

ROSEBURG NEWS-REVIEW

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ROSEBURG, OREGON, TUESDAY, JULY 27, 1926.

THERE IS NO FOOL'S PARADISE.

It is a noticeable fact, that ease of living and prosperity often bring discontentment, while adversity strengthens the character and offers an incentive to accomplish seemingly impossible results.

And so it is with nations and states. The United States which is probably the most prosperous country on the globe, and which has had the most free and democratic form of government for 150 years, is constantly attacked by political theorists who would exchange our governmental structure for a dangerous mess of pottage.

When we were struggling for freedom, necessity forced us to devise and adopt a constitution which would protect the individual from oppressive officialism.

We have seen North Dakota swing toward a socialistic form of government where the state competes with its own citizens in business, thus destroying personal opportunity and initiative.

Life insurance records show that the majority of people who receive the proceeds from an insurance policy, have lost that money within a very few years.

As a nation, we should recognize these facts and realize that any program, political policy or agitation which tends to interrupt or discourage sound government and safe business conditions, will destroy our prosperity and our savings just as surely as unsound investments or profligate living will use up the insurance bequest.

Reference hereafter to the "metropolis of Oregon" will require the explanation as to whether Portland or Cottage Grove is meant. Enlargement of the city mail delivery system in Cottage Grove brings the following announcement in the columns of the Cottage Grove Sentinel: "The extension provides Cottage Grove with a complete metropolitan mail delivery, exactly the same as that of Portland, San Francisco, Los Angeles and other important cities."

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Plain or fancy towels in bunks who was shot by his wife recently or Turkish Towelings any kind will be able to leave the hospital in a few days. He is now up and as a dozen kinds to choose from around part of each day and is rapidly regaining his strength.

Advertisement for Grimm's Milk Bread, 'DID THE TRICK', and IDEAL BAKERY, 119 Sheridan St., Phone 133.

PRUNE DICKIN'S By BERT G. BATES - D

GOOD EVENING FOLKS

The dawg days will soon be here. And the fly swatting Season is already on in full blast.

As our little Dumbell Dora has entered the American Legion bath-in' beauty contest, she was unable to jot down her daily squib.

LET'S QUIT WORKIN' A friend of mine is peaceful and busy and happy. I said to him, "Tell me your formula," I should like to pass it on.

Most people fret and shiver over a multitude of foolish fears. They are constantly stampeded by false alarms.

And folks worry over the thought that they won't have money to pay next month's bills.

One of the greatest services a physician performs is that of allaying the fears of people, who are afraid they have something awful the matter with them.

Folks go through life worrying, worrying, worrying. If it isn't one thing it is another.

Serenity is a fine quality. Some people have it naturally, while others must acquire it if they have it at all.

Studebaker builds no rearly models. Hailing wire at Wharton Bros.

Late Perkins says: "A feller don't git much mileage outa beany soup."

The ancient Romans wore no trousers. They attempted to do without them and Rome got into trouble.

When sending for material which we offer you, please remember to enclose a stamped, self-addressed envelope bearing your full name and address.

BEAUTY CHATS

SLEEK HAIR

A well known concert singer, possesses the sleekest hair I have ever seen. She is small, with a small and beautifully modeled face and head.

I would recommend the style to all women with slender or plump faces (never to thin faced ones) whose heads are nicely rounded.

It means that a good barber must cut it, hobbled for it must shape well to the head.

It is best that you let them alone for they are likely to dry up and slough off gradually.

Brown Eyes.—You must be overweight and the easiest way to correct this style is to let them alone for they are likely to dry up and slough off gradually.

Tomorrow—A Cucumber Bleach.

Efficient Housekeeping BY Laura A. Kirkman

NEW DISHES THIS WEEK

TOMORROW'S MENU. Breakfast: Cereal Cooked with Dates, Bacon, Scrambled Eggs, Coffee, Toast.

Luncheon: Cream of Peanut Soup, Wholewheat Bread, Apple Sauce, Jelly, Tea.

Dinner: Roast of Beef, Potatoes, Spinach, Dried Mixed Fruit with Whipped Cream, Gingerbread, Coffee.

Stewed Orange Pudding.—Scald one and one-half cups of sweet milk and in it soak some cup of bread crumbs for 15 minutes.

Gingerbread.—Mix together one cup of granulated sugar, two tablespoons of molasses, four tablespoons of melted butter, one teaspoon of ground ginger, one dessert spoon of ground cinnamon, one-third teaspoon of salt, one beaten egg and one cup of sour milk.

Gravel and Overweight. Mr. W.'s mother is 72. She is stout and suffers frequently with severe palpitations of the heart.

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

CANKER SORES

Miss P. has what she calls canker sores in her mouth which are stubborn and hard to cure.

These little ulcerations may also be brought about by a diet producing what we know as acidosis, or by one which brings on surry.

For the local treatment of canker sores, rinse the mouth thoroughly very often with boracic acid solution, one teaspoonful to the pint of water.

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.

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struction to the urine, she may have to be operated on, irrespective of her age. It is doubtful if there is any medicine which will dissolve stones.

Have her omit breads, cereals, flesh foods, egg, tea, coffee and spices (all acid forming). Have her take potatoes instead of the bread and cereals, plenty of green vegetables and milk (at least a pint), and some fruit, especially canteloupe and apples, and abundant water to drink (10 to 12 glasses daily).

If you haven't a textbook giving the caloric values of foods, our little booklet on reducing has a list of them. (Send your self-addressed, stamped envelope and ten cents in stamps with request. Allow at least two weeks for its receipt.)

Tomorrow—Reducing Breads and Operations.

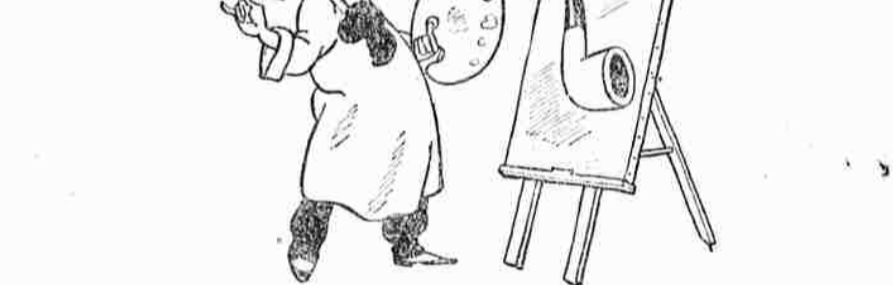
WHEAT FROM INDIA AND EGYPT GIVEN OREGON TEST (Associated Press Leased Wire.) PENDLETON, July 26.—Varieties of wheat from India and Egypt, gathered in those countries by L. L. Rogers, wheat grower of the Adams district, will be planted in the Umatilla county wheat nursery and the results obtained will be watched closely.

We have a complete stock of mantle brick, tile and fire brick. L. W. Metzger.

DR. NERBAS DENTIST. Painless Extraction, Gas When Desired, Pyorrhea Cured. Phone 488, Masonic Bldg.

100 MILLION MINIMUM SET FOR ST. PAUL R. R. SALE. CHICAGO, July 26.—One hundred million dollars was suggested to Federal Judge James H. Wilkerson at the minimum sale price for the bankrupt Chicago, Milwaukee and St. Paul railroad by D. C. Swayne, representing Kuhn, Loeb and company and the National City Bank of New York.

Sealed HOT In Vacuum. Schilling black tea (Orange Pekoe)



There's real art in coloring a meerschaum

CONNOISSEURS of the fine art of meerschaum coloring still stick to the slow-but-sure way of "smoking" the color in. . . And this method is most satisfactory so long as you use tobacco that burns slowly and cool, so that the color comes gradually and evenly.

Now, because this is the very thing that has made Granger Rough Cut nationally famous, men experienced in the art suggest Granger for meerschaums. Its large flakes burn cool. It colors the pipe delicately, evenly, perfectly.

Whether you're coloring a meerschaum, breaking in a briar, or caking a corn-cob, Granger is the same cool, fragrant, mellow smoking. You may have a hundred pipes, yet you need but one tobacco. . . for Granger is an all-pipe tobacco.

GRANGER ROUGH CUT. The half pound vacuum tin is forty five cents, the foil-tough package, sealed in an anti-tight glassine wrapper, is ten cents. Granger Rough Cut is made by the Liggett & Myers Tobacco Company.