

ROSEBURG NEWS-REVIEW

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ROSEBURG, OREGON, FRIDAY, NOVEMBER 5, 1926.

SCURRYING TO THE PIE COUNTER.

With the induction into office of the newly elected governor of Oregon there is going to be a lively scurrying among a goodly number of Republicans throughout the state to get under the wing of the new administration. Already several "prominent" politicians have started the machinery going that will induce them into office when Governor Pierce's administration expires. These men, shelved for the past several years, are again taking on new life and hope that a comfortable seat will be offered them at the public crib. They have tasted the nectar flowing from public office and it takes more than the passing of a few short years to quench their thirst.

A lot of men in this old world are fit for nothing else but holding some sort of an office within the gift of the governor. They never have, and never will, make a success of a private enterprise. Having failed in all undertakings they feel that it is quite imperative that they should help conduct state affairs, and are ready and willing to sacrifice their "talents" to that end. There is no better way in the world to cover up a person's delinquencies other than getting under the protection of a political job—in lieu of "services" rendered—and it can be expected that a lot of irresponsibles will be exercising their rights in this respect from now until the new governor is inducted into office.

However, if wise judgment is exercised, most of these applicants should be kept on the waiting list. It doesn't necessarily require any one political faith to recommend men to appointment to public office. If good business heads are already serving the state in various capacities it is well to let them continue in office, unless positively assured that higher efficiency can be gained by a change. Mr. Patterson should not become over-enthusiastic in regard to the horde of office seekers when he takes over the governorship of this great state. And, we do not think that he will be swayed by their pleadings and efforts of friends to any great extent to replace men of known quality who are giving the very best service possible to the state of Oregon.

A business, not a political administration, is the out-crying need at this time.

THE GREAT EXPERIMENT.

Life is drab, or life is tangled, or life is hopeless, perhaps, and you have tried every remedy you can think of, says the Medford Mail-Tribune.

You have become enraged and spoken your mind.
You have stood upon your rights and shown people you are not afraid.

You have studied things out, and know what you are doing.

You have used cunning, force, perseverance, good temper and bad.

You have exhausted your spiritual drug store.

Here is a suggestion:
Suppose you try kindness.

Suppose you remember that what everybody in this world wants is not to be improved or enlightened or regulated.

What every human being wants is kindness, good will, consideration. Give it to 'em.

Try it for one week now that election is over.

Of course, it is perfectly absurd, and impractical and all that. But try it and see what happens.

Roseburg is not alone in that long-standing, paramount need—a greater payroll. All of her energetic neighbors are constantly striving toward the same end, and the city with the most attractive inducements will acquire them. Roseburg has advantages that should appeal to prospective investors. It is gratifying to know that such a wide-awake organization as the Umpqua Chiefs has undertaken the task of presenting such advantages where they are apt to bring the best results. The plea of the organization for all possible cooperation in its efforts should not go unheeded. Competing in the outside field with other cities in a campaign for industries is a task hard enough of itself without the handicap of insufficient support and lack of a solid front at home.

Another season of good profits is in store for the turkey growers. Portland quotations on dressed hens and toms range from 40 to 45 cents a pound. These prices are for the very best grades. Inferior grades cannot be moved above 25 cents a pound, information that the growers will do well to keep in mind, because there will be plenty of competition this year in leading coast markets. Texas, as usual, will send her choicest turkeys to San Francisco, and Idaho is already making a strong bid for the Portland trade. Douglas county turkeys fear no comparison as to quality, but nothing but the best thereof must be sent to competitive markets if top prices are expected.

Both income tax measures went down to defeat—along with the Dennis resolution. The latter measure would probably have gone over but the author persisted in placarding his advertisement with a photograph of himself—which was a good thing for the state.

Now, if the legislature will only stop passing the buck to the people on a lot of nonsensical measures it will be some relief and a profitable saving to the taxpayers.

PRUNE PICKIN'S

By Bert G. Bates

GOOD EVENING FOLKS

They arrested a couple guys. A Scotchman and a Jew. Down on Hollywood Blvd. Yesterday and when the cop took 'em to the station. The chief asked him: "What they were arrested for?" "Oh, they're a couple nuts!" And the chief said: "In what way are they crazy?" And the cop explained: "Well, chief, I found this Scotchman down on the Main drag throwin' dollar bills away and this Jew was pickin' 'em up. And handin' 'em back to him."

DUMBELL DORA THINKS
The Valencia is just an excuse for dancin' close together.

'Wonder why they don't try shootin' Mussolini in the heel?

We just finished readin' the kind words our good friend Hale Seely has written home from Yale Seely that he saw a wisecrack from this column flashed on the screen at New Haven Conn. We're glad Hale was there to laugh at it as a friend in the audience is worth a dozen enemies. Thank Hale, ol' kid, now we're glad we voted for you when we judged that high school debate a few years ago.

Ye ed. is goin' out pawlin' with Bill Weaver at Griffith Park tomorrow a. m. and now we're gonna see what all this braggin' about makin' swell scores amts. to. Bill's game is improvin' tho' and Bill Harding and Jimmy Watson, Gene



Rippling Rhymes

By Walt Mason

ONE IDEA.

If you would walk with queens and kings, post up on many varied things, of knowledge have a store; for he who harps upon one theme, and pours out language in a stream, is looked on as a bore. You doubtless know a hundred hicks whose only theme is politics, its stratagems and wiles; and if this topic warbles you, it's pretty certain you won't view such delegates with smiles. Instead, when men like these appear, you'll wonder if a tree is near that you may safely climb; for listening to rhapsodies about some tricksters at the polls insures a beastly time. I hate to meet James Hoot O'Chee, for well I know he'll hand to me a tale about his hearse; he always thrums the same old string; his auto is the only thing of which he can converse. One day I'd talk of motor cars, another of the shifting stars that form the Milky Way; again I'd speak of buttercups, anon of hens and pointer pups, of Homer or of hay. But James, he's eager to discuss the merits of his old tin bus, and will not be denied; so when he looms up, blithe and brave, I look about me for a cave or drain in which to hide. I like to meet old Whoop Gadzook; he chatters to me of a book that he has lately read; or proves that Einstein's wrong or right concerning space and rays of light and doings overhead. I never know just what he'll say when I behold him on his way, he's always a surprise; he may discourse of ancient thrones, of Chapman Andrews and his bones, or of his mother's pies. He's popular where'er he walks, and men will listen to his talks, and sigh when he is done; but James can just one topic deal, and people weary of his spiel before it is begun.



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DOUGLAS COUNTY CREAMERY

Parrott and Bert Sutherland will hafta practice in the parlor this winter. If they expect to compete with him when he drops back up there in the Spring.

One of the sweet young things was trippin' down the avenue the other p. m. and haltin' before a store window she clasped her hands in ecstasy and went in. Goin' up to the clerk she said: "I'd like to try on that rose dress in the window." The clerk answered, "Sorry, miss, that's the lampshade."

Full skirts are in vogue, at least we saw a skirt on the boulevard last night that was plenty full.

When a feller sees all the wealth that's displayed hereabouts and happens to meet a guy who has two or three Rolls-Royces and valets n'everything, he can't help wonderin' where all the dough comes from. But after he stops to figger how little cash the rest of us have it's no wonder that it hasn't landed some place.



Late Perkins Sez.

"A feller always figgers it's a good idea to be on joshin' terms with the speed cop."

Man saves a lot of money. Where did you see that? He bought some furniture at Powell's Furniture store.

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BEAUTY CHATS

HANDS AND GLOVES

With November days almost at hand and mid-winter not so very far off, one problem becomes important. That is, how to keep the hands soft and smooth and white during the cold weather.

Gloves and lotions will do it. My honey-almond combination will bleach the hands and keep the skin fine and there are dozens and dozens of good and not expensive lotions on the market. Glycerine and rose water is good, half and half well shaken up. Glycerine, cucumber juice, and rose water, or glycerine, lemon juice and rose water, a third of each, are two other variations. Vanishing cream, always of the best quality, is excellent if rubbed into the hands at bedtime. And the nails should be rubbed with of greasy cold cream every night and the cuticle pushed back; this is more important in winter than in summer.

About gloves. Thin French kid or suede is little use as protection, though better than nothing, and a tight glove is worse than useless, for it impedes the circulation and causes a lot of troubles, the least of which is a red nose. Besides, those snug thin gloves which cling to the hand so and button tightly around the wrist, are rather ugly.

They show all the bad points of the hand, having no shape really of their own, they pinch the hand a trifle and show it off, looking pinched.

Fortunately, the styles have changed. The loose wrist is infinitely more becoming. It makes the hand look several sizes smaller, it hides the one part that is almost always awkward looking, the place where the hand and wrist join. Fancy cuffs, if they are not too fancy, are becoming for the same reason. And thick suede and thick capecash protect the skin and hold their shape better than thin, and are smarter this season.

A. W.—Tea made from dandelion roots purify the blood and will improve the action of the liver when it is needed. You can get the roots at and drug store if you do not have the chance to get fresh ones yourself. The dried ones will take a longer time to extract the juices from.

Ruth Marie.—Your ankles and calves do not appear to be out of proportion for your height of five feet, six inches, so there is no need for you to wear your skirts other than the fashionable length just now. Tomorrow Short Hair.



Efficient Housekeeping

By Laura A. Kirkman

DATE-RAISIN PIE

TOMORROW'S MENU
Breakfast
Left-Over Apple Sauce
Cereal
Boiled Eggs
Coffee
Toast
Luncheon
Baked Grapefruit Dish
Graham Bread
Marmalade
Cocoa
Cookies
Dinner
Broiled Sliced Ham
Mashed Potatoes
Lima Beans
Lettuce Salad
Date-Raisin Pie
Coffee

I have just originated a Date-raisin pie, which I am sure even the least experienced housewife can make successfully if she will follow these detailed directions. I made two pies at once (both the same), so that I would have one left over for the following day—a splendid plan if one's family is very fond of a cake or a kind of dessert. To make the lower and upper crusts for these two pies, begin by sifting two and three-fourths cups of ordinary bread flour with one-half teaspoon of baking powder and one teaspoon of salt into a bowl. Add one cup of pure lard, using the finger-tips. Now add a scant cup of cold water and mix to a stiff paste. Toss this out onto a bread board sprinkled with one-half cup of flour. With a rolling pin (mine is the glass variety) roll about one-third inch thick. Now dot this pastry-sheet with three-fourths of a cup of butter broken in tiny bits. Then sprinkle with an additional half-cup of flour, fold into a long roll, and fold the roll over once, to form a sort of square. Cut this square into four crusts (upper and lower). Roll out one piece at a time, into a nearly circular shape as possible. Cover the bottoms of two pie pans with pastry (my pans both measure seven and one-half inches in diameter across bottom and have flaring sides) stick all over with a fork, then put in the following filling, place on two top crusts, cash these with a sharp knife to permit steam to escape, and bake in a very hot oven for 25 to 30 minutes.

Date-Raisin filling for two fairly deep pie pans: Into a bowl slice rind and pulp of one-half lemon (discarding seeds), and add two cups of the small seedless raisins and one and one-half cups of stoned dates. Put this fruit mixture through the food chopper, then turn it into a saucepan with four cups of hot water and let it cook 30 minutes, or till the fruit is mushy. Add one cup of sugar, four cups of dry cornstarch powder and four tablespoons of cold water; when smooth, add this to the cooked fruit. Stir a moment as it cooks, and remove from range and add one and one-half cups of granulated sugar. Cool slightly before dividing this filling between the two pies.

Tomorrow—Washing China and Glass.



Diet and Health

By Lulu Hunt Peters, M.D.

Author of Diet and Health and Diet for Children

BREAD AND WATER SENTENCES

For 14 years, a Nebraska judge has been sentencing certain prisoners to bread and water diets for periods of ten days. He states that he never heard of its injuring anyone except now. "Some of these fellows got up a great hullabaloo," so he was going to find out for himself, and announced that he would sentence himself to a five days' bread and water diet, and if he decided at the end of five days whether it is cruel, he will continue for another five days. He doesn't eat white bread, so he has chosen rye bread.

The judge is 75 years of age. He is a good old sport, so to sentence himself, even if for only one-half of the time, I'm afraid he will suffer from it. However, for those who have been getting up the great hullabaloo have right on their side. A diet of white bread and water (apparently that is what the prisoners get) is a diet that is largely deficient in vitamins, complete proteins, fat and minerals, so the judge has the responsibility of sentencing his prisoners (and himself) not only to the terribly monotonous and unsatisfying diet, but to the possibility of scurvy, pellagra and acholosis.

The grains, after oxidation and utilization in the body, leave an acid residue. With none of the alkalizing food group—milk, fruits, vegetables—to neutralize this acid, the condition known as acidosis is certain to be produced. And this condition is a great factor in lowering the resistance so that infectious and degenerative diseases can get a foothold.

Another point of the acid-produce-

ing diet is that it gives a highly acid urine, which will deposit uric acid, which may form kidney or bladder stones. Hindred calls attention to the fact that the Russian peasant who works 14 to 16 hours daily and lives almost exclusively upon bread, frequently has gravel.

Whether a sentence of ten days on this one-sided diet would cause the abnormal conditions I have spoken of, or not, would depend upon the initial state of the prisoner's health and resistance. It is not known how long vitamins are stored in the body, but it is probably for a very short time, not more than three or four days. Probably in the ten days of the bread and water sentence, there might not be any well developed case of deficiency diseases, in those whose resistance was high; but in the prisoner whose health was already undermined, the judge's responsibility would be rather great.

If the bread used is the ordinary white bread, especially one made without milk, the diet would be much more deficient than if the bread were made of whole grains and milk, for in the refining of grains there is a large abstraction of the mineral elements, vitamins and the better grade of protein. However, the protein of grains, even when the protein of the bran and the germ is used, is not a biologically complete protein, according to animal research disclosure; that is, it is lacking in some of the essential elements necessary to build into body protein. If the prisoner hadn't his full growth, this would work a double damage, for

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both the growth needs and repair needs would be limited. I have been a wholesome, well liked, and needed addition to the normal diet, but it must be supplemented by the foods that give the vitamins and mineral elements, fat and complete protein. As I think of it now, without further research in the matter, the chief objection to the bread and water diet is the lack of vitamins, especially the anti-scurvy vitamins. There's another point: If any of these prisoners should happen to be a diabetic, he would certainly be sentenced to death. Tomorrow — Rheumatism.

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