

ROSEBURG NEWS-REVIEW

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Entered as second class matter May 17, 1920, at the post office at Roseburg, Oregon, under the Act of March 2, 1879.

SUBSCRIPTION RATES	
Daily, per year, by mail	\$4.00
Daily, six months, by mail	2.00
Daily, three months, by mail	1.00
Daily, single month, by mail	.50
Daily, by carrier, per month	.50
Weekly News-Review, by mail, per year	2.00

ROSEBURG, OREGON, SATURDAY, JUNE 5, 1926

THE YOUNG CRIMINALS.

A person is rather apt to think of the criminal class, as an element of hardened old offenders who have deliberately determined to prey upon society. But most reports of criminal conditions state that the bulk of these offenders are quite young men. For instance, Commissioner of Correction F. A. Wallis of New York states that the prisoners in the penitentiary of that city, are mostly young men between the ages of 16 and 26, and the average of them is about 22. It seems terribly pathetic that these young fellows just beginning the world, should have made these terrible mistakes that have so largely spoiled their future possibilities. He also said he was convinced that the outstanding cause of these conditions is parental neglect. The commission of crime is such a stupid act of folly, that older men with their experience draw back from it. Even if they have criminal tendencies, they usually learn that they can not make war upon society. They may successfully accomplish some fraud or theft once or twice, but when they try to repeat such acts, the strong arm of the law is sure to get them. But youth comes on the stage with its swagger confidence, its contempt for lessons of experience, and says that these old men do not know, and that there are easier ways of getting money than by earning it in hard work. So they rashly throw aside all counsels, and commit some criminal act, and in due time they land in some place of correction. It is very deplorable that someone in whom these young men have confidence could not have gotten hold of them at an early age, and show them that they spoil all hope for themselves when they get into such ways. What is needed is some method for demonstrating to these fellows that the criminal is a fool who must pay a terrible price for his stupidity.

WILBUR REUNION.

At Wilbur today is being held the tenth annual reunion of the alumni of Umpqua Academy, the predecessor of the present Wilbur Academy and which was founded in 1853, six years before Oregon was admitted as the thirty-third state in the union. From the class rooms of that seat of education hundreds of young men and women went forth into the fields of usefulness and contributed by their intelligence, character and industry to the upbuilding of our great commonwealth. Some attained leadership in the affairs of city, county and state; some became influential figures in the business world; others registered success in professional lines and a great number filled their destined missions in roles of lesser prominence but of equal importance as factors in the composition of that well-balanced citizenship that makes for prosperity, progress and governmental stability. Many of these old time graduates are mingling today on this happy occasion and with them are their children, grandchildren and friends. For the nonce the battles and problems of life are thrust aside and the old days are lived over again in the blissful memories that can never perish and in the abounding spirit of good fellowship that knows neither creed, denomination, party nor class. It may have been such an occasion that inspired the following lines of Dryden:

"Long, long be my heart with such memories filled,
"Like a vase in which flowers have once been distilled;
"You may break, you may shatter the vase if you will,
"But the scent of the roses will cling round it still."

"WOMEN AS NEWS."

The above fruitful theme was discussed at the General Federation of Women's clubs conventions recently held at Atlantic City. In former years many editors thought that about all they had to do with women was to get out pages of cooking receipts, fashions, household hints, etc. Then all at once they discovered that women were making a whole lot of real news. So the reporters began to chase around to the women's clubs and elsewhere, and they found women poking their heads into every subject on earth. They found them exercising their influence in politics, doing the real work that made many business enterprises go, and carrying off athletic prizes. While some may think that the chief feature of women as news lies in their ability at times to create scandal, the story of their efforts in the field of legitimate action is read with interest by more people, because it is a story of achievement, and that is what normal minded people like.

Secretary Mellon, speaking over the radio recently, suggested that the American people can no longer count on their boundless resources, but must depend on the increasing efficiency of their industrial system. Formerly we had illimitable natural wealth. All people had to do to share it, was to go off into fertile fields and forests, rich mines, etc., and if they worked hard and showed ingenuity and judgment, they got results. But that relatively easy period has passed, and many resources have been squandered with prodigal folly. But in the improvement of production methods, there is a field for business success, for the acquirement of wealth, and for the betterment of the condition of average people, that is quite as important as the lost resources of primitive America. Wide awake and intelligent people can find these chances almost anywhere.

A lot of gasoline will be burned tomorrow. This summer weather has a tendency to encourage a large exodus to the coast over the week-end.

Roseburg golfers will meet the Coos Bay "sluggers" on the links tomorrow. Look out for home laurels.

State Press Comment

Prophecy Sublime

Some day some understanding person will tell an understanding person that quarrelling about religion, whether in the form of law or in the form of theological discussion, never, made or changed an eternal fact.

Someone will make it clear that science is not inconsistent with faith nor evolution disproves the divine origin of man. Only recently there have been further discoveries to show that man even after allowing for his improvement of body and mind, has been a distinct part of the animal kingdom that can now be ascertained.

Some day there will be religiously sufficiently separated from superstition to allow the teaching of any science, any theory and any creed that will contribute to the complete maturation of the human mind. When that time comes religion will prosper at its best and not be something like prudery to blush over and to lock away in some chamber of the consciousness.—Portland Journal.

Why They Fail

The "100,000 Group of American Cities" with headquarters in Chicago, has completed a nationwide investigation concerning the relationship between business failure to advertise in newspapers. In Chicago, it finds, 88 per cent of the firms that failed were non-advertisers. In St. Louis, 91.6 per cent. In Troy, 100 per cent. The city showing the lowest percentage of non-advertisers in newspapers among firms that failed was Bridgeport, Conn., with 60 per cent. In Portland, the only Oregon city included in the report was given 94 per cent of the failures were by non-advertisers. The moral is so obvious that to point it out may seem superfluous, but here it is: Advertising, to most businesses, is essential to success.—Eugene Guard.

No Panacea

The General Federation of Women's clubs directed attention for the nonce from matters of international moment to give consideration to a topic of intimate, personal interest to its members. It adopted a resolution urging the women of America not to "impair their health by the use of reducing methods not sanctioned by reliable physicians."

There comes a time in the lives of those who have disregarded nature's simple rules when it seems that the most precious of all boons would be a cure for the consequences of past negligence. But that is not the intention of the women of America. They are not interested in a double chin or an inconvenient embonpoint. They are the train of evils we set in motion when we attempt to reclaim time in defiance of physical law. Quackery wastes fat on the vain quest of the woman who is not content with her own figure. The reduction has hit on a forestal example in its mention of so-called "reducing" processes. But the same facilities are expressed in many other ways. The shortened breath, ultimately sense of exhaustion, failure of the body to function as normally it ought to do, which are the products of half a lifetime of indolence, are not to be set right by a draft from a bottle or a month's sojourn at a fashionable resort.

The recent health congress at Atlantic City denounced quackery as the greatest of all evils. Because it inspired hopes that can not possibly be fulfilled. It is important to remember that there are no short cuts to physical well-being. The unquenchable trio are sleep, exercise and proper food, and they have no substitutes. Those who cannot make aches of natural forces have no business tinkering with artificial expedients. The preventive aspects of curative science are the outstanding achievement of the decade in that field, but the individual of either sex who fails to sense the great truth that nature's law of compensation is inexorable, who attempts to extort surreptitiously that which never should have been permitted to come a pass, is running the grave risk of disaster.

Rippling Rhymes

"Fishin' don't hurt nobody."

AID TO SLEEP.

"The pillow's hard, the bed is cheap, I'm nervous and I cannot sleep," said Christopher P. Crowder. "I'm feeling like a house afire, a slice of slumber I require, and so I'll take a powder. I know the learned physician says, while talking wisely through his fez, the habit's quickly gotten of taking dope to gain a nap, and holds—the pessimistic chap—that the effects are rotten. But there is nothing that I dread like lying sleepless in a bed while weary hours are dragging; I count the minutes as they tick where yonder clock pulls off its trick, and my sad soul is sagging. I'm not a weakling like the guys who yield to habits most unwise, and when it's time for quitting, I'll shut down promptly on the dope that sends me down the slumber slope, but now that dope I'm hitting." "Far better forfeit slumber's bliss this night," I then remarked to Chris, "than take your sleeping powder, such habits grow on what they're fed, and they will grow until you're dead, oh, Christopher P. Crowder! More still and more you'll have to take, when you decline to lie awake, the dosage still increases; and soon you'll be a trembling wreck, with fantods in your knees and neck, your nerves all shot to pieces. And soon you will not sleep at all, though bedded in a princely stall, unless the dope you've taken, enough to kill a normal man—cut out this vain and deadly plan, let powders be forsaken!" He jeered and tittered when I closed, for he could quit where I disposed, he was no spineless rabbit; so he took dope night after night, and now he is a wretched wreck, who cannot shake the habit. He once was blithe and debonair, with whiskers made of shining hair, a goodly man and sprightly; and now he shambles down the street, a dismal wreck on halting feet, an object most slightly.

ORCHARDIST TELLS OF NEW WORM KILLER

(Associated Press Local Wire.)
WENATCHEE, Wash., June 5.—H. J. Kruse, East Wenatchee orchardist, has a new choice for poisoning worms and other fruit tree pests. He feeds them by including flour in a mixture of lime and kerosene. Mr. Kruse explained today, the worms will relish the mixture, because they like the flour. The lime and kerosene will do the rest.

One-Tided Efficient

Stopping preventable waste in lumber will save yearly as much as \$100,000, according to a statement made in the forestry primer of the American Tree association. It declares that two-thirds of the timber is wasted to produce one-third of commercial lumber. Not all the 66-23-aper cent waste, of course, can be stopped.

Yet between the time that the lumberjack brings down the tree in the forest until the finished product of manufactured wood is delivered, inefficient use and loss through waste have disposed of two-thirds of the original tree—virtually a total loss, barring some salvage in fuel and pulpwood.

Branches and tops of the fallen trees are of little value. Much could be used, perhaps, for small lumber, pulpwood and fuel, but the cost of hauling it out is almost prohibitive. In the sawmill the stems are burned to get rid of them, another total loss.

The manufacturer of articles of wood is obliged to waste short ends and odd pieces in great quantity under modern methods. Timber that goes into railroad ties, poles and pilings is often wasted in the process of proper preservation methods have not been used in its treatment.—Spokane Review.

Bill Board Should Go

With the traveling public who are on the road for the purpose of viewing the scenery without any artificial obstruction to spoil the beauty, the sentiment is practically unanimous against the perpetuation of this relic of semi-barbarism, the billboard. For this reason not much difficulty should be experienced in legislating these garish and grotesque monstrosities from our highways. Legislation of this kind will not, however, get rid of the billboard. It will result in setting it back a few feet from the highway on private property where desirable billboard sites are always obtainable if the remuneration is adequate.

This will help some, for the modern billboards which clutter our highways by their close proximity to the road in a great many places obscure the vision to such an extent that they become a nuisance to the traveler. There is, however, an effective method by which the billboard can be removed not only from the highways, but from the adjacent fields and barns.

Without the aid of any legislation and with no organized effort on the part of the people, a Minneapolis milling concern, one of the largest users of billboard advertising in the United States, a few years ago abandoned this unsightly method of calling attention to its wares. The change in their advertising policy was made in response to large numbers of letters that were received from all parts of the country protesting against the billboard. This firm wisely decided that when an advertising method was so objectionable to the people who read the billboards, it would be unreasonable to expect them to buy its goods advertised. "A number of other big billboard users have since followed the example of the Minneapolis flour firm."

The creation and promulgation of a sentiment directed against the men who use the billboards is a task which will be almost certain to bring satisfactory results. No purveyor of merchandise intentionally makes himself objectionable to his customers, and if the people who are opposed to the offensive billboards will all advise those using them that they are objectionable, they will soon be eliminated.—Portland Telegram.

BULL MOOSE POLITICIAN GETS MRS. LANDES' SEAT

SEATTLE, June 5.—(Press.)—A case, brought to the Washington National circuit and in 1912 a Bull Moose candidate for governor, was today selected for membership in the Seattle city council. Mrs. Bertha Knight Landes, president of the council, having surrendered her seat to become mayor, the remaining members caucused and named Case on the thirty-fifth ballot.

PORTLAND LAUNDRIES MAY BE CONSOLIDATED

(Associated Press Local Wire.)
PORTLAND, Ore., June 5.—A move to consolidate the largest laundries here has been launched by the New York Financial interests, and the Sap-Rior Service Laundry company of Seattle, which this week obtain a license to operate business in Oregon. Prospective mergers were said by those active here to be contemplated by Puget Sound cities, San Francisco and Los Angeles.

GRAND BEAUTY SHOPPE

Phone 366 for French paper curl, water waves, dyes, bob curls. Marcel \$1.00. Rosets 50c.

DR. NERBAS

DENTIST
Painless Extraction
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HEALTH BULLETIN

Tourist Camp Sanitation in Oregon

(State Board of Health)
With nearly one-half of the people having access to automobiles and consequently spending a considerable portion of their time on the highways of the nation, the importance of maintaining sanitary conditions along these same highways becomes self evident. Water supplies, sewage disposal facilities, fly protection, mosquito eradication and protection of food are of the utmost importance.

In order that the tourists may be assured of safe water and sanitary toilet facilities in the state of Oregon, regular inspection of tourist camps is now required by law. The owners of tourist camps have agreed to comply with the rules and regulations of the State Board of Health and to cooperate with the inspection service through the county health officer. Buildings of course have been remodelled. As a matter of fact, many tourist camps maintain comfort stations equal to those found in our best hotels. Water supplies are uniformly satisfactory due to the fact that these supplies are regularly examined in the laboratory of the Oregon State Board of Health.

The following regulations concerning the sanitation of tourist camps were adopted by the State Board of Health on March 25, 1925:

Each tourist camp shall have an adequate supply of water of good sanitary quality from a source which will meet the requirements of the Oregon State Board of Health as to sanitary location, construction and operation. Common drinking cups are prohibited for use at these places.

Disposal of Excreta: Fly tight privies or water-flushed toilets with a system of sewage disposal approved by the State Board of Health shall be provided and shall be maintained in a clean and sanitary condition. Separate toilets for men and women shall be provided: one toilet for each 25 men and one for each 25 women.

Disposal of Refuse: Supervision and equipment sufficient to prevent littering the ground with rubbish, garbage or other refuse shall be provided and maintained. Fly-tight depositories for such material shall be provided and conspicuously located. These depositories shall not be permitted to become foul smelling or unsightly, or breeding places for flies.

Camp Sites: Every tourist camp must be located on a site that is well drained and shall be located with regard to its healthfulness. Inspection of tourist camps is made by the County Health Officer under the supervision of the State Board of Health as often as practicable. The camps are arranged as follows: Class "A" camps complying with every regulation. Class "B" camps comply with all regulations except those regarding some of the building restrictions. Class "C" camps are temporary permits issued to give the owners time to comply with the regulations. If the recommendations are not carried out and the camp is found in an unsanitary condition upon a second inspection, the tourist camp is then closed. This camp cannot be reopened until the recommendations have been carried out.

FARM REMINDERS

Corn bread makes satisfactory feed for young chicks, although the chicks like a little variety of other grains along with it. Especially after they are a few days old they need some kind of chick feed.

If sand is used on the floor of the brooder house care is taken that the chicks are fed carefully or they consume enough sand to cause death. Feed is given them a little at a time and water is given them frequently, especially for the first few days. Sand is good to absorb droppings and keeps the brooder fairly clean, but the best litter for the brooder house is chopped alfalfa or clover hay.

Potato growers of Oregon find it beneficial to eye-index the tubers, says M. D. Moore, plant pathologist of the experiment station. They take one eye from each seed tuber, and grow it in a greenhouse during the winter, in order to obtain an index of the health of the potato from which it came. Only potatoes making a good showing are planted. The index method is an effective way of eliminating potato virus disease.

The northwest prime crop promises from 70 to 80 millions of dried potatoes for which the dryer capacity is inadequate, says the horticultural products department at the Oregon Agricultural college. Growers would do well to repair dryers and put in a fan system. Methods of remodeling the dryers can be had by writing to Ernest H. Wiegand, at the government experiment station at Corvallis, Ore. Farmers are urged to do this at once because the season will be two or three weeks earlier than usual, unless a dry spell comes along unexpectedly.

The black foot rot of wheat in Oregon, often known as take-all, is doing considerable damage this year in western Oregon. No satisfactory measures have been found, say experiment station authorities.

CALL FOR WARRANTS

All persons holding warrants of Dist. No. 12 of Gile, Oregon, issued on or before March 14, 1925, and undorsed nor paid for want of funds, will present the same for payment at the First State and Savings bank, Roseburg, Oregon, as interest ceases on this date, June 1, 1926. H. D. Conzine, Clerk.

BEAUTY CHATS

COMMON FOOT TROUBLES

If you have any sort of trouble with your feet you should go to a chiropodist regularly just as you would go to a dentist if you have teeth trouble. It is a good plan to go before any actual pain starts, for a corn or callous is much more easily cured if the treatment is begun early. And be sure your chiropodist is good, for a poor one is worse than no use.

If you would rather do it yourself and save the expense purchase a nail clipper which is so shaped that it cuts the nails off evenly, and which is about the only way of cutting the big toe nail to the proper shape in pointing V, which avoids ingrowing the nails. You should also have a pair of stout nail scissors to cut off the loosened bits of skin from the bottom of the callouses, and either a safety razor blade or a proper corn knife, but be sure you have a steady hand and that you know what you're doing before you begin shaving down a corn or a callous.

To give any detailed corn treatment would take too long today. We must have several chats on the subject. Remember that you begin every treatment by soaking the feet in hot water to which a little borax has been added. Then the feet should be dried and as much loose skin rubbed off with the towel as possible. A little cotton wool soaked in the water should be kept over the corns so as to keep them soft while the rest of the foot is being treated. Each corn should be carefully shaved down little by little so as not to touch the live skin.

Thomas C. Kerosene is so stimulating to the scalp that it will sometimes prevent the hair from falling out. Kerosene has pretty much the same effect as alcohol has, but with either only use when necessary, say three treatments with a day between each one. As the trouble is with the scalp, apply the remedy to the scalp and not to the hair.

The article you refer to in which the hair was to be soaked with kerosene was information on destroying vermin.

Efficient Housekeeping

by Laura A. Kirkman

ANSWERS TO INQUIRIES

TOMORROW'S MENU

Breakfast	Oranges	Cereal
Pop Overs	Broiled Slice of Ham	Coffee
Luncheon	Jelly Omelet	Wholewheat Bread
Cookies	Lettuce Salad	Cocoa
Dinner	Beef Loaf	Fried Onions
Potatoes	Splinter	Berry Shortcake

Young Mother: "Please give me a recipe for a good vegetable soup containing meat. Also tell me what will remove yellow stain from an infant's silk-wool garment (caused by frequent wetting)."

Answer: I believe that what you want is an unstrained beef bouillon. Buy three pounds of lower round of beef, having your butcher cut it in small pieces. Let those pieces stand in cold water for one hour, then cover, bring to the boiling point, and remove scum. Let continue to simmer three hours, then add one-half cup of minced peeled onion (about two onions) and two carrots scraped and diced, a little celery or celery salt, one tablespoon of salt, pepper to suit taste, and three quarts of cold water. Simmer one hour longer, adding more hot water as this amount boils away. Cool, remove fat, and reheat for use (keep what is left over in a refrigerator till needed). There is acid in the

Answer: Spread the curtains out on a flat surface covered with towels, wash with a soft cloth wrung out of warm water and then rubbed with a good grade of white soap. Rinse off the soap with clear water and dry with a clean cloth. The soft colors of the new waterproofed materials are not injured by this method.

Mrs. J. P.: "I would appreciate good recipes calling for potato flour."

Miss L. M.: "My cream velvet skirt had become stained with black oil (from car or stove), and washing would not remove it. It was washing it in soap flakes, when a friend happened in and told me to use Eucalyptus oil. I poured a few drops on the spot, rubbed it around it well, and it disappeared."

Answer: Thank you for this valuable hint.

Diet and Health

By Lulu Hunt Peters, M.D.

Author of "Diet and Health and Diet for Children"

HOW MUCH, AND WHAT KIND?

"He needs a good chunk of beef, steak; that's what he needs." If you're not a vegetarian yourself, and haven't said that many times, you've probably heard it. Well, possibly beefsteak might be one aid to him, for beefsteak is a complete protein (I'll explain complete and incomplete proteins in a moment) and it is not uncommon for those who have discarded flesh foods to take too little protein in general and also too little complete protein in particular. Vegetarians themselves, who know the science of dietetics, warn against this fault. (There is plenty of protein of the right kind in the vegetable kingdom, naturally. If it is selected properly. More later.)

The result in those who do not eat enough protein is anemia and general weakness, for their muscles and all other tissues have lost tone and have ceased to function properly. Why is this? Because protein—and a large share of it must be complete protein—is absolutely necessary to build up the tissues of the body and to keep them in repair and functioning properly after they are built. For the tissues are protein, and protein is necessary for protein.

"But"—P. L. writes, "is just as erroneous to say that protein builds protein as to say that bone builds bone, brain builds brain, and so on. If muscle tissue of animals builds muscle tissue, then it would be just as logical to assume that the other organs of animals build the other organs in man."

Now let's write your diet, men, which says that protein is not necessary to build protein. I'm sorry to be wrenched with you, but that statement makes it quite obvious you know nothing of the chemistry of foods and of the chemistry of the body. Also you should not make it. You should know that protein is necessary to build protein, mainly because every molecule of protein tissue of the body has nitrogen in it, and only the protein foods contain nitrogen; therefore, we have to believe that they are absolutely necessary for the protein tissues of the body. We are not able, like the plants, to take our nitrogen direct from the sun and soil.

Now I am going to say this again in the words of Henry C. Sherman, Ph. D., Professor in Columbia University, one of our greatest food scientists. "Since animals must have protein for the construction and repair and maintenance of their tissues, and since, broadly speaking, they cannot make their protein except from the cleavage

(Continued on page 5.)

My Dear Followers:—When sending for material which we offer you, please 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 200 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 or give 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 you ask 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.

My Dear Followers:—