

SKAGGS SAFEGWAY STORES

Distribution Without Waste

Store No. 255 115 So. Stephens St., Roseburg, Ore. Phone 230
\$5.00 Orders delivered free, sugar excepted. Small orders 10 cents.

Introducing

The Safeway Man

Primarily, Skaggs-Safeway Stores is an organization of men, and our purpose in presenting the Safeway Man to the public is that, through him, those who serve may get a clearer conception of our activities and the means by which we bring the necessities of life into your home at the lowest possible cost.

Through the pictured activities of the Safeway Man we will visualize the many and varied operations that enter into the scientific and economical assembling and dispensing of foods—the Safe Way.

New, as a character, the Safeway Man is old in his contact with and service to the public. You meet him every time you come into contact with any part of this organization.

He is in the stores and markets, in the offices, on the trucks, in the fields, factories and warehouses. He is a man with a purpose, an ideal and a realizable ambition—a highly trained, thoroughly capable, always courteous individual, without whose zeal, loyalty and efficiency our extensive operations would be impossible. You will find it interesting and profitable to follow his activities closely and be guided in your food purchases by the recommendations he makes.



PRODUCE FOR SATURDAY

BANANAS — Firm, golden ripe, 3 pounds 25c
GRAPEFRUIT — Good size, ripe Floridas, 3 for 29c
LETTUCE — Large solid heads, real head lettuce, 3 for 29c
ONIONS — Excellent Quality, winter onions, 12 pounds 25c

SATURDAY FEATURES

Sugar (Pure Cane) 10 Pounds 63c 10 Pounds Limit	Raisins Sunmaid Seedless 10 Pounds 33c 5 Pound Bag	Soap (Crystal White) The Phillips-Bubble 20 Bars 75c
Starch Calumet Corn or Gloss 3 Packages 25c	Mathis Cocoa Pure Cocoa put up in carton 2 Pound Carton 23c	Corn Meal The Best Eastern White or Yellow 9 Pounds 35c Bag

SATURDAY AND MONDAY FEATURES

Big K Flour (all hard wheat, more loaves to the sack) sack \$2.03; barrel \$7.95

Corn or Peas Good Standard Quality 2 Cans 25c 1 Case \$2.95	Booth's Sardines 3 Large Oval Tins 38c Deviled Meat For a delicious sandwich 6 Tins 25c	Peanut Butter In Bulk 2 Pounds 39c
Tomatoes Fine Quality 2 1/2 Can 3 Cans 38c 1 Case \$2.97	Smoked Meat SUGAR CURED BACON Light weight, lb. 35c	Skaggs White Wrap Coffee Absolutely Guaranteed 1 Pound 49c 3 Pounds \$1.44
Pineapple Perfect Slices in good syrup, 2 1/2 size can. 3 Cans 73c 1 Dozen \$2.89	BOSTON BUTTS Fine Flavor, lb. 29c PICNIC Small and Medium, lb. 23c	Hard Mixed Candies 3 Pounds 35c
Oysters Best Eastern 3 Tall Cans 47c	Pickles Sweet Spiced Full Quart Jar 39c	Peanut Brittle Fresh and Crisp 3 Pounds 55c
		Clams Minced Razor 3 Flat Cans 59c 3 Flat Cans 73c

ALLEY, DISABLED BY PERGANDAS, IS DECLARED WINNER

(Associated Press Local Wire.)
GRANTS PASS, Ore., Jan. 6.—Tom Alley was last night accorded a victory over Louie Pergandas, of Portland, by the referee, in the light heavyweight wrestling bout here. The several hundred fans at the event were unanimous in their opinion that the match was a

draw at the best. Alley took the first fall in 41 minutes of the best wrestling ever seen on the local mat. In the second fall, the big Greek secured a vicious leg split and Alley was forced to give up. Pergandas refused to break his hold as he contended the referee did not pat him on the back. The referee then attempted to break the Greek's hold and hurt Alley so that he was unable to rise. The fall was given to Alley, the referee claiming a

foul. The fans claim that the referee did not pat Pergandas.
BROCCOLI SEED FOR SALE
Tested seed, 1925 crop, early or late, \$15 per pound; \$1.00 per ounce. 1926 crop early St. Valentine and late \$10 per pound; \$1 per ounce—10 lbs. or more at \$8 per pound. Anyone wanting seed for fall broccoli maturing now, please let me have your orders now at \$12 per pound. Only a few pounds of the tested seed left. Fred Schmidt, Dillard, Ore. Phone 46FS.

LETTERS FROM THE PEOPLE

NOT OPPOSED TO HAVING
BOYS SELL FRUIT

Editor News-Review: I wish to know that I am a signer to the petition restraining children from selling apples on Sheridan street. I am fully in accord with the children's activities. It is my knowledge that the money made by the children in this way is a great help to some of the families concerned, and should be allowed by the city.

Signed:
MORGAN'S GROCERY,
By D. H. MORGAN.

NOTICE TO DOG OWNERS
Notice is hereby given that all dog owners in the city of Roseburg must apply forthwith to city treasurer for dog licenses. All failing to do so will be prosecuted according to law.

W. M. VAUGHN, Chief of Police.

Did You Ever Stop to Think

By Edson R. Walte, Secretary of the Shawsnee, Oklahoma, Board of Commerce.

That the city that fails to encourage business concerns it now has will fall way behind in the March of Progress.

That when business concerns fail to use every effort to increase their business in the home city and its trade territory, they are holding back its progress.

That merchants should show the people of their community by newspaper advertising that they can supply their every want.

That people appreciate the true merit of the home city as a trading center when the local concerns take interest enough to tell them what they have through the recognized shoppers guide—the newspaper.

That newspaper ads draw shoppers from other localities. Shoppers do not come to a city to buy just one article, they usually buy many articles.

That out-of-town shoppers receive extra attention.

Service, quality and price are the big attractions that bring them in to trade.

P. F. HIRSCH AUDITOR ACCOUNTANT

RANCH RESIDENCE
Phone 1F33
MAIL ADDRESS
Dixonville, Oregon

Tax Returns Prepared, Books Closed, Systematizing, Auditing, Bookkeeping Taught.



Good appearance is better than letters of recommendation. Let us help your good appearance.



Imperial Cleaners

SAVE WITH SAFETY
The Rexall Store

Cherry Bark Cough Syrup

A pleasant tasting, bright red syrup, free from narcotics and alcohol, that will give you relief from the cough, bronchial catarrh or irritation.



7 OZ. BOTTLE 50c

It soothes and heals the inflamed parts and is an aid in raising the phlegm, thereby giving the quickest and greatest relief.

Rexall Cherry Bark Cough Syrup does not upset the stomach. As a matter of fact it will improve your appetite.

It does not contain any alcohol or narcotics, and therefore is not harmful to any member of the family.

Nathan Fullerton
The Rexall Store
Roseburg, Oregon

BEAUTY CHATS

WINTER HATS

Though we are well into winter, and shops are already displaying spring frocks and light hats and delicately colored clothes for southern resorts, I think a talk on winter hats is not out of place. This is between a fashion season is a bad time. It's really silly to wear spring clothes or straw trimmed hats on the street, and winter clothes, hats especially, have lost their freshness. What a good idea to introduce a mid-season, with mid-season materials and styles and even colors!

We dress well in America; no country dresses half as well as we do, which is natural as we are in a prosperous period, and as the American woman has a gift of style. But—we all dress alike. Fashion varies only in detail. If you don't believe this look critically at the women in the restaurants and on the streets, after you've been away for a few months. The longer the absence, the more you'll see how we all go about dressed to one type. It's a good type, but it might be more varied. After a long season of winter clothes, lasting from late September until April, we get bored with our own things and with looking at other people's.

Why not a mid-season—a complete change four times a year instead of twice? It would be more interesting to have half as many clothes and change them twice as often, and would come out the same way as to price. At least, why not a mid-season for hats and such accessories? About this time of the year, I wish all the blonde-haired women would go out and buy violet colored felt hats to wear with their blue suits and all the brunettes appear in rose red with their brown or black coats—or that they'd try any other color combination, as long as they appeared in something new as to line and color. We go on wearing felt shapes, that's all right as long as we drap the hats becomingly and rub our scalps after hours in one

to get the blood circulating properly. Nothing will freshen a slightly



Soft draped felts are becoming. worn costume as much as a new hat.

John F. J.—Anything that tends to stimulate the functions of the skin, helps to do away with imperfections such as freckles, pimples and the like. Consequently massage, or a full bath all over every day followed by a cold shower, will clear the complexion of almost all blemishes. Special exercises that cause the skin to act very freely and then followed by the bath and shower will change the appearance of sickly skin in a few days.

Tomorrow—Some Diet Hints.

Efficient Housekeeping

Laure A. Kirkman

UNUSUAL CHURCH SUPPERS

TOMORROW'S MENU
Breakfast
Stewed Dried Apples
Cereal
Creamed Dried Beef
Toast
Coffee
Luncheon
Spanish Omelet
Wholewheat Bread
Marmalade
Tea
Dinner
Vegetable Soup
Pork Chops
Sweet Potatoes
Steamed Raisin Pudding
Hard Sauce
Coffee

There is no doubt about it, the church supper which is "different"—which has some original idea about it, some scenic or decorative novelty—is the supper which draws the crowds. I am going to describe one which was recently given by an enterprising church.

It was called a "Calendar Supper," and the idea would be suitable to use at any time of the year. Twelve separate tables were used, each table representing one month of the year.

January Table: This was decorated in crystal and silver, suggesting snow and ice, white being used for napkins and favors. The centerpiece consisted of a small doll representing young New Year, emerging from a snow bank surrounded by evergreens.

February Table: St. Valentine's hearts were scattered over the cloth, helped out by red flowers and berries (some artificial) and the favors were tiny bouquets of

mothers who have underweight children should profit by.

While it is extremely important that children get their lettuce and spinach and other greens for their vitamins, mineral elements, and iron (especially from the spinach), these foods are mostly water and do not stick to their little ribs. So it is equally important for them to get their quota of more solid food and so more of the needed calories. You know the way those of us who have to fight overweight, keep decent—by eating fewer calories than we actually need, and letting our own fat be consumed for the balance. Children who do not have sufficient solid food high in calories (energy value) are also known to use up their own fat and will fall to deposit more.

Another point: a diet that is low in calories may also be low in

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 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.

COMING!

Carload of Wire Fence.
Carload of Drain Tile.
Carload of Salt.
Carload of Alfalfa Hay.

Place your orders now and get
CAR DOOR SAVINGS

See Our Plows
12-in. Black Land Plow, \$21.50.
OUR REPAIRS COST LESS

See Us First—We Can Save You Money.

FARM BUREAU COOPERATIVE EXCHANGE

ROSEBURG AND OAKLAND

protein (the growth food), the mineral elements and vitamins. You have to remember that a child must have a balanced diet, and that means not only the right proportion of food principles, but sufficient of them to sustain not only present activities, but also allow for growth. A diet that is insufficient in any respect, including insufficiency in amount, is unbalanced.

It was a good idea for this young mother to withhold the milk at meal times. You won't always have to do that if you give more concentrated foods: cook cereals with milk instead of water, adding more cream to the milk and egg yolks in sauces, making bread with milk, etc.

As usual, I have to speak of the other factors for health to be thought of in the underweight child: sufficient rest, lots of sleep, long hours in the air and sunshine, etc.

(We have a list of modern books on child feeding, which you may have by sending a self-addressed stamped envelope with request.)

Decayed Teeth and Pregnancy
Mrs. R.—It is no unusual for the hair to fall out some after child birth, but if you will begin to massage your scalp twice daily, at

least three minutes at a time, it should be remedied.
But I notice, you say your teeth also have decayed quite a little. This looks as though you have been, and may now be on a deficient diet, and perhaps are not taking proper care of the teeth. (We recently ran an article on the care of the teeth as to brushing, dental care, etc.) How about your diet? Are you getting the mineral elements, vitamins, complete protein in sufficient amounts? I wish you would send for the article on Diet during Pregnancy and Nursing. (Enclose a self-addressed, stamped envelope with your request.)

In general, you must have the equivalent of a quart of milk a day (it needn't all be taken in drinks—cottage cheese, sauces, malted milks, etc., are good forms), liberal amounts of fresh fruits and vegetables, some nuts, a moderate amount of other protein foods: meat, fish, eggs; and the whole energy foods. Don't eat so much grain breads and cereals for your that you become overweight. It is unnecessary and unwise both for you and the baby. Better go to a dentist as soon as possible.

Tomorrow—Meat (in Middle and Old Age)



STOP! LOOK! LISTEN

Revival at
Bible Standard
Temple

Hear Dr. E. F. Webber every night except Monday throughout January. A MAN with A MESSAGE who is not afraid to preach the whole Bible. Come and bring the family. Good congregational singing.

WELCOME

The Handiest Place

To Find Parking Space

ROSEBURG GARAGE

General and Goodyear Tires
Phone 408

Woodcutters Supplies

ATKINS CROSS-CUT SAWS
WEDGES, SLEDGES,
GRINDSTONES, ETC.

SPECIAL THIS WEEK

REDUCTION ON

All Heating Stoves
Some Good Bargains

ZIGLER-CRAVEN HARDWARE CO.

PHONE 25

L. W. METZGER

SASH DOORS MILLWORK

Complete Line of Building Material
Plate and Window Glass

Agents for Fairbanks-Morse & Co.

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Roseburg, Ore.