

Constipation breeds 40 diseases

What a wreck of the human body constipation can make. It floods the system with dangerous poisons. It leads to serious diseases. Don't neglect it!

Kellogg's Bran, cooked and krumbled, if eaten regularly, is guaranteed to relieve permanently the most chronic cases of constipation. If it fails, your grocer will return your money. Kellogg's is ALL bran. Doctors recommend it. They know that only ALL bran can bring 100 per cent results.

Kellogg's Bran stimulates the intestine in nature's own wonderful way. It sweeps, cleans and purifies! It makes the bowels function naturally—and regularly.

Kellogg's Bran has a delicious, nut-like flavor. Eat it with milk or cream—or in the recipes given on every package. Eat two tablespoonfuls daily—in chronic cases, with every meal. All grocers.



Kellogg's

the original BRAN—ready to eat

Look for this signature
W.K. Kellogg



"Don't you love me? Just a little bit?"

CARMEL MYERS AND KENNETH HARLAN IN "POISONED PARADISE"—PREFERRED PICTURES. AT THE LIBERTY THEATRE SUNDAY AND MONDAY

Mrs. George Ward of Looking Glass burg visiting with friends and shop-spent yesterday afternoon in Roseburg.

SATURDAY SPECIALS

Your money goes the farthest when you buy at the

North Side Grocery

Phone 324

- Cocoa, 6 lbs. for 25c
- Macaroni, 4 lbs. for 25c
- Tomatoes, best grade, per can 15c
- Corn, and its fine, per can 15c
- Good Coffee, bulk, 3 lbs. for \$1.00
- Nice Grape Fruit, each 10c
- Oranges, per doz. 25c
- Bulk Lard, per lb. 15c
- Good Bacon, per lb. 20c
- Toilet Paper, 4 rolls for 25c

All Kinds of Nice Fresh Vegetables and Fruits in Season.

NORTH SIDE GROCERY

LOCAL NEWS

This is a Studebaker year.

Win one dozen pairs of Sox free by guessing number of Sox displayed in our window. Register downstairs, Fishers. The contest closes March 24.

J. W. Wolford of Portland, representative of the F. K. Gill company, arrived in this city Thursday evening to spend the next few days here attending to business matters.

Mrs. Baney Walker and daughter of Oakland were in the city yesterday spending some time shopping and visiting with friends.

Win one dozen pairs of Sox free by guessing number of Sox displayed in our window. Register downstairs, Fishers. The contest closes March 24.

A. S. Rosenbaum of Medford, district freight and passenger agent for the Southern Pacific company, is spending several days in this city attending to business matters.

Win one dozen pairs of Sox free by guessing number of Sox displayed in our window. Register downstairs, Fishers. The contest closes March 24.

Mrs. Preston Lake of Eugene spent a short time in this city yesterday on her way to Riole where she will spend several days visiting at the home of Mrs. J. M. Cornutt.

Simple Colds indicate a need of **SCOTT'S EMULSION** to build resistance

BELIEVE SUBMARINE CREW SUFFOCATED

(Associated Press Leased Wire.) TOKIO, March 21.—Although rescue work is being continued vigorously the fear grew today that 18 survivors imprisoned in the after compartment of the Japanese navy submarine 43, which has lain 26 fathoms deep on the ocean bottom off Sazbo since Wednesday, have succumbed to suffocation. Signals have ceased and attempts to raise the stern of the vessel having failed, it is now planned to tow it to shallower water.

Twenty-six men of the crew drowned in the forward compartment of the craft after a collision with a warship, and it appears now that the remaining 18 have smothered in the foul air of their cramped quarters.

BRIDGE CARPENTER KILLED BY SPEEDER

NEWPORT, March 21.—Thomas McBridge, 28, a bridge carpenter, employed by the Southern Pacific, was instantly killed yesterday near Norton when he was run over by the speeder on which the bridge crew was going to work.

A crowbar dropped end downwards on the track, giving the speeder a sudden jolt and throwing McBridge in front of the speeder, which ran over him. His skull was crushed.

McBridge was married, his family live in Oregon City.

LOCAL NEWS

All the newest shapes in buckram frames, for sale, Bell Millinery.

G. M. Marksbury of Cottage Grove of the Marksbury company, arrived in Roseburg last evening to spend a few days looking after business matters.

G. H. Campbell of Eugene, routing agent for the American Railway Express company, arrived in this city yesterday afternoon to spend a short time here looking after business interests. Mr. Campbell is registered at the Hotel Umpqua.

BEADS AT HALF PRICE AND LESS

Just in by express, fancy bead necklaces at prices startlingly low. Our prices on similar fine necklaces have been 49c to \$1.50. Now priced 15c, 25c, 35c, 50c. Come in a hundred colors or styles. See them at Carr's Also child's kindergarten beads, 1 gross on a string (34 inches) assorted all colors, 10c string.

Drape veils, silver lace, flowers for sale, Bell Millinery.

Mr. and Mrs. W. S. Fisher, who have been spending the past several days in Portland, returned to their home in this city last evening. They made the trip by automobile.

S. O. Garrison of Eugene, who has been spending a short time in this city attending to business matters, returned to his home in Eugene. While in Roseburg Mr. Garrison was registered at the Terminal Hotel.

Complete showings of children's hats. Specially priced for Easter. Bell Millinery.

T. J. Burke of Portland, representative of the Stubbs Electric company, arrived in Roseburg last evening to spend a few days here in the interests of the company. Mr. Burke is registered at the Hotel Umpqua.

Close fitting shapes with youthful lines, which every woman seeks. Bell Millinery.

A. M. Beaver of Portland, representative of the Oldsmobile Motor company, is spending several days in this city in the interests of the company. Mr. Beaver is registered at the Hotel Umpqua.

This Man Intends to Keep It in House

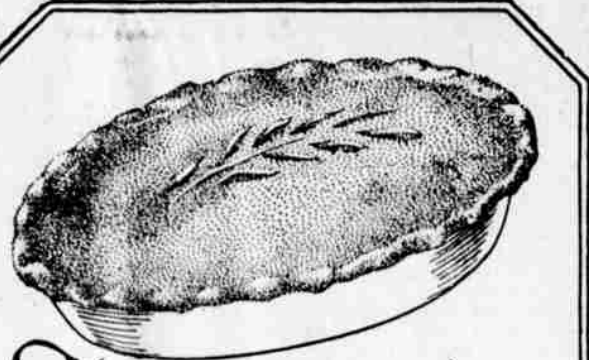
"In May or June, 1913, I sent to you and got four bottles which were worth many dollars to me. They enabled me to go to work again. I had lost 40 pounds, but these 4 bottles of Mayr's Wonderful Remedy for stomach trouble gained back all I had lost and I feel like a new man since. I shall keep it in the house all the time." It is a simple, harmless preparation that removes the catarrhal mucus from the intestinal tract and allays the inflammation which causes practically all stomach, liver and intestinal ailments, including appendicitis. One dose will convince or money refunded.

For sale by all druggists. **WHY BE SICK?** Pure blood, and good circulation means perfect health. Get them at the Magnetic Baths, 209 Perkins Bldg.

Stop, Look and Listen

If you want bargains, come to the Auction House. Remember, we get you the high dollar at your farm auction sales. See us for dates.

Radabaugh-Patterson
328 N. Jackson Phone 541-J



The password to "Good Pie"

The triumph of every woman's cooking is "good pie." After all, the final test of good pie is—crust.

A delicious pie crust is light, crispy, sweet and digestible. To many this will seem an almost impossible perfection, but it is not a bit hard to make when one knows how.

The first "know how" is Frye's "Wild Rose" Brand Pure Lard for shortening. The second is the "knack" of pastry mixing which Frye's Meat Guide and recipe book explains so fully that failure is impossible.



Send two cents for postage to Frye & Company, Seattle, and receive your copy of Frye's Meat Guide. Contains a hundred tested recipes on the preparation of Frye's "Delicious" Brand Hams and Bacon and valuable hints on the successful use of

WILD ROSE Frye's PURE LARD

When next you require shortening, ask for it by this Brand Name—you will get a Lard that is guaranteed pure.



Every steaming cup is an insistent invitation

SIT TO LEEWARD of a fragrant cup of Hills Bros. Red Can Coffee. Eagerly you will lift it to your lips and drain it dry. Then you will ask for another.

That wonderful flavor has made "Red Can" the coffee of the West, the pride of hosts, the wonder of visitors from the East and from abroad. No wonder Hills Bros. Red Can is The Recognized Standard!

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.

HILLS BROS COFFEE



In the original Vacuum-Pack which keeps the coffee fresh.

JOINT-EASE FOR

STIFF, SWOLLEN JOINTS Rheumatic or Otherwise

Says: "When Joint-Ease Gets in—Joint Agony Gets Out."

It was a high-class pharmacist who saw prescription after prescription fail to help hundreds of his customers to get rid of rheumatic swellings and stiff inflamed joints.

And it was this same man who asserted that a remedy could and would be compounded that would make creaky, swollen, tormented joints work with just as much smoothness as they ever did.

Now this prescription, rightly named Joint-Ease, after being tested successfully on many obstinate cases, is offered through progressive pharmacists to the millions of people who suffer from ailing joints that need limbering up.

Swollen, twingy, inflamed, stiff, pain-tormented joints are usually caused by rheumatism, but whatever the cause Joint-Ease soaks right in through skin and flesh and gets right to and corrects the trouble at its source.

Remember Joint-Ease is for ailments of the joints, whether in ankle, knee, hip, elbow, shoulder, spine or

finger, and when you rub it in you may expect speedy and gratifying results.

It is now on sale at all drug stores everywhere for 60 cents a tin.

When you need a Bed Room Suite

Call on

LENOX Furniture Co.

or

Phone 26

FAMILY GROCERY SPECIALTIES

When you do your grocery shopping with us, you are assured quality products, courteous treatment and prompt delivery, at the most

Reasonable Prices

Your Husband and Children are sure to enjoy your meals more.

PICKENS BROS.

Phone 68

Perkins Bldg.

TURKEY MEN—ATTENTION

We have hatched turkeys successfully for two years. You can put them with your hens or they can be brooded successfully under a brooder same as chicks. Bring in your turkey and chicken eggs and have them custom hatched.

EARL VOSBURGH

Phone 391-Y

702 Fullerton Bldg.