ver stop to think of this?

We are what we eat!

It's a startling fact, yet a simple truth.

This is the reason every one should know that his food is *really nourishing*—not merely filling.

Grape-Nuts—made from wheat and barley—is one of the few cereal foods that includes the vital mineral salts so necessary for supplying proper nourishment for nerve and bone structure.

In Grape-Nuts, too, is retained the important vitamin-B of the wheat.

No food has greater influence in strengthening the body of a growing child than Grape-Nuts. And remember, children need *the very best* there is in the way of nourishment.

Grape-Nuts is just as delicious as it is healthful, whether served right from the package as a breakfast cereal with milk or cream, with fresh or stewed fruit, or made into an appetizing recipe. Try the suggestion given below.

GRAPE-NUTS ICE CREAM

Prepare plain flavored ice cream in the usual way. Just before the cream hardens in freezing, add Grape-Nuts as it comes from the package, in the proportion of one-half cup of Grape-Nuts to one quart of ice cream. If you buy ice cream ready-made, add Grape-Nuts in place of nut meats. You'll find the resulting flavor unique.

Where you don't find Grape-Nuts, you won't find people—

"There's a Reason"

...k of the highest degree at ...Review exclusive job-printing establishment.

For years the name, "Bates the Printer," has been synonymous with "good printing."

...Y SUCCESSFUL FARMERS ARE ...OVERLOOKING VALUE OF GARDEN

Similar Area of Land on Farm Makes Greater Return Than Garden.

...by the United States Department of Agriculture.)

...ccessful farmers of the pres... an automobile and a truc... ...es more than one automo... ...e than one tractor. These ...ired necessary equipment in ...t of their work. The auto... ...d tractor require constant at... ...nd care to keep them in run... ...r and up to full efficiency. ...e is true of the work horses ...rm. They must be fed and ...ed given proper attention if ...to do the work required of ...t is the welfare of the farm... ...r and his family being looked ...thoroughly as that of his ...e, his tractor and his farm ...s his table as well supplied ...s that make for efficiency and ...t type of both physical and ...development? It is generally ...that the farmer lives well, ...e is abundant evidence to ...t in many cases he does not. ...is table is often not so well ...with desirable fruits and vege... ...are the tables of the people ...the cities who are supplied ...and other farms.

Garden Sidetracked.

...rm garden, which during the ...e of exaltation in this com... ...recognized institution, has in ...e and to a considerable de... ...sidetracked in the tendency ...farm specialization. This is ...true in the "one crop" sec... ...e argument advanced by the ..."that it does not pay to have ...more one or two more acres ...corn or wheat will bring ...enough money to buy all the vegetables needed by the family." The fact is that the money received for the cotton, corn or wheat go to pay running expenses and the vegetables are not purchased and the farmer and his family go without this element of their living.

It is reported that one western wheat farmer was offered only 63 cents a bushel for his 1922 wheat crop which cost him 92 cents a bushel to produce. It is difficult to see how that farmer can purchase many fruits or vegetables for his table on the profits of his wheat crop. The argument that it does not pay to have a garden can be disproved, for it is a fact that no other similar area of land on the farm gives so great a return in actual value as the garden. The truth of the matter is the average farmer who plants a garden uses the products on his own table without making any calculation as to their value. At the end of the season the vegetables have been eaten and forgotten about and the impression on the mind of the farmer is that they had no value.

Valuation of Garden.

From the development of the thousands of backyard and community gardens, also the garden work conducted by the boys' and girls' clubs, fostered by the United States Department of Agriculture, a basis for the valuation of farm and backyard gardens has been established. Market values of $75 to $150 from one-tenth acre of land are numerous and it is safe to estimate that one-half acre of well cared for farm garden will give a value of not less than $150 per season.

CELL OPEN, HE SEEKS SCHOOL HONORS AGAIN

Young Negro, Who Served as Lieutenant in War, Out for Academic Laurels

FOLKS UNAWARE TERM

Trained at Engineering and Law, He Now Hopes for Further Educational Achievements

(International News Service.)

ELMIRA, N. Y., Aug. 7.—William Washington, alias ——(?) holder of two college degrees as engineer and chemist, one of the brainiest men ever to serve a term behind the walls of Elmira Reformatory, will seek a third college degree.

Reformatory officials recently had before them a request from Washington, now on parole, for permission to go from Pittsburgh, where he is employed to New York City, there to take the entrance examinations at New York University.

Washington, trained at the Carnegie Institute of Technology and the University of Pittsburgh as an engineer, during his thirteen months enforced stay at the Reformatory, decided to prepare himself for the legal profession on his release from the reformatory.

Edited Periodical

During his stay at the reformatory Washington became editor of the Summary, the weekly publication of the "College on the Hill."

This unusual prisoner, a young negro of Pittsburgh, who served as a lieutenant in the World War, came to serve his term at the Elmira reformatory when he stepped into a high-priced car standing alongside a New York City street curb and drove off. He went as far as Ohio, where he was arrested, taken back to New York and there committed to the reformatory.

Concealed Shame

He was married at the time and had two children. During all of this period of confinement he never wrote to his wife or mother, preferring to have them think that, as they believed he had gone with an engineering party to South America and had dropped out of their existence.

"I'd rather have them think I had forgotten them than to have them know I am here, a prisoner, where the doors of a cell swing behind me each night," he often said.

On his release Washington returned to Pittsburgh, where he had been promised employment. He had declared at the time of his parole that he intended returning to his wife and mother, owning up to his disgrace.

Lilly's fly spray at Wharton Bros.

BORN

DANIELS—To Mr. and Mrs. Francis E. Daniels, Winston, girl, Monday, August 6, 1923.

JONES—To Mr. and Mrs. G. M. Jones, 635 Mill street, boy, Monday, August 6, 1923.

LOCAL NEWS

Marriage License Issued—

A marriage license was issued today to James J. Rose and Myra D. Kagoner of Drain.

Over From Sutherlin—

Mrs. J. V. Hale, a resident of Sutherlin, was over today shopping and visiting with friends.

Spent Sunday Here—

Percy Pierson, formerly of this city, now of Portland, spent Sunday here visiting with his mother, Mrs. L. E. Pierson.

In Town Shopping—

Mr. and Mrs. Jake Dehn were in town today shopping and attending to other business. They reside in Camas Valley.

Returned to Portland—

Mrs. Rose Clayton returned today to her home in Portland after a visit with her sisters, Mrs. Van Pessel and Mrs. William Churchill.

To Visit Mr. Maddox—

Mrs. B. W. Maddox daughter Jean, and son Richard, left this afternoon for Eugene, where they will visit with Mr. Maddox for several days.

Returned From Rock Creek—

Mr. and Mrs. Denver Rice, daughter Iris, and Phyllis Ann Bolter returned yesterday afternoon from Rock Creek, where the Rices have a summer camp.

Going to Portland—

Charles Deax who has been employed for the past year as deputy county clerk left today for Drain where he will visit for a short time before going to Portland to accept a position.

Back From Bandon—

W. E. Ott and family have returned from Bandon where they have been spending the past two weeks on their vacation. They report the weather ideal and they had a most enjoyable outing.

To Portland—

John L. Nelson left this morning for his home in Portland. Mr. Nelson has been employed in this city for several months and has been transferred to Marshfield, and will visit in Portland before taking his new position.

FREE!

For a limited time only, with each Vacuum Cup Tire you buy, we will give you—

ABSOLUTELY FREE — one TON TESTED TUBE of corresponding size.

A double inducement you cannot afford to overlook. Price reduction on Vacuum Cup Tires, plus this Free Tube Offer, makes an approximate

SAVING OF 30%!

Offer limited — better take advantage NOW!

C. A. Lockwood Motor Co.

Roseburg, Oregon

Clerk Misunderstood.

Representative Martin B. Madden of Illinois relates this story in the New York Herald:

"I went into a little art shop not long ago and left an order for a small engraving of 'Apollo and the Muses.' The clerk said he would order it, and so in a week I went back. But the clerk informed me there wasn't any such picture.

"'Why, "Apollo and the Muses" is well known the world over, I told the clerk. 'Of course there's such a picture.'

"'What's the title again?' asked the clerk. '"Apollo and the Muses?" I thought you ordered a picture called "Paul in the Museum."'"

Shanghai Telephone.

Esperantists and others interested in the development of a universal language should take note that in the Chinese city of Shanghai a new universal language is now virtually in use over the telephone. The population of the city is so heterogeneous, there being 27 different nationalities according to one observer, that it was found necessary to adopt a special language in making telephone calls. The language adopted was "pidgin" English, which is familiar to every American who receives a "chechee" from his Chinese laundryman.—Telephone Press Service.

DAILY WEATHER REPORT

U. S. Weather Bureau, local office, Roseburg, Oregon, 24 hours ending 5 a. m.

Precipitation in Ins. and Hundredths

Highest temperature yesterday	73
Lowest temperature last night	49
Precipitation, last 24 hours	0
Total precp. since first of month	0
Normal precip. for this month	33
Total precip. from Sept. 1, 1922 to date	27.58
Average precip. from Sept. 1, 1877	34.12
Total deficiency from Sept. 1, 1922	6.54
Average precipitation for 46 wet seasons, (September to May, inclusive)	31.39

Fair tonight and Wednesday.
WILLIAM BELL, Observer.

TIRE SNAPS!

A Real Tire, at a Real Price

8000 Miles Guaranteed on Cords

		Fabric	Cord
29x3	Lancaster	$ 7.25	
30x3½	Lancaster	$ 7.95	$11.50
32x3½	Lancaster	$10.95	$14.00
31x4	Lancaster	$11.00	$19.25
32x4	Lancaster	$13.50	$20.00
33x4	Lancaster	$14.50	$20.55
34x4	Lancaster	$15.00	$21.00
32x4½	Lancaster		$25.00
33x5	Lancaster		$35.00

C. A. LOCKWOOD MOTOR CO.

Roseburg

Is yours a home or just a place to stay. Get a real home through our printed daily in the Roseburg News-Review.

PLANS ARE MADE FOR MEMORIAL

City to Pay Tribute to Memory of Late President on Friday

BAND WILL BE OUT

Rev. H. L. Caldwell, Pastor of the Local Baptist Church, Will Deliver Memorial Address—Stores to Close

Rev. C. H. Hilton, president of the Roseburg Ministerial union, is rapidly completing plans for the memorial service to be held here Friday morning for President Harding. The greatest co-operation is being given in the preparation of the plans and all who are being asked to participate are very willing to do their part and aid in every way.

In compliance with the proclamation of Mayor N. Rice, all business houses and offices will be closed from 10 a. m. until noon. An effort is being made on the part of some to close the business houses for the full day, and it is possible that a full holiday will be declared.

The memorial services will start at 10:30 a. m., at the bandstand at the court house yard, giving all sufficient time after the closing of the stores to be present.

The band will open the program with a funeral march, after which all will join in the singing of "America." The Elk's quartette will sing the late president's favorite hymn, "Lead Kindly Light."

Rev. C. H. Hilton will preside, Rev. J. B. Needham will read the scripture lesson, and the prayer will be delivered by Rev. W. S. Gordon. As President Harding was an ardent worker in the Baptist church, the main memorial address will be delivered by Rev. H. L. Caldwell of the Baptist church of this city. The band will play two or more suitable selections and several old hymns will be sung with band and piano accompaniment. W. E. Ott of Ott's Music store has offered to donate a piano for use during the services.

The memorial program will conclude with "The Star-Spangled Banner," played by the band.

It is requested that all Roseburg residents and those living in the nearby communities join in paying this tribute to the memory of the deceased president.

MAY BUILD PIERS FOR LONE ROCK BRIDGE

County Court Plans to Advertise for Cement Work For Bridge Which Will Replace Ferry

The county court expects to start advertising at once for bids on the construction of piers for the Lone Rock bridge. This is one of the most important bridge projects in Douglas county, leading as it does to Rock Creek, where hundreds of people go each year for their outings. Often as many as 100 cars pass Lone Rock on one day, the trip across the river now being made by ferry. Because of the heavy traffic the ferry is too slow and expensive to maintain, and the county is anxious to construct a bridge as soon as possible. Money, however, is not available this year to complete the structure, but it is thought that enough is on hand to build the piers. It is planned to let the contract immediately and get the piers finished before high water and then the remainder of the bridge may be built at any time.

BLANK BOOKS

Special Ruled Sheets for All Kinds of Ledgers Made on Short Notice

If you need any printed matter of a special ruled nature, we can supply your wants.

Place your order with your home printer and be assured of the best possible service.

Bates

News-Review Office
Phone 135

Learn Helpful Facts About Home Sewing

A representative from Butterick—style leaders of the world—will be at our store for a few days. You are invited to visit our pattern department and learn from her about the wonderful

DELTOR

—an invention that saves you from 50c to $10 on every frock you make.

It will solve your dressmaking problems once for all—it will show you how to make your own clothes quickly and easily, and to give them the chic and charm of a Parisian creation.

Do not fail to take advantage of Miss Kelsey's services while she is with us.

BELLOWS STORE CO.

The Style Store for Women

CONVICT COMMITTEE GIVES AN ULTIMATUM

(By United Press.)

SALEM, Aug. 7.—Governor Pierce made public today a letter from a convict committee of the state penitentiary, coolly informing him that the prisoners will begin taking informal leave at the end of 60 days unless he "reforms the state parole board."

The convicts backed Warden Smith and said the board plans to replace him, inasmuch as 37 have escaped during the past few months. The state officials admit the prisoners stand a good chance of making good their threat.

COMPTON IN PORTLAND

"We're thinking of having an irrigation system in the Sutherlin district," observed F. M. Compton, at the Imperial. "I've been in Portland to see about the matter. The tentative price per acre, however, is, I consider, too high. We grow fruit in Sutherlin and the trees are just coming into full bearing. There isn't any immediate need for the irrigation system, for we want to market the crops we now have before increasing them. We shipped a few cars of apples to London last year and this year we will ship about 15 carloads. They will go through Portland. The English people want a small, yellow apple. This is because a box of small apples will go further than a box of big ones. A child will enjoy a small apple and there will be no waste, whereas a big apple may be only half eaten. Also, small apples are cheaper, which is a matter the English housewife gives attention." Mr. Compton compares a farmer to a soapmaker and declares the farmer is a manufacturer. He says that the soapmaker does not go around asking people how much they will give for his soap; he sets a price, which insures him a profit. By the same token, Mr. Compton contends that the farmer should set a price on his own produce.

Vera Barlow circulation 4125

EVERYBODY CATCHES 'EM AT LONG KEY

LONG KEY, Fla.—Winter or summer, everybody catches 'em at Long Key.

There are millions of the big fighting 'uns in the waters hereabout. The coral reefs which make nets impossible afford sport royal for the amateur. The presence of vast numbers of fish for some time past have led experts to predict an unequalled season next winter.

The only fish not caught in summer are blue fish, king fish, and Spanish mackerel which come down from the North about the 1st of November and remain until the middle of April.

Among all the big game fish at this famous fishing camp, the great leaping sail fish reaching eight feet in length, is the favorite. He is one of the swiftest swimming fish in the ocean. When frightened he will swim at least sixty or seventy miles an hour, according to several reliable and experienced fishermen at Long Key. He can easily overtake the swift mackerel or blue runner on which he feeds. When hooked he passes through the water like lightning, swifter almost than the eye can follow. When endeavoring to release the hook he lashes the water into foam as he propels himself almost upright above the surface, "walking on the water."

He has been seen to jump 20 to 30 times, sometimes clearing 40 feet of water. He has a bony mouth and is accustomed to rap the bait with his bill before seizing it. It is no unusual experience to have two men in a launch each with a sail fish on his hook.

The sail fish runs up to 150 pounds, but is generally caught at from 40 to 70 pounds. The Amberjack, running up to 100 pounds, is a game fish and can be lured right up to the side of a boat.

Groupers and sea bass, the latter reaching up to 500 pounds, can be caught still fishing or trolling. Barracuda, cavalle, of which there are 65 varieties, lady fish, bone fish, pompano, runners, and sea trout can be caught from the beach.

Long Key, a paradise for big game fishermen, is on the Overseas Extension of the Florida East Coast Railroad, sixty miles north of Key West. The camp is in charge of George Schott, who has forgotten more about big fish than most people ever knew.

Brother Fisherman when you go to Havana next winter stop over with us fishermen and let us show you some real sport catching the big fighting 'uns at Long Key. Men, and women, too, come half around the world to catch these leaping, fighting giants of the sea.