

ROSEBURG NEWS-REVIEW

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THE AMERICAN HOME.

Improvement of the American home, so that people might be turned from what was called the "mad flight after irresponsible pleasure," toward family enjoyments, was emphasized as the ideal in the report of the president of the General Federation of Women's Clubs, at the recent convention at Atlantic City.

Henry Ford is rebuilding, as a part of his colonial collection at the Wayside Inn at Sudbury, Mass., the old schoolhouse around which centers the famous verse of "Mary had a little lamb."

June 14 is celebrated as the anniversary of the adoption of the United States flag in many states of the union. It is a day for warm patriotic sentiment, and pride in the wonderful country that looks up to these colors as the symbol of its glory.

The effort to teach people to show respect and courtesy to the flag, is something more than a superficial point of good manners. People should be made to see that it shows lack of intelligence and fine sentiment to fail to make this manifestation of loyalty.

Stepping on the gas is becoming a favorite pastime with some people who are bent on murder.



THE STORM.

The wild winds were whooping and raving, and tearing the village apart; the elements, all misbehaving, brought peace to my suffering heart. For what can be nobler or grander than hurricane winds running loose, bearing off Mrs. Jingleon's gaudier and stripping the plumes from her goose?

FINAL PROGRAM OF CHAUTAUQUA GIVEN SUNDAY

Play "The Fool" Ends Series of Interesting Entertainments.

LECTURE PLEASURES

Educational Demonstration by Master Potter Greatly Appreciated by Large Audience.

Chautauqua came to an end on Sunday night with the presentation by the Herbert Sprague players of the popular play, "The Fool."

Saturday's entertainments were particularly fine, the Mason Jubilee Singers appearing in a program of plantation music, camp meeting songs, and negro spirituals in the afternoon.

The lecture by Mr. Danron was beyond question one of the most interesting and educational ever given in the city.

At a potter's wheel Mr. Danron fashioned beautiful vessels from the soft clay, and as he did so he brought home a lesson, showing that life is like the making of pottery and that the vessels of human life must be fashioned in the same way and can be subjected to the same stresses.

His work was very educational and he told the large audience how different kinds of pottery and china are manufactured. By actual test he proved the superiority of American made china ware over that produced in foreign countries.

Around the County

COLES VALLEY BRIEFS

The Jackson Brothers saw mill is running at full capacity. They put on a good grade of lumber and get more orders than they can fill. Fred Doring, of the town of Cole Valley, is spending a few weeks visiting his uncle and aunt, Mrs. and Mrs. Chas. Churchill.

and Lucille Hebard. Recitation, "Old Dandelion," Lillian Mathews. Recitation, "When Father Carves the Duck," Georgia Emery. Play, "Physical Torture Club," by Ella Long, Helen Hebard, Vernon Crane and George Shambrook.

At noon two large tables were placed under the spreading maple tree and a sumptuous lunch was served. Two good games of baseball were played with John Krohn of Cleveland, umpire for both games.

The last day of school was observed at Days Creek with a splendid and varied program. The primary pupils presented a costume play entitled "The Sleeping Beauty and the Prince."

The pupils of the intermediate grades presented a playlet entitled "Selling Old Tom." The following pupils took part: Claydon Dean, Lavern Kaciator, Gene Hutchinson, Newell Woods, Jr., Leslie Poole, John Harold Hutchinson, Selma Racher, Izola Hutchinson, Mike Paragon.

Weather conditions in May were unusually favorable to fungus infection in Oregon, say experiment station authorities. Successful growers will give extra attention to the application of lime spray against apple and pear scab, peach and cherry leaf spot, peach blight, gooseberry and currant leaf spot, and brown rot of stone fruits.

FARM REMINDERS

The hairy vetch seed market holds a strong position in Oregon this year and growers not under contract will have a nice opportunity to dispose of their crops, advises the experiment station.

RODEO RIDERS TO VISIT CITY TUESDAY EVENING

Roseburg will have an opportunity of seeing Rose Smith and her famous spotted horses on Tuesday evening at 8 p. m. when she comes to this city in company with a group of riders who are to appear at the rodeo at Oakland on June 11, 12 and 13.

FREE PICTURES OF CARNIVAL TO BE SHOWN THURS.

Motion pictures of the Roseburg Strawberry Carnival will be shown at the army on next Thursday evening. The pictures will be shown free of charge.

HOMING PIGEON SELFS TO FAMILY OF CHECKERS AT TABLE CHECK

A. W. Parson of Table Creek, near Dothan, has a homing pigeon, which seems to have decided to become an adopted member of the family. The pigeon, which is named "Parson's Pigeon," was brought to Roseburg in time for the show on Thursday evening.

DR. NERBAS DENTIST

Painless Extraction. Gas When Desired. Painless Cure. Phone 432. Maxine B.M.G.

FIRING SQUAD MAY BE AMERICA'S END IN FRENCH LEGION

(Associated Press Lease Wire.) DAMASCUS, Syria, June 7.—An American giving his name as Gilbert Clare of Memphis, Tenn., a member of the French foreign legion, is held in prison here on a charge of desertion and rebellion.

Clare arrived at Damascus last night under a strong military guard. The price he belonged to a company in the column of General Adress, which advanced to Souleia last week.

The French military authorities state that Clare engaged in an altercation with his superior, and then deserted with five other members of the legion.

Clare and his party were surrounded by French troops and were captured after an exchange of shots in which no one was injured.

An investigation, which is still continuing, was ordered last Friday. Clare will be tried by court martial at Damascus as soon as the proper papers have been drawn up. If Clare is sentenced to death, the papers in the case will be sent to Paris for the signature of Minister of War Paul Painleve.

An insecticide for the soil will help you to grow gardens where you have failed before. Naphthalene prevents and retards all soil pests. Get it at Churchill Hardware Co. and insure your garden against attack.

ROSEBURG STUDENTS ARE MEMBERS GREATER OREGON COMMITTEE FOR SUMMER

UNIVERSITY OF OREGON, Eugene, Ore., June 7.—Douglas and Coos counties are represented by 12 students on the Greater Oregon committee which is to function during the summer in order to attract the more desirable students to the University and to help make the semi-centennial celebration, October 18-23, a state-wide event.

The members of the committee, it was stated, is not the largest number of students from Douglas and Coos counties, but to get the best quality, those who will benefit most by the University training and are best fitted to do the work. The committee, according to Virgil Earl, director of athletics, who is in charge of the organization, opening a new era in the University's effort to bring desirable material to the campus.

Charles Carter, of Myrtle Point, is general chairman of this district. He will be assisted by Thornton Gale, Maxine Paulson, Myrtle Mast, Alice Douglas, Ruth Goring, Burr Abner, Ellis Shull, Sherman Smith, Glenn Radabaugh, Ray Jost and Phil Bergh.

BEAVERS PURCHASE PAUL STRAND FROM THE COLUMBIA CLUB

PORTLAND, Ore., June 7.—Paul Strand, outfielder, who was one of the leading hitters of the Pacific Coast league, before he was sold by the Salt Lake club to the Philadelphia Athletics, has been purchased by the Portland club of the Coast league from the Columbia club of the American association. This news was telegraphed today from Atlantic City by President Thomas L. Turner of the Portland club.

Standing of Clubs. SAN FRANCISCO, June 7.—The unofficial standings of the Pacific Coast baseball league teams, including games of yesterday follow: Los Angeles 36-23; Missions 32-29; Seattle 32-31; Oakland 29-29; Sacramento 29-31; Hollywood 29-32; Portland 29-33; San Francisco 26-36.

Artlet Leading Hater. SAN FRANCISCO, June 7.—"Buz" Artlet of the Oakland club was resting on the top of the balling honors of the Pacific Coast baseball league when averages, including games of Saturday, were compiled. Artlet had a percentage of .493. He is one of the Mission slippers a few points during the week, but he held on to second place with 31. Ethel of Seattle climbed to third place with a mark of .389.

Leading batsman of the other clubs follow: State, Los Angeles, 261; Prother, Portland, 216; Acosta, San Francisco, 203; French, Sacramento, 209; O'Doul, Hollywood, 217.

Ham Boone was the leading home run hitter in the league with a seasonal total of 19. Albot, had 12 as did Smith of Portland. R. Jacobs of Los Angeles was next with 11.

Graduation of Canada thistles and wild morning glories in Oregon is now occupying the attention of many farmers. Best results in controlling these weeds have been with the thorough clean culture method which prevents leaves getting in the way of the light.

Many undesirable flavors and odors develop over night even when the separator has been thoroughly rinsed with supposedly clean water or with swill milk. The O. A. C. experiment station. Analysis of the substance of which the separator slime is found in the morning after standing all night, shows what is taking place when this dirty separator is used to separate the fresh morning milk.

Kale and the most important fall and winter forage crops for western Oregon is usually transplanted in June. Deep planting has given good results at the experiment station. By planting the roots in moist soil the tendency is to grow closer to the ground. Low blocky plants are most resistant to cold than rangy ones.

Twelve-spotted cucumber beetles are abundant in truck fields and gardens in Oregon, says the entomologist of the experiment station. The beetles are a greenish yellow color with 12 black spots. They are feeders on general foliage but prefer cucumbers, cantaloupe, squash, and beans. Lead arsenate with a trap crop has given the best control.

Potatoes are usually harrowed before and after coming up and until they are three or four inches high, says the farm-crops department at the Oregon Agricultural College. Shallow through cultivation is then needed often enough to control weeds. Level culture is best except where the soil is cold and moist or where it is irrigated. Slight ridging may sometimes be necessary to keep tubers from being out and anburning. They are cultivated only when the vines are dry. Weeds are most easily killed while they are small. Cultivation when the ground is dry and free from weeds is unnecessary.

BARNES BARBER SHOP. Marcelling; all beauty work. Marine operator. Phone 1594.

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WELL DEVELOPED ARMS

If a woman is slightly overweight or is gaining it will show first on the upper part of the arm. The muscles will become flabby, the arm will seem to flatten out against the side and its shapeliness will gradually disappear.

Now one of the best tests of the muscular development of your arm and also one of the best ways of developing these muscles, is the child's game of chinning himself. You can do this at home easily without any elaborate apparatus if you will get a pole around enough to hold your weight, and place it from say, the foot of your bed to the window sill or the top of a chest of drawers, at a height where you can just reach it when sitting on the floor.

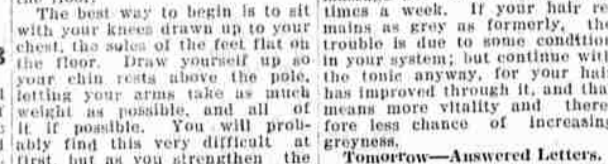
The best way to begin is to sit with your knees drawn up to your chest, the soles of the feet flat on the floor. Draw yourself up so your chin rests above the pole, letting your arms take as much weight as possible, and all of it if possible. You will probably find this very difficult at first, but as you strengthen the

arms, and the muscles across the back and chest, you will gradually make the pole without any help from the feet; in fact you should be able to do it with the arms only and with your legs extended flat along the floor.

I can guarantee that if you do this exercise faithfully every day you will have well rounded, firm muscled arms. Meanwhile, if they are unsightly, cover them up with sleeves, or have your short sleeves cut with a deep V, pointing up along the arm towards the shoulder. This gives an effect of slenderness that is very deceptive for it actually covers up the ugly flesh yet seems to leave the arm bare.

Mrs. G. D. L.—The tonic formula is perfect as it is, so you will not improve it by doubling the quantity of the pilocarpine. Massage your scalp every day, and include the tonic with the massage not more than three times a week. If your hair remains as they are formerly, it is due to some condition in your system; but continue with the tonic anyway, for your hair has improved through it, and that means more vitality and therefore less chance of increasing greyness.

Tomorrow—Answered Letters.



Efficient Housekeeping. Making Timbales. creamed chicken with the mushrooms. Or the cases may be filled with ripe strawberries, sprinkled with powdered sugar and topped with a tiny dab of whipped cream, as a dessert. In a formal dinner Swedish timbale cases filled with such unsweetened foods as creamed chicken, fish, etcetera, may be used as the entree. But at a simple home dinner, or when entertaining guests informally at luncheon, dinner, or Sunday night supper, they may be served with the meat and vegetable course, or with the main course of lunch or supper. For instance, a beefsteak accompanied by the fish timbales, or fillet of sole accompanied by the chicken timbales, would be a delicious combination.

TOMORROW'S MENU

- Breakfast: Prunes, Cereal. Boiled Eggs, Coffee, Toast. Luncheon: Baked Grapefruit Dish, Fruit Salad, Sugar Buns, Dinner: Radishes, Cold Sliced Beef, Pickles, Ham Timbales, Baked Macaroni, Lima Beans, Apple Betty, Coffee.

To make Swedish Timbales: Beat two unseparated eggs, stir into them one cup of white flour mixed with a pinch of salt and one teaspoon of granulated sugar, add one-half cup of cold, sweet milk and one tablespoon of olive oil. Do not beat more than is necessary to mix these ingredients. The timbale iron must be heated in the kettle of deep fat, then drained, wiped on clean paper, and dipped into the batter (which should be in a pitcher). Hold the iron in the batter for a coating of batter clings to it, then put it back into the hot fat and cook till crisp and light brown. Drain on crumpled paper and cool before filling.

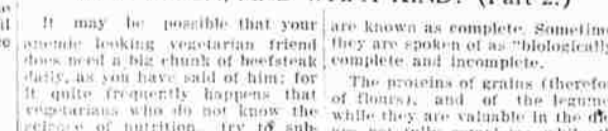
Those little cream cases may be filled with creamed oysters, creamed chicken, creamed lobster, creamed sweetbreads, a combination of chicken and sweetbreads with mushrooms, or simply the

cream of chicken with the mushrooms. Or the cases may be filled with ripe strawberries, sprinkled with powdered sugar and topped with a tiny dab of whipped cream, as a dessert. In a formal dinner Swedish timbale cases filled with such unsweetened foods as creamed chicken, fish, etcetera, may be used as the entree. But at a simple home dinner, or when entertaining guests informally at luncheon, dinner, or Sunday night supper, they may be served with the meat and vegetable course, or with the main course of lunch or supper. For instance, a beefsteak accompanied by the fish timbales, or fillet of sole accompanied by the chicken timbales, would be a delicious combination.

To use the baking timbale moulds, use any meat or vegetable thickened with a little flour, or bread-crumbs with egg or milk added to insure its rising, very much like a small soufflé, and set the mixture-filled moulds (filled only two-thirds full) in a pan of hot water; cover with buttered paper, slip into a moderate oven, and bake 20 minutes. Turn the cooked ham, stirring in the butter (after making sure that it is "set," like a custard) and serve with white sauce, tomato sauce, or peas. Here is an excellent recipe of this order:

Ham Timbales: Cook one and one-half cups of dry bread-crumbs in one and one-fourth cups of sweet milk till a paste is formed. Add this to two cups of minced cooked ham, stirring in the egg yolks, salt and pepper to taste, and then folding in two egg-whites which have been stiffly beaten. Oil the timbale moulds and cook as above directed.

Tomorrow—Infants Sacque and Afghan.



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

HOW MUCH, AND WHAT KIND? (Part 2.)

It may be possible that your average looking vegetarian friend needs a big chunk of beefsteak once in a while, or that you, for quite frequently happens that vegetarians who do not know the science of nutrition, try to substitute a diet which is too low in protein.

As I told you yesterday, a certain amount of protein foods is absolutely necessary for building and maintaining the tissues (which throughout are protein). The chief reason being that the protein molecule always contains nitrogen, and the tissues can get this only from protein foods, for the fats and carbohydrates, the other great food principles, do not contain it.

However, there is no need of your friend having to take flesh foods if he doesn't want to, because the vegetable kingdom abounds in proteins which are complete in every way and can build up satisfactory muscles and health, as witness the good muscles and good health of certain animals that eat no flesh foods.

There are many different kinds of proteins; the proteins of needs (like grains), of roots and tubers, of beans and peas (the legumes), of nuts, milk (therefore cheese), animal flesh.

It has been proved through animal experimentation confirmed by clinical observation that some of the proteins do not contain all of the elements necessary for building and health; therefore they are called incomplete. Those that do contain all the building elements

are known as complete. Sometimes they are spoken of as "biologically complete and incomplete."

The proteins of grains (therefore of flours), and of the legumes, while they are valuable in the diet, are not fully complete; while the protein of the growing and most active functioning parts of the plant (the leaves), the protein of milk and therefore cheese, the protein of eggs and of the glandular organs (such as sweetbread, liver, brains, etc.), are of high biological value. The protein of lean meat or muscle meat, is also of high biological value as the protein of the plant organs, largely because there are not so many vitamins in them, and they should be accompanied by other proteins which are complete.

Milk is a protein food of great superiority. It is also high in vitamins, especially the growth vitamins, and in some valuable mineral elements, especially calcium. The protein of leafy vegetables is also of high biological value, but on account of the large percentage of water in these vegetables, you would have to eat them in too large quantities to count very much on the protein. (We should have them in liberal quantities, however, for their vitamins, minerals and roughage.)

Of account of these virtues of high grade protein, vitamins and mineral elements, McCollum of Johns Hopkins has termed milk and the leafy vegetables the "Protective Foods," and he and many others have shown that they do contain all the building elements

(Continued on page 5.)