

CLEAN--COOL--CONVENIENT

Douglas County Women Who Attend The

Roseburg News-Review Cooking School

AT ARMORY



Better Cooking



The California Oregon Power Company
ROSEBURG, OREGON



Will be still further convinced of the outstanding superiority of ELECTRICITY FOR COOKING. They will realize that it is clean, cool and convenient as well as being far more efficient and economical.

COOK "BY WIRE"

Cooking "by wire" is no longer an experiment—it is an accepted fact. The fact that one out of every four domestic customers in this community is an electric range user is not only a tribute to electric cooking but also evidences the progressiveness of Douglas County housewives.

DON'T FAIL TO ATTEND!

We believe that every woman in Douglas County should avail herself of the opportunity to attend the Roseburg News-Review Cooking School this week. There will be new recipes and tasty foods for you to enjoy and the demonstrations of electric cookery will be highly interesting and instructive. We take pleasure in recommending this post-graduate course in modern electric cooking to all our customers and friends.

Health Is Worth Itself

MOST OF US, HOWEVER, SEEK IT FOR SOME END

BY LENNA L. MEANES
Medical Director, Woman's Foundation for Health
For NEA Service
"People aren't interested in just keeping fit—they want to keep fit for something—for some end."
The speaker was a man famous

In national and international health matters. And he told the truth, of course; but immediately afterward he said:
"If people only knew the joy of real health—it would be enough itself—but most of them do not know that joy and only want

health in order to achieve, to accumulate, or to keep from being dependent."
Too true! And so unnecessarily so! Certainly the largest proportion of the human race are up and around doing the business of the world or trying to. Most of us claim health on that basis—although not a really honest basis for our claim. Just why?

And because we have been so content to stay with that mediocre health field, we have lost, or never had, the joy that our own positive degree of health of body and mind would bring us. Wouldn't it be an adventure—a real adventure—to start out prospecting in our own selves, swinging loose unused muscles, starting our blood to circulate as red blood is meant to circulate, developing an appetite that sends us to our meals on time and so hungry we can eat whatever our particular needs demand, getting out in the open enough hours a day and filling our lungs full of good air and our soul full of tolerance, sleeping the sleep of a relaxed weariness, and getting up to face the day glad in spirit, mind, and body that we are alive.

Given our own positive health, the world is ours. We shall have vision to set our goal, in working, so as to bring us real achievement; and strength of body and mind to reach the goal. We shall also have an understanding of what makes up happiness, both for ourselves and the world about us—and we shall have desire and ability to adjust ourselves so as to possess our own peace of soul and mind. Certainly an end to be devoutly wished for, and worth working for; an end only attained through attaining one's own health; positive; also an end possible of attainment for so many of us that we—just we—could revolutionize this old world's behavior.

FLASHES OF LIFE

(Associated Press Leased Wire.)

BERLIN—Perhaps soaring to wards heaven makes sleep less necessary. Mrs. Chamberlin and Mrs. Levine went two days and a night without slumber, meanwhile taking part in enthusiastic welcomes by Germans in several cities and flying with their husbands.

RAPID CITY—The hardest boiled group extant—the metropolitan reporter—falls for a "dude ranch" respite. Press representatives at the Coolidge camp are resplendent in ten gallon hats, loud checked shirts and other western (movie) apparel. The same bunch eagerly sought specimens of the secretary of commerce in the belief that

tradesmen here were overlooking rare coins.

PARIS—Far skirts are to be a fait next winter. The proponent of real trousers as a feminine mode, undeterred by his lack of success in that direction, brings forward skirts and jackets of popular—and expensive—skins. Under the jackets would be worn soft fabric blouses.

NEW YORK—The "Irish navy" has been sold for \$100. The submarine constructed by John P. Holland 40 years ago for Fenian supporters who hoped to use it against the British fleet, was knocked down for that sum to a junk man.

JERUSALEM—Another missing link has been found. The step between the language of pictures (hieroglyphics) and the alphabet

are shown between inscriptions found in the Sinai peninsula by a Harvard expedition. Deciphering between the words "ba alat" clinched the theory, say the experts.

Girls to Tour Europe—

Pearl Sullivan Heath, daughter of Mr. and Mrs. W. H. Sullivan of Marcola, leaves today for Europe via Washington, D. C., and New York. She will be accompanied by Miss Ring of Roseburg. After a short stay in these cities they will sail on the President Roosevelt for France. While abroad py Valley.

Leaves For Nebraska—

Charles Hughes left this morning for his home at Paxton, Nebraska, after spending several months here visiting. He has been here since November visiting at the homes of his daughter, Mrs. B. W. Cooney, in West Roseburg and his son, C. W. Hughes, at Hapvelt for France. While abroad py Valley.

Delicious!

Meats

From Our Sanitary Market, will be featured in the Cooking Demonstrations at the Armory for four days this week.

During Friday afternoon an expert meat cutter from this Market will

Demonstrate to the Housewives

assembled at the Armory the way to buy meats, and how some special serving. Be sure to see this Demonstration, and in the meantime don't forget to order your Meat supplies from this shop. Telephone orders given personal attention.

Best Meats at Lowest Prices

North Side Market

Boyer Bros. Phone 280

KITCHEN CLOCKS
PRIME INGREDIENTS OF FOOD

BY SISTER MARY

Perhaps one of the hardest problems for the new and inexperienced cook is the gauging of time for cooking a whole meal.

To this end many time tables for roasting and baking and boiling have been worked out. Although they will prove invaluable to the beginner, time tables do not stop to consider the varying age and ripeness of vegetables.

Green or string beans are supposed to cook in thirty minutes. If the beans are small, that is, young, and freshly picked, they will cook and be deliciously tender in thirty minutes. But all beans cannot be fresh from the garden and as vegetables wilt they toughen, so when we cook string beans we must allow at least an hour for them. It will take them longer than it does potatoes, so put the beans on to cook before even peeling the spuds.

On the other hand, if asparagus is the extra vegetable, the potatoes should be put on to cook before the asparagus because thirty minutes is the longest asparagus requires. If you like to serve asparagus cut in short lengths, do not add the heads until the rest of the stalks have cooked fifteen minutes.

New potatoes will cook in thirty minutes, while at this time of year old potatoes need an hour. If a dessert is wanted hot and the meal is simple, twenty minutes can be calculated for baking after the family sits down to the table. So if shortcake is planned, the cake can be mixed while the meat and vegetables finish cooking and put into the oven to bake just as the dinner is ready to serve. The cake will bake while the family is at the table and be perfectly hot and light when wanted.

New beets should cook in thirty to forty-five minutes. If they are smooth, without innumerable tiny hair-like roots and about the size of a small egg, they will cook in just that length of time.

New carrots cook tender in fifteen to twenty minutes, while old ones need from thirty to sixty minutes.

Cauliflower needs from thirty to forty-five minutes. Care should be taken not to overcook this vegetable. Nor should it wait long after cooking.

All these things must be reckoned with and each article of food that is to be served must be prepared or cooked with regard to the other dishes.

than pleased with the daily, it being a much better paper than its price would indicate, in size, general appearance and the high quality of its make-up—especially the editorials. It is a fine paper, and Roseburg is fortunate in having so excellent a medium to present it to the outside world. I congratulate you.

With kindest regards,
Very sincerely,
MRS. M. C. FREDERICK.

LETTERS FROM THE PEOPLE

LOS ANGELES, Calif., June 14, Editor Roseburg News-Review—Lately I have been receiving the daily instead of the weekly News-Review, and infer that the latter has been discontinued. I am more

KITCHEN EFFICIENCY

Work in the kitchen is lessened by having plenty of those necessary utensils at hand for every purpose. During Cooking School Week we are specializing, for the benefit of housewives, in

Mixing Bowls, Cake Tins, Egg Beaters, Granite Ware and Kitchen Ware of All Kinds

SEE US FOR LOWEST PRICES
RUBBER APRONS AT FACTORY PRICES

GOETTEL'S VARIETY STORE

Because it is the World's FASTEST
Because it has the SAFEST Wringer
Because it washes CLEAN
Because it is best for LINGERIE
Because it requires least ATTENTION
Because it is EASIEST to handle
Because we believe these statements TRUE

WE ARE HANDLING THE

Meadow

WASHING MACHINES

Let us prove these claims to your satisfaction. Add to above facts that it is a RUST-LESS steel tub, and will, because of steel hold heat longer. The agitator is BAKE-LITE, non-wearing and the smoothest of all material. It has six vanes in place of the usual four.

CHURCHILL HARDWARE CO.
The Winchester Store.

J.C. PENNEY Co.
A NATION-WIDE INSTITUTION
COR. CASS AND STEPHENS, OPP. POSTOFFICE ROSEBURG

Matchless House Frocks
New Patterns in Fine Ginghams

79¢

Where, oh where, are Values like these? But then, we are the largest department store organization in the world—and so we can offer these strikingly worthy House Frocks—tailored from splendid ginghams in new styles and colors—at this almost unbelievably low price! All sizes.

25th Anniversary
Rayon Frocks
For Homemakers
The particular woman's choice for afternoons at home—delightful styles of rayon fabrics, fine ginghams or prints. Outstanding values at—
98c to \$3.98

25th Anniversary
Print Frocks
For the Tiny Miss
The styles are copied from her older sister's—tiny turn-over collars and fancy bindings. Every miss of 2 to 6 will love them—
98c to \$1.98