



Simply Worn Out

How Many Women Are Like This?

Can anything be more wearing for women than the ceaseless round of household duties? Oh! the monotony of it all—work and drudge; no time to be sick; tired, ailing, yet cannot stop. There comes a time when something "snaps" and they find themselves "simply worn out," and to make matters worse, have contracted serious feminine disorder which almost always follows the constant overtaxing of a woman's strength.

Then they should remember that there is no remedy like Lydia E. Pinkham's Vegetable Compound—the experience of these two women establishes that fact:

Cedar Rapids, Ia.—"After the birth of my last child I had such painful spells that would unfit me entirely for my household work. I suffered for months and the doctor said that my trouble was organic ulcers and I would have to have an operation. That was an awful thing to me, with a young baby and four other children, so one day I thought of Lydia E. Pinkham's Vegetable Compound and how it had helped me years before and I decided to try it again. I took five bottles of Vegetable Compound and used Lydia E. Pinkham's Sensitive Wash and since then I have been a well woman, able to take care of my house and family without any trouble or a day's pain. I am really and truly thankful to swear by your medicine any time. I am forty-four years old and have not had a day's illness of any kind for three years."
—Mrs. H. KOENIG, 617 Ellis Blvd., Cedar Rapids, Iowa.

Sandusky, Ohio.—"After the birth of my baby I had organic trouble. My doctor said it was caused by too heavy lifting and I would have to have an operation. I would not consent to an operation and let it go for over a year, having my sister do my work for me as I was not able to walk. One day my aunt came to see me and told me about your medicine—said it cured her of the same thing. I took Lydia E. Pinkham's Vegetable Compound and used Lydia E. Pinkham's Sensitive Wash and they have cured me. Now I do my own household, washing and ironing and sewing for my family and also do sewing for other people. I still take a bottle of Vegetable Compound every spring for a tonic. I recommend your medicine to others who have troubles similar to mine and you can use my letter if you wish."
—Mrs. PAUL PARSONS, 1525 Stone St., Sandusky, Ohio.

All Worn Out Women Should Take

Lydia E. Pinkham's Vegetable Compound

MAKES PERFECT SCORE

CORVALLIS, July 26—The Roseburg cookery club has completed its work with a "100 percent efficient" record. This is indicated by a report just received by H. C. Seymour, state

club leader. The club has a membership of twelve, and is under the leadership of Mrs. D. N. Gilmore of Roseburg. Officers of the club are Esther Fuller, president; LaVerne Dunham, vice president, and Ina Farnsworth, secretary.



A Man's Taste

Salted just enough—crisp, delicious and tasty—it is no wonder that most men enjoy soup just twice as much when Snow Flakes are served. Try them and see for yourself.

- SOME MORE P. C. B. PRODUCTS
File Sultana
Fruit Biscuit
Cream Gems
Animals
Zwiebach
Vanilla Wafers
Assorted Cakes
Fruit Waters
Oatmeal Crackers
Peanut Waters

Don't ask for crackers—say SNOW FLAKES

PACIFIC COAST BISCUIT CO.

WE SELL Edison MAZDA LAMPS

Douglas County Light and Water Co.

OFFERS PLAN FOR OBTAINING WATER

Judge Fullerton Wants Gravity System Bringing Water From Rock Creek.

CHANGE IS NEEDED

Facts That Increasing Settlements Along River Will Pollute Stream And That A Change Will Soon Be Forced Upon the City.

By J. C. Fullerton.
The increase of water and light rates in Roseburg by the Public Service Commission, has created a considerable excitement and some criticism of the Commission in fixing a rate which many of the inhabitants of the City regard as entirely too high; and the increased burden on the already over-taxed residents of the City, causes the people of the city to complain and with reason to do so; but the proposition to issue the bonds recently voted to construct a municipal light and water system by damming the North Umpqua river at Whistler's Bend, and constructing a pipe line from Winchester, taking the water from practically the same point as the water is taken by the present system, does not appeal to the person who will give the matter due consideration.

The \$500,000 bonds voted will, if they can be sold at all, have to be sold at a discount, but the tax payers of this City will have to pay the annual interest on the \$500,000 just the same, and the interest required will amount to more than the added charge for water and light fixed by the Public Service Commission. So that the owner of property in the City had better pay the additional charge made by the commission for water and light than pay his share of the annual interest on the \$500,000 bond issue, and besides, the bond issue will be a debt to the city that will interfere with the further issue of bonds, and it is possible that some time in the not far distant future a bond issue will be required for some purpose that is a public necessity, and it may be difficult, if not impossible, to sell bonds for any purpose if \$500,000 is added to the present indebtedness of the city; but the one most important objection to the proposed expenditure of half a million dollars for a municipal water and light plant as proposed by constructing a pipe line from Winchester, is the fact that it is proposed to take the water from the river at Winchester, and the quality of the water conveyed to the inhabitants of Roseburg will be of no better quality than is now furnished, and as the country along the North Umpqua river, east of Winchester, is developed and additional settlements made, additional farms established and the population increased, the quality of the water at Winchester will gradually grow more unfit for use, until the time may come and probably in the life of some of the present inhabitants of the city will come when the water taken from the river at Winchester will be unfit for public use, and be condemned by the Public Service Commission, or some other body with such power and a municipal water system from Winchester, if established, will have to be abandoned.

The first and most important duty of a municipal Corporation is to furnish its inhabitants with an abundant supply of good, cool water for domestic use, and an ample supply for fighting fire and the necessary water mains and hydrants for that purpose. The necessary supply of good, pure water cannot be furnished from Winchester for domestic use. Whether the water for fighting fire can be furnished under the proposed system, which the city proposes to adopt is not yet known. If the city of Roseburg is going to undertake to furnish the inhabitants with a supply of water for domestic use, as well as an adequate supply for fire fighting purposes, the water should be brought to the City from the North Umpqua river at or near Rock Creek by gravity. The first cost would be more than that proposed from Winchester, but the expense after the water is brought to the city would be small, and in the long run, the expenses of a gravity system would be less than to pump water into a reservoir at some point near Winchester, and convey it to the City in that way, but the most important point is that by taking the water from the river at a point far enough up the river to get the supply above the settlement along the river, we would obtain a quality of water superior in every way, and that would remain so. If the Common Council is determined to obtain the water from the river at Winchester, if it can be done under the power given the City, the better plan in my opinion and doubtless the cheaper plan, would be to buy out the company now operating the water works there, and furnish the water and lights from the present system. It would be the same water that is proposed to be furnished by the municipal system, and after while we can obtain water from some point up the river, that will be cool and free from the objections that will always attach to the water taken from the North Umpqua river at Winchester.

FARM BUREAU WOMEN TO STUDY CHILD WELFARE

Farm Bureau women all over the state are taking up with child welfare work, and the women in Douglas county are planning on commencing this study soon. Field workers

from the Oregon Agricultural College are promoting and urging the work and are assisting in the various counties where the plan has been adopted. Community nurses are also giving up time to the task. The work to be taken up is as follows:

First, a preliminary meeting at which the women learn to pick out the good and bad points in a child's physical body, then a second meeting which will be a conference at which the county nurse and a doctor will examine the children and the home demonstrations agent will confer with the mothers regarding the diet.

Following the preliminary meetings and conferences, these communities will take up a line of follow up work. The mothers who find that their children can be improved by diet will set about to bring their children up to a standard by supplying the foods needed. A system of checking up these children every month is planned by the home demonstrations agent.

Much good is expected to result from the efforts of the women in these communities and if more communities would take a step of this sort in the next few years, we would not have the condition of today of 5,000,000 undernourished children in the United States.

Canned Meats Sold by Government

(By Associated Press.)
Washington, July 21—In an effort to assist the public in combating the high cost of living, the war department will soon place millions of dollars worth of canned meats on the market. These army stores will be sold at prices even below the pre-war quotations, according to an announcement made by an officer of the division sales department.

Cox Will Speak In Both East and West

(By Associated Press.)
COLUMBUS, O., July 21—The central and eastern states will comprise the initial speaking forum of Governor Cox, according to tentative plans announced today. Later in the campaign the governor expects to make a tour of the west.

Prohi Presidential Candidates Scarce

(By Associated Press.)
LINCOLN, NEB., July 21—Semi-authoritative information today that neither Ryan or Billy Sunday would be available for the national ticket the prohibition party convention left the question of nominees open and spent the sweltering afternoon in listening to hours of speech making in the unventilated auditorium.

MOTOR CYCLIST ATTENTION.

Every motorcycle rider is invited to a free wienie roast Saturday, July 24. The bunch will leave the Harley-Davidson Shop, 206 W. Douglas St., at 7 p. m. Bring your side car pal along and have a good time. HARLEY-DAVIDSON SALES AG'Y.

Mrs. M. F. Turner of this city left yesterday afternoon for Portland where she expects to reside permanently.

Mrs. O. J. Carmody of Winchester spent yesterday morning in Roseburg shopping and returned to her home on the afternoon train.


NOTICE OF SALE OF GOVERNMENT TIMBER.—General Land Office, Washington, D. C., July 3, 1920.—Notice is hereby given that subject to the conditions and limitations of the Act of June 9, 1916 (39 Stat., 218), and the instructions of the Secretary of the Interior of September 15, 1917, the timber on the following lands will be sold August 23, 1920, at 10 o'clock a. m., at public auction at the United States land office at Roseburg, Oregon, to the highest bidder at not less than the appraised value as shown by this notice, sale to be subject to the approval of the Secretary of the Interior. The purchase price with an additional sum of one-fifth of one per cent thereof, being commissions allowed, must be deposited at time of sale, money to be returned if sale is not approved, otherwise patent will issue for the timber which must be removed within ten years. Bids will be received from citizens of the United States, associations of such citizens and corporations organized under the laws of the United States or any state, territory or district thereof only. Upon application of a qualified purchaser, the timber on any legal subdivision will be offered separately before being included in any offer of a larger unit. T. 15 S., R. 1 W., Sec. 31, NE 1/4 SE 1/4, fr 1460 M., cedar 30 M., NW 1/4 SE 1/4, fr 1500 M., SE 1/4 SE 1/4, fr 550 M., SW 1/4 SE 1/4, fr 1740 M., cedar 20 M., NE 1/4 SW 1/4, fr 1220 M., cedar 30 M., Lot 3, fr 1170 M., SE 1/4 SW 1/4, fr 1600 M., Lot 4, fr 1800 M., none of the fr or cedar to be sold for less than \$2.00 per M. T. 16 S., R. 1 W., Sec. 9, NE 1/4 NE 1/4, red fr 625 M., white fr 50 M., SE 1/4 NE 1/4, red fr 350 M., none of the red fr to be sold for less than \$1.75 per M., and none of the white fr to be sold for less than 50 cents per M. T. 16 S., R. 1 W., Sec. 23, NE 1/4 NW 1/4, fr 1700 M., NW 1/4 NW 1/4, fr 1550 M., SW 1/4 NW 1/4, fr 2050 M., cedar 25 M., SW 1/4 SE 1/4, fr 1640 M., cedar 60 M., SE 1/4 SE 1/4, fr 1425 M., cedar 30 M., NE 1/4 SW 1/4, fr 400 M., NW 1/4 SW 1/4, fr 880 M., SE 1/4 SW 1/4, fr 540 M., cedar 10 M.; none of the fr or cedar to be sold for less than \$2.00 per M. (Signed) CLAY TALLMAN, Commissioner, General Land Office.

DODGE BROTHERS BUSINESS CAR

Perhaps the best proof of their efficiency is that the installation of one of these cars is so frequently followed by the purchase of others.
Business men find they can approximate in advance what their delivery will cost them.

The haulage cost is unusually low.

J. O. NEWLAND
Corner Cass & Stephens Streets
ROSEBURG, OREGON



From Grants Pass—Mrs. Will Enger arrived in the city yesterday from Grants Pass to make an extended visit with her sister, Mrs. L. L. Mathews.

OH, BY JINGO

Don't Go Fishing Without a Case of LUXO—Makes Your Lunch Taste Right—and the Fish Bite.
ROSEBURG DAIRY AND SODA WORKS
PHONE 186

WILL BUY YOUR USED FURNITURE, STOVES, etc.

J. B. HENINGER,
SUCCESSOR TO MC CLALLEN & CHAMBERS.

We Buy at BERGER'S

BARGAIN STORE
Hides, Mohair, Rags, Rubber, Old Metals, Papers and Bones.
A Good Line of Second Hand Clothing For Sale.
Cass and Pine Sts.

OPEN ALL SUMMER

Piano Department
Heinline-Moore Conservatory

Violin and Physical Education Department
Closed Until September.

Auto Owners!

We would be pleased to test your Batteries Free at any time and give you expert advice on the care of Batteries. When purchasing new batteries get our price. We can save you money.

MOTOR SHOP GARAGE

441 N. Jackson St. Roseburg.

TIME IS EXPIRING FOR DISABILITY CLAIMS

The time is rapidly approaching when those that were disabled in the service during the World War can no longer make claim for Federal Compensation. Under the Act of National laws it is necessary to present this claim within one year from the date of discharge. It is not necessary to claim this compensation. That may be done within one year. But if you were disabled in the service, or have disabilities growing out of wounds, injuries or sickness, it is necessary to establish that fact.

There are reasons to believe that a number of ex-service men who have not yet taken this action by reason of not being familiar with the procedure. The government provides a set of blanks for establishing disability. It is known as form 526, and may be obtained by applying in person or in writing to the State Vocational Officer, Department Headquarters, The American Legion, 226 Morgan building, Portland. All ex-service men are urged to bring this information to their buddies with whom they come in contact.

Advertise in the News-Review.

USED CARS

Buick Roadster, 4-Cyl	1918 Mitchell, 6-Cyl
Overland Roadster, 4-Cyl	1919 Mitchell, 6-Cyl
Ford Touring	1 1/2 Ton Chevrolet Truck, 4-Cyl

All in first-class shape, if you are looking for a good used car, call on us.

J. F. BARKER & CO.,

ROSEBURG, OREGON

IMPLEMENTS AUTOMOBILES TRACTORS

"LIBERTY" CAKE CUPS

These are the cups that you read of in "Good-Housekeeping", and from personal experience we can recommend them.

**They Save Greasing!
They Save Time and Labor!
No Gem Pans to Wash!
Cake Keep Better—Fresher!**

Just the thing for Auto Parties and Lunches.

One Gross for 25 Cents, almost 6 for a Penny.
Get a Package, they will please you,

Churchill Hardware Co.

IRON MONGERS THE WINCHESTER STORE