

ROSEBURG NEWS-REVIEW

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ROSEBURG, OREGON, TUESDAY JUNE 1, 1926.

THE SOURCES OF PLEASURE.

If one were to compare the typical town or small city of twenty-five to forty years ago, with the typical community of today and note the difference between the aims which people cherished then, and those they seek after now, there would be many revolutionary changes.

There is one form of beauty which every householder ought to try to provide for the adornment of his home place, the improvement of his neighborhood, and the general attractiveness of his home city.

It is a somewhat remarkable thing, though the United States is said to be a lawless country, that in respect to their sports and pastimes, our people seem to be rather law abiding.

Roseburg ought to be pushing plans for the completion of the North Umpqua highway to Diamond lake. It's worth going after—good and strong.



UNPROFITABLE.

Forsake the things that do not pay, cast all the useless grafts away. A man may prosper for a while pursuing courses full of guile, he may impose on trustful hicks and still conceal his sinful tricks; but soon or late the facts are known and then he's doomed to walk alone.

PRUNE PICKIN'S

By BERT G. BATES

GOD EVENING FOLKS

It's dern hard to Git the ol' snoot Back to the Grindstone after A two days' vacation.

LUMBELL DORA THINKS

LUMBELL IS A CITY IN GREECE.

Memorial Day was celebrated as per usual with maschie, niblick, fishin' pole and flivver.

Raspberries are in the market but this cotolum has had a good many handed us durin' the entire year.

Talked with a local gawfer yesterday and he said he thought he'd try and improve his game but his gawf language needed renovatin' a dern sight more.

The incipid cantaloupe season is with us agin and unless something is done we're nonna be confronted with an awful shortage in salt and pepper.

Lotta the local sheiks are able to make a meal off'n a cold shoulder.

One of the town boys who had been sittin' up with a sick friend came home after the curfew had sounded and told his wife he'd spilled bakin' powder on his coat lapel. He was able to receive visitors Thursday.

They're organizin' a Greeters Club in the village, which fills up the extra night we've been savin' to spend an evenin' at home.

Mayor Gawgo Houck has taken up pawf on acct. of the static durin' the summer months. The air around the country club will be just as noisy, probly.

Lotta fellers were sweatin' at the links yesterday like they never do at home.

It's gittin' so a feller can't have a cherry tree in the front yard without some wise-cracker hintin' that you're squeezein' the juice out to brew into wine.

The river is gittin' dern low and if the dry spell continues we'll hafta be puttin' goggles on the fish to keep the dust outa their eyes.

Late Perkins Sez:

"It's a wise guy who knows his own sweetie in a bathin' suit."

MOVIE NOTES

Majestic Theater

Realism, not in the sordid sense of the chessman on the board of life with time at the jester's bidding every move. Opening in a period of 25 years ago it offers many brilliant spectacles of the past and then swoops on and in a vivid manner portrays the rapid changes in man and his modes of life.

Liberty Theater

Boaring with drama like the surge of the gulfion, he found seas that spotted down for the strait-jacketed schooner as she crashed vertically into the iceberg, and swinging to a whirling flight as the climax, with a great vision of a man battling his lighter foe while his leg is caught in the cruel jaws of a giant bear trap.

Antlers Theater

So much comment has been elicited as a result of the beauti-

LEGION AUXILIARY MEETING

A meeting of the American Legion Auxiliary will be held Tuesday, June 1. This is an important meeting as delegates are to be nominated for the state convention. Attendance of all members is desired.

MRS. J. A. FULCHER, President.

fu costumes that adorn Colleen Moore and her sixty Hollywood mannequins in "Irene," now showing at the Antlers theater, that Cora MacGeachy, the designer, has suddenly become one of the celebrities of Hollywood.

Although Mrs. MacGeachy has long been costuming shows on Broadway, "Irene" is her first picture achievement.

Mrs. MacGeachy is a young woman whose parents were connected with the theater. Her mother was in "Irene," and she was stage favorite with the first generation. Her father was manager of Daniel Frohman, the celebrated theatrical producer.

A remarkable fact in connection with the stage artist's career is that she has always preferred to remain "back stage" as to speak, despite the offers of managers that she undertake an acting part.

AN APPRECIATION

One of the greatest contributing factors to the unusual success of the recent convention of the Oregon State Music Teachers held in this city was the hospitality accorded the guests in private homes and as chairman of the housing committee, I wish personally to thank each and every one who entertained a guest or who offered their homes for this purpose.

Signed, MRS. CHARLES HEINLINE.

SCOUTS SIGN UP FOR SUMMER CAMP

Seven first class scouts are already signed up for the Three Sisters camp which begins June 15th.

Two are registered for the Wolf Creek camp which begins July 11. They are Ivan Brunton and Walter Henry. The date of the Wolf Creek camp was changed from July 12th to the 11th. This makes the opening day Sunday and more convenient for those who are taking the boys to camp. Camp will be all ready beforehand so that there will not be much to do to get started. All will be ready for a swim in the afternoon and church service in the evening.

Elk River (25 miles south of Handon) has been decided upon as the site for the third camp. It will begin August 8th and run for two weeks. There will be splendid swimming there and fine trips will be taken by the boys.

TOURNAMENT AT GOLF CLUB SUNDAY VERY INTERESTING

Because of numerous other attractions, the crowd on the golf links participating in the tournament on Sunday was not as large as had been anticipated. All present had a good time, however, and a great deal of interest was shown. The winners were won in the following order: Avery, LaSwell, A. A. Wilder, L. G. Broadway, Henry Harth, J. V. Casey, A. J. Eldburn, E. L. Parrott, Jack Crawford, J. M. Judd, A. G. Sutherland, J. K. Faibe, Stanley Kidder, Walter Johnson, Lee Wells, E. Mauldin, John Plury, James E. Sawyer, Phil Hayth, J. K. LaSwell, Dr. George E. Houck.

Any member of the club not holding a button is entitled to challenge any button holder, while a player holding a button may challenge one holding a smaller number.

I. O. O. F. ATTENTION

Grand Master Jackson will pay an official visit to Philaretia Lodge Friday night. Class of candidates for initiation; also reports from Grand Lodge delegates. A good attendance is desired. Be on hand. LEO RAPP, N. G.

SAVINGS AND LOAN ASSOCIATION TO OPEN OFFICES

The Douches Building and Loan Association (previously its organization) is having held on Saturday night, B. L. Edly was elected president, George Koushartz, vice-president, A. E. McCluskey, secretary, B. W. Strong, treasurer, and Wayne E. Jones, general manager. The directors are B. L. Edly, George Koushartz, J. E. McCluskey, B. W. Strong, B. E. Churchill, C. A. Lewis, and E. H. Stewart. Offices are to be located in the old First State and Savings Bank building.

CALL FOR SCHOOL WARRANTS

Notice is hereby given that all school warrants of School District No. 1, Douglas County, Oregon, up to and including No. 585, endorsed "Not Paid for Want of Funds" October 29th, 1925, and prior thereto, are this day called for payment and all interest thereon ceases from the date of this notice. Dated this 1st day of June, 1926. V. J. MICHELLE, Clerk.

DR. NERBAS DENTIST

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BEAUTY CHATS

ANSWERED LETTERS

Miss T. T.—Your weight of 134 pounds with a height of five feet, four inches, is all right if you are 40 or more years.

Message the calves of your legs with cocoa butter to help fatten them.

G. H.—You can use the egg astringent every week without fear of its withering the skin. Any astringent tends to dry out the skin's secretions for a short time, so you must guard against any lasting effect by using plenty of cream or a good oil as soon as the astringent is removed.

There is nothing in the white of an egg that could injure the skin or impair the action of the glands. Your own feelings will guide you correctly, and if your skin feels drawn after using the astringent, weaken it and never fail to feed the skin again with oil or a cream.

Dorothy S.—If you massage your scalp every day you will find that your hair will grow much faster than it does at present.

Mrs. George D. W.—The only way you can keep your finger tips dainty when the nails are ridgy is to scrub them with the small, stiff brushes that come for this purpose.

The brushes that are concave and with rows of bristles less than a quarter inch are the most convenient. If you use a file or any other sharp tool under such nails, it will only partially clean them and it will roughen the skin so there is more chance to soil under the nail.

An orange wood stick dipped in soft soap will sometimes take the place of the brush, or you may use the stick and soap first, and follow with the brush.

You can help the whole condition if you rub oil into such nails every day, and use the buffer also to improve the circulation under the nails. Badly ridged nails come from some condition in the system, but you can improve them with oil and buffing.

Miss Fannie H.—Blackheads between the shoulders may come from wearing dark dresses that come directly in contact with the skin. Hot water, soap and bath brush should be all necessary to rid yourself of the trouble.

Tomorrow—Hand Lotions.

Efficient Housekeeping

By Laura A. Kirkman

GIRL'S KNITTED SWEATER

Each sleeve: Knit 35 with wrong side toward you. Knit 38, Purl 72, Knit 38, next row Knit plain, and repeat these two rows for five inches for yoke, and on the next row work first 65 stitches off onto a stitch holder, and bind off next 18 for neck; on remaining 65 sts. start front.

Front: Work five rows, then increase one stitch toward the front every knitted row of the yoke till 12 stitches have been added; when sleeve measures nine inches in widest part, bind off seven stitches five times for sleeve, then decrease one stitch every other row toward underarm three times; work other front to correspond, then slip all stitches on one needle and finish front same as back.

Cuffs: With the size two and one-half needles, pick up the stitches at end of sleeve and Knit one row, Purl one row, for three inches, then Knit three ribs, Purl one row, Knit three ribs, and bind off.

Collar: With the No. 4 needles cast on 104 stitches, Knit three ribs, Purl one row, and repeat till work measures three inches, then sew to neck of sweater.

Girdle: Cast on 15 stitches and Knit three ribs, Purl one row, repeat twice, then \* Knit five, Purl five, Knit five, next row Knit plain, repeat from \* for one yard, and finish with border same as first end, then trim with a two-inch knotted fringe (if liked). Lace front with cord.

Tomorrow—Contributed Recipes

TOMORROWS' MENU

Breakfast Berries Cereal Codfish Balls Coffee Toast Luncheon Cheese Souffle Lettuce Salad Rolls Marmalade Cocoa Dinner Tomato Soup Fried Smelts Lemon Slices Potatoes Lima Beans Chocolate Pudding Coffee

To knit a pretty long-sleeved light-weight summer sweater for a little girl aged six to eight years, buy four half or seven small balls (one ounce to half) of any desired color of shetland wool or zephyr wool. Use one pair each of number two and one-half and number four celluloid knitting needles.

Back: With the No. 4 needles, cast on 72 sts., K five ribs plain, then P one row, repeat these 14 rows three times, then K plain till work measures 14 inches from start now; increase one stitch at each end every other row three times, then cast on seven stitches at the beginning of each row till 35 stitches have been added for

each sleeve; knit 35 with wrong side toward you. Knit 38, Purl 72, Knit 38, next row Knit plain, and repeat these two rows for five inches for yoke, and on the next row work first 65 stitches off onto a stitch holder, and bind off next 18 for neck; on remaining 65 sts. start front.

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

ANSWERS TO CORRESPONDENTS

"If I diet, I lose flesh everywhere but the legs, and they refuse to change a bit. I have to wear high shoes—made to order—and even then I have to wear dresses so long that I look as though I just came out of the Ark. There are just chunks of fat at the ankles that are really funny to look at. There is no condition causing it, so the M. D.'s say, but it just seems to be there. My face is thin, neck just right, but my arms are fat. Can you suggest anything to take the fat off in spots?"

"I am a small eater, not fond of food particularly, and have studied diets so I know what to cut out of the fattening things. I have never cared for cake, candy or other sweets. My greatest sins are bread and lots of water. I shall be eternally grateful if you can help me."

"P. S. It's no laughing matter, but no matter if you laugh."

My Dear R., how about your greatest sin on the bread side? Have you ever counted the calories in the bread and, of course, the butter you take every day? You don't necessarily have to be fond of sweets in order to gain in weight but just get some extra calories every day of any food, and if you have a tendency to over-weight, you are going to annex them as fast. And excess bread and butter is the cause of more over-weight than anything else!

Is there a tendency to fat in certain spots in your family? Family tendencies are undoubtedly inherited. However, don't blame that!

Water is not fattening, R. Your tendency to drink so much shows you are getting too much concentrated foods. The fact that your arms are fat, too, is an indication that your troubles come from over-eating.

Unless the fat lumps on your ankles are fat tumors (and that may be possible) I believe that if you will go on a low caloric diet—that is, low enough so that your own fat will be called upon to furnish fuel for energy and heat—they will reduce. If the lumps are tumor masses, you can have them removed surgically. If they are ordinary fat, they can be removed by diet, special exercise and massage directed to them.

A special exercise for fat legs and arms consists of twisting them in and out as hard as you can. You do them in series of 25, four times a day. Walking up and down stairs (walk instead of taking the elevator), raising one foot, certain dance steps, especially the Charleston, are all good for fat ankles and legs. Any general exercise is good for fat ankles and legs. Any general exercise is good. Snug bandages on the ankles, applied at night, might help somewhat.

No doubt if you reduce generally your face will get thinner and you will look a bit drawn, but don't mind it; after you get down to normal and are on a maintenance diet your face will plump up a bit.

MORE FAT SPOTS

I want to know what to do for an abnormally large bust.

My advice to you L., is the same as to R., so far as counting calories and general exercises are concerned. But you should not massage the busts. And unless they are so large that the condition is a surgical one (this does happen, but extremely rarely), naturally you would not resort to surgery. A general enlargement (not a tumor) is known as a hypertrophy of the breast and most frequently affects but one. The size of breasts except in nursing mothers, is due to fat tissue, rather than to glandular tissue.

If you are overweight, you will find that reducing the general weight will take down the lump of fat underneath the busts as well as the busts themselves.

(We have a little booklet on reducing which can be obtained by

My Dear Followers: When sending for material which we offer you, please remember to enclose a stamped, self-addressed envelope bearing your full name and address. The pamphlet on reducing and gaining is the only one for which you must enclose ten cents in stamps extra. Address your letters to me in care of this paper. Make them as brief as possible, not over 250 words, and type or write them legibly with ink. Please sign your name as evidence of good faith—we will not use it in any way. Remember it is impossible for me to diagnose for you or to answer you personally. I appreciate very much the beautiful letters you send me and regret it is impossible to give you individual advice. The questions asked will be answered in the column as soon as possible, if they are of general interest. Don't forget the stamped, self-addressed envelope if you expect me to send you the information I have offered.



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Harth's Toggery

The request accompanied by self-addressed envelope, addressed stamped envelope and Tomorrow—Answers to Correspondents in stamps. Allow two spondents.

What's colder than ice? Electricity!

If you could always have an ice-box full of ice, it would be almost cold enough.

But you can't. Today's cake of ice starts melting at once—the drip, drip of the spout tells you that the ice-box air is growing warmer.

Run a wire to your refrigerator from the lamp-socket. Install a compact, convenient, practical ice-making unit. (Your present ice-box can be made into an electric refrigerator easily, if you like.)

See how dry, sweet and cold the air is—always. Day or night, the occasional hum of the motor tells you that crisp, frosty refrigeration is being delivered—electric refrigeration that keeps the temperature colder than ice possibly can.

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