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ROSEBURG, OREGON, TUESDAY, JULY 13, 1926.

STAGNATION AND PROGRESS.

The ordinary person can find considerable suggestion in the codes of professional ethics which school teachers have recently been preparing for the shaping of their own conduct. The teachers of 27 states already have such codes, and one is being prepared for the National Education association. In the code adopted for New York state teachers, the statement is made that the greatest fault of which a teacher can be guilty, is that of "professional stagnation." The teachers are warned against an "intellectual crystallization" which makes their service mechanical. That means getting in a rut and staying there. In every occupation there are people who get into that stagnant way. They are like a still pool where the same water just stays day after day. Naturally it gets covered with scum and weeds. What such a pool needs is a stream of clear running water flowing through it. And what human thought and labor need, is a clear stream of fresh original action flowing through. In every occupation there are always new ideas and improvements, new methods and ways of working, with which one should become familiar and some of which at least are practical and helpful. If people do not study those new methods and try to improve their ways of working, they fall behind the progress of the times. Whether a person works with his head or his hands, he must constantly be using his brain to see that he is not tramping around in a circle, like a horse going around in a treadmill, but that he is advancing from point to point. That is the only way in which people can make themselves valuable in an economic and industrial system where there is constant motion and improvement.

Two dates that seem to be getting closer together with succeeding years are July Fourth and safety first.

Speaking of "permanent waves"—there's the heat for example.

RIDDLE LOCALS

Mr. Lou Grant accompanied by Mrs. Anna Kiehn and children drove to Diamond Lake Thursday. The Eastern Star chapter met Tuesday night. Initiatory work was put on and dainty refreshments were served. Mr. Phil Sowersby returned Thursday from Cannon Beach. Mr. and Mrs. C. E. Travers and family of Portland, visited at the Klamath home over the Fourth. Mr. and Mrs. Dick Ulam and Mrs. Alta Ulam spent their vacation at Diamond Lake. Mr. and Mrs. John Hamlin spent the Fourth at Tillam. Mr. and Mrs. H. A. Crow and Bud drove to Oakland and Green Valley on Monday. Mr. and Mrs. A. F. Becker and family, Mr. and Mrs. Ed Miller and daughter, Mr. and Mrs. Perry and Bud drove to the Fourth above Cow Creek Falls. They had a picnic dinner and all report a dandy time. Mr. Henry Wells of Yoncalla, is visiting his brother, Lester, on his ranch near Riddle. Mr. Ben Nichols was a Roseburg visitor Tuesday. Mr. and Mrs. Ed Hart and children spent the week end at Bandon. Mr. and Mrs. Ed Riddle spent the week end at Bandon. Mr. Wm. Coote of Hoskins, spent a few days with his parents in Riddle. Mrs. McAncher, Mrs. Payne, Mr. Everett, Mr. Swartz and Mrs. Adie Nichols and Mrs. Moline had a picnic dinner on Mrs. Moline's porch on the Fourth. Mr. and Mrs. Geo. Kiddle of Roseburg, were visitors at the Nichol-Moline home. Mr. and Mrs. Lester Crow of Marshfield, spent the Fourth with Mr. and Mrs. H. A. Crow. Mr. and Mrs. Thomas Dyer of Grants Pass, and Mr. and Mrs. James Stearns of Klamath Falls, were visitors at the Crow home. Mrs. Eva Vaughn and Mrs. Elsie Vaughn of Lyons and Klamath Falls were visiting their mother, Mrs. Frank Franer. The Roseburg lodge met on Wednesday night for installation of officers. Dainty refreshments were served. Mr. Grover Hughes of Klamath Falls spent the Fourth in Riddle visiting relatives. His wife, who has been visiting here for some time, returned home with him. Mr. C. E. Lozdon and daughter, are visiting relatives in Jasper. Mr. and Mrs. Hewitt Ash and sons are spending the week at Newport. Mr. and Mrs. Ira Dean went to Bandon over the Fourth. They visited Lloyd Myzatt, formerly of Riddle. Mr. and Mrs. Fred Hall and children spent Sunday at the beach. Mr. and Mrs. C. G. Irvine and two daughters, were guests at the Crow home for a few days. Mr. and Mrs. H. O'Connell and Mrs. Arne O'Connell and Miss Kathryn Dittel drove to Crater Lake Thursday, returning to Jacksonville Dr. and Mrs. John Wilson were

that night and returning home Friday. Mr. O. A. Houser, who has been ill for a long time, was able to be taken to Roseburg Friday to spend some time at her mother's. Her daughter, Mrs. Ford accompanied her. Mr. Alfred Coote was a Roseburg visitor Friday. Mr. Gerald Anamus of Myrtle Creek, met with a queer accident Friday. He is a Southern Pacific employe and was working near the track when No. 11 went past hitting a rock that flew up and hit Mr. Anamus and fractured his jaw. He came to Riddle for medical aid. Mr. Paul Gary was a Riddle visitor Saturday. Rev. Mulholland left for Glendale Saturday. He will preach in Glendale Sunday returning home Monday. There will be practicing services here next Sunday. Mr. D. E. Osborn, deputy grand master of I. O. O. F. went to Roseburg Friday to install the officers of the Roseburg lodge. He will serve in the same capacity at Myrtle Creek Saturday. Mrs. Kate Miles of Myrtle Creek, was a visitor at Maple Lodge Saturday. A quartette from the Bible Institute of Los Angeles, gave several spiritual concerts in the Baptist church this week. Mr. and Mrs. Alden and family have returned from Seattle, where they have been visiting for the past week. Mrs. Ida Wilson of Roseburg, was a guest of Mrs. Grover Hughes for a few days. Mr. Leach of Tillam was a Riddle visitor Saturday. Carlyle Burpyne spent a few days visiting in Roseburg. Mr. Van Dyke of Tillam, was a business visitor in Riddle Saturday. Owing to the absence of Mr. Alden there hasn't been any picture show for the past two weeks. There will be a show on Friday, July 16. The road to Silver Peak mine was accidentally destroyed by a blast of dynamite last week. The road, however, has been repaired and they are now hauling ore. Mr. Elza Logsdon has returned after spending a week at his sheep ranch on Middle Creek. They are holding a vacation Bible school in the Baptist church. Children from 5 to 13 years are eligible. There are 24 enrolled at the present time. Those helping are Mr. and Mrs. Mulholland, Mrs. Anos Cripps and Mrs. Brasham. The minister of the Baptist church here and the M. E. church at Canyonville will exchange pulpits Sunday, July 18. Mr. and Mrs. Donald Shelton of the Peoples Fruit Co. of Bellingham, Wash., called on their cousin, Miss Beadie Cain on Saturday. They were enroute to Crater and Diamond Lake. Mr. and Mrs. Otto Logsdon and daughter, Lillian, returned Friday from Diamond Lake. Miss Helena Riddle was a Roseburg visitor Saturday. Mr. and Mrs. A. J. Hochradel and Mr. and Mrs. P. W. Dittel and Mrs. and Mrs. P. W. Dittel left Sunday for a trip of ten days to Crescent City and the Oregon coast. Mr. and Mrs. Anos Cripps and Dr. and Mrs. John Wilson were

Roseburg visitors Saturday. Mrs. George Neuner and children went to Roseburg Saturday to spend the week end with her mother, Mrs. Campbell. Dr. and Mrs. O'Connell gave a bridge party Saturday night in honor of their guest, Mrs. Arne O'Connell of Fargo, N. D. Those present were Mr. and Mrs. Sowersby, Mr. and Mrs. Dittel, Mr. Phil Sowersby and Miss Kathryn Dittel and Mrs. Arne O'Connell. Mr. Horton and family are moving to the Freitag place on the Pacific highway. Mr. Florie and family are moving to the Horton place. Mrs. Vista Nichols, who was working at the cafe in Canyonville has returned to her home in Riddle. Mr. and Mrs. Albert Rother and Mrs. Viola Nichols and family have moved to the Cornutt place. Mr. Wagner and family, who occupied the Cornutt house have moved to the place formerly occupied by Mrs. Nichols. Mr. and Mrs. Berlyn have returned from a camping trip up the McKenzie river. They were gone about a week. Mrs. Otto Logsdon, Mrs. Grant and daughter, Lillian, attended the ball game at Dillard July 11. Mr. and Mrs. Frater have as their guest a sister, Mrs. Blackwell of Astoria. Mr. Chas. Sowersby and son Phil and Mr. Paul Gary attended the ball game Sunday afternoon at Dillard. Miss Margaret and Marjory Wilson attended the ball game Sunday. Mr. Chase O'Connell of Albany spent the week end with his parents. Mr. A. Johnson of Shoestring road returned home Friday from Klamath Falls where he was just released from the hospital, having had the misfortune to have a log roll on him and injure his back. Mrs. Arne O'Connell of Fargo, N. D., left Monday for San Francisco and Los Angeles. Mr. Hilton Gilmore has been visiting his grandmother, Mrs. Hackler this week. Yarnold Cripps came in from Oakridge to join his parents on a trip to Diamond and Crater Lakes. U. Krier and family formerly of Riddle, passed through last week enroute to Medford. Mr. R. Root is back from Eugene. He reports plenty of rain up in the Willamette valley. Mr. T. J. Butler, who was injured quite a while ago by a runaway team is improving slowly. The Los Angeles Bible Institute had splendid representation the past week when five of their students held a series of meetings here. The music was very good and the meetings thoroughly enjoyed. Mr. B. D. Freitag has moved to Klamath Falls. Mr. Henry Wells of Yoncalla, has been visiting his son, Lester. Mrs. George Cutforth, who was operated on at the Good Samaritan Hospital in Portland is getting along nicely. Beginning July 17 the S. D. A. services will be held in the morning at Guild Hall.

GLENGARY GLEANINGS

Every one is quite busy since the fourth. Harvesting their grain. Mr. Cooper starts thrashing today. Mr. and Mrs. C. W. Graves and son Elroy returned on Friday evening from Portland, where they visited over the fourth with their son Herbert and their daughter Harriet. Also visiting at other points with friends and relatives. Mr. and Mrs. Morrison returned Friday from a trip to Klamath Falls. They left Tuesday evening and in driving over Green Spring mountains below Ashland, encountered a heavy rain and hail storm. They report heavy rains and cloud bursts around Klamath Valley. The heavy rains having drowned two children for an hour. We wish it could be more evenly divided. Miss Nellie McGhee and Miss Ruth Morningstar were Saturday afternoon shoppers in Roseburg. Lee Morrison is helping Henry Lander thrash on Monday of this week. Friends of Mr. and Mrs. Malcher Johnson, formerly of this vicinity, now of Riddle, will be glad to learn that Mr. Johnson was hurt by rolling logs while working in a saw mill near Keno, Klamath County. He was in the hospital about a month, but was released from there last Thursday evening and is now home with his wife and family. While not entirely well, he is able to be about, although it will be some time before he is able to do heavy work. Mrs. Burdine returned to her home in the valley after spending the past week at Myrtle Creek. Mr. Thomas, a former teacher of our school, now traveling for the Rawleigh Company, is in our midst this week. — A Subscriber.

DR. NERBAS DENTIST. Painless Extraction. Gas When Desired. Pyorrhoea Cured. Phone 458. Masonite Bldg.

Ladies First THURSDAY JULY 15

State Press Comment

Brotherhood and Suicide. With each cycle of business depression and with each summer season, the world in general records an increase in the suicide death column. Fortunately the Pacific Northwest, which for several years, and particularly the past year or two, has enjoyed business prosperity, but with the summer months an occasional suicide is reported in the police annals of the larger cities. An insurance company statistician, Dr. Frederick L. Hoffman, is alarmed at the increase in the number of suicides in 75 cities he has been studying. There were 4195 definitely known to have taken their own lives in 1924 in these cities. In 1925 there were 4282. Hoffman says it is important that the public school should look upon self-inflicted death as a criminal. And he thinks the churches should do something about it. This is not a disinterested position. Insurance companies have a money interest in preventing and postponing death in all forms. There is the health problem, the murder problem and the suicide problem. But the element of interest does not make the statistician's observations and suggestions valueless. As a matter of fact, there seems to have been a change in the public mind toward suicide along with the growth of materialism in the world. If some poor fellow gets muddled up in his affairs, if health fails him, if life seems hopeless, people tolerantly approve his giving up. They even see economic gains in it. It cuts down the competition for living, and it leaves more necessities and more luxuries to be passed around. They think suicide cowardly only when the unhappy mortal who uses gas, pistol, rope or poison leaves behind him a family or relatives and public to support. And some of them wonder what can be done about it anyway. Reservoirs can be fenced and rivers policed, poisons can be administered carefully for specific and approved uses only, but there are always ways to avert off this mortal coil. And punishment goes nowhere. You cannot punish the dead. Religion used to have a wholesome effect on would-be suicides. The prospect of paradise lost, of special punishment, made men pause. They knew they would not be buried in consecrated ground. They looked for a sign of a God who would survive relative to the dead. But the fear of hell-fire is not what is used to be and public sympathy for the suicide has been removed much of the stigma attached.

We doubt if humanity can retaliate to know something about the hereafter of the self-murderer. But it is likely some day can be made, even on the fevered intelligences of the distraught, ashamed and cowardly, by education which makes suicide seem useless. We wish that there is still hope for happiness in spite of mistakes and failures, we may make some progress. But if we continue intolerance and ostracism and do much pointing with shame, while on the other hand, the restraining fear of the hereafter and its punishments does not hold up, we will increase the number of suicides, not decrease it. — Portland Journal of Commerce.

The Hawks.

A 600-acre farm in an Oregon irrigation district will be sold the other day for \$10,000. Before the irrigation district was formed the owner retained \$100,000 for it. Here you have proof of how lawyers and financiers and engineers and state officials handle irrigation in this state. This \$100,000 loss by a farmer wasn't the fault of irrigation. It was caused by the expert gentlemen who prepared the plans and charged the settlers to death for their services. They were the gentlemen who became interested with their schemes, started out early in his administration to recall Governor Pierce.

DAILY WEATHER REPORT

U. S. Weather Bureau, local office, Roseburg, Oregon, 21 hours ending 5 a. m. Humidity 5 p. m. yesterday 28. Precipitation in ins. and Humidity Highest temperature yesterday 96. Lowest temperature last night 51. Precipitation last 24 hours .0. Normal precip. for this month 32.2. Total precip. from Sept. 1, 1925, to date .23.72. Average precip. from Sept. 1, 1877, 1877. Total deficiency from Sept. 1, 1925, 31.92. Average precipitation for 41 wet seasons, (September to May, inclusive) 31.13. Fair tonight and Wednesday. ARTHUR W. PUGH, Meteorologist.

TO DEBATE MEMORIAL

CHICAGO, July 12.—One of the most prominent memorialists ever built, the \$2,000,000 Ellis Memorial Headquarters, will be dedicated at the Ellis annual convention July 14. In memory of the 15,000,000 who gave their lives in the World War, and the 75,000,000 who entered the conflict, the building will also serve as the permanent national headquarters. The main structure is situated on the site of the old Ellis Island, which stands on a narrow strip of land, only four feet high, which rests upon a sculptured frieze. Another massive frieze, surrounding the columns. Two small square wings at either end of the memorial will house the executive and editorial staff. The structure, situated on the rim of Lincoln Park, facing Lake Michigan, is of Indiana limestone.

BEAUTY CHATS BY EDNA KENT FORBES

APPLYING HAIR TONIC

After experimenting for some time, I have come to the conclusion that hair tonic is several times more effective if it is applied to the scalp with a brush, according to these directions. Pour a little of the tonic into a shallow saucer. You can dilute it with a small amount of rose water if it is a strong tonic, and you will lose a certain amount for the dry brush will take up a lot of it. Or, for economy, wet your brush first. Use a stiff brush. It need not be a large one; a very stiff tooth brush is the best. Or a small nail scrubbing brush will do.

Part the hair, wet the brush, and rub briskly up and down the parting. Part it again, about two inches from the first place and repeat. And keep on until you have covered the entire scalp. Rub the brush a dozen times up and down over each place. You not only stimulate the scalp by doing this, you also open the pores to take up the tonic more readily, and you cleanse the scalp of sebum and dandruff. You also bring fresh blood up into the scalp and to the roots of the hair. If you want to see the exact effect of scrubbing the head this way, take the brush and the tonic and use it with the same thoroughness on a part of your arm. You'll see the skin turn pink from the irritation. Think how much care your complexion receives, and how little the scalp does. Twice a day at least, hot and cold water and some sort of massage, either with cream or even rubbing with a towel, is used to keep the skin clean and to stimulate it. Yet

will disappear if you build up your health again, as all your muscles will then be firmer and your skin taut. Tomorrow—Setting The Hair.

Efficient Housekeeping BY Laura A. Kirkman

NEW DISHES THIS WEEK

TOMORROW'S MENU Breakfast Cereal Boiled Eggs Toast Coffee Luncheon Baked Macaroni and Cheese Sliced Tomatoes Rolls Jelly Iced Tea Cookies Dinner Salmon Loaf Baked Potatoes Creamed Potatoes Lettuce French Dressing Tapioca Pudding Coffee Hot Milk Lemon Cake—Cream

and one-half cups of confectioner's sugar. The result will be a very stiff ball of frosting. Put it on while the cake is hot, after peeling the wax paper from the cake bottom. This icing will of course be tart, but sweet. If you like less lemon flavor, use only one teaspoonful of lemon juice and one tablespoonful of cold water. Serve the cake cut in squares. Potato Omelet—Prepare one quart of mashed potatoes (this will take about ten medium-sized potatoes). After boiling them, parboiled, till tender, mash with one-half cup of hot, sweet milk, one teaspoon of salt, one well beaten egg, three or four tablespoons of butter, and pepper to suit individual liking. Spread the mixture smoothly in the bottom of a hot frying pan when contains one heaping tablespoon of fat, and cook till browned on the bottom—about 12 minutes over mild heat. Then fold one-half of the "omelet" over the other and serve at once. Salmon Loaf—Scald the contents of one can of salmon. Remove skin and bones and to the fish add three well-beaten egg yolks, one-half cup of soft bread crumbs, two tablespoons of melted butter, one table spoon of lemon juice, one-third teaspoon of salt, pepper to suit liking, and one teaspoon of minced parsley (if you have it.) Last, fold in three egg whites stiffly beaten and scrape the mixture out on buttered paper. Cover, place this pan in a shallow pan containing a little hot water, and slip all into a moderate oven for 40 minutes. This may be served either hot or cold. Tomorrow—Answers to Inquiries.

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

GET YOUR SUNLIGHT! Is anything the matter with you? If you are suffering from any of the following ailments, you are probably suffering from a deficiency of sunlight. It is interesting to remember that light is a remedial agent of very ancient origin. The ancients realized that light was necessary for well-being and for the very existence of man as well as plants; the Greeks had their heliostats; and the Romans their solarium. It is only in recent years that we moderns have realized the importance of sunlight as a distinct measure of treatment, and now artificial apparatuses have been manufactured to give it in concentrated form. The healing ray is the ultra-violet ray and, like the X-ray, is itself invisible. It is known as the actinic ray and is so called because of its power to excite chemical action. Units of measurement have been adopted and are used as a basis for dosage. Malnutrition, rickets, bone and gland tuberculosis, skin diseases, asthma, running ears, whooping cough and coughs due to enlarged glands of the neck and throat, and other diseased conditions, are benefited and in many cases almost miraculously cured by the use of sunlight treatments. In the case of running ears and other passages, there are specially constructed tubes with the quartz over the end for the light rays to be directed through. This treatment must be given, in any case, by one who understands the work, for it may be more or less dangerous in unskilled hands. There is a chemical relationship which takes place before the ultra violet rays, either artificial or natural, and the hemoglobin or red coloring matter of the blood. It is believed that a charge of radiant energy which the blood gets causes it to convey an increased amount of oxygen to the cells and to take away an increased amount of toxic gases from them. It helps in forming the defenses or antibodies against disease. This chemical change in the blood seems also to increase its iron, iodine, calcium and phosphorus, possibly causing a better absorption of these from the intestinal tract. It is probable that this increase in the lime and phosphorus to be deposited in the bones is one of the reasons for its great help in rickets. There is also produced a physical increase of blood in the parts which are benefited and in many cases almost miraculously cured by the use of sunlight treatments. Officially and is believed to be the cause of the peeling of the skin.

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 rickets 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 neatly 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 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 asked.



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even though there is no burning. When the natural sunlight treatments are taken, exposure to the sun rays should be but for a short time at first, sometimes not more than two or three minutes. This time is gradually increased to one-half to one hour, or longer. The skin slowly becomes tanned, which is Nature's method of protecting it against too great an absorption of the rays. One usually should not be exposed in the middle of the day when the sun is too hot, and burning must be prevented. The ultra violet rays are largely lost through clothes and glass, and to get the most curative effect, the rays must be on the nude skin. Some of the sunlight rays remain in the air even when the sun ceases to shine or is obscured. This is one of the reasons of the beneficial effect of much outdoor life. But let us get our sunlight often. "Where the sun never comes, the doctor often comes." Tomorrow—The Grey Hair Problem.



MOVIE NOTES LIBERTY THEATRE

News-Review Story "Sandy" shows for last time today. You, who have read "Sandy" as a newspaper serial, will not want to miss the screen version of Eleanor Merhert's novel which is offered as a Fox Film now at the Liberty Theatre. It will be shown there for the last time today. The highest praise has been given Madge Bellamy, the beautiful actress who plays the title role, with critics and public pronouncing her performance one of the most brilliant of the year. Harrison Ford, Leslie Fenton, Bardson Bard, Gloria Hope, David Torrence and others play in her support.

ANTLERS THEATRE WEAR A GREYCO TIE Duds For Men Inc. QUINE BROS.

Everyone knows what a flapper is—but do you know a "teaser"? This is the strange sort of role Laura La Plante enacts in her latest Universal-Jewel feature coming to the Antlers Theatre on Wednesday and Thursday, with

—after your game, tea-up!

TREE TEA ORANGE PEKOE Iced. Whether you go around in par or play in "dub" luck—you'll agree that Tree Tea Iced is a "birdie" for summer comfort. [Note to non-golfers: You don't have to understand golf to understand Tree Tea Iced.] It's fragrant! It's wonderfully cool and satisfying! It leaves you with a longer-lasting feeling of refreshment. And it isn't just the water or the ice or the lemon—it's the tea that turns the trick! "Say it together—Tree Tea Orange Pekoe"