

## ROSEBURG NEWS-REVIEW

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ROSEBURG, OREGON, WEDNESDAY, FEB. 16, 1927.

## A LONGER LIFE—AND THEN?

How long would you like to live?  
If you could extend the limits of your normal life by half a century, would you do it?

The answer seems obvious. Yet many would stop and do a good deal of serious thinking before making it.

Life's span is being lengthened, thanks to medical science. We have a greater "life expectation" than our grandfathers had; our grand-children will have one greater than our own. It is all very encouraging.

But before we rejoice too noisily about it, we might stop and consider how we can make this extra life period worth while. Just what is the greatest value we can get out of life, anyway; is it mere length of days, or is it something else?

Many a village ancient dodders his way through 90 years to a ripe old age and finally dies without once getting a glimpse of the glamor and glory of which life is capable. Shelley died before he was 30, and Byron was no older when he passed at Missolonghi; but did not these two men pack more real living into their brief lives than a dozen ordinary men?

What is "real living," after all? It is, unfortunately, something not easily defined. The greatest boons life can confer are not, ordinarily, things that men can tell each other about. They are subtle, impalpable, fleeting and indefinable. There is no certain recipe for attaining them. They elude some who seek them and come unasked to others.

But we know their presence by their fruits. When each dawning brings a faint, elusive hint of the freshness of creation and the immortal youth of all life; when stars and trees and running water speak to the innermost man and tell him, comfortingly, that he, like their beauty, is imperishable; when a man can survey his daily work and find that it is good, and can rest his spirit in the assurance of perfect freedom—then, perhaps, he is finding life's real possibilities.

Length of days is not all, nor is it even of first importance. We are not here to vegetate. Let the doctors help us to prolong our lives. We will thank them for it. But let us, meanwhile, make sure that we know how to use these added years.

## GOOD BOOKS ALWAYS SELL WELL.

We are accustomed to think that only the present day has seen authors writing for a really large reading public. We are inclined to imagine that huge sales and great royalties are twentieth century phenomena.

If we do, we're wrong. Just 100 years ago this month Sir Walter Scott sold the English rights to his eight-volume "Life of Napoleon," for \$52,500. Within a few years his royalties had earned him \$87,000 more—and that much money, in those days, represents a far greater sum today.

Books circulated widely, then as now. Whenever an author has anything really important to say he will find a wide audience, no matter in what age he lives.

## A LESSON FOR GALLANTS.

An eastern college student has gone to jail. He slapped a co-ed, the object of his affections, because she broke a date with him.

Jailed, the lad explained that she not only broke the date; she coolly told him that he didn't mean a thing to her and that she didn't care to see him any more.

Sitting alone in his cell, the young man probably has repented by this time. Perhaps he has even learned a lesson that a lot of other young men never do seem to acquire; namely, that young ladies in their date-making always reserve the right to change their minds.

Lots of the young gallants forget that, and make asses of themselves, in consequence.

## Abe Martin



Mebbe a White House dinner would line up Senator Borah, for the breakfasts don't seem 't take. It used 't take a woman two hours 't make herself presentable, an' now she's got a couple o' minutes 't make herself attractive.

## Did You Ever Stop to Think

By Edison R. Walte, Secretary of the Shawnee, Oklahoma, Board of Commerce.

Frederick W. Bridges, advertising manager of the Hamilton (Ber-muda) "Royal Gazette & Colonist Daily," says:

"The power of the Press, in a news sense, is no greater than its power as an advertising factor."

The Press has established its position as the most potent and compelling factor in the world when applied to any movement, great or small, which affects the progress of a community, town, city or nation.

The Press in its reading columns leads and guides public opinion, and hand in hand with the news of events goes the information about the very day necessities of life and the other things which help to make life more livable. In things to wear, things to eat, things to do, things to see, and things to have (whether luxuries or otherwise) the Public is vitally interested, and it is inevitable that it will turn to the newspaper for information about those things.

If your message is found there you will benefit just as inevitably, for every newspaper reader is a potential buyer of your goods. It

## PRUNE PICKIN'S

By BERT G. BATES

## GOOD EVENING FOLKS—

Most pencil pushers are afraid to take a whack at the village bankers for fear their loans will be called in and they'll hafta publish in the basement of the Poor farm but we can't help wonderin' why some of 'em didn't show up at today's Forum luncheon. And discuss with the rest of us the almighty topic: Of tryin' to make a Bigger and better town Out of dear ol' Roseburg?

There's one thing durned certain—we can't make a metropolis out of our home town by wearin' a shine on the seat of our pants.

Down at that Forum luncheon today we couldn't help glancin' around and notice the expressions on the faces of the business men gathered there and we could tell by the wrinkles in their brows that they really do mean business.

Now that we've all decided that Ros-burg needs new industries let's unite as one, work out some feasible plan and bring 'em in.

Opportunity knocks at every city's door but she can't get in with a lot of us shovin' the door shut in her face.

And let's not forget our present industries. Let's make the wheels of the ones we have hum while we're out after new ones.

The citizens of Roseburg are willing and ready, to play their part unselfishly but industries won't come in unless we go out after 'em.

The restfulness and delightful beauty of Roseburg invites health and happiness. That's what's the matter with us, folks. We're too durn satisfied with things as they now are.

Personally we're a hundred per cent for the Forum luncheons. We don't go there to sing "Liza Jane" or to slap each other on the back and turn the session into a mutual admiration society—we go there because we believe in Roseburg and we have faith and confidence in the citizenry to solve its own problems.

Why, today they had mutton to eat and we hate mutton. But we sat there and forgot we were hungry. We felt so durn good just to know that there are still some folks left who love our town and want to develop it into a real live metropolis.

O'mon fellers, scrape off the moss from the spinal colyum and line up for a year of prosperity that'll even make the most pessimistic individual in the village turn up the edges of his mouth and grin.

## 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 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.

## School for Parents

It would seem from this letter, that there is need for a school for parents. I suspect that the neighborhood children have been taking the sweets of this man's garden, testing the strength of his window glass or marking his window with their paint on Halloween. Are children like their parents?

"Dear Dr. Dean: There is so much fault-finding about children, especially boys. It is not that people dislike children, but that ill-bred children are just plain nuisances—distressing and nerve-racking. They do a good deal of damage about our homes here, but one can seldom catch them at it and so we cannot prove who are the offenders."

"Parents generally are indifferent and dislike complaints, calling those who complain fussy and cranky. They never believe or at least pretend not to believe anything against their children. The greatest difficulty of the indifference of the parents, especially the mothers. They will pretend to be concerned, but never do a thing to improve the children."

"I wonder if you know that most children have no training, and expect the darts and do's to be restricted to their own family circle. If the parents could be persuaded to teach their children to respect other people's rights, and to speak especially of other people, it would make a wonderful difference."

"As it is, all their up-bringing educates them to be disrespectful. Fathers and mothers speak disrespectfully of others and talk only about their own rights—never of other's rights. They go 'The sheep' with a chip on their shoulders, ready to break out at the least provocation. So their children grow up with similar chips on their shoulders."

"Unless the minds of the parents can be turned, it is hopeless to try to change the minds of the children."

To lie, to steal and destroy, to play before other people's houses instead of their own they consider their right."

"The children who are at the top are innumerable and idiotic snobs. They learned it from their parents."

Your advertisement is absent, you are hiding your light under a bushel, and sooner or later it will prefer newspaper columns to the questionable virtue of "blushing unseen."

There is an old saying to the effect that the world will make a beaten track to your door if you produce a better article than any other, but in these days you will probably be dead for a good long time before the world gets there.

There are too many diversions from your pathway nowadays. Those diversions are caused by the advertisements of your competitors. They are telling 'big black letters where their doors are, and what can be found within their portals. Their products may be better than yours, but they will get the business—and some of it should be yours!

We have some second hand trucks and light delivery priced very reasonable for quick sale by Hansen Chevrolet Company.

It all comes to this—parents of all classes need to be shown the great necessity for teaching the children truthfulness, honesty, respect for all people and respect for every one's rights. To make the teaching of any effect they will have to practice what they teach."

Opinioned. This is a strong letter warranted possibly, by the situation in which the man finds himself. Some neighborhoods are troubled by gangs of boys who raise Cain—maliciously and willfully. But is it nation-wide and city-wide, or just a local situation? How about this?

## OUR CONVERSATION CORNER

The University for Parents

Today I offer leaflets which will help mothers with daughters of adolescent age. Many problems arise during these years. The girl becomes restless has changing moods, enthusiasms, romantic fancies, is rather self-conscious and self-assertive. Adolescence is the blossom time of all feelings and emotions.

Mothers who are in need of help should clip this article, underscore the leaflets needed, and send to me with a stamped and addressed envelope enclosed for return. The leaflets are:

Adolescent Girl.  
Mother and Daughter Problems.  
Choosing a Career.  
Development of Personality.  
Getting Along with People.  
Vanity Case for Young Girls.  
Slang words to be Avoided.

Correct. A young city woman went out to teach a country school. The class in arithmetic was before her. She said: "Now children, if there's ten sheep on one side of the wall and one jumps over, how many sheep will be left?"

Then up piped a little tow-headed daughter of a farmer, "No sheep teacher, no sheep."

"Oh, oh," cried the teacher reproachfully. "You know better than that! Think again. If there were ten sheep on one side of the wall and one jumped over, nine would be left."

"No," persisted the child. "If one sheep jumped over all the others would jump over too. You know 'rithmetic but I know sheep."

## FIRE HITS HOTEL AND MILLINERY, PORTLAND

(Associated Press Licensed Wire.)

PORTLAND, Ore., Feb. 16.—Fire, believed to have started from sparks thrown by the furnace into a pile of kindling, did approximately \$6,500 damage to the Alvin Hotel, and the Bon Ton Millinery store, next door early today. Approximately 40 guests in the hotel were aroused by J. Tanaka, Japanese proprietor, and all made their way comfortably to the street.

DR. C. J. SMITH ILL

(Associated Press Licensed Wire.)

PORTLAND, Ore., Feb. 16.—Dr. Henry Waldo Coe, donor of four statues to the city of Portland, including a famous equestrian statue of Theodore Roosevelt, died yesterday at Glendale, Calif., of heart disease. He was stricken three weeks ago.

## Efficient Housekeeping

NEW DISHES THIS WEEK

## TOMORROW'S MENU

Breakfast  
Oranges  
Cereal  
Broiled Slice of Ham  
Pop Overs  
Coffee

Luncheon  
Cauliflower Souffle  
Lettuce  
Marmalade  
Dinner

Baked Fish With Tartare Sauce  
Baked Potatoes  
String Beans  
Steamed Raisin Pudding  
Coffee

Ham-Stuffed Potatoes: This makes a good luncheon dish. Bake a sufficient number of large white potatoes to serve your family, then cut them in half while still hot, mix with the interiors one tablespoon of chopped cooked ham for each potato-half, use one teaspoon of butter for each potato-half, add a dash of salt, pepper and onion juice and stir into the mixture one egg for each two potatoes. Restuff the empty half-shells and do not put together; instead, mound up the stuffing on each half, dot with extra bits of butter, and pack the stuffed halves closely together in a bread pan, so that they will not fall over. Bake in a hot oven ten minutes and serve at once. As

you will see by the above menu, tomorrow's breakfast includes broiled ham. Provide enough so that you will have the right amount left over to make these ham-stuffed potatoes for Wednesday's luncheon.

Simple Loaf Cake: Cream two-thirds of a cup of butter and into it work two cups of granulated sugar. Add four well-beaten (not separated) eggs, one cup of cold, sweet milk and three and one-half cups of bread or pastry flour sifted with one-third teaspoon of salt and five teaspoons of baking powder. This recipe makes two loaves—or if too much, divide it to make one loaf. The batter may also be baked in buttered cup-cake pans. Bake loaves for 45 minutes in a moderate oven, but cup cakes for about 30 minutes in a hot oven. Frost any way desired, either with chocolate or with white icing—cooked, or uncooked.

Celery-Cabbage Salad: Buy some cabbage to mix with diced celery and serve in salad form tomorrow. Thursday's luncheon will have, as the main dish, Beef Croquettes (recipe given in a Croquette article on Wednesday). To make these croquettes, provide enough beef for the Beef Stew (which will be called for tomorrow in Wednesday's dinner menu) so that when Thursday comes you will have at least a cupful of left-over cooked beef bits to put through your grinder.

Tomorrow—Answers to Inquiries.

## Diet and Health

By Lulu Hunt Peters, M.D.

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

## ANSWERS TO CORRESPONDENTS

## Cheese.

The small boy when asked: "What is Limburger cheese composed of?" answered: "It ain't composed—it's decomposed."

I thought of this answer, when reading in the September, 1926 issue of the American Journal of Physiology, of the Vitamin A in certain cheeses.

Tests were made on rats that had been on diets deficient in the vitamin A, (which has largely to do with the growth and the integrity of the mucous membranes and increases the resistance of the body to infectious diseases). These rats had developed inflammation of the eyes and had their growth stopped. Three types of cheese were tested—the California cream cheese (Cheddar), N. Y. Limburger, and the imported Swiss cheese. It was found that the addition of cream and Limburger cheese to the rats' diet cleared up the eye trouble and started growth, but the imported Swiss cheese did not. The deficiency of this cheese was thought to be due to the long heating and curing processes used.

Even though this Swiss cheese has been found to have lost its vitamin A, it still contains the valuable lime and complete protein, so it is a good food.

Now a little more about Limburger cheese. Kollogg calls Limburger, Brie and Boursart cheeses "rotten" and "rotten" products and fit only for the turkey buzzards, but lovers of these cheeses will not agree with him. If your digestion is strong there is no doubt you can overcome the strength of these cheeses, but it would naturally seem that the milder cheeses such as cream and cottage, are more wholesome than these.

These cheeses are ripened and flavored with certain moulds and yeasts. I haven't seen any work done on the subject that would indicate that these moulds and yeasts are detrimental in those who have strong, healthy stomachs, for the disinfecting properties of the gastric juice will render them harmless.

Cheese is listed in Sherman and Smith as being three plus (which means the highest) in Vitamin A, two plus in Vitamin B, (the anti-neuritic vitamin), and variable in Vitamin C. (anti-scurvy vitamin). Cottage cheese is one plus in Vitamin A. The anti-scurvy and anti-neuritic vitamins evidently have been destroyed in the making.

Cheese is a very concentrated protein food and has no roughage; therefore, when it is eaten, other foods containing roughage should be freely eaten.

She Did Weigh 265!

"Dear Holper: The first thing I do when I get my newspaper is to see what our friend, Dr. Lulu, has for us. You surely have helped me. Six months ago I weighed 265 pounds. I now weigh 235—a loss of 30 pounds. I am but five feet, five inches tall, and am 69 years old. I feel lots better now. I do love vegetables, cooked and raw. I am a regular rabbit in the cabbage patch!—Mrs. B."

Only five feet, five inches tall, and weighed 265! My dear, my dear! The average weight for your height is 135 to 140 pounds. What an astonishing sight you must have been! And even with a loss of 30 pounds—you still are not in company, are you?

However, you are wise to reduce so very slowly. About a pound and a quarter a week has been your rate, and at your age it is the best thing to do, although in some conditions it is necessary to reduce faster to relieve the heart of its terrible burden.

Just keep on being a rabbit in the vegetable patch, Mrs. B. But also see that you get two glasses of skim or buttermilk, daily, as well as other needed food stuffs.

Write to us again when you have lost another 30 pounds.

I wish those of you who write telling me of your results in reducing, would also tell me some of the things that have helped you most; how much exercise you took, or any other points that you think were unusual.

(The booklet on reducing can be obtained by sending a self-addressed, stamped envelope with ten cents in stamps.)

## Tomorrow—Heart Disease.

## FORUM LUNCHEON PROGRAM WAS GOOD

"Show me a city with liberal bankers and I will show you a prosperous city," said F. E. Brown, the speaker at today's forum luncheon in explaining the Waterloo, Iowa, plan which brought many new industries to that city and made it one of the best payroll cities in the U. S. for its size. The plan so successful in Waterloo could be easily duplicated in Roseburg as this city is at the present time confronted with the same problems that the Iowa city had to deal with. The loaning of money to small manufacturers by the banks after a large sum had been raised and placed on deposit in the four institutions of the city solved the problem and brought to Waterloo varied industries ranging from candy factories to gas engine foundries. Mr. Brown's talk today was exceedingly interesting and the discussion afterwards aroused much interest.

## OUT OUR WAY



THE BLOWOUT.

## You'd Be SURPRISED!

BY BILLY EVANS



URING his connection with the American League as a member of the Chicago and New York clubs, Ping Bodie was a most colorful figure.

Ping came to the majors noted for his batting and while he didn't continue his home run spree as a big leaguer, he did some mighty robust hitting.

It is a rather interesting fact that when he made his New York debut with Chicago he came through with a homer, his first time at bat, thereby living up to all the advance notices the New York scribers had given him. While Ping was a great copy producer, little of it had brain power of baseball strategy behind it. Ping broke into the limelight as a result of great mechanical ability in the field and at the bat rather than through cunning.

However, Bodie figured in a novel play in which I happened to be one of the empires. It rather played the thought that Ping wasn't a small ball player.

New York was playing Cleveland. Bodie essayed a steal. As he slid into second, it was evident the fielder had dropped the ball trying to touch him. It was a hot day and a cloud of dust momentarily obscured the runner and fielder.

In a second Bodie was on his feet, headed for third while short stop and second baseman were trying to figure out where the ball was.

All the time I was watching closely the actions of Bodie. As he touched home plate I noted that he raised his left arm and the ball fell to the ground.

I immediately sent Bodie back to second base. After the game he confided to me that as the fielder dropped the ball it nestled under his arm pit, so he simply closed his arm tightly over it and proceeded on his way to the plate.

"It would have been a good one if I got away with it," was Bodie's only comment.

The incident convinced me that baseball wasn't entirely a matter of brawn with Bodie.

Mrs. Heimline had charge of the musical program today and Mrs. Charles Brand sang two beautiful solos and Mrs. Arthur Knauss played two piano numbers which were well received.

Nearly new Chevrolet truck, run only 500 miles. For sale at a substantial reduction by Hansen Chevrolet Company.

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Ford truck, new 30x5 tires, equipped with Warford transmission and cab. Can be sold on easy terms by Hansen Chevrolet Co.

Umpqua Unit No. 16 American Legion Auxiliary will hold its regular business meeting, initiation and social time at Oakland, Tuesday, Feb. 15.

The matter of reducing quorum will be voted on at this meeting. Cars will be provided for those who have no way to go. Will leave armory at 7 o'clock.

By Williams

JR. WILLIAMS 16

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