As a man eateth so is he —

THINKING moulds the mind and exercise develops the body, but food supplies the materials for building mind and body.

Grape-Nuts, made from wheat and malted barley, is a crisp, delicious cereal food, rich in wholesome nutriment.

The important mineral elements of the grains are readily available in this splendid food. The essential Vitamin-B is supplied in generous measure. The nutritious starches of the wheat and barley are partially pre-digested by 20 hours' baking.

Grape-Nuts with milk or cream is a complete food. Its compact form makes a little go a long way.

Sold by Grocers Everywhere!

GRAPE-NUTS
Six Minute Pudding

Grape-Nuts THE BODY BUILDER

"There's a Reason"

ESSAYS WRITTEN BY SCHOOL CHILDREN HOLD UP IMPORTANCE OF EDUCATION IN BUSINESS AND POLITICAL LIFE

This week is being observed in the schools of the city and county as Education Week, and special emphasis is being given educational consideration and discussion in the schools and in public gatherings. Pupils in the grade schools have been asked to write essays on the subject of education and the best of the these have been selected from the different schools. The News-Review in co-operation with the school officials has agreed to publish these essays chosen as the best turned in by the students and will endeavor to publish two of these compositions each day. Following are two short articles written by the children whose names are signed and who have been judged to have written essays which have ranked among the best:

Why We Need a School Nurse

Every public school needs, and should have, a school nurse for numerous reasons. I shall name some of the reasons. One of the most important is to prevent epidemics. Of all public places where an epidemic will spread rapidly is in a school room. The best way to prevent these epidemics is to keep everything clean and sanitary.

If the people realized the importance of a school nurse and the help she would give them and their children every school in America would have a school nurse.

The nurse visits the school monthly, or weekly, and in some places daily, which is a very good idea. She examines the children, sees that there are no symptoms of any disease. She sees to it that the children keep clean and sanitary. She also gives them rules and advice as to how to keep well, not only in the school room but also in the home.

Very often a child falls or in some breaks an arm, leg or wrist. If you have your school nurse you save the child much suffering and also you are saved the expense. The poorer children get medical treatment they would not otherwise get. If the nurse finds symptoms of disease on a child she does all in her power to prevent its spread.

The nurse teaches the children things that will help them all through life. She teaches them how to dress, sleep, eat, and exercise, and to work properly. To form habits of cleaning your teeth at least twice a day and other necessary health habits. She also teaches them to be able to tell when symptoms of diseases are shown and to go home and teach the rest of the family to keep sanitary. To teach them that health is the greatest thing in the world.

SHIRLEY KNIGHT,
8-B, Benson School.

School Needs of This Community

In Roseburg there are four schools—the Benson, Rose, Fullerton and the high school. The Rose and Benson have about three hundred and fifty pupils. The Fullerton has about ninety pupils, the high school has four hundred students.

Some of the people in Roseburg have been badly frightened by reports about the spread of diphtheria in the schools. One of the most important needs of these schools is a school nurse. During this diphtheria epidemic a nurse could have recognized symptoms of the disease and sent such pupils home, thus preventing the spread of the disease.

There should also be a physical education instructor who could visit the grade schools at least once a week and teach the boys and girls how to keep themselves healthy.

In all of the upper grades there should be a set of encyclopedias to help the pupils make reports and learn of the lives of great men and women.

There should be more drinking fountains for the boys and girls. When the first bell rings all the boys rush to the basement to get a drink. If one of these boys happened to be a disease carrier he could spread it all through the school and possibly cause an epidemic in the town.

The schools should have a large central library besides the small one in each room so that if a pupil wanted a book that was not in the room library he could get it there.

A junior high school is one of the most important needs of this community. If we had a junior high school there would be more room for the pupils in both the grades and the high school as it would take the seventh, eighth and freshman years from their respective buildings.

All of the schools in Roseburg are very crowded as is shown by so many pupils being transferred from one school to another. If the children keep coming into the schools at the rate they are now, it is evident that we will have to have a junior high school soon. A boy or girl will get a better preparation for high school.

If we had all these things, Roseburg would then have one of the best school systems in the state.

OWEN CORDON,
7-A, Benson School.

Classified Section

ALL NEW ADS ON BACK PAGE

WANTED

WANTED—Waitress, Roseburg Cafeteria.

WANTED—Housekeeper. Two adults. Call Burch, 374.

WANTED—2nd hand single disc plow. Phone 37F11, J. F. Roith.

WANTED—Turkeys, large or small. Phone 14 F 14. Boyer Bros.

WANTED—Woman to work in private family. Middle aged or elderly preferred. Inquire 926 Short St.

MAN WANTED IMMEDIATELY—General farm work. For particulars address E. S. Anderson, Oakland Oregon.

ADDRESS of Chester Zachary wanted. Relative near Roseburg. Address of brother of Joseph Woodruff wanted. **W. C. Neff, Tiller, Ore.**

WANTED—Wood cutters. Good oak timber, good ground on county road, 6 miles from Roseburg. Also stumpage for sale. N. L. Conn, Phone 6F15, Roseburg, Ore.

MISCELLANEOUS

WOOD sawing done. Phone 451, Deer Creek Sales Stables.

CAR OWNER—Don't forget to call 553 when in need of auto parts. Sarff's Auto Wrecking House.

FOR RENT

FOR RENT—Furnished house. Phone 1F23.

FOR RENT—Small furnished house, also wood for sale. Telephone 282.

FOR RENT—Clean quiet housekeeping rooms. 615 Mill St.

FOR RENT—Safety deposit boxes. Roseburg National Bank

FOR RENT—Housekeeping apartments and rooms. 246 So. Parrott St.

FOR RENT—Modern 5 room house on Parrott St. Inquire at 720 Winchester St.

FOR RENT—K of P. Lodge Hall, Wednesday, Thursday, and Saturday evenings.

FOR RENT—Furnished housekeeping rooms, downstairs. Also heated sleeping room. 318 W. Lane St.

FOR SALE

FOR SALE—Used player piano rolls. 50c each. Phone 370.

FOR SALE—Fruit trees. Will have a car load, mainly prune trees, here about the 15th. Why not plant now. Will have some very fine trees. See R. L. Ellis at the yard or phone 27F3.

IT NEEDS painting and some repairs but it has value. 5 room house, with bath. Lot 75 x 140 ft. Paved street, Sidewalk. Furniture included and it is good. Price $2350.00. $1000.00 cash and balance $50.00 monthly with interest at 6 per cent. G. W. Young & Son, Phone 417.

FOR SALE—Toulouse ... at Deer Creek barn.

FOR SALE—Old papers ... bundle. News-Review ...

FOR SALE—Fine lot of ... toms. Lee Barker, ...

FOR SALE—Giant ... toms and pullets. Phone ...

FOR SALE—Short ... $800. Liberal discount ... P. care News-Review.

FOR SALE—Pack horses ... trapping outfits. C. K. ... Oregon.

FOR SALE—Used disc ... condition, $25. Farm ... change.

FOR SALE—... single phase. L. E. ... Jackson, or 408 E. ...

FOR SALE—Dressed ... Farmer's Public Market ... 26, 27, and 28. ...

FOR SALE—English ... cents per lb. Edenbower ... tract. Fred Fisher, Phone ...

FOR SALE—Cheap ... Golden Pheasants. ... A. W. Helmbold, ...

FOR SALE—1 ton ... el, 1st class mech... versal drive. Will ... J. C. Buell, Myrtle Creek ...

FOR SALE—7 room house ... of land, 3 blocks from ... at a bargain. Inquire ... Jackson St.

FOR SALE—Two ... er, $12.00, also Jersey ... R. H. Barker, Phone ... cide.

FOR SALE—Baby carriage ... cream gear. ... new. Also 18 yds. 2nd ... leum. Phone 3461.

FOR SALE—Furniture ... room sets, fumed oak ... ers, and everything ... Corey Ave. Williams ...

TERMS? 5 room house ... Large lot. Not ... Price $1800.00. ... balance like rent. G. W. ... Son, Phone 417.

FOR SALE—Carnation ... and ready to bloom ... Any color. Also ... 25c each. F. Schmidt ... Junction.

5 ROOM HOUSE ... On South Stephens ... street improvement ... $1000.00 down and ... ly payments with ... est. If you want ... good location see ... & Son, Phone 417

Mrs. Rodney Knott was in Roseburg yesterday afternoon shopping and visiting with friends. Mrs. Knott is from Myrtle Creek.

Mrs. N. A. Fletcher of Eugene arrived in this city last night. Mrs. Fletcher was called here on account of the illness of her niece, Pearl Macklin. While in the city Mrs. Fletcher will be with her daughter, Miss Delpha Fletcher.

LOCAL NEWS

Attorney Here—

O. S. Brown, Glendale attorney, is spending a short time in this city looking after business matters.

On Business—

A. J. Geddes left last night for Portland where he will spend several days attending to business matters.

On Business—

Dr. A. F. Sether left last night for Portland where he will spend a short time attending to business matters.

Left Last Night—

Mrs. L. C. Davis of Green left last night for Ashland where she will spend a few days visiting with friends in that city.

To California—

Mr. and Mrs. A. W. Ream and family of Glide left today for San Diego California, where they will spend a month or six weeks.

Ladies' Aid To Meet—

The Ladies' Aid society of the M. E. church will meet Thursday afternoon at 2:30 at the home of Mrs. J. E. McClintock, 318 east Cass street.

Return Home—

Miss Agnes Pitchford and her mother, Mrs. V. M. Pitchford, returned last night from Salem and Portland where they have been spending a few days.

From Ohio—

Reverend and Mrs. G. F. Spring of Toledo, Ohio, who spent a short time in this city left this morning for Dunsmuir, California, where they will spend several days visiting with relatives.

To California—

Mrs. S. Ancey and daughters, Gabrial and Alice, left last night for Pasadena, California, where they will spend some time visiting with friends and relatives before returning to their home in Salem. They have been spending the past few days in this city as the guests of Mrs. Ed Boyer.

Get a capon for that dinner. Turn south first road beyond Edenbower school. P. E. Beaver, R. F. D. No. 2.

From Portland—

Thos. K. Campbell, state commissioner, of Portland, is in Roseburg, attending to business affairs.

In Court—

J. H. Napier, an attorney at Reedsport, is spending several days in Roseburg on business. Mr. Napier is in court.

Returns Home—

Mrs. C. A. Brand, who has been spending the past few days in Seattle returned to Roseburg this morning.

Standard Oil Men Here—

L. T. Wagner and J. H. MacGaregill of Portland, Standard Oil officials, are spending a few days in Roseburg looking after business.

Officials Here—

M. L. Coturri, chief detective for the Southern Pacific company, and Frank W. Rogers, assistant, are in Roseburg spending several days looking after business.

Left Today—

Mr. and Mrs. A. Rossley who have been spending a short time in this city, left today for Los Angeles where they will spend some time visiting with friends and relatives. Mr. and Mrs. Rossley are from Canada.

From Portland—

Mrs. Dexter Rice returned this morning from Portland where she has been spending the past few weeks with her daughter, Iris, who is receiving treatment in the Portland Sanitarium.

To Los Angeles—

Mrs. M. Ardell who has been in Portland for the past year left this morning for her home in Los Angeles. Mrs. Ardell spent a short time in Roseburg attending to business.

FOR SALE—Ford coupe, 1923 model, in perfect condition in every way. Driven a little more than three thousand miles. Some extras, including best speedometer. Cheap for quick sale. Inquire at Central Garage.

Can save you $200 on a new 1923 Ford coupe.
Glenn H. Taylor Service Garage

DON'T FORGET

You owe those friends a photo. A good photo is the best Xmas gift you can make, and the most appreciated. Make an appointment now with Clark and Clark at the Roseburg Studio, 137 Jackson St., Bell Sisters Bldg.

IT PAYS TO BUY

Your lumber of Amos S. Frey and Sons. Salesman at North Side Grocery.

HOLIDAY CARDS

Order your holiday cards now. A beautiful engraved line to make your selection from. Orders placed during the next thirty days will not be billed before January 1, 1924. Don't delay. Call News-Review office.

Royal Utah
Coal
Denn-Gerretsen Co.
231 N. Main St. Phone 128

SECOND-HAND GOODS
Bought and Sold
—at—
LENOX FURNITURE COMPANY
No. 321 North Jackson Street
Phone 26

Going, Going and Gone!

Say, if you want the high dollar for your furniture and other goods that you have for sale, bring them to the Auction House, 328 N. Jackson. And please remember that we get you the money at your farm auction. See us for dates.

Radabaugh & Patterson

COME TO THE BIG
TURKEY SHOOT
AT CANYONVILLE
Saturday, November 24th
Shoot All Day. Come.

WHY WOMEN BUY
at the
Silk Store

All our merchandise is thoroughly dependable, and long years of service to the people of Roseburg and Douglas County has established our business methods in the minds of the public as wholly efficient, prompt and courteous, with prices always the most satisfactory for the goods desired.

Our Line of Winter Merchandise Is Complete

I. ABRAHAM
The Silk Store Roseburg, Oregon

YES, MADAME,
We make your Shoes Good as New.
It is a Big Saving to you to have us resole or fix up your worn shoes.
W. S. HOWARD
Goodyear Shoe Repairer
214 N. Main St. or
Kidder's Shoe Store

Help Kidneys By Drinking More Water

Take Salts to Flush Kidneys and Help Neutralize Irritating Acids

Kidney and bladder irritations often result from acidity, says a noted authority. The kidneys help filter this acid from the blood and pass it on to the bladder, where it may remain to irritate and inflame, causing a burning, scalding sensation, or setting up an irritation at the neck of the bladder, obliging you to seek relief two or three times during the night. The sufferer is in constant dread; the water passes sometimes with a scalding sensation and is very profuse; again, there is difficulty in voiding it.

Bladder weakness, most folks call it because they can't control urination. While it is extremely annoying and sometimes very painful, this is often one of the most simple ailments to overcome. Begin drinking lots of soft water, also get about four ounces of Jad Salts from your pharmacist and take a tablespoonful in a glass of water before breakfast. Continue this for two or three days. This will help neutralize the acids in the system so they no longer are a source of irritation to the bladder and urinary organs, which then act normal again.

Jad Salts is inexpensive, and is made from the acid of grapes and lemon juice, combined with lithia, and is used by thousands of folks who are subject to urinary disorders caused by acid irritation. Jad Salts causes no bad effects whatever.

Here you have a pleasant, effervescent lithia-water drink which may quickly relieve your bladder irritation. By all means have your physician examine your kidneys at least twice a year.

Relieves Rheumatism

Musterole loosens up stiff joints and drives out pain. A clean, white ointment, made with oil of mustard, it usually brings relief as soon as you start to rub it on.

It does all the good work of the old-fashioned mustard plaster, without the blister. Doctors and nurses often recommend its use.

To Mothers: **Musterole is now made in milder form for babies and small children. Ask for Children's Musterole.**

35&65c in jars&tubes; hospital size, $3.

MUSTEROLE
WILL NOT BLISTER
BETTER THAN A MUSTARD PLASTER

AN OLD RECIPE TO DARKEN HAIR

Sage Tea and Sulphur Turns Gray, Faded Hair Dark and Glossy

Almost everyone knows that Sage Tea and Sulphur, properly compounded, brings back the natural color and lustre to the hair when faded, streaked or gray. Years ago the only way to get this mixture was to make it at home, which is mussy and troublesome. Nowadays we simply ask at any drug store for "Wyeth's Sage and Sulphur Compound." You will get a large bottle of this old-time recipe improved by the addition of other ingredients, at very little cost. Everybody uses this preparation now, because no one can possibly tell that you darkened your hair, as it does it so naturally and evenly. You dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time; by morning the gray hair disappears, and after another application or two, your hair becomes beautifully dark, thick and glossy and you look years younger.

U. S. Mineral Surveyor
Civil Engineer
G. G. Stewart, 248 No. Jackson
Phone 87

Rugs Just Received

Large Line of Corona Velvets

9x12	$47.50
27x54	$5.25

Latest Patterns

Chenille Axminster All Wool Rugs

9x12	$53.75

Beautiful designs and exceptional quality.

Tapestry and Wool Fiber Rugs
Various Patterns, Colors and Sizes

Parslow Furniture Co.
111 N. Jackson Street
Roseburg Oregon

No button breaking, fabric wringing here—we extract the water by centrifugal force.

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Up to Date
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Fresh From the R...
We receive our coffee ... quent shipments ... the roasters. A pound ... fee bought at our ... to you with all its ... vor and strength. Try ... coffee—
35c and 45c per pound
Why pay 10c or 15c ... and throw it away
Economy Grocery
Phone 6...

Who Pays the B... Your Auto Is Wreck...

Winter weather makes ... hazardous. Better ... insurance company ... risk. Do it today.

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Phone 183