

Why 600,000 Americans now bathe internally

9 out of 10 people are working at only half the efficiency they should enjoy—that's what science reveals.

Hundreds of recent tests have shown that 9 out of 10 men and women are suffering from constipation and "auto-intoxication"—they are carrying around inside them, at all times, large colonies of poisonous germs. Cathartics cannot remove this trouble. They bring at best only partial relief.

Dr. Chas. A. Tyrrell devoted years of his life to a study of "Auto-intoxication". More than 600,000 men and women have benefited by his research.

Dr. Tyrrell's method was the internal bath. And for its proper and easy administration he perfected what is known as the "J.B.L. Cascade". No other method and no cathartic can do the work for which the Cascade was specifically designed.

The story of Dr. Tyrrell's research and the "how and why" of internal bathing are extremely interesting. They have been put into a book entitled "Why Man of Today Is Only 50 Per Cent Efficient". This book is free to anyone, and it should be read by every man and woman. We will be glad to mail or give you a copy of this book on request. There is no obligation involved.

NATHAN FULLERTON, The Rexall Store

Perkins Building

Roseburg, Oregon

Farm Implements

ORCHARD PLOWS, FIELD PLOWS

DISC PLOWS, SMOOTHING HARROWS

DISC FOR ORCHARD WORK, CULTI-PACKERS

For any sort of an implement that you may need for your tractor work on the farm or in the orchard. These implements are of

Improved Type

the very best that is made, and we can fit you out and at a considerable saving. See these implements and get our prices.

C. A. LOCKWOOD MOTOR CO.

Roseburg, Ore.

FORD FORDSON

OPERATIVE MARKET IDEA.

J. Hard and Prof. Bessie of the Agricultural college arrived in the county today for a week's training in the interest of the cooperative marketing program. A meeting was held at Riddle this afternoon and another meeting will be held at Kyrle Creek tonight. They will speak on the co-operative marketing program at various points throughout the county.

ing to business matters.

GRANGE COMMITTEE APPOINTED

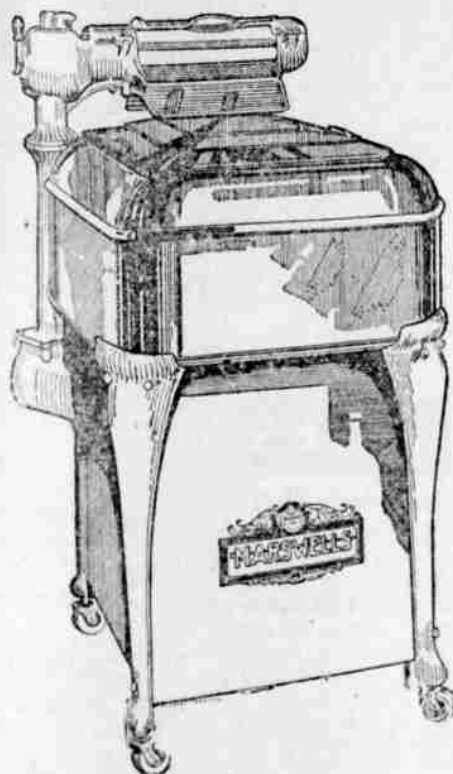
John Busebark of Melrose, Dr. C. H. Bailey of South Deer creek and George Burt of Green, have been appointed to represent Pomona grange at the investigation of the courthouse needs. This committee will meet with the others and the county court to determine the best policy to be adopted in improving conditions.

Wool bags and shearing machine are being sent to Wharton Bros.

American Beauty

of

Electric Washing Machine



Fingers Almost Human

—almost human in their touch, yet very mechanical in their thorough cleanliness. The fingers on the agitator of the Marswell Washer, when combined with the exclusive cone, constitutes the very highest development in electric washing machines.

A factory representative will be with us

Tuesday and Wednesday

and will reveal to you the most simple, efficient wringer ever devised.

These two features—the fingers and cone and the wringer—it will pay you to see these alone. Come in now and we will give you a demonstration.

Badgley - Zigler Hdw. Co.

Phone 25

LOCAL NEWS

Returns Home—

C. P. Cornell returned last night to his home in Glendale after a short visit in Roseburg with his numerous friends.

Arrives Here From Portland—

Fred Simonton arrived here yesterday from Portland, to spend several days in this city transacting business matters.

In From Drain—

M. L. DeMeritt of Drain was among the out-of-town visitors in Roseburg yesterday. Mr. DeMeritt spent the day in transacting business matters.

Returns From Portland—

W. O. Clinger, accompanied by Mr. Fry, motored back from Portland last night, after a couple of days spent in that city on business.

Leaves for Pendleton—

Mrs. M. L. Fox left this morning for Pendleton, where she will enjoy a short visit with friends and relatives in that vicinity. She will return here in a few days.

Purchase New Cars—

O. H. Pickens has purchased a Special Six Studebaker and Mrs. C. H. Davies a light six sedan from W. A. Burr & Sons, local agents for the Studebaker car, the machines being delivered today.

Spends Day Here—

Lawrence Haines, prominent resident of Drain, was an out-of-town visitor in Roseburg yesterday. After spending the day in shopping and transacting business, he returned to his home there in the evening.

In From Winston—

Dr. Bradburn, prominent resident of Winston, arrived here yesterday morning from Winston and spent the day visiting and shopping, motoring back to his home in the evening.

Spends Day Here—

Ed Mundt, prominent resident of Looking Glass, was in our midst yesterday and spent the day looking into various business matters, motoring back to his home last night.

Here on Business—

C. H. Cummings, representative of the Mason Tire and Rubber company of Portland, spent the day in Roseburg.

Kidney and Bladder Troubles Conquered or Money Back

For 10 years, said Dr. Carey, I have been prescribing my Prescription No. 222 (known for years as Marshbrook's) for kidney and bladder sickness and now that I have retired from active practice I have made arrangements to sell leading druggists a moderate price, on the money back if dissatisfied.

Beware of kidney disease—thousands die of it every year who ought to be enjoying the blessings of life and health. Watch the symptoms. If you have cracks flatter before the eyes, puffiness, edema, itching of the feet, itching, backache, or a discharge, you ought to get a bottle of Dr. Carey's famous Prescription No. 222 right away.

It has wonderfully benefited tens of thousands of cases of kidney and bladder troubles and is the medicine you can always depend upon. Results are guaranteed.

NOTE—Dr. Daniel G. Carey was a practicing physician for many years and his great Prescription No. 222 sold on thousands of sufferers from kidney and bladder troubles. Hereafter you can always get this effective prescription in both liquid and tablet form.

Nathan Fullerton, The Rexall Store, Perkins Building, Roseburg, Ore.



Home washing shortens the life of the housewife and linen—conserve both by utilizing our ROUGH DRY SERVICE.

Call No. 79

ROSEBURG STEAM LAUNDRY
JACK JACKSON PHONE 79

burg yesterday transacting business.

Motored Over From Wilbur—

Among those who motored over from Wilbur yesterday were H. B. Hastings and wife, prominent residents of that vicinity. They returned to their home in the evening, after spending the day transacting business matters.

Motors Into Town—

D. C. Bollenbaugh, well-known resident of Canyonville, motored into town yesterday and spent the day transacting business and visiting, returning to his home in Canyonville in the evening.

Old Soldier Leaves—

Juremiah J. Hughes left this morning for Portland, where he will spend several days visiting with his friends and relatives in that city. He will return to the Soldiers Home in the latter part of this week.

Expected to Arrive Here Today—

H. G. Wilson, supervisor of the Indian agency, is expected to arrive here today from New York City, where he has been for some time in the interest of the agency.

Takes Furlough—

Charles H. Smith of the Soldiers Home left this morning for St. Anthony, Idaho, to enjoy a furlough of several days visiting with relatives in that city, returning to the Soldiers Home here the first of next week.

OWNERS OF POWER PLANT ARE HERE

Plans For Improvements to Be Made

In Near Future are Discussed—California-Oregon Power Co. Official is Coming Here.

John J. Kiernan, one of the owners of the Douglas County Light & Water company, arrived in Roseburg last night to confer with J. L. Kendall, of Pittsburg, who arrived yesterday regarding the improvements which it is planned to make here in the near future. Wm. Shepherd, of the California-Oregon Power company, which has been negotiating with the local company, is expected to arrive today to discuss further plans and proposals and it is possible that some arrangement can be made with that company which will arrange for power from the line recently built east of the city and will eliminate the necessity of making any additions to the local plant.

In the event no arrangement is reached, the local company has promised to make improvements which will more than double the present capacity and will provide a large amount of energy for Roseburg and other communities supplied by the Winchester plant. Some definite arrangement will be formulated during the conference which started today.

Buy coal at Pace's and be comfortable and sweettempered.

WORK ON ROAD TO BE RUSHED

Work on the road between Rock Creek and the forest boundary will be rushed to an early completion and is hoped to have the road open for travel by July 1. The section will be divided into stations and each station will be let separately by contract and work will be handled on all of them at once. The camps will be supplied by pack train and by this method it is hoped to have the job completed within a short time. The road will be of great use in fire protection during the summer months and for that reason every effort is being put forth to get it done before the fire season starts.

Have your ad in the classified when Mr. Thrifty looks for his home.

RUN ON RUN EXPECTED

(By Associated Press.)
HIGHLANDS, N. J., March 5.—Run Row is working feverishly to get its bargain counters ready for the expected spring rush.

Considerable activity in the fleet, notably three arrivals, two departures and the arrival of supplies, on two runs from New York was observed today. The most imposing of the new settlers on the Row is a two-masted tanker of approximately 2500 gross tons and the same is loaded to the plankton net. The other arrivals were schooners of the Bahama type.

The weather will be unfavorable for extensive running to the shore, and both fishermen on the Jersey coast are waiting until the wind blows right.

NOTICE:
No more watches or clocks taken in for repairs until after April first. Wilbur T. Smith, 601 Pine st.

MEMORIAL BILL VOTED

INDIANAPOLIS, Ind., March 5.—The memorial day observance bill, passed by the Indiana general assembly, was vetoed by Governor McCray tonight. The measure as passed would have prohibited the running of the annual automobile speed way on May 25.

Governor McCray's action on the measure followed an action by Speaker Thomas of the U. S. House, in which he held the bill to be unconstitutional. The measure was one of the numerous which have passed in the legislative session of the Indiana legislature since its session of mid-night tonight, opponents of the bill say such action is hardly probable.

SECOND LARGEST LAND DEAL

One Million Acres of Good Land in Exchange for Common Variety of Hack.

One million acres of perfectly good ground for a common old "sea-going" hack, beside which the most ordinary automobile of today is like a palace on wheels.

Can you imagine such a transaction? The land involved was that comprising the old Sangre de Cristo grant.

The carriage was a family vehicle belonging to Charles Boubien, a French-Canadian.

The governor of a Mexican province took a liking to the Boubien family bus. Boubien craved land. They got together in the spring of 1846 and the swap was effected.

That, of course, was before that portion of the United States comprising the grant was ceded to the American government.

Old Boubien, it would appear from the history of the deal, was considerable of a land baron. He already held one grant, which prevented the making of the Sangre de Cristo grant direct to him, so he put forward two nephews—Narcissus Boubien and Luis Lee—as the ostensible beneficiaries. They were killed in the Mexican revolution of 1847 and the elder Boubien fell heir to the grant.

As far as history records data with respect to ancient land grants, the Sangre de Cristo was the second largest ever made. It included all the territory under the watershed of the Rio Grande from source to mouth.

Eventually, the grant was divided into two parts. The upper part, lying mostly in southern Colorado, is now known as the Trinchera estates; the lower as the Costilla estates.

EXPLAINS LACK OF COURTESY

According to Writer, Various Forms of Fear Are Responsible for Its Absence.

The finest courtesy is that which comes from the spontaneous manifestation of good will, says a writer in the Montreal Family Herald. Yet often people who feel good will toward others are not notable for courtesy. When there is any failure in courtesy it can almost invariably be ascribed to fear. Perhaps the person is afraid of assuming too much importance and of appearing egotistical and therefore licks in the background when he should come forward. Perhaps he fears that some one will think he is trying to curry favor, and therefore he is so distantly polite as almost to be rude. Perhaps his good will is so mingled with admiration as to make him awkward and embarrassed; the fear of being regarded as commonplace and unimportant as he cannot help knowing himself to be prevents him from showing proper courtesy. Or, on the other hand, the fear that courtesy will be assertive, overbearing or truculent.

Fear is the great enemy to happiness and accomplishment. One of the most effective ways in which fear works is through curbing or suppressing the courteous manners and actions that, if it were not established in a position of authority, would display themselves as the natural expression of the heart.

Went the Whole Route.

A fussy old gentleman engaged a footman and having instructed him in his duties asked him if he understood sequences.

"I don't know, sir," replied the man; "will you explain?"

"Why?" he said, "when I ask you to lay the cloth, you are to put the knives, forks, salt and so on, on the table."

"Oh," replied the footman, "if that's all, no doubt I shall please you." His master, being ill one morning, ordered him to summon a nurse. He did not return until late at night and on being reproached explained the delay by stating that he went and found the nurse, who was below; the sequences of a nurse, he thought, were a chemist, a doctor, a surgeon and an undertaker; and he had asked them all to attend. In fact, they were waiting below.

Truly Pathetic Plea.

A doctor received a hamper and a note from his elderly aunt, who was passionately devoted to cats.

This was the note:

"Dear Richard: I am sending you by special messenger a hamper containing Tiggles. The realization has been forced upon me that he has become extremely old and infirm and the painful necessity arises for me, as his devoted mistress, to arrange for his speedy and merciful demise. It would be too heartless, I think, to consult a veterinary surgeon. Therefore, dear Richard, I beg of you to treat him with the same care that you expend upon your own patients and kill him with chloroform."

Breakfast Foods in the Pie-Belt.

"What kinds of breakfast food have you?" the dyspeptic inquired of the waitress at the Kinkerville Inn, who stood before him with her arms akimbo.

"We've got all the regular kinds," said the waitress, who was a Kinkerville girl; "ham an' eggs, steak, brook trout, doughnuts an' apple pie. You can have 'em all, if you like, an' a cup of coffee an' griddle-cakes. We calculate to charge enough on folks can eat all they want."—Philadelphia Ledger.

Don't use the whip on tired nerves — it means trouble

When the day's work is hard, you can't make it easier with stimulants.

Ask any doctor for the facts.

You can't over-draw energy without paying.

Coffee contains the nerve-stimulating drug, caffeine. When coffee is used to overcome fatigue, it means whipping the tired nerves into a run.

You may seem to get added strength—but there's a settlement coming for an over-drawn account.

Take care!

Rest is the cure for fatigue. Health is the equipment for hard tasks.

Rest and health are interfered with when nerves are over-stimulated.

You've seen plenty of proof. How many people do you know who say, "I have to go slow on coffee; it keeps me awake nights?"

How is it in your own case? Have you counted restless night hours after the evening cup of coffee?

Treat your health sensibly that you may meet your task capably.

Don't try to draw strength from over-driven nerves. That way lies weakness. Don't increase over-work by using stimulants. You are merely postponing and increasing the penalties.

Be fair to yourself!

For a hot, comforting beverage, drink Postum and let nerves have their natural rest.

There's charm without harm in Postum—a delightful, satisfying cereal beverage; rich, nut-brown in color, delicious in flavor and aroma, and containing nothing that can irritate nerves or disturb health. Postum is safe and enjoyable for every member of the family.

Thousands who formerly used coffee or tea, and began to pay the penalties of nerve-stimulation, now use Postum and praise its comforting goodness.

The road to health is a good road for anybody to follow.

Your grocer sells Postum in two forms: Instant Postum (in tins) prepared instantly in the cup by the addition of boiling water. Postum Cereal (in packages) for those who prefer to make the drink while the meal is being prepared; made by boiling fully 20 minutes.

"There's a Reason" for Postum

Made by Postum Cereal Co., Inc.
Battle Creek, Michigan

They are made to plow hard ground, International tractor Orchard plows. See them at Wharton Bros.

In From Umpqua—

Among the out-of-town visitors in Roseburg yesterday were Mr. and Mrs. George Solomon of Umpqua. They spent the day visiting and shopping, returning to their home in the evening.

A Good Thing—DON'T MISS IT

Send your name and address plainly written, together with 5 cents and this slip, to Chamberlain Medicine Co., Des Moines, Iowa, and receive in return a trial package containing Chamberlain's Cough Remedy for coughs, colds, croup, bronchitis, "flu" and whooping coughs, and tickling throat; Chamberlain's Stomach and Liver Tablets for stomach troubles, indigestion, gassy pains that crowd the heart, biliousness and constipation; Chamberlain's Salve, needed in every family for burns, scalds, wounds, piles, and skin affections; these valued family medicines for only 5 cents. Don't miss it.

JOE COFFMAN DEAD.

Word was received here today of the death of Joe Coffman, a former resident of Roseburg, who died at Milton, Oregon, on March 4. Mr.

Coffman spent several years here and was married in this city. He was a brother-in-law of Edward V. Penell and Mrs. J. L. Churchill. He was about 60 years of age when death occurred. He was president of the Farmers' Security bank of Milton and was one of the most prominent citizens of that city.

HAVE COLOR IN CHEEKS

Be Better Looking—Take Olive Tablets

If your skin is yellow—complexion pallid—tongue coated—appetite poor—you have a bad taste in your mouth—a lazy, no-good feeling—you should take Olive Tablets.

Dr. Edwards' Olive Tablets—a substitute for calomel—were prepared by Dr. Edwards after 17 years of study. Dr. Edwards' Olive Tablets are a purely vegetable compound mixed with olive oil. You will know them by their olive color.

To have a clear, pink skin, bright eyes, no pimples, a feeling of buoyancy like childhood days—you must get at the cause. Dr. Edwards' Olive Tablets act on the liver and bowels like calomel—yet have no dangerous after effects.

They start the bile and overcome constipation. Take one or two nightly and note the pleasing results. Millions of boxes are sold annually at 15c and 50c.