ROSEBURG NEWS-REVIEW

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ROSEBURG, OREGON, WEDNESDAY, SEPT. 22, 1926

RECONCILIATION.

It was a very notable moment at Geneva a few days ago, when, on the occasion of the admission of Germany to the League of Nations, Foreign Minister Stresemann of Germany and Foreign Minister Briand of France, exchanged compliments and pledged their respective nations to the maintenance of peace. Each one of these statesmen showed a fine spirit. If their home people can in each case reflect their point of view, war between these two great powers, whose quarrels have kept the world in turmoil for centuries, will have become a thing of the past. While wars are going on, and for a long time afterward, there is a tendency for people to see the attitude of their antagonists in the worst possible light. They regard these enemies as bent on winning their way in the world by brutal force. There are not many of the civilized peoples who deserve this wholesale condemnation. In most cases if they make mistakes, it is because they are misled by selfish politicians. The Germans were deceived by the kaiser and his circle of military advisers, who believed that a nation could prosper only by exercise of force. It does not seem likely that the mass of the German people ever wanted war. The world will never get anywhere if people continue to attribute the worst possible motives to their neighbors. Wars are due to misunderstandings, and if those misunderstandings can be gotten rid of, there is not much danger of war. It takes some confidence in human nature for people to get along in their personal relations, and international relations are the same. Peaceful discussion will accomplish more than cannon and warships, and reconciliation and the spirit of peace more than threats and military preparation.

—o—

A lady remarked recently that she weighed 140, and that many of the modern girls, if they found themselves with any such weight as that, would immediately feel they had to reduce. She had the idea that a good many girls deny themselves the nourishing food they need, because of the fear that they are getting overweight. And this fear is not apparently due to any peril to their health, but because they feel they need to be slim in order to look well in the prevailing fashions. Probably a stout girl would look better in a long dress than a short one, but it is hard to see how she can give the appearance of health and vigor unless she eats enough nourishing food. But this idea that many young women are thus denying themselves needed food will seem incredible to the men. They rarely see any offers of refreshments declined.

—o—

A class for young poets and potential poets has been started at Chicago. The colleges train young people in poetic appreciation, and in every such institution there is a group of students who are trying to write poetry. Newspaper editors have always had a great deal of poetry offered them, and most of it has been poor stuff. The spring poet used to turn up every year, and commonly she was an elderly woman in a somewhat rusty gown who was more impressed by the song of the bluebirds than by the sizzling of the chops on the kitchen stove. Not many people can buy food and clothing for a family by writing poetry, but people who find enjoyment in this form of literature do not have to blow in large amounts on automobiles and late suppers in order to be happy.

—o—

If there is anything in the world that forges a community to the front it is co-operation among its people. There can be nothing gained by nagging and fault-finding—taking exception to trivial matters of community interest. It is next to impossible to carry out a constructive program of any kind without meeting up with minor difficulties and differences of opinion. If a thing is to redound to the good of the community petty jealousies should be forgotten and the pull-together spirit put into operation.

—o—

Bob Stanfield has won his fight for a slogan after his name on the November ballot. All that is now left to be done is a vigorous campaign on the part of the three aspirants for senatorial honors—and the counting of the votes.

—o—

If Jack Dempsey doesn't go into the ring with too many lawsuits around his neck he'll emerge from the fracas with plenty of filthy lucre.

—o—

Don't forget the Oregon State Fair. The doors to this big event will open next Monday morning—always worth your while—and then some.

—o—

Are you betting on the Dempsey-Tunney scrap—and how.

TIMBER SALE CONTRACT

(Associated Press Leased Wire.)

EUGENE, Ore., Sept. 22.—Contract and bond covering the sale of 1,600,000 feet of timber in the Cascade National Forest to the Cascade Lumber Manufacturing company, at a stumpage of $2.00 per thousand, was forwarded today from the office of Nelson F. MacDuff, supervisor.

The timber is on a 40-acre tract near Kitson Springs. The firm has a mill there, on privately owned land.

—o—

Why not trade that little old (not very good heating stove) and get a good used or a brand new one and pay the difference. We carry a large stock of new and used heaters and ranges. See us first. Powell Furniture C., 238 and 240 N. Jackson.

—o—

The News-Review covers Douglas county like a blanket—goes to every nook and corner.

MANTRAP ANTLERS

PRUNE PICKIN'S

By Bert G. Bates

GOOD EVENING FOLKS—

A team of hosses
Is divided by a tongue
And so are a lotta
Married teams.

✤ ✤ ✤

DUMBELL DORA THINKS
The Vulgar Boatman is a naughty man.

✤ ✤ ✤

Bebe Daniels says she is gonna marry Charley Paddock, the sprinter, and we'll bet Bebe sets the pace instead of Charley.

✤ ✤ ✤

Omigosh we found a cameraman don on the M-G-M lot Satiddy who doesn't turn his cap around backwards.

✤ ✤ ✤

Aimee has her followers all worked up in a frenzy and now they're gonna raise a relief fund for their "poor" leader. After Aimee gets her fingers on the dough her followers can crowd around for seats on the mourner's bench.

✤ ✤ ✤

Have been readin' about the Land Products Show you folks staged and that reminds us of the time when we judged a watermelon contest at the show last year and had to pick the seeds outa the ears of the contestants.

✤ ✤ ✤

We note that school is startin' agin and first of all we suggest that the school board find parkin' space for the flivvers of the kids, whose parents are too dern poor to buy their books.

✤ ✤ ✤

The head of the house now has to sit around in his delapidated trousers and lissen to the wife beg for a squirrel coat and sox to match.

✤ ✤ ✤

We met Mable Normand, Lew Cody's new wife, the other p. m. and she's a reg'lar gal. Her unfortunate tangle in the Taylor murder mystery caused her to hit the skids because a public was too anxious to find fault. We predict that Mable will come back stronger than ever in her new two-reelers and we sincerely hope the movie-lovin' folks will welcome her with open arms.

✤ ✤ ✤

Wish we could be up there to participate in the Elks show as we always was a dare-devil and duckin' eggs is a dern sight easier in your own home town.

✤ ✤ ✤

Lafe Perkins Sez.

"It's a dern good grapefruit that doesn't squirt in yer eye."

—o—

Eat barbecue sandwiches and live forever. Brand's Road Stand

DO YOU KNOW HIM?

By Wickes Wamboldt

Have you ever met the individual who discovers in you a mine of magnificent wonders? Everything you say or do fills him with delighted amazement—to hear him tell it.

When you buy a new suit he never saw anybody who had such an eye for classy stuff. When you put on your other clothes he asks you if you never wear the same suit twice. Your ties are to him a constant source of pleasure, and he wishes he could find a hat that that would look on him like your hat looks on you.

Your jokes are the wittiest things he ever heard. Your eyesight is the sharpest; your ears are the keenest; your sense of smell is the acutest. In fact nobody seems to be quite up to you in any detail that is brought up—or can be brought up.

When he introduces you to somebody it is with a lot of elaborate descriptive adjectives of a highly complimentary character. You are indeed a very very superior person—a very unusual person—a person whom the world should know more about—and anyone who doesn't recognize your physical, intellectual and spiritual splendor is a person who is blind to the high, the fine, and the beautiful.

If you haven't met such an individual the chances are you will some day. Perhaps you have observed such a person going on that way over someone else. Maybe he hasn't turned his attention to you yet. Perchance there hasn't been anything that he thought he could get out of you or that he wanted you to do for him. But if he ever sees where he can stand you up for a row of dominoes he will smear you all over with that same sort of good—until you are so stuck up that you are his meat. The metaphors are a little mixed but I am sure you get the idea.

It is said that before the boa constrictor swallows his victim he covers it with a smooth substance. That is for the purpose of making it easier to take in.

—o—

Arundel, piano tuner. Phone 189-L.

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

Did You Ever Stop to Think

By Edson R. Waite, Secretary of the Shawnee, Oklahoma, Board of Commerce.

Frank C. Mortimer, vice president of the Citizens Banks of Los Angeles, California, says:

THAT there is no class in the citizenship of any nation which is entitled to greater consideration than the farmer. He constitutes the very fiber of the community in which he dwells.

From the earliest tiller of our soil to our present day farmer, he has exercised habits of thrift and frugality. And great as is the value of thrift from the point of economics, yet its value is not limited wholly to that field.

The training afforded by its practice calls for the exercise of qualities that are predominantly moral in character. It means self-control. It means self-mastery. Long ago the farmer learned to forego immediate pleasure for the sake of some more distant good.

Through hardship and toil, on the frontier and the prairie; in the valleys and on the hillsides, he has labored to supply the immediate wants of his household and food for the peoples of the earth. That which he has gathered and saved has become the foundation of our wealth as a nation. His steadiness, industry and sobriety are political virtues which make for the stability and permanence of our government.

Tribe of Seris Passing

Savages for Centuries Defied All Foes, Scorned Peace.

NOGALES, Ariz., Sept. 22.—Eradication faces another of the western hemisphere's fiercest and war-like tribes.

From the time of Spanish conquistadores, until within the last two decades, the Seris, a savage tribe on an island just off the coast of Sonora, Mexico, have defied the advances of armed forces and the olive branch tendered by the white man or by native tribes. Living on their diet of "powdered dried straw and raw meats," as described by Alvar Nuez Cabeza de Vara, a Spanish military explorer, in 1536, the hardy tribe of savages held aloof, content with its barren island and existance.

Bloody wars were waged for nearly two centuries, but their submission was never more than superficial. Thousands of troops fell before their arrows, scores of daring missionaries were stoned to death, and as late as 1896 two navigators were killed in an attempt to explore Seriland.

Of late years the few remaining members have become strangely docile. The tribe, now numbering but 15, has retrograded into a race of almost imbecilic, meek, alms-seekers, delighted to guide fishermen who now walk peacefully along the shores of Kino Bay.

Coat Made by President

Johnson's Gift to Judge Now in Tennessee Museum.

NASHVILLE, Tenn., Sept. 22.—One of the few products of the shears and needle ever actually made by a president of the United States is now a possession of the Tennessee, seventy years ago.

It is a handsome, well-preserved coat of the finest broadcloth, made by President Andrew Johnson, for Circuit Judge W. W. Pepper of Tennessee, sevnty years ago.

Johnson was a tailor. Pepper was a blacksmith. While Governor of Tennessee, Johnson was presented with a handsome set of shovel and tongs, made by Judge Pepper, who left the bench and spent a day at the forge fashioning the gift.

Johnson was not to be outdone. He left the governor's chair temporarily, selected the finest piece of goods to be had and tailored Judge Pepper a coat without a flaw.

—o—

For sale: Good range stove for only $18.50. At Powell Furn. Co.

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COLES VALLEY
Saturday Nite
September 25th
MUSIC BY
STAR FOUR ORCHESTRA
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All Kinds
Some as Low as $10.00
Red Cedar Shingles
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Roofing, 7 kinds
$1.75 to $4.35
Paint $1.60 to $4.50
Per Gal.
PAGE LUMBER & FUEL CO.
709 N. Jackson St., Phone 242

BEAUTY CHATS

By Dona Kent Forbes

A YOUTHFUL CHIN.

Normally, the chin line of a woman of 30 is smooth and firm as when she was 18. But even so, some extra care should be taken of it from 30 onwards, for it is difficult to make it youthful once it has become lax and flabby.

The chief thing is not to let a double chin grow, and to avoid that, you must avoid getting fat. The extra flesh that the body does not really want, settles in a pocket here stretching the skin, which once stretched, is very hard to shrink.

The next thing is not to let the muscles under the skin grow lax. Massage will help, for it will stimulate these muscles, and exercise will help by strengthening them, and ice rubs will help most of all, for ice is astringent and also very stimulating.

Massage with cream, with flesh building cream if the skin is dry, with ordinary cleansing cream if there is a double chin. Rub hard, for hard rubbing breaks up the flesh under the skin and scatters it, that is, the blood re-absorbs it and carries it away. Then throw back the head as far as possible, with the mouth open, and then close the mouth. This gives a steady, hard pull on the muscles under the chin and down the neck.

Rub for ten minutes a day with ice. If you wrap a bit of ice in an old handkerchief or a thin piece of muslin, you can manage it better, and you lose none of the cold wetness which is so splendid for the skin. While you are about it, rub the ice all over the face, it is good for the complexion.

Fifteen—It takes warm water for a cleansing bath, but cold baths have their virtue too by being stimulating to the circulation.

A girl of 15 years with a height of four feet, eleven inches, could weigh about 100 pounds, but there is not set weight for growing children, as they are making so many changes all the time.

Massage your scalp daily very thoroughly and you will not need any tonic for it to make the hair grow. The massage makes the blood circulate freely, and that is about all that most people need to increase the growth of hair.

Tomorrow — How Do You Stand?

Efficient Housekeeping

By Laura A. Kirkman

BABY'S SACQUE AND CAP.

TOMORROW'S MENU

Breakfast
Melon
Cereal
Omelet Toast Cofee

Luncheon
Vegetable Soup
Cream Cheese Sandwiches
Stewed Prunes Cookies
Tea

Dinner
Lyonnaise Potatoes
Pumpkin Pie Coffee
Lettuce French Dressing
Stewed Tomatoes

To knit an infants' cap and sacque set buy four balls of white and three balls of colored three-fold Saxony. Use a pair each of number three and numberu three and one-half needles (bone.)

Sacque: With color and number three and one-half needles, cast on 180 sts. K. eight ribs plain, change to white and follow pattern as follows: Row One: K plain. Row Two: * K one, P one, repeat from * across. Row Three: K plain. Row Four: * P one, K one, repeat from * across. Repeat these four rows alternately for seven inches, and on next row decrease to 162 sts. Change ti No. three needles and colored yarn, K three ribs plain. On next row build off 40 sts. at each end for front, and continue on center 82 sts. for yoke.

Yoke: With white yarn, K one row, then cast on 44 sts. at each end for sleeves. K three inches plain. On next row work first 69 sts. off on a stitch-holder, and bind off the next 32 sts. for neck. On remaining sts. finish front of yoke. K five ribs, then increase one st. toward the front every other row 15 times. Now bind off 44 sts. for sleeves, K one rib, bind off. Work other side to correspond, and sew to body part.

Cuffs: With white and the number three needles, pick up sts. at end of sleeve, and K nine ribs. Change to color and K five ribs, then bind off. With color pick up sts. on both fronts and around the neck, K five ribs, and bind off.

Cap: With white Saxony and the number three needles, begin the Crown as follows: Cast on 15 sts. Row One: * K two, yarn over needle, repeat from * across. Row Two: K plain. Row Three: * K three, yarn over needle, repeat from * across. Row Four: K plain. Row Five: * K four, yarn over needle repeat from * across. Continue in this manner till you have 15 stitches in each section, and on next row bind off four sts. at each end. Change to color and K three ribs plain, change to white and number three and one-half needles, and work four inches of pattern. Change again to color and number and work four inches of pattern three needles, K one and one-half inches plain, bind off. Sew up crown, and with color and number three needles, pick up sts. on bottom of cap, knitting one inhc plain before binding off.

TTomorrow—Cucumber Oil Pickles

Diet and Health

By Lulu Hunt Peters, M.D.

Author of "Diet and Health" and "Diet for Children"

WHOLE WHEAT AND CALORIES.

Mrs. S. is reducing. She is fond of canned whole wheat and she finds it is good for constipation. Naturally, she is Peterizing and wants to know how many calories there are in cooked whole wheat. She wrote to the firm that puts out the type she is using, and they wrote her a very voluminous letter stating that you cannot measure the whole wheat by calorie count and they would much prefer that she did not use it at all unless she used it as a natural food and not as a medicine; They further expounded that the calorie has long since been discarded by medical men who know anything about foods. So they are not giving her the information she desires as they do not want to perpetuate an error in her mind that would finally lead her to the end of her life!

Did you ever hear of such mush? And doesn't it surprise you that a large manufacturing concern wouldn't have a scientific man or woman on their staff—one who would know that there is no calorie "theory;" that the calorie is simply the scientific term to measure the energy and heating value of foods and to measure heat?

I wonder what measure they use to evaluate the energy value of their product. There's only one other accepted measure—the "nem"—but that is computed by the metric system which is not generally employed in the United States. Is it possible that they do not realize their product has any value to supply energy and heat? (By energy, here, we don't mean the ordinary sense of being energetic; we mean it in the sense of supplying the power to carry on all movements, internal and external.)

The caloric value of a food is not the only value it has, by any means. You've got to have your vitamin value, mineral value, roughage value. Certainly all sensible people know that you cannot judge food values by the calorie or energy value, alone, and there is no one who emphasizes that point more than I do. As far as calories being discarded is concerned, they are being used more now than ever before, for it has been the lack of the knowledge, with resultant overeating and undereating, that has caused a great many nutritional disorders, and a great many other troubles.

I'll tell you, Mrs. S., what the caloric value of cooked whole wheat is. It is 100 calories to the ordinary cupful of about six ounces—about the same as cooked oatmeal. You see, it ranks comparatively low in calories on account of its water content. Naturally, if you re-cook it in milk and add sugar and cream, you have to count a lot more in calories.

Whole wheat is a very splendid food because it is high in mineral elements, furnishes a fair amount of calories, and has some protein as well as carbohydrates and fats. However, neither whole wheat nor any other grain, has a complete protein; that is, a protein that contains all of the elements necessary for growth and repair, and the grain should be supplemented with milk to complete its protein—and its calcium, for whole wheat is also low in calcium. Wheat is also low in the growth vitamin.

You can get whole wheat at any of the feed stores. When we say whole grain we do not mean grain with the husk on it, but with its bran on it. In cooking whole wheat, you soak it for several hours, then bring to a boil and cook until it is tender enough to be palatable but not to the mushy stage, for all foods should be cooked so that they are firm enough to give some exercise to the teeth.

I think a can of whole wheat contains 14 ounces net, so the caloric value of the can would be around 250 calories.

Eat your whole wheat, Mrs. S I recommend it, but don't forget to count the calories if you are reducing!

Tomorrow—Convulsions.

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 this 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—

UMBRELLA MAN

leaves town this week. Call at 315 West Lane street, opposite Rose Hotel.

Mattress special this week, full size only $7.50. Powell's store.

—o—

We will trade you a good radio or late type Victor, Brunswick, Edison or Sonora phonograph for your oldpiano. Ott's Music Store.

—o—

Hunting knives at special prices this week at Powell Furn. Co.

Camels hair Overcoats

Distinctive for Style, Comfort Service

These Overcoats are the first of the kind to be offered in Roseburg. You will have to see them to get any idea of their beauty.

The fabric is of such a nature that the coats fit in a manner all their own, always look fresh and new, and then, too, they are priced so low that they are decidedly conomical.

Come in and let us show these coats to you.

Harth's TOGGERY

BORN

PAPPEL—To Mr. and Mrs. Harry Pappel at the hospital Sunday, September 19, 1926, a son, Keith Allen.

—o—

M. C. RADABAUGH
Auctioneer, 556 N. Pine St., Roseburg, Oregon.

MANTRAP ANTLERS

DANCE!
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