ROSEBURG NEWS-REVIEW

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ROSEBURG, OREGON, THURSDAY, APRIL 8, 1926.

WHY PEOPLE CAN'T SAVE.

People frequently remark, in regard to some contemplated expenditure which at first seems extravagant, that they are going to spend the money anyway, so they might as well spend it for that as for anything else. It will be difficult for these folks to get ahead. That attitude is one of the principal reasons why many families can not save a cent. They get it into their heads that the money is going to be spent anyway, and so they use it lavishly until it is gone, when they are forced to economize until the next installment of pay comes in. When they say that in regard to any particular expenditure, the situation is usually that they could get along without that particular thing, or at least could get the result they desire in a less expensive way. People will never accumulate a comfortable reserve, unless they make the determination to take advantage of every possible chance to save. Some folks, when they learn that a certain thing is only going to cost them $5, when they thought it would cost $10, at once proceed to "blow in" the balance. They regard it as new money earned. But the trouble with that habit is, that for every time they save a dollar because something costs less than they expected, there will be a number of times when they will run behind because things cost more than they anticipated. People should fix in their minds a certain sum of money which they feel able to save each week or month, and then they should save it, barring of course unfortunate accidents that inevitably call for unexpected outlays. And then if a stroke of good fortune gives them a little more, they should save some part of that. They will find such windfalls more than offset by the unexpected demands for cash.

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A news item announces that a New York antique firm recently bought a collection of clocks from a Massachusetts man, and that $40,000 was refused for this collection some time ago. While some may say that the old-fashioned clock for which they paid anywhere from a dollar to $20, may keep time good enough for them, there is a great fascination in a fine clock, and it is a beautiful work of art. A sweet striking and pleasant ticking clock is a good comrade. When you lie awake at night and hear its familiar voice, it sounds like a faithful watchman sounding out the cry "All's well." The clock is like a good friend that tells us time is slipping away and we must make the best of it.

—o—

Dr. Wharton, head of the health and education department of the University of Pennsylvania, thinks there is a danger of over-doing physical exercise. Many students, he thinks, are hurt by too much athletic work in preparatory schools. People need regular physical exercise, but it should not become a dull grind. And anyway, not many people overdo the good old habit of walking. Learn to know all the streets and roads and enjoy tramping over them and observing every new development. You will sleep better at night, and have fewer calls on the doctor.

—o—

Roseburg's next big event is the annual strawberry carnival during the week of May 17 to 22. Sandwiched in with carnival activities will be the primary election which occurs Friday, May 21, the second day of the carnival. There ought to be a big vote polled—providing carnival attractions are not too strong.

—o—

If ever in the history of Roseburg the need was great for a live and substantial Chamber of Commerce that time is during the present year.

—o—

The hearing going on at Washington on national prohibition is getting pretty dry.

Rippling Rhymes
by Walt Mason

PLAIN DRUNKS.

I walk all day in public places, amid the seething multitude, and seldom do I see the faces of human beings who are stewed. The men I see are strictly sober, their conduct gives no evidence of brimming brown ale of October, of tanglefoot or Old Stone Fence. They're on their toes and blithe and chipper, with vigor they propel their shoes, and when they're drinking from a dipper the dipper isn't full of booze. I read at times that vice increases, that drunkenness grows worse each year, that booze consumption never ceases, since men are barred from harmless beer. I read of hoary dotards clinking their cans containing bitters cool, I read of little children drinking their toddies as they go to school. The social queen absorbs her flagon of ancient Scotch with tinkling ice, and every springald has a jag on, who haply may possess the price. Oh, all these tales make bitter reading, they strike all optimism dumb; my brow is dark, my heart is bleeding, considering the Demon Rum. But as I walk I mildly wonder where those besotted people hide; they soak themselves, but why in thunder are they not frequently descried? You'd think those men who drink so wildly would show effects of bootleg ryes, and they would shock, to put it mildly, the vision of all moral guys. You would expect to see them weaving about the town on wobbly limbs, poor scofflaws, worrying and grieving all truly righteous Sunny Jims. Where are the law defying smarties who quaff illicit beers and ales? Where are the soaks, the pickled parties, of whom we read such horrid tales? I look around but do not find them, the men I see are straight and clean; they leave no broken glass behind them, with cast-off corkscrews in between.

PRUNE PICKIN'S
By Bert G. Bates

GOOD EVENING FOLKS—

It's gittin' so
That when a gal
Dresses for dinner
All she does is
Change her smile.

✣ ✣ ✣

DUMBELL DORA THINKS

About all the polish some of the fellers around the village acquire is on the seat of their pants.

✣ ✣ ✣

Rich men have their worries just the same as you and I, folks, but their creditors don't.

✣ ✣ ✣

A West Virginian who attained the age of 117 gave tobacco credit for his longevity. Gotta match?

✣ ✣ ✣

'Can't hardly wait for the Strawberry festival. Gush, we love to pitch rings fer pocket knives.

✣ ✣ ✣

The divorce lawyers would starve to death if all the husbands in this great nation would wipe the supper dishes. Isn't that a noble knot, fellers?

✣ ✣ ✣

A little gal called at our sanctum and tried to sell us some cowslips today, but as we don't keep a cow we couldn't use 'em.

✣ ✣ ✣

Met a reg'lar optimist the other day. The doctor told him he was gonna die and right away he started takin' lessons on the harp.

✣ ✣ ✣

Flattery is the bunk folks. It stifles genius, creates discontent, makes loafers out of a feller and stimulates egotism. But the worst flatterer a man can have is himself.

✣ ✣ ✣

As yet the Roseburg Radio Club has not eliminated static and bedtime stories and until something is done along those lines we'll hafta remain aloof from the organization.

✣ ✣ ✣

The feller who gits the most mileage out of sox is the bozo who pussyfoots.

✣ ✣ ✣

We uster git as much thrill out of catchin' a sucker in Deer Creek as the modern fisherman gets in hookin' a salmon at the forks of the river.

✣ ✣ ✣

Who can remember the feller who used to drink only with his friends?

✣ ✣ ✣

It's not really summer, folks, until Free Johnson appears in his straw derby.

✣ ✣ ✣

A butterfly just flitted past our sanctum and we dern near broke into poetry, the only thing that hampered us was a word to rhyme with the dern brute.

✣ ✣ ✣

Ye ed. was out gawfin' with Oscar Borrie and Jack Crafton and up till then always had the highest regard fer their integrity, but when a feller fergits how to count his own score and is so dern accurate with ours it's time the worm turns.

✣ ✣ ✣

Oh boy, we'd love to be a kid agin pilotin' a raft up by the dam. Hot dawg, that'd be real sport!

✣ ✣ ✣

Try as we will, the Spring Fever germ lingers in our system and if this colyum reflects a longing desire to gallop away to the countryside and pick buttercups don't think that we're shiftless. Ah no! we just love to breathe God's pure ozone and escape the corncob pipes that burn the incense of nicotine hereabouts.

✣ ✣ ✣

Lafe Perkins Sez:

"If that guy keeps on he's gonna make me quit workin'."

—o—

SERVED PIPIN' HOT!

Our Merchant's Lunch will please you and make the afternoon worth living. You'll find the food at the Palace of Sweets served in a way you like it. Try our 50 cent lunch tomorrow and you'll visit us daily. THE PALACE OF SWEETS.

EXPLODING LAMP FATAL TO WOMAN

(Associated Press Leased Wire)

PENDLETON, Ore., April 8.—Mrs. J. H. Reid, of Hermiston, died yesterday from burns received when a coal oil lamp exploded Sunday evening, burning the flesh on practically half of her body. She was 49 years old and had lived in the section for 19 years.

—o—

See the new electric lawn mower at Wharton Bros.

DR. NERBAS
DENTIST
Painless Extraction
Gas When Desired
Pyorrhea Cured
Phone 488 Masonic Bldg.

BEAUTY CHATS

ANSWERED LETTERS

P. Van A. — It does not matter what method you use for massaging the scalp, the thing that really counts is to get the scalp muscles loosened from the bones, and also to get the blood circulating freely.

Placing the thumb in a stationary position and then rotating the fingers is a suggested method because it is the easiest one for most people. There are others that find that the vibrator treatments are the least trouble. Try any way that is most convenient for you, aiming to circulate the blood and loosen the muscles.

If you have never tried pulling the hair, do so now, as that will stimulate action in the scalp. Grasp handful of hair close to the scalp and pull until you feel the scalp invigorated by it. It is possible that an egg shampoo will give you relief from these dandruff attacks.

A few hours before you shampoo, work the yolk of an egg into the scalp by using your finger tips; if the yolk is too thick add the white of the egg to it. Be sure to cover the entire scalp and let it dry on the head for an hour or more. Shampoo then as usual, and the dried egg and the dried egg and the dandruff will come away together in the suds. Your scalp will be cleared and your hair will be very glossy and soft.

Would Be Dancer — The requisite training to become a professional dancer, will be all that is necessary for reducing the size of your legs. Dancing will also make you graceful, and bring about all the improvements you are desiring in your figure or your ankles.

Anxious — A girl of 20 years of age, with a height of five feet, five inches, should weigh about 120 pounds. Standards of measurements change with the different fads or styles. At present the hips are expected to be slimmer than formerly, and the hip measure should be a few inches less than that of the bust. For a long time bust and hip measurements were expected to be the same, the waist ten inches less.

R. V. C. — I do not understand why you failed to tint the grey hairs with the henna, especaly after leaving it on the hair for 20 minutes.

If you try it again get the Egyptian henna in powdered form, and use all the contents of the small package that comes for one treatment. Mix this into the thick soap lather that you use on your hair, and let all of this stay on your head for 20 or 30 minutes. Proceed then to rub the lather through your hair just as with an ordinary shampoo. If your hair is coarse, it will take a longer time to tint than if it is fine.

Tomorrow — Pretty Ears.

Efficient Housekeeping
By Laura A. Kirkman

FANCY WORK HINTS AND REQUESTS

TOMORROW'S MENU

Breakfast
Oranges
Cereal
Codfish Balls — Muffins
Coffee

Luncheon
Scrambled Eggs
Bread — Cottage Cheese
Left-over Prunes — Tea

Dinner
Fried Smelts
Lemon Garnish
Potatoes — Beets
Lettuce
Apple Pie — Coffee

"Reader: Some time ago one of our column sisters, 'M. S.', asked for the following: Knit Panties (to slip on over a baby's diaper.) Use number five needles. Three banks of saxony yarn will make two pairs (age one year). Cast on 101 stitches, knit ribbing, two plain, two purl, for one inch. Then make a row of holes (knit four, throw thread over, knit three; coming back, when you reach the thrown over thread, knit it with the stitch behind it—this leaves the original number of stitches). Knit plain for ten inches. Bind off one-fourth of stitches each end of needle. Decrease center stitches, one stitch each row, till there are none left. Sew up. Pick up bound-off stitches and some from center, and rib for little legs—about one inch. It is best to do this on four needles, but two will answer."

Mrs. J. M.: "Perhaps some of our other readers could give me directions for those lovely covered coat hangers—are they knitted or crocheted?"

Mrs. McC.: "I wish to thank Mrs. A. E. for the knitted scarf instructions published recently in response to my request. I would further impose upon her kindness by sending the following questions: What number needle was used? What quality wool? How many stitches to make border? What origin is scarf worn finished? In making increases, do you knit from front into back st. knit then in front again? Is there any special way of winding off to that finished end was reversing beginning? I have tried a sample and my finish on one end at points—that is, four good looking ones and two sloppy-looking ones at other end. End points look like horseshoes. I would also appreciate it if some of your readers would furnish instructions for crocheted handkerchief edgings and also for knitted bed socks."

E. F.: "Could anybody send in directions for a knitted bed spread? I realize that this column is limited to about 100 words a day, and that such directions should not be too lengthy to be published in one day."

"Triumphant: No doubt many of our readers are making themselves those new "faceted" bead chokers or gold beads, pearl beads and the colored stones hanging down in front. It might help them to hear that I use a single strand of waxed (unmedicated) dental floss instead of the two strands of silk which most people use to string them on."

Tomorrow — The Carried Lunch.

We have a special price on a tractor and plow. Wharton Bros.

Diet and Health
By Lulu Hunt Peters, M.D.
Author of "Diet and Health" and "Diet for Children"

ANSWERS TO CORRESPONDENTS

A WARNING

Mrs. D. writes: "Perhaps you will be interested to know that I have lost 55 pounds in two and one-half months, and feel like a new person. I am going to lose 20 pounds more, then I will be down to normal weight. I have a sister-in-law who has reduced 60 pounds by 'calorizing' also.

Yes, indeed, I am interested, but you are not 'calorizing' if you have reduced so rapidly. All if you become ill from it, please don't blame me! I repeatedly warn against your not to reduce over two pounds a week, after the first week (when, if you go on the liquid diet, you may lose 5 to 10 pounds). To reduce more than two pounds a week you have to go on an entirely low starch menu, and you will not get enough the elements your system needs.

I think I had better run the foundation for each day's diet for all of you, so you will be sure to supply all the elements your body needs. It's good for those who are not reducing also.

FOUNDATION REDUCING DIET

FIRST: At least a half a pound of some watery vegetables. The green leaf vegetables are especially good—lettuce, spinach, celery, asparagus, watercress, cabbage, beet top greens, tomatoes, etc. One-half pound of these, cooked or uncooked, without oil, approximately 50 calories.

SECOND: One-half pound of other vegetables, such as carrots, beets, onions, etc. One calorie, 100 c., approximately.

THIRD: 200 calories of fruit. The following approximate 100 C. each: one large apple, orange, banana, pear; one-half large grapefruit; one melon 4½ inches in diameter; one cup of berries, grapes or cherries; three or four plums, apricots, lemons or peaches; three or four dates, two or three figs; one-fourth cup of raisins or currants. Better make your dessert of fresh fruit.

FOURTH: Every day you should have at least one pint of skim milk or buttermilk. That will amount to 160 calories (10 C. to the ounce), of which about 75 C. are complete protein. Milk will also give you a liberal supply of calcium (lime.) If you prefer whole milk you will have to count it a total of 320 calories to the pint (20 calories to the ounce).

If you do not care for milk, take three ounces (about two heaping table-spoonfuls) of cottage cheese. This you will need count only 100 C., but it will give you 75 C. of complete protein, and the time the same as the milk would. Other cheeses are good, but they count higher in calories (one inch cube of cream cheese 100 C.)

FIFTH: I want you to have at least one averaged sized potato, 100 C., or one slice of whole wheat bread, one-half in thick, same number of calories. Those of you who are gouty or rheumatic had better take the potato instead of the bread, because of its alkaline salts.

SIXTH: Protein. You must have about 100 calories more of protein besides what you get in the milk. You can get this, in a large measure, in three or four ounces of lean meat or fish (150 C. total), or two or three eggs (one egg 72 C., about 50 protein C.) or 20 large peanuts (total 200 C., about 40 C. of good protein).

What I have outlined for you comes approximately to 800 calories. Those of you who are going on 1200 C's daily still have 400 more to dispose of as your taste dictates. You can take some simple candy, the calories value of which you can judge by its sweetness (three cubes of sugar 100 C's.) Or you can have part of an ordinary slice of pie which is 300 to 600 C's, depending upon its richness; or some ice cream (same number). But I advise you not to take these because it is best to learn not to care for them.

(Those of you who are in need of the reducing instructions can have them by sending self-addressed, stamped envelope and ten cents in stamps.)

Tomorrow — Answers to Mothers.

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NOTICE

Buy pure milk of the highest test. Come on now while we have room for more customers. E. E. Morgan, phone 276J.

We have in stock a Hayes sprayer priced at a bargain. L. W. Metzger.

WHERE QUALITY MEETS CONFIDENCE

PILCHER'S Shopping News

Opportunity

They say opportunity knocks but once. Here at Pilcher's, however, the wise shopper has an opportunity of buying quality merchandise at lowest prices six days of every week. Truly, this is an opportunity! Discriminating buyers are taking advantage of this fact. Are you?

Now on Display

New Dress Fabrics *For Spring*

ATTRACTIVELY PRICED

We have just received a large shipment of the newest dress fabrics for spring from our New York office. Here you will find hundreds of yards of the season's most fashionable materials, such as: ENGLISH SUPER FINE BROADCLOTH, FANCY AND PLAIN VOILES, DARAMARETTE PRINTS, SILK AND COTTON CREPE, RAYON SILK CREPES AND NOVELTY SILKS. Priced so reasonable because of the Pilcher policy of selling for cash and selling for less.

Rayon Silk Dress Materials
36-inches wide
98c yd.

An abundance of beautiful new designs in a fabric that is much favored for spring and summer wear. A delightful frock can be yours at such a moderate figure—so easy to make with the help of a Butterick Pattern, which can be obtained at our counter.

Novelty Voiles
36 Inches, 39c Yard

The most pleasing color combinations are offered on our selections of dress voile for spring and so moderate in price too. See them today.

Plain Voiles
36 Inches, 49c Yard

Guaranteed fast color—the most delicate tints will not change—large range of the newest colors.

English Prints
25c to 49c yard
36 Inches Wide

Large Selection of Colors and Designs.

Darmarette Prints
32 Inches Wide, 49c Yard

Most decidedly new are the designs offered on these highly mercerized prints. Darmarette Prints are so easy to iron and launder. Colors are guaranteed absolutely fast.

SUPERFINE
English Broadcloth
36 Inch, 59c Yard

The patterns and designs are entirely new and guaranteed absolutely fast colors. You cannot help admiring this quality fabric. Excellent value at this low price.

Exceptional Values in New Darvel Printed

New Designs CRETONNES *Fast Colors*
35c to 89c Yard

These cretonnes are so varied, and new in design and in color combinations that they are suitable for draperies, furniture coverings, cushions, beach coats, fancy bags, aprons, and many other uses.

·R·A·PILCHER·CO·
INCORPORATED
Department Stores
245 North Jackson Street, Roseburg, Oregon

WHERE QUALITY MEETS CONFIDENCE

A big doctor
Says slow thinkers
Live the longest.
But they don't—
If they have
To cross the street
Very often.
There are too many
Of our
GOOD used cars
Running around
To make it safe
For any but
Quick thinkers.

1925 Chevrolet Touring
1923 Chevrolet Touring
1922 Chevrolet Touring
1919 Chevrolet Touring
1923-4 Chevrolet Coupe
1924 Ford Touring
1923 Ford Touring
1919 Dodge Touring
Ford Coupe
1922 Overland Roadster
Durant Touring.
Ford Truck
Ford Chassis
Oldsmobile Truck
Liberty Six
1923 H. D. Motorcycle, 1st class condition.

HANSEN CHEVROLET COMPANY,
Roseburg, Oregon