Children make constipation a habit—relieve them with Kellogg's Bran

Children punish themselves terribly by ignoring nature's demands. They bring constipation upon themselves. They invite the many other diseases which can be traced to constipation. Immediate steps should be taken to rid them and keep them free from this disease.

It takes ALL bran to be 100 per cent effective. That's what Kellogg's is—ALL bran. That is why doctors everywhere recommend Kellogg's. That is why Kellogg's Bran carries a money-back guarantee to bring permanent relief, if eaten regularly, in the most chronic cases of constipation. That is why Kellogg's Bran, cooked and krumbled, has brought glorious, glowing health to thousands—because it is ALL bran.

No matter how long one has suffered with constipation, Kellogg's Bran will bring permanent relief IF EATEN EVERY DAY—at least two tablespoonfuls—in chronic cases, with every meal.

Kellogg's Bran is delicious. It has a crisp, nut-like flavor that simply delights the taste. It is a wonderful surprise if one has been used to ordinary, unpalatable brans.

There are many ways to serve Kellogg's Bran. Eat it with milk or cream. Sprinkle it over other cereals. Cook it with hot cereals. Look for the recipes on every package and try it in muffins, bread, griddle cakes, etc.

Kellogg's Bran, cooked and krumbled, is made in Battle Creek and is sold by grocers everywhere. It is served by the leading hotels and clubs.

MEDFORD WANTS LEGION CONVENTION

(Associated Press Leased Wire.)

MEDFORD, April 1.—Medford is after the 1925 convention of the American Legion, department of Oregon, according to announcement today by the executive committee of Medford post. One thousand dollars has already been set aside for a convention fund, and this fund is to be increased.

This is the first time that Medford and southern Oregon has asked for the state convention.

Tentative plans provide for a one-day session at Crater Lake and transportation to the lake will be provided for those not having their own cars. If Medford succeeds in securing the convention, one of the most successful meetings ever held is anticipated.

Large number of new rugs now in stock at Powell's.

BIBLICAL STORY FULLY CONFIRMED

ST. LOUIS, April 1.—The lower Dead Sea region of Palestine has been scientifically explored for the first time and at great risk, Melville Grove Kyle, president of the Xenia Theological Seminary of Missouri, and head of the research expedition from Jerusalem.

The expedition, which acted in cooperation with the American School of Archaeology of Jerusalem reports the discovery of the old fortress of Kir of Moab, and the region of Sodom and Comorran is determined. Graves of a cemetery there yielded fine pottery of the days of Abraham and the "glory of Sodom."

Dr. Kyle writes that the mysterious rising of the Dead Sea cannot be explained and the biblical story of the destruction of Sodom and Gomorrah.

Operated on For Appendicitis

Funeral Arrangements to Be Announced Later.

Many times, no doubt, you have seen the above headlines in your newspapers. Very often it has told of some friend suddenly stricken with dread appendicitis. The newspapers, however, neglected to state that appendicitis is usually preceded by stomach trouble. They don't tell you that the afflicted person suffered frequent attacks of heartburn long before he went to the hospital.

While heartburn is no taiways a sign of an inflamed appendix, it is always a warning that something is wrong. In many cases it results from indigestion, which is one of the predisposing causes of appendicitis.

If you suffer from a burning, gnawing sensation in the stomach, excessive gas, sour stomach, nausea or other distress after eating, go at once and obtain a bottle of Smith Bros. M. A. C., the guaranteed stomach treatment, harmless liquid rids the stomach of catarrhal mucus, allays inflammation, helps digestion and cleanses the bowels of poisonous waste matter. Price $1.25. Money back if the first bottle does not relieve. Nathan Fullerton Store will supply you. Mail orders accepted.

RAILROAD NEEDED TO DEVELOP LAKE

(Associated Press Leased Wire.)

PORTLAND, March 31.—Nature's laboratory at Alkali Lake, in Central Oregon, is continually making mineral salts, which can be gathered in inexhaustive quantity and furnished to world markets at less than the carbonate of soda and other chemical elements from anywhere else, and could provide a yearly minimum of 50,000 tons for railroad traffic as soon as transportation facilities are made available said H. L. Elmerson, mining and chemical engineer of Los Angeles today in testimony on behalf of the Oregon public service commission's petition for more rail facilities for central Oregon before Examiner Wagner of the interstate commerce commission.

This witness said that alkali lake, covering 5500 acres, is now owned by John D. Spreckles and Associated California interests and that for his clients he had investigated the lake's mineral salt deposits, which he classed as superior in purity and extent than any other known in the world. He added that he knew of other mineral resources in central Oregon which would provide large traffic for a railway and that as soon as transportation facilities are provided his company would lose no time to place Alkali lake's products on domestic and export markets. He advised that the line would have a back haul of fuel oil and community supplies.

A. H. Devers, appearing for the Portland Traffic and Transportation Association and C. C. Crowe, publisher of a lumber trade bulletin, offered testimony in support of the petitioning side.

WISCONSIN VOTING FOR DELEGATES

MILWAUKEE, April 1.—Wisconsin today is voting for delegates to the democratic, republican and prohibition party, conventions, with contests on between Coolidge and La Follette slated on the republican side and McAdoo and Smith tickets in the democratic column.

Urban voting is expected to be heavy, but in the rural districts where recent storms have made travel difficult, the vote was not expected to be large.

Smith and McAdoo delegates are expected to feature in a close race.

Lawn mowers of quality at Powell's Furniture Store.

"CANNED HEAT" FATAL

(Associated Press Leased Wire.)

TOLEDO, Ohio, April 1.—John Koshack, 45, died today after having drunk "canned heat" his death marking the eighth in 48 hours from a similar cause.

NOTICE

Dr. F. M. McGlasson offers scientific combination treatments with electrical apliances, and McManis Mechanical table de luxe. Special introductory prices. Call at 202 Brockway St., Roseburg, Oregon.

TRYING TO LOCATE CUBAN FRIENDS

Mayor N. Rice is in receipt of a letter from I. Catrera, of Cotorro, Havana, Cuba, in which the writer asks the aid of the mayor in locating a friend, Francis Pino, who may be somewhere in this locality. During the Spanish American war Pino's family was separated, and all died except the man and his sister. Pino came to America with the American troops following the war and has twice returned to Cuba to visit his sister. She died in 1916, but friends have been unable to locate the man to tell him of this sad occurrence and hearing that he was some place near Roseburg have written asking that the mayor endeavor to locate him and give him a letter written by the friend, Catrera.

STRIBLING WINS FROM M'TIGUE

NEWARK, N. J., April 1.—Young Stribling 19 year old Macon, Ga., school boy would be light heavyweight champion today if the laws of New Jersey permitted decision. Before a crowd of 15,000 persons last night, he out pointed Mike McTigue, the title holder, in every one of 12 fast rounds. While 3,000 additional fight followers were being turned from the gates, Stribling systematically counted off one round after another in his favor.

There was more spirit outside the ring than in it as the fans expressed their jor or sorrow by breaking chairs across each other's heads. It took 20 policemen to subdue display of ethusiam when the bout had ended.

Eads Transfer and Storage Co., of Medford, announces a freight haul from Medford to Roseburg and way towns. Two trips a week at present.

EAST AND WEST TO CLASH TODAY

CHICAGO, April 1.—Twenty of the 40 teams entered in the national inter-scholastic basketball tournament of the University of Chicago meet today in the first round tilts with the remainer of of the entries scheduled to clash tomorrow.

East meets west in the initial contest when Manchester, N. H., vies with Boise, Idaho. Two teams that competed last year, Simpson High of Birmingham, Alabama and Walla Walla, Washington, are included in today's first round trials, and six other teams which played in 1923 will meet opponents tomorrow.

Today's first round pairings include:

Florence, Miss., vs. Medford, Ore.
Spokane, Wash., vs. Reno, Okla.
Walla Walla, Wash., vs. Charlottsville, La.

AN OPEN LETTER TO WOMEN

Tells of Mrs. Vogel's Terrible Suffering and How She Was Restored to Health by Lydia E. Pinkham's Vegetable Compound

Detroit, Michigan. — "My troubles were severe pains in my back and terrible bearing-down pains in my right side, also headaches and sleepless nights. I first began having troubles when I was 15, and they have increased as I grew older. A little booklet was left at my door, and I read what Lydia E. Pinkham's Vegetable Compound has done for women and decided to try it. After the first week I could go to sleep every night and I stopped having that nervous feeling and got a better appetite. The doctor had always said that an operation was the only thing that would help me, but I never had any faith in an operation. Since the Vegetable Compound has started helping me I do not suffer the severe pains, feel stronger, and am able to do my own work. I am more than glad to tell my friends that it helps where other medicines have failed."—Mrs. Gus Vogel, 6608 Pelouze Street, Detroit, Michigan.

A record of fifty years service must convince women of the merit of Lydia E. Pinkham's Vegetable Compound.

LUDENDORFF IS ACQUITTED TREASON

(Associated Press Leased Wire.)

MUNICH, Bavaria, April 1.—General Erick Ludendorff, former German field marshal was acquitted today of the charge of treason for his part in the unsuccessful revolt here in November.

Adolf Hitler and former Chief of Police Poehner were convicted and each was sentenced to five years imprisonment and fined 200 gold marks.

Dr. Weber and Colonel Kriebel, accused of being Hitler's aides, received like sentences.

Dr. Friesch, former president of the Munich district; Captain Roehm, Lieutenant Henry Purnet, who is Ludendorff's step-son, and Lieutenants Brueckner and Wagner, were given 15 months and fined 100 gold marks each.

From a punitive aspect the sentences imposed on Hitler and his followers were generally farcial, as Poehner and his chief will be obliged to serve only six months of their five year term; after which they may be paroled on good behaviour. The court required only five minutes to read the verdict and in a few seconds it was heralded throughout the streets by the jubilant followers of the indicted men who had arranged a wig-wagging system to speed the news on its way.

General Ludendorff appeared in court in full military regalia, wearing numerous orders and decorations. He and Hitler were deluged with a mass of floral tributes sent to the court room in anticipation of the verdict.

IN BANKRUPTCY

In the District Court of the United States for the district of Oregon.
In the matter of
John A. Mounts, Bankrupt.

To the creditors o. John A. Mounts, of Comstock in the county of Douglas, and district aforesaid a bankrupt:

Notice is hereby given that on the 19th day of March, 1924, the said John A. Mounts was duly adjudicated bankrupt; and that the first meeting of his creditors will be held at the office of the undersigned referee in Roseburg, Ore., on the 12th day of April 1924 at 11 o'clock in the forenoon, at which time the said creditors may attend, prove their claims, appoint a trustee, examine the bankrupt and transact such other business as may properly come before said meeting.

Dated March 28th, 1924.

C. L. HAMILTON,
Referee in Bankruptcy.

IN BANKRUPTCY

In the District Court of the United States for the district of Oregon.
In the matter of
George Lasich Jr. Bankrupt.

To the creditors of George Lasich, Jr., of Roseburg, in the county of Douglas, and district aforesaid, a bankrupt:

Notice is hereby given that on the 27th day of March, 1924, the said George Lasich Jr., was duly adjudicated bankrupt; and that the first meeting of his creditors will be held at the office of the undersigned in Roseburg, Ore., on the 12th day of April, 1924, at 10 o'clock in the forenoon, at which time the said creditors may attend prove their claims, appoint a trustee, examine the bankrupt and transact such other business as may properly come before said meeting.

Dated March 28, 1924.

C. L. HAMILTON,
Referee in Bankruptcy.

NOTICE OF SALE OF GOVERNMENT TIMBER

General Land Office, Washington, D. C., March 11, 1924. Notice is hereby given that subject to the conditions and limitations of the acts of June 9, 1916, (39 Stat., 218), February 26, 1919, (40 Stat., 1179), and June 4, 1920 (41 Stat., 758), and departmental regulations of September 15, 1917 (46 L. D., 447), and June 22, 1920 (47 L. D., 411), the timber on the following lands will be sold April 21, 1924 at 10 o'clock a. m., at public auction at the United States land office at Roseburg, Oregon, to the highest bidder at not less than the appraised value as shown by this notice, sale to be subject to the approval of the secretary of the interior. The purchase price, with an additional sum of one-fifth of 1 per cent, thereof, being commissions allowed, must be deposited at time of sale, money to be returned if sale is not approved, otherwise patent will issue for the timber which must be removed within ten years. Bids will be received from citizens of the United States, associations of such citizens and corporations organized under the laws of the United States, or any State, Territory, or District thereof only. Upon application of a qualified purchaser, the timber on any legal subdivision will be offered separately before being included in any offer of a larger unit. T. 28 S., R. 12 W., Sec. 15, Lot 5, fir 1200 M., T. 18 S., R. 7 W., Sec. 2, NW¼ SE¼ fir, 1480 M., none of the timber on these sections to be sold for less than $2.50 per M., T. 21 S., R. 4 W., Sec. 23, NE¼ SE¼ red fir 1650 M., white fir, 25 M., incense cedar 25 M., SE¼ SE¼ red fir 1240 M., white fir 50 M., red cedar 30 M., T. 28 S., R. 11 W., Sec. 1, SW¼ SW¼ red fir, 1300 M., none of the timber on these sections to be sold for less than $1.75 per M. for the red fir, $4.00 per M. for the white fir and incense cedar, and $1.50 per M. for the red cedar; T. 26 S., R. 10 W., Sec. 13, NE¼ NE¼ fir 525 M., NW¼ NE¼ fir 200 M., NE¼ NW¼ fir 300 M., NW¼ NW¼ fir 200 M., T. 29 S., R. 10 W., Sec. 23, SE¼ SE¼ fir 1970 M., white cedar 320 M., none of the timber on these sections to be sold for less than $1.50 per M. for the fir and $7.00 per M. for the white cedar; T. 39 S., R. 5 W., Sec. 15, NW¼ SW¼ yellow pine 50 M., sugar pine 50 M., red fir 150 M., none of the timber on this tract to be sold for less than $2.00 per M. for the yellow and sugar pine and $1.25 per M. for the red fir; T. 39 S., R. 10 W., Sec. 30, NE¼ NE¼ fir 520 M., then SE¼ SW¼, fir 420 M. none of the timber on these tracts to be sold for less than $2.25 per M., T. 28 S., R. 11 W., Sec. 15, SE¼ NE¼ red fir 540 M., white fir 120 M., T. 30 S., R. 10 W., Sec. 30, NE¼ NE¼ red fir 375 M., white cedar 40 M., SE¼ NE¼ red fir 250 M. white cedar 100 M., none of the timber on these sections to be sold for less than $2.00 per M. for the red fir, $.50 per M. for the white fir, and $1.00 per M. for the white cedar. WILLIAM SPRY, Commissioner, General Land Office.

Waste not want not

L. A. Carton

This quotation is from page 10 of Swift & Company's 1924 Year Book. It is the watchword for the year given to our organization by L. A. Carton, Treasurer, in his address to Shareholders at the 39th Annual Meeting.

"Waste not, want not" is fundamental in a business like ours, dependent for its profits on savings obtained through the elimination of waste and through putting to its highest use every particle of raw material.

Our margin of profit is so extremely small, amounting to only a small fraction of a cent per pound, that only those who practice this old fashioned precept can get along in the packing business.

The 1924 Year Book tells about many other interesting phases of the packing business.

Swift & Company

Swift & Company, Public Relations Dept.
U. S. Yards, Chicago, Ill.
Please send me, free of charge, a copy of Swift & Company's 1924 Year Book.
Name
Address
132

Pocketbook Pilots

EVERY advertisement in this paper is a pilot for your purse. It knows the clear channels of shopping, and steers a true course to the Port of Economy.

In the comfort of your home, with this newspaper and a good light, read the advertisements and KNOW before you GO what you want and where to get it!

Save yourself hours of "looking around." Make your purchases mentally before you step into the store. Read the advertisements and know the merits of the goods as well as the salespeople know them.

Let the Pocketbook Pilots guide you in all your purchases. Read the advertisements—regularly. They are as interesting as any other news in the paper, with THIS in their favor: They concern you, personally!

ADVERTISING IS A CHART THAT SHOWS YOU THE WAY TO STEER A SAFE COURSE IN BUYING.

When in Roseburg
Hotel Umpqua

Italian Prune Trees!

4 to 6 feet	10c
6 to 8 feet	12c
3 to 4 feet	5c
Saratoga French Prune Trees	
4 to 6 feet	25c

Grafted Franquette Walnuts
General Variety of Nursery Stock
All Prices f. o. b. Salem, Ore.
Fruitland Nursery
161 S. 14th St. Salem, Oregon

THIS might happen to the most careful driver. Be prepared for an emergency by instructing us to protect your car.

JOHN E. FLURRY
Insurance Agency
Rooms 1 and 2
Roseburg Bank Bldg.
Phone 183 Roseburg, Ore.

A wire hair brush is an implement for removing the hairs from the brush of the sweeper.

Painless Extraction
DR. H. R. NEWS
Dentist
Masonic Building
Phone 49
Teeth Extracted and Replaced day with or without plates

$35.00 SUIT
at Bernier, The
Upstairs Next to Umpqua

The modern home finds it more economical, vastly less troublesome and productive of cleaner articles by using this laundry.
CLEANSE AND ... the family wash ... week.
ROSEBURG STEAM LAUNDRY