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SATURDAY, FEBRUARY 26, 1916

Off Agin, On Agin

STRICKLAND W. GILLILAN

Woodie's Three Years
This day three years ago our good friend Woodie became the head of things and said "Goody!" We know he was the right man for the place—Admired his finger and could stand his face.

Since then we've had our doubts a dozen times—Been told the man had done a hundred crimes In statesmanship and all its kindred arts. Been told he held no place in loyal hearts.

Been told he was the rankest false alarm, That we were wrong to marvel at his charm— And all such brickbats as the small ones throw At those who clean surpass them, here below.

But all the time he's gone on being he— Being himself as hard as he could be; Has done the thing he firmly thought was right, And, when he groped in darkness, prayed for light.

And I—I am not partisan, my friend— Will go on trusting, to the bitter end; Forgetting party bias, trend or bent, I trust the man—he is our President!

Finnish Philosophy
If everybody waited for the man without sin to lead in the throwing of stones, there would be far fewer braided heads and sprained arms in the world.

Confidence
My paper tells me "Rain to-day," And so I blithely trip Umbrellaless upon my way— "Old Probs" gives me the tip!

It should be made a hangable offense to make a speech over twenty minutes long, in Congress.

Modified
One yearns to touch the solid ground, When up in a balloon. But no advantage would be found In striking it too soon.

The prospect of a heaven in which the saved wear "shining garments" doesn't appeal irresistibly to the poor geek whose elbows and knees and trouser-seat have been shining like glaciers for years.

Venus de Milo is one of the few institutions that was ever rendered prominent by being disarmed, and even she would have been a lot more valuable if she hadn't been.

Naturally Mystifying
"When I read the advertisement of the car I eventually bought," said Farmer Hornhand, "I couldn't understand how they could sell the car for only \$800. But since I've had the car awhile, the only mystery left is why they used that word 'only.'"

Explained
"Conductor, this train is scheduled to make no stops between New York and Albany. But what makes it hesitate so often?" "Why 'Stuttering McGee' is running the engine this trip."

No matter how homely or unjust a woman may be, she is still a birthright member of the "fair sex."

Having carefully measured the distance from Sandy Hook to Guthrie, with reference to busy bertha range, the Oklahoma farmer calmly declares against preparedness.

When Bryn Mawr College began considering a "gift to the whole public," it thought first of "A Greek theater" and next of "A Spanish garden." A long saunter from those two wrist-watching things to the ultimate selection—improvement in fire protection!

His Advantage
"I understand that whole Grimy Alley gang is going to surround you and beat the daylight out of you, Mickey." "Well, let 'em! I kin concentrate better 'n they kin, anyway."

The Young Lady Across The Way



The young lady across the way says her father's interest in politics is absolutely unselfish, and she's often heard him say that he wouldn't take a public office if they'd hand it to him on a silver platter, and all he wanted was the city contracts.

BEAUTY CHATS

EDNA KENT FORBES

Flesh Reduction

ANY NUMBER of methods for reducing flesh have been advanced, yet each case seems to require something individual. Fat women are told to diet—and they will literally starve themselves, eating but tiny portions of food without fatty particles in it—and they will go on increasing in weight. Often their systems, used to turning everything into fat, simply get renewed vigor from the case on the digestive organs—and go on making flesh.

Extremely hot salt baths are apt to thin down any fat woman—though curiously, they have the opposite effect on thin folks—some fat women use Epsom salts in the water instead of table or sea salt, with better effect. This much is true—that if you exercise enough to consume more particles of energy than you make per day, you will positively lose weight.

I have never known this to fail in the case of fat women—and I pass the method along to you. You have been living in a certain routine for years—and fattening on it. You must change your method of living entirely, to reduce. Slight changes will bring no results at all. Eat less, and of different things from what you are accustomed, change your drinking water if you can, change every habit you have. Sleep less, walk more, run as much as you can, change your work if you can, if not, and if your work is housework, try doing every task some different way. A thorough housecleaning whether you have time for it or not, is simply recommended because it will help take flesh from you. Drink more water—between meals—change the furniture around in your house. Get out of doors, work out of doors if you are not accustomed to it, meet more people. Learn to swim and to dance if you can. Be vigorous in mind and body—and you will grow thinner.



Plenty of exercise will take off flesh

Questions and Answers
My baby is now about four months old, but I can see that he is going to have a receding chin. I think such a feature makes a face look weak and untrustworthy.

Health Talks

BY WILLIAM BRADY, M.D.

The Masquerader

CONTRARY to the popular notion, every graduate of a medical school who obtains a license to practice his profession is legally and educationally qualified to do surgery. There is no special course of training required by law in order to practice surgery. The general medical school course fits a man for medical and surgical work. However, it is customary to spend some additional time in post-graduate work if the physician wishes to establish himself in surgery—customary, but by no means essential.

Now it is unfortunate for the public that the view prevails that, because a man can operate, he necessarily knows more about the diagnosis and treatment of disease than another man who does not operate. We say unfortunate for this reason: There are surgeons and near-surgeons. Surgeons fully realize their own shortcomings in diagnosis and therapeutics or treatment. Near-surgeons eagerly avail themselves of the people's credulity and attempt to play the role of all-around specialists, to assume a ponderous air of wisdom, and to operate on slight pretext or none at all—since people do delight in having an "operation." The real surgeon, who realizes his limitations, asks the counsel of the family physician, who has had exceptional opportunities to observe and study the patient; he summons to his aid the laboratory expert, the competent specialist in this or that limited field, the X-ray expert. He weighs all the evidence. He divides the responsibilities with the family doctor or other consultants. If the verdict is operate, he operates. If the majority opinion over-rides his own, he waits.

Your near-surgeon prefers not to be bothered by the family doctor—he likes the patient to come without the family doctor's sanction or knowledge. He always operates, early and often. No matter whether the case is one legitimately in the field of the general surgeon or not, the near-surgeon operates if the patient wants an operation. The patient, somehow, always comes just in the nick of time—another hour, day, week or month would have been "too late." But then, the near-surgeon ought to know whereof he speaks. He can tell quite accurately, for instance, what is wrong with an appendix that looks fairly good to the novice. Hasn't he removed plenty of normal ones?

QUESTIONS AND ANSWERS
Enlarged Pores
What are enlarged pores?
Answer—Enlarged pores are unusually large sweat or sebaceous ducts. In every one these duct openings are largest on the wings of the nose and about the cheeks. Lesions and medicinal applications are of no avail. General tonic bathing (cold bathing), exercise, open air and proper diet are the only effective remedies.

Old Remedy For An Old Disease
Can you tell me how to take flaxseed as a remedy for constipation?
Answer—Take two table-spoonfuls of the whole flaxseed each morning for breakfast. Don't chew it, but swallow it whole in breast-milk, or in water or soup. It is tasteless.

Coddling
Is it a good idea, to rub the throat and chest with alcohol before going out into the cold, or is that what you would call coddling?
Answer—Yes, it is coddling. Anything done just with the idea of not "taking cold" is coddling. As for going out in the cold, your physical comfort is the only thing to consider.

of the members of the street cleaning department expect to map all the streets in the city.

Mrs. Kate Beckley, of Oakland, was a visitor in Roseburg this morning.

Mrs. Frank Ellison, of Oakland, returned to her home this afternoon after spending a short time shopping.

Sermon subjects at the Baptist church tomorrow, a. m., "Putting the Church on a War Basis," p. m., "Preparedness."

A very important real estate deal was made today through the firm of Rice & Rice when the property of E. C. Benson in Edenbower was sold to W. D. Sykes. The property consists of four acres admirably situated for a residence site.

A book containing plats for street maps has been received by the city recorder and is being used to map the streets for the planting of trees. The city officials are taking a great interest in the plan of planting trees along the streets and with the aid

Bed Time Tales

Clara Ingram Johnson

Mrs. Hen's Good Reason

FOR DAYS old Mrs. Hen had been so cross there was no living with her! Many a time Tommy Tittle-mouse had peeped out from his warm little nest behind the loose boards in the corner of the barn and had tried to get up his courage to speak to her. But always she looked so cross, or else spoke so sharply to some one, that he was really afraid to let her know he was near.

"I can't think what has come over that nice Mrs. Hen," said Tommy to his mate, just after he had heard Mrs. Hen scolding one of the other hens—apparently for nothing at all. "All last summer and until recently this winter, she was as nice and friendly as could be! If she didn't see or hear from us two or three times a day, she was sure to hunt us up to see if anything had happened."

"Maybe she likes us just as well now," said Mrs. Tommy, who was always so anxious to think that everyone was kind and friendly.

"Maybe she does," answered Tommy (not in the least persuaded), "but she certainly does not show it! She hasn't seen us nor inquired about us for five days. And does she care? Not she! Listen!"

As Tommy stopped speaking, Mrs. Hen finished her scolding of that other hen with a grand flourish of cross words that echoed through the whole barn.

"Now I ask you," demanded Tommy, "Does that sound like Mrs. Hen—the nice Mrs. Hen who invited us to live in here?"

"It does not," said Mrs. Tommy positively. "Something is the matter." Then, after a minute's thought, she added, "I mean to go out and ask her what the trouble is."

And away she went. Now usually Mrs. Tommy sent Tommy if there were any inquiries to be made, so he was surprised to see her run bravely away in that fashion. But when he heard Mrs. Hen scold-



Does that sound like Mrs. Hen—the nice Mrs. Hen who invited us to live in here?

"There is a reason!" she exclaimed. "Just as I expected! That nice Mrs. Hen isn't cross for nothing!"

"What is it?" demanded Tommy, who had to be convinced.

"She's cross at herself," explained Mrs. Tommy, "because she started setting in this cold weather. Usually she waits till spring. But she took a sudden notion last month and she's been on that same nest ever since!"

Before Tommy had time to reply, a soft little "Cheep! Cheep!" sounded through the barn! "But Mrs. Hen won't mind it now—she'll be happy!" cried Mrs. Tommy. "Hear those new chicks! We must go and see them to-morrow!"

A heavy meal at noon may cause dyspepsia. Try our LIGHT LUNCHES ROYAL BAKERY P. L. YETT, Prop. 110 N. Jackson St. - - - - - Roseburg, Oregon

A Boy May forget his lessons, his teachers, his playthings and some of his playmates; but he will never forget Mother's Griddle Cakes if she orders her pan cake flour from Wright-Riedel Grocery Co. Phone 103.

"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