...on't let constipation make you an invalid —relieve it with Kellogg's Bran

Few people realize how dangerous constipation until this dread disease tears down their health. Did you know that more than forty serious diseases can be traced to constipation? Keep your health, or restore it, with Kellogg's Bran, cooked and krumbled. It brings relief in mild and ...le cases of constipation. It is effective because it is ALL bran. That is why it is recommended so highly by doctors. They know that only ALL bran can bring 100 per cent results. ...rt bran is, at best, only a halfway measure.

If eaten regularly, Kellogg's Bran will bring permanent relief—even in the most chronic case. It is guaranteed to do so. If it fails, your grocer will return your money.

Because it is ALL bran it sweeps, cleans and purifies the intestine. Like nature, it acts naturally. It makes the intestine function regularly.

Eat it every day—two tablespoonfuls—in chronic cases, with every meal. Eat it with milk or cream. Sprinkle it over other cereals. Cook it with hot cereals. Enjoy it in those wonderful recipes given on every package.

The flavor of Kellogg's Bran, cooked and krumbled, is delicious. It is crisp, nut-like. Quite different from ordinary brans, which are so unpalatable. Kellogg's Bran is made in Battle Creek and served by the leading hotels and clubs everywhere. Sold by all grocers.

...OUR MAN HIGH IN TEST FOR FOREST RANGER

...RTLAND, March 6.—Forty-five out of 83 who took the examination for forest rangers in Oregon ... Washington in October passed ...sfully and are on the eligible ... according to word received yes... by local forest officials from ...ngton, D. C. Oregon has 24 of ... whose grades were above pass... and Washington 21.

...jamin B. Irving of Wilbur, Ore., ... high honors for the state. John ...ston of Portland was second ... G. Hosford of Roseburg third. ...ther three Portland men on the ... list are H. J. Engles, Ray... Engles and Arthur J. Pfingsten. ... list will be used to fill va...s in the ranger staff of Ore... and Washington.

...of those on the eligible list ...robably be used, according to ... D. Gutherie of the forest serv... Of the 45 on the list, 37 are ex...ced in forestry and eight have ...d in forestry schools.

... others from Oregon who pas...are: Gerald J. Tucker, Elgin; ...r E. Barnett, Prairie City; Har... Campbell, Baker; George W. ... Milton; Lawrence Autray, En...; Marcus O. Seale, Landax; ... F. Murray, Medford; Leroy H. ...sedeck, Bend; George W. ... Tumalo; Roland C. Burgess, ... Isaac M. Anderson, Drewsey; ... Ackley, Friend; William H. Smith, Tygh Valley; Robert C. Holladay, Prineville; Random R. Butler, Richmond; William A. Davidson, Hood River; Mark O'Kelly, Prineville; Philip A. Briggs, Nuggett.

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Alfred Peats Papers selected by the greatest artists in America. 1924 designs for your inspection. Come in and see them. 403 West Cass St.

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SAFE FAT REDUCTION

Reduce, reduce, reduce, is the slogan of all fat people. Get thin, be slim, is the cry of fashion and society. And the overfat wring their hands in mortification and helplessness; revolting at nauseating drugs, afraid of violent exercise, dreading the unwelcome and unsatisfying diet, until they hit upon the harmless Marmola Prescription and learn through it that they may safely reduce steadily and easily without one change in their mode of life, but harmlessly, secretly, and quickly reaching their ideal of figure, with a smoother skin, better appetite and health than they have ever known. And now comes Marmola Prescription Tablets from the same famously harmless formula as the Marmola Prescription. It behooves you to learn the satisfactory, beneficial effects of this great, safe, fat reducer by giving to your druggist one dollar for a box, or sending a like amount to the Marmola Company, 4612 Woodward Avenue, Detroit, Mich., with a request that they mail to you a box of Marmola Prescription tablets.

CAMAS VALLEY SCHOOL NEWS

Prize Awarded for Best Essay Written on the Life and Character of Abraham Lincoln.

Mr. Lloyd Roberts, a member of the school board, was a visitor at the school Monday morning.

Two sets of slides were given in the intermediate room Thursday afternoon on Brazil and South America.

The report for the school month ending February 22, is as follows: Number days' attendance 903, number days' absence 43, per cent of attendance 95.9, number of times late 33, number of pupils neither absent nor late 24, number of visits by parents 3.

The proceeds from the box social amounted to $39.65.

The medal for the Lincoln essays was awarded to Eliza Church Friday evening. The contestants were Eliza Church, Helen Parrott, Nellie Dahl, Alberta Wiley, and Blanche Croy.

Mr. B. R. Richter, Miss Basford, and Mr. Porter were the judges.

The essays were judged on subject matter, originality, sentence structure, spelling, punctuation, and penmanship.

The following essay won the prize.

Abraham Lincoln

Oh, if that gentle mother who first pressed the precious burden of humanity to her bosom, way not in the wilderness of old Kentucky on February 12, 1809, could have but known the great life work which the All Wise Creator had mapped out for her boy! What! the tiny baby which she held in her arms, and she an inmate of that rude cabin without window glass or doors, his name should ring down the ages in deathless fame?

It was true, but Thomas and Nancy Lincoln, the mother and father of Abraham Lincoln could not know. Yes, it is true that the memory of Lincoln will never die, but was an unworthy man ever known to receive the love, respect, honor, and the wonderful name from his fellow men that Lincoln has received? Indeed no, Abraham Lincoln was never known to receive a word of praise which any one can truthfully say was not his, but what did he do to receive this praise?

A few years after the birth of Lincoln his father moved the family from Kentucky to Indiana. Here the whole family lived in a rude cabin. Lincoln and his father literally cut, hewed, and shot the living for the family from the surrounding forest.

Lincoln's mother taught him to read from the Bible; the Bible was their holy book. His mother shared all of his joys and sorrows. Later she was taken from him—a blow from which he never entirely recovered. She died early, but not until she had firmly laid the foundation for the life of one of the greatest men whose name is recorded in history. Years afterward Lincoln, governor of thirty million people was heard to say, "All I am, and all I hope to be I owe to my angel mother." Is it any wonder that a man so humble, yet so great should have the love, honor and respect of all the people who inhabit the greatest land which was ever blessed by the Creator?

Soon after the great tragedy of the mother's death, Lincoln's father married again. After the marriage the cabin was fixed up much more comfortably. The step-mother loved Lincoln as she loved her own child.

Lincoln's mother had commenced his education; with very little help he completed it by long hurs of hard study. How patiently he studied and poured over his few books by the flickering firelight. He completed his education by studying for a lawyer.

Lincoln grew to manhood a brave, clean, honorable man. When he was a young man, he worked at various trades such as rail-splitting, working on flat boats, and store keeping.

How carefully he studied all things before attempting to do them. He always wanted to be certain that he was doing the right thing. In Lincoln everyone found a true friend. The poor, the needy, and the distressed came to him even while he held the president's chair. They came to him because they knew that they would receive loving sympathy and kindness.

Lincoln saw the long columns of slaves. He saw them cruelly abused and mistreated. To these wretched slaves he extended the greatest sympathy. He was heard to say that if he ever had the opprotunity he would do all that was in his power to relieve their suffering. How little did he then realize what an opportunity he sometime would have to aid them.

Lincoln's first love was unhappy. The death of the girl he was to marry, was one great tragedy of his life. Sometime after the death of this girl he married Mary Todd.

After a few years of popularity Lincoln was elected to congress. After this he mounted higher, and at last reached the president's chair.

Soon after his election the country plunged into the great civil war. In the darkest periods of the war Lincoln did not falter but kept bravely on. He spoke these words to his cabinet. "I have promised my God that I will do it." With these words he issued the immortal Emancipation Proclamation by which four million human beings stepped from bondage into freedom.

Oh, the sorrow that Friday, April 14, brought to the whole nation! The North lost her greatest leader; the South lost her best friend. While Lincoln was watching a play at an opera, he was shot in the back by an insane actor.

As life slowly ebbed from that saintly being, a moan of anguish swept over the North and South, which swelled to a wail as the grief from Europe crept over the moaning sea to mingle with that of her fellowmen. Yes, her fellowmen, though divided at times, grief swept them all into one sorrowing group.

He fearlessly followed the golden path home. Like the great sun sinking in the ocean it first sends its path of gold across the dark water and then silently and swiftly it sinks from sight, leaving only the moaning waves. X X

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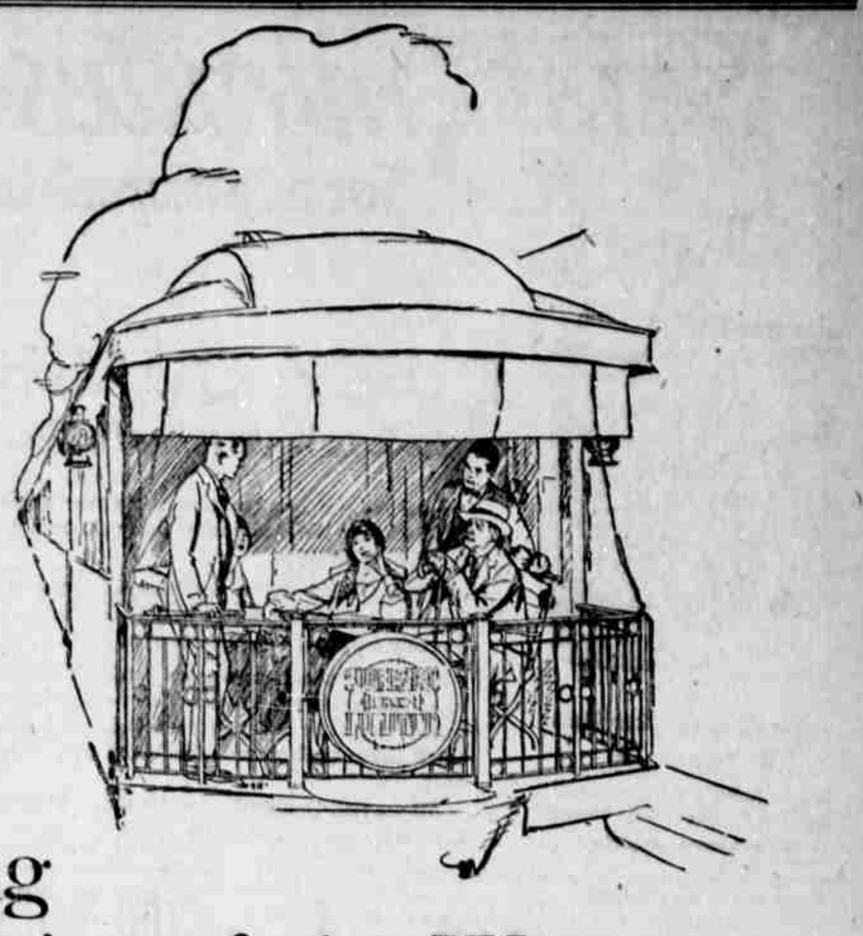
Lawn mowers of quality at Powell's Furniture Store.



Among the glories of the West, not the least is *superb coffee*

TRAVELERS returning from the West (when they do!) speak of the gorgeous scenery, the whole-hearted hospitality, *and*—wonderful western coffee! With all the zeal of a discoverer, they are spreading this tradition which had its birth in the West's homes of wealth and instinctive discrimination.

To-day, the tradition is the common property of the great western empire. A tradition to treasure! Puncture the vacuum seal of a tin of Hills Bros. Red Can Coffee, inhale that rare aroma and know the coffee reputation of the West is in safe hands.

The intriguing aroma of "Red Can" is but the trumpeter of a marvelous *flavor* to come. And that flavor is sealed in vacuum, that it may lose none of its charm and strength. It is still fresh days, weeks, even *years* from now—whenever you decide to break the seal!

With all its high quality, Hills Bros. Coffee is not high-priced. It is economical to buy—and economical to use. Hills Bros., San Francisco.

In the original Vacuum Pack which keeps the coffee fresh

HILLS BROS COFFEE

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THEATRES

Majestic Theatre

There are a few of us today who can resist the lure of the melodrama. Occasionally we may openly pretend to a slight disdain, but in our heart of hearts, we all thrill respondently when the villain is bested and the hero conquers, and none of us can resist the appeal of hair-raising stunts and daredevil chances.

"The Vow of Vengeance," which plays at the Majestic theatre today only is replete with melodramatic thrills of the kind dear to the heart of the really enthusiastic theatregoer.

Liberty Theatre

All the feminine fans who longed to see Harry Carey in "regular clothes" instead of the western outfit will be glad to know that their wish has come true. In "The Night Hawk" his latest picture, Carey is seen as a gentleman crook. But he can't keep away from the sombrero for long. Before many feet have been unwound, he goes west and becomes the fighting cowboy once again.

There are thrills aplenty in "The Night Hawk"—in fact, there is double the amount. We get the thrills of the police raids, chase and plots of the underworld of the east, and the thrills of the fast riding and fights of the west. El Sang'rito, the wild horse furnishes a generous amount of excitement himself.

"The Night Hawk" was adapted by Joseph Franklin Poland from the magazine story by Carlysle Graham Raht. It is fine entertainment. At the Liberty theatre Sunday and Monday.

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"HUNCHBACK" WILL OPEN TOMORROW

Only one day more to wait for one of the greatest motion pictures ever produced.

It is Carl Laemmle's mammoth production of Victor Hugo's masterpiece, "The Hunchback of Notre Dame," and will open Saturday afternoon at 2:15 at The Antlers Theatre.

The featured players are Lon Chaney as "The Hunchback;" Ernest Torrence, who delighted the people of Roseburg in "The Covking, and beautiful Patsy Ruth Miller as "Esmeralda." There are 75 principles and more than 3,599 others in the cast.

There probably never lived an author with the dynamic power with which Victor Hugo invested his stories and of all his writings none contained more action or romance than "The Hunchback of Notre Dame," and the film version is declared by critics to be a masterpiece.

"The Hunchback" will be shown for three days only, with performances daily at 2:15, 7 and 9:30 p. m., Manager Goux announces.

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NOTICE TO WOOD CUTTERS

Wanted: Sealed bids on 1000 tiers of old growth fir or any part thereof and 200 cords 2nd growth fir. On the ground, F. O. B. cars or in our yard. We reserve the right to reject any or all bids. Bids closed march 20th. Denn-Gerretsen Co. Box 689, Roseburg, Ore.

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E. W. Harney of Portland, representative of the Blumauer-Frank Drug company, is spending a few days in Roseburg in the interests of the company.

KI-MOIDS
QUICK RELIEF
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