

MILTON J. SHOEMAKER
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MONDAY, FEBRUARY 14, 1916

THE GOVERNOR'S VISIT.

There is no question but that the
visit of Governor Withycombe to the
Soldiers' Home yesterday will re-
sult to material benefit to that
worthy institution, for the governor
has stored in his memory a number
of things which he will bring up at
the next session of the legislature
and ask appropriations to carry them
out. The governor truly said, the
state of Oregon has a jewel here in
Roseburg, in the possession of such
an ideal spot for an institution of
this kind, and it has been either
stingy or indifferent in providing
means for its proper care and en-
largement to meet the ever increas-
ing demands, or to make it one of
the places of interest under the fos-
tering care of a great state. While
the institution under its present excel-
lent management is on a high plane
of efficiency, there is much that is
to be desired, and the entire citizen-
ship of this city and country will
back up any assist the governor in
his recommendations to the legisla-
ture to attain this.

THE RESOLUTIONS.

There are resolutions and resolu-
tions, but for ones which have the
real old time ring to them, those pre-
sented by the committee reporting to
the county central committee last Sat-
urday, are certainly entitled to a
high rank in the first class. They
are complete enough and concise
enough to be incorporated bodily in
a state or national platform. They
have the ring of steel, and there is
not an affirmation that cannot be
backed up with facts and conditions.
When resolutions and declarations
like these go ringing over the coun-
try, they will bring a spontaneous
response, for there is not a single
sentence from beginning to the very
end, to which the popular verdict
will not say amen. Cut these resolu-
tions out and paste them in some
place where they can be read time
and again, for they are masterpieces
of facts and logic.

When the editorial sanctum was
presented with a huge platter of var-
ious kinds of most excellent cake
this morning with the compliments
of two prominent attorneys of the
city, an investigation was quietly
started to find out what they had
been doing that they wished hushed
up, but the only thing that develop-
ed was that Dexter Rice and A. N.
Greut were celebrating their birth-
days, they having been presented as
valentines to their respective parents
a number of years ago. Out of con-
sideration of the undisputed quality
of the gift, and the thoughtfulness
of the act, it can be stated that the
gentlemen have kept up their reputa-
tion as valentines ever since, and
The News, along with their many
friends, extends its congratulations
and wishes for many recurrences of
the day.

President Wilson makes his formal
announcement of candidacy for the
second term in a letter made public
today, to the voters of Ohio. By
this action the president but clinches
his title as the champion mind-
changer of the decade. If there are
any doubts about this, attention is
called to the plank in the Baltimore
platform, which is generally accepted
as being the inspiration of its nom-
inee.

Some day Roseburg is going to
own a gravity system of water works
with the water coming from snow fed
streams of the Cascades, and located
high enough up to give a pressure
that will carry a stream of water to
the highest points of the city. If
any one doubts this let him look back
ten years, yes five years, and see what
they brought in improvement, and
some of the doubts will vanish.

When a fellow has lived all his
life in Ohio where spring gardening
does not begin until April, then
moves out to the Impqua valley and
has applicants to spade up his gar-
den plot the middle of February, he
begins to believe that he is getting
pretty close to the ideal spot.

Off Agin, On Agin
STRICKLAND W. GILLILAN

Omitting The Song
I shall not sing my daily song, to-
day—
It might shed gloom, not cheer,
along the way.
Perchance there might creep into it
some hint
That darkness held my soul, with-
out a glint
Of light to brighten it—I would
not sing
A song to sadden folks, for any-
thing.

To-morrow, when my world is right
again,
When I've resumed my kindly
thought of men,
To-morrow, when to-day's clouds
shall have passed
And I can see a sky more blue and
vast,
I shall burst forth in joyous song
once more
And plead with folks "Be happy!"
as of yore.

Finagin Filosofy
Money needs to be made av touch
material to kape people fr'm tearin'
ut to pieces squabblin' over ut.

Smatter With Him?
When a sporting editor writes
boastfully that a team in his town
has "lowered the duck-pin record,"
one is constrained to believe he has
just been attending the races.
That's what happened in the At-
lanta Constitution not long since.

Running In A Ring
Miss Bell trains the new opera-
tors for the Bell Telephone Com-
pany at Atlanta.

We have often noticed that when
"love and affection" are mentioned
as the consideration in a real estate
deal, the purchase price is never
paid in installments.

Lawsmanassy!
Life will be no more worth living
For many a hard-up man
Since they've got to selling autos
On the easy-payment plan.

Better Euphony
New York will substitute for
"not guilty" in the case of insane
criminals, "GUILTY, but insane." Why
not alliterate it and say, "Naughty
but nutty"?

Some people have the happy fac-
ulty, when they meet you in after
years, of recalling vividly all the
things you hoped everybody else
had forgotten except yourself.

She Wanted It To Wane
"Are you interested in wax fig-
ures, Mrs. Belygge?"
"No, I'm a good deal more inter-
ested in my own waxing figure."

One sometimes wishes twilight
sleep had been employed at the
"Birth of a Nation."

The Boob!
"Girl! Flees From Father," read
Mrs. Honhand from the newspaper
headline.

"I didn't know them things was
hereditary," remarked her husband,
as he arose to wind the clock.

He Kind O' Knew
"Do you know," asked the man
who was examining the youth for
chauffeur's license, "the difference
between bore and stroke?"

"Well, I've met some bores that
were almost equivalent to a
stroke."

Thinking It Over
We learned just the other day
that Sweden has fifty-two million
acres of land. But we have taken
no action in the matter as yet.

Safe Bet
"There's a town named Agency
Ford, on the Missouri below St.
Joe."

"Well?"
"Nothing; only I bet that name is
reversed somewhere in the town."

Other Way Around
"You say this great express-rob-
ber is your brother-in-law?"
"No, he's my brother-outlaw."

The Northerner Down South
O I'm going to the Arctic to remain
till birds sing—
Dern these semi-tropic countries
where you freeze from fall
to spring!

Of course we'd readily believe
anything the unselfish English told
us about German treachery to this
country.

The Young Lady
Across The Way



The young lady across the way says
it's never safe to judge a man's
ability by his looks, and we all re-
member the story of Samson and
Goliath.

BEAUTY CHATS
EDNA KENT FORBES

Cheer And Appetite

THE WRITER of the old proverb "Bet-
ter a dinner of herbs where love is,
than a stalled ox and hatred therewith"
had more in mind than the
mental effect of such conditions.
Never eat while you are angry or ex-



Being cheerful is the best sort of an
appetizer

alted, it is better if you skip an en-
tire meal, than to force food into
your system, when that system is un-
duly excited.

The fat woman is cheerful, which
is one of the reasons she is fat. Do
not misunderstand, you who wish to
reduce, and think that cheerfulness
alone is the cause of your fleshiness.
The reason is that the cheerful mind

and the quiet body allow the diges-
tion to absorb full nourishment
from the food received, which nour-
ishment produces flesh and bone and
strength as well.

Do not eat while you are tired, nor
while you are working, the effect is
the same as when you are nervous or
excited. The brain is using the
blood, the stomach can get but little
to help it in the work of assimilation.

Aside from its religious signifi-
cance, the idea of saying grace be-
fore meals is an excellent one from
the standpoint of health, simply be-
cause the moment of quiet each mem-
ber must spend while the words of
blessing are pronounced, calms and
soothes each one present.

Keep your mind cheerful during
the meals at least. If you feel cross,
or tired, or quarrelsome, control it
until some time when you are not
eating. During the three meals of
the day, eat slowly, enjoy pleasant
conversation, stop worrying, try to
get the best from your food. You
will be repaid by better digestion,
and a distinct tendency towards a
cheerfulness not forced for the
occasion.

Questions and Answers

Three years ago I had continued indig-
estion, which left my skin rough and
marked. Whenever there was a pimple,
there is a blackhead now, and I want
something to cure them and make my skin
fine and white.—Jane.

Reply—I can send you a recipe for a
lotion that will take the blackheads out
of the skin, closing the pores and healing
the little scars they make. Send me a self-
addressed, stamped envelope for it. And
wash the face daily with hot water and
liquid soap, following this by a dash of
cold water. Be careful of your diet.

I have great hollows in my chest,
around the shoulders, and the bust, once
full and nice, is now limp and sagging.
What can I do to restore the youthful look
again?—Mrs. P. D.

Reply—if you wish to enlarge the bust,
send me a self-addressed, stamped en-
velope for a bust developer. I know to be
harmless and good. This will also fill out
those hollows in the shoulders. It seems
to me your condition is run down. I
would advise a general tonic and plenty
of exercise.

Health Talks
BY WILLIAM BRADY, M.D.

Bad News For Buttermilk Fans

EVERY NEW "cure" has its early day
of wonder-working, then a day of
doubt, finally a day of denouement.
Now comes the denouement of the Bul-
garian bacillus, the sour milk cure.
It appears that the lactic acid germ, the
old age specific of Metchnikoff,
has its untoward effects.

When you drink buttermilk, soured
milk or any of the Bulgarian bacillus
cultures, you are aiding and abetting
the formation of lactic acid in the
intestinal canal. Now, just for the
sake of argument, let's say you are
anemic, cachectic from some chronic
disease, or emaciated. In such case
you would probably be already more
or less poisoned by "acidosis," which
means the accumulation of carbonic
acid gas and other acid combinations
in the blood and tissues. To feed
on an acid-producing substance of the
nature of buttermilk or Bulgarian
bacillus cultures would obviously be
adding fuel to the fire, take it from
Dr. Orvall Smiley, who has studied
the matter carefully and knows
whereof he speaks.

Dr. Smiley has observed a number
of patients suffering from symptoms
of aggravated acidosis, due to the
taking of Bulgarian bacillus prepara-
tions on their own initiative. Among
the symptoms he enumerates are in-
creased blood pressure, sweating, in-
creased nervous irritability.

Here are some of the conditions in
which the authority cited believes
Bulgarian bacillus, or other acid-pro-
ducing medication, is objection-
able: Tuberculosis, cancer, diabetes
(though some physicians insist that
Bulgarian bacillus cultures often do
good in diabetes), excessive acidity of
stomach (not that caused by fer-
mentation of food), any form of

toxemia, gastric ulcer, Bulgarian
bacillus preparations should not be
given to the very old, the very weak
or emaciated. Nor to persons who
may soon have to take an anesthetic.

It is apparent that the wonderful
old age specific is a two-edged sword,
like many other good therapeutic
agents, and that it is capable of do-
ing serious harm when indiscrimi-
nately employed.

Well, so is any active remedy, for
that matter.

Yes, even sunlight. Or castor oil.
We don't like to spread bad news.
In fact, we are usually cheering.
But the truth must be told.

QUESTIONS AND ANSWERS

A Case In Point
I am advised that the drinking of
buttermilk is harmful for a person
with chronic rheumatism. Is that
correct?

Answer—Read the above. Inciden-
tally, you had better find out what is
the matter before you decide on the
treatment. It is, what is "rheuma-
tism" in your case?

Don't Darken The Room

Are darkened rooms better than
bright or very light rooms for per-
sons who are hypochondriacal?

Answer—No. Have the room well
lighted.

Hygiene Of Underclothing

What kind of underwear do you
recommend to prevent rheumatism or
colds?

Answer—Light in weight, knitted,
porous, and mostly wool. But it
won't prevent disease any more than
other kinds of underclothing.

PIONEER PREDICTS WAR WILL
COME TO THE PACIFIC COAST

WASHINGTON, Feb. 14.—"The time
will come," declared Ezra Meeker,
pioneer of Oregon, "when there will
be a great war upon the western
coast of this country." This declara-
tion was made to President Wilson
by the aged pioneer who had an in-
terview arranged with the nation's
chief executive by Representative
Dill, of Washington.

Meeker spoke in behalf of a mili-
tary highway along the trail made
famous by himself, from St. Louis to
Olympia. Meeker said that "the Jap-
anese are a proud people, and they
firmly believe that they are just as
good as any other race on the globe,
and some of them think that they
are a trifle better. History will re-
peat itself and we as a nation must
either abandon the open door policy
in China or be prepared to defend
ourselves against an Oriental in-
vader."

VETERAN PASSES AWAY.

Charles Green, aged 76, died at
the Soldiers Home at 3:45 this
morning. He was, during the Civil
war, a private in Co. E, 3rd New York

NOTICE TO CONTRACTORS

Sealed bids will be received until
noon, Saturday, February 26th, 1916,
for the erection of an addition and
the completion of a concrete and
frame church building Roseburg,
Oregon.

Plans and specifications can be
seen at the Catholic Parochial House
or will be mailed on a deposit of 2
dollars.

Rights are reserved to reject any
or all bids.
FATHER E. WALSH,
Pastor

Bed Time Tales
By Clara Ingram Judson

A New Way To Play With Paper Dolls

"Oh, dear!" sighed Mary Jane dole-
fully, "I can't play with my dolls af-
ter all!"

"Why not?" asked mother, who
happened to be going through the
room just as Mary Jane spoke, "I'm
sure you have plenty of dolls to play
with."

"Oh, yes, I have dolls enough," an-
swered Mary Jane, "but I have no
doll house to put them in. It's stupid
to try to play doll without a doll
house."

Mother stepped up to the table
where the dolls were spread out in
rows and looked them over. "Never
did I see so many paper dolls in one
little girl's house," she remarked
pleasantly. "You have a doll of every
kind, I do believe!"

"Yes, I have," said Mary Jane, in-
terested, in spite of her resolve not
to play with the dolls. "I have babies
and boys and girls, and grown folks
of all kinds. But I wish I had a
house to put them in! It's no fun
just to lay dolls out on a table and
look at them—you know that, mother!
I do wish you could buy me a paper
doll house!"

Mother made no answer. She
stood looking at the dolls for a full
minute and then she began to smile.
"Why of course," she said, "Why
didn't I think of that before?"

"Then you will get me a paper
doll house?" asked Mary Jane
eagerly.

"No, but I'll do something better,"
said mother; "I'll show you how to
make one."

Mary Jane, in a very dubious frame
of mind, watched her mother take
her scissors out of her work basket,
go to the writing desk and sort out
three sheets of rather stiff letter
paper and then sit down at the table
ready for work.

Mother cut the paper into narrow
strips about an eighth of an inch
wide.

"What in the world!" exclaimed
Mary Jane as she saw the pile of
queer paper strips grow under her
mother's scissors. "I can never make

a doll house of those little bits of
paper!"

"No?" laughed mother, continuing
her cutting. "Wait and see!"

When the three sheets of paper
were entirely cut into strips, mother



Mother cut the paper into narrow
strips about an eighth of an inch wide

laid the scissors back in her basket
and picked up a heap of the narrow
strips she had cut.

"Now," she said, "what kind of a
house shall we make first? A bungal-
ow?" And right before Mary Jane's
eyes, mother made on the table a
plan of a bungalow—using the paper
strips to mark the walls of the
rooms! Openings made the doors,
and windows were marked by double
pieces of the paper.

"Oh, I see what you mean!" ex-
claimed Mary Jane. "You design the
house as you build! That's more
fun than a ready-made house!" And
she too picked up a pile of the
paper strips and began building. She
made a house, a hotel, a school and
a gymnasium—all out on the dining
table; then she put the dolls in the
house and began her play.

To-morrow—Fitter Finds a Trap

"The Queen of Hearts
Once made some tarts"
She did not know that we had heart shaped cookies and loads of
jam; but
You Do!
"And if the Knave of Hearts
Should steal your tarts"
You may sue him for breach of promise and get some more at
Wright-Riedel Grocery Co.
Phone 103.

It is not Quantity but Quality
That Counts. 100 per
cent Quality in
Royal Bakery Goods
P. L. YETT, Prop.
110 N. Jackson St. - - - - - Roseburg, Oregon

"To waste time
is a disease,
so is poverty.
Save time
and you'll save
money. Have a
Bank account."
We have provided a steel safety deposit vault for the use
of those desiring to safeguard their important papers and
valuables.
The rental of space is so low that you can well afford
the protection. There are a limited number of boxes and
our vault is built to withstand fire and prevent theft. Savings
accounts solicited.
Roseburg National Bank
Jackson and Cass Sts. Roseburg, Oregon