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How would you like an insurance policy that protects you against any form of disaster that might happen to you? The Oregon Life Four-Square Policy is this kind of insurance. When you buy it you simply cannot lose. If you live to be sixty years old, you get \$10,000 cash; if you die before sixty, your dependents or your estate get \$10,000 immediately; if you are accidentally killed, they get \$20,000; or if you are totally disabled, either from sickness or from accident, your policy pays you \$100 per month until sixty years of age, plus \$10,000 in cash at your death or when you become sixty years old.

You cannot possibly lose when you have such a policy. Mail the coupon and we will send full facts. This is the insurance policy you have been looking for.

there's an **Oregon Life Policy for you**

CHAS. S. McELHINNY, Dist. Mgr. Roseburg, Oregon.

Oregon Life Insurance Co. Alder Street at Eleventh Portland, Oregon

Men: Please mail me, without obligation, booklet giving particulars of your Four-Square Policy.

Name _____ Address _____ Age _____ Occupation _____

BEAUTIFUL CHATS

WELL KEPT NAILS

If you will keep a small and not too stiff bristled nail brush in your bathroom, it will help solve the problem of keeping your nails nice looking without spending much time over them. Nails look badly because minute particles of dirt collect around the cuticle and under the edges, and one of the quickest ways to get these particles off is by hot water, soap and a brush. For the brush gets under the edges and cleans more thoroughly than rubbing with the hands or with a cloth.

Don't use too stiff a brush, though, or you may bruise the delicate skin around the nails, or the still more delicate part beneath the nails, where they grow from the fingers and where most of the dirt collects. And don't scrub too hard; a lot of damage is done in this world by the people who are over conscientious. Use a moderately stiff brush, and if yours happens to be too stiff, let the hot water soften it before you try it.

The nails need bleaching every few days, because staining get on the skin or underneath the nails and even the brush won't take them off. I'd advise keeping a little bottle of lemon juice in the bathroom cupboard and using this with an orange wood stick wrapped in cotton, just as you use any

nail bleach. Or, dig your nails into a section of juicy lemon and let the juice work itself all over the finger ends. Or, keep some of the white paste bleach which you can buy anywhere, run this under the nails, and scrub it out in a few moments with the nail brush. There are several paste bleaches they are easy to use and if washed out soon afterwards, they won't dry or harm the fingers.

But ordinarily, scrubbing the nails with a brush, and pushing back the cuticle with an orange wood stick, and then giving them a quick polish with a clean buffer, is all the manure you need. Once a week you will have to be more thorough, of course.

Brown Eyes—You can improve the growth of your lashes and brows if you quicken the circulation, just as one may do when massaging one's scalp to increase the growth of hair.

Grasp the lashes between finger and thumb and gently pull them, thereby quickening the circulation; with the brows you can massage and also brush them until you feel the blood tingling under them. There are tonics also for stimulating the growth of the lashes and brows.

Tomorrow — Middle Age.

Efficient Housekeeping

by Laura A. Kirkman

CHILD'S CROCHETED LEGGINGS

TOMORROW'S MENU	
Boiled Eggs	Toast
Coffee	Luncheon
Coldfish Balls	Wholewheat Bread
Stewed Prunes	Cookies
Cocoa	Dinner
Tomato Bisque	Fried Smelts
Mashed Potatoes	Beets
Cole Slaw	Coffee
Custard Pie	

deep decrease for leg as follows:

Row One: Ch three, yarn over hook, pull a loop through D. C., another loop around stripe at, and finish as regular D. C. Continue in pattern at, for nine stripes and end with one D. C. Row Two: Ch three, decrease on st, work across and decrease at end. Row Three: Ch three, decrease, work across and decrease one st at end. Row Four: Work even. Row Five: Decrease at each end. Continue with even and decreasing rows till there are five raised sts left with one D. C. outside of last stripe on each side. Now work even till there are in all 30 rows in leg. Increase for instep as follows:

Row One of Instep: Decrease one st, increase at center by working raised st, one D. C. in top of same st and another raised st in same D. C., and decrease one st at end of row. Row Two: Decrease at each end and work two D. C. in center. D. C. Row Three: Decrease at each end and have two D. C. in one of the two center D. C. Row Four: Decrease at each end, at center two D. C. in each of two center D. C., (six D. C. in all). Break yarn and fasten. Make other leg to correspond.

Back Section: Follow the above directions but make upper part three rows deeper and omit instep part, fastening yarn at end of 30 rows. Sew up seams. Work three rounds of S. C. around foot. In creasing at point and sew elastic at seams (for around waist.) Make a belt beading.

Tomorrow — Contributed Receipts.

To crochet a pair of leggings for a child from three to four years of age, buy four balls of four-fold German-town and a six four bone or celluloid crochet hook. Front Section: Ch. 80 sts, skip three stitches from hook, work one D. C. in each following ch, ch three and turn. Work pattern at, as follows: Row One of Pattern: Count the three chs as one D. C., one more D. C., * one D. C. forward (on side toward work) around post of fourth D. C., three D. C. and repeat from * ending with two D. C., ch three and turn. Row Two of Pattern: One D. C., * one D. C. back (on side away from work) around post of fourth D. C., three D. C. and repeat from *. These two rows form pattern stitch.

Work pattern, being careful not to break the raised stripes, 19 in all, and when work is nine inches

ported 18, 13 and 7 below zero. On the coast, Everett observers noted 18 above and Olympia 15 above.

MIKADO EXPECTS HEIR

TOKYO, Jan. 21.—The vernacular newspapers today published what they called well founded conjectures that the slight illness of Empress Nagako was due to the fact that she is to become a mother. Court physicians refused to comment.

The emperor as yet has no male heir. A daughter, Princess Shige-ko was born December 6, 1925.

Diet and Health

By Lulu Hunt Peters, M.D.

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

SOME COLD WEATHER SUGGESTIONS

Chapped Lips

Don't have chapped lips! There is nothing more distressing to see, or uncomfortable to feel, than chapped lips, especially when they go on to the stage of swelling, cracking and bleeding.

These conditions are very easily prevented by the application of a cold cream lipstick. These lipsticks are inexpensive—you can get one for 15 to 25 cents—and they are usually made of a specially prepared cold cream with a little glycerine. When applied, a thin colorless coating is left which will act as a protection against the cold air. Those who are troubled with sensitive lips should never be without one of these lipsticks. The ordinary cold cream will not serve because it is too thin, rubs off too easily and is irksome to carry.

Men who are susceptible to chapped lips should not scorn to have a lipstick of this nature with them constantly; a good coating should be applied before going out of doors and if out for any length of time, another coating should be applied.

Chronically cracked lips should not be considered lightly because in the later years, when the so-called cancer age begins, a crack or sore on the lip, if allowed to go on indefinitely, may be the basis for a cancerous growth.

Chapped Hands

There is nothing better for chapped hands than glycerine, but it must be greatly diluted for use. The reason some find that glycerine does not agree with their skin is that they do not dilute it sufficiently. Three-quarters water and sometimes a greater dilution than this should be used.

A practical way to use glycerine is to buy it undiluted, pour a few drops into the palm of the hand and then add about three or four

times as much water and mix it as you rub it on the hands. Those who have their hands washed a good deal should have a bottle of glycerine or some other lotion handy and use it every time the hands are washed.

This glycerine solution, with a drop or two of carbolic acid to the ounce, is a good healing solution for those who are troubled with scaly and itchy skin.

If you find glycerine, even greatly diluted does not agree, then perhaps liberal applications of cold cream or petrolatum or mutton tallow will work. If the hands are severely chapped, better wear some loose gloves with the glycerine or cream on the hands, at night.

Chilblain

Chilblain is the result of severe cold on portions of the skin. It is usually found that persons who suffer from chilblain are anemic and have sluggish circulation. There is this reaction in the tissues because the cold unduly contracts the poorly supplied blood vessels and the skin does not get its nourishment.

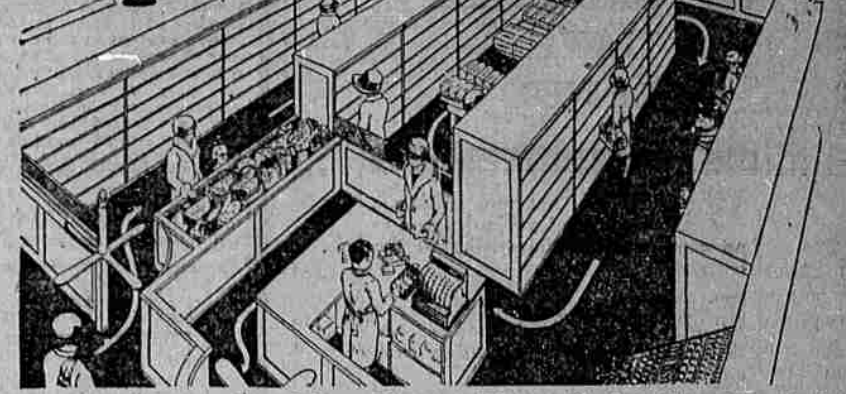
Treatment: As in other skin disorders which are local manifestations of general under-parness of the system, obviously the thing to do is to take measures to get to par health. Those who are predisposed to chilblain and frost bite should wear woolen coverings on the hands, feet, and ears, if necessary. Absolute cleanliness, thorough drying after washing, especially of the feet, is very important. Sometimes stimulating ointments, containing camphor, iodine, ichthyol or carbolic acid, are helpful.

Kellogg recommends the alternate hot and cold foot bath as the best remedy for chilblain. The hot water should be as hot as can be

My Dear Followers: When sending for material which we offer you, please remember to enclose a stamped, self-addressed envelope and address. The pamphlet on reading 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 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 the columns 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.

PIGGLY WIGGLY

A Sensible System



You have noticed how thoroughly each detail is attended to at Piggly Wiggly. The carefully thought out system is the cause of everything being just right. The placing of each price card and each article is fully covered by the constant work-a-day operation of Piggly Wiggly rules and regulations. Not one thing left undone—ever!

Snow Flake Crackers

The coming week is "Snow Flake" week. We carry a full line of Snow Flake Crackers, and have just received a large shipment fresh and crisp from the ovens. In keeping with "Snow Flake" week, on Saturday we will sell a 3 pound caddy of Snow Flake Crackers—Salted or Unsalted—for..... **42c**

Tomatoes
Large size Red Ribbon 2 1/2 can—solid pack—Always a convenient commodity to have on the pantry shelf **17c**

Macaroni
Fontana's Macaroni in a sanitary package is known the country over—none better, 2 packages **14c**

Spaghetti
How many delicious dishes can be made with Spaghetti—especially with Semolina Elbow Spaghetti, 2 packages **14c**

Flour
Umpqua Chief—a fine hard wheat Flour, 49-lb. sack **\$1.98**

Peanut Butter
Peanut Butter is a healthful food—Mix with strained honey—it is delicious—1 pound Tin School Boy Peanut Butter. **24c**

Best Foods Shortening
Some people cannot use Shortening containing animal fat—This Shortening is a pure Vegetable Fat—no animal fat. 1 pound Tin **25c**

Coffee
"Piggly Wiggly Special," a delicious Coffee with a fragrant aroma, lb. **35c**

Preserves
The cool nippy days—hot biscuits and preserves go fine—Del Monte 14 oz. glass—in Strawberry, Raspberry, Loganberry or Blackberry **34c**

Candy
Fancy Pillow Mints—the very best quality, Saturday only, pound **24c**

Brooms
Our No. 10 Broom—fine Eastern make—sweeps clean and will last **67c**

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All orders of \$5.00 or over, sugar excepted, we deliver free of charge. On orders less than \$5.00 and \$2.00 or more, we deliver for 10 cents.

LOCALLY OWNED **LOCALLY OPERATED**

300 WEST CASS STREET

OBITUARY

COWAN—Miss Dora May McKee was born in Fulton county, Illinois, July 18, 1896, and passed away at her home in Yoncalla, Oregon, Jan. 17, 1927, at the age of 30 years 6 months and 29 days. When a young child her parents moved to Nebraska and 12 years later to Yoncalla, Oregon, where she has since resided. On Dec. 4, 1886, she was married to Mr. J. Walter Cowan at Yoncalla. Mr. and Mrs. Cowan spent 40 years of happy wedded life together and on the 27th day of last September, death called Mr. Cowan to his eternal reward. To Mr. and Mrs. Cowan four boys came to gladden their home. Two passed away in childhood. The other two boys, Dale and Joan, reside in Yoncalla. She also leaves four sisters and two brothers, Mrs. George Applegate, Rose Cowan, Belle Burt and Henry McKee of Yoncalla; Cassie Westenhouser of Clarkston, Wash., and Walter Cowan of Detroit, Mich. Mrs. Cowan was an affectionate sister, a loving wife, a good neighbor and valued friend. The members of most of the homes in and about Yoncalla can bear witness to her kind ministrations in times of sickness. In her unselfishness she forgot herself and possibly shortened her life by ministering to others. Yoncalla is much poorer for the departure of this good woman. Services were held in Starns Chapel, Wednesday afternoon at 1:30 p. m. and the flower tributes spoke well of her standing in the community. Rev. ARTHUR W. FUGH, Meteorologist.

INSURANCE

The most important thing about insurance is its dependability.

INSURANCE is our business. We offer dependable **PROTECTION AND SERVICE.**

Quine & Co.
Phone 108
Masonic Building

DAILY WEATHER REPORT
U. S. Weather Bureau, local office, Roseburg, Oregon, 24 hours ending 5 A. M.
Relative humidity 5 p. m. yes. 80
Precipitation in ins. and Hundredths Highest temperature yesterday 40
Lowest temperature last night 18
Precipitation last 24 hours 0
Total precip. since 1st month 3.63
Normal precip. for this month 5.70
Total precip. from Sept. 1, 1926, to date 19.85
Average precip. from Sept. 1, 1877 17.05
Total excess from Sept. 1, 1922 2.85
Average precipitation for 44 wet seasons, (September to May, inclusive) 31.12
Forecast for southwestern Oregon: Fair and continued cold tonight; Saturday fair with slowly rising temperature.

ATTEMPT ENTER OFFICE

Some unknown man last night made an unsuccessful attempt to break into the office of Dr. Wade, in the Perkins building. He was apparently frightened away while trying to pry the latch off the door to the inner office after getting in to the reception room. He was seen going down the fire escape, but as it was dark no description was obtained. It is believed that the robbery attempt was the work of a drug addict seeking drugs.

Washington Feels Freeze.

SPOKANE, Wash., Jan. 21.—Old Man Winter clutched Washington tighter in his icy arms today and

blew across the land a frosty breath ranging in temperatures from 16 degrees above zero to 29 below.

Ellensburg apparently held today's record, with the minus 23 score. Spokane's official reading this morning was 11 below.

Yakima, Wenatchee and Walla Walla, in eastern Washington, reported 18, 13 and 7 below zero.

On the coast, Everett observers noted 18 above and Olympia 15 above.

COLDS
of head or chest are more easily treated externally with—
VICKS VAPORUB
Over 21 Million Jars Used Yearly

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Est. 1915

Cash for Good Used Cars

The recent sales conducted by dealers have so stimulated our inquiries and sales for used cars that we find it necessary to increase our stock.

We have established a big trade by selling dependable values and now we will pay fair cash prices for used cars we need to meet the demands of our trade.

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ROSEBURG, OREGON
PHONE 458

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