ROSEBURG NEWS-REVIEW

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ROSEBURG, OREGON, TUESDAY, JULY 20, 1926.

BURNING THE FORESTS.

Neither public nor private welfare has a more dangerous enemy than the person who deliberately sets fire to a forest. He is at once a threat not only to private property and the public treasury but to human life as well. From the activities of this pernicious type of criminal several timbered districts in the southern part of Douglas county have suffered the past two weeks, according to statements issued by the county forest patrol office. Most of the timber destroyed is reported to have been part of the original O. & C. R. R. land grant, from the eventual sale of which the county would have realized an appreciable amount of money. Obviously it is difficult to obtain evidence that would convict in cases of this nature, hence the fact that no arrests have been made so far occasions no surprise nor warrants criticism of the authorities. No possible efforts nor reasonable expense should be spared, however, to bring to justice these dangerous incendiaries and to make of them such an example as will have a deterrent effect on others of their ilk.

Forest fires due to carelessness are hardly more excusable than those of incendiary origin. The full danger to life and property exists just the same. An aggravated case of "accidental" fires is reported from Camas Valley where nine different blazes were started along a trail evidently by some careless person, with either matches or live cigarette butts. Patience with such persons as these in the face of repeated and widespread warnings is hardly warranted. An example in a case of this nature might have a good general effect. Most certainly it would meet with general public approval.

Rippling Rhymes
by Walt Mason

DESOLATION.

There are only ice and water in the region of the Pole, wastes that make the reason totter and send anguish through the soul; there is only desolation, there is not a filling station where a car may get a ration of the gas that makes it roll. And the Pole itself is missing; there is not an upright shaft, with some bunting on it kissing all the breezes fore and aft; there is nothing there but breakers beating on the frozen acres of the ice which even fakers could not handle in their graft. There is nothing good, inviting, in that waste of fog and floe, yet more people at this writing, plan to sail above the snow; Byrd and Amundsen went soaring, bravely, dauntlessly exploring where the ice is grinding, roaring, and a legion more will go. Now we have all knowledge needed—knowledge that's beyond all price, since those famous heroes speeded in their airships o'er the ice; now we know the Pole is hidden in a sea by icebergs ridden, where the blizzards come unbidden, and the knowledge should suffice. It is idle now to hover over that unholy shore, for there's nothing to discover that will add to polar lore; and of those who go a-sailing, some will perish, sadly failing, and the people will be wailing since they journey back no more. Now the curtain has been severed and we've seen the empty stage which the strong men have endeavored to discover for an age; since this triumph has been tasted, let it in our hats be pasted that no further lives be wasted taking up the polar gage.

PRUNE PICKIN'S
By BERT G. BATES

GOOD EVENING FOLKS

Perspirin' over a
Colyum like this
When all the folks
Are beatin' it to the
Seashore for the
Annual vacation is
A heluva job
But when a feller
Gits his snoot to
The Grindstone
He hasta jam out
A giggle or two
Whether he feels
Like it or not.

✣ ✣ ✣

DUMBELL DORA THINKS
Hollywood is knotty.

✣ ✣ ✣

Ed "Pink Whiskers" Weaver was in our village today shakin' hands with the populace and predictin' a bumper prune crop. In his time, Ed has seen more wrinkles in prunes than any old timer of the county.

✣ ✣ ✣

The Kiwanis club had a meetin' today noon and souped and supped with much gusto.

✣ ✣ ✣

Lather Barnes's antagonistic army of Prune Pickin's Protesters, is gradually assumin' large proportions, and as a result of last night's colyum several more were added to their fold. Soon our sanctum will be placed under pleece guard and we will go right on writin' cute cracks as per usual. Until we can gain the confidence of Chief Ketch, we will refrain from issuin' insultin' insinuations from this department of moral uplift.

✣ ✣ ✣

Nap Rice has a flock of old timer photographs and tintypes in his window today but not a one of 'em show Nap out on the hillside pluckin' wild flowers.

✣ ✣ ✣

Guy Cordon, the blonde dist. atty. havin' now made it possible for the county to collect a large sum from Uncle Sam, will go fishin' and let the rest of the world roll by.

✣ ✣ ✣

The noon whistle is blowin' and we'll hafta hit for the lunch counter. See ya tomorrow folks.

✣ ✣ ✣

Lafe Perkins Sez:

"The sheik with a flat tire in and outside of his auto is in dern hard luck."

—o—

MACKEREL IN UMPQUA

REEDSPORT, Ore., July 19.—For the first time in the memory of oldtime fishermen on the Umpqua river, a school of mackerel has been reported in the lower part of the river. The mackerel are similar to species found in eastern waters, according to fish experts here. In addition, large schools of smelt and herring are at the mouth of the Umpqua river, with more expected to arrive. The coming of the smaller fish usually indicates a good run of salmon.

The last big run of small fish in the Umpqua river was in 1916 when the waters were crowded with a species known as pilcher. At that time gill netters were able to pick up several tons of the catch without being able to secure anything else.

—o—

Can you imagine what would happen if we strike oil in Sutherlin Valley?

BEAUTY CHATS
by EDNA KENT FORBES

CLEANSING THE SKIN.

If you are treating wrinkles you want a heavy nourishing cream, but if wrinkles have not yet begun to worry you and you want cream only to cleanse the skin, you should use a very light quality. I think the following is the best cleansing cream formula.

Spermaceti	1 ounce
White Wax	1 ounce
White Mineral Oil	5 ounces
Rose Water	1½ ounces
Borax	30 grains
Perfumed Oil	15 drops

This will be even lighter in quality if you use two ounces of rosewater instead of one and a half. The method of making is very simple, for you simply melt the wax and spermaceti and perfumed oil in the mineral oil until they just blend. Then you beat in the borax and rosewater which have been made lukewarm, until the whole mass is ready to congeal, when it is poured off into jars. The whole trick is in heating the oil and waxes slowly and taking them from the heat the moment they have blended, otherwise there is danger of the cream curdling; it is just as effective, but not so pleasant to use.

If you are treating blackheads or any similar skin trouble, steam the face first rather lightly by holding a cloth wrung from hot water over it for a minute or two. This opens and relaxes the pores of the skin so that a great deal of cream can be rubbed in. After a thorough rubbing the face should be rubbed over with a cloth wrung from hot water and a little fresh cream applied. If the skin has been very much neglected even this second coating of cream will come out gray.

The ordinary treatment for keeping a good complexion is much simpler, for you simply rub the skin full of cleasing cream, wash it off with hot water and soap and use an astringent or a cold rinse.

Maybell — The tendency to superfluous hair is not apt to increase with years, and if you continue to discourage it by extracting it whenever it shows, the growth will lessen with time.

Anxious — Try cucumber juice as a simple skin bleach during the summer months.

A light cream is the most cleansing

M. E. — Bleaching superfluous hair is done just as you suggest, by applications of peroxide and ammonia in equal parts repeated every few days until the effect is accomplished.

Tomorrow—A Doctor's Shampoo.

Efficient Housekeeping
BY Laura A. Kirkman

NEW DISHES THIS WEEK.

TOMORROW'S MENU

Breakfast
Plums
Cereal
Boiled Eggs Toast
Coffee

Luncheon
Vegetable Salad
Wholewheat Bread
Peanut Butter Cookies
Iced Tea

Dinner
Pot Roast of Beef
Potatoes Carrots
Lettuce Salad
Berry Pie Coffee
Cake Apple Betty: Crumble four large white-sugar cookies into a baking dish measuring seven inches across the top, five inches across the bottom with sides three inches high, then cut four pared apples into the dish (discarding cores), and sprinkle generously with ground cinnamon (using one teaspoonful in all). Stir in one cup of brown sugar, wet all with one and one-half cups of cold water, and slip the dish into a fairly hot oven to bake for 30 minutes, or till the apples are tender. Serve hot with a hard sauce made by creaming one cup of confectioner's sugar with one tablespoon of butter, then stirring in two tablespoons of cold water and flavoring the mixture with a drop or two of vanilla.

Italian Soup: The Sunday Night Supper menu will call for this hearty soup—a meal in itself. To make it, simmer one-fourth cup of the raw uncoated rice (brown rice) in one pint of canned tomatoes mixed with one quart of meat stock, till the rice is tender. Then add one cup ful of cooked lima or kidney beans, one-half cup of cooked diced carrots, one-fourth cup of chopped (peeled) partly-cooked onions, and one-half cup cooked and chopped cabbage. Let simmer for a few minutes, then season to suit your individual taste with salt and pepper. Serve with or without grated Parmesan cheese. If you wish, you may use a small can of red kidney beans instead of soaking and boiling the dried variety. The imported Parmesan cheese is expensive, yet if one expects a guest for supper, one is justified in providing this delicacy. This is a thick soup and when it is served for supper or lunch, it needs few accompanying dishes—merely a salad, hot biscuits, berries and cake. (Bouillon cubes may be dissolved to make the meat stock, for this recipe.)

Inexpensive Ice Cream: In the top of your double boiler cook till thick and smooth, one pint of sweet milk, one-half cup of flour, one cup of sugar and two beaten eggs. Cool the mixture then add to it one quart of cold, sweet milk, one smallest-size can of evaporated milk, one additional cup of granulated sugar, a pinch of salt and one cup of thick cream. Flavor with one tablespoon of vanilla extract (or any desired flavoring) and freeze in three parts of ice to one part of salt till stiff (about 15 or 20 minutes with the ordinary hand-freezer). Then remove dasher, cork hole, and pack in four parts of ice to one of salt, cover with newspapers, and let stand at least one hour to ripen before serving.

Tomorrow—Answers to Inquiries.

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

HOW ABOUT THIS DIET FOR GAINING?

C. is underweight, about [illegible] pounds, and he wants to know why [illegible] a diet of one quart of milk, with one-half pound of [illegible] (raisins, figs, dates) at each meal [illegible] nothing else—be good for gaining purposes? He agrees that it might not be good for any length of time, but he thinks it would [illegible] for a couple of months.

I could not recommend the [illegible] [illegible], although [illegible] the milk diet, perhaps with a few fresh [illegible] and other [illegible] [illegible], is one of the best methods of gaining weight. While you would be getting sufficient calories and protein, [illegible] mineral elements and [illegible], you might get [illegible] because of the lack of vitamin [illegible] [illegible] vitamin [illegible] [illegible] vitamins are low in them, [illegible] the [illegible] of the [illegible] [illegible] foods, such as oranges, lemons, grapefruits, and tomatoes. (The tomato is classified as a fruit.) Another objection is that you might have your digestion upset [illegible] so much concentrated [illegible] food and milk together [illegible].

The lack of vitamins [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] Your suggested diet [illegible] [illegible] the calories that [illegible] [illegible] gaining diet. Three quarts of milk daily (approximately [illegible]) [illegible] would be 1290 [illegible] ounces of dried fruits is approximately 200 C., so eight ounces or one-half pound is 800 C., and this amount three times a day would be 2400 C. Total amount 4320 C. daily. That certainly is a sufficient number to gain on, unless you do very heavy physical labor.

There is no need for you going on such a monotonous diet, C. Increase your rest, get loads of sunshine and fresh air, some good setting-up exercises (not too strenuous) at first—and increase your milk and fresh fruits and vegetables if you have not been having a goodly amount daily.

We have a booklet on gaining and losing weight which will help you. (Enclose ten cents in stamps with your self-addressed, stamped envelope. Allow at least two weeks for its receipt.) Let us know when you have gained your wanted pounds? We also have a list of books on the milk diet. (Send only [illegible] for this.)

False Modesty.

Mrs. R. has a trouble which she wants me to diagnose because the doctors in her town belong to the "male factor" and she hesitates to go to them.

My dear Mrs. R., I must be frank with you and tell you that the only diagnosis I can positively make is that you have a well developed case of false modesty, and —again I will be frank—false modesty verges very closely on immodesty. You must go to some competent physician. If there are no women physicians in your town, you must go to a man physician. Just remember that physicians do not consider those they treat as men and women, but as patients, and a true doctor is absolutely impersonal in his sentiments.

And you must feel the same. There is no sex in disease. * * * Now skip along, Lady R., and get your diagnosis and treatment. Do not neglect yourself into illness and perhaps death through false modesty.

I had better say now, for all the followers, that it is impossible for me to diagnose your trouble; nor can I give you individual treatment. Our column is written as far as possible to prevent things that have to be diagnosed, and any treatment that I can write on for any condition has to be a general one.

Only the doctor who makes a very careful personal examination is competent to advise special treatment.

Tomorrow—Varicose Veins and Overweight.

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 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.

—o—

NOTICE TO PATRONS

I will be absent from my office for a few days but will be open for business again on Monday, August 2.

DR. H. C. CHURCH.

—o—

Do you know that Sutherlin has a chance to become the largest city in Southern Oregon?

Breakin' in a buckin' briar?

TIME WAS when breakin' in a pipe was bad business. A man might corral a beautiful pipe, a perfect thoroughbred, yet at best it took weeks of wranglin' to get it going smoothly.

But today there's a swift and sure pipe-pacifier for any rough-going, rip-snorting old briar. It breaks 'em in in short order. It is Granger Rough Cut!

For the same mild mellowness that has made Granger so famous as a tobacco for old and tried pipes naturally fits it for this breakin' in business. It takes the raw edge off a new briar ... mellows it and keeps it mellow!

Granger is the only tobacco mellowed by the old "Wellman Secret." It owns exclusive rights to this famous recipe. That's why no other tobacco can match Granger for cool, fragrant mellowness!

GRANGER ROUGH CUT

The half-pound vacuum tin is forty-five cents, the foil-pouch package, sealed in an air-tight glassine wrapper, is ten cents

Granger Rough Cut is made by the Liggett & Myers Tobacco Company

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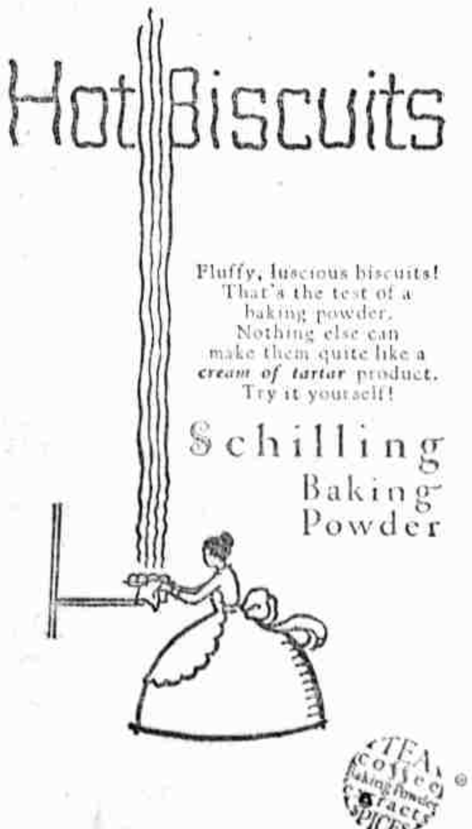
Hot Biscuits



Fluffy, luscious biscuits! That's the test of a baking powder. Nothing else can make them quite like a *cream of tartar* product. Try it yourself!

Schilling Baking Powder

TEA COFFEE BAKING POWDER EXTRACTS SPICES

The Right Breakfast for Workers

Eat Food that Supplies "Balanced" Ration After Night's Fast

IF YOU feel tired, hungry, "fidgety" hours before lunch, don't jump to the conclusion of poor health. Thousands have unenergetic mornings because they start days with breakfasts lacking in certain food elements.

To feel right, you must have a well-balanced, complete breakfast ration. At most other meals—lunch and dinner—you get it. But breakfast is a hurried meal, often badly chosen.

Thus Quaker Oats, containing 16% protein, food's great tissue builder, 58% carbohydrate, its great energy element, plus all-important vitamines and the "bulk" that makes laxatives seldom needed, is the dietetic urge of the world today.

It is food that "stands by" you through the morning.

Quick Quaker cooks in 3 to 5 minutes. That's faster than plain toast. Don't deny yourself the natural stimulation this rich food offers you.

Quick Quaker

Foot Aches Banished

At last a real [illegible] for foot [illegible] has been developed which eliminates the cause of foot trouble [illegible] [illegible] [illegible]. It contains [illegible] [illegible] healing and antiseptic agents [illegible] [illegible] by one of the world's greatest [illegible] [illegible] [illegible] and is guaranteed to give quick, satisfying relief in all cases of aching, itching, burning feet, tan, inflamed [illegible] [illegible] and painful corns and [illegible]. This remarkable remedy, known as Pedinol, is a pleasant, clean, quickly vanishing cream [illegible] a few seconds to apply and instantly disappears into the pores when the soothing, healing effect is noticed at once. Pedinol banishes foot aches and leaves feet [illegible] and [illegible]. We have it at Chapman's Drug Store.