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Would Supplant Strange Beliefs on Child Birth

(International News Service).—NEW YORK, April 5.—To aid in dispelling one of the most tenacious groups of superstitious beliefs the world has ever known—those pertaining to child birth—the Maternity Centre Association is inaugurating in New York a campaign for the benefit of the entire country.

Through education it is hoped to acquaint mothers everywhere with the real factors determining the life and health of mothers and infants. Through research more facts will be given to science for the benefit of women preparing for motherhood.

The Maternity Centre Association is regarded as a leading authority in the United States on matters of maternity protection. The routine or method of nursing procedure, it has worked out is widely accepted as the standard. Miss Mabel Choate, daughter of the late Joseph H. Choate, is president of the association. Practically every large hospital in New York county is represented in its medical advisory board.

To Fight Superstition.
The superstitions surrounding maternity are dangerous, the association feels, because they affect mother and baby lives. Thousands of women in this country, it is said, are relying upon tales that have come down from the middle ages. These beliefs must be supplanted by knowledge if the appalling mother and baby death rate in the United States is to be cut down.

Take the old idea of "marking" a baby through an unsatisfied craving on the part of the mother. If a woman longs for strawberries, for example, and does not get them, the supposition is that the child will be born with a strawberry mark.

Scientists declare there is no relation between cravings and birthmarks. They do assert, however, that worry and fear and anger react most unfavorably upon the baby that is to be. Fright, for example, the association's authorities say, might precipitate matters prematurely, or worry might tend to impoverish the baby's food supply. If we are to give the child a fair start in life the thoughts of many thousands of mothers must be directed into right channels. The care the mother takes of herself must be approved by science, not by superstition.

Some of Beliefs.
Strange, indeed, are the beliefs the association's nurses encounter in their field work. There is the one that if the expectant mother steps over a gaspipe the child will be born with a cord around its neck. There is the other belief that if she passes a man chopping wood the baby will

have a harelip.
When one of the nurses makes a complimentary remark about the new baby generally the mother hastens to ward off bad luck by saying: "God bless it; thank God;" knock wood; God save the mark! But the woman after has taken no thought to ward off sickness or even death by proper diet, proper clothing and proper medical and nursing care.

Lack of proper care is directly responsible for the death of most of the 22,000 mothers who die every year in the United States from causes incident to maternity and for the hopeless crippling of many thousands more. One hundred thousand babies die each year in this country under the age of one month. Another 100,000 are stillborn. Nearly all of these 200,000 deaths are preventable.

A Task of Education.
The great task of the association is one of education. First, the mothers must be impressed with the need for proper medical and surgical care during confinement at delivery, and in the brief period immediately following the birth. In many cases women who are convinced of the need of such care can find it. They can procure the advice of physicians, and in many of the larger cities they will find nursing organizations to keep them constantly advised.

Many women, however, who realize the need for proper care have not the means of procuring it. This involves the second phase of the campaign of education upon which the association is embarking. It must teach the mother just what steps she is to take in order to make the arrival of the new baby safe for herself and for the child. With this end in view the Maternity Centre Association is now preparing a series of educational pamphlets. More than a million of these will be distributed throughout the country for the benefit of expectant mothers.

As a sort of laboratory for the study of motherhood a square mile on the crowded upper East Side of New York City has been secured, where a maternity medical and nursing center has been established. It is estimated that this year 4,000 babies will be born in this section, and an effort will be made to reach every one of the mothers as soon as she realizes that a baby is to be born.

The last word in medical and nursing care will be accorded these women in an effort not only to do everything that is humanly possible to determine the irreducible minimum of complete maternity nursing care.

HOW TO MAKE A RADIO SET

Telephone Receiver Is Essential, Making Radio Waves Audible

By WILLIAM G. H. FINCH, Associate Member Institute Radio Engineers. (Written for International News Service.)

NEW YORK, April 5.—A simple radio receiver suitable to receive the radiophone broadcasts and telegraph consists of the following items, which will be treated separately.

1. An inductance or tuning coil by means of which the wave length of your set may be tuned to that of the station you desire to receive.
2. Crystal rectifier or mineral detector that will enable you to rectify or make audible the electro-magnetic wave carrying voice or telegraph signals in your telephone receiver.
3. High resistance telephone receiver, the use of which enables you to hear the weak current rectified by the detector.
4. Fixed condenser across the receiver that stores up the weak currents and then discharges them through the telephone receiver.

Aerial is Essential.
5. Antenna, or aerial—A wire or wires suspended in the air and insulated from all surrounding objects being a part of the electrical system by which the electro-magnetic waves are sent or received.

6. Ground—May be a wire buried in the earth or an artificial ground may be a water pipe which completes the radio circuit.

The first item to consider is the tuning inductance or tuning coil. One that will give good results may be constructed as follows:

Materials needed—One cardboard tube 1-16 of an inch thick, 3 inches in diameter, 6 inches long; 1-3 pound of No. 20 or 22 B. S. single silk-covered copper wire; one 1 1/2 inch radio switch lever and hard-rubber knob; twelve switch points; one wood base 3/4 of an inch thick,

5/8 inches long, 1 1/4 inches wide, 1/4 inch thick and drilled as shown; three nickel-plated binding posts; four wood screws to secure bakelite front to base as shown.

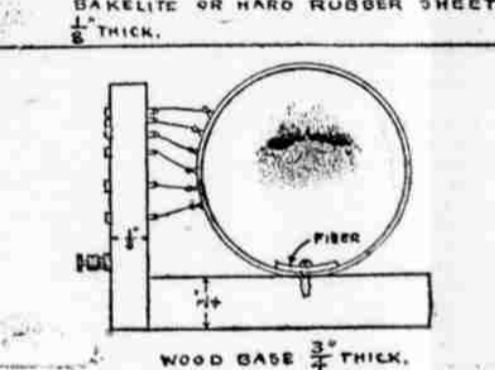
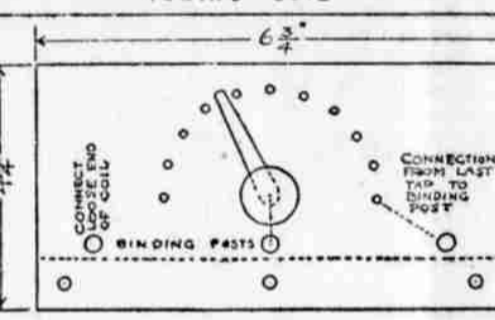
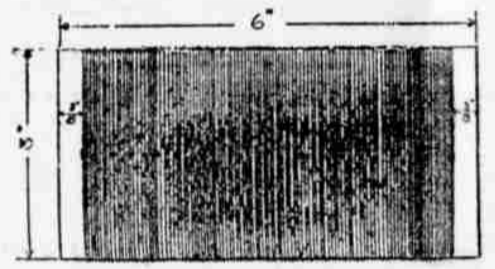
How to Start It.

After you have secured the above materials and with the aid of a screw driver, paint brush, hand drills and some orange shellac, take cardboard tube, give it a good coat of shellac, after it is dry punch small holes 3/4 of an inch from either end with a darning needle, pass wire through and tie. Allow about one foot to make connections. Wind eight turns, scrape a small amount of the insulation off and make your first connection or tap. (Note—Use about six feet of wire and cut same into eleven equal lengths to us for taking taps off of the coil.) Be sure when taking taps from the coil that connections are tight, soldered and taped. Take taps off the 12th, 16th, 20th, 24th, 40th, 64th, 100th and last turn. Be sure you have all connections soldered and taped, because you are working with very weak currents and cannot afford to let any leaky conditions exist.

After you have the above work done shellac the windings as this will help keep them in place and at the same time help keep the moisture away, thus warding off grounds. Take the hard rubber or bakelite sheeting and drill to take switch points, binding post and switch lever as shown in the drawing. Drill also three holes to take 3/4 inch wood screws as shown to secure bakelite front. Connect and solder taps, starting from the left, as illustrated. Secure coil to base with fibre strip and make connections as shown.

The next installment will tell how to make a Catwisker or Galena detector.

CARDBOARD TUBING 1/16" THICK WOUND WITH B. S. NO. 20 OR 22 S. S. COVERED COPPER WIRE. TAPS TO BE TAKEN OFF THE 12TH, 16TH, 20TH, 24TH, 40TH, 64TH, 100TH AND THE LAST TURN.



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There are few more wonderful sights in the world than a winding river shining in the sunlight. But our interest in such a scene may be greatly heightened by the reflection that the sunbeams are not merely beautifying the water; they are engaged in a curious work of the utmost importance to man's welfare. Scientific investigation has proved that sunlight possesses a wonderful power to kill injurious germs in river water.

Where a river is polluted by sewage, millions and millions of dangerous bacteria flourish in its water and are carried along with it to spread disease and death around its banks unless their development is arrested. If the sun does not shine upon such a river it may become a peril to whole communities. But if the sunlight does reach it freely, the germs are destroyed and the water is kept comparatively free from infection.

LODGE DIRECTORY.

NEIGHBORS OF WOODCRAFT—Lodge No. 49, meets on 1st and 3rd P. day evenings in Moose hall. Visiting neighbors invited to attend. BELLE CHENSLAW, G. N. LEONA McDONALD, Clerk.

A. F. & A. M.—Masonic Lodge No. 12. Regular communications 2nd and 4th Wednesdays each month at Masonic Temple, Roseburg, Ore. Visitors welcome. W. L. THOMAS, W. M. W. F. HARRIS, Secy.

THE SECURITY BENEFIT ASSOCIATION meets in the Macabaw hall the 1st and 3rd Tuesdays in each month. W. B. A. O. T. M.—Roseburg Review No. 11 hold regular meetings on second Thursdays at 1 p. m. and fourth Thursday at 7:30 p. m. Visiting sisters invited to attend reviews. Macabaw Hall, Pine and Cass streets. BELLE STEVENSON, Com. JESSIE RAFF, Col.

REHEARSALS—Roseburg Rebekah Lodge No. 41, I. O. O. F., meets in Odd Fellows Temple every week on Tuesday evenings. Visiting sisters in good standing are invited to attend. SIESS JACKSON, N. G. EVA LENON, Secy. ETHEL BAILEY, Fin. Secy.

O. E. S.—Roseburg Chapter No. 8. Holds their regular meeting on the 1st and 3rd Thursdays in each month. All sojourning brothers and sisters are respectfully invited to attend. MRS. ELIZABETH BUNYAN, W. M. FREE JOHNSON, Secretary.

K. O. T. M.—Meets each second and fourth Thursdays of each month in Macabaw hall, corner Cass and Pine streets. Visiting Knights always welcome. L. C. GOODMAN, Com. G. W. RAFF, R. K.

EAGLES—Roseburg Aerie meets in Moose hall on Jackson St. on 2nd and 4th Monday evenings of each month at 8 o'clock. Visiting brethren in good standing always welcome. A. J. WULF, W. P. P. W. M. LA MER, W. P. B. F. GOODMAN, Secretary.

UNITED ARTISANS—Meets in Macabaw hall every Wednesday evening. Visiting members always welcome. RICHARD BUSCH, M. A. MILDRED McCULLOCH, Treas. ELSIE HUMPHREY, Secy.

LOYAL ORDER OF MOOSE—Roseburg Lodge No. 127 meets first and third Tuesday evenings of each month at 8 o'clock in the Moose hall. All visiting brothers are invited to attend. C. W. CLOAK, Dictator. H. O. PARFETER, Secretary.

WOODMEN OF THE WORLD—Camp No. 125, meets in Odd Fellows' hall in Roseburg every 1st and 3rd Monday evenings. Visiting neighbors always welcome. FRANK PORTER, C. C. M. MILLER, Clerk.

I. O. O. F.—Pittsylvania Lodge No. 8. Meets in Odd Fellows Temple every Friday evening at 7:30 o'clock. Visiting brethren always welcome. FRED MILLER, N. G. A. J. GEDDES, Rec. Sec. J. R. BAILEY, Fin. Sec.

B. P. O. Elks, Roseburg Lodge No. 224—Hold regular communications at the Elks' Temple on each Thursday of every month. All members requested to attend regularly, and all visiting brothers are cordially invited to attend. ROY BELLOWE, E. R. J. G. FAY, Jr., Secy.

KNIGHTS OF PYTHIAS—Alpha Lodge No. 47, meets every Wednesday evening in Douglas Abstract Hall, corner Jackson & Washington Sts. Visitors always welcome. RUDOLPH RITZMAN, C. C. ROY O. YOUNG, M. F. E. E. WIMBERLY, K. R. R.

HEAR

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BAPTIST CHURCH, THURSDAY EVE, APRIL 6.
PRESBYTERIAN CHURCH, FRIDAY EVE, APRIL 7.
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IDOL VENERATED IN INDIA

Thousands Take Part in Annual Pilgrimage to the Shrine of the Famous Juggernaut.

The "Car of Juggernaut" is the car which the idol, Juggernaut, or Jagannath, rides in triumphant procession in India when the festivals of Jagannath are celebrated. Jagannath is another name for the Indian god Krishna (supposed to be the eighth incarnation of Vishnu), and it also is the name of the idol in a temple at Puri in Orissa on the Bay of Bengal, a temple dedicated to Krishna, a wooden image with a red body, black face, gilt arms—its crimson mouth wide-open and its eyes sparkling with gems—this idol in its rich robes presents a very striking appearance.

Jagannath is throned between his sister Subhadra and his brother Balarama, one black and the other white. At the times of the festivals of Jagannath the idol is placed on a great car bearing 16 wheels, drawn by some of the people who crowd from all parts of India in pilgrimage to this shrine. Sometimes as many as a hundred thousand are there. It was stated that in former days many of the pilgrims threw themselves under the wheels of the "Car of Juggernaut," immolating themselves in the belief that they would thus be transported direct to heaven.

Editorials First—News Next.

In China, the editorials appear on the front page, as they are considered the most important part of the paper. The rest of the news follows in order of importance—legal and government news, telegraph news, local news, and finally advertisements. The advertisements are not scattered through the paper, but are bunched on the last few pages.

The officials are very careful of what comes out in the newspapers. If an editor wishes to remain in business he must see to it that nothing adverse to the present administration appears.

Sunbeams Destroy Bacteria.

Experiments in various quarters have shown that sunbeams are able to destroy bacteria in water at a depth of at least twenty inches beneath the surface. One might almost liken the rays of light in such a case to javelins and arrows piercing an enemy, for it has been found that the destructive action is greatly diminished if only the perpendicular sunbeams fall upon the water.

The slaughter of the bacteria is by far the greatest when both perpendicular and oblique rays enter the water uninterrupted. Like a ship in action, the sun is most powerful when it can rake the enemy with a crossfire. And it has to shoot its tiny arrows of light a long way—almost 93,000,000 miles. But, fortunately for us, they get here and they are effective.