



\$26.50 to San Francisco and return; 16-day limit

Profit by reduced roundtrip fares to California in effect throughout the summer. 16-day limit tickets are on sale daily this year; roundtrip to Los Angeles and other Southern California points equally reduced. Also, season tickets Oct. 31 limit at slightly higher cost (stopovers).

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- BEAUTICIANS
Miss Velma Goff
Miss Eldress Judd

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Tuesday, July 6, 1926

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POLICE GIVE SAFETY HINTS

More than 500 chiefs of police throughout the country were questioned as to their opinions about the causes of highway accidents and methods of reduction. Speed mania and drunken drivers, they said, led as the major causes of accidents which last year took toll of 25,000 lives. As remedies nearly all the police suggested limiting the speeding capacity of motors to not more than forty miles an hour, the general adoption of the air-brake, regular inspection of mechanical parts, standardization of traffic laws and increasing the requirements for obtaining drivers' licenses.

Lawn mowers and garden hose at Wharton Bros.

Takes Years Off Your Complexion

You have wanted a skin food and beautifier that keeps the face young. There is a new French Process Cream will do this. It is so pure and different one application brings a change. It is called MELLO-GLO and everybody says it is wonderful. Get MELLO-GLO Cream now and increase your beauty.

Nathan Fullerton, The Rexall Store, Roseburg, Ore.



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BEAUTY CHATS

GRACEFUL DRAPERIES

The woman who is too tall or who has an ugly figure should learn to make use of drapery. By that I mean that she should wear scarves or fringed shawls, and have all her dresses cut with the new lines that give the body movement. The new fashions are designed so that the taller and thinner the figure the more graceful it becomes.



Shawls Are Universally Becoming

In tailored dresses "movement" is suggested by inserted pleatings often in detached panels that fly away from the figure. In fancier dresses of thin material the most graceful movement is achieved by slightly circular insets at the front or the sides, or by fine pleatings.

which make the skirt cling to the figure when standing but float out around it when walking. Even the familiar shirtings and ruffings are put to new uses to produce "movement." In other words instead of cutting and concealing the figure as before and having no motion but that of the wearer, the new style gives the dress an independent movement, a graceful swaying and fluttering which is much more becoming.

It is absolutely necessary to break the lines of a tall or a thin or an ungainly figure. The new complicated style of cutting does his most successfully. Dresses draped to one side and pulled around the figure as we wore them some years ago will also break up ugly lines and substitute better ones. The side draped style is coming back again, by the way.

To give "movement" to your old frocks wear long, bright silk scarves with daytime dresses so the scarf ends float about the figure, and wear light silk fringed shawls in the evening. Shawls should no longer be folded into a triangle. Instead one whole end should be turned back to a depth of twelve to twenty inches and then wrapped around the shoulders.

Miss B.—You have been irritating your skin by overdoing the treatments. A daily cleansing with cream and then hot and finally very cold water should be enough without following it with an astringent. The cream you mention should not be used on the face at all times as it tends to dry out the secretions.

Mrs. C. H. K.—Never try to remove a mole yourself as you may cause a permanent scar. A few moles are not disfiguring, but if you feel that you must have them removed, go to a doctor who does such work.

Tomorrow—Answered Letters.



WALNUT CAKE

TOMORROW'S MENU

Breakfast	Cherries	Cereal
Griddlecakes	Coffee	Sirup
Luncheon	Ham-Potato Salad	Wholewheat Bread
Jam	Stewed Prunes	Iced Tea
Cookies	Dinner	Cream of Corn Soup
	Lamb Chops	Potatoes
	Carrots	Lettsue Salad
	Berries with Cream	Walnut Cake
	Coffee	

I have just originated a new walnut cake, which I believe my readers will like. For the sake of the inexperienced cook, I shall try to tell very clearly and specifically "just how" I made it:

Walnut Cake—Into a medium-large mixing bowl (nine measures ten inches in diameter across the top) put one-half cup of butter and rub this to a cream with a strong mixing spoon. Then rub into it one cup of granulated sugar gradually, and next add the yolks of two eggs beaten and then mixed with one-half cup of cold sweet milk.

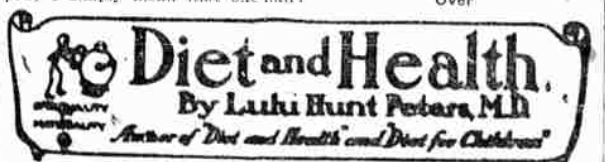
Next, sift together one and three-quarters cups of pastry flour, one-third teaspoon of salt and two and one-half teaspoons (rounded) of baking powder. Into this dry mixture (in a small bowl) stir one-half cup of walnut nuts broken small. By "small" I do not mean chopped; I simply mean that one-half

walnut is broken in about four pieces. Measure after breaking small.

Now flavor with one-fourth teaspoon of lemon extract (or one-half teaspoon of lemon juice) and fold in the stiffly-whipped whites of two eggs. Beat the batter for three minutes steadily before turning it into a nine-inch-square pan ungreased but lined with wax paper. Slip the pan at once into a medium oven (that is, an oven no hotter than 350 degrees Fahrenheit, if you use a thermometer, and preferably 300). At no time during the 45 minutes of baking allow the oven to reach the really "hot" stage, unless it be at the very end (the last three minutes), when the oven heat may be increased to 400 degrees F. to brown the cake. By this time the cake will have risen to its full height (one inch high at edges and higher than that in the center).

Frosting for This Cake: I used both white and chocolate frostings. Into a small bowl I put two cups of confectioner's sugar and wet this to a paste with two tablespoons of cold water and one-half teaspoon of vanilla. In a coffee cup I put one-fourth cup of additional confectioner's sugar and to this added one teaspoon of cocoa powder, one-fourth teaspoon of vanilla, and two teaspoons of cold water. Mix to a paste. Spread the white frosting completely over the top of the hot cake, then decorate as desired with the chocolate, which will be of a thinner consistency.

Tomorrow—Girl's Sleeveless Slip.



XANTHOMA

Have you ever noticed yellow patches of varying sizes on the eyelids of some middle-aged and elderly persons? It may be the condition known as Xanthoma, a disease of the skin. (The term Xanthoma is taken from two Greek words, the first meaning yellow, and the last oma, meaning tumor.)

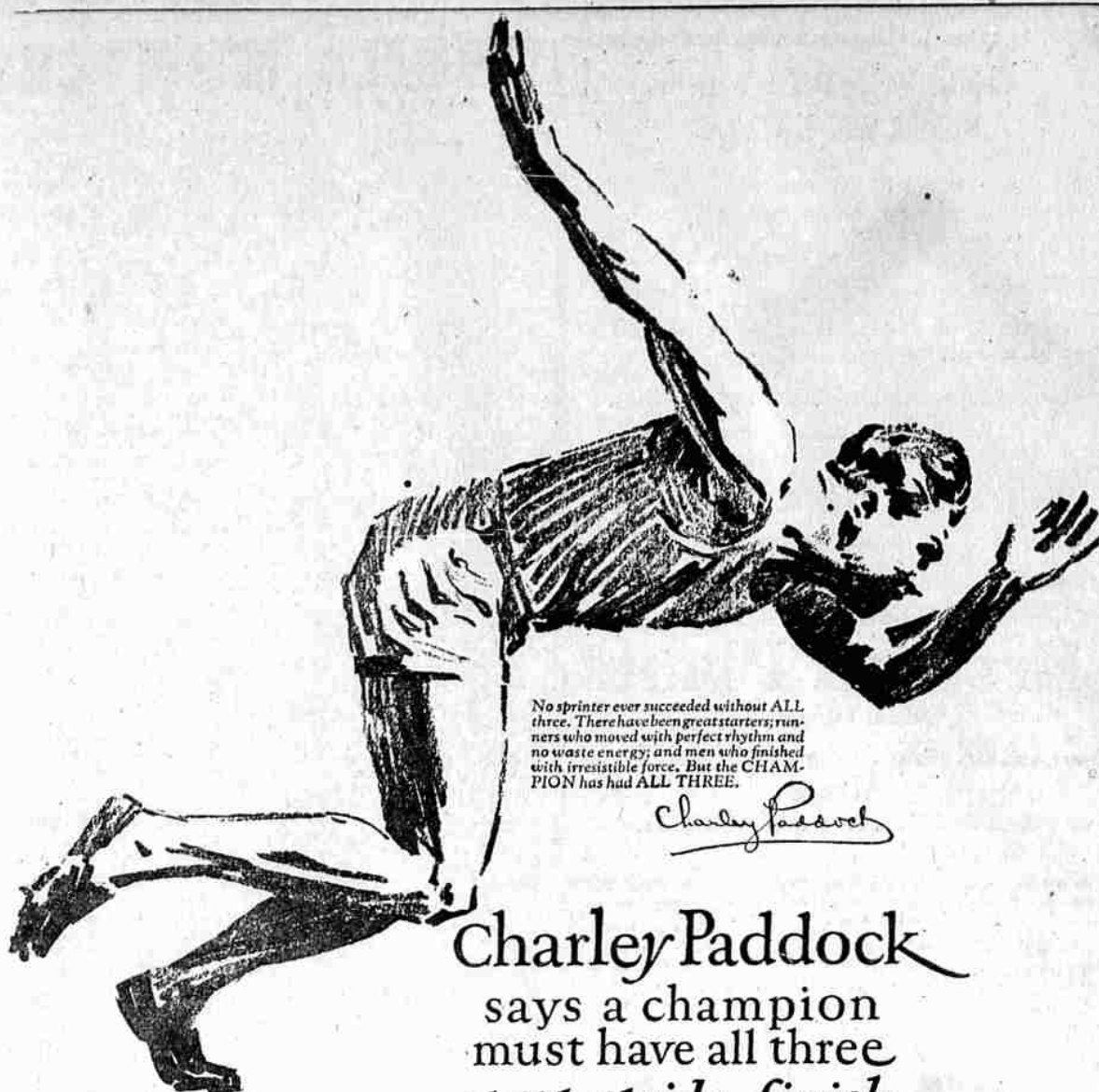
Now do not be frightened of the word, M. (She says she has Xanthoma in the general form.) The word tumor does not necessarily mean cancer. It really means a growth of new tissue and it is used in medical terminology for any swelling.

There are two general types of Xanthoma—those which are flat and plate-like and situated on the eyelids (known as the xanthoma planum) and the other type, the xanthoma multiplex, in which the spots are round and nodular and are generally in distribution.

The plate variety usually occurs around the eyelids, more frequently on the upper than the lower, is not uncommon in middle and old age. It may also appear elsewhere on the face. The growth is, as a rule, exceedingly slow and there are no symptoms, except an occasional itching.

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 fatness is the only one of the series 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 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 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.



No sprinter ever succeeded without ALL three. There have been great starters; runners who moved with perfect rhythm and no waste energy; and men who finished with irresistible force. But the CHAMPION has had ALL THREE.

Charley Paddock

Charley Paddock
says a champion
must have all three
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Start

Charley Paddock, the world's "fastest human" getting away simultaneously with the crack of the pistol. Paddock is the present holder of 37 out of a possible 40 world's sprint records and the only sprinter to run 100 yards in 9.5 seconds.



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The treatment, Xanthoma patches can be removed by a skin specialist by electrolysis and other remedial agents. No home local treatment is advised because in the eyelid type, the conditions are too near the delicate eye, and in the multiplex type there might be too many patches and too much of an irritation be caused, with perhaps after-effects.

The general treatment is that of any disease, and that is, a balanced diet, an adequate amount of vigorous physical exercise, open air, sunlight, sufficient sleep, etc.

HUNGER AND DIGESTION

Mrs. G.—Eating without hunger doesn't always invite indigestion, nor is it always true that foods you don't care for, do not digest.

Those who are trying to gain in weight very often have to eat without hunger. They have to force themselves to eat more with each meal, and eating more, combined with more rest and less activity, will cause a gain in weight—always providing, of course, that no organic trouble is the cause of the underweight. And perhaps it will, anyway.

By the way, the million dollar pamphlet on how to lose weight contains instructions on how to gain also. Yes, you have to Peter—count calories—too. (You may have this pamphlet by sending ten cents in stamps with self-addressed, stamped envelope. Allow at least two weeks for its receipt.)

Tomorrow—The Health Ideal

The McCormick-Dueling disc tractor plow has the weight to hold it in the ground. See one at Wharton Bros.

How much would it increase the value of your town lot in Sutherland if a large saw mill were built in Sutherland Valley?

Studebaker builds no yearly models.

POTATO WILT DISEASES CHECKED IN SEED PLOT

Potato wilt is controlled in Oregon with least time and work by use of the seed plot, according to findings of the experiment station botany and plant pathology department. And no other method is so effective as three-plant rowing in cleaning up stocks infected with verticillium wilt—the common wilt.

By seed plot is meant any part of the potato kept separate from the main crop and given special treatment for obtaining better seed for the next crop on the same farm. If proper care is given this plot it will render extensive roguing of the main field generally unnecessary. For this reason the importance of growing the seed in seed plots can hardly be over estimated.

Wilt producing organisms are extensively carried in tubers from diseased hills, so these tubers if used for seed readily give rise to infection. The verticillium wilt spreads from plant to plant in the row, apparently to near the end of the growing season. This spread, apparently underground through the root systems, may extend as far as the third plant.

Infected plants do not always show infection, apparently because infection often comes through the cut potato. But this plan is of no value against verticillium wilt from the soil, as it comes through the roots and not the seed pieces.

Neither does the stem end appear to give more disease in the crop than the blossom end seed pieces. At most the difference is

so slight as to make attempts to control the disease by planting only the eye-end pieces ineffective.

Potato wilt lives over the winter in old tops in soil and causes disease in wilt-free potatoes. Field rotation trials show that a two-year rotation is ineffective in preventing verticillium wilt from the soil. Three or four year rotations are considered completely effective in eliminating this fungus from the soil. The best basic crop rotation for use in western Oregon is grain, clover seed, clover hay and cultivated crops.

Would it surprise you if a woolen mill were established in Sutherland Valley?

From Klamath—Mr. and Mrs. A. Redburn, formerly of this city, now residents of Klamath Falls, were here over the week end visiting with friends and relatives.

From Sutherland—Mrs. Henry Denley of Sutherland, was attending to business affairs and shopping in this city yesterday afternoon.

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