

SWIMMING SIMPLIFIED

Intertiming of Head and Arms Important in Crawl Stroke.

BY JAMES A. LEE
Athletic Director, Cleveland (Ohio) Athletic Club



hands touching the water, and turn to the left. Then, without moving head or shoulders, simultaneously sweep the right arm down and back, the left up and forward.

The right should press directly down, grazing the thigh in passing; the left should circle high and strike the surface close to where the right arm started.

Next turn head and shift shoulders to right, repeating the movements in the opposite direction, left moving down and back, right up and forward.

When you can guide the head and shoulders with fair success, try actual swimming.

Start with a push-off, set the feet in motion, then press directly down and back with the left arm, keeping head and shoulders straight. As this arm nears the thigh, press down and back with the right arm, at the same time twisting the head and rolling the entire body, feet and all, to the left, bringing the left arm out of the water.

Retain the position now assumed above the water and the right while the left arm sweeps forward driven backward. Then, when the left arm hits the surface and starts to press down again, twist the head and roll the body right, keeping it so rolled throughout the forward motion of the right arm and backward of the left. Do not hurry the movements.

OREGON DRUGGIST SHY AT BEAUTY PARLOR BOGEY

(Associated Press Leased Wire) BEND, Ore., July 13—Oregon druggists in annual convention here deplore the tendency of druggists to become beauty parlors, manicure shops and restaurants, in which pharmaceutical training is relegated to the background.

Your Baby's Teeth will be much stronger if his diet includes the bone-building elements embodied in Tri-Blu Grahams. Honey Sweetened.

WHEN ANKLES ARE ABLOOM



Pretty ankles are a common commodity on Broadway but when Barbara Bondeas, of the screen, broke out in blossoms about her comely tootsies little of New York just naturally gathered 'round for an eye-ful. And now, they say, no cute little chorine will feel completely dressed unless she sports a bouquet ankle.

LOCAL NEWS

Business Visitor—Harry Groves, of Rice Creek, was in this city Tuesday afternoon attending to business affairs and trading.

Business Visitor—Henry Josten, of Ollala, spent the afternoon Tuesday looking after business matters and trading in this city.

From Melrose—Mrs. Otto Matthews, of Melrose, was in Roseburg for several hours on Tuesday attending to business and shopping.

In Shopping—Mrs. H. Pearson, of Winchester, spent Tuesday afternoon in Roseburg shopping and visiting with friends.

On Business—J. L. Casbeer, resident of Glbde, spent several hours Tuesday in this city looking after business affairs and visiting with friends.

From Reston—E. M. Matthews, of Reston, was attending to business matters and visiting in Roseburg for a brief time Tuesday afternoon.

Visit Tuesday—Mrs. B. Silers and daughter, of Brockway, were in this city Tuesday afternoon shopping and attending to business affairs.

Spend Afternoon—E. M. Ollivant and Tom Ollivant, of Looking Glass, spent Tuesday afternoon in Roseburg trading and attending to business affairs.

Visitors Tuesday—Mrs. Robert Chamberlin and children, Geneva and Fred, of Looking Glass spent Tuesday afternoon shopping and visiting with friends in this city.

Mrs. Michaela Visiting—Mrs. Elizabeth Michaela, of Corvallis, formerly of this city and Myrtle Creek, is visiting at the latter place with her daughter and other relatives.

Brother Visits—Wesley Owens and wife of Marysville, Calif., are guests of Mrs. John King at Coos Bay Junction. Mr. Owens is a brother of Mrs. King.

Former Resident Visits—Mrs. J. A. Campbell of Long Beach, California, is a guest of Mrs. W. H. Blair at Dillard. Mrs. Campbell formerly lived at Dillard and has numerous friends.

Drain Folks Visit—Mr. and Mrs. Blmer Newton and three children of Urain, have been guests of the former's brother, L. E. Newton and family at Canyonville. They also visited relatives in Glendale before returning home.

Visit at Chapin's—Cleo Caswell of Oakland, Calif., formerly a Myrtle Creek boy, is a guest at the F. S. Chapin home at Myrtle Creek. With a friend he is enroute to Chicago for a visit with relatives.

Missionary Society Meets—The Methodist Missionary Society of Dillard was entertained by Mrs. W. H. Blair at her new home on the highway north of Dillard yesterday. Mrs. Blair served dainty refreshments.

Mr. Radick Visits—Wm. Radick of Marshfield was a visitor in this city Tuesday and was looking after business interests. Mr. Radick is a business partner of W. O. Olinger, ex-Roseburg man, at the coast city.

Mrs. Bond Visits—Mrs. Perry Bond, of Glbde, spent Tuesday afternoon in Roseburg visiting with friends and attending to business matters. Mr. and Mrs. Bond, whose home was lost in a recent fire, are building a fine new stucco, one-story home, work having started already on the structure.

Myrtle Creek Man Dies—Word was received in Myrtle Creek yesterday of the sudden death of Joe Miller at Dandon. He formerly lived in Myrtle Creek and was known to many people. His wife's relatives live there also. Mr. Miller was about 60 years old. No word regarding funeral arrangements had been received.

Visit at Miller Home—Mr. and Mrs. Gordon Smith have returned to their home at Marshfield after visiting at the home of Mr. and Mrs. Fred Miller, Mrs. Smith's brother-in-law and sister, over the weekend. The coast residents were guests of Mr. and Mrs. Miller on a fishing trip on the North Umpqua Sunday.

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J. C. Pile Remedy Sold by Nathan Fullerton

From Hoaglin—Roy M. Foster, of Hoaglin, was in this city Tuesday and today looking after business affairs and visiting with friends.

There's a nice present for the lucky bidder at the Auction House next Saturday. Sale starts at 2 p. m.

Visitor Tuesday—Mrs. Arthur Marsh, of Looking Glass, spent Tuesday afternoon in Roseburg with friends and shopping.

Here From Eugene—Mr. and Mrs. F. J. Critser of Eugene arrived this morning to visit with relatives and friends in this city for a brief time.

From Myrtle Creek—Mrs. R. E. Allen and Miss Virginia Bushnell, of Myrtle Creek, were in this city Tuesday shopping and transacting business.

Garrets Here Today—Mr. and Mrs. C. O. Garrett of Glendale were arrivals here last evening and remained over today visiting and on business.

Visiting in Salem—Mrs. H. W. Shusters and daughter, Dorothy, have come to Salem where they will spend a week visiting with relatives and friends.

Expected Home Today—Ray Shupe of the Depot Barber shop is expected home this evening from Portland where he has been looking after business affairs since Saturday.

Return Home—Mrs. Roy Walker and two children returned to their home at Byers, north of this city, this morning after spending Tuesday here visiting and shopping.

Expected Home Today—J. I. Chapman, Wilbur resident, who has been spending the past few weeks visiting with friends in Tacoma and Seattle, is expected home today.

Returns to Portland—Mrs. A. F. Ellis, who has been visiting in this city as a guest of Mrs. Tom Wharton and Mrs. F. H. Churchill, returned to Portland the first of the week.

Returning to Aberdeen—Mrs. George Hendricks, who has been here visiting at the home of her brother, C. W. McAllister, is leaving tonight for her home at Aberdeen, Washington.

Former Resident Visits—Mrs. H. S. Conn, of Portland, formerly of Roseburg, accompanied by her daughter of Medford, were here the first of the week visiting with friends on their way to Medford by auto.

Marriage Licenses Issued—Marriage licenses were granted yesterday evening to Ralph B. Paulson and Marie McAllister, of Brockway, and to Carwin Barnett and G. Anna Fisher, of San Francisco.

Enroute Eureka—Joe Rownsley of Pendleton stopped overnight Tuesday to visit on his way to Eureka, Calif., on business. Mr. Rownsley is a friend of T. B. Swearingin of this city, a former resident of eastern Oregon.

Returns to Sacramento—Mrs. Seth Barry, who has been visiting at the home of her uncle and aunt, Mr. and Mrs. C. W. Jennings, and friends since Sunday, left this morning for her home in Sacramento.

Mrs. Graybill Visits—Mrs. H. N. Graybill, and two small sons have returned to Grants Pass after a week's visit with Mrs. John King at Coos Junction. Mrs. Graybill lived last year at Roseburg and was very active in Camp Fire work. Her husband is in charge of the Shell Oil station at Grants Pass.

Condition Not Improved—The condition of Mrs. R. W. Bates, who is seriously ill following an operation at the Good Samaritan Hospital in Portland, was reported unimproved this afternoon and slight hopes are held for her recovery. Mr. R. W. Bates, daughter and son are at her bedside.

Is Improving—Richard, the small son of Mr. and Mrs. Leon McClintock, is reported to be improving today following an accident Saturday in which the lad caught his hand in a winder at home, the hand being drawn as far as the winder through the machine. The members were badly bruised but no serious injury resulted.

On Vacation—Miss Lucille Lenox, stenographer at the offices of Quine and company, is on a two week's vacation and has left for Myrtle Point to visit with her sister. Her mother and brother, Mrs. Emma and Ray Lenox, who accompanied her there have returned home. During her absence Mrs. Verne Shumlin is in charge of her duties at the insurance office.

Washington People Visit—Mr. and Mrs. Horace Emmenson and children, Phyllis and Charles, of Bellevue, Wash., accompanied by Mr. and Mrs. Arthur Payne of Seattle, were guests for several days of Mr. Hugh Downie, who with Frank Ahim conductor, The Grove Auto camp, north of Canyonville. Mr. Downie came to Douglas county from Seattle, and has also lived in British Columbia. His guests liked Douglas county and plan to return.

Sets Her Wings for Rome Hop



Gladys Roy, pretty Los Angeles flyer, holds records for parachute jumps at both high and low altitudes. Now she has made up her mind to fly from New York to Rome. A special Ryan monoplane, of the kind that Lindbergh used, has been selected as the machine in which she hopes to make the trip. Her co-pilot is Lieutenant Delmar L. Snyder of Cleveland, O.

Home from Eastern Oregon—Mr. and Mrs. Roy Rose and family returned Tuesday from a three weeks' vacation in Eastern Oregon. They were accompanied home by Mr. Rose's two nieces, who will visit here.

Spend Week at Burnt Flatts—Morrill Ritter and Roy Petzey returned this morning from a week's vacation spent at Burnt Flatts on the Twin Lakes trail. Mr. Petzey, who is employed at the First State and Savings Bank, is on his vacation and has another week's leave before resuming his duties.

Expected For Visit—Mrs. Minnie Snooka of Oakland, California, and her brother-in-law, A. C. Jackson, of Portland are expected here Saturday and will visit at the home of the former's cousin, Mrs. Tom Wharton. Mrs. Snooka has been visiting with relatives in Portland and from this city will return home.

Los Angeles People Visit—J. W. Henderson, president of the Henderson Petroleum company of Los Angeles, Mrs. Bonerann Mr. and Mrs. A. P. Worthington, Miss H. Worthington, Miss B. Worthington and Ted Worthington, were visitors overnight in Roseburg, staying at the Umpqua hotel. The party is enroute to Alaska by motor.

TRANSIENTS HELD FOR AUTO THEFT

Philip Frank and James Preston, transients, claiming to be on the way from Portland to San Francisco, were bound over to the grand jury here this afternoon on charges of auto theft. The two young men were arrested early this morning near Myrtle Creek by G. A. Fitzpatrick and his brother, J. W. Fitzpatrick. The former, the owner of the car, stated that he was awakened shortly after midnight by the barking of the dogs and ran out of the house in time to see Frank and Preston pushing his automobile towards the highway. He called to them and they ran. He returned to the house and brother and together they started dressed himself and called in his pursuit, overtaking Frank and Preston a short distance south of the Fitzpatrick place.

The two young men were taken into custody and turned over to Sheriff Starmer. They were given a hearing this afternoon before Justice of the Peace Hopkins and were unable to furnish bonds, fixed in the sum of \$500 each, and are confined in the county jail.

OFFICER LOSES HIS OWN AUTOMOBILE IN HUNT FOR THIEVES

(Associated Press Leased Wire) PENDLETON, Ore., July 13.—July 13 has been a most unlucky day for Charles Hoaglin, chief deputy sheriff. Late last night and early this morning while he was attempting to trace automobile thieves that had abandoned the car of Henry Classen of Salem, near Echo, his own car was stolen from outside the court house.

The officers believe the thieves abandoned the Classen car when one of the tires was punctured and took the deputy's car to continue their flight eastward.

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12 INDIAN GIRLS ALLEGED TO HAVE FIRED DORMITORY

(Associated Press Leased Wire) PORTLAND, Ore., July 13—Assistant United States District Attorney McGilchrist, in federal court here, today asked that bench warrants, each carrying \$500 bail requirement, be issued for the arrest of the 12 Indian girls on the Klamath reservation, indicted yesterday for burning down the dormitory in which they lived.

They were all presumably brought to Portland and held, pending trial, in some juvenile detention home. Albert Pearce, Umatilla Indian charged with theft of personal belongings of Joseph Craig, was sentenced to serve 9 months in the county jail.

Deering 7-4, binder in stock at Wharton Bros.

CULLEN LANDIS ALIMONY SLACKER; 5 DAYS IN JAIL

(Associated Press Leased Wire) LOS ANGELES, July 13—Cullen Landis, motion picture actor, was sentenced to five days in jail here today, for failing to pay his alimony payments to his divorced wife, Mignon Lebrun Landis.

Superior Judge Robert H. Scott, who sentenced Landis about noon, gave the actor until 2 p. m., to arrange his affairs and present himself at the county jail for his term behind the bars.

Judge Scott, in passing sentence in a legal argument that has been before the courts off and on for months, said: "If see no redeeming feature in this case. The defendant has apparently not made good use of the money he has earned."

This comment followed testimony by Landis himself that he had made \$17,000 since last November and that since the first of the year he had given his divorced wife about \$2,700. He was \$1,000 behind in his alimony remittances.

Leaving For California—Mr. and Mrs. H. G. Klore of Looking Glass leave in the morning on an auto trip for California to spend two or three weeks. They will visit in San Luis Obispo and Santa Barbara, to where their daughter is moving.

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