

ROSEBURG NEWS-REVIEW

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ROSEBURG, OREGON, SATURDAY, APRIL 17, 1926.

WAR AND PEACE.

The idea is entertained by some, that great as are the evils of war, yet the human race tends to degenerate more from the evils of softness and luxury that develop in a time of peace, so that war is not such a terrible evil after all. Wars are of course an example of lawlessness and brutality on a vast scale. They fill the minds of millions of people with lawless, violent, and brutal ideas. It is commonly felt, and apparently with good reason, that the principal cause of the wave of crime which has spread over this country, is the influence of the experiences of war. It is said that after the Napoleonic wars in Europe, there was a long period when deeds of violence were likewise very common. The experiences of battle and of the camps, of being away from home amid many temptations, seem to unsettle some young fellows. Where they would have come up quiet and well behaved if they had stayed at home at their regular occupations, these experiences away from the discipline of the home, the neighborhood, and the place of their employment, seem to make them restless, disinclined to regular work, and with many temptations to vicious ways. The majority of the soldiers of course behaved in a way that was very creditable to them, and many came out finer and nobler as a result of their self sacrifice and patriotic service, but many unfortunately were influenced in the opposite direction. While war temporarily produces much idealistic spirit, it seems to be followed by a moral let-down, in which evils flourish and people feel a desire for indulgence. It would be hard to see how the World War did any good, except that it got rid of the autocratic government of Germany, which was a terrible menace. But new autocratic governments have arisen over there which may be just as much of a peril.

Man walked in an erect position from the beginning of the time when he commenced to be a man, said a scientist recently in speaking to the American Association of Anatomists. And yet after man gets a job in a factory, store, or office, he often acquires a way of stooping over and looking at the ground at his feet, as if he were hunting dollars so hard that he expected to find them on the sidewalk. As man climbs upward mentally, he often deteriorates physically. Perhaps he is not using his brains quite so much as he thinks.

In Africa there is a set of men called "Horned Men," and they really have horns on their craniums. In this neck of the woods there is a specie that has no horns at all but continually "horing in" on matters in which they have no concern. We prefer the fellow who has the original decorations on his top-not.

Press dispatches from Chicago are to the effect that the apple market is glutted and fears are entertained that the left-over crop will come in competition with this year's supply. The "apple a day" recipe should be urged upon our people stronger than ever.

A recent article in the Literary Digest treats on "How to Tell When Static is Coming." What good to "know when it is coming"—unless to prepare one's mind for a milder explanation to visitors who are "sitting in" on the program.

Scraping autos goes hand in hand with scraping human beings.



THE TAXPAYER.

Jasper Fox pays seven dollars as his city-county tax, and he rants around and hollers of the burden that he pays. You would think to hear him spouting that he pays all public bills, always bucking, always wheeling, always kicking o'er the thills. You would think that if he perished government in gloom would sink, and our institutions cherished straightway would be on the blink. Uncle Sam would soon be sprinting to the dismal dumping ground; Jasper's money, so he's hinting, makes the country's wheels go round. So to judgment comes this Daniel, privileged to knock and cuss, paying taxes on a spaniel and a shotgun and a bus. Now the thrifty man is paying every kind of modern rocks, to the treasurer conveying taxes on his bonds and stocks. He is silent as he dishes to the treasurer his pelt; he may think some ray od-fishes, but he keeps them to himself. He may think the law is rotten, but it's no use being sore; let the matter be forgotten, for it does no good to roar. He's a sportsman, he despises any god who makes a row when the tax collector rises and forecloses on his cow. We admire the nevy fellow, voter of the lion heart, who'd consider it too yellow to be ranting in the mart. But the men who do the ranting are the ones whose records shine; with their censures, but ter nagging they make statemen to the line. If our lawmakers show up better than they did in days of yore, it's because the chronic fretter never faltered in his roar. If we always kept on grinning, bearing wrongs without lament, we would have no chance of winning any boon worth fifteen cents.

McMURRAY WILL RETIRE FROM UNION PACIFIC

Portland, Ore., April 16.—(Associated Press.)—William McMurray, general passenger agent of the Union Pacific system at Portland for 20 years, has asked retirement effective May 1, on account of ill health. He will be succeeded by Charles J. Pollen, manager of the department of route maps up to jointly by the Union Pacific and the Chicago and Northwestern at Chicago.

PRUNE DICKIN'S

By BERT G. BATES

GOOD EVENING FOLKS—

Through the remainder Of my life I shall Always be proud to Have known one good man— One man, who, Through the chances And mischances of a Long life, Has carried his heart In his hand Like a palm branch, Waving all discords Into peace— To have had personal contact With such a Wonderful character as Binger Hermann Helps our faith in God, In ourselves, And in each other more Than many sermons.

245 ASPIRANTS AT PRIMARIES FOR 194 PLACES

(Continued from Page 1.)

Grant will have Democratic opposition in November in G. A. Von Schiltz of Portland, and Public Service Commissioner T. K. Campbell, supported for the nomination, will compete in November with Clyde T. Spooner, Democrat.

In the fourth judicial district, Multnomah county, competition is strong for the Republican nomination for circuit judge for department 4 and 8.

For the former there are four candidates and for the latter three. For each department there is one Democratic candidate.

Much interest will be injected into the contests in various counties for the legislative nominations for the reason that Governor Pierce is said to have been influential in lining up candidates, some Democrats and some Republicans.

Multnomah county comes forward with 45 Republican candidates for its 12 seats in the lower house. It was believed the Democrats would nominate a full ticket in Multnomah, but only six will appear on the primary ballot.

Wet Candidate Quits. PORTLAND, Ore., April 17.—The prohibition issue was eliminated from the Oregon Democratic senatorial race yesterday when Hugh McLean of Astoria, who had expressed himself in favor of modification of the Volstead Act, withdrew as an aspirant for the Democratic nomination, in favor of Fred Hancy.

His action followed conference between his supporters and forces of Bert Harty, former member of the United States shipping board who is an avowed dry candidate.

Eaton Watkins, the other candidate for the nomination, is also dry.

Last Hour Fillings. SALEM, Ore., April 17.—The following candidates filed late yesterday:

Albert S. Moore, The Dalles, Republican, representative from Wasco.

Milton W. Smith, Portland, Republican, circuit judge for department No. 8, Multnomah.

Charles M. Kater, Eugene, Republican, representative from Lane.

R. J. Moore, Newberg, Democrat, senator from Yamhill.

And the following Republicans for representatives from Multnomah: D. D. Hall, Frank J. Loneragan, Sanford McDonald, A. G. Knudsen, James D. Olson, Fred C. Regan.

Herbert J. Elliott, Perrydale, Republican, senator from Benton and Polk.

F. J. Lathy, Salem, Republican, for representative from Marion.

Sylvester H. Burleigh, Enterprise, Republican, for district attorney of Willamette county.

Benjamin H. Goodman, Portland, Republican, representative from Multnomah.

A. W. Peters, Hood River, Republican, representative from Hood River county.

CANADA SHOWN NO BETTER OFF AS WEI NATION

(Continued from page 1.)

ried out by all officers, state and municipal.

College Men Testify. A chapter from student life at Yale, an alcoholism death chart, and a first hand account of Canadian experiments with various kinds of liquor control were some of the exhibits produced today before the committee.

In two sessions, reaching far into the afternoon, the committee was given testimony about alcoholic conditions in a large part of the wide expanse of territory between the Rio Grande and Hudson Bay. Professor Irving Fisher of Yale, one of the succession of witnesses called by the dry leaders, said that although drinking among students apparently was often "more concentrated and unopposed" than before prohibition, the number of disciplinary cases involving drinking was very much smaller at Yale than in the old days.

Statistics regarding deaths from alcoholism and other causes traceable to liquor drinking were presented by Professor Walter F. Wilcox of Cornell. The chart on deaths from alcoholism showed a sharp decline up to 1920, with a mounting tide to 1925 to almost a level before the war.

Women Want No Change. ST. LOUIS, April 17.—With only three dissenting votes, the convention of the national league of women voters took today under consideration a resolution of the Pennsylvania delegation calling upon congress to refuse to "undermine or weaken" the eighteenth amendment.

The resolution also urges national and state executives to appoint to enforcement offices only those supporting prohibition. Under the convention rules, final vote on the resolution will be reached Tuesday.

A. A. Stagg, Chicago University celebrated football coach, told the committee not to be taken in by "bank" about the effect of prohibition on the young.

"God only knows what conditions would be, with this enlarged freedom of growing boys and girls, if the prohibition law were not in effect," said Stagg. "It is my opinion that with the enlarged freedom which young people now have, if prohibition were not in existence, there would be an immeasurably greater amount of drunkenness and debauchery than there is now."

"In fact, it is my conviction that it is the greatest sort of blessing that prohibition has a law during this unstable period when the youth of today have such vast freedom."

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.

STUDEBAKER builds no yearly models.

RICH LUMBERMAN COMMITS SUICIDE

(Associated Press Local Wire.)

STOCKTON, Cal., April 17.—J. A. Smith, wealthy Vancouver, B. C., lumberman, committed suicide in a hotel this morning while a guest in the home of Dr. J. E. Nelson. Smith, said to have been worried over a \$50,000 timber loss by fire last year, shot himself through the head. He was found dead two hours later by a police officer.

Call his old college chum for breakfast. A widow, a son, Claire, 29, a student at Stanford University, and two daughters, Margaret and Florence, all residing in Palo Alto, survive.

ATTENTION, ODD FELLOWS

A delegation from Eugene will visit Philatopian Lodge Friday night, including Dr. J. J. Baker, grand conductor, who will pay an official visit. Plans will be discussed for attending grand lodge, and formation of a patrol team. Refreshments. All brothers are urged to attend.

BY ORDER OF THE N. G.

Boys' collars and collar pads at Wharton Bros.

To Binger Hermann

Birthdays are but pauses for reflection,
In sighting back along old travelled lanes,
Not submitting to the world's election,
Gilded tributes to material gains,
Emboldened to let conscience answer true
Resigned to what estate it places you.

Hold high your head to hear the verdict read,
Extolled of many virtues you possess,
Revilement of your fellowman—none heard you say,
Mindful "Ye judge not"—'tis your creed today.
And this appraisal on the birthday tide,
Now bring reward no man can override;
Now doubly blessed with conscience satisfied.

— By ELBERT HERMANN.

The above poem was written on the occasion of the birthday of the late Hon. Binger Hermann, whose death occurred on Thursday, and whose funeral will take place this afternoon.

BEAUTY CHATS

AN IMITATION TURKISH BATH

If your skin is not as clear as you would like it, but still isn't too bad—that is, if you're the ordinary sort of indifferent complexion, try what I call an imitation Turkish bath at home. It isn't too relaxing, as is a real Turkish bath, so you can have one every day, and your skin will benefit enormously.

Run the tub as full as you can with hot water—as hot as you can stand it comfortably. If the water in your district is hard, use a little soda, or bath salts, to make it soft. Buy yourself a stiff bristled, long handled bath brush, and any good quality bath soap.

Lie in the tub covered with hot water for a minute or so. Then soap the brush well and scrub yourself all over as hard as you can—particularly on the back of the shoulders—your skin will turn red under the heat and the friction of the brush. That is what you want, for the heat opens the pores and begins releasing the waste matter that is always in them, and in too great quantities when the skin isn't nice looking. And the friction not only continues the clearing out process, but induces fresh blood into all the tiny veins just under the skin's surface.

You make your skin unusually active by such a bath. Large pores will close and eruptions disappear; for given half a chance, the skin will be beautiful. It's always our own fault if we haven't the sort of complexion we want. You improve your health by this sort of a bath too, for the active skin throws off its waste matter more rapidly than when it is sluggish.

Follow this bath by a cold sponge off.

Myrtle D. B.—Lemon juice will remove most household stains from the hands. After you have removed the stain, rinse the acid off with plenty of water, and rub a little cream or oil into the skin. Honey almond lotions may be used in place of a cream or oil (when you must use your hands at once) as they evaporate quickly and leave the skin without any trace of oiliness.

You can also cleanse and soften the skin if you rub table salt over your hands after you have washed and dried them. It is best to use the coarse salt for this, as it acts much like pumice.

Kate G. U.—Biting the lips is a nervous habit, that should not be hard to overcome. There are people who do this unconsciously because there is a tendency to an acid condition in the mouth, and with improvement in the health the habit would be forgotten.

Tomorrow—Inexpensive Powders

Efficient Housekeeping

THE EVEN-TEMPERED HOUSEKEEPER

TOMORROW'S MENU

Breakfast: Bananas, Cereal, Boiled Eggs, Coffee, Toast.

Dinner: Broiled Steak, Mashed Potatoes, Peas, Lettuce Salad, Strawberry Shortcake, Coffee.

Supper: Waffles, Fruit Salad, Cake, Fruit Salad, Tea.

I know of no profession which calls for more self-control than housekeeping. When we are darning about our kitchen (of course we should not "darn," but we sometimes do) it is so easy to give into overwrought nerves and emit a reckless remark or a sharp word.

A few days ago I was in a friend's kitchen, chatting with her as she did her baking. Her grocer boy appeared at the porch door with a basket full of groceries. "Put them here," suggested my friend, clearing the kitchen table, then turning quickly back to her oven. The boy left the groceries, went out the door—but left the door open behind him.

"You should close doors!" my friend called after him, impulsively.

The youth turned and murmured an apology—but there was a burning resentment in his eyes. He too, was rushing around at his work, carrying a burden of trying to get through his deliveries before five o'clock. Being young, he

"forgot." No doubt he thought a housekeeper should make allowances, especially as the day was not cold. He had pulled the door almost to, but had not latched it.

"There—I've made another enemy!" exclaimed my friend dolefully, as she turned back into the kitchen. "What makes me fly up like that? It doesn't do a bit of good—it only makes tradespeople dislike me. I don't want to get a reputation for having a sharp tongue."

And she was right, I saw, as I thought it over, after my call. It was easy to imagine that grocer boy grown to manhood—launched in some other business, perhaps—an influential citizen of the town. It was also easy to imagine my friend in a position to ask a favor of the man whom she had offended as a boy. But early impressions are tenacious. That boy had calumniated my friend for life in his brain as "that sharp-tongued woman."

In "standing up for ourselves" in petty ways, we frequently rob ourselves in bigger ways. I am sure that most of us have found out that community life is comfortable only if we curb our hasty tongue. I know of a woman who has the reputation of being the most "even-tempered" housekeeper in her neighborhood. Yet that woman has to struggle constantly for self-control—she is at heart an impulsive person with a quick temper. Whenever I am impelled to do a rash thing, I stop and say to myself: "Would Mrs. A. do this?" And I hardly ever continue in my rashness.

There is a secret thrill in being master of our impulses. The young housekeeper will do well to start right in the role of an "even-tempered" housewife.

Diet and Health

By Lulu Hunt Peters, M.D.

Author of "Diet and Health" and "Diet for Children"

ANSWERS TO CORRESPONDENTS

ANSWERS TO CORRESPONDENTS

M. is a high school girl almost 17. She weighs 132 pounds and is only five feet, one inch tall. For short, she might say, "She wants to pledge herself to me that she will reduce to normal weight within five weeks. Is it too fast?" And should her normal weight be around 109?

She reduced by "Petersizing" last summer, she says, during school vacation, from 150 to 130 in four weeks, and she felt fine. She kicked an awful lot, and each Sunday she would go without taking a bite to eat or anything to drink. Was this safe for a growing girl to do?

No, M. It was not safe for a growing girl to stop eating or drinking even once a week. It was not safe for you to reduce 20 pounds in four weeks, nor will it be safe for you to reduce so rapidly again.

According to standard tables for weights for children, a girl of 17, height 61 inches, should weigh around 113, and as we believe it is better for growing boys and girls to be slightly overweight for the average, you can allow yourself to stay around 102.

Don't forget that you must have three glasses of milk, two eggs, a good-sized piece of flesh, fish or fowl, or some nuts, or cottage cheese, for your protein or tissue-building food, every day. And a full cupful of fresh fruit and a full cupful of raw vegetables also.

You should have for your energy foods some coarse whole grain bread and cereals. Cut out your sweets and desserts entirely. You notice you gained immediately after you went back to those? You will probably always have to watch your weight, so you had better learn that there are some things you can't indulge in freely.

See the answer to B. below for your other question.

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The Roseburg National Bank

Roseburg, Ore.

ELECTRIC RANGE DEMONSTRATIONS IN ROSEBURG NEXT WEEK

"Hotpoint" Electric ranges will be demonstrated in Roseburg next week at the Roseburg Electric Store, 131 N. Jackson street, and housewives of Roseburg and vicinity will no doubt attend in large numbers. These demonstrations will be under the charge of Miss Fern Stow, of Portland, domestic science expert of the Edison Electric Appliance company, who covers all angles of scientific electric cookery in a capable manner, bringing out the ease and economies of cooking in the cool and comfortable electric way.

Dainty pastries, cakes, pies, biscuits, breads of all kinds, meats, vegetables, and all other culinary arts are featured, right before everyone's eyes, and the details of the virtues of electricity in preparing all kinds of toothsome articles for the table are shown in an entertaining fashion. Everyone is invited to enjoy these free demonstrations, which will be held every afternoon of next week, from 2:00 to 4:30 p. m., at the Roseburg Electric store, in Roseburg.

Barner Beauty Parlor. Expert operator in attendance. Phone 693 for appointment.

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LOOK!

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