

ROSEBURG NEWS-REVIEW

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ROSEBURG, OREGON, FRIDAY, MAY 21, 1926.

SIMPLICITY AND SOPHISTICATION.

Back in Theodore Roosevelt's days, simplicity was an ideal much cherished. The famous rough rider president constantly preached that idea. He urged people to find pleasure in hard work, in self denial, in service, rather than in surrounding themselves with luxuries.

One of the things most needed at the present time, is that the children and young people of this age should be a little more willing to take the advice their mothers give them.

Conferences on citizenship are to be called in 500 cities, by the political education department of the National Civic Federation.

Yesterday's school parade was the most stupendous—the most spectacular—ever held in Roseburg.

The agony is almost over. Now, give us the verdict of the majority and we will settle down to business.

Will Tomorrow Be a Good Day TO HANG OUT WASH? Let This Weather Prophet Forecast the Weather for your work or pleasure. Coupon and 69c. CHAPMAN'S DRUG STORE

PRUNE PICKIN'S

By BERT G. BATES

GOOD EVENING FOLKS

GOOD EVENING FOLKS—Ol' Jupe Pluvius Changed his mind This a. m. and Decided to save his Aqua Pura for Bath night.

DUMBELL DORA THINKS

DUMBELL DORA THINKS Saleme made Oscar Wilde. After perusin' Webster's un-abridged in an effort to use a flow of the King's well known Englar and describe yestiddya's parades

THE QUEEN

The Queen had a bumbershoot stretched above her throne on the float and Jupe Pluvius refused to take the dare.

A FLOCK OF KIDS

A flock of kids followed Lyman Spencer's float in the parade this a. m. One high jumper informed us he had been' dispensed and it was a darn shame that the streets were so crowded.

THE WARM WEATHER

The warm weather has made it possible for Lather Barnes to use his Umpqua Chief blanket in the parade. He had it rented to a local roomin' house durin' the winter season.

THIS P. M.

This p. m. the county athletes will perpire on Finlay Field in an effort to take home a few lovin' cups. One high jumper informed us ed, this a. m. that his Paw was dern tired tryin' to drink coffee out of a saucer.

UP UNTIL NOW

Up until now we've felt dern sorry for the kid who had to stay in school durin' a strawberry car-nival but this a. m. we met an election board who had to pass out ballots while the band was playin' and it certainly was a pitiful sight.

THE SALT CREEK

The Salt Creek schooner will leave the Deer Creek dock at eight p. m. this evening. All defeated candidates who desire upper berth's should make their reservations early.

THE ELECTION

The election prognosticators will be sayin' "I told ya so" tomory a. m.

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FISHERS MILLS IS HOST TO EDUCATORS

SEATTLE.—More than seventy-five county superintendents of public schools in Washington and their assistants were guests of the Fisher Flouring Mills Company, manufacturers of Fisher's Blend flour recently.

QUEEN'S FLOAT COLORFUL BOWER OF WISTARIA

The queen's float, distinctive with the appointments becoming the dignity of a royal party, is one of the most beautiful designed in recent years.

THE ATTENDANTS

The attendants, Ladies Eldress and Thelma, are frocked alike in pink silk, and Ladies Eva and Mona wear lavender silk of pastel shades.

BROCKWAY GIRL HURT IN FALL AT THE CARNIVAL

Little Freda Fletcher, the 7-year old daughter of Mr. and Mrs. Thomas Fletcher of Brockway, was fatally and seriously injured last night at the carnival grounds.

DR. NERBAS DENTIST Painless Extraction Gas When Used Pyorrhea Cured Phone 484 Masonic Bldg.

Rippling Rhymes Walt Mason

MORNING AFTER.

It is fierce to wake in jail, in the housegaw's squalid den, feeling grimy, sick and staid, with a headache eight-by-ten. You look round you at the stones forming walls and pillars drear, and exclaim, "Now by St. Jones, how in heck did I get here?"

BEAUTY CHATS

LARGE WRISTS

The woman with large hands and wrists is not to be pitied, for she has a dozen ways of covering up her defect. The new sleeves might have been designed with her in mind.

All sleeves show a tendency to be tight above the elbow and loose or even flowing below it. The looseness usually increases towards the hand; some of the sleeves are made in real medieval fashion, opening out to nearly a yard width at the ends and therefore falling away from the hand, and the arm when it is raised, in a most graceful fashion.

If you can wear a pair of large, old-fashioned, daily gloves on each arm and well down to the hands, you can cover up ugly wrists. The cameo bracelets of our grandmothers on flat gold bands, and the wide bands of coral, ending on a carved coral head of an intricate knot, are decorative, still easy to find and not expensive, and will make the hands look smaller and disguise the size of the wrists.

Exercising the wrists helps too, not because it reduces size, for it doesn't, but because it makes the wrists flexible and that is the next thing to grace. It does improve the shape of the wrists too. And, if you are thin, you can make ugly wrists nice looking by gaining weight, for a plump arm makes the wrist seem smaller by comparison.

Mrs. Edna M. L.—Blonde hair Tomorrow—Answered Letters.

Efficient Housekeeping BY Laura A. Kirkman

PRACTICING ON THE FAMILY

TOMORROW'S MENU Breakfast Stewed Prunes Cereal Creamed Dried Beef Pop-Overs Coffee Luncheon Spanish Omelet Wholewheat Bread Jelly Rollshakes Tea Dinner Lamb Chops Mashed Potatoes Lettuce Salad Orange Sherbet Peas Cookies

The housekeeper who waits till guests are coming, to try out some delicious dish—often finds that a little previous practice would have enabled her to make the dish even more delectable. And this is true of anything reserved for "company use."

Next, turn this sirup-and-fruit mixture into your ice cream freezer can, filling the can not more than three-fourths full as the sherbet will increase in bulk as it freezes. Put on can-cover and crank, then begin to pack ice and rock-salt around the can inside the wooden pan, using three measures of cracked ice to one measure of the salt. When wooden pan is full or at least till the ice and salt rise above the line of the mixture in the can, begin turning the crank. Turn it ten minutes, then open the can and stir in two stiffly-beaten egg-whites. Replace cover, and continue to turn the crank ten minutes longer, to completely freeze. Then remove dasher, crack hole in can cover, drain off a little of the water in the ice, and repack with four parts ice and one part salt. Cover pan with burlap and let stand one or two hours before serving.

Tomorrow—Crocheted Afghan.

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

YOU DON'T KNOW HOW TO CARE FOR YOUR TEETH (Part 2)

In yesterday's paper, I quoted from an article on the care of the teeth by Dr. William M. Gardner, a specialist in dental and mouth hygiene, for the February 1926 issue of the Journal of the Outdoor Life. Yesterday's article was about the toothbrush. Its selection and care. It is a very important article, and if you missed it, please get yesterday's paper.

Today I'm going to quote again directly from Dr. Gardner's article, for, like yesterday's article, it is pertinent to our teeth, and it is difficult to work over.

Dentifrices

"The function of a dentifrice is to aid in the mechanical cleansing of the teeth without injury to them. It should be unmedicated and contain neither too much soap nor grit. Too much soap decreases the efficiency and stimulates the action of the brush; too much grit if used over a long period of time may wear grooves in the teeth.

"It must be definitely remembered that a dentifrice is a mechanical aid in cleansing teeth, not a therapeutic agent for diseased gum tissue. "Only a very small amount of a brush is necessary. If the amount of toothpaste used were cut in half and the money thus saved expended for toothbrushes, there would be a marked improvement in mouth conditions. Mouthwashes "The function of a mouthwash is to eliminate, by vigorous rinsing, all the particles of food and debris that have been loosened by the brush. Warm water, a normal salt solution, made by adding one teaspoonful of salt in a pint of water, or a normal salt solution in which a little baking soda has been added, are probably not only the best, but also the cheapest to use as rinsing solutions. "The curative power of mouthwashes has been grossly over-estimated. "Antiseptic and germicidal mouthwashes are valuable only in the treatment of acute mouth infections when a specific organism or group of organisms is to be dealt with, as in Vincent's angina, commonly called 'trench mouth.' Their daily use in a mouth relatively free from specific disease is not only unnecessary, but is to be discouraged. "Toothpicks and Dental Floss "The use of toothpicks is to be discouraged. They irritate or lacerate the gum tissue between the teeth, lowering its resistance to infection. The frequent use of wooden toothpicks will wear grooves in teeth. "Where it is impossible to dislodge food from between teeth with a brush dental floss may be used. Incorrect use of dental floss is harmful to the gums. It must be passed gently through the contact points so that it will not lacerate the gum tissue. "Please save this and yesterday's article to go with next week's article. The latter will be very

DEMAND FOR KARNAK IN OREGON IS NOW ALMOST INCREDIBLE

Although All Sales Records Have Been Broken by Sensational Medicine People Still Clamor for More Karnak.

IT HAS BECOME TALK OF THE ENTIRE CITY

Remarkable Health Building Powers of New Medicine Acknowledged Over Entire State—Thousands Report Amazing Benefits.

People of Roseburg are taking Karnak as they never took a medicine before. It is the talk of the entire city. And the same thing is true all over Oregon.

Notwithstanding the fact that all former sales records have been broken by sensational medicine the demand for Karnak grows so rapidly that druggists can hardly keep pace with it.

"The way Oregon people are now buying Karnak is almost unbelievable," declared the Oregon wholesale distributor. "I have been in the drug business for a long time, but I have never seen anything like Karnak. "In spite of the fact that Karnak sales have already been a revelation to us, the demand is now continually increasing and fast reaching the phenomenal stage."

Such expressions as this are typical of Karnak sales reports everywhere. "It is remarkable healthbuilding powers of the medicine are now acknowledged everywhere. Thousands of people report amazing benefits from its use and all their friends and neighbors begin taking the medicine and learn of its extraordinary powers.

Merrill alone is responsible for the tremendous success of Karnak. Karnak is well advertised. It is advertised in books more than advertising to bring about such a large and rapidly growing demand. "Karnak has done for me what I thought was impossible for anything to do," declares M. E. Nelson, of 1327 Villard Ave., Portland, Ore.

CAN WHIP HIS WEIGHT IN WILD CATS, SAYS WELLS

That's How Fine He Feels Since Sensational Medicine, Karnak, Put Him in A-1 Condition, Declares Retired Lumberman of Portland.

"I tell you this Karnak medicine has fixed me up so fine that I feel like I can whip my weight in wild cats now, even if I am seventy-ony," declares Jerry S. Wells, of 115 22nd St., Portland, retired lumberman and box manufacturer. "The past six years I had one of the worst cases of stomach trouble you ever saw," continued Mr. Wells. "Gas would press against my heart and make it beat like a trip-hammer, and not a night would pass but what I'd wake up with my stomach bloated as tight as a drum. I'd have to get up and walk around in order to get my breath. "My whole system seemed to be out of whack. I was nervous and irritable, and was so sluggish and weak I didn't feel like moving out of my tracks. I couldn't find anything to bring me relief, and just p-h-t out of sorts with the world. "But by the time I had taken a few doses of Karnak I knew I had gotten on to the right medicine, for the indigestion began to disappear and I was improving rapidly in every way. Now, all that gas

blousing, palpitation, indigestion and shortness of breath are gone and nights I sleep like a tired boy. "I eat anything I want, don't have a bit of trouble from it, and feel in A-1 condition from head to foot. Yes, sir, I have absolute confidence in Karnak, for I know from experience what it will do."

Karnak is sold in Roseburg by Nathan Fullerton, the Rexall store, and by all other leading druggists in Roseburg and every other town.

important because it will tell you about how to brush the teeth and its importance. "The curative power of mouthwashes has been grossly over-estimated. "Antiseptic and germicidal mouthwashes are valuable only in the treatment of acute mouth infections when a specific organism or group of organisms is to be dealt with, as in Vincent's angina, commonly called 'trench mouth.' Their daily use in a mouth relatively free from specific disease is not only unnecessary, but is to be discouraged. "Toothpicks and Dental Floss "The use of toothpicks is to be discouraged. They irritate or lacerate the gum tissue between the teeth, lowering its resistance to infection. The frequent use of wooden toothpicks will wear grooves in teeth. "Where it is impossible to dislodge food from between teeth with a brush dental floss may be used. Incorrect use of dental floss is harmful to the gums. It must be passed gently through the contact points so that it will not lacerate the gum tissue. "Please save this and yesterday's article to go with next week's article. The latter will be very

Imperial Dry Cleaning Is a Gift to Good Appearance. Among men of correct dress, dry cleaning is sought to better good appearance. This same men buy it only where fine workmanship and courteous service are featured. Phone 277, Our auto will call.

M. E. Nelson, 1327 Villard Ave., Portland, who declared Karnak has done for him what he thought was impossible for anything to do. "Why, I'm just life ad different man since taking this medicine," he says.



I had such terrible pains in my stomach it seemed like it was more than I could bear," continues Mr. Nelson. "Gas would form and press around my heart till I felt like I couldn't draw another breath. "Then, too, I had such pains through my arms and shoulders they were almost useless. And my limbs hurt me so I couldn't walk a block without giving out. "Well, sir, this Karnak has brought me more relief in just two weeks time than all the other medicines I ever took put together. I'm on my third bottle now and am eating anything I want and don't have a touch of that old stomach trouble. "The pains in my stomach, shoulders and arms are gone completely, and that hurting in my limbs has disappeared to where I can get out and play baseball with the boys. I sleep like a top from the time I 'hit' the bed till morning, and I've been built up and strengthened till I'm like a different man."

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