

ROSEBURG NEWS-REVIEW

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B. W. BATES, President and Manager
BERT G. BATES, Secretary-Treasurer

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ROSEBURG, OREGON, WEDNESDAY, JAN. 5, 1927.

THE STATE GOVERNMENTS.

What do you know about your state government? Do you know whether or not it is doing its work up to the best modern political standards? In the majority of the states, newly elected governors and legislatures begin their work early in January, and the welfare of the United States for the next year depends as much on what these state lawmakers can do as upon anything that can be expected from congress. In past years, people used to run to Washington to persuade congress to pass some new laws, every time anything failed to go to suit them. It is beginning to dawn on them that the federal government has more work on hand than it can do well, that it is remote from the individual people of the several states, and that on many propositions, they would do better to look to their own state capitals for such relief as they need. The first step toward getting better work out of the state governments, is for the people of each state to watch the proceedings of these governments more closely. The people of Oregon should be keenly interested in the work of their own legislature. They should read its debates as reported in the newspapers, make the acquaintance of the legislators so far as they have a chance to do so, and discuss with them the conditions in the state that seem to call for legislation. They will find these legislators only too glad to talk over these questions. It should be considered a very complimentary honor for one to be elected to any position in the state government. The ablest people in the state should desire to accept such office, if the people wish them to serve, as a fulfillment of public duty, and as a privilege that should only be extended to those having special qualifications.

The production of automobiles in 1926 in the United States exceeded that for any preceding year. In order to keep up that high rate of production during the years immediately ahead, it would seem to be necessary to sell many more cars to Europe, Asia, Africa, and South America. Every time any nation substitutes peace policies for war aims, and every time a country anywhere in the world becomes more modern and civilized, there is created a demand for more cars. It is one of the great problems of the automobile makers of America, to convince the people of Europe, Asia, Africa, and South America, that they can not expect to keep up with the modern world, unless they use motor cars and trucks more than they have done. The 1,600,000,000 people of the earth living outside the United States form a vast potential market for automobiles. The faster they adopt modern ideas and cut out war, the more we shall sell them of automobiles and all kinds of modern goods.

Business optimism is well justified at this time, according to a statement by directors of the National Association of Manufacturers. The first reason they name to support this statement, is that business is done nearer a cash basis than ever before. Whenever people pay cash down, they help reduce the costs of doing business. This is a factor not merely in the prosperity of the nation, but it affects us here equally. If we could all form the habit of paying cash at our stores, or if we could pay our bills with prompt regularity, it would promote the prosperity of our community. The business men could employ more labor, and push out into new fields.

Rippling Rhymes

Walt Mason

THE TEST.

Names of orators who flourished many centuries ago have been kept alive and nourished, though their worth we cannot know. We are taking much for granted when we praise, with swelling pride, delegates who have been planted since before J. Caesar died. We are all convinced and certain that Demosthenes was great, when he stepped before the curtain and consented to orate. We are told about his glory when we play our infant feet; down the ages goes the story that his speaking was a treat. He's the greatest contribution to the graft that ever was; he invented elocution, and he patented applause. If the phonograph were grinding when he worked the speaker's trade, if a record were unwinding his address as it was made, it may be that we would titter as we leaned against the fence; could it be that windy critter once was famed for eloquence? Did all men admire his speaking as historians maintain? For his rusty voice is squeaking like a windmill in the rain. He is humming, he is hawing, he lets out discordant bawl, and we seem to see him pawing for a word he can't recall. But no phonographs were minted in the days of long ago, and we swallow all that's hinted of Demos and Cicero. With emotion we have listened to great speakers of this land; but the babes unborn, unchristened, will decide just where they stand. Never more can tinhorn speakers hold, unearned, a fame sublime, traveling like thieves in sneakers down the corridors of time. For the speakers we've saluted with respect, to whom we bow, will be heard and roundly hooted in a thousand years from now. When descendants hear the twaddle that we now consider fine, they will to the cupboard waddle for a stoup of currant wine.

PRUNE PICKIN'S

By BERT G. BATES

GOOD EVENING FOLKS—

Gosh we're all hopped up and it's all because we attended a Forum luncheon today. And listened to a flock of our citizens get up on their hind legs and talk in favor of pepin'. Up the 'ol' home town and it begins to look like The fellows who've been chirpin' the Blues and Squawkin' pessimism are gonna die of a broken heart.

Little Dumbell Dora couldn't give us her daily thot today and so her sister, Stupid Sarah, popped into the sanctum and asked us if Famous Players was Sousa's Band.

Yestiddy ye ed. was up in the metrop and after trudin' down Bwdy. in the muck and mud and listenin' to the floppin' of the galoshes on the young chicks we were dern glad to git back where hip boots are fashionable.

Much of the conversation that we hear these days contains less than one-half of one per cent solid matter.

Egotism—the other fellow's opinion of himself.

The boy going back to college asks Dad how much money he may have, and Dad asks the banker the same thing.

Fear is as important as diet to those who would live to be old.

There's no particular heroism in doing the thing you have to do.

A tip to the merchant. In times of depression the consistent advertiser suffers last and least.

The lessons of life must be learned page at a time.

Take "How are you?" "Awful" and "O Gee" out of the language and conversation would be reduced seventy-nine per cent.

He shows up best who shows off least.

Obscurity is at once the refuge and the fate of him who lacks the courage to fight his way to eminence.

LAPE PERKINS SEZ—

"Gosh dern this rain feels good on yer dome."

THE UNEDUCATED COLLEGE MAN

By Wickes Wamboldt

A man with a college education is not necessarily an educated man. One will find many men who have been through college whose education has been sadly neglected. Some of them do not know the things that the faculty would have taught them; and some do not know the things that the students would have taught them; and some know neither what the faculty or the students would have taught them.

It is quite possible for a man to go through an institution of higher learning and come out woefully ignorant of the things that make life worth living. All that he has to show for his daddy's money and four years' of time, is an exaggerated sense of his own importance, a disinclination for honest toil, and a class plan.

As a matter of fact, not every one should attempt a college education. Not everyone is fit for college. The prevailing idea that every chap should have a college education is wrong. On the other hand, those who declare that no fellow should have a college education who is not intending to follow a professional career are wrong, too. There can be no hard and fast rule laid down.

A college is a public utility, and there is no reason for a boy to go to college unless he is going to do a little something in the utilitarian line himself. There is no need for a boy to go to college unless he can and will make the right sort of use of his college opportunity. To send a boy to college to humor pride and to court prestige is not going to get him anything worth the getting.

If a boy contemplates college seriously and industriously, and is prepared to play both ends against the middle and make his ax cut both ways, then college is a good place for that boy to go to. But to make him go against his will, or let him go, to have a good time, or a bad time, according to the way one looks at it, is poor judgment. One fond father said to me, "My boy cost me \$10,000 while he was in college, and he only stayed two years." That \$10,000 sophomore was a pretty good illustration of the kind of boy who shouldn't go to college.

E. H. Shaw of Riddle was in this city today visiting with friends and on business.

Abe Martin

JOY DELIVERED FROM TARDINESS BY KSPKIN

One good thing about farmin', if you want it quit an' git it, some thins' else it's no trouble. I find somethin' jest as profitable. It's been almost a week now since this community wuz victimized by a neat appearin' stranger, but we mustn't git cocky an' overconfident.

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IS RETAIER TO BLAME?

In a Mid-Western city recently a Portland man went into a grocery and asked the price of Oregon dried prunes which were for sale there.

"Twenty cents a pound, and very fine," said the grocer.

"Did you notice any effect on the wholesale price due to the fact that thousands of bushels of the best prunes ever grown in Oregon rotted on the ground last summer?" asked the Oregon citizen.

"No," said the grocer, "the price was about the same as always, and I'm a merchant with my customers at about the same charge per pound as usual."

What is distribution, and what is marketing, when a prune crop in Oregon so heavy that tons of prunes rotted in the orchards made no difference in the price to the consumer in the Mid-West?

Nothing could be clearer to the producers than this unusual example. The consumer pays as stiff a price when under abundant crops as he pays when crops are small. The high price discourages consumption, and prunes rot in the orchards.—Portland Journal.

PRACTICAL PROHIBITION

According to Prof. Irving Fisher of Yale, this country is saving \$6,000,000,000 a year by prohibition. According to Roger Babson, the nationally known economic statistician, prohibition has resulted in increasing the working power of the wage-worker and has been a great factor in bringing about high wages.

This is not the opinion of the fanatical crank, but the studied finding of an expert in finance. Mr. Babson says: "Money received, instead of being employed uselessly for hiring labor to manufacture whiskey and beer, has been used in hiring labor to build houses, make

Your Boy and Your Girl

By ARTHUR DEAN, SC. D.
The Parent Counsellor

Dr. Dean will answer all signed letters pertaining to parents' problems with their boys and girls. Writers' names are never printed. Only questions of general interest are answered in this column, but all letters will be answered by mail if written in ink and a stamp, self-addressed envelope is enclosed. Address Arthur Dean, in care of The News-Review.

Student Self Government.

The other day a woman wrote, "Do you believe in school government? It seems to me that we hire teachers to teach and do not engage them to sit around while the boys and girls run the school."

Do I believe in school government? I should say I do. Yes, Sirree! We are living in a democracy and freedom in its essence is self-government. If we break down the ideal of a democracy, children who are unable to govern themselves can never become desirable citizens in a self-government community. Anything and everything the schools can do to teach children to rely on themselves and not to rely upon teacher-enforced discipline will build up the students capacity for self-government.

Schools which rely too much on teacher-enforced discipline and responsibility are tending to break down the ideal of a democracy.

I have before me a special Student Government issue of a Chicago school newspaper called the "Crane Tech Chronicle." A sub-heading reads, "Written and printed by, for, and about boys." In it there is explained the duty of its Boy-Mayor, its Boy-Commissioner of Attendance, and its Boy-Commissioner of Activities. I quote the editorial in this paper:

By The People.

"Crane is ruled by a student government. The officials, including the mayor, the commissioner of activities, and the commissioner of attendance are elected each semester by vote of the student body whose representatives they are. The courts, whose cases of discipline are tried, the Safety Patrol, in charge of fire drills and corridor conduct, and the classes conducted after school by student instructors to help any who may have fallen behind in their work, are all departments of this student democracy.

"Every community must be governed. The question is whether the people are capable of self-government through duly elected representatives chosen for that purpose or whether they must be governed by men outside of the group. Crane's self-government has been granted to the student body as a privilege, a practical lesson in civic duty, an opportunity to assume and carry worthily great responsibilities. The Crane student body has done this work efficiently in the past.

"Any government can stand only as long as it merits the respect and confidence of the people. As soon as its privileges are abused, or its powers wrongly used, then its usefulness is gone. Crane prizes its student government and will maintain it in all its present form.

Do I believe in school government? With all my heart!

Are teachers looking on the job when they try to teach boys and girls to govern themselves? A thousand times no. It is ten times harder to train students to govern

themselves than it is to enforce a lot of teacher made police regulations and worth one thousand times more.

OUR CONVERSATION CORNER

A Hard Guy Falls in Love.

I am in love with a girl but she doesn't know it. I am a fighter—that is I can lick every boy in our town. I thought girls liked fighters so I took to fighting like a duck takes to water. Now this girl doesn't even know me and doesn't know I fight. I haven't courage enough to go up and talk to her. I do not even know where she lives.

I am good-looking in a dark way, but I think girls don't like dark fellows. She is a blonde. How can I attract her?—Fighter.

ANSWER.—I know just how you feel because I actually paid out a dollar when I was your age to get a fellow to get acquainted with a girl so he could marry her to me. She was well worth the price and long afterwards I married her. While, as a boy, I had never been a fighter, as you are, I had been just as bashful, if not more so, but it is one thing you will outgrow.

Find someone who knows the girl and seek an introduction. Then—well—it will all just come to you, that's all.

Friends H-Advised This Girl.

I want to go to normal school and study physical training but various people, particularly my mother, advise me against such a course. They argue that intelligence is not needed in physical education work and that I, with my capacity, should take up something else.

I have also thought of Girl Scout work but the folks say it is not a lasting and steady vocation. My mother ever with an eagle eye on the future, says that if I married and my husband died, I should be unable to support myself and would have no vocation, taking it for granted that Girl Scouting will not last.—Bewildered.

ANSWER.—Girl Scouting not last! I will guarantee that the Scout movement in one form or other will last as long as there are boys and girls on this earth. Any one who can successfully handle boys and girls in the teen age is never out of a job, whether it be that of teaching school, editing children's magazines, scout leadership, or club work. There are ten people who can teach from books to every one who can teach without books.

How long since physical education work did not require any brains? Did you know that hundreds of physical education instructors have M. D. degrees? Did you know that many physicians started out as physical training instructors? Do you know that a competent physical training instructor has to know more than a teacher of algebra, and that his responsibility is greater?

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BRITISH ZONE AT HANKOW IS AGAIN RAIDED

(Continued from page one.)

to Wuhu.

England Asks for Aid

LONDON, Jan. 5.—Frantic appeals for more land and naval forces are being made by the British community at Hankow to the British government.

The foreign office today said that the situation at Hankow was fraught with the gravest dangers, but that it was felt that the British authorities on the spot would be successful in averting armed conflict.

The situation is considered eased by the evacuation of the British marines and the placing responsibility for law and order within the British concession on the Chinese authorities themselves. It was stated that the position of the British merchant marines who were holding mobs at bay but under the strict orders not to fire a shot, was untenable and that consequently the evacuation had been directed.

The foreign office says that the Hankow disturbance was due to Cantonese agitators attempting to provoke the British to use force in defense of the British concession, thereby stirring up another crisis such as took place recently at Wanchang, in order to embarrass Great Britain's newly declared policy of conciliation.

A report that British women and children already have evacuated Hankow could not be confirmed.

Americans in Danger Zone

WASHINGTON, Jan. 5.—It is estimated here that 200 or more Americans are living in Hankow or its suburb, or Wuchang across the river from Hankow. A considerable number of these make their homes in the British concession.

Additional American war vessels were sent to the Hankow vicinity a week or two ago to be held available for the protection of American nationals and for their evacuation should need to.

The American consulate at Hankow is located on the old Russian concession. Extra-territorial rights in connection with that concession were surrendered by the Russians and the consulate has been in an area policed by the Chinese authorities.

Dispatches of the last day or two have not indicated that demonstrations and rioting were directed at the American consulate or that there had been any disturbances in its immediate vicinity.

Try a classified adv. in this paper and watch results. You'll sure get 'em.

DR. NERBAS

DENTIST

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BEAUTIFUL CHAS

DEVELOPING THE LEGS

You do not want over developed legs, not these days. You don't even want very well developed legs now that we're all being tripped in knee-length skirts, all the way up to the age of 40 or so. Calves, as embellishments to legs, don't exist. So when I write about developing this part of the body, I mean reducing flesh as much as adding it on.

Of course, general reduction reduces the legs, and therefore the stout woman should begin spinach and grapefruit and black coffee and a sliver of dry toast and such things, until her measurements are about what she wants them. But even thin women have fat legs; in such a case black coffee and toast as a diet is no good. Massage and exercise have to be used, to bring this part into proper proportion to other parts of the body.

If there is a gymnasium handy, join it and go regularly to classes. If there isn't, join a dancing class somewhere. Dancing is a wonderful exercise for the legs, it will reduce large calves, it will make thick ankles more slender, it will introduce curves where curves belong. If you are perfectly straight from the knees down, for instance, you will benefit as much by dancing as if you had what we used to call grand piano legs.

Otherwise, do what the girl in the picture is doing, walk around the room for 15 minutes or so a day on your tip toes. This is specially for cut development and good for either the too fat or the too thin. And massage the legs, too this, and stand without shoes, hands straight up over your head. Bend and touch the floor with the finger tips, and as you grow more practised, with the palms of the hands. This is good not only for the legs, but for back and hips too. You'll know the muscles you exercise without any doubt, the first time you bend over. It is an extraordinary exercise for keeping you limber, and should be done often, whether you want to develop or your legs or not.

Miss F. J. L.—With changeable eyes you can wear almost any shade, for the color will lend its own tone to the eyes.

Mrs. Kate J.—Avoid the starchy foods in your diet, and eat less if you cannot get special diets. You can eat without any doubt, the first time you bend over. It is an extraordinary exercise for keeping you limber, and should be done often, whether you want to develop or your legs or not.

Tomorrow—The Young Mother. Here's the best exercise.

Efficient Housekeeping

Lauro A. Kirkman

MOLASSES PIE

TOMORROW'S MENU

Breakfast	Stewed Dried Peaches	Cereal	Codfish Balls	Coffee	Toast
Luncheon	Baked Canned Corn (with two eggs in it)	Graham Bread	Jelly	Celery	Tea
Dinner	Beef Stew (with Onions Potatoes and Carrots)	Dumplings	Left-Over Cole Slaw	Cottage Pudding	Coffee

Some time ago one of our Reader Friends asked for a recipe for old-fashioned "Molasses Pie." Several other readers have generously sent us the following responses:

"Mrs. H. R. B.'s Molasses Pie: Mix together one cup of molasses, two tablespoons of flour, one tablespoon of melted butter, three tablespoons of vinegar, one egg slightly beaten, and one-fourth teaspoon of ground nutmeg. Beat the mixture till it is smooth, then bake it between two crusts just like an apple pie."

"Mrs. H. M. S.'s Southern Molasses Pie: One cup of Porto Rico molasses, one cup of sugar, one-half cup of water, one tablespoon of flour, four eggs, piece of butter size of a walnut, and nutmeg. Put molasses, sugar and water on stove

and cook a little before adding butter. Beat eggs separately, add yolks and flour to the molasses mixture, then add the beaten whites and nutmeg to flavor. This recipe makes two pies, with one crust to each pie."

"Mrs. N. McC.'s Molasses Pie: To make the pastry, mix and sift two cups of flour with one-half teaspoon of salt. Cut in one-half cup of cold shortening until the mixture looks like meat, then add from one-third to one-half cup of ice water. Filling: Three-quarters of a cup of molasses, three-quarters of a cup of water and one teaspoon of baking soda dissolved in a little warm water. Mixed Crumbs for Top: Mix together one cup of granulated sugar, two cups of flour and one-half cup of butter. Put this mixture over top."

Here is another recipe request:

Butterscotch Biscuits: Use baking powder biscuit recipe printed on the can. Roll the dough out to one-fourth inch in thickness. Spread the surface of this dough with two tablespoons of melted butter and one-fourth cup of brown sugar. Now roll the dough up like a jelly roll and cut it in slices one-half inch thick. Place cut side down in a pan greased with two tablespoons of butter and sprinkle the little "pinwheels" with one-half cup of additional brown sugar. Bake ten minutes in a hot oven—500 degrees Fahrenheit.

Tomorrow—Knitting an infants' Afghan.

Diet and Health

By LuLu Hunt Peters, M.D.

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

THE IMMORTALITY OF THE BODY

DIET AND HEALTH

Not long ago there was a play given in New York, which was based upon the theme of immortality of the body with the characteristics of youth. The star who had used the formula which produces these results, for 500 or 600 years, was bored and heartily sick of life. She was made happy by the destruction of the formula for immortality for it meant the end of her bondage to the flesh for all time.

Immortality of the body, at least to our knowledge, is an impossibility. But immortality of the soul is a single unit of any bodily structure—apparently is not altogether improbable, and the methods of maintaining this prolonged life give us a great deal of food for thought.

Dr. Raymond Pearl, Director of the Institute of Biological Research at the Johns Hopkins University, is quoted as follows: "Nothing like death is inevitable in the cell itself. . . . The cell, when placed separately under such conditions as to supply appropriate food in the right amount and the removal of the deleterious products of metabolism, or chemical changes, can probably live forever."

"This assertion is based on the successful cultivation of tissues from man's body and the bodies of other animals, achieved during the last few years. . . . The experimental culture of cells and tissues has now covered virtually all the essential elements of the metazoan body, including even some of the most highly differentiated of those tissues, nerve cells, muscle cells, heart muscle cells, spleen cells, connective tissue cells, epithelial

cells from various locations in the body, kidney cells and others have all been successfully cultivated in vitro, or in special nutrient mediums."

"Particularly striking is the culture work of Carrel and Ebeling. These great scientists, by transferring the culture at frequent intervals into fresh nutrient medium, have kept alive for more than 14 years, and in perfectly normal and healthy condition, a culture of tissue from the heart of a chick embryo. There is every reason to suppose that by a continuation of the same technique, the culture can be kept alive indefinitely. Although we die, our cells have the capacity to live forever. Not even senescence, or old age, is a necessary concomitant of cellular life."

Note that the cell must have appropriate food in the right amount, and must have proper elimination of its wastes! I think you get the thought I want you to. If you are following the column, you know something of what we know now concerning healthful nutrition and the methods for proper elimination.

(We have an article on Balanced Diet and one on Constipation which will help you along those lines. You may have these by sending a fully self-addressed, stamped envelope with your request. Allow two weeks for their receipt.)

A LITTLE LESSON

Here's a nice little testimony with its own little lesson.

"I have lost 76 pounds in seven months, having reduced from 264 to 134. I feel perfectly wonderful and have cured constipation."

(Continued on page five.)

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. All other material we send you in care of this paper. Make them as brief as possible, not over 300 words, and try to write them legibly with ink. Please sign your name as evidence of good faith—we will not use it for any other purpose. It is impossible for me to diagnose for you or to answer you personally. I am unable 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. Do not forget the stamped, self-addressed envelope if you expect me to send you the information I have offered.