals" will be waging a nation-wide campaign for vocational opportunity. They will be ably assisted by the press, our public speakers and a great many of the public schools. Their efforts will be inter-racial. To the whites they will be "selling" the idea and justice of giving the Negro a greater opportunity in the employment field, suggesting a standard of "merit" and not of race.

To Negroes they will emphasize the necessity and importance of rendering only the best of efficient and trained service to justify the whites in maintaining them on their pay-rolls.

There can be no argument as to the merit of such a campaign. Some may belittle their efforts and consider it lightly as merely a well-propagandized racket but we need a great deal of this sort of propaganda. Any portion of society who seeks improvement, correction of wrongs, or additional opportunity, and is not so organized to promulgate and take advantage of expert propaganda is hopelessly behind the times. Our judgment then should be centered on when and how to use appropriate propaganda, and all such that has as its aim the improving and increasing of vocational opportunity should be wholly and earnestly supported by the race. We should not stop with propaganda however.

Fortunately, we have some organized forces and agencies who are in a practical position to create a great many of the opportunities, within our own race, that seem content to wait for the whites to give us, thru our propaganda. While the National Urban League will be conducting their nation-wide vocational opportunity campaign our National Negro Insurance Association will be quietly holding their 1931 sessions at Hot Springs, Ark.

Arrow Tips

KITS RIED

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Now is the time for all of us to get in and dig against the military training at our state schools. Just ask them to make it elective instead of compulsory. The Board of Higher Education is going to consider the subject. Send in your letter to Mrs. Cornelia M. Pierce, LaGrande, Oregon.

Incidentally, instead of asking for more opportunities for military training it is rather refreshing to find students of Columbia, Harvard, Yale, Johns Hopkins, Swarthmore, George Washington and other educational institutions presenting petitions to U.S. Congress asking that no more U. S. money be appropriated for military training in state schools. Fifty-five universities and colleges were represented in the petitions. These petitions said that the signers were opposed to military training in colleges because they believe that military courses tend to teach doctrines contrary to the principles of American government and seek to idealize war and inculcate a spirit of unquestioning military obedience which is an emotional armament of war. What is our local group of the National Council for the prevention of War doing in this crisis? I have not heard of a meeting for months. Get busy, Mr. Strong and Mr. Handsaker, call a meeting and send a strong resolution to the Board.

Looks as if we are on the verge of another war when the leaders in the President's cabinet are getting together with the war members of the Senate and the House to discuss the selling prices of commodities during war times. Listen to this paragraph:

"Bernard M. Baruch advocated 'freezing' all prices immediately on the breaking out of war. This might have cut the cost of the last war 60 per cent. However he opposed conscription of men or wealth. But he did believe in giving President auto-

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eratic powers to be effective whenever Congress shall declare war or the existence of an emergency due to the imminence of war." One need not be a good guesser to guess what our Wall-street-controlled Hoover would do in such a case.

RULES AND REGULATIONS

- 1—Any reputable man, woman or child residing in Portland or surrounding territory served by The Advocate is eligible to enter this campaign and compete for a prize. Nominations may be made at any time during the campaign.
- 2—No employee in the business office of The Advocate is eligible to enter this distribution. The management reserves the right to reject any nominations at any time.
- 3—The winners of the prizes will be decided by their accredited votes said votes being represented by ballots issued on subscriptions by votes issued on the nomination coupon, the first and second week coupons and the opportunity coupons. The management also reserves the right to incorporate the sale of advertising and due-bill cards at any time during the campaign, and votes will be issued as per the one year vote schedule in effect at that time.
- 4—Candidates are not confined to their particular town or community in which to secure votes and subscriptions, but may take orders anywhere in this section; or, for that matter, anywhere in the State of Oregon, or the world.
- 5—Cash must accompany all orders where votes are desired. There will be no exception to this rule. Candidates will be allowed to collect back subscriptions and renewals as well as entirely new subscriptions and votes will be issued on both.
- 6—Votes are free. It costs the subscriber nothing extra to vote for his or her favorite. Subscribers should ask for votes when paying their subscriptions.
- 7—Votes cannot be purchased. Every cent accepted through the campaign department must represent subscriptions.
- 8—Votes are not transferable. Candidates cannot withdraw in favor of another candidate. Should a candidate withdraw from the race, his or her votes will be cancelled. (With the consent of the campaign manager, however, a candidate may withdraw from the race and transfer his or her votes to an entirely new candidate or new entry.) Neither will it be permissible for candidates to give or transfer subscriptions to another candidate. Votes on such transferred subscriptions will be subject to disqualification at the discretion of the management.
- 9—Any effort or collusion on the part of any candidate or candidates to discourage competition by the spreading of false rumors or exaggerated stories, or anything done by any candidate or combination of candidates to the detriment of this newspaper will not be tolerated. Any candidate or candidates entering into or taking part in any such agreement, arrangement or effort, will forfeit all rights to a prize or commission.
- 10—Any ballots issued on subscriptions may be held in reserve and voted at the discretion of the candidate and the campaign manager.
- 11—No statement or promise made by any solicitor, agent or candidate varying from the rules and statements published through the columns of this newspaper, will be recognized by the publishers.
- 12—In case of typographical or other error, it is understood that neither the publisher nor the campaign manager shall be held responsible except for the necessary correction upon the same.
- 13—Every candidate is an authorized agent of The Advocate and as such, may collect arrears and subscription payments from present as well as from new subscribers.
- 14—Extension of subscriptions will receive votes according to the vote schedule in effect when the first subscription was paid, except that no extension votes will be given during the final period.
- 15—It is distinctly understood and agreed that candidates will be responsible for all moneys collected and that they remit such amounts in full, at frequent intervals, or on demand, to the campaign department.
- 16—There will be several prizes awarded, besides a 10 per cent commission, to ALL ACTIVE non-prize winners, but it is distinctly understood that in the event ANY candidate becomes INACTIVE failing to make a weekly cash report, he or she will, at the discretion of the management, become disqualified and thereby forfeit all right to a prize or a commission.
- 17—The time of May 2 to May 13 will be known as opportunity days. During these days, there will be a vote bonus of 100,000 extra votes for every three renewal subscriptions of not less than one year each; 200,000 extra votes for every three new subscriptions of not less than one year each, and 500,000 extra votes for one six-year subscription, either new or renewal, but only ten six-year subscriptions can be turned in to apply on this extra offer.
- 18—To insure absolute fairness in the awarding of the prizes, the race will be brought to a close under a "sealed ballot box" system, and will be under the personal supervision of two or more judges selected from the Advisory Board. During the entire last week of the campaign, the box—locked and sealed—will rest in a convenient place, where candidates and their friends will deposit their final collections and reserve votes. And not until the race has been declared closed will the seals be broken, the box unlocked and the judges begin the final count. In this way, no one—not even the campaign manager—can possibly know the voting strength of the respective candidates, which precludes any possibility of favoritism and insures fairness to the minutest degree.
- 19—The management reserves the right to amend or add to the rules of this campaign, if necessary, for the protection of the interests of both candidates and this newspaper. The right is also reserved to increase and add to the list of prizes.
- 20—The Advocate guarantees fair and impartial treatment to all candidates; should any question arise, the decision of the management will be absolute and final.
- 21—Two hundred thousand extra votes will be awarded each candidate with every three one-year subscription, or the equivalent, turned in during their first week in the campaign; 150,000 extra votes will be awarded each candidate with every three one-year subscription, or the equivalent, turned in during their second week in the campaign. These are in addition and above all regular votes but this arrangement will be in effect only during the first two periods of the campaign.
- 22—All extra votes will be issued and credited to the accounts of the various candidates at the convenience of the campaign manager.
- 23—Campaign opens today—closes June 25, 1931.

IN ACCEPTING NOMINATIONS, CANDIDATES AGREE TO ABIDE BY THE ABOVE CONDITIONS

MORE ABOUT ADVOCATE CONTEST

cate has thousands of friends—real friends. They stand ready to help. Every reader who would share in this great gift giving will find the ground well broken for him and for her. You will readily understand the whole plan once you read The Advocate's "Everybody Wins Something" automobile and gold gift distribution announcement elsewhere in this issue.

COSTS YOU NOTHING—
The Advocate bears the expense. There is not one cent for you to spend. Your time is your own. You can win by simply devoting a part of your spare time. It will be easy, you will find, to be the recipient of one of The Advocate's big gifts.

Now, at the outset, there are some things to be made clear. Because there have been "subscription contests" held in the past, The Advocate wants to make everything clear, to know that you really do understand that The Advocate's plan is different. All cards are laid right on the table. Everything is fair, square and above-board!

EVERYBODY WINS SOMETHING—
In some "contests," there have been contestants who have really worked for nothing. One or two big prizes have been given and these went to the first and second highest candidates—all others were left to hold the sack. In The Advocate's gift distribution "Everybody Wins Something." You win either the new Hudson straight "8" or one of the purses of gold, and each of you win the CASH commission.

The Advocate is striving to go ahead and progress and grow as this entire city and section is constantly growing and progressing. This newspaper will continually add new features and make every warranted improvement. Now we want to add hundreds of new subscribers, and in doing this we will pay those who help us very generously for what they do for us.

Take advantage of this exceptional opportunity right now. For further information, mail the Nomination Blank, call on, phone, or write, Campaign Manager, care of The Advocate, 312 Macleay Building, Portland, Oregon.

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