

Digesting . . . The News

The Advocate does not necessarily share in the writer's views, but whether we do or not, the opinions are sane, logical and interesting.

THE COLLAR OF BRASS

By S. William Moore (Reviewed for The Advocate by Clifford Mitchell)

This is a story of slavery and the freeing of slaves. The two principal male characters are half-brothers.

The father and mother die—the plantation is sold—the boys go their separate ways. One, already free by virtue of his race, while the slave boy frees himself by escaping.

Eventually they clash—they do not recognize each other. Each is in love with a girl—Joe—with the daughter of a Spanish land baron—and Sam—with the Indian maid of Joe's girl.

Their battles, their love quests and adventures, are thrilling, so much so, that the entire 250 pages of the book are eagerly read, in spite of the fine print and many typographical errors.

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KEEPING FIT

A Health Column dedicated to readers of The Advocate by DeNormal Unthank, A.B., M.D.

MYALGIA

Myalgia is a condition that effects muscles or groups of muscles in such a way as to cause pain of varying degrees of severity and occasionally stiffness and general disability.

Myalgia has many causes. A sudden chilling of the body may bring on the condition. Straining and any over use of muscles is quite liable to bring on muscular stiffness, as in the case of athletes or laborers who overwork.

The most common types of myalgia are torticollis (stiff neck), Pleomodynia (belt-like pain along one or more ribs) and lumbago.

The duration of myalgia varies. Acute cases last from a few days to one or two weeks. Chronic cases continue—keeping the patient up and down—from one month to many months.

The muscular pain is usually so severe as to completely disable one. Myalgia that fails to respond to rest in bed, irritating rubs and hot applications should be carefully investigated.

CORRECTION

Our attention has been called to an error in a news item carried in the columns of The Advocate a few weeks ago which stated that the Pullman porters quarters were raided. We are informed that the Pullman porters quarters have been closed for some time and the premises which were raided under a different management. We are happy to make this correction.

EX-SERVICE MEN and Dependents of the World War! KNOW YOUR RIGHTS! Pensions, Compensation, Insurance, Hospitalization, Soldiers' Homes, Bonus, Funeral Expenses, etc.

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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.

Dear Nancy Lee: I am a young business man in a small town; I have a shoe repair shop and I am very lonesome, as I have no girl friend.

This is not a matrimonial bureau, but this seems like a nice, lonely young man, who would appreciate a friendly letter now and then from one of my lady readers.

MORE ABOUT CONTEST

(Continued from Page 1) tion—produces 175,000 votes. Ten of these credit you with over a million votes (1,375,000); 20 of these long-term subscriptions will advance your score over 3,000,000 votes (3,500,000).

The race is close, and the scores will be large, that is certain. Promptly at 10:00 P. M. Thursday night the judges will declare the campaign officially closed and no one will be allowed to deposit anything in the ballot box after the official ending of the campaign the final count will begin.

Judges: W. A. Ekwall, Judge of the Circuit Court; Dr. Unthank, and Attorney John J. Jamison.

CONTEST STANDING

Following are the names of the few candidates nominated—together with all the votes cast for publication up until Thursday night:

Table with 2 columns: Name and Votes. M. L. Brown 1,274,900; Geneva Ivey 1,274,900; Vernell Watson 1,275,400; Alice Timms 1,275,900; Madelyn Gibson 1,278,100; Alice Marshall 1,276,100; W. R. Lovell 1,278,400; Irene Patterson 1,280,800.

DON'T SPEND YOUR MONEY WHERE YOU CANNOT WORK!

AS NOTED by Ralph C. Clyde City Commissioner

COUNCIL CALENDAR

Many people make an error when desiring to call the attention of the City Council to some matter of importance, in addressing documents to an individual official.

There was a time when there was no calendar, and a number of good and bad measures slipped through the City Council. As Councilman at large during the aldermanic form of government, I fathered the ordinance that brought the Calendar idea into effect.

Measures that are filed after Saturday at 110 A. M. and before Wednesday morning, can be considered by the City Council by four-fifths vote. If there are objections, the proposition will be held over to take its place on the next Calendar.

LOUD RADIO NUISANCE

For the benefit of a number of indignant citizens whose slumbers have been disturbed by loud squawking, phonographs and other ear drum breaking devices, the City Council on July 9, 1930, passed a law to put a stop to this annoyance.

If you are suffering from an ingrowing disposition on account of nerve wrecking noises, all you have head of the Nuisance Division, at to do is to phone Mr. Joe Roberts, the City Hall. Mr. Roberts will investigate the matter pronto.

This is good news to the afflicted ones, Mr. Roberts will hold their names in confidence if so requested.

Bradford S. W. Cor. 4th and Washington Clothes Shop \$25.00 to \$45.00 "Where Young Men Buy"

Arrow Tips

Here is an item from a N. J. paper that seems to be worth repeating. It is quoted from the June number of "The World Tomorrow":

"Perhaps the most glorious thing that ever happened in the City of N. Y." is the superlative way in which Mayor Walker characterized the action of an American Legion post in urging a revision of the Treaty of Versailles and the wiping out of wartime hatreds.

The resolution reads: "Whereas, We of the Lexington Post, 108, of American Legion, know that our fallen comrades who threw to us the torch, did not intend it to be a perpetual pillar of hate to be transmitted to children even a third and fourth generations, and

"Whereas, The only way to prevent the breeding of hate and envy in the minds of the children of Europe, is by eradicating the causes thereof; therefore, be it

"Resolved by the Lexington Post, we urge tither new treaties or the revision of old treaties so that love and friendship may supplant envy and hate in the minds of generations in Europe yet unborn and insure that our children's children may never be drawn into the horrors of another bad war."

Added significance is attached to this resolution because it was offered



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by Past National Commander Edward E. Spafford, and the further fact that it elicited a special message of commendation from President Hoover.

No other group in America is in as favorable a position to overcome international suspicion and to bury wartime animosities as are the members of the American Legion. And so, with enthusiasm, we applaud this forward step by a N. Y. post!

While we are talking about this splendid action of Post No. 108, let us consider for a moment the questionable action of the War Department, more especially of the Chief of Staff, who is said to have announced a plan which under specific circumstances, calls for a conscription of 11,000,000 men.

The Federal Council of Churches view the draft measure of the Chief of Staff of the War Department "as fraught with grave danger to our own country."

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Chance Isom together with two white youths was returned to Portland from Hood River Thursday of last week to answer charges of grand larceny. They were held under \$1000 bail each in the city jail.

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.

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