

**A Great International
Figure Who Has
Helped Thousands
To a Brighter Outlook
On Life!**



DR. FRANK McCOY

Here, at last, is a book that tells you how to live in glowing health by observing a few common sense, but little known, rules of selecting your food. Dr. McCoy, famous as an educator—scientist and author—writes daily Health and Diet articles for 160 leading newspapers, having over 30 million followers.

Dr. Frank McCoy's GREAT BOOK

"The Fast Way to Health"

**100,000 Copies Already Sold
in United States**

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You determine your health by what you eat. You avoid unnecessary pain and sickness by knowing how to select your food combinations. Dr. Frank McCoy has become internationally famous because of his ability to show people how to eat their way to health—and how to keep health.



Dr. McCoy does not advocate medicines. His instructions, given you in great detail in this wonderful book, are not mysterious or difficult to follow, but are simple, natural and interesting. Whether you or any of your loved ones or friends are sick or not, "THE FAST WAY TO HEALTH" brings you vital knowledge.

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333 Pages of Instructive, Common-Sense Information
About DIET and HEALTH by the World's Foremost
Health Specialist.**

What prominent authorities think of Dr. McCoy's Book.

"Dr. McCoy points the way to health: a cheap and easy road to travel. He makes it clear that most sufferers are responsible for their own ailments and are the only ones who can effect their own cure."

—L. A. EXPRESS, Sept. 15, 1927.

"I have studied diet for twenty-five years and know your treatments will do what is claimed for them. 'The Fast Way to Health' is the best reasoning I have read on the diet question."

—DR. E. J. FAVELL.

"The book is written for ordinary people who will find it easy to read and helpful."

—EL PASO (Texas) HERALD.

"The book will please, especially because of the clarity of expression and in it the reader is apt to find many things that may induce him to stop digging his grave with his knife and fork."

—BUFFALO (N. Y.) EXPRESS.

DISEASE IS NOT ACCIDENTAL. Bad habits are the cause of all sickness and bad food habits are the most prevalent. You suffer from ailments because you have never learned how to live, or even how to eat correctly, because you have not learned the importance of proper nutrition and its relation to your health.

In Dr. McCoy's book, "THE FAST WAY TO HEALTH," you are given in plain understandable language the A. B. C. of food chemistry and physical mechanics. You are talked to in your own kitchen and in your own dining-room, just as though you were in personal consultation with Dr. Frank McCoy himself.

One whole section of this remarkable book gives you vital facts, many of which cannot be found elsewhere. The book teaches you what to eat to get well and stay well. Tables of food combinations are given which are easily understood, and from these simple food lessons your meals may be selected in a few minutes to give you VIGOR and ENERGY.

Why mix expensive foods in your stomach, each one of which is perhaps splendid itself, but which when improperly combined causes sickness and suffering?

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If desired C.O.D. please
put check mark here.

Name
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City and State.....

Second Contest for Negro Composers

(Continued from Page One)

one or more movements. The prizes for third class are: First prize \$250; Second prize \$100; and third prize \$50.

Compositions submitted for Class 2 must be a vocal solo for one voice only. Instrumental compositions will not be considered in this classification as they were last year. The accompaniment may be for piano, orchestra, etc., and obligato instruments may be used as the composer desires, but they are not necessary to make the composition eligible for a prize. The prizes in this class are: First prize \$100; Second prize \$75; and Third prize \$50. However, it is required that the composition be a Love Song. Song poems, that is, words unaccompanied by music, will not be considered under any circumstances.

Class 3 is for instrumental compositions only. Works submitted may be in any form, dance, sonata, or miscellaneous, and may be written for solo instruments with any accompaniment desired by the composer or for groups of instruments which, however, must not exceed ten in number. The prizes in this class are: First prize \$100; Second prize \$75; Third prize \$50.

Compositions submitted for Class 4, must be for a full brass band and any type of composition is eligible, a theme and variations, a march of any other form preferred by the composer. The prizes are: First prize \$100; Second prize \$75; and Third prize \$50. The employment of the Negro idiom melodically, rhythmically and harmonically, will have some weight with the judges, but quality of musical thought and workmanship will have the first consideration. The Negro idiom is preferable, but not essential. All composition submitted must be in the hands of the Robert Curtis Ogden Association of the John Wanamaker Store of Philadelphia, not later than midnight of June 1, 1928.

High Honor Is Awarded Davis

(Continued from Page One)

heavily laden. Reports on his service from such agencies as the Citizen's League and observers on the scene daily have been highly complimentary. Had it not been for insuperable downstate prejudice he doubtless would have been speaker or floor leader long ago, as his ability has been unquestioned."

Mr. Davis, besides his outstanding political activity, has found time to give his services freely as a member of the board of directors of the N.A.A.C.P. He has been one of its most active and dependable advisers, serving as attorney when there was need and keeping in constant communication with the National office.

Upon receipt of the news of this election the National office of the N.

A.A.C.P. telegraphed Mr. Davis as follows:

"The N.A.A.C.P. congratulates you and the people of Cleveland on your election as Civil Service Commissioner. Your well-merited triumph constitutes one of the outstanding victories in the political history of the Negro in America."

A TIME FOR EVERYTHING.

By Albert Brown, Simcoe.

Just a short drive out from Simcoe
When the days are nice and fair,
Will bring you into Brantford
Where Rev. Wright dwells peaceful
there.

Now Rev. Wright is bashful,
Or a least he is said to be;
So on our short drive from Simcoe
We'll take our time to see.

I understand it quite clearly,
It is rumored by the wise,
That is General Superintendent,
Seeking the B.M.E. Franchise.

As he needs good men in his Conference
To carry out his themes,
He has fairly good ministers
Who can furnish lots of steam.

Put Wright in as teacher,
Arf. Richardson for first,
C. A. Johnson's a good speller,
But can't recite a verse.

S. Lucas as choir-leader of the Conference,
He sure is tight;
F. O. Stewart to assist him
If they don't sing out just right.

Put T. Lucas at the Finance Board,
You will never have to frown,
He will tell you where the green
backs are

Sure as the sun goes down.
Rev. Woodcock and H. Logan
As ushers it would be a treat;
T. Jackson, a good evangelist for
He can surely preach.

Now Wright you have the makings
Of a right good conference true;
You have B. T. Washington of the
Maps,
Bishop Hawkins, too.

Now Dean Wright, get out and
hustle,
Make surely your good aim,
As I hope to meet you all in London
When the flowers bloom again.

—SECRETS—

Stop worrying about the Future—
Money Matters—Love—Wealth— and
Family Troubles. Enjoy your life. You
can have anything you want and be
a winner. Have money, friends and
sweethearts. Drive away the evil spir-
its and become lucky. For many years
my methods have proven to be a suc-
cess—thousands of people have ob-
tained what they desired through my
works. You can do the same—just
write.

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