From Pacific Coast



MISS MARJORIE W. TOWNS. Vallejo, California, a student at Temple University, Philadelphia.

Your Watch-How to Care for it

observing a few simple rules. No the eyes. watch is fool proof. In the rush and watch is fool proof. In the mah and No matter what we do however, hurry of our modern life, these deli-we are constantly doing little things

It is a very general habit for instance, to give the stem of a water a few turns at frequent intervals. A watch should be wound but once a day, slowly and carefully, and at a stated time. In winding the watch, it should be held in one position, and not turned even lightly from aide to give a temporary relief.

Obviously a watch should be safeguarded against knocks and jars of guarded against knocks and jars of all kinds. The delicate machinery is often mjured by jerking it about. It should be placed carefully in the pocket, not thrown in or allowed to fall to the bettom of the packet. In hanging a coat or vest containing a watch over a chair, it should not be allowed to drop suddenly. A good watch should not be carried when one is doing violent exercise.

when one is doing violent exercise which may impair its accuracy. One's watch should be examined

By EDNA TERLE

Have you ever realized the amount of water you can drink on a hot day without any noticeable amount comwithout any noticeable amount com-ing from your person in the usual forces more evident than in the Unit-ed States. No Communist can beat

Speaks to Whites



R McCANTS ANDREWS, an attorney of Durham, N.C., who recently delivered an address at the University of North Carolina.

Weak Eyes

one of my achool mates dared me to stare at a mirror which he was using The life of a watch can be indefi- to reflect the sun light into my eyes. nitely protonged, and its timekeeping I took the dare, children still to do faculties kept at their maximum, by it and as a result there is injury to

much greater strain than is usually necessary.

that will hurt the eye sight and as a result many people suffer from eyes that are weak and watery or tired and inflamed.

Fill a basin with comparatively hot water and pour into this a solution of salt that has been dissolved. The water should be quite briny and then should be kept as warm as possible without burning, and using the tips of the fingers bathe the eves with this bring solution allowing the water to get under the lids as well as over

In other words, actually wash the eyes with the salt water. This salty solution will relieve the pain of the inflamed eye, will clean out numerous particles of dust, that

One's watch should be examined by a jewder at regular intervals, at least once each six months, just as an automobile or the teeth-are gone over by experts. The mechanism should not be neglected for years and allowed to become dirty and the of hardened.

Many people visit the jewelers to have their watches cared for, when through long neglect, they actually stop for lack of attention.

Drink Water in

Hot Weather

out numerous particles of dust, that are collected on the eye ball and have are collected on the eye ball and have a general healing effect.

You should of course understand however, that this simple eye wash as not sufficient to do anything mure than give relief or be of general benefit to the eyes. If you are suffering from weak eyes or have any trouble or a dead acht in or back of them, you should consuit an oculist.

Do not simply se to a man who will fit you to a pair of glasses but go to a man who will be quite to give sight half of your life will be gone. Protect your eyes.

Intelligent Radicalism

Mother Nature takes care of us by causing us to perspire when overheated. The evaporation of the perspiration cools us, slithough we do not realize it. At the same time, the but their remedy is to smash chain but their remedy is to smash chain

more realize it. At the same time, the perspiration carries an enormous amount of impurities from our body, so that a good hot day is likely to be a blessing after all.

But we should drink pienty of water, milk, fruit juices, cold tea, or liquid of some kind, so that we may perspire freely and help Mother Nature as she attempts to take care of the over-heated condition of our bodies.

To go without water on a hot day is as foolish as to run the family carten bhousand miles without oil, or to attempt to start the but water heat in the fall without filling the system with water.

The famers want what they ought to have a decent price for their product—but the owning farmers don't want to think about getting rid of tenant farming, and few farmers bother with the general communication when the family carten bhousand miles without oil, or to attempt to start the but water heat in the fall without filling the system with water.

radicals when it comes to cussing the Grand Lodge of New Jersey. This

wall Surcet.

The worst part of it all is that the workers themselves are fooled by these self interested proponents of quack remedies. The failure of the A. F. of L. in this crisis is a disgrace and a tragedy. Matt Woll talks conference with employers and world boycotts against Russie. Meanwhile the A. F. of L. has no machinery for financing important strikes and no philosophy and no program adequate to the situation. It plays with the old parties, neither of which has any real program even for the relief of umemployment.

Why do I say these things? Not to discourage labor organization on the politicus of economic filteracy for farmers and workers is socialism. We can get a hearing. We must be aggressively on our job. Norman Thomas.

Colored Masonity

With one executions the Masonic wall from the very supersonate from the white members are observed Masonic lodge of Mississippi severed Masonic lodge of Initiating and affiniating Negroes as Masons. Only the Grand Lodge of Oklahoma followed Mississippi in severing Masonic lodge in the United States attached to a white Grand Lodge. Since it is a regularly constituted lodge of the Grand Lodge of New Jersey and more relations with New Jersey. In this respect.

Alpha Lodge 16 is the only colored Masonic lodge in the United States attached to a white Grand Lodge of New Jersey is not the colored Masonic lodge in the United States at regularly constituted lodge of the Grand Lodge of New Jersey is not the Masonic lodge in the United States at regularly constituted lodge of the Grand Lodge of the Grand Lodge of the William of the lodges of the state. All other colored lodges in the United States are regarded as irregular by the white lodges.

Negro Premany colored as the white members are recognized to the colored lodges in the United States are regarded as irregular by the white lodges.

more of the gravy! Some of the worst joined with a few white Masons and the establishment of colored Masonic Negro ballers in the South are fine obtained a charter for a lodge from lodges in the United States. — The radicels when it comes to custom the Character of New Jones 1.

Colored Masonry

With one exception the Masonic lodges in the United States to which colored people belong are not recognized by the white lodges. The exception is Alpha Lodge No. 116, F. & A.M. at Newark, N.J.

In 1871 several Newark Negroes, who had been made Masons in regular lodges in foreign countries where the admission of Negroes was permitted, West Indian lodges in turn authorized.

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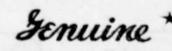


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