

GREAT GAME AT INSTITUTE.

West Virginia's Lighter Team Held Howard University to a Tie Score. Institute, W. Va.—What was pronounced the greatest football contest in this section for many years was the recent game between the West Virginia Collegiate Institute eleven and the squad from Howard university, which resulted in a tie score, 7 to 7.

The West Virginia boys put a crimp in the string of successes of the representative team from the District and before the first half was over changed Howard's air of confidence to that of the grim desperation of one who fights hopelessly with his back to the wall.

Howard's first rushes after they received the kickoff were so well organized, the size and looks of the bearded warriors so formidable, that before Institute could recover her courage Pender Hughes had swept around her right end to a point from which the ball was—with difficulty, however—pushed over.

While gloom settled like a pall over the spirits of the crowd and the few Howard enthusiasts cheered, things began to happen. Finally Hughes got away and by a serpentine run of thirty

HEALTH HINTS.

A. J. Booker, M. D.

Every household should have a good first aid packet in order to be prepared for trifling injuries. It is the first things that are done that very largely determine the results of wounds and injuries.

There are present in the skin germs always, which are harmless so long as the skin is intact, but when the skin is injured and offers a point of lowered resistance these germs become troublesome, producing blood poison and other forms of trouble. The cuts and bruises are not necessarily an index to the condition of one's blood, as many people think. But the fact that some persons are more troubled than others is an indication of not having developed immunity.

The greatest enemy to germs, and at the same time a practically safe agent is TINCTURE OF IODINE. When a cut is first made apply this tincture and wrap the wound with some bandage material. It has been found out that it is safer to not wash wounds. The washing of a wound calls for training and absolutely sterile fluids and containers. For the past ten years surgeons have learned to place more dependence in iodine than in washing. Even in factories, where there is dirt and oil, it has been found that it is better to not wash than to take the chances of washing dirt into the wounds.

Peroxide has its uses, but as a germicide it is in no way comparable to iodine. Many people cause more bleeding of wounds by their meddling and daubing methods.

Vaselines and salves do more harm than good when used indiscriminately. In case there is any foreign substance or germs in wounds, what we most desire is drainage—the flowing out of pus. These things prevent drainage and cause the purulent matter to be absorbed by the system. It is drainage which brings relief when boils and abscesses are opened. Put not your trust in salves. As for poultices, one is better than another only in proportion as it is capable of holding heat and moisture. The one which holds heat and moisture longest is the best. There may be tastes in the matter, but the facts are things which thoughtful people are after. Reason must finally give way to tradition and superstition.

As for the first aid kits—two or three bandages, not to be unwrapped until needed, an ounce or two of tincture of iodine (better kept in a glass stoppered bottle), one or two wooden applicators upon which a pledget of cotton is to be wrapped to apply the iodine, which will usually sting a few minutes, and a small package of cotton to be placed over the dressing. Cotton, unless it is moistened, is better never to be placed next to a wound since dry cotton acts as a barrier to drainage. Never place antiphlogistine over a cut or running sore unless you want to dam it up and invite trouble.

As for lockjaw, the only way to prevent it is to inject a serum, but if a wound is thoroughly swabbed out by iodine one may rest fairly safe unless there is manure or garden earth about. The germ which causes lockjaw abounds where manure is found.

It is the first aid which largely determines what the results are going to be and every one should either know what to do or do nothing.



CAPTAIN HUGHES.

yards carried the ball to Howard's eight yard line, but no farther advance was made.

The third quarter came, and after Lockett, Clark, Patterson, Morgan, Cunningham, Few and Holland had spread a "curtain of fire" over Howard's advance Bartlett, Crawford, Hardy and Hughes enveloped the receiver of Howard's forward pass, Hughes became the recipient, and, assisted by matchless interference, snaky twisting and a burst of speed, he turned Howard's left flank, sidestepped the all southern stars and planted the ball squarely between the posts after a run from his own forty yard line.

The Charleston Post of Nov. 14 wrote of Hughes: "He is small of stature, as powerful as a bull, as fast as a bullet and shows more real individual football class than has ever been shown by any collegian, be he white or black, on the local gridiron." This in spite of the fact that such elevens as Washington and Lee, West Virginia University, Virginia Polytechnic Institute and West Virginia Wesleyan have staged their stellar games this season at Charleston.

Coaches Smith and Ollom have developed a team that ranks with any colored team in the country and have put the West Virginia Collegiate Institute prominently on the collegiate athletic map.

THE BOY CADET MOVEMENT.

General W. H. Crawford's Plan For Training Young Christian Soldiers. Nashville, Tenn.—"Teaching boys military discipline under religious influence is one of the mighty forces and factors that is helping us to build substantially for the future in our religious life," declared General W. H. Crawford of Austin, Tex., at the meeting of the Sunday school congress at Wicksburg last June. General Crawford was making his annual address before the Sunday school congress forces on the boy problem.

General Crawford, in company with Lieutenant General Harry Lott, will spend a month in Nashville prior to the meeting of the twelfth annual session of the congress in 1917 instructing the local companies that are to be recruited, each to its full strength, one in each church, which are to constitute a mammoth boy cadet encampment that is already planned to be carried on at Greenwood Park, which is located on one of the city street railway lines.

It is understood from the secretary of the congress that arrangements have already been made whereby Lieutenant General Lott will precede General Crawford and get the camps in readiness to begin the disciplining of twenty-five boy cadet companies that are being mustered in in Tennessee's metropol.

There is to be an average of twenty-four boys in each company. A conservative estimate places the figures at 600 boys at least. This is to be augmented by quite a few companies from Texas, Louisiana and Georgia. It will be, if present indications count for anything, the largest national encampment of the boy cadets ever held in the United States.

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Buffalo Sleds 85c

Flexible Buffalo sleds of guaranteed quality. Pretty hardwood top over steel frame and runners. Light-weight yet durable. Just the 85c thing for the growing boy. Special Christmas price.

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Des Moines Business Man Now Tells Every Person To Try Tanlac; He Knows.

When the alarm clock rang this morning, did you bound out of bed, wide awake, bright-eyed and whistle while you dressed?

Not if you are an average citizen. You stretched and gaped and arose slowly, feeling vaguely despondent and uneasy and not a bit rested. True you got in a rut and pulled yourself through, but you weren't a success and you realize it. You lacked ambition, vim, nerve force and you couldn't concentrate. There was no joy in the day's work or the reward it brought you.

L. Belden, 714 West Eighth street, owner of confectionery at 200 Walnut street, Des Moines, says:

"I suffered with my stomach for years. Most everything I ate caused gas to form. Often I would have severe pains.

"I began taking Tanlac and had only used it a short time until I noticed a wonderful change.

"In fact I have forgotten that I had stomach trouble. I eat everything. Nothing seems to hurt me.

"I am glad to recommend Tanlac to any person who has a weak stomach."

Those who wish to know more of Tanlac may do so at John McNeerney's drug store, Sixth and Grand avenues, Des Moines. Also on sale at Thomas Drug Co., Buxton, Iowa.

PLEASANT GROVE, IOWA.

(Special to Bystander.) The Lord has visited us. Rev. G. W. Jackson, our pastor, was down and carried on a revival meeting with quite a success. Eight to be baptized and added to God. It was a success spiritually and financially.

Subscribe for The Bystander.

CLINTON, IOWA.

Mr. and Mrs. Ernest Williams have gone to Chicago, where they will make their future home, much to the regret of their friends.

The dinner given at Bethel A. M. E. church on Thanksgiving day, under the auspices of the stewards and trustees, was a success. A large number were in attendance. Both departments realized well financially as a result.

Roy Watts was a visitor on Thanksgiving day in Ottumwa.

Miss Anna Culberson of Davenport spent Sunday with her parents. She was accompanied by some girl friends.

Curtis C. Bush left for Chicago on Monday, after a four days' visit with his parents.

The three days' bazaar which opened with a dinner on Thanksgiving day at the Second Baptist church was a success, over which the members are much gratified. A good sum was realized as a result. The large centerpiece was awarded to Mr. Jas. Embree, who held the lucky number.

Miss Lucy Toney, a former Clinton girl, has returned from Des Moines and will make her home again in this city.

Mr. and Mrs. John E. Bradford of Davenport were Thanksgiving guests at the home of Mr. and Mrs. M. O. Culberson.

The following officers were elected for the Allen Endeavor League at a meeting held a few weeks ago: President, A. A. Bush; vice president, Mrs. S. V. Emerson; corresponding secretary, Miss Murda Beason; treasurer, Mrs. Holland Williams.

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CEDAR RAPIDS, IOWA.

The Mite Missionary society of Bethel A. M. E. church were entertained Monday afternoon at the home of Mrs. Adelaide Flowers.

Mr. J. B. Nelson entertained Bethel Brotherhood Sunday afternoon. After the regular routine of business a delightful luncheon was served. Mr. W. H. Milligan will entertain them December 10th.

Mrs. Geo. Young of Des Moines is visiting Mrs. E. Gresham.

Mrs. Northcross is much improved at this writing.

Mr. and Mrs. Clyde Washington of Burlington visited Thanksgiving day with Mrs. W. H. Milligan, Mr. Washington's mother. Mr. Washington returned home Friday, Mrs. Washington remaining for a few days.

Mrs. Iva Young of Fort Dodge is visiting her sister, Mrs. Leroy Warren.

Miss Fern Martin has returned from a visit in Rock Island.

The musical to have been given by Mrs. Lulu Horne on Xmas has been postponed.

(Last Week.) Mr. Porter of Sheboygan, Wis., visited at the home of Mr. and Mrs. W. H. Milligan on Tuesday.

Mrs. A. Griffith is spending a few days at the Milligan home.

The entertainment given by the Telephone club at the residence of W. H. Lovell was a success.

There was a good crowd attended the K. P. entertainment.

Mr. Webb of Monmouth, Ill., was in the city Thursday on business.

Free

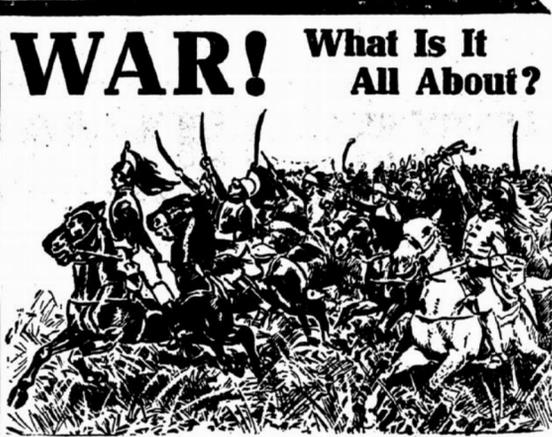
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