

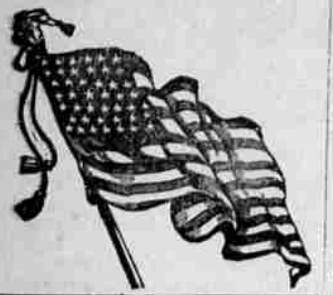
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THURSDAY, APRIL 13, 1916.



INVITED TO STEP OUT.

The Spanish are said to be a very
polite nation, especially those who
have their descent traced down from
the grandees of the mother country.

In this issue will be found an
article that embraces the entire
subject of the revival of the railroad
and lumber mills, under the newest
proposition to be submitted to the
citizens of Roseburg for their
careful consideration.

The answer of Germany to the
notes regarding the sinking of the
Sussex has been received, and accord-
ing to the version of the foreign
office of the kaiser, no blame attaches
to that country.

The Salem students who chained a
cow to the rostrum of the chapel in
the university there, may have had
in mind to call attention to the
dryness of the sermons, as they had
milked the cow before installing her
in the position.

LANSING GETS REQUEST
TO PULL OUT OF MEXICO

WASHINGTON, April 12.—At a
30-minute conference with Lansing,
Arredondo, the Mexican ambassador,
presented the suggestion of Carranza
for the withdrawal of the American
troops from Mexico. Afterwards the
ambassador was reticent.

uation by the suggestions that the ne-
gotiations regarding the withdrawal
might occupy weeks, and meanwhile
the American troops may capture
Villa.

SHIP BUILDING ON COAST
RECEIVES BIG IMPETUS

SAN FRANCISCO, April 13.—With
18 ships already under construction,
the Union Iron Works today signed
a contract with the Standard Oil Com-
pany for the construction of three
more oil tankers to cost a million
and a half each.

PORTLAND, April 13.—It was an-
nounced here today that two \$500,
ton steamers will be constructed here
for Lauritz Kjaer, of Norway, each
one to cost \$290,000.

CANDIDATES FOR
QUEEN NAMED

Nominations are commencing to
come in to the secretary of the
Strawberry Carnival, and already
several have been entered in the race.

For Carnival Queen, the follow-
ing have been nominated: Miss Cora
Ueland, Miss Dorothy Evans, Miss
Jessie Pickens, Miss Katherine Merr-
ill, and Miss Ethel Tooze.

For children's Queen, Myrtle Decker,
Evelyn Hawu, Lois Brand, and
Verus Houser have entered the con-
test. Nominations may be still made
at any time, as the entries will not
be closed for some time, but the first
entries will have the advantage of
the early votes.

Votes will be distributed to various
stores tomorrow, and any one
who wishes to place them on sale at
their place of business may have a
supply by notifying Secretary Joseph-
son at the Commercial club rooms.

OPEN NOSTRILS! END
A COLD OR CATARRH

Count fifty! Your cold in head or
catarrh disappears. Your clogged
nostrils will open, the air passages of your
head will clear and you can breathe
freely. No more sniffling, hawking,
mucous discharge, dryness or headache;
no struggling for breath at night.

Happy, bright, alert—vigorous and
vivacious—a good clear skin; a nat-
ural, rosy complexion and freedom
from illness are assured only by
clean, healthy blood. If only every
woman and likewise every man could
realize the wonders of the morning
inside bath, what a gratifying change
would take place.

Glass of hot water each morn-
ing helps us look and feel
clean, sweet, fresh.

Instead of the thousands of sickly,
anemic-looking men, women and
girls with pasty or muddy complex-
ions; instead of the multitudes of
"nerve wrecks," "rundowns," "brain
fags" and pessimists we should see a
vital, optimistic throng of rosy-
cheeked people everywhere.

An inside bath is had by drinking,
each morning before breakfast, a
glass of real hot water with a tea-
spoonful of limestone phosphate in it
to wash from the stomach, liver, kid-
neys and bowels the indigestible waste,
sour fermentations and poisons, thus
cleansing, sweetening and freshening
the entire alimentary canal before
putting more food into the stomach.

Those subject to sick headache, bil-
iousness, indigestion, rheumatism,
colds, and particularly those who have
a pallid, sallow complexion and who
are constipated very often, are
urged to obtain a quarter pound of
limestone phosphate at the drug store
which will cost but a trifle but is
sufficient to demonstrate the quick
and remarkable change in both health
and appearance awaiting those who
practice internal sanitation. We must
remember that inside cleanliness is
more important than outside, be-
cause the skin does not absorb impur-
ities to contaminate the blood, while
the pores in the thirty feet of bowels
do.

WASHINGTON, April 12.—The
government will get in a manner effec-
tively satisfactory to the people, int-

BEAUTY CHATS
EDNA KENT FORBES

Living Scientifically

If you run your own house, doing
most or all of its work, perhaps rais-
ing a couple of children as well—
you will have little time to practise
beauty exercises, little time even to
think about them.

However, are you sure you have
reduced your daily routine to a scien-
tific point—where you get the most
effect from the least labor? Have
you all the appliances to help reduce
your work? Can you, for instance,
plan a day somewhat like this—

Breakfast, dishwashing, letting the
fishes drain dry in a rack while you
prepare dessert, salad or vegetables
for dinner, mopping the floors and
dusting, making the beds, straighten-
ing the rooms—lunching, piling the
dishes toward one grand washing in
the morning—putting dinner to cook
in the fireless cooker. This leaves
your whole afternoon free until after
five, when you have but to set the
table and serve, the dinner being
ready practically, in your cooker.

So—you have your afternoon and
evening free, except on days when
laundry work makes extra bother.
Planning your duties as a man plans
his business will give you strength
and time to improve your mind, and
enjoy many little pleasures.

Do you clean your windows as the
Pullman porters do, men whose
whole work is window cleaning, who
have reduced that duty to a science
of labor saving? A damp cloth first,
a second cloth wrung from whitening
and water, and after two minutes,
when the pane is dry, a wooden cloth
to wipe off the powder—and the win-
dow is clean and sparkling, without
time or effort spent in rubbing and
polishing. Try these time and labor
saving ideas and see how much bet-
ter you will look and feel.

Questions and Answers
What can I do for dandruff? My hair
is short, crimped and oily. Even after I
wash it, the dandruff starts again to ac-
cumulate.—B. P.

Health Talks

BY WILLIAM BRADY, M.D.

Babies, Calves, And Neighbors

A MOTHER who has borne nine chil-
dren and raised only four of them
is a mighty poor authority on infant
feeding. A woman can forget
more in twenty years about what
she really did or did not do to her
babies than a man can forget
about his past. When the neigh-
bors size up a mother and conclude
that she is mentally incompetent,
they presume to offer gratuitous
advice about how to kill the baby,
and generally the advice is very ef-
fective.

As Ellis Parker Butler proved,
Pigs is Pigs, be they guinea, or
other kinds. And with most of the
"experienced" baby experts of the
neighborhood, milk is milk, be it
intended for babies, calves, colts or
kids. Cow's milk is as different
from human milk as frankfurters
are from beefsteak.

Parents sometimes say they can't
bear to have the baby crying for
things at the table—and so they
feed him tea, coffee, pickles, pud-
ding or beer. If they would feed
the baby his proper meal first, they
could sit down and eat in peace and
security.

"Old woman" nurse harps eter-
nally about "green stools" in the
case of the newborn baby. Mothers
have been persuaded to wean
babies, and untold quantities of
those harmful drugs, calomel and
castor oil, have been poured down
the throats of normal babies be-
cause of ignorance on this point.
The baby's stools may be normally
green in the first two weeks of life.

Then "curds" bring down upon
the poor baby a lot of alleged "di-
gestive" medicines. Many a per-
fectly healthy baby, breast-fed, will
have many fine soft curds in the
stool, as well as "slime" or mucus.
Hence the mere appearance of these
does not warrant changing the diet
or dosing the baby.

Somehow the neighbors and the
neighborhood nurse cannot be con-
tented to let a normal baby alone.

FRENCH POSITIVE
SHIP TORPEDOED

PARIS, April 13.—It is officially
claimed that the French government
has thirteen fragments of the torpe-
do which struck the Sussex. It
also has the names of all the sailors
who were aboard the attacking sub-
marine. This information was ob-
tained from the crew of a submarine
captured on April 5.

Action Will Satisfy People.
WASHINGTON, April 12.—The
government will get in a manner effec-
tively satisfactory to the people, int-

CHICHESTER'S PILLS
THE GREAT URINARY PILLS
FOR ALL URINARY AFFECTIONS
SOLD BY ALL DRUGGISTS EVERYWHERE

Bed Time Tales

Tommy Tittle-Mouse Wants To Move

YOU ARE NOT to suppose that just be-
cause Tommy Tittle-mouse and his
little mate liked to stay in the barn
with the chickens during the cold
winter that they meant to stay there
all the year. For they had not forgotten
the soft. They had not forgotten
their happy home in the old log near
the golden-glow bed—no, indeed!
And they often whispered to each
other about the fun they would have
when they moved back there again.

"I must say, though," said Mrs.
Tommy, at the end of one of their
talks, "that it's much easier to raise
children in the barn. I can keep
track of them longer. And then, too,
there are not so many enemies to
harm them. Owls and hawks are
mighty scarce in the winter, I'm glad
to say!"

"True enough! True enough,"
agreed Tommy; "but now our babies
are grown big enough to take care
of themselves, and I want to move
back to the log."

"Don't be in such a hurry,
Tommy," said Mrs. Tommy, good-
naturedly. "Why do you want to leave
all the good food we have here in the
barn? It's only the middle of April—
there may be many a storm yet,
and I, for one, am satisfied to stay
here a couple of weeks longer."

Tommy sighed. Of course he could
see the good sense of what Mrs.
Tommy said. But he had the moving
fever in his system and he simply
could not settle down to anything—
he kept thinking and thinking about
that moving he was going to do. If
you have ever moved yourself, you
will know just how he felt; and if
you have not moved—well, there's no
use trying to explain it to you, you
wouldn't understand!

Mrs. Tommy looked kindly at Tom-
my. "Dear me, such a sigh!" she
laughed. "I suppose so," admitted Tommy;
"but I am so tired of waiting! I wish
I could do something special toward
moving."

"Well, you can," said Mrs. Tommy,

as a sudden happy thought occurred
to her.

Tommy immediately sat up and
took notice. "Right now?" he demanded.
"Right now," Mrs. Tommy assured
him.

"Tell me," said Tommy, and he sat
down to listen, for he could easily
see by the expression in Mrs. Tom-
my's bright black eyes that she was
planning something he would like.

"You go over to the log this very
day and make a passage through the
leaves that we laid in front of the
door. Then run back here and carry
as many loads as you want of the
good corn that is stored in here for
the chicks. You can put it away back
in the far end of the log and then
when we move we will have a supply
of food all ready for rainy days."

"That's a beautiful plan!" cried
Tommy delightedly. And, without
saying another word, he darted off to
do his work.

To-morrow—Tommy Changes His
Plans

IF YOU DOUBT THAT WE MAKE THE BEST
French Bread
TRY IT!
ROYAL BAKERY
P. L. YETT, Prop
Phone 221 Roseburg Oregon

When you want the very best
Remember "Diamond W"
Canned Fruits & Vegetables
Will satisfy. Our stock of these is very complete. Price
and quality satisfy.

THE CASH STORE
WE SAVE YOU MONEY 125 CASS STREET

NOTE THE FINE COLOR
of our hams and bacon. That
debates first that they come
from young, tender pigs and
next that they have been
properly cured. All our hams
and bacon are cane sugar
cured and hickory smoked.
They have a flavor of their
own which once tasted you'll
always prefer. Try some for
breakfast tomorrow.
CASS STREET MARKET

ALL LAUNDRY RECEIVED ON FRIDAY BY 9 A. M.
WILL BE DELIVERED SATURDAY
ROSEBURG STEAM LAUNDRY
ASK US ABOUT OUR PRICES ON
ROUGH DRY FAMILY WASHING
Phone 79 and Our Autos Will Call