

IS GRANTED DIVORCE.

Mrs. Myrtle A. Preston Granted Divorce By Judge F. M. Calkins.

Mrs. Myrtle A. Preston, formerly a resident of Myrtle Creek, but of late employed in "The Leader" store, in Roseburg, was yesterday granted a decree of divorce from her husband, Robert A. Preston, by Judge F. M. Calkins in the circuit court.

Mrs. Preston alleged cruel and inhuman treatment, coupled with desertion.

THE NEWS' BEAUTY COLUMN
(By Madame Quivilla.)

(Madame Quivilla will be glad to answer any and all inquiries pertaining to womanly beauty. Personal answers will be made provided a self-addressed and stamped envelope is enclosed. Address Q, care News.)

Beauty and Food.

That the food we eat has much to do with our complexions there is no doubt but among all the faddists I have failed to observe very many good complexions. One preaches the doctrine of meat and water, another raw foods of all kinds; the vegetarian who will touch nothing which has ever had in it the vital spark of blood yet do eat animal substances in the form of eggs, butter, cheese and milk. Then we have the natural food faddist who finds all the materials to build up the perfect body in nuts and fruits of the earth.

Now the truth is that often a kernel of good can be found in every new fad, but it must never be forgotten that what one person will thrive beautifully upon means sickness and suffering to another. For perfect development man requires a greater variety of food than any other animal. We have to eat in order to repair the natural waste of the body—which is one twenty-fourth of its weight daily—and consequently we must eat a variety of food because each food contains a particular element and it is the combination of these elements that build up the body.

There is no country in the world where there is so varied and abundant food supply as in the United States yet I doubt if the world can show elsewhere so many well-to-do people who are badly nourished, and the very ones who are nearest the source of supply, the agriculturist, live from one end of the year to the other on the most limited diet, utterly oblivious of the value in the fruits of the earth which could be theirs often without labor or price. The French and German peasants would revel and thrive on the refuse from an American farmer's kitchen, because necessity has taught them to extract every particle of nourishment from food supplies and on six square feet of ground they would raise all the savory herbs needed to give their "pot and pan" its delicious flavor.

Food effects the body for evil or for good and of the two evils it is better to go hungry than to eat when over tired or in great haste. It is an insult to the stomach to thrust into it a load of half-masticated food, which under depression of fatigue it is incapable of digesting. Decomposition ensues and a sour stomach results; gases arise, poisons are absorbed and the natural consequences follow—bad breath, headache, sleeplessness and general disorder.

Men are greater offenders in this last respect than women. They eat their meals in haste, do not give sufficient thought to their own food and humor unhealthy appetites. Reform in all this must come from woman's suggestion, and mothers cannot begin too early to train their children to a healthy manner of eating. Dyspepsia is an American disease, being entirely the result of errors of diet and want of systematic exercise in the open air. Pastry complexions and pimples, sour tempers and broken constitutions are the result of senseless eating.

When we find nations so situated as to be obliged to subsist chiefly on one article of food we find the system liable to dreadful diseases. The Orient is an example of this, rice being the main food, and because of dreaded diseases bread, wheat and beans have been added to the rations of the sailors in the Japanese navy. The woman who wishes to cultivate her beauty must find out what foods agree with her best, and she must consider it worth while to know how it should be prepared. A woman can feed herself into a state of physical beauty and be just as attractive at sixty-five as at twenty-five, if she lives right. Never forget that the drinking of hot water and thoroughly flushing the body daily is needed to assist and stimulate the internal organs to do their duty.

A diet of fresh, rare beef and oranges has been known to work wonders in an unsightly skin in a very short time. Old French beauty books make much of the wonderously retained beauty of the Marquise de Crequey, who at the age of ninety possessed "an apple-blossom complexion, an abundance of snow-white hair, and all her teeth unimpaired". All this was attributed to the fact that for the last forty years of her life, oranges formed the principal part of her food, eating three dozen per day, but I think the story has

grown with the generations that have passed since the dear lady's time. Be that as it may, oranges, sweet and ripe, possess extraordinary virtues, especially in their action upon the liver.

FOR SALE:---

15 choice Barred Plymouth Rock cockrels (Bradley Bros. strain), \$1.50 to \$5.00 each; also a few Anconas (Conadale strain) and White Wyandotte cockrels. Eggs for hatching for sale about February 15.

G. W. Kruse & Sons
ELDORADO POULTRY FARM,
Roseburg, Oregon.

HICKS & WORSTELL

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Farm and Lot Surveys
Descriptions and plats checked for Attorneys
Water power and Irrigation Work
Plats and Maps Drawn

Office With
COMMERCIAL ABSTRACT COMPANY
328 North Jackson St.
Res. Phone 131 Party R.
Office Phone 245

PROFESSIONAL CARDS.

BARTON E. MAPES
Art Teacher & Portrait Painter
\$35 and \$50 Portraits for \$15 and \$25.
Studio 137 N. Jackson St.
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G. C. FINLAY, D. D. S.
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PERKINS BLDG.

DR. M. ASHTON
Chiropractic Physician
Spinalist.
Chronic Diseases a Specialty
224 Cass St. Roseburg.

J. R. CHAPMAN, D. D. S.
Dentist
Room 317 Perkins Building,
Roseburg, Ore.
Office Phone 282; Res. 192-R
Hours 9 to 12; 1 to 5

DR. H. E. HERMANN,
Eye Specialist.
217 South Stephens Street,
Roseburg, Oregon.

MRS. CHARLES HEINLANE,
Teacher of Piano.
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Phone 33-R

DR. D. E. SNELL,
Osteopathic Physician.
301 Perkins Building,
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GURDON A. FORY,
Vocal Lessons.
Studio 437 N. Rose St.
Phone 290-R
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MRS. H. JAY STONE,
Teacher of Piano.
Classes in Harmony.
Studio 717 Hamilton St.
Phone 288-R

FOR COUNTY TREASURER.
To the voters of Douglas County: I hereby announce myself a candidate for re-nomination for County Treasurer, subject to approval by the republican voters at primary nominating election to be held April 19, 1912.
J. E. SAWYERS
pd. adv. dawit

FOR COUNTY ASSESSOR.
I hereby announce my candidacy for the nomination for assessor of Douglas county at the republican primary election to be held on April 19, 1912. I am the present incumbent of the office and am serving my first term.
FRANK L. CALKINS.
pd. adv.

FOR COUNTY SURVEYOR.
To the voters of Douglas county: I hereby announce myself a candidate for re-nomination for County Surveyor, subject to approval by the republican voters at primary nominating election to be held April 19, 1912.
FRANK CAIN,
pd. adv. dawit

FOR JUSTICE OF THE PEACE.
I hereby announce my candidacy for the nomination for justice of the peace for Deer Creek precinct at the republican primary election to be held on April 19, 1912. I am the present incumbent of the office.
R. W. MARSTERS.
pd. adv.

CANDIDATE FOR SHERIFF.
I hereby desire to announce to the public that I have consented to the urgent request of my many friends throughout the county to become a candidate for the nomination for the office of sheriff, subject to the democratic primaries to be held April 19, 1912.
R. T. ASHWORTH.
pd. adv.

FOR COUNTY COMMISSIONER.
To the voters of Douglas county: I hereby announce myself a candidate for re-nomination for County Commissioner, subject to approval of the republican voters at primary nominating election to be held April 19, 1912.
M. R. RYAN.
pd. adv.

FOR REPRESENTATIVE.
I hereby announce my candidacy for the nomination for representative of Douglas County subject to the will of the republican voters at the primary election to be held on April 19, 1912.
O. C. BROWN.
pd. adv.

FOR SCHOOL SUPERINTENDENT.
To the voters of Douglas county: As a candidate for the nomination for the office of county school superintendent, I respectfully make the announcement subject to your approval at the republican primaries at April 19, 1912.
ED. S. COCKELREASE.
pd. adv.

FOR RENT OR LEASE.
The Central Hotel building. Inquire of J. W. Wright, room 6, Douglas National Bank building.
J. W. WRIGHT, Agent.
For the news, read The News.

GENERAL DRAYING

Goods of every description moved to any parts of the city. Prices reasonable.

H. S. FRENCH

REAL ESTATE

Farm Lands
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Poultry Tracts
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LIST YOUR PROPERTY WITH US.
HIMES OLIVER
Cass St., next to Grand Hotel, Phone 387. Roseburg, Ore.

The Milton Nursery Company

of Milton, Oregon, have sold fruit trees and shrubs in Douglas County for four years. Hundreds of satisfied customers is the testimonial they offer. Best of stock at lowest prices. Correspondence solicited.

W. R. PALMER, Agt., Cleveland, Ore.
Successor to A. M. ARMSTRONG, Farmers Mutual Fire Insurance a Specialty.

We Pick Up Things



that are not exactly presentable, and very soon put them in shape again. Linen sometimes gets roughly handled—especially when a man is collared and cuffed, but we smoothen things out again, give him a "clean bill of health" and restore his linen to its original beauty. Why don't you give us a trial, and find out this for your own satisfaction.

LIBERTY'S LIGHT



is really the freedom that comes from independence, and independence can only belong to the thrifty and saving. Young and old ought to have a bank account and here is the place to have it. We welcome individual accounts and are most accommodating to our depositors. We offer liberal interest combined with that security that belongs to solid institutions like ours.

4% Interest on Time Deposits

First Trust and Savings Bank

For over 20 years the Old Reliable Store of

RICE & RICE

THE HOUSE FURNISHERS

Has prospered because of its honest and fair dealing with the public. Always giving the most in value and the best in quality, has enabled us to retain the patronage of our customers and constantly gain new ones. There is a

STRONG BOND OF FRIENDSHIP

and good feeling between our old customers and ourselves, and it is to this

FEELING OF SATISFACTION

and a willingness to push the good news along that we attribute our success.

MONDAY, FEBRUARY 19

These Two Specials

Twenty four No. 113 Hardwood Rockers \$3.00 value at \$1.65. Only one to a customer, none to dealers.

Sixty of No. 22, Dinnin Rooming Chairs, worth \$1.75 at \$1.25. Exactly like the cut but has a leather seat. Only six to a customer.



MANIFOLDING
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A. S. HUEY CO.
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NOTICE TO TAXPAYERS.

Douglas County taxes for the year 1911 will become due on February 20, 1912. A rebate of 3 per cent will be allowed for taxes paid in FULL before March 15. Taxes will become delinquent on the first Monday in April except as those who have paid in half between March 15 and the first Monday in April. The second half of the taxes may be paid any time before the first Monday in October, when they will become delinquent and subject to penalty and interest. No half payments will be accepted during the rebate period. Postage stamps and checks of non-residents not received in payment of taxes.

Remit by bank draft, express or postoffice money order, payable to Geo. K. Quine, sheriff.
Address all communications to
GEO. K. QUINE,
Sheriff and Tax Collector, Roseburg, Ore. daw128