THEATRES - SPORTS - SOCIETY & WOMEN'S ACTIVITIES

JOB AT SEVERAL SCHOOLS

Lillard, famous grid star at Oregon U.

some were leaders of the past season.

the offers came from Howard univer-

Tom to build a team in two years is

give up playing", the big fellow said.

VERBAL SNAPSHOTS

(Continued from page two)

should be a warning to those who hold

the destiny of America in their purses.

It was such that bred the French Revolution. When men ask for bread, don't

be foolish enough to ask them, "Why

OUR GOAL - THE ADVOCATE IN

EVERY WHITE HOME IN

OREGON IN 1933

don't they eat cake."

dishonest. Some people are taking ad- off on the account of dull business. vantage of the depression by living like parasites, preying on the sympa thy of the more fortunate ones and the Multnoman hospital for some time waiting to be supported. In other is up and about, to the delight of his The Negro play. "In Abraham's words, it is a time for relaxation and many friends. rest for which some one else must pay. It one is sick or unable to find work Lewis Mills of Springfield, Ill., a cept two whites. The plot of the play after putting forth every effort, that former Portlander, sends New Years is of a Negro man trying to build up is a different matter, then his leisure Greetings to his many friends. should be a time of preparation for some work in the future instead of just a time to amuse himself. He Gre., was here Monday on a shopping a Negro spiritual chorus. should take account of himself and expedition. measure his shortcomings and try to overcome them.

kindhearted, helpful, benevolent, and to the City Sunday. public spirited everyday, it is a good time to seek their cooperation and or- Mrs. Alice Williams, of Rose St. is Mr. Ivan Cannady returned home on ganize classes in art and trades. I am reported as being seriously ill at the Monday after a two weeks' vacation sure anyone would deem it a privilege Mulinomah hospital. to be of service in that way and heip train and educate as many of the Nelong some specific line.

HOTTEST ORCHESTRA O" COAST MAY COME TO PORTLAND

(By Ivan Cannady)

dance fans, the time of their lives for of an ambulance. the past few months. They have been Duke Ellington. When they play, "It to be ill. Don't Mean a Thing" or "Bugle Call Rag", one can close his eyes and im-

has expressed a desire to play a dance dy attendant. in Portland. He invites all organizations individuals, or groups of individuals, who might be interested in engaging this wonderful orchestra for tees." a Portland dance engagement, to communicate with him. Address all conmunications to: Bill Roberts, 114-24th Avenue North Apartment 210, Seattle,

ROARK BRADFORD'S "J. HENRY" Dr. Scott in his suit for damages.

(Continued from page one) John Henry will greet the radio au lows: dience in the person of Mr. Hernander, while oposite him will be the out standing Negro actress of the Ameri can theatre —Rose McClendon. Miss ed 'Again Howard'. The statements McClendon's talents were halled by contained in that editorial were based 'In Abraham's Bosom', 'Deep River', upon information emanating from 'Never No More' and most recently in be reliable. These statements came the Group Theatre's production of from sources favoring but one side of The House of Connelly'. Miss Mc-a controversy involving the President, Clendon and Mr. Hernandez, with Secretary-Treasurer, and a certain supporting cast of eight players, will form the permanent company for presenting "John Henry".

ing the program will be selected from mind to injure Dr. Scott or to reflect authentic American Negro folk songs. "Mississippi" an original composition by Mr. Hernandez, who also directs the music, will be woven through the editorial have injured the Secretaryscore. Original responsive chants will break into the dialogue quite frequent-

"NEGROES DIE: REDS GO FREE"

(From Page one) ly brings suffering and peril to multi- New York City. wise to let themselves be sacrificed view of the present retraction.

Locals

young man from Jackson, Miss., hit town Monday and like many another. is looking for a job.

Edwin Washington and Richard Bogle, beil-hops at the Portland Hotel for a number of years, are victims of It is a pity that human nature is so the depression as they have been laid Yvonno entertained a number of young

Ivan Cannady returned home from gro race as would desire knowledge at his Christmas holiday vacation, pessed Gene Coy's Eleven Black Aces of

"Duck" Jordan.

Mrs. Clara Glenn, 47, of 366 North try, 16th street, suffered possible kner fractures when struck by an automo Mr. and Mrs. Clarence Jackson (for Bill Robert's Famous Colored Re- bile on the Lovejoy ramp, according to merly Netia Hartsfield) are the proud cording Orchestra, "The Rythm Rack St. Vincent hospital The driver of the parents of a baby girl born Monday eteers under the musical direction of car placed Mrs. Glenn on the side morning. Mother and daughter are re Dick Wilson have been giving Seattle walk where she waited for the arrival covering in the Columbus hospital.

kept busy playing for both colored and Mrs. blice Jamison, of 1190 Holgate Miss Erna Tanner, of Tacoma, were ciation of Joe Robinson, prepared the white dances. The style of this ten- street and Mrs. Henrietta Marshall, of week and guests in Seattle. piece aggregation is likened to that of 681 Gantenbein Avenue are reported

DUBOIS RETRACTS EDITORIAL (Continued from page one)

For some months it has been appar an answer to the complaint made by January 29th.

The retraction is therefore no sur prise to many. Dr. DuBois' editorial statement fol-

Howard Again

"In the April, 1932, issue of the 'Ca group of Trustees of Howard univer-

The atmospheric music accompany clear that it was furthest from our upon his integrity, ability, or zeal in behalf of Howard university.

> Treasurer in any way, we are sorry and cheerfully withdraw any word of ours that reflected upon him or upon any member of the Board."

When the allegedly libelous article appeared last April it was immediate ly challenged by Dr. Scott in a public by violence, they hold, but on the con- statement. A libel suit claiming damtrary everything to lose, including life. ages in the sum of \$50,000 was filed What is even more tragic, they point by Dr. Scott's attorneys, Messrs. Pow out, is the fact that violence inevitab- ers, Kaplan & Berger of 90 John St.,

tudes in no way responsible. They be The time for Dr. DuBois to put in lieve communist organizers are seek- an answer to the complaint was exing to use the Negro merely as a fagot tended on numerous occasions. No to light the fires of political revolu- answer has yet been filed. It is reporttion, and that Negroes should be too ed that the suit will be dismissed in

Seattle News SOCIEY

ADVOCATE ON SALE AT BROWN'S JOE LILLARD OFFERED COACHING BARBERSHOP, cor. 23rd & Madison

Mrs. Frances Brooks and vister friends at a house party in her new home recently. Cards and dancing Al Green, who has been a patient in were enjoyed throughout the evening.

Bosom" opened on January 11th. The are engaged in the bidding. Lillard play consists of an all Negro cast ex- would not say, but he admitted that his race while both his own race and the whites place many stumbling-Mrs. Sarah Jackson of North Bend, blocks in his pathway. There is also

Mr. and Mrs. Clarence Anderson are John Jones who is a chauffeur for the proud parents of a baby boy born Since people are becoming more a Medford, Ore, family, was a visitor Tuesday morning. Mother and child are doing fine.

> in this city. Mr. Cannady is of Portland, Oregon.

in Seattle where he was the guest of Chicago will play at a dance at the Finnish Hall Monday, January 16th. The band has been touring the coun-

Misses Alice and Inga Wilson and

Misses Yvonne and Annie Chatters nia Senator was at his best and the returned from Portland after spending way that his whip lashed the default-DEAD -Mrs. Lucy Noland, of 207 their vacation in that cty. While there ing nations the; international bankers, agine Duke Ellington's orchestra to be North 15th street, died on Wednesday they were the guests of many social the cancelation propagandist, and for Hurlimann, violinist, will be the solo one's meals, it is imperative that they playing in the background. The Rythm at the home of her sister. Mrs. Alice functions. Among parties given of eign sympathisers; is worth the read-Racketeers have already been acclaim- Jones, at 1627 Union avenue. Services their pleasure were the following: ing. ed the most popular colored orchestra were held Friday morning at the Mill luncheon by Misses Estelle and Irene ever to come to the northwest coast. er & Tracey Mortuary. Rev. D. G. Wil- Patterson; dinner by Miss Daisy Lee | The lastest statistics on unemploy- ner. Bill Roberts, the owner of the band, son, minister; Mrs. Beatrice Reed, la- Wright; skating party; dancing party; dancing party; dancing party; dancing party; dancing party; dancing party; denote the number of the jobless | Beethoven has been considered meals and at bedtime will do much

> ent that Dr. DuBois was unable to hold election of officers at their next ment with its attendant misery and to enjoy again its dramatic strength sample menu taken from Dr. Bunde. milk flavored with fruit juices, egg furnish his attorneys with competent meeting. They also will have their suffering? Many varied answers are and beauty. It is based upon the le-sen's reducing guide is as follows: material upon which they could base Recognition Services at Vespers on given Each answer is given from the gendary Roman here who was the Breakfast One orange, a boiled and not apt to spoil the apetite for

> > wedding of her daughter. Esther Brad- point of view that challenges atten. season He is concert master with the Luncheon- Cottage cheese sand diet' ford to Mr. Ted Jones of Portland. The tion. We listened to one speaker, who crchestra, and has made several con-wich, large apple, glass of milk. couple are at present living in Taco was addressing a number of cotollers, cert tours throughout the northwest. Dinner Hamburger steak, buttered oatmeal served with 1/2 cup thin cream. ma. They will make their home in who gave an angle which set his hear His performance of the Dvorak concer. bects(to cup), I one egg, two slices toast with butter

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A Belated Social Note

Mr. and Mrs. Urskine S. Reed were hosts at a beautifully appointed dinner Monday evening, official Christmas. Among their distinguished guests were Doctor DeNorval Unthank and Los Angeles, Calif. January 10- Joe his charming wife and small son. A means suggested for reducing weight, bout the problem of overweight and re and stole the show, has received no the Christmas gift of Mme. H. J. Tra- giand therapy, exercise and baths, and portant in the question of health. teams next year. Just what schools ing room.

the guests at dinner Sunday evening form of the diet is not as essential dency to leanness due to a condition It is almost a certainty that one of of Mr. and Mrs. Jeromo Franklin.

sity. Tom Verdell, former Northwest Mrs. Freida Hicks, of Scattle, interern player, is coaching the Washington esting niece of Mr. and Mrs. W. P. malnutrition, because a lack of nutric fat formation. eleven now, but his success with the Lomax says she likes Portland very tional essentials, if used for any length Underweight is a scrious handicap material at hand was below expecta much. Mrs. Hicks is a versatile con- of time. tions of some of the alumat. They versationalist, having travelled exten For ordinary overweight individual. point out that a hands-off policy main- sively both in this country and abroad. It is best to effect reduction by cut- young adults as this condition often tained by officials for the past two She resides with Mr. and Mrs. W. P. ting down on the concentrated fuel develops during the growth period years has failed to bring results and Lomax, at 434 Interstate avenue. ere asking why. Just how they expect

ni, you know. One other comes Davidson, last week. She was enrous ply liberal amounts of good proteins tion and constipation, is often listless from a school in South Carolina, while to Los Angeles, California to join her vitamins and mineral. This is best and over fafigued, with a low resis-Mississippi horns in with an offer also. husband, Dr. Patrick, who is Mrs. done through the use of milk, fruits tance to discuse because of gerenally "Should I take a coaching be at Davidson's nephew While here. Mrs. and vegetables as the fundamentals lowered vitality. ne of the smaller schools, then I'd Patrick was entertained by Mrs. Etc. of the diet. continue playing professional football gene P. Carr at a bridge party on New A diet guide called 'Safely Control be built around the foeds of high fuel Sundays", the athlete said, "But Year's Day, Mrs. James Braggs also Your Weight, written by Dr. Herman and energy value. Because a body should one of the larger schools accept gave a small bridge party for the plea- N. Bundesen of Chicago, is a safe one which has been depleted by prolonged my proposition, then I would have to sure of the guest who left on Wednes to use. The purpose of this little book under feeding will require building, an

SYMPHONY CONCERT

way for the castigation of the defaulters by Hiram Johnson. The Califorphony Orchestra for Monday evening, rich in those dictary essentials which form, i.e. cream and butter, should be January 16, holds special interest for protect the health of the body. While two reasons. The first is that Edouard these foods should be a part of everyand second, the latter half of the pro the daily loss in weight will not imgram will be devoted entirely to Wag- pair health-

Mr. George Cannady; auto sightseeing as 12 million. Comes now the same old the concert. Promptly at 8:30 p.m. by many as fattening Actually it is in increasing the energy intake. The trip, theatre and many other affairs. A question; Why should this be? In a the audience will hear the strains of a low calorie food. A quart of fresh best foods for these feedings are milk lovely time was spent while in Port- country the richest in the world, with his Overture to "Coriofanus." Those bottled milk or buttermilk every day eggs and fruit juice. Many combina resources unlimited; with its resevoirs who have never heard this Beethoven should be the foundation of the reducof finance, the banks filled with mon- work have new musical thrills in store, ing diet. This may be taken as a bey. milk enriched by the addition of The High School Girl Reserves will ey; why this condition of unemploy- while others will have an opportunity erage or used in food preparation." A cream, malted milks, hot chocolate, angle of self interest. The financier subject of Shakespeare's play.

has one and the varied industry's a. Hurlimann's appearance as soloist spoons milk and one teaspoon sugar, Mrs. Mattie Bradford announced the nother. The toiler gives his from a is one of the main attractions of the a glass of milk to is steatly antick ing to set up an autocracy," he said, the first Dyorak on any program this raw carrot sticks, glass of milk, (4th

There has been too much travelling season broad and they, the rich, bring back | The second part of the concert will with them standards of servility en. be a fine treat for all lovers of Wagcountared through obsequiesness of ner. Willem van Hoogstraten, conservants who touch their caps and ductor, has arranged the following pull the fore-lock. They come home numbers: Prelude and Love-death and contrast the upstanding American ("Tristen and Isolde"); "Forest Mur independence of the employee and de- murs" ("Siegfield"); "Siegfried's termine that something must be done Rhine Journey" ("The Twilight of the to crub that spirit. The first thing done Gods"); and Wotan's Farewell and was to import foreign help. The native Magic Fire ("The Valkyries").

butlers and maids were not "trained | Another month will bring the close servants." The rich man becomes of the present Symphony Orchestra tired of seeking common John Smith season, which opened in November to ride his family in an automobile. Two more Monday night concerts and The line of demarcation must be two Sunday matinee concerts will re drawn. Starve them into submission," main after the January 16 program this and much more along the same They are: Sunday afternoons, January line. He declared that he was neither 22 and February 5; Monday evenings. Socialist nor Communist, but out January 30 and February 13. Reservaof a job, or a carpenter, known to my tions for any concert may be made neighbors as a hard working, law at through the Symphony office, J. K. biding citizen. Sorry indeed are we Gill company, Portland. to see such trend of thought But it .

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THE UPBUILDING DIET

There are numerous ways and Although much has been written aas that it be well balanced and low of the body where it burns up rather in fuel value. Extremely one sided than stores the food taken in excess diets are liable to cause ill health and of body needs, leaving no surplus for

foods (sugar, starchy and fatty foods) when the body is making large deand to keep on with an otherwise mands for extra energy and building Mrs. Albert Patrick, of Minneapolis, halanced diet. The diet, to be safe materials. The very thin person is apt beyond us, but that is the way of alum Minn., was the guest of Mrs. 1. L. over fairly long periods, should sup to be nervous with nervous indiges-

> Miss Catherine Franklin was the his build. To quote from Dr. Bundesen cluded. The first requirement should guest of Miss Geraldine Jefferson at in his discussion on the essential foods be met including liberal amounts of present weight. Fresh milk, vegetab-PORTLAND, Ore., Jan. 14-The con- les, and fruits are called the protectcert announced by the Portland Sym- ive foods because they are particularly

> > "Fresh milk, because of its abun

egg, buttered toast, coffee with 3 table- regular foods.

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delicious turkey menu in three courses These may be grouped under the fol- ducing, the condition of underweight who came into professional football were served. A gorgeous potted fern, lowing heads-fake remedies, ductiens and how to overcome it, is just as im less than six offers to coach college cey to Mrs. Reed, adorned the Jin special diets. The latter one or cutting There are two main causes for an undown the food intake must always be derweight condition: either the food considered the reliable course to fol intake is too low in amount or poor Mr. and Mrs. Charles Adams, were low in weight reduction. The exact in kind, or because of a natural ten-

> and a continual threat to health. This is especially true among children and

is to help one attain and maintain abundant supply of foods containing in a reducing diet, "Certain foods must butter, cream, cereals and bread, be kept in your diet regardless of how cream soups and high calorie desecrts. many others are eliminated to reduce Such foods as fat meats, pastries, and rich gravies should be used moderately and vegetables.

Supplementary feeding between nogs, all of which are casily digested

The following menus may serve as a guide in planning the 'up-building

Breakfast- One glass orange juice, which & cup cream has been added. Luncheon- Creamed fish on toast. fruit or vegetable salad, I slice broad

and butter, Ice cream, cocoa, Mid-Afternoon- One glass malted

or chocolate milk. Dinner- Cream vegetable soup with crackers, roast lamb, baked potato with butter, creamed carrots, lettuce salad, cream pie.

Before retiring- One glass of warm milk enriched with cream

Meals of this type furnish excess energy needs without being bulky, and if adhered to, will result in a steady. but not too rapid, gain in weight.

glass of milk before retiring).

This booklet, 'Safely Control Your Weight' may be obtained free by writing to the Oregon Dairy Council in

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