

SKAGGS

Money saving Distribution Without Waste Cash stores UNITED STORES

Store No. 255 115 So. Stephens St. Roseburg, Ore. Phone 230
\$5.00 Orders delivered free, sugar excepted. Small orders 10 cents.

Price Isn't the Whole Story



There is more to economical food buying than mere price—although price is important. Quality—the relative food value of each item—is vital. What your family eats—especially growing children—is worthy of careful study. In Skaggs Stores quality is never sacrificed to price—despite the fact that our prices are always lower. The savings are effected by our methods of doing business and our immense buying power. For the sake of your family's health—as well as your purse—shop in person at Skaggs Stores.

Saturday Produce Features

- APPLES—Fancy Newtowns and Ortleys, Box \$1.23
- ORANGES—Fine Ripe Navels, Med. Large Size, 2 Doz. 53c
- CARROTS—Large Bunches, 3 for 10c
- McFARLIN CRANBERRIES—While they last, 2 lbs. 29c

All Week Prices

- PANCAKE FLOUR 75c
- 9 8-10 lb. 75c
- SYRUP—Skaggs high grade Cane and Maple Syrup for Hotcakes, etc.
- Pt. Glass Jug 33c
- Qt. Glass Jug 21c
- 2 1/2 lb. Can. 53c
- 5 lb. Can. 93c
- 10 lb. Can. \$1.63
- PURE HONEY—Sweet clover and alfalfa—
- Pt. Jar 29c
- Qt. Jar 55c
- 5 lb. 89c
- 10 lb. \$1.73

Saturday Features

- SUGAR—10 lbs. Limit One 59c
- BUTTER—Every pound guaranteed, 1 lb 48c, 2 lbs. 95c
- FULL CREAM OREGON CHEESE—2 lbs. 55c
- FRANCO AMERICAN SPAGHETTI—2 for 25c
- FANCY LIGHT HAMS, lb. 33c
- BACON—Lean and fine flavor—35c
- RED MEXICAN BEANS, 6 lbs. 40c
- TOILET SOAPS—25c
- 5 kinds, 6 bars..... 25c

All Week Prices

- M A R SHMALLOWS—Fresh and Fluffy 1 lb. 33c
- COCOA—In Bilk 3 lbs. 25c
- PEACHES—Fancy Cling, 2 1/2 Cans, 2 for 45c
- APPLE FLAKES—8 oz. Pkgs., fine for butter, 2 for 25c
- CANDY—Feature Cream and Gum Mix, 2 lbs. 29c

BEAUTY CHATS

FALLEN ARCHES

There are two ways of treating fallen arches; one is to wear braces and supports under the feet, the other is to go to some foot specialist and have the bones put back in place. You can take your choice as to treatments, but you certainly should do something for feet that are weak in this way. Fallen arches affect so much more than the feet. There is a nerve center in the spine near the waistline, which affects and is affected by the arches of the feet. When these nerve centers are weak, it causes the figure to slump and a pouchiness to grow at the front of the waist. Fat men often have flat feet, but from more causes than this. Of course, you must wear sane shoes too, with rounded toes and flat sports heels, evening shoes with the new low platform heel that is replacing the "apple." Besides this, once a day or more you should sit with extended feet, shoes off, and work the feet back and forth, pointing the toes and stretching the feet and legs out as much as possible, then raising the toes and stretching the heels as much as possible. This is good for the muscles of the feet, the ankles and the calves of the legs.

Also, and is one of the first exercises given professional ballet dancers. Try it, and notice the pull on all sorts of unsuspected muscles. Massage is also good. Take the foot between the hands and work the fingers in a rotary motion all over it, pushing upwards against these fallen bones under the feet. This is very refreshing just as a treatment for tired feet. Two School Girls—Fever blisters, or cold sores, should be treated with spirits of camphor; and if you apply it to the sores as they begin to form, it usually will dry them within a few hours. As these blisters are the result of disorders in the system, the only way to prevent them is to clear the system of its impurities. Usually the stomach is already upset, and there may be a cold also, so try dieting and drinking plenty of water, until digestion and skin are acting normally again. If the blisters have already formed before you begin treating them, try spirits of nitre on them; this will relieve the burning sensation, and also help them to heal without leaving a scar to bleach off in the slow manner usual after these attacks. Tomorrow—Arm Massage.

Efficient Housekeeping

by Laura A. Kirkman

RECIPES FROM READERS

- TOMORROW'S MENU**
- Breakfast: Oranges, Creamed Dried Beef, Muffins, Coffee
 - Luncheon: Vegetable Soup, Peanut Butter Sandwiches, Celery, Cookies, Cocoa
 - Dinner: Fried Liver and Bacon, Potatoes, Lima Beans, Squash, Raisin Pie

Reader: "Perhaps other readers who entertain constantly, would like the following dainty pineapple salad variations for guest meals: 1. Slice of pineapple with a length of banana set upright in the base, as a canister, and a marinated cherry on top of banana as the flame. Dressing poured over banana. 2. Pineapple, grapefruit, orange and bananas diced and mixed in equal proportions. Cherries added if desired. Whipped cream dressing. 3. Pineapple with marshmallow cut and arranged as petals, cherry in center. This makes one individual portion. Dressing on side of lettuce leaf. Here are other fruit salads: Pear with center filled with dressing; grated peanuts on top. Bananas dipped in white of egg and rolled in peanuts, served on lettuce, with dressing. Apple-celery-but salad served with cream cheese balls colored with paprika. Young Housekeeper: "It is often hard to find recipes for dishes the right size for two. Perhaps other newbies would like this: Muffins for two—Sift together one cup of ordinary bread flour, one

New Year's Resolutions

Most people make them—Some keep them, some don't—But the

20th Century Stores

makes the resolution, "to help you to save a little each day" so easy to keep that there is no temptation to break it. At these 20th Century Stores thrifty housewives find they save money without reducing their menus. Yes! even more—some go so far as to enlarge over what the ordinary grocer offers and still save money. It's the saving on every item in a 20th Century Store that counts.

Offerings Saturday and Monday, January 9th and 11th

- Crisco, 6 lb. \$1.43
- Wesson Oil 49c
- Pure Butik Lard, Fresh, 2 lbs. 47c
- Can 49c
- Quart Can 47c
- Comb Honey, Full Sections, 2 for 47c
- Adirondack Syrup, Very Best Cane and Maple, Full Pint, 33c; Qt. 57c
- Sperry's Pancake Flour, 10-lb. sack 75c
- Rupert's Strawberry Jam, Pure Fruit and Sugar, 9 oz. Jars, 2 for 28c
- Old Dutch Cleanser 2 for 15c
- Butter Flake Soda—National Biscuit Co.'s "Champion" Fresh Stock—Small Size—Extra Special, 6 boxes 25c
- Searchlight Matches, Large Full Boxes 6 for 30c
- Crystal White Soap 6 bars 25c
- Dromedary Cocoanut, 1-4 lb. Pkgs. 15c; 1/2 lb. Pkg. 29c
- Ivory Soap Flakes, 10c Size, 3 Pkgs. 25c
- California Home Brand Cat-sup, full 1st Bottle 25c
- Kerr's Best Patent Flour, 49 lb. Sack \$2.33
- Tree Tea—Orange Pekoe (Black) or Japan (Green) 1-4 lb. Pkg. 20c, 1-2 lb. Pkg. 39c, 1 lb. Pkg. 74c
- "Memorie" Layer Figs—White or Black 10 oz. Pkgs., 20c; 2 for 39c
- Shrimp, "American" Beauty—Latest Pack No. 1 Cans, 3 for 40c
- 20th Century Brooms, 6 Sewn, Medium Weight Fine Parlor Broom 98c
- 20th Century Coffee—"When better coffee is roasted, it will be "20th Century"—Direct from our Roaster to you—lb. 47c, 3 lbs. \$1.38

ROSEBURG STORE 130 N. Jackson St. OAKLAND STORE Baker-Flanary Bldg.

J. A. Brady Here—
J. A. Brady, division engineer of the Southern Pacific company, of Portland, arrived here this morning to attend to business affairs for a short time.

Arrives From Yakima—
W. C. Park, of Yakima, Washington, arrived here this morning to visit at the home of his brother and sister-in-law, Mr. and Mrs. I. N. Park, for a few days.

MIDDLE WEST IS BOOSTING CORN AS CHIEF FOOD ITEM

Campaign on to Induce All Possible Consumption of Surplus Crop to Save Growers.

A NEW ARRIVAL

Of Felts in all colors \$3.50 and \$4.25

Also Big Reductions on all WINTER MILLINERY at the

MRS. S. M. KING

SPECIALTY SHOP

235 N. Jackson

CHICAGO, Jan. 8.—The "staff of life" has been changed from wheat to corn in the grain belt.

The golden corn, one of America's contributions to the world's food supply, is going on midwestern tables in every conceivable form—corn "pone," corn meal mush, corn fritters, corn syrup and even corn sugar.

Faced with a crop surplus, farm leaders hope in this way to turn the gold of the corn into the gold of a dividend for the grower, or at least to provide a means of working off excess supplies.

NORTH SIDE GROCERY

Cash Store

SATURDAY SPECIALS

- Honey, 5 lb. pails 80c
- Quart Jar Honey 58c
- Pint Jar Honey 28c
- Liberty Crackers, reg. 35c seller 23c
- Crackers, reg. 15c seller 10c
- Fisher's Blend Flour, 49-lb. sack \$2.45
- Fisher's Blend Flour, 24-lb. sack \$1.28
- Crown Silver Dust Flour, 49-lb. sack \$1.80
- No. 1 Netteed Gem Potatoes, 100 lbs. \$2.45
- Good Cheese, lb. 30c
- Pork and Beans, medium, 3 cans 27c
- Pork and Beans, large, 3 cans 55c
- Quick Naptha Soap Chips, 3 pkgs. 55c
- Bennett's Best Coffee, 3 lbs. \$1.35
- Bread, fresh from the oven every day, loaf, 8c and 12c
- Best Butter, lb. 48c
- Pacific Nut Oils, 3 lbs. 73c

All Kinds of Fresh Fruits and Vegetables of the Season

FREE DELIVERY

New Creason Bldg. Phone 158

STOP THAT COUGH!

After Grippe or a bad cold an irritating cough usually follows. That tireless throat tickle prevents sleep and you cough until you're out, and when you go to church or the "movie" or theatre, just as everything is quiet comes the throat tickle, you can't suppress it, and you choke and cough as your neighbors gaze at you. Relief is at hand! Dr. Pierce's Golden Medical Discovery will relieve the cough. It is an old, reliable, herbal remedy, will get at a toxic and blood purifier and restore health and strength. Send for trial pkg. to Dr. Pierce's "Lavalite" Hotel, Buffalo, N. Y.

Diet and Health

By Lulu Hunt Peters, M.D.

Author of Diet and Health and Diet for Children

DIET DURING ADOLESCENCE

NEW WEIGHT REDUCTION COURSE STARTING SAT.

Starting with tomorrow's edition of the Roseburg News-Review Dr. Lulu Hunt Peters, one of the nation's most noted authorities on weight reduction, will start a new series of articles on reducing exercises and diet. This course if followed carefully will in practically every case result in a reduction of weight, it is claimed. Dr. Peters is the author of several authoritative books and articles on diet and health and her course affords an effective and comfortable way to obtain normal weight, either reduction or gain.

During the first year of life and at puberty (the beginning of adult life) are the most rapid periods of growth and the most difficult periods of feeding are apt to come up at these times. Today I am going to talk a little on the diet during adolescence, that period which follows puberty and lasts until full maturity.

During the adolescent period there are apt to occur disturbances of function, especially disturbances of digestion. Dr. John Ball of San Francisco, neurologist and one of the special lecturers at the University of California, Summer Session, in an article on Diet in Relation to Childhood and Adolescent Problems, says as follows:

"Parents are shocked at the apparently sudden changes in appetite and disturbances of nutrition at this period. The pleasuring contests, the various intemperances of diet, craving for stimulants, and extreme daintiness and finickiness appearing during adolescence are examples of diet prohibitions imposed by parents. They should be met with an emotional stability, 'judicious oversight,' and a 'little wholesome authority,' as otherwise serious nervous and mental disturbances may arise based on poor nutrition. Intemperance, stupidity, pathological depression or vain and distressing elations, cruel and negative attitudes, may also be developed upon an erroneous dietetic background at this period of life."

It is highly important at all ages of life, to have a balanced and adequate diet and if we can say it is especially important at any particular period after babyhood, it is during adolescence. Liberal quantities of the green vegetables and fruits, at least three glasses of milk or its equivalent in milk dishes, some other proteins such as meat, cheese, eggs, fish, nuts, and sufficient amounts of energy foods in the form of the whole grain breads and cereals and wholesome desserts, must be supplied every day to furnish the needs of these rapidly growing boys and girls.

It is normal for them to have very voracious appetites and to eat as much as, if not more than, fathers and mothers. That's what you hope will happen.

During adolescence there may be a disturbance of the thyroid gland—resulting in its enlargement, known as goiter—and foods high in iodine content should be listed on the bill of fare. (In the regions called goiter belts, where the foods are deficient in the iodine, it is important for the children to have iodine in the form of iodized salt or iodination which of course must be prescribed by the physician.)

The foods with a high iodine content are: cod liver oil (yes, it's a food), sea foods, lettuce, horrad, turnips, green peas, radishes and tomatoes. Carrots and parsley and potatoes do not contain as much as the others listed, but they do have some.

It is important for the boys and girls not to have too many sweets or too much fat, for both of these may upset the absorption of the vital elements of the food, especially that of the iodine.

We have a list of books on child feeding. You should have one of these, so send for our list. (Enclose self-addressed and stamped envelope with request.)

All kinds pruning and grafting work done, rates reasonable. Louis Bergold, Roseburg, Ore.

Stationery—Good values at bargain prices—close from our stock. Lloyd Crocker.

GLENDALE MAN CATCHES YOUNG DEER IN STREET

R. T. Perkins is entitled to the honor of wearing the barbed wire necktie. He has the honor of capturing a last year's fawn in the city streets and now has the animal in captivity at his home, says the Glendale News.

On Tuesday at about eleven o'clock, Mrs. Perkins was going home and as she passed the alley that heads at tourist park, she noticed a deer standing in the alley. She went on home and told Mr. Perkins of her find and together they went and cornered the animal in the alley and captured it.

Mr. Perkins says that the fawn had undoubtedly been chased by dogs and had taken refuge in the city, as it was completely worn out and it was no trouble at all to capture.

Heat with gas.

The News-Review for results.

SUBBURY, Mass.—Henry Ford is willing to spend \$50,000 to move a turnpike because motor vehicles are shutting his historic Wayside Inn, and besides, the road has a dangerous curve.

CHICAGO—The quality of wild-rye seems to have nothing to do with quality of mery. Charles S. Young, saloon keeper, and his bartender pleaded guilty and argued for leniency on the ground that the stuff was good. Sixty days for Young and \$200 for his bartender.

NO WASTE

in use. Twice the leavening strength of many other brands. No waste in baking materials. Every baking is light—evenly raised and wholesome.

CALUMET

THE WORLD'S GREATEST BAKING POWDER

SALES 2 1/2 TIMES THOSE OF ANY OTHER BRAND

Winter's Rainbow

for Coughs and Colds

Quick Relief For Old and Young

Disturbance in a local theatre was very much disturbed and removed by the extraordinary coaching of a piano in the audience. Don't be a spectator, because you live a drama of life. A few boxes of Foley's Honey and Tar Compound, taken promptly into Mrs. W. J. Clark White, Fall, Va., writes: "We have used Foley's Honey and Tar Compound for colds and had wonderful results."

W. F. Chapman.

New Parts!

You can now get new parts for your car, truck or tractor right here in Roseburg.

We specialize in such lines as

- Piston Rings, Piston Pins, Bearings, Bronze Bushings, Motor Valves, Timing Chains
- Ring Gears and Pinions, Axle Shafts, Drive Shafts, Cylinder Head Gaskets, Clutch Facings, Brake Lining
- Universal Joint Parts, Spindle and Tie Rod Bolts, Spark Plugs, Radiator Hose
- Clutch Parts, Rim Bolts and Nuts, Top Dressing, Body Polish and Paint, Valve Grinding Compound

And other lines for nearly every make of car, truck or tractor in Douglas County.

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