Health is Wealth Itself

—and depends more upon the selection of proper food than upon anything else.

The reason is simple—the *right* kind of food digests promptly and is absorbed into the blood for building sound tissue; while food that digests slowly may ferment and lead to serious conditions.

Grape-Nuts—the delicious cereal food made from whole wheat flour and malted barley—is so easy to digest that even delicate people and young children thrive on it.

This is only natural, because Grape-Nuts is baked for 20 hours, which transforms and partially pre-digests the starch elements, resulting in easy digestion and quick assimilation.

Served with milk or cream Grape-Nuts is a complete food—and along with its nutritive qualities is that wonderful flavor!

"There's a Reason" for Grape-Nuts

Sold by grocers everywhere!

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

rst Learn to Handle Your Clubs, Says Expert

By ALEC HERD.
(Written for the United Press.)
CHAPTER I.

Editor's Note: The former golf mpion of the British Isles, in opening chapter on how to golf, starts at the begin- Leave the ball alone until can handle the clubs, is his

is a beginning to everything, ercifully, perhaps, there is an to everything. Not a very pro- statement, you will say. True , but what I wish to point out a good beginning in golf, as in elf, is more than half the battle. badly, or, in other words, begin wrong way, and you are simply up trouble which will probab- er be cured. This is why, in the of articles which I am writing the Daily Express and United , I am going to address myself absolute beginner.

beginner at golf is, like the always with us. Every day brings recruits, and it is because so of them—the majority, I might have such very hazy ideas how embark on this most fascinat- difficult of all games, that we pidly producing a race of C-3 The average novice sallies burdened with a number of ob- and an equipment about he knows little or nothing. I know which is the more harm- brand new bag of brand new or his obsessions.

Not So Difficult.

ep your eye on the ball" is one ession which has probably per- injured the style of more be- than any of the others. It is a injunction to put down a ball to hit it.

frequently hear of people who e themselves and their friends ease with which they get the way at their first attempt. The is not so difficult after all, they buoyantly, and then comes the ing. The ball becomes infinite- all and extraordinarily elusive next they try, and in a panic of and disappointment they slash anyhow. This is when the dis- ed beginner should be taken hand.

novice at golf should be trusted ball in his first fortnight, un- has learned how to grip the club w to swing it.

beginners seek to acquire the ocked grip under the impression possesses peculiar virtues. It , of course, by many great golf- I think that for the majority ple with hands of average size m grip is the safer. Personal- find that it gives me a securer hold on the club, and for the novice I think the—shall I say, somewhat complicated?—arrangement of fingers in the inter-locked grip is apt to be disconcerting. Two of the greatest of the many exponents of the palm grip are Mr. John Ball—in my opinion the finest amateur golfer who ever lived—and Abe Mitchell.

Perfect Rhythm.

Having definitely decided on the most suitable grip, the next thing is to acquire the correct swing. This can only be done under the guidance of a proficient coach, and, as I have previously said, without the distraction—in the beginning—of having to hit a ball. I do not know why it is, but a golf ball exercises a hypnotic effect on most people. You see men with years of experience practicing at daisy heads round the first tees. Their swing is practically all that could be desired, but when their turn comes to play, they snatch at the ball like the merest tyro.

These are the people who have begun wrongly. Their aim is to hit the ball somehow, anyhow. The true golf swing, full of grace and rhythm, remains with them as a kind of subconscious ideal, an ideal which they are incapable of putting into execution at the moment of the test.

This is why I insist on a fornight's practice at swinging as a start, so that control of the club and the perfect rhythm of the stroke form the natural basis of the game. When these have been acquired, the pupil may practice hitting a ball into a net, but I do not advise too much work at the nets.

(END CHAPTER I.)

NOTICE.

Reports have been spread around that the White Front Restaurant, 139 Sheridan St., has been feeding scabs that have come in to take the railroad men's places. Such reports are false. The White Front Restaurant does not cater to scab trade. E. P. Bryant Prop., White Front Restaurant.

HUBBY SWATS WIFE FOR MAKING DISHTOWELS OF SUMMER UNDERCLOTHES

(International News Service.)

DETROIT, July 13.—The question is: Has a wife the right to take her husband's summer underclothes in the wintertime and make dishtowels of them?

Peter Valinch ,of Royal Oak, says "no" and made it emphatic when he told his wife, Mary, about it by punching her in the nose.

Mary, the wife, says "yes" and retaliates by having Peter chucked in jail for assault and battery.

Mary is supporting the four children while Peter cools his heels and temper behind the bars.

Likewise, Mary says, she has plans for a divorce.

Which looks like the affirmative answer wins.

UNIVERSITY of OREGON

tains:

college of Literature, Science the Arts with 22 departments.

professional schools of Archi- ture—Business Administration— ation—Graduate Study—Law— dicine—Music—Physical Educa- —Sociology.

47th Year Opens October 2, 1922

catalogue or any information s The Registrar, University of gon, Eugene, Oregon.

Street Dance to Finance Ball Team

The baseball boys are preparing to "slick-up" the pavement for the big street dance next Saturday night. They are planning to make the affair a big one and hope to clear enough money to finance the ball team the remainder of the season. Owing to this being the initial year for baseball here, the team's management has been under a terrific expense—such as improvement of the diamond, purchasing uniforms and other equipment. The dancers will have an opportunity Saturday night to have a good time in addition to aiding their baseball team. A fine orchestra has been obtained for the evening.

TO THE FEDERATED SHOP CRAFTS OF ROSEBURG

Gentlemen: I respectfully ask that you have Mr. Van Skike attend the city council on July 17th so that he may be heard in person as this will be much better than his affidavit. L. L. Mathews, City Marshal.

Highway Board Asks Rehearing

SALEM, July 13.—The state highway commission has filed with the public service commission an application for a rehearing in the cases involving the construction of overhead crossings over the tracks of the Southern Pacific company at Sutherlin, Wilbur and Oakland. Under the order of the commission authorizing the construction of these crossings the railroad company is required to pay only 20 per cent of the cost of construction. The application for a rehearing points out that the usual division of costs on such structures requires the railroad to bear 40 per cent of the cost.

APPLES.

Growers having apples to sell should meet Mr. A. G. Irish of the Earl Fruit Co. at Umpqua hotel, Roseburg, Friday and Saturday, July 14th and 15th. He can give information of interest about apples and the largest and most efficient fruit selling organization in the U. S.

AKRON PLANS SPEEDIER SERVICE ON TELEPHONES

(International News Service.)

AKRON, Ohio, July 13.—A campaign designed to speed up service on the telephone is on here.

Local telephone officials are supporting a movement seeking elimination of "Hello" from telephone conversations and doing away of the unnecessary third party who says: "Hold the wire a minute, please," while the person who put in the call is taking his, or her, time getting to the phone.

FARM NEWS

HUNGARIAN VETCH

(By County Agent B. W. Cooney.)

This is the new vetch recently developed by our agricultural college. The discovery of this vetch by the college is one of the biggest finds in years. It will displace 80 per cent of the common vetches within the next three years.

Hungarian vetch has a number of admirable qualities in its favor.

First, it will come through any winter west of the Cascades.

Second, it will make a crop on low, wet land, where other vetches give an indifferent yield.

Third, it does not scatter the seed like the common varieties, therefore can be harvested with a profit as a seed proposition.

Fourth, it has proved one of the most resistant vetches to the attacks of aphids.

Many farmers near Corvallis who have been co-operating with the college in testing out the Hungarian vetch, report yields of one to two thousand pounds of seed per acre. These yields have been made on thin, white land where common vetch is more or less a failure. We should have 40,000 pounds of Hungarian vetch sown in our county this fall. However, that is more than we can hope to get, as the seed is very much in demand.

The county agent has been locating an available supply and has been quoted a price of 10 cents a pound f. o. b. shipping points near Corvallis. The seed will be on the market by the growers about August 20, and if you are interested, write the county agent how much you will want. There are hundreds of acres of black sticky land that will make excellent returns if sown to Hungarian vetch this fall.

The county agent made a careful survey of a number of plots of Hungarian vetch on the college farm, and no doubt longer remains of its outstanding merit. A field sown to this vetch will be one of the best moves a farmer could make in years. Hungarian vetch has proven to be a good soil builder as well as one of the best hay and seed crops.

MICE AND HAY

(By County Agent Cooney.)

The above combination is not to your liking, is it? Well, what can be done about it? Simply this: kill 'em. Here is how to do it in a 20th century manner:

Before mowing away the hay make several long boxes out of three 1x6 boards nailed together. This will form a triangle box and should be cut in sections of about three feet. Place two of these boxes along the sides of the mow, depending on its length. In the boxes put the following bait. Mix 1 ounce strychnine (alkaloid), 1-8 ounce of saccharine with 50 pounds rolled oats (these oats should be the same as commonly used for feed grain). Mix the poison and saccharine dry with the oats. This is one of the best-known mice cafeterias, and after it is once established it will last longer than the mice.

ARE YOU ON THE JOB?

(By County Agent Cooney.)

If you are, you will wont to have everything ready to spray for the coddling moth and anthracnose. The county agent has several moth traps at work, and will be able to give you the correct date for spraying. The traps indicate this year that there will be very little difference in the appearance of the second brood in the various districts. Be ready to spray within one week. Watch for a notice for time to apply spray. With this spray you will need to use 4-4-50 Bordeaux for anthracnose. A spreader can be used, and it will not be necessary to wipe your fruit if applied this month. A good practice would be to have your material on hand and your spraying rig in top-notch condition.

RAM AND BILLY SALE

Every sheep and goat breeder in the county will be interested in this sale and exchange of sires. The sale will be held in Roseburg on Saturday, July 29, 1922. If you have any bucks or billies to exchange or sell write the county agent, unless you have already done so. This sale and exchange is being conducted for the benefit of our county breeders only. There are a large number of animals in the county which have good blood and now is your opportunity to get some of them. Remember, the sire is 50 per cent of the flock, so place your money on the "one best bet."

BEEKEEPING OFFERS BIG OPPORTUNITIES

Clover Region Particularly Adapted to Industry.

Few Places in Which It Is Not Possible to Keep Honey Gatherers With Good Profit Under Proper Management.

(Prepared by the United States Department of Agriculture.)

The clover region of the United States offers splendid opportunities for beekeeping. These possibilities, together with the requirements necessary for the success of the undertaking, are discussed in a recent publication of the United States Department of Agriculture, Farmers' Bulletin 1215, Beekeeping in the Clover Region, by E. F. Phillips and George S. Demuth of the division of Bee-Culture Investigations. While not all parts of the clover region are equally good, there are few places, it is pointed out, in which it is not possible to keep bees with profit under proper management.

The typical clover region occupies the northeastern part of the United States, extending west into Minnesota and south approximately to the Ohio river and Mason and Dixon's line. It appears on the west coast in Washington and Oregon. In both east and west the region extends into Canada,

Beekeeper Should Take Pains to Get Best Strains.

some of the best portions being located north of the national boundary. Limited areas of less value are found outside these boundaries.

The opportunities for beekeeping in this region, are not being utilized as completely as in some other beekeeping regions of the country. There are vast areas of the clover region not adequately covered by bees, and also many places where, because of the methods of beekeeping practiced, the beekeepers are failing to produce the best possible crops.

Beekeeping to be profitable in this region must be conducted with all possible skill. Better methods, it is believed, will result in a greater development of the industry. Because of the presence of European foulbrood in some parts of the clover region, and especially because of the superior quality of the Italian race of bees, the beekeeper of this region will find it greatly to his advantage to keep this variety. Italian bees are able, under good management, to clean out the larvae dead of European foulbrood. Not all strains of this race are equally good for this purpose, and the beekeeper should take pains to get the best.

Copies of the bulletin may be had free upon addressing a request to the Department of Agriculture, Washington, D. C.

BOOKS ARE OUT

From the records in the office of the county agent it appears that there are a few volumes of the circulating library which have not been returned. These books have all been called in by the state library, and for that reason the county agent would be pleased to have all books which may be in the field returned at the earliest possible moment.

It's all here and it's all true. You are sure to find it in the News-Review.

Make Cooking a Real Pleasure.

Prepare your food with a "Waterless Cooker." It retains all the natural flavor; more economical; no worry; foods can't burn; cooks vegetables and meats better than any other way. We want you to see the new Cooker.

Churchill Hdw. Company

FRANK MAYO AT ANTLERS THEATER TONIGHT

The great, silent places of the north have been cast for a leading part in "Out of the Silent North," Frank Mayo's latest Universal production, which comes to the Antlers theater here tonight. The picture has a background of scenic beauty rarely shown upon the screen. Towering mountains rear their hoary heads above the snow-filled valleys in which the action of the photoplay takes place. The changing seasons put a different aspect upon the settings of the picture. Amid these splendors of nature a simple tale is unfolded, a story of the true nobility with which the Creator had endowed an ignorant frontiersman.

CLASSIFIED COLUMN

ALL NEW CLASSIFIED ADVERTISEMENTS WILL BE FOUND ON LAST PAGE UNDER HEADING "NEW TODAY."

WANTED.

WANT TO BUY—Good fresh Jersey cow. Pohne 28-F-2.

WANTED—Good cow, giving not less than 5 gal. per day. Phone 260-R.

WANTED—Good kitchen cupboard, with glass doors above preferred. Phone 422-R.

WANTED—Family of about five to pick prunes. Good camp grounds. Phone 17-F-4.

WANTED TO RENT—5 room unfurnished house, by two adults. Address "House," News-Review.

WANTED—Middle aged woman to care for elderly lady and do some housework. Call at 317 West Oak St.

WANTED—50 loganberry pickers at once. Free camp ground and transportation for campers. C. V. Oden. Phone W. H. Brown, 2-F-11.

WANTED—Feeder pigs, will pay 10 cents per pound delivered at Soldiers' Home, for right breed and to weigh from fifty to one hundred and fifty pounds each. Address Geo. W. Riddle, Soldiers' Home, Roseburg, Ore.

HELP WANTED—Boys and girls, 12 years of older, to pick loganberries. Truck leaves North Side Grocery at 6:30 o'clock each morning. Bring your lunch. Also wants a few families to camp and pick. Wages 1½ cents a pound. Walter Leake, Dixonville, Oregon.

FOR RENT.

FOR RENT OR SALE—Piano. Phone 21-F-5.

FOR RENT—Nicely furnished apartment. Phone 285-L, 707 W. Mosher.

FOR RENT—Safety deposit boxes, Roseburg National Bank.

FOR RENT—Two room light housekeeping apartments. Inquire Berger's Bargain Store.

LOST AND FOUND

LOST—Hood tire on rim, near depot. Return to News-Review office.

LOST—At Idlepid Park Monday, July 10, an Elks tooth in gold mounting. Lodge No. 219. Finder return to 855 S. Main St. Reward.

MISCELLANEOUS

HEMSTITCHING—10c per yard at Singer Store, 127 N. Jackson St.

DIAMONDS, gold bought, reliable estimates. G. Chaimer, 713 Pelting Bldg., Portland, Ore.

MONEY TO LOAN—$700 to loan on real property, first mortgage, address P. O. Box 1618, Roseburg, Oregon.

REQUEST—Anyone wowing Christian Johnson, a farmer, kindly notify him that he should write to the administrator of his father's estate. Chas. Mann, Petersburg, Alaska.

FOR SALE.

FOR SALE—Milch goats; or will trade for calves. Call at 209 W. Washington St.

FOR SALE—Brand new, sport model Oakland, price reasonable. Inquire 433 West Mosher.

FOR SALE—Below market, good milch cow, 2 fine heifers, 3 dandy pigs; 54 C. A. 47 Rock heavy cream separator. L. Bergold, Garden Valley, opposite Overland Orchards, west.

FOR SALE—211 acre ranch, 9 acres prunes, 12 acres alfalfa, 40 acres farm land. Stock and implements with place. Small house and barn. Cash or terms. Address "C" Care News-Review.

FOR SALE—Fruit dryer, to be moved, 2 large cast furnaces, all galvanized lining and stacks. 500—24 by 28 inch fruit trays. 4 cars and other equipment. This has only been used a short season. See G. F. Heiby.

FOR SALE—Collie pups. C. F. Moore, Riddle, Ore.

FOR SALE—Piano. Inquire or write 493 S. Main.

FOR SALE—1 ton truck. Inquire J. G. Day, 220 S. Kane St.

FOR SALE—Hay. Eisenbower Orchard Tracts. Phone 26-F2.

FOR SALE—Almost new range. In good condition. Phone 286-L.

FOR SALE—Registered red Shorthorn bull. M. T. Dawson Roseburg, Rt. 1.

FOR SALE—Team of young mules, five years old, $150. Deer Creek Sales Stables.

FOR SALE—24 high-grade shropshire ewes, good condition. Lindblom, Dixonville, Ore.

FOR SALE—Twenty head of Jersey cows and young stock. A. W. Yocom, Myrtle Creek, Ore.

FOR SALE—Hotel, doing good business. Very reasonable. Address "Hotel," care News-Review.

FOR SALE—Jersey cows. One fresh. Remainder fresh in 2 or 3 weeks. Call at the Roseburg Hotel Dining room.

FOR SALE CHEAP—All makes of second hand sewing machines and all makes repaired. Work guaranteed. Singer Sewing Machine Co., 127 N. Jackson St.

FOR SALE—Extra good saddle horse, 6 years old. 1250 lbs. Will make good work horse. Good life, black, price right. See Jim on Rice Creek, G. T. Royer, Dillard, Ore.

FOR SALE—80 acre farm, 23 acres under cultivation, 7 acre orchard, mostly prunes. This is a place worth investigating. For information see W. S. Howard, 238 N. Jackson St.

A BARGAIN—1 No. 116, 275-lb. Iowa separator, $40.00; 2 No. 125, 500-lb. Iowa Separators $65.00 each; 1 six-shovel single row riding cultivator $45.00. Prices F. O. B. Sutherlin, cash. McCreery Brothers, Sutherlin, Oregon.

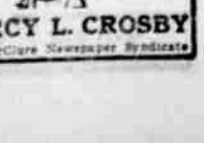
DAIRY RANCH FOR SALE—52½ acres on main road about ½ cleared and in cultivation; balance pasture; good house and barn; silo; all necessary farm implements; good team; water piped to house and barn; 16 Jersey cows; A No. 1 soil. Price $8,000; for terms see owner. Sigvald Ash, Asa P. O., Oregon.

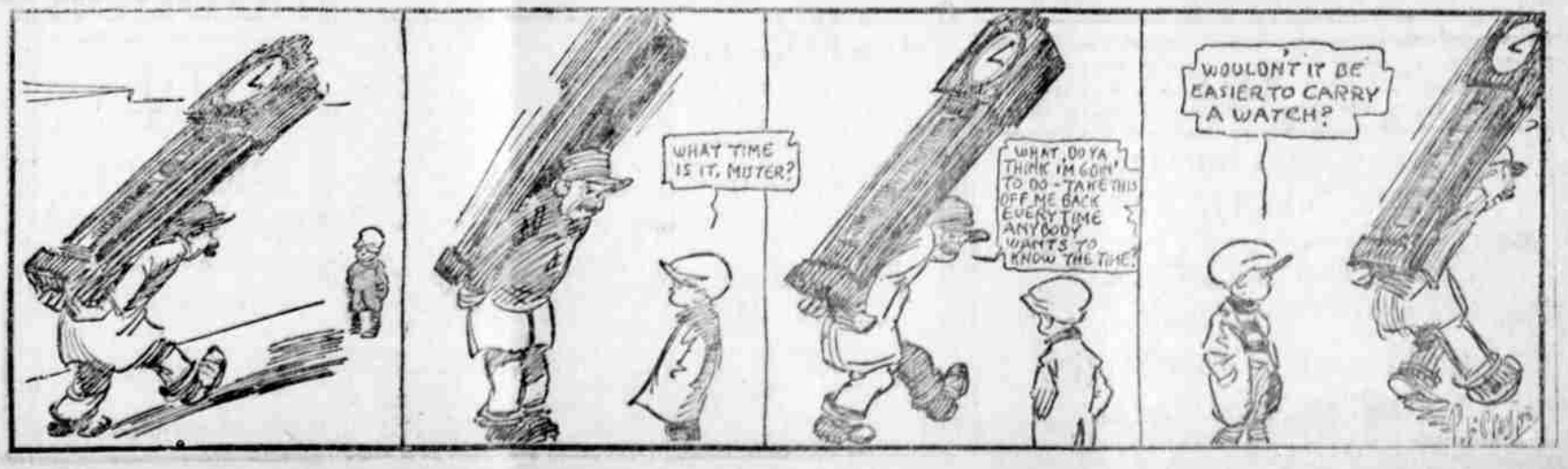
RAMS—From The Stafford Shropshire Farm are now offered for sale. A thrifty bunch of registered yearlings and two-year-olds with size and quality combined. In these you will receive the benefit from years of selective breeding. Mrs. Walter E. Stafford, route 2, Junction City, Ore. Phone, Eugene 23-F-12.

FOR SALE OR TRADE for Roseburg property. 202 acres in Cloverland, Wn. 4 room house, new big barn with hay-mow for 50 tons, 3 all-year springs on place, 50 acres or more cleared, balance yellow pine, tamarack and fir; good new black team, sell pair 1600 lb. Brown Percherons well matched; 1 3-year-old Percheron fellow, 2 saddle horses, 2 sets harness, 2 logging chains, white Bros. wagon, mower, rake, harrow, garden seeder, cultivator, 2 plows, some household goods. This place is on county road from Lewiston, Ida., to Grume, Ore., ideal stopping place for travelers. Will sacrifice for quick deal. Mrs. H. Golgert, Cloverland, Wn. Austin Co.

THE CLANCY KIDS

And Besides the Clocks Are Always Striking



By PERCY L. CROSBY

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