Back to the Grain Fields for Health

GRAPE-NUTS is a regular "three bags full" of the best food qualities of whole wheat flour and malted barley, carefully mixed and slowly baked—

To develop all their appetizing flavor,

To preserve all their wholesomeness,

And to provide nature's "broom" that keeps the digestive system spick and span.

There's not a bit of artificial sweetening in Grape-Nuts—it just *becomes* sweet of its own accord in the long baking.

And that enticing flavor—how good it is with good milk or cream! Fruits, too, fresh or cooked, add to the delight of a dish of Grape-Nuts, morning, noon or sundown.

It is a compact, ready-to-eat food—no cooking needed. Why not try it for tomorrow's breakfast?

"There's a Reason"

Postum Cereal Co., Inc., Battle Creek, Mich.

German Labor May Rebuild Ruined French Cities

By FRANK E. MASON
(International News Service Staff Correspondent.)

PARIS, July 25.—Armed with picks and shovels, a German labor army will invade France, under the orders of the Reparations Commission, if present plans evolved by the French Minister of Public Works, M. Yves Le Troquer, and backed by M. Poincare, become a reality. For several years Germany has been offering to rebuild the devastated regions of Northern France, but has never been able to reach an agreement with Paris.

The French explained that it was too much to expect to ask the inhabitants of the devastated area to receive, even as workmen, the men who had been in the villages as oppressors.

"Perhaps the villagers would recognize in the gang foreman the sergeants of the German army of a year or two ago. We cannot ask our people to face this," declared M. Poincare. The Germans took advantage of the French refusal to spread propaganda that the French business interests refused to permit the Germans to rebuild the devastated regions, because French profiteers insist upon getting their commission out of any reconstruction work.

Germany will be given her opportunity to work out her debt. But the French will not permit the Germans to rebuild Northern France. Districts far removed from cities and where as few French live as possible will be selected. German industrial cities will be built on the Rhone, where Germans will build large dams and install hydro-electric equipment.

Everything To Be German.

In these German colonies to be installed in the heart of France everything will be German except the French engineers who will supervise the work. German workers must leave their families in the Vaterland, and the laborers will be housed in temporary wooden barracks, many of which served to shelter American troops during the war.

The labor regulations will all be German. The laborers will be paid in German marks, with a small supplement in francs to be bought by the contractors. Discipline will be up to the Germans to manage.

Five large construction enterprises have been approved by the French Cabinet. In all but one of them the laborers will be exclusively German. In all five, however, the German government will be compelled by the French to buy about one-third of the material from French firms.

The largest job is the installation of a hydro-electric plant at Dordogne. Twenty-five thousand German workmen will be needed for this work, which will take four years. Twelve thousand German laborers will be used on the installation of a power plant on the Rhone. This gigantic enterprise will take ten years to complete.

In addition to the three hydro-electric plants, 600 German workmen will be engaged in constructing a tunnel through the Vosges, on the railroad line from Mulhouse to Epinal. About one billion francs will be expended in a new canal in the northeast of France to connect the Sarre, Moselle, Meuse and Meuse-Escaut rivers.

NOTICE.

If you want a house built, moved or repaired or cement blocks of any kind, see Pat.

Boys Are Found Not Guilty

Jack Kennedy and Lee Confrey, against whom a charge of white slavery was made in the federal courts, were found not guilty after a short deliberation. The escapade was looked upon as a childish prank and it was held that the case did not justify a charge of white slavery. Norma and Ruth Gray, who were held with them were the witnesses for the government. The quartet was arrested here after their funds were exhausted, and they had spent the night on the street.

The two boys were immediately arrested again and charged with transporting a stolen car from one state to another in violation of a federal statute. The car in which they made the trip was stolen from a Los Angeles resident and was located by him after being picked up here. The boys will be held in jail until October or November until their next trial is heard. The two girls will be returned to their guardians in Los Angeles.

Oswald's Seven Serenaders, the dance orchestra with every boy a soloist, will play a return engagement at the Armory Tuesday, Aug. 1st. Be there.

BID ACCEPTED

PORTLAND, July 26.—For $44,000 worth of 4½ per cent Douglas county road bonds, the bid of E. H. Rollins & Sons, of Portland, of $43,054 was accepted today.

THAT MORNING LAMENESS

If you are lame every morning, and suffer urinary ills, there must be a cause. Often it's weak kidneys. To strengthen the weakened kidneys and avert more serious troubles, use Doan's Kidney Pills. You can rely on Roseburg testimony. Ask your neighbor!

F. Hite, 813 Short St., Roseburg, says: "My kidneys troubled me for a long time and I was almost down with my back. I could hardly get out of bed mornings and when I stooped dizzy spells came over me and black spots floated before my eyes. My kidneys acted irregularly and I was in a bad fix when I began using Doan's Kidney Pills but they soon rid me of the aches and pains and made my back well and strong."

Price 60c, at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mr. Hite had. Foster-Milburn Co., Mfrs., Buffalo, N. Y.

What Happened When Sheila Elliston Refused Love

By Idah McGlone Gibson

SHEILA ELLISTON

Synopsis.

Young Mrs. Wilmington was recovering from a broken leg. Her nurse beautiful young woman, Sheila Elliston, intrigued her interest tremendously. Mrs. Wilmington suspected an interesting story lay concealed in the life of her nurse. To draw her out, Mrs. Wilmington told the story of her brother in the war, saying she expected his return. Apparently the nurse was not interested.

"I don't believe I will go into the other room," I said again, "at least until the doctor comes."

A fleeting smile curled Miss Elliston's red lips. She spoke as she would coax a child. "The sun is shining and the air that comes into your morning room is laden with fragrance. The garden which you can see from wour windows is a mass of bloom."

"Oh, well, if I must, I must," I sighed, "but do you know I am getting used to lying here and being waited on by your efficient hands. I think I rather hate to break the spell even for the sight of my beloved garden."

"Oh, you'll like it ever so much better. And you'll get well faster with the change," she urged tactfully.

She was moving my poor leg with the utmost gentleness and care as she spoke and very shortly I found myself bathed, dressed, combed, powdered and lying comfortably on the day-bed looking out through the French doors that reached across the entire front of what I had named my morning room because it always greeted me with a smile when I left my bed each day and entered it.

The landscape upon which I was so avidly gazing filled my soul with quiet joy. The old-fashioned garden with its hyacinths, tulips, crocuses, narcissus and daffodils sloped almost down to the sea where the whitecaps beckoned gaily in the distance. Sunshine and warmth—the first day in almost two months that was free from pain. Suddenly I woke to the fact that I really had much for which to be thankful, much for which to live.

Carefully I turned a little more, that I might really face the sunlit garden and in doing so, I attracted the attention of my nurse who was coming across the lawn. She quickened her steps but as she came thru the great glass doors, her arms laden with flowers, I had time to tell myself that Sheila Elliston was the most beautiful girl with the saddest eyes I had ever looked upon.

As I always did every time I looked at her I began to search for the reason why a girl so exquisitely lovely and as uniformly sweet should keep everyone from her real self. She discouraged every kindly attempt on my part to pierce the atmosphere of reserve which surrounded herself and her affairs.

Now she came running forward toward me, dropping her flowers on the table as she passed.

"Oh, Mrs. Wilmington, why didn't you tell me that you were not comfortable. I went out in the garden to gather some posies for you. But you should not move without help, you will hurt yourself."

"Oh, no, I won't, Miss Elliston. You must stop babying me. If you and the doctor are going to take the cast off my leg today I must begin to help myself if ever I am going to try to get back into being anything but just a log to be moved about by your lovely arms."

I always enjoyed saying something to Sheila Elliston in praise of her arms, which were surely as beautiful as the fabled lost arms of Venus, for I loved to see that exquisitely-tinted blush which always suffused her face at any compliment.

She helped make me comfortable and then went back to the table and began to arrange the flowers.

"I wonder if she knows how beautiful she is," I thought idly. She is rather above medium height with dark brown hair that surprises you with bronze gleams when the sun glinted across its waving beauty, as it did now.

Although her face was turned partly away from me, I could see the shell-like pink and the delicate contour of her cheeks.

I must have given a sigh of satisfaction, for she turned questioningly and I looked into eyes the color of dew-drenched violets.

Again I told myself they held a sadness unmeasurable. Again I wondered what the story of this young woman might be. She was hardly more than a girl, too young, it seemed to me to have had the tragic experiences that I sensed behind her reserve.

Some careful student of humanity has said that in the life of every person there is a story. I was sure that there lurked a tragedy behind those grieving eyes and unsmiling mouth.

"There, isn't that lovely, Mrs. Wilmington!" she exclaimed bringing the great sheaf of spring flowers in all their fragrant freshness over to me.

"Yes, it is all very, very lovely—the flowers, the sunlight, the fragrant air, the dancing sea, the freshness of my morning room and you."

She blushed radiantly then: "It is very sweet of you, Mrs. Wilmington, to put me in that category," she answered with unexpected warmth, "and I want to tell you that it has been a great pleasure just to be with you these two months.

"Of course, I am very sorry you slipped on that pebble in the garden, but if you had to break your leg, I am very glad that it was I who should nurse you."

Almost the first real michievous nurse's face hesbrdbek bgk ubgko b smile I had ever seen upon my nurse's face effected a radiance from within which surprised even me who had seen her constantly for two had seen her constantly for two months. I had never realized how much lovlier she could be if she were happy.

I called myself a silly, fanciful woman for trying to think of the kind of story that would fit her personality. I had never met a girl who had interested me so much. I had never met anyone who had grown so far into my heart in so short a time.

This was particularly strange as I could not remember the tiniest scrap of information that Sheila Elliston had given me about herself.

Tomorrow—Phil Spencer.

ADVICE TO THE LOVELORN

BY MRS. ELLSBURY

A Daily Column of Questions and Answers Conducted by a Woman Who Knows. Address your Letters to Mrs. Ellsbury Care Roseburg News-Review

Dear Mrs. Ellsbury: My wife and I have never had any serious trouble until the last month, and we have nearly come to a deadlock. I think a woman can advise me better than a man, and so I am writing to you. My wife has formed a friendship with a woman that I heartily disapprove of. I have asked her again and again not to go with her, but she flies into a fit of rage and says that I have no right to choose her friends, and that she makes no attempt to choose mine. I have stayed home several times from places that we were going to go, because my wife asked this woman to go with us. Is there anything that I can do to help this condition of affairs, or must we go on like this. I think too much of my wife to cause a separation over anything like that but I am going to remain firm about this woman. DISTRACTED.

Ans. If you have a real reason why your wife should not go with this woman, if morally she is not what she should be, then you have every right to expect your wife to stop going with her. You have given your wife your name, a name that, if you are a gentleman, you have tried to make respected in your community, and you have a right to expect your wife to keep it that way. Have a serious talk with your wife, and tell her without reservation, what you know about this woman, and explain to her how you feel about it. On the other hand, if it is simply a personal dislike you have taken to this woman, you should try to get over it, if your wife likes her.

Dear Mrs. Ellsbury: Do nice women ever pick up men on the street? I mean by that do women that are really nice ever allow strange men to speak to them, and then continue going with them? Suppose that I spoke to a strange woman on the street, and she was not offended and allowed me to walk home with her, and I afterward learned to know her well, and learned to love her. Would she be a nice woman, or would she not? And would you think it safe to marry her? Thanks for your help. M. P.

Ans. Your knowledge of the woman's character should be the best criterion for you to go by. Remember that there are times when we are all weak and prone to do things that at other times we would not do. If she has proved herself to be worth while then forget about it. She probably allowed you to speak to her in a moment when she was feeling adventurous and lighthearted and continued the acquaintanceship because she was interested in you. Remember also that her fault in allowing you to speak to her was no greater than your fault in speaking to her, and she has as much to fear from you as you have from her.

ANNOUNCEMENT.

The Specialty Shoppe will be open for business tomorrow with a fine line of ladies furnishings.

The hemstitching department of the Bellows Store will be located in our shop.

Mrs. O. D. McAllister and Mrs. F. F. Jones, the proprietors, invite you to visit the new store.

THE SPECIALTY SHOPPE.

NOTICE TO CONTRACTORS.
Bridge Construction, Douglas County, Oregon.

Sealed bids will be received by the county court of Douglas County, Oregon, at the court house in Roseburg, Oregon, at 10 o'clock A. M. on the 4th day of August, 1922, for the construction of a 165 foot wooden span bridge and 40 feet of trestle approaches in Sec. 19, S. 22 S., R. 5 W., across Cow Creek, being located about 6 miles east of Glendale.

No bid will be considered unless accompanied by cash, bidder's bond or certified check for an amount equal to at least five (5) per cent of the total amount of the bid.

A sufficient bond will be required for the faithful performance of the contract in a sum equal to one-half the total amount of the bid.

Plans, specifications, forms of contract, proposal blanks, and full information for bidders may be obtained at the office of the county clerk or the county roadmaster, Court House, Roseburg, Oregon, upon the deposit of five dollars.

The right is reserved to reject any item or all proposals, or to accept any separate item of the proposal or proposals deemed best for the county.

IRA B. RIDDLE,
County Clerk of Douglas County, Oregon.

Daily Demonstration

The man who says "it can't be done" is apt to get run over and walked on by some one who is busy doing it.

Maybe farmers can't run a business successfully, but we're doing it anyway. We are

"Showing 'em"

every day that we can sell you good goods for less money. Seasonable goods, pumps, engines, wagons, farm trucks, government harness.

Special Price on ¾ inch Pipe

While it Lasts

"See us first—we can save you money."

Farm Bureau Cooperative Exchange

Roseburg and Oakland.

Picture of Huntress In New York Times

Mrs. Lena Joyce, of Camas Valley, whose fame as a huntress is well-known throughout this county, has had the unique honor of having a large picture of herself in hunting garb appear in a recent edition of the rotogravure section of the New York Times. Under the picture appears the caption, "The Diana of the Northwest," and goes on to say that Mrs. Joyce lives at Camas Valley, Oregon, is a professional guide and daughter of one of the Old West's most celebrated woodsmen, and is conceded to be the best all-round woman hunter of the northwest woods. Mrs. Joyce has come to Roseburg several times to claim the bounty on the animals she has killed, and is deserving of the praise given.

NEW FIXTURES INSTALLED

New lighting fixtures are being installed in the drill hall of the Armory, the contract having been let to the Hudson Electric company. The new fixtures are much more attractive than the old ones and will provide more light.

ALL MEMBERS

of Council 3957 of the Security Benefit Associ'n are hereby notified, by order of council, to pay your dues hereafter to Mr. Bellows at 329 West Cass St.

Let us show you how the Royal gets the embedded dirt in your rugs. Hudson Electric Store.

AUTO BUSSES HELD COMMON CARRIERS

SALEM, July 26.—Any transportation company licensed by the public service commission to operate a motor vehicle over a specified route is a common carrier and must carry any person who applies for passage at a regular stopping place and presents the proper fare, according to an opinion offered by Attorney General I. H. Van Winkle for the benefit of the commission.

The opinion explains that the passenger must be accepted unless he is in an intoxicated condition or is boisterous and disorderly. Should the transportation company, under ordinary conditions, refuse to accept a passenger, the "good faith bond," required by the commission, would be forfeited, according to the opinion.

Successful Graduates

Are the Best Recommendation of

O. A. C.

This institution offers a thorough, practical, and standard education at a cost within reach of the high school graduate.

It offers training for collegiate degrees in:

Agriculture, Commerce, Engineering and Mechanical Arts, Forestry, Home Economics, Mines, Pharmacy, Vocational Education, Chemical Engineering, Military Science and Tactics.

It offers training also in: The School of Music, Physical Education, Industrial Journalism.

Fall Term Opens September 18.

For circulars of information and illustrated booklet write to

THE REGISTRAR, OREGON, AGRICULTURAL COLLEGE, CORVALLIS, OREGON.

General Building Material

CEMENT, LATH, SEWER PIPE, SHINGLES, PLASTER, LUMBER, BRICK, LIME, ROOFING, REENFORCING STEEL.

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DEVELOPMENT

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.

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R. M. JENNINGS, Manager.

PROFESSIONAL CARDS
MRS. F. D. OWEN—Cut Flowers Phone 240. 109 So. Jackson St.
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DR. L. A. WELLS, Dentist, 211 Pohl Bldg. Phone 212.

TRAVEL

to the Coast by Coast Auto Line Stages

Over New Highway by Camas Valley and Myrtle Point. Save you time and money. Leave Hotel Umpqua, Hotel Grant and Home Restaurant Every Day at 7 a. m. and 2 p. m.

Fare to Myrtle Point .....
" " Coquille .....
" " Marshfield .....
" " Bandon .....

Coast Auto Lines

George W. Bryant, Manager, Coquille, Oregon

Don't forget to Order

Some Olives and Cucumber pickles for lunch.

See our stock of both bulk and bottled goods. Various kinds and sizes.

At the

North Side Grocery

PHONE 324.

Some Good Buys

In town property. Don't wait and then regret in a few years that you did not buy a home at the prices quoted here in this city. Roseburg is "growing" and is going ahead as it never has before.

One 9 room house, garage, paved street; 4 lots free and clear of all indebtedness, for $3,500.00.

One 5 room house modern conveniences, store room and woodshed, 5 lots, good garden, some fruit and berries. Furniture included, rugs, dishes, dishes. Already a new one. Also two Jersey cows, all for $2,200.00.

A modern up to date house of 9 rooms. Close in, paved street. Basement, garage. Lot 80x170. Everything up in good repair. One of the choicest homes in Roseburg. It will sell for itself by renting rooms for $5775, on easy terms.

Good business property on Stevens street. Also on Jackson street.

Also acreage and large bearing prune orchards, stock ranches where you can make money.

For further information see

RICE & RICE

Real Estate Dealers, Roseburg, Oregon.

LunchGoods

For All Occasions.

Picnic parties and tourists will find the choicest of goods in our line.

Phone 63

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For Dryer Stoves & Pipes

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J. H. SINNIGER

SHEET METAL WORKS

329 N. Jackson.

Attention, Prune Men

Get your Oak Conveyor Belts from Hilahee Mill and Manufactory, Oakland, Oregon.

FLOWERS

speak a language of their own, a language of love and sentiment. "Say it with flowers." Phone 240.

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AUTO TOPS, UPHOLSTERING, FURNITURE UPHOLSTERING, MATTRESSES REMADE

Winchester and N. Jackson Sts. Phone 468.

HEINLINE CONSERVATORY of MUSIC AND ART

Piano, voice, violin, mandolin, cornet, dramatic art, elocution, story and play ground classes. Phone 599 or Mrs. Arthur Kline, 97-R.

HOTEL UMPQUA

"Roseburg's Finest."

NEW AND MODERN

The people of Douglas county are invited to make their headquarters here.

W. J. WEAVER, Prop.

Drink More Milk

Milk is sometimes regarded as food for children only. It's food for adults—food for the aged also.

It contains most of the elements essential for the maintenance of the human body at all growths. It is an easily digested food.

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