

THE WOMAN'S DAY

BY ALLENE SUMNER

If you would succeed in business, women, keep your mind on your work the way men do. Now every body laugh loudly and long! This recipe for success comes from a so-called successful woman herself. She elaborates—"Keep your mind on your work the way men do. The average business man is not one who chases around. He does not go to the matinee twice a week. He does not leave his work early, nor come late. He spends every minute in his office in working for his business success."

Girls, control yourselves! The idea of laughing like that! But the lady certainly has it coming to her! This remarks smacks much to all "us girls" of one who's trying to get in good with her boss! For if there's one thing working women have noticed in this working world it's how the male of the species manages to get there without keeping his nose to the grindstone one-tenth as much as women on a similar job. There are jobs and jobs, and there are offices and offices, but, generally speaking, no

business woman needs to be warned to "work hard as men do."

BARE ARMS

Mystery is woman's greatest charm, says Pola Negri in her first interview since her marriage. That's why, she says, gowns should be intriguing rather than too revealing. Net or lace-covered arms are infinitely more alluring than bare arms, she says. Which is the thought that smites one constantly when seeing knock-knees revealed in all their stark reality by too-short skirts and too-rolled stockings. But subtleties are grasped by the mass of humans grasped by the mass of humans ty. Give 'em time!

HOME, SWEET HOME

The American home is at its best today, says Mrs. Allen Winter, former president of the General Federation of Women's clubs. Hear that, you prattlers about the destruction of the American home, Mrs. Winter continues: "The

American family is at its best today because of woman's new freedom. In the past woman was kept in the background. She was the possession of man, subject to his authority, and bound to obey. Today she is free spiritually, intellectually and politically, and she brings the advantages of her new development into the home."

HOSS SENSE

Which sounds about as sensible to me as anything said in some time. All this tumult and shouting about the decay of the home always leaves me a little cold. I can't see why families are specially endangered because the various members of that family have more interests than in the day when they all sat around the base burner at night and squabbled because they got so tired of seeing each other so exclusively.

DOG COLLARS

Help has arrived for our shaven necks, which have ever been the one argument against bobbed hair, so far as I am concerned. Help has arrived in the way of jeweled dog collars, made to fit tightly about the shaven area. The really chic woman will wear an

emerald collar with her green gowns, ruby-straw collar with her red gowns, sapphire and turquoise-studded one with her blue outfits. If you are one of those unfortunate who can't even boast a white sapphire collar, you'll wear plain velvet and net. That's my speed!

CITY DIRECTORY WORK PROGRESSING

Work on the city directory, which is being compiled by the Roseburg Woman's Club, is progressing rapidly and it is expected that the book will be ready for the printers within the next few weeks. The committees in charge report good cooperation on the part of the residents of Roseburg in the listing for the book and that the merchants have been responding very rapidly. It is desired by the club women that all advertisements for the directory be handed in to the committee in charge by the end of this week and that all merchants who have not been solicited so far, call the Chamber of Commerce, where their ads will be taken care of. It is expected that work on the compiling will start about the first part of July.

Effects of Smoking by Women Held in Doubt by Doctors

BY DR. MORRIS FISHBEIN
Editor Journal of the American Medical Association of Hygiene, the Health Magazine

For the first time in advertising history, posters of women smoking cigarettes appeared on the billboards some months ago. Dr. James F. Williams, however, points out that smoking by women has not yet had general approval, for women do not smoke openly on the streets, although innumerable women may be seen smoking in hotels, restaurants and in the lobbies of theatres.

The hygienic aspects of the question are still a matter of doubt. In general, the statement may be made that smoking in moderation never appreciably shortened the life of any human being. On the other hand, smoking to excess brings into the body significant amounts of poisonous substances so that trainers of athletes are inclined to warn their charges against smoking. There are also individual differences to be con-

sidered, because some persons are more sensitive to the effects of nicotine and other ingredients of tobacco than are others.

In nursing, mothers who smoke excessively, nicotine may be found in the breast milk, and obviously may affect the infant. A French physician has asserted that wet nurses who smoke or chew tobacco can poison the babies they nurse, as evidenced by symptoms of digestive disturbances, restlessness, shortness of breath and similar disorders. On the other hand, in the experience of an American specialist in diseases of children, harm has not been observed in babies nursed by mothers who smoked a great deal.

Dr. Williams is inclined to consider the subject from the physical aspect. He feels that the secrecy associated with smoking by women is detrimental to character and that a bad effect will be had, unless the women who smoke will do so openly whenever she desires to do so, regarding only the com-

fort of others, and without regard to their disapproval on what are called moral lines. Nurses and professional women engaged in service to the public must naturally consider first the public that they serve.

MENUS for the Family

BY SISTER MARY

BREAKFAST—Stewed dried peaches, cereal, cream, potatoes hashed in milk, broiled cottage ham, muffins, milk, coffee.

LUNCHEON—Ramekins of spinach and bacon, toasted muffins, rhubarb marmalade, milk tea.

DINNER—Casserole of lamb, carrots and peas in butter, tomato and cheese salad, hot water sponge cake with strawberry fluff, milk, coffee.

Casserole of Lamb
One pound shoulder of lamb, 1-3 cup chopped onion, 1 cup lamb broth or water, 2 cups canned tomatoes, 2 cups string beans, 1-8 teaspoon pepper, 2 teaspoons salt, 1-2

MOLLA MALLORY BEATEN BY ENGLISH SCHOOLGIRL

WIMBLEDON, Eng., June 23—Mrs. Molla Mallory, seven times American national women tennis champion and present holder of the title, was defeated today in the Wimbledon singles by Miss Betty Unthall, English schoolgirl player and junior champion. The score was 2-6, 6-2, 6-0.

James Stoble, of Camas Valley, was a visitor in Roseburg Wednesday afternoon and was looking after business affairs and trading cup rice.

Cut lamb in two-inch pieces and brown quickly on all sides in a hot oiled frying pan. Put in casserole. Add onions, tomatoes and broth or water. Cover and cook in a moderate oven for one hour. Parboil rice in one cup boiling water until water is absorbed. Add with beans to lamb in casserole. Mix well and cook forty minutes. The salt and pepper should be added with the rice and beans. To prepare beans, remove string stems and tails. Cut through center lengthwise and then diagonally across in inch lengths.



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