



In America alone
there are three
million widows
who have to work
—will yours?

today a sunlit
bungalow — tomorrow a
cheap flat and a job in
the garment factory.

story is being enacted today in hundreds of Ameri-
cans because fathers and husbands procrastinate about
insurance. Yesterday, she was the bright spot in a sunny home.
Today, she is one of the three million widows who have to toil
alone because the men who loved them weren't adequately
insured. Her husband believed in life insurance, but he never
got ready to carry any. Don't you procrastinate—write
now for your copy of "The Spring that Never Runs
Dry." It's free by mail for the asking.

Oregon Life

W. C. SCHUPPEL, Asst. Manager
SAMUEL, Gen. Manager
I. R. BLAUVELT, Executive Special

Home Office: PORTLAND, OREGON
CHINNY, District Manager Roseburg, Ore.

LOOK FOR DEVELOPMENT

Look as though drilling
oil would soon be un-
der the east end of Suther-
lin. The Sutherlin Sun,
president of the Pa-
cific Company, a Douglas
station, was in town the
consult with W. E. St.
interested in the com-
pany.

Mr. Johnson stated that
drilling equipment had
been shipped from
two preceding his
he expected that the
oil will arrive here during
the week.

Petroleum Co. has ap-
proved a lease on the
land just north of
the town, and the
drilling will be resumed
at once. A meeting will
be held at the company
office, and it is
expected that several
members of the
board will be from
the town. Work was
suspended about
two months ago,
when it was found
that the well had
reached a depth of
thousand feet. Several
wells of oil and gas were
drilled during the process of drill-

PERFECTION

Oil
Heaters



Warmth for cold corners—keeps you warm and keeps
you well. Your family's health gets immediate and
lasting protection wherever a clean-burning, economical
Zigler Oil Heater spreads its friendly glow.
Let us show you our various models—in blue enamel,
black, and black.

Zigler-Hdw. Co. Phone 25

Portland Resident Gives Amazing Facts

"Fifty years of almost constant suf-
fering from stomach and liver trouble
was ended for me by the Tanlac treat-
ment about a year ago, and now I feel
like a different woman," declares Mrs.
Hilber, 1021 Tillamook St., Portland,
Oregon.

"Ever since I was a girl I had suf-
fered from terrible headaches, nausea,
torpid liver, sharp pains in my right
side and general weakness, and my
condition went from bad to worse, un-
til finally I was almost a physical
wreck. The almost unbearable pain
and long periods when I could hardly

sleep a bit, made me think I would
never get well.

"Six bottles of Tanlac rid me of
every sign of stomach trouble, stimu-
lated my liver; headaches, nausea and
pains in my sides suddenly ceased,
and I sleep like a baby. In fact, my
whole system is like new. Tanlac made
me well and keeps me well."

Tanlac is for sale by all good drug-
gists. Accept no substitute. Over 37
million bottles sold.

Take tanlac Vegetable Pills.

FOOTBALL STAR DIES IN GAME

WILLOUGHBY, Ohio, Oct. 8.—Ches-
ter Morris, football star of the Central
High School team, of Cleveland,
in 1913, died here Sunday during a
football game. When Morris was
tackled and fell he swallowed some
chewing tobacco which lodged in his
throat and strangled him.

Just received another car of these
same good shingles at the same low
price. Page Lumber and Fuel Com-
pany.

LABOR NEWS AGENCY PLAYED BY DELEGATES

(By Associated Press.)
PORTLAND, Oct. 8.—After a heated
debate on the motion to unseat Wil-
liam F. Dunne of Butte as a delegate
because of his communistic attitude
and activities, the convention of the
American Federation of Labor today
adopted a resolution attacking the
Federated News, a news organization
serving 75 labor publications, on the
ground of communistic tendencies.

Before the convention could vote on
the Dunne resolution the noon ad-
journment was taken.
Secretary of Labor Davis, in a mes-
sage to the convention, congratulated
the federation on its attitude against
"new political beliefs and nostrums,"
and expressed the hope it would con-
tinue "on the same safe and sane
road."

Lawn seed at Wharton Bros.

The 1924 Harley-Davidson has a 22
H. P. motor. See them at 204 W.
Douglas St.

SAND PILE IN BOSTON LED NATION TO PATHS OF OUTDOOR PLAY

(By Associated Press.)
SPRINGFIELD, Ill., Oct. 8.—A heap
of yellow sand and a pile of "sand
pies" in the yard of a little chapel in
Boston in the summer of 1885, was the
starting point for a movement which
has made America the greatest play-
nation of the globe, according to
the leaders of the Playground and Re-
creation Association of America.

The association bringing some 800
delegates from all parts of the United
States and Canada, will meet here in
annual convention October 8 to 12.
Some of the leaders who will attend
the convention have been leaders in
the play movement from its infancy.

From that little sand pile in the yard
of the Parmenter Street Chapel they
have seen this movement grow to the
4,001 supervised playgrounds of
America.

Mabel Travis Wood, of the play-
ground association, compares this
growth to Shakespeare's typical man
who passed through seven ages. The
seven ages of the playground move-
ment, she said, are sand gardens,
model playgrounds, small parks, re-
creation centers, civic art and wel-
fare, neighborhood organizations and
community service.

From the sand garden developed
the model playground, which added to
the sand box for small children ap-
paratus for physical activity such as
swings, ladders and horizontal bars,
with their appeal to older boys and
girls.

The year-round playground soon de-
veloped into the small park, and gym-
nasium apparatus, baseball diamonds,
tennis courts and public halls came
into evidence. The next period of the
movement saw the building of field
houses to add to indoor activities to
those of the open air.

Public recreation by 1912 was suf-
ficiently advanced to branch out into
the field of civic art and welfare, and
six years later community councils
and neighborhood associations began
to appear.

HOUSE LEADERS ARE HOLDING CAUCUSES

(By United Press.)
OKLAHOMA CITY, Oct. 8.—The
leaders of the Oklahoma legislature
held secret caucuses in preparation
for the special meeting called for
next Thursday by Governor Jack
Walton to consider anti-mask legis-
lation. The members of the house
planned to take up the impeachment
charges against the governor before
considering his recommendations for
anti-mob laws. The governor's
friends conceded that the house of
representatives will recommend that
Walton be removed.

Music lovers of Roseburg, you will
enjoy the "Sjogren Sonata," played by
Evel and Alice Skovgaard Wednesday
evening.

THREE ARMED MEN STAGE BOLD HOLDUP

(By Associated Press.)
NEW YORK, Oct. 8.—Three armed
men early today held up the night
manager and several employees of the
Ritz-Carlton hotel and robbed the
jewelry store lobby of \$5,000 in gems
and fled, leaving \$45,000 worth of
jewels in the smashed case when the
police appeared.

Portland will pay \$150 a ticket for
the same Skovgaard concert, you can
hear for 75c Wednesday evening.

P. & O. tractor plows will do the
best of work. Sold by Wharton Bros.

STATE PRESS COMMENT

Liquor and a Long Life

Looking for the effects of moder-
ate drinking on the longevity of in-
sured men, the principal life insur-
ance companies of the United States
and Canada have co-operated in an
official examination of their records
covering the period 1905-1914. These
companies, 43 in number, carry more
than 90 per cent of all the life insur-
ance in North America north of the
Mexican border. Not far from
6,000,000 lives are included in this
investigation. And let it be remem-
bered that these lives are selected as
fit risks for insurance. The findings
of this investigation may be accepted
as absolute and final.

What these companies wished first
to know was: "What is the difference
in the mortality rate between total
abstainers and persons who drink
alcoholic beverages always in
moderation?" Taking the mortality
rate of the total abstainer for com-
parison as 100 per cent, the average
rate among non-abstainers in all of
these companies was 132 per cent.
In some it was as high as 161 per
cent. This finding shows that the
average moderate drinker cuts about
one-third off his life by the use of
liquor.—Portland Telegram.

Our Net Income

The net income of the people of
Oregon, as compiled from all avail-
able sources, is given by the Oregon
Voter, which specializes upon such
statistics as \$224,610,000 for 1922.
These estimates are based upon cen-
sus figures, government tax state-
ments, federal tax figures and reports
from other established sources along
methods followed by the National
Bureau of Economic Research.

According to these figures, manu-
facture has a slight lead over agri-
culture, due to the activity of lum-
ber and the depression in farm pro-
duct valuations. The income is di-
vided as follows:

Agriculture 20.8 per cent or \$111,
270,000.
Mining, quarrying and fishing, 0.4
per cent or \$2,100,000.
Manufacture, including lumber, 21.6
per cent, or \$115,260,000.
Construction, including road, rail-
road and public utility, 6.4 per cent,
or \$34,600,000.
Automotive industry, 5.2 per cent,
or \$28,600,000.
Personal service, including restaur-
ants, amusements, laundries, dyers
and cleaners, milliners, etc., 4.7 per

Carnation Home Cooking Lessons

This new series of lessons on milk cookery will appear weekly. Mrs. Blake's
counsel will be helpful and stimulating, because of her practical experience
in home cooking. She will answer any question on cookery asked by her
readers. Address Mrs. Mary Blake, care Carnation Milk Products Co.,
Stuart Building, Seattle, Washington.

Lesson 2

Easy Ways to Serve Fish and Meats

HAPPY is the housewife who can get
away from the customary fried or
baked meats and produce savory dishes
that are both easily digested and tempting
to the appetites of her family.

In this lesson I am going to suggest sev-
eral delightful ways in which fish or meats
can be enriched in flavor and made more
nutritious by the addition of sauces or by
special methods of cooking.

One of the first steps is the preparation
of a white sauce, either thick or thin. Here
are quick, simple recipes:

White Sauce

For this white sauce take 2 tablespoons flour,
2 tablespoons butter or substitute, $\frac{1}{2}$ teaspoon
salt, $\frac{1}{2}$ cup water, $\frac{1}{4}$ cup Carnation Milk. Melt
butter or butter substitute, add flour and stir
until thoroughly mixed. Add the milk and
cook about five minutes or until the mixture
thickens, and add seasonings. This recipe
makes one cup sauce.

Thick white sauce is made just the same way,
except use twice the flour (4 tablespoons) and
 $\frac{1}{2}$ tablespoons butter or substitute.

These sauces can be used in a variety of ways
in preparing either fish or meats.

Fish Croquettes

2 cups cold cooked fish,
1 cup thick white sauce,
salt and pepper. Pull fish
apart in small pieces, us-
ing a fork. Season with
salt and pepper and add
to thick white sauce;
then put on a plate to
cool. Shape, roll in crumbs, then in slightly
beaten egg and again in bread crumbs, and fry
in deep fat. Drain and garnish with parsley.
This recipe serves six people.

Creamed Salmon

2 cups salmon, 2 cups thin white sauce; flake
the fish, add to hot thin white sauce and serve
on toast. This recipe serves six people.

Baked Hash

$\frac{1}{4}$ cup fat, $\frac{1}{4}$ cups meat, 3 cups mashed
potatoes, onion juice, salt and pepper, chopped
parsley.

Grind the cooked meat and season. Melt one
tablespoon fat in a baking dish. Mix the in-
gredients well, moisten with Carnation Milk
diluted with water, put in the oiled baking dish
and bake in a moderately hot oven until brown
on top. This recipe serves six people.

Fish Souffle

3 cups fish, $\frac{1}{4}$ cup thin white sauce, parsley
and 2 eggs beaten separately.

(Clip and paste this lesson in your cook book. If you have missed
any previous lesson, I will be glad to send it to you on request.)

Flake the cooked fish and season. Cool the
thin white sauce, add the fish, then the well-
beaten yolks and mix. Fold in the whites of
eggs beaten stiff. Bake in buttered individual
baking dishes or in a pudding dish set in a pan
of hot water. Bake twenty minutes, or until
puffed and brown. Serve immediately. This
recipe serves six people.

Creamed Chipped Beef

$\frac{1}{4}$ teaspoon salt, 2 table-
spoons butter, $\frac{1}{4}$ cup Car-
nation Milk, 1 cup water,
2 tablespoons flour, $\frac{1}{4}$ tea-
spoon pepper, $\frac{1}{4}$ pound
chipped beef. Melt the
butter, add flour, stirring
constantly until thor-
oughly blended. Add the liquid, salt and pep-
per. Let boil until thickened, stirring occa-
sionally. Add beef and continue cooking until
beef is heated through. Turn onto a hot plat-
ter and garnish with toast points. This recipe
will serve four people.

Questions and Answers

Is there any sugar used in making Car-
nation Milk? Mrs. T. M. B.
No; Carnation is just pure cow's milk
evaporated until about half the water is
removed. Nothing is added.

Can you tell me the proper way to set a
table? Mrs. B. W. S.
Full directions for this will be found on
the inside cover of the book, "One Hun-
dred Tested Recipes," which will be sent
free to you on request.

Why do you call Carnation the milk "from
contented cows"?—Mrs. J. M. C.
In the earliest days of its manufacture
it was determined that only high-grade
milk from dairies which conformed to cer-
tain regulations in their care of cows, was
sufficiently good to be used in making Car-
nation Milk. Where these rules for the
care and feeding of cows are observed,
the animals could not help but be con-
tented, and it is a well-known fact that
under such conditions a cow will give
more and better milk.

Write for free booklet
of 100 tested milk re-
cipes. Address Carnation
Milk Products Co., Hills-
boro, Ore.

Neighbors of Woodcraft, Lilac Circle
No. 48—Meets on 1st and 3rd
Monday evenings, in K. of P. hall.
Visiting neighbors invited to attend.
BERTHA E. TAYLOR, G. N.
MARGARET WHITNEY, Clerk.

Roseburg Rebekah Lodge No. 41,
I. O. O. F.—Meets in Odd Fellows
Temple every week, on Tuesday
evening. Visiting members in good
standing are invited to attend.
ETHEL MORGAN, N. G.
LILLIAN M. WHEELER, Sec.

Umpqua Temple No. 4, Pythian Sis-
ters—Meets the 2nd and 4th Mon-
day evenings of each month, at the
K. of P. hall. Visitors always wel-
come.
BELE WALKER, M. E. C.
MAY E. PARKER, M. of R. & C.
MARTHA CHRISTENSEN, M. of V.

K. O. T. M.—Meets each 2nd and 4th
Thursday of each month, in Macca-
bee hall, corner Cass and Pine
streets. Visiting Knights always
welcome.
L. C. GOODMAN, Com.
G. W. RAPP, R. K.

B. P. O. Elks, Roseburg Lodge No. 328
Hold regular communications at
the Elks' Temple on each Thursday
of every month. All members re-
quested to attend regularly, and all
visiting brothers are cordially in-
vited to attend.
FRANK CLEMENS, E. P.
J. G. DAV, Jr., Secretary.

W. B. A. O. T. W., Roseburg Review
No. 11—Holds regular meetings on
2nd and 4th Thursday, at 7:30 p. m.
Visiting sisters invited to attend re-
views. Macabee hall, Pine and
Cass streets.
JESSIE RAPP, Col.
LILLIAN M. WHEELER, Com.

A. F. & A. M., Laurel Lodge No. 11—
Regular communications 2nd and
4th Wednesday each month, at
Masonic Temple, Roseburg, Ore.
Visitors welcome.
R. A. WILSON, W. M.
W. F. HARRIS, Secy.

Eagles, Roseburg Aerie—Meets in
Macabee hall, on Cass street, on
2nd and 4th Wednesday evenings of
each month, at 8 o'clock. Visiting
brothers in good standing always
welcome.
EUGENE LITTLE, W. P. P.
RICHARD BUSCH, W. P. P.
D. F. GOODMAN, Secretary.

NO RECALL ELECTION

PORTLAND, Oct. 8.—In a
statement issued over the signa-
ture of Walter G. Smith, secre-
tary of the Pierce recall com-
mittee, an announcement was
made today that there will be no
recall election at the time of the
special election in November.

The Ladies of the St. Joseph church
will hold their Annual Bazaar on the
15th of December.

The quickest and surest way to com-
bat the mail order houses is to adver-
tise your goods in the News-Review,
a paper that is read with a full de-
gree of confidence.

LODGE DIRECTORY

Laurel Chapter No. 31, R. A. M.—
Stated convocations on 1st and 3rd
Tuesdays, Masonic Temple. All
members requested to attend and
visiting companions welcome.
M. O. WALLACE, High Priest.
W. F. HARRIS, Secretary.

United Artisans—Meets in Maca-
bee Hall first and third Wednesday
evening. Visiting members always
welcome.
LAUREN McCULLOCH, M. A.
MILBRED McCULLOCH, Treas.
HELE STEPHENSON, Sec.

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.
MARY E. BURAR, W. M.
FREE JOHNSON, Secretary.

I. O. O. F., Philatelian Lodge No. 8—
Meets in Odd Fellows Temple every
Friday evening. Visiting brethren
are always welcome.
BEN PALM, N. G.
A. J. GEDDES, Rec. Sec.
J. B. BAILEY, Fin. Sec.

Woodmen of the World, Camp No. 125
Meets in the Oddfellows hall in
Roseburg every 1st and 3rd Mon-
day evenings. Visiting neighbors
always welcome.
FRED A. FIELDS, C. C.
M. M. MILLER, Clerk.

Knight of Pythias, Alpha Lodge No. 47—
Meets every Tuesday evening
in Knights of Pythias hall, 120 Rose
street. Visitors always welcome.
CLAIR K. ALLEN, C. C.
J. R. FARRINGTON, M. F.
E. E. WIMBERLY, K. R. S.

Features you will enjoy, news that
will interest you and advertisements
that will save money. You'll find 'em
all in tonight's News-Review.