

Digesting . . . The News

In one of our "exchanges" the following quotation, credited to Bourke Cockran, was clipped:

"There is but one straight road to merit. The man who is successful is the man who is useful. Capacity never lacks opportunity. It can not remain undiscovered, because it is sought by too many anxious to use it."

It might be well for a great many of our local leaders in various parts of the county to study and thoroughly analyze the above quotation. During these times through which we are passing it is unwise for us to build up our economic enterprises on purely racial appeals.

Can any reader doubt the success, the business genius of the Jews? Did you ever see any of their leaders attempting to build up or maintain a business or other enterprise on racial appeal? They do not advertise, "Trade with us because we are Jews!" On the contrary, they conduct their affairs in such a manner that they not only get the patronage of their own race but the most of that from all other races.

Personally, I would prefer to make every purchase from an enterprise conducted by our own members. I would prefer to secure every form of personal service from our members. I would prefer being transported from place to place on systems owned by us. But with all these personal preferences I would not care to spend my money in any place, regardless of whom its conductors may be, in which I could not secure the best merchandise, the best service and the most satisfaction that it is possible to secure for the money.

Therefore, to those in our race who are continually seeking opportunities but believe they must come through stirring up a racial or an emotional appeal, the suggestion is made that you thoroughly study the requirement of your community, study and master the technique of the particular field in which you wish to embark, surround yourself with associates who are equipped through academic knowledge and actual experience, and then launch your enterprise, whatever it may be.

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Soothing, cooling ZEMO brings prompt relief to itching, burning skin; even in severe cases relief comes as soon as ZEMO touches the tortured skin. Eczema, Ringworm, Rashes, Pimples, Dandruff and other annoying skin or scalp troubles generally yield to this soothing, antiseptic lotion. ZEMO is safe and dependable. All Druggists, 35c, 60c, \$1.00. Extra Strength ZEMO best for chronic cases—\$1.25.

KEEPING -FIT-

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

FOCAL INFECTION

The last 20 to 25 years have seen the dawn of the term focal infection. The term should not be considered as one shrouded in mystery. When so considered, it becomes a weapon for quacks and quackery.

It might be well to first consider the meaning of infection. Infection means that some organism germs—bacteria, etc.—have gained a foothold in the human body.

Infection may be—and usually is—present in the system of an individual many years before there are any manifestations. Manifestations of infections become actual symptoms—illness and disease.

Infection may be of many kinds. Thus there are nearly as many different kinds of infections as there are diseases.

Infections are of many different types of infections as there are in types. Thus there are as many different individuals—the type depending upon the health, resistance, etc., of the individual.

There are certain organs and structures of the body which are prone to act as reservoirs for these infections. The tonsils are probably one of the organs most commonly imposed upon. The crypts of the tonsils and the tonsillar pillars harbor much infection.

(Continued Next Week)

WHERE YOU CANNOT WORK! DON'T SPEND YOUR MONEY

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Banish Head Colds

Sneezing? Sniffing? Headache? Beware—let Musterole Laxative Cold Tablets relieve that head cold promptly. Safe, quick relief without gripping or ringing in the ears. Chocolate-coated—easy to take. Musterole Cold Tablets are prepared by makers of famous Musterole.

As a special one time trial offer, you may obtain a regular 35c package for 10c by clipping this advertisement and sending it with 10c, also your name and address, to The Musterole Company, Cleveland, O.

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.

A CONTENTED MIND

A friend says that she is an invalid and a shut-in, but she finds much in life that is worth-while that balances her physical condition.

In the face of these restless times, our different social problems, and our economic depression, it is interesting to find someone who is happy and contented. Almost every one has something to complain about; each one is confronted every day with a different problem. The more sensitive and temperamental he is, the harder it is for him to rise above the trials and tribulations of this life. If we make no effort to rise above earthly conditions in the face of obstacles, we are swept down the tide of life.

Each time we surmount a difficulty we become stronger to meet the next attack, reinforcing our mental and our spiritual powers, as it were. It seems to be a spirit of faith innate in each human soul to conquer these adverse conditions and carry on. Otherwise, how could we survive a year, let alone a lifetime on this plane? A contented mind is a faculty worth more than great riches!

NANCY LEE.

MEANEST THIEF

A sneak thief, on last Monday evening stole six shirts off the clothesline at the residence of Mr. and Mrs. U. S. Reed, 840 Tibbets Street. The shirts belonged to Mr. Reed.

The Bureau of Economics held a special meeting Thursday night.

Up-to-the-Minute Modes

Prepared Especially for This Newspaper

EXCELLA SHINING SATIN White satin for a daytime frock is something you don't see often, but it's very chic—very Parisienne. Perhaps it's a little impractical, but when you find a lovely frock, deserving of expensive material, it's worth a tiny bit of extravagance. This frock was destined for a clinging satin. Its pointed seaming makes your figure look very young, and the unusual jabot effect is very flattering. If you should turn gaily extravagant, and buy white satin, it will be a smart success with a dark cloth coat. Long sleeves will add to the expensive-looking effect and will fit into an early autumn wardrobe as well. Excella Pattern No. 3364. Sizes 14 to 42. 25 cents.

"AS NOTED"



SAN FRANCISCO WAKING UP

In preparing a new draft of the City charter of San Francisco recently submitted to the Board of Freeholders, the long established policy of this city written into the basic charter law is reaffirmed. It incorporates the section of the charter adopted in 1900, which reads:

"It is the declared purpose of the City and County of San Francisco that utilities shall be gradually acquired and ultimately owned by the people of the City."

Apparently San Francisco has awakened to the fact that Los Angeles outgrew the Golden Gate City, because the City of Los Angeles owns and operates the largest single unit municipal electric plant in America. If we do not get busy Tacoma will outgrow Portland, unless we get on the job and install a municipal electric plant. I do not mean maybe.

OLD NEGRO SLAVE DIES

Hollow Rock, Tenn., July 16.—The oldest Negro slave living in Carroll County, Lucinda Pearson, died at the ripe old age of 110 at her home near Rosser. She was the mother of a number of children. She was born before Carroll County was organized.

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COMPLETE NEW STOCKS OF QUALITY MERCHANDISE FOR THE HOME AND PERSONAL SERVICE

Tractor Exploring Party in Asia Follows Motor Oil Trail Through Wilds



Georges-Marie Haardt, leading the National Geographic Society's tractor expedition through the interior of Asia, is following a trail of depots of American motor oil and fuel laid down in advance through the wilderness of one of the world's last frontiers, traversing routes in part passed over by Marco Polo and Alexander the Great.

Haardt's expedition which is demonstrating how complete a relationship exists between modern lubricating science and travel even in the most remote places of the earth, has been made possible by a series of depots of Mobiloil and gasoline, placed along the route through Central Asia, India, Persia and Arabia.

Traveling in tractor cars, the only type suited to a country without roads, the National Geographic Society party is now in Afghanistan whence it may pass through

Arrow Tips

KITS RIED

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.

"A dog is not considered a good dog because he is a good barker; a man is not considered a good man because he is a good talker." (From proverbs of Chang Tzu.)

Here is an item I have not seen in any Associated Press news. It concerns a Mrs. Dorothy Skaggs, who was sentenced to five years in prison by a Norfolk, Va., court, on July 2, for perjury. She testified that she had been raped by a Negro who was convicted of the crime. Fortunately, the man was given a second trial when evidence was brought forward showing that at the time of the alleged attack, the woman was 40 miles away.

Things do move in Wisconsin. Gov. LaFollette signed a bill passed by the Legislature of that state which "forbids the issuance of anti-labor injunctions except after a hearing in open court, and requires substantial proof that the complainant will suffer irreparable damage if the injunction is not granted." The dispatch says further, that "courts are not permitted to enjoin picketing, parading, haranguing, nor even boycotting, except when done so violently as to be a public nuisance." "Yellow dog" contracts are stamped as invalid, and contrary to public policy.

The first thing we know, Wisconsin will be read out of the Union. Just look at this action by her University: The honorary degree of Doctor of Laws was awarded to Dr. Harry F. Ward, chairman of the American Civil Liberties Union, because, to quote President Frank, "You have valiantly defended those basic rights of free speech, free press, and free association, without which neither scientific advance nor social progress is possible." Shades of Oregon! What would happen in this state if such a reason were given here for an honorary degree!



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.

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Henri LaBel and family are visiting at the home of Mr. LeBel's parents, Mr. and Mrs. S. Pickett, on Vancouver Ave.

A sermonette by Rev. Daniel G. Hill, Jr., pastor of Bethel A. M. E. Church, appears in The Oregonian of July 17th, in the Portland Council of Churches ad.

Among the guests at the Meier & Frank Picnic, held at the beautiful home of Governor Julius L. Meier, on the Columbia River Highway, were Mr. and Mrs. J. A. Wisdom, the latter having been many years in the employ of the Meier & Frank Co.

Mrs. S. Pickett left on Monday on an extended trip East and South. Avenue.

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