

What every mother should know—

THE one subject nearest a mother's heart is the welfare of her children. It is during childhood that their health is most important.

Weak, under-nourished children seldom develop into vigorous, healthy men and women. Malnutrition produces anemic constitutions, liable to many diseases. Food is the most important factor in the development of children.

An interesting fact to every mother in America is this: Grape-Nuts, served with milk or cream, is a complete food.



Grape-Nuts—the Body Builder

"There's a Reason"

Made by Postum Cereal Company, Inc., Battle Creek, Mich.

the wholesome, delicious cereal made of whole wheat flour and malted barley. It is rich in nutritive mineral salts that supply strength and nourishment to the growing body tissues. Your children will thrive on it.

Begin today to make Grape-Nuts, with milk or cream, the regular breakfast dish—not only for the children, but for you and the others as well.

Your grocer sells Grape-Nuts, the same delicious Grape-Nuts that is served in the leading hotels and restaurants of America.

The cost of Grape-Nuts is little—because of the large number of dishes you can serve from one package.



AN ENLIGHTENED THEO

I looked at Theodore Stratton in astonishment. Abhorrent as was his suggestion that he divorce his wife in order to marry me, still it seemed as though he was going to be honest with himself as well as with me.

At that moment I knew that never again would I have the unreasoning, all-absorbing thrill of rapture that I had experienced when this man, whom I had regarded almost as a god, had told me that he loved me.

The hurt was not that he had shown himself selfishly unworthy but that I found myself incapable of any love emotion at his terrible avowals.

Theodore Stratton, splendid moving picture actor that he was, had learned by his own stimulation of emotion to read the souls of all those about him in their least expressions. I did not have to tell him that nothing he could say would bring back that glorious first love that I had given him.

Manlike, however, he could not help putting his all to the test.

"Tell me, Virginia, have I entirely lost out? You know—at least I am sure that you have been told—that I have loved many women. But I swear to you that all those that have gone before are like the unnumbered unnoticed leaves upon the trees which are blown hither and thither by the vagrant wind.

"Oh, my dear, my dear! I know that you, in your innocence and purity, are the embodiment of the well-beloved. You are the one I have been seeking all my life and never found.

"And, Virginia, we could do so much—make so much of our lives together. If I can not appeal to your love let me appeal to your ambition.

"With your father as director we could secure the writing world for the stories that would suit us. You would be starred as no woman ever was starred before. I would subordinate my popularity, my talent, my personality to hasten your advance.

Stratton stepped abruptly with the word as though an icy hand had tightened around his heart. It seemed almost a physical contraction to me. I believe that at that moment Theodore Stratton saw a vision of himself as he would be when he was no longer the most popular of screen actors—when he was no longer the great lover—when he was no longer young enough to make an appeal to youth—when he was not even young enough to stimulate youth. I believe that the dynamic force of that idea, striking Stratton for the first time, overwhelmed his ego, and left him changed, weakened. I believe that at

that moment Theodore Stratton began the rapid decay in looks and in technique which caused him to abandon the screen in less than two short years.

"Won't you try to love me just a little, Virginia?" he pleaded in a choked voice after a little silence. It was a changed Theo, a subdued and chastened Theo who spoke.

"I can't even try, Theo. Honestly I would like to do so even more for my own sake than for yours. You must know that something very beautiful has gone out of my life, something I am almost sure I will never have again."

He came toward me with his eyes alight.

"Let me try to bring it back, Virginia."

"You can't do it, Theo, any more than I. I gave into your keeping the trusting soul of an adoring child and the steadfast heart of a faithful, loving young woman. Had you come to me at that time and told me yourself that you were married, I, in the first flush of my love for you, would have given my life into your keeping, never counting the sacrifice of my reputation or the moral code. In my mad passion I fear I would have forgotten even the prior rights of your wife and child.

"When I came to understand that I was not a big, overwhelming factor in your life without which you could not live; and that deep down in your heart you had known this when you told me that I was your great love—when, at last, I knew that you had intended to treat me just as you have perhaps treated many other girls, I began to use my reason.

"My pride came to my aid and helped to stifle my pain. And then one morning I awakened to find that I no longer loved you. At that moment I knew that you could never be anything in my life again.

"I don't hate you Theo, but you can't hurt me any more. I don't even care what you do or to whom you make love. I don't even think of you any more, or at least I haven't thought of you now for many days when I have been away from you.

"Do you remember, Theo, the first day I met you on the train when I was a little country girl bound for Hollywood, and I asked you when you were going to pull off my wings?"

"You seemed surprised and a little hurt at my question then, Theo. But since that faraway day you have pulled them off. You did it one at a time and it hurt so much that I thought I would never recover but I have. Although I may never grow others and I may never fly again the wounds don't hurt any more, Theo."

Tomorrow—Virginia's Aunt Vera.

Check That Cold Right Away

A SUDDEN chill—sneezes—stuffy feeling in the head—and you have the beginning of a hard cold. Get right after it, just as soon as the sniffles start, with Dr. King's New Discovery. For fifty years a standard remedy for colds, coughs and grippe.

There are no harmful drugs, nothing but good, healing medicines, that get right down to the trouble and help nature.

You will soon notice a change for the better. Has a convincing, healing taste that the kiddies like. Good for croupy coughs. All druggists, 60c.

Dr. King's New Discovery For Colds and Coughs

Put "Pep" in Your Work. Many a man is a failure in business, many a woman in her home, because constipation stores up poisons that enervate and depress. Dr. King's Pills make bowels act naturally. 25c.

Dr. King's Pills

ward heard that he was drunk both of those times, and two or three times he has come to the house so drunk he would scarcely know what he was doing. Each time he would come and beg my forgiveness next day, and feel very badly about it, and each time I would forgive him. But finally there was to be a big party, and we had been talking about going for weeks. I had a new dress and was anxious to go. He got drunk the night of that party and went out with a bunch of wild boys and girls. That ended it for me, and I quit him entirely.

That was two months ago, and I have not been with him or spoken to him. Friends of ours have told me that he is going straight and has cut out all that sort of thing. Just the other day I had a letter from him in which he said that he wanted me to give him another chance, and that he loved me. Would you do it? I could easily love him very much, and I couldn't stand it if we should go together again and he should do those things again. Can you advise me?

VERA.

Ans. Yes, I believe I would give him another chance. He is evidently not vicious and weak, or he would not have tried for two months to show you what he could do. It would probably be the very best thing for him if you would do that now. Many boys his age get started wrong, but not many of them make a determined effort to stop it. He deserves a great deal of credit. He has done it for you, and you could hardly refuse to reward him for it.

WATCH THE SIGNS

Many aches and pains come from sick kidneys. Solvax quickly relieves all such troubles. Sold and guaranteed by W. F. Chapman.

Now is the Time

to fix up your tired old spring. If you want money and get away from punctures and all kinds of troubles, have

"UNIVERSAL FILLER

put in your tire in place of air and tubes. We have investigated and know it is the most logical filler that can be put into a tire. You can take out word for it or you can take the knocker's word for it. We never used the filler and don't know the first thing about it. We have a long list of well satisfied users in and around the place. Come and see this, then go and find out for them.

We also carry in stock a famous Thermoid, Maf and Rover tire.

Come and get good tires if you do not want Universal. If any adjustment is needed we make it right here.

UNIVERSAL SERVICE STATION

224 W. Cass St. ROSEBURG, OREGON.

FOR SALE

A modern little four (4) room house in good repair, with basement, hot and cold water, electric lights, telephone, 50x100; garden and flowers in the yard and parking; beautiful view overlooking the city. For 1900.00 it sold at our Parties leaving the city. The furniture also is for sale at bargain. Say, boy, look over! We can keep a secret, tell your girl and

Just "whisper" to S. J. that you would like to look this little home over.

RICE & RICE

Real Estate Brokers

ROSEBURG, OREGON.

FOR SALE

All kinds fruit trees, nut trees, berries, asparagus and rhubarb plants, ornamental stock, etc.

R. L. ELLIS

Nursery Yard Rose St., Opposite Pickens' Grocery.

FOR SALE

Royal Club Brand salmon makes a very satisfactory and pleasing dish for dinner. It makes five salads and many dishes. Can be served in various ways.

Economy Grocery

PHONE 62.

FOR SALE

Dear Mrs. Ellsbury: Although we were never engaged, I had to love very sincerely a boy that I used to go with. He is 22 and I am 20. He was always good and a nice boy, until he started going with some crowd and started drinking. Twice he broke dates with me, and I at-

as a friend, and does not appreciate the fact that you love him, and have given up your other friends for him. If you had gone with others just as you probably did before you met him, he would have appreciated you more because others wanted your company too. The wise thing for you to do now is not to let him suspect for an instant that you care for him. Let him go east, and as you will write of course, write him of all the gay times you are having, and be sure and have the gay times. He may miss you more when he gets away from you, and finds that you can get along and have a good time without him. You may also find out that you do not care for him as much as you thought you did.

Dear Mrs. Ellsbury: Can you give me any advice as to how to proceed in a case like this? I have been going with a man for a year and six months. He has kissed me and acted sexually as if we were engaged, although he has never mentioned getting married to me. I let things drift along because I loved him, and did not dream that he had any intentions other than to marry me. He was offered a position some time ago in the east, of a branch office of the company he is working for here, and came and told me about it, but never mentioned marriage or anything of that kind. He said once during the evening that he would miss me. I asked him, like a joke, if he was not going to take me with him, and he laughed, and said I could be his secretary. He is going right ahead making his plans to go, but never thinks of me. What can I do?

Ans. You have made the mistake of letting our own monopolize your time when you were not engaged to him. He evidently thinks of you just

Douglas C. E. Union Elects Officers

At a meeting of the Douglas County Christian Endeavor Union held at Oakland the following officers were chosen: Eva H. Albert, Myrtle Creek, president; Elsie Hudson, Roseburg, vice-president; Evelyn Young, Roseburg, secretary; Elsie Hudson, Roseburg, treasurer; Elsie Hudson, Roseburg, missionary superintendent; Ruby Krown, Drain, social superintendent; Greta Smith, Oakland, educational superintendent; Monroe Hilton, Roseburg, prayer meeting superintendent; Rev. L. H. Quick, Roseburg, junior and intermediate superintendent; William Amos, Roseburg, lookout superintendent; Eva Lenox, alumni superintendent; Rev. T. M. White, of Drain, and Rev. R. A. Hutchinson, of Oakland, pastor advisors.

The meetings were held on Saturday and Sunday and were well attended. A number of very able addresses were given and quite a number of life work recruits were gained. A banquet was served on Saturday evening. A budget of \$125 to cover the year's work was pledged at the business session.

CAID OF THANKS.

Mrs. Benjamin Irving and family of Wilbur, Oregon, desire to express to neighbors, friends, the press and general public their heartfelt gratitude for the many kindnesses and courtesies shown on the recent occasion of the passing of our beloved husband and father, the late Mr. Benjamin Irving.

BROCCOLI GROWERS ATTENTION

Anyone desiring a pure strain of imported broccoli seed, get in touch with P. Schmidt, Dillard, Oregon.

BOMB THROWN INTO BELFAST CROWD

(By Associated Press.) BELFAST, March 22.—Several fires broke out in different parts of the city early today. A bomb was thrown into a crowd watching the burning of a J.M. factory. Three persons were injured.

AUCTION.

Parties wishing the highest price for 11 personal property see M. C. Radabaugh, Auctioneer, 539 N. Pine

NOTICE OF SALE OF GOVERNMENT LANDS.

UNITED STATES LAND OFFICE, Washington, D. C., February 14, 1922.—Notice is hereby given that subject to the conditions and limitations of the Acts of June 3, 1916 (40 Stat. 354) and February 28, 1919 (40 Stat. 1175), and the instructions of the Secretary of the Interior of September 15, 1917 (40 Stat. 471) and September 24, 1919 (40 Stat. 471), the timber and land in the following sections of the 12th T. 24 N. 36 E. 1/4 Sec. 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 108, 109, 110, 111, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154, 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 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DEVELOPMENT MEANS IMPROVEMENT. WE ARE IMPROVING OUR FACILITIES EVERY DAY FOR THE BETTERMENT OF SERVICE.

We cannot grow faster than the surrounding country, though we have to keep far in advance of our present needs. Thus maintaining a larger investment than ordinarily required.

WE ARE PREPARED TO SERVE YOUR EVERY NEED AT A MOMENT'S NOTICE WITH ECONOMY TO YOU.

Douglas County Light & Water Co

R. M. JENNINGS, Manager.

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SEND YOUR CLOTHES TO THE ROSEBURG CLEANERS

BEST SERVICE. YOUR CLOTHES WILL ALWAYS BE PROPERLY CLEANED AND PRESSED.

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AUCTION SALE!