

ROSEBURG NEWS-REVIEW

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ROSEBURG, OREGON, TUESDAY, SEPTEMBER 16, 1924.

FEW MEN LEARN ART OF SLEEPING.

The effectiveness of sleep does not depend on quantity but on quality. The fact that a few great men have been able to get along on three or four hours of sleep is not because they were as exceptional in their body requirements as in their mental attainments but because they had mastered the trick of obtaining the proper kind of sleep.

Recent scientific investigation shows quite definitely that the time-honored idea that it is wise to get a great deal of sleep has scant basis in fact, write Prof. Donald A. Laird, of Calgate University, in the October number of Popular Science Monthly. As a matter of fact, many people probably get too much sleep, and too much sleep may be harmful, just as too much food is. Though sleeping may seem one of the most natural things you do, there is an art of sleeping you can learn.

If you find it hard to get out of bed in the morning, it is because you have not learned how to sleep. The "tired feeling" that makes rising at the call of the alarm clock so difficult would not disappear, as you imagine, were you able to disregard its summons, for the deep, restful sleep that repairs weariness of body and mind comes during the first hour or two after you go to bed. It is then that your muscles are most relaxed, your blood pressure lowest, and your skin sensitivity least.

After the first couple of hours, sleep becomes lighter. After four hours it is very light. The slightest noise will awaken an average sleeper after this time. To continue this light sleep in the morning is not restful. Why not, then, do away with this light, fitful slumber that does you no good and substitute deeper sleep of shorter duration?

You can do it very easily if you can manage to take a 45-minute nap at noon. This is the equal of three or four hours of light sleep at night. If you cannot take this nap, you can still learn how to sleep soundly, and to become rested thoroughly with six hours' sleep instead of eight or nine.

The three necessities of sound sleep are muscular relaxation, quiet, and comfort. The first can be obtained by lying partly on the side and partly on the stomach. The second can be obtained by sleeping where there are no unusual noises. The third can be obtained by avoiding lumpy beds and heavy covers that cause uneven pressure on the body.

If you wish to cut down your sleeping time, do it gradually and make the reduction from the night end of the sleep period. That is, stay up later and rise at your usual time. When this is done, the deeper sleep that you get when you go to bed will compensate for what you have lost.

America drinks forty per cent more coffee than it did twelve years ago, according to reliable figures just made public by the Foodstuffs Division of the United States Bureau of Foreign and Domestic Commerce. Despite this amazing gain, however, the coffee drinking palm does not belong to this country. Four European countries exceed it in per capita consumption. Denmark leads with 15.7 pounds per person; Sweden is second with 15.4 pounds; Holland, third with 14.7 pounds and Norway, fourth with 14.3 pounds. Then comes the United States with an official government consumption of 12.47 pounds per capita. Nor is an increase of forty per cent in coffee consumption giving America a record for the world to shoot at. Italy and France have eclipsed the feat of this country during the past twelve years by fifty-six per cent and fifty-two per cent, respectively. In the 1913 crop year, there was retained for consumption in the United States \$58,919,058 pounds, valued at \$118,309,911. In 1924 (the crop year which ran from July 1, 1923 to June 30, 1924) there was retained for consumption here 1,298,364,211 pounds, valued at \$281,039,142.

Roseburg might just as well commence to prepare for the inevitable—a new school building to house its constantly growing population of children of school age. The enrollment for the present term greatly exceeds that of any former school year for the past three years. The day will come far too soon, in fact, it might be truthfully said that it is already here, when our facilities will be far inadequate to properly care for and educate the children of Roseburg. Plans should be made at once to cope with the situation. Procrastination in matters so vital to the interests of all concerned should not be practiced, but on the other hand progressive methods should be employed to meet the demands of our public school system.

It has been truthfully said that "the man who steadies the ladder at the bottom is frequently of as much service as the man who stands at the top."

Just as a fellow begins to think he has the finest automobile in the world the manufacturer trots out a new model to dispel the thought.

ROYALTY AT ROUNDUP

(Associated Press Licensed Wire.)  
PENDELTON, Sept. 15.—The first member of the British nobility to ever attend the Hamilton roundup is Lady Geraldine Michelson, who is here for the annual show. Lady Michelson drove in last night from Salt Lake City with Ray Hill, famous rider, Mabel Strickland, famed woman performer and her secretary, Fred Almy.

I. O. O. F. SELECT PORTLAND

(Associated Press Licensed Wire.)  
JACKSONVILLE, Fla., Sept. 15.—Hector Thompson of Williamston, Mich., was elected grand sire of the Independent Order of Odd Fellows at the Biennial Grand Lodge session here today. Portland, Ore., was chosen for the 1925 convention city.

Cut gladioli 15 cents per dozen, Harriet Halderman, 1047 Corey Ave., Phone 2761.

Eat Hazelwood at Winberly's.

PRUNE PICKIN'S

BY BERT G. BATES

GOOD EVENING FOLKS—

We heard today  
Of a fellow  
Who has been  
Drinking  
Bath alcohol  
An' ever night  
Is bath night  
For him.  
§ § § §

DUMPELL DORA THINKS

Tuna fish is a new musical instrument.  
§ § § §

Speakin' of education, now that the schools have started, we were discussin' how we got our correspondence school diploma this a. m. and a wiseacre of the village horned in and said, "An' did you get a sheepskin?" and we said, "Ya dern right," and he said, "Well, that's a dirty shame" and we said, "What is it" and he said, "To kill a good animal for a sap like you."  
§ § § §

Some of the town boys are takin' up the study of foreign languages. We know one guy who spent a hundred bucks on Scotch.  
§ § § §

One of the school kids today told us he'd rather go to school in a roundhouse and we asked him why, and he said so the teacher couldn't make him stand in the corner.  
§ § § §

The English teacher down at the high school asked a Frosh why he didn't want to study grammar, and the youngster said, "Because I wanta be able to understand Prune Pickin's."  
§ § § §

We wonder why the curriculum doesn't include a complete course in hair marcelling?  
§ § § §

While talkin' to a former buck private today we were discussin' legion meetin' tonight. He asked us if we were goin' and we said, "Yep, we love to hunt." And he looked surprised and said, "Well, what can you shoot at legion meetin' in?" and we said, "Well, some of the boys shoot some sick sevens."  
§ § § §

Tom Ness is thinkin' about havin' the city council pass an ordinance puttin' glowworms on a meter.  
§ § § §

Didja ever hear a fellow say, "I always have money in my pockets." Well, so would we if we never spent a cent.  
§ § § §

The new Dawes underslung pipes are on the market. It's a good thing none of the presidential candidates wear corsets.  
§ § § §

Some of the high school sheiks are good at arithmetic. They know the telephone numbers of a dozen sweeties without havin' to consult John Farrington's dictionary.  
§ § § §

We saw a fellow today packin' a bottle of ketchup in his hip pocket. Usin' it as a tail light we imagine.  
§ § § §

A certain young dame, whom this colyum knows quite well, was staled on the Umpqua river side of a parked freight train this a. m. as she was on her way to work and with visions of a wrathful employer before her eyes, she started climbing over the train. She was so agile that the brakeman complained, fearing that she would be a candidate for his job.  
§ § § §

The Kiwanians will enjoy their soup this eve.  
§ § § §

Today's "Constitution Day" and many a married man is observin' same by quotin' the famous lines, "Gimme liberty or gimme death."  
§ § § §



Roseburg Steam LAUNDRY KIDS



YOU KNOW WHAT MEAN!

YOU KNOW HOW A FELLOW HOLLERS WHEN A LAUNDRY SPOILS HIS COLLARS.

With the week's highest washings... Roseburg Steam Laundry, Phone 79 Roseburg, Ore.

RADIO PROGRAMS

From Pacific Coast Stations

**RADIO KGO, General Electric Co., Oakland, Calif., 312 meters.**  
Tuesday, Sept. 16.—1:30 p. m. weather and stock reports; 4 p. m. Concert Orchestra of the Hotel St. Francis, San Francisco; 6:45 p. m. final reading of stock reports, weather, baseball scores and news items; 8 p. m. program by the Arion Trib. vocal and instrumental; 10 p. m. dance music.  
Wednesday, Sept. 17.—1:30 p. m. weather and stock reports; 3 p. m. musical program and Cora I. Williams, Institute speaker; 4 p. m. concert orchestra of the Hotel St. Francis, San Francisco; 6:45 p. m. final reading of the stock reports, weather, baseball scores and news items. Silent night.  
**RADIO KIX, The Oakland Tribune, 269 meters.**  
Tuesday, Sept. 16.—3 p. m. baseball scores; 7 p. m. weather report.  
Wednesday, Sept. 17.—3 p. m. baseball scores; 7 p. m. weather and market reports; 8 p. m. studio program, vocal and instrumental.  
**RADIO KGO, The Morning Oregonian, Portland, 492 meters.**  
Tuesday, Sept. 16.—14:30 a. m. weather; 3:30 p. m. children's program; 7:15 p. m. police reports, baseball scores, weather and market reports; 8 p. m. concert by the Selberling-Lucas Music Co.  
Wednesday, Sept. 17.—11:30 a. m. weather; 1:30 p. m. talk by Jeanette P. Cramer, home economics editor of the Oregonian; 7:15 p. m. police reports, baseball scores, weather and market reports; 8 p. m. concert provided by the Western Union Telegraph Co.

**RADIO KFI, Earle C. Anthony, Inl., Los Angeles, 469 meters.**  
Tuesday, Sept. 16.—5 p. m. one hour of news bulletins; 6:45 p. m. oratorical recital; 8 p. m. Ambassador Hotel orchestra; 9 p. m. studio program; 10 p. m. studio program.  
Wednesday, Sept. 17.—5 p. m. one hour of news bulletins; 6:45 p. m. m. detective stories and vocal concert; 7:30 p. m. "Mamma" Slimmons and Crosby sisters; 8 p. m. Kennedy broadcasts; 9 p. m. studio program; 10 p. m. dance orchestra.

**RADIO KPO, San Francisco, 423 meters.**  
Tuesday, Sept. 16.—12 noon, time signals and scriptural readings; 1 p. m. Fairmont Hotel orchestra; 2:30 p. m. organ recital; 4:30 p. m. orchestra music; 5:30 p. m. children's stories; 7 p. m. orchestra music; 8 p. m. program, 10 p. m. orchestra music.  
Wednesday, Sept. 17.—12 noon, time signals and scriptural readings; 1 p. m. Fairmont Hotel orchestra; 2:30 p. m. orchestra music; 5:30 p. m. children's stories; 7 p. m. orchestra music; 8 p. m. orchestra music, vocal selections and talk on Thrift in Education for Boys.

School children attention! Try our noonday hot lunch, Palace of Sweets.

THEATRES

**Liberty Theatre**  
"The Unknown Purple," the adaptation of Roland West's stage play, which opened for a three day engagement at the Liberty Theatre yesterday, is one of the most thrilling photoplays which has come to this city. Probably the outstanding feature of the picture is the uncanny manner in which the producers have handled the purple ray of light which predominates many of the scenes and in which there is a human body invisible to the eye. The work of that sterling artist, Hery B. Wallthall, stands out also in his portrayal of the inventive genius who, betrayed by those he loved best, returns after seven years in prison, to take a vengeful vengeance upon them. Supporting him are such well known players as Alice Lake, Stuart Holmes, Ethel Grey Terry, Helen Ferguson, Brinsley Shaw, James Morrison, Richard Wayne, Little Frankie Lee, Johns Arthur and Mike Donlin.

The story opens with Peter Marchionni in prison, where he learns from the man in the cell next to his that it was his own wife and her lover who betrayed him, stole all he possessed and sent him to prison.

**Antlers Theatre**  
Another of Rupert Hughes' brilliant dramatic discussions of modern problems of American life is tonight to be on the Antlers theatre for two days, on tonight and Wednesday, in "Treat As Street," a Goldwyn production.

The story, which concerns the problems of the woman in business, was originally written as a short story by Rupert Hughes, and published in a national magazine. Later he adapted it to the screen, and directed it for the Goldwyn Pictures Corporation.

The central figure of the story, the successful business woman, is played by Alvena Pingle, beautiful Goldwyn discovery, who made such a tremendous success in the film version of Eleanor Glyn's "Three Weeks."

Huntley Gordon plays opposite her in the male lead, and the all-star cast includes such well-known names as Norman Kerry, Chas. Middleton, Louise Fazenda, Eleanor Boardman, William H. Crane, Raymond Hatton, William Haines, Louise Lathfield and Louis Payson.

It is warm now, but it will be cold next winter. Buy your new autumn clothes now. Page Lumber & Fuel Co., Phone 715.

GENERAL DAWES AT LEGION MEET

Marches in Parade as Member of Evanston Legion Post.

**PROGRAM CONTINUED**  
Legionnaires Hear Addresses on Prominent Questions in Organization's National Work.

(Associated Press Licensed Wire.)  
ST. PAUL, Sept. 16.—Dividing interest with the annual parade of the American Legion today was the visit of General Charles G. Dawes, republican vice-presidential candidate, who came "solely as a legionnaire," to visit the Legion's national convention.  
Despite the insistence of the general and of Legion officials that the general came as a Legionnaire, Dawes, of Evanston, Ill., post, his visit has attracted much interest. He declared upon his arrival that he would march in the Evanston post.  
Business session activities this forenoon include addresses by Charles P. Donnelly, president of the Northern Pacific Railway, Albert D. Alcorn, commander in chief of the Spanish war veterans, and John J. Tigert, United States commissioner of education.  
Mr. Donnelly declared the proposed plan for government operation of railroads was an effort to establish a bureaucracy and said "the issue is a live one, and potentially serious."  
Mr. Alcorn brought greetings from the Spanish war veterans while Commissioner Tigert lauded the Legion for its success in promoting educational and patriotic work, and expressed the hope that "we shall never abandon a sane program for a better understanding of American institutions, ideals, history and government."  
"I hope," Mr. Tigert continued, "we shall never consciously discard the songs and traditions through which this knowledge of America has been largely perpetuated in the past and upon which we must depend for an even larger knowledge in the future. At the same time, I believe there is an occasion and need for a better understanding, a preparation of other peoples and other nations."  
Mr. Donnelly, explaining that his remarks should "not be taken to mean that he regards the "menace of government ownership as in any sense imminent," declared, on a very few questions not actually submitted to the test of the vote, the sentiment of the country—the business interests of the country—been more authentically expressed than it was in the demand for the discontinuance of governmental operation of our railways in the single instance in our history in which that form of operation was undertaken.  
"Government ownership attended with government administration or operation is bureaucracy. It is an administration in bureauaus—whatever name those bureauaus might be called."  
Politics came to the fore today with a well-defined boom for General Dawes to succeed John H. Quinn of California as National Commander. Legionnaires boasting him were reported telegraphing "feelers" to the commander of the A. E. F. in an effort to ascertain his attitude.  
ST. PAUL, Sept. 16.—Major General Hunter Liggett, U. S. A., retired, has been elected president of the Association of the Army of the United States which is holding its annual conference here in connection with the America Le-

**Engines Priced Now 19% below 1913 level**  
If you need an engine, if you can use more power, read this message.

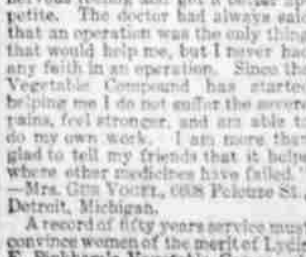
The Fairbanks-Morse "Z" Engine, famous for its dependability and economy of operation, is now priced 19 per cent below the 1913 Fairbanks-Morse advertised engine prices.  
This is the genuine "Z" engine. More than 1,250,000 horsepower in use today prove it the best for farm use.  
Quantity production, engineering genius, and care in manufacture have made this price reduction possible. The tremendous saving is passed on to you.  
Come in and see this engine. It is the cheapest "hired help" you can buy. Let us prove it!

**L. W. METZGER**  
Dealer  
Metzger Building Roseburg, Ore.

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 16, and they have increased as I grow 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 stepped 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. GRACE VOGEL, 638 Polouise St., Detroit, Michigan.  
A record of fifty years experience must convince women of the merit of Lydia E. Pinkham's Vegetable Compound.



NOTICE TO LEGION MEN

The next meeting of Umpqua Post American Legion will be held on Tuesday night, September 16th. "Constitution Week" will be observed with a suitable program and cats will be served. This is an important meeting and all members should attend.

gion gathering it was announced today. General Liggett commanded the first American army in France.

Resolutions commending the work of General John J. Pershing in post-war organization of the army of the United States, and urging sufficient congressional appropriations for the maintenance and training of three component elements of the army as defined in the national defense act of 1920, were adopted.

SHERIFF'S POSSE FORESTALLS HOLDUP

(Associated Press Licensed Wire.)  
SACRAMENTO, Sept. 16.—Sheriff's deputies, tipped off on an attempt to hold up the Plantation Inn, four miles south of this city, secreted themselves in and about the building and early this morning killed two and perhaps fatally wounded a third member of the gang which attempted to hold up the place.

One of the dead men is said by the sheriff to be "Indian Hart." The lookout, after driving about three miles, abandoned his car and took to the fields badly wounded. The car was identified through the state motor vehicle department as belonging to P. D. and Irvin Hartley, 1602 H Street, Sacramento.

Medford-Roseburg Truck Line

LEAVES ROSEBURG WEDNESDAYS AND SATURDAYS from the office of the Broadway Garage  
Roseburg Phone 292  
Medford Phone 333  
**Medford Transfer Co.**  
Operators

Engines Priced Now 19% below 1913 level

If you need an engine, if you can use more power, read this message.

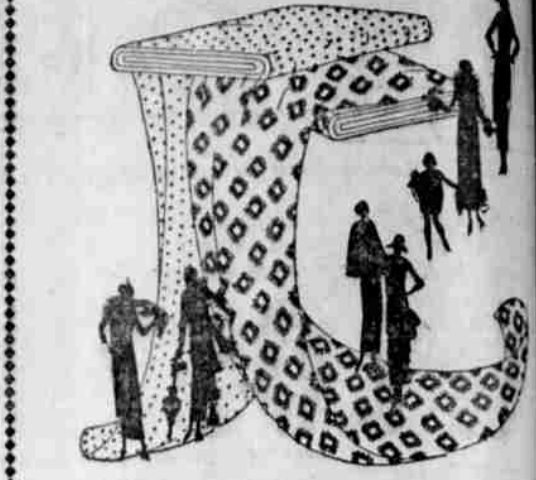
The market has gradually crawled up to a level that is causing coffee roasters as well as the hotel and restaurant trade considerable worry. Dealers declare the rise marks the doom of the five cents cup of coffee at eating places.  
Poultry values are firmer due to lighter arrivals. Heavy hens are now bringing 23 to 25 cents with light hens up to 15 cents. Springs range from 22 to 25 cents according to weight. Ducks continue to drag.  
Free stone patches are firm at \$1.75 to \$2 a box with clings selling at \$1.25 to \$1.50 a box. A car of Lovells from Eastern Oregon is among the new arrivals.  
Laidfinger grapes are now being quoted at \$2.50 a lug. Fancy southern Oregon Tokays and Malaga are unchanged.  
Barrel sized cantaloupes slightly firmer with the top up to \$2.25 on the best standards.  
Potatoes are a fraction lower with best Oregon at \$1.50 to \$1.60 per hundred.  
Onions are steady at \$2.50 top on Walla Walla, Spanish type \$2.75 and pickling onions \$3 to \$4 a pound.

SET OF DISHES FREE!

We are closing out our line of Charter Oak and Wedgewood Ranges and offer one set of  
**Fancy Decorated Dishes FREE**

with each range for cash only, during this week. If you wish a range now is your chance to get one cheap.

**PARSLOW**  
Furniture Co.  
111 N. Jackson Street  
Roseburg, Oregon



Crepe Back Satin  
In All the Wanted Shades.

**Charmeuse—**  
In Black, Brown, Navy

**40-in. Black, Panna Velvet**  
**Black Bengaline Faille**  
Fashions Newest Fabrics for Fall.

Washable Printed Corduroys, beautiful designs, Robes, etc. Bengaline Knit Materials, plain and faced. Also full color ranges in Canton and Crepe Chenes.

THE LADIES SHOPPING

139 North Jackson Street

MARKETS

**Portland Summary.**  
PORTLAND, Ore., Sept. 16.—The local butter market continues to display a weak undertone. Only a fractional advance in the San Francisco market today prevented a two-cent decline in both print and fat prices. Cubes declined a cent on the local boards with extras posted at 29c and standards at 35c. Creamery men say the market is out of line at present levels with no shipping outlet.  
Local egg dealers say the local market is fictitious, declaring that it should be at least two cents higher to be on a parity with other markets throughout the country. There is a drought of white henery extras but firsts and pullets do not share in the strength shown in fancy stock. Values held firm and unchanged on the local boards yesterday.  
There is a keen demand for fancy country dressed veal with exportation sales made as high as 16 cents. Choice light veal is scarce at 15 1/2 to 16 cents. Hogs are not so plentiful now and a steeper tone is shown in the market with 14 cents the top.  
At a meeting of local coffee roasters held yesterday afternoon it was decided to advance Portland prices two cents a pound effective immediately. This action followed the receipt of information from San Francisco of a similar rise in green coffee prices by importers. Portland wholesale prices are now 48 cents to 48 1/2 cents on one pound.  
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Onions are steady at \$2.50 top on Walla Walla, Spanish type \$2.75 and pickling onions \$3 to \$4 a pound.  
**Portland Livestock.**  
PORTLAND, Ore., Sept. 16.—Cattle nominally steady; no receipts.  
Hogs slow to 25c lower; receipts 951. Heavy weight (250 to 260 pounds) medium, good and choice \$3.30-\$3.75; medium weight (220 to 230 pounds) medium, good and choice \$2.95-\$3.50; light weight (160 to 200 pounds) common, medium, good and choice \$2.50-\$3.00; packing hogs, smooth \$7.50-\$8.00; packing hogs, rough \$6.00-\$7.00; slaughter hogs, choice \$6.00-\$7.00; medium, good and choice \$5.00-\$6.00; feeder and stocker pigs (70 to 120 pounds), common, medium, good and choice \$4.00-\$7.50.  
(Soft or oily hogs and roasting

Jessie MacRae  
PIANIST—Accredited  
Studio  
137 N. Main