

Burglars Like Darkness

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The Roseburg National Bank
Roseburg, Ore.YOUNG PASTOR WHO
PREACHED TO CALVIN
ON DEBATING TEAM

(Associated Press Local Wire)
NORTHFIELD, Minn., Mar. 8.—President Coolidge may have an opportunity soon to hear again the young minister whose church he attended regularly during his South Dakota vacation trip last year.

Rolf Lium, summer pastor of the Congregational church at Hermosa, S. D., is now a member of the Carleton College debating team of Washington which is to appear in Washington the night of March 14.

COBB PLAYS WITH GIANTS.

AUGUSTA, Ga., Mar. 8.—The Giants have a new playmate, Tyrus Cobb, and the Georgia Peach likes the game so well that he has asked Connie Mack to let him play and not join the Philadelphia Athletics until they come here for a game on March 16.

Quite to the surprise of everyone, for only last week the veteran outfielder refused the privileges of the Giants' field and clubhouse and Barnabe.

Cobb strolled onto the field at the close of yesterday afternoon's practice game and took his first warm-up of the season. It wasn't much, just a few infield rollers and a job around the bases.

The Travis Jacksons beat the Freddy Lindstroms, 9 to 2 in a six inning scrub game featured by loads of heavy hitting.

SCHALK PLANS COMEBACK

SHREVEPORT, La., Mar. 8.—Manager Ray Schalk, veteran Chicago White Sox catcher, plans a comeback season behind the bat this season.

Last season Schalk caught only 16 games because of an injured finger. The member is healed now and Schalk believes he is still good enough to beat the large number of anxious rookies for the backstop job.

The White Sox list of missing dwindled to four yesterday when Bib Falk, slugging outfielder, joined the squad. Those still absent are Mpsil, Barrett, Hunnefeld and Barnabe.

CASH PRIZES
TO BE GIVEN
ESSAY WINNERS

One Hundred Dollars to
Be Divided Among
Five Writers.

ARE DUE IN MARCH 12

Additional Material Pro-
vided to Aid Youthful
Writers in Compos-
ing Themes.

Students of the 7th, 8th, 9th and 10th grades of the schools of the county are showing a great deal of interest in the News-Review prize contest on the subject, "What Makes Me Grow From Day to Day." This contest closes Monday, March 12, and those who have not yet started writing their essays should lose no time. Five prizes are to be awarded as follows:

1st prize \$30
2nd prize 25
3rd prize 20
4th prize 15
5th prize 10

The amounts given above, totaling \$100, are conditioned upon each essay being accompanied by a trade mark cut from a package of Albers Brothers' Cornflakes or Wheat Flakes. In the event the coupon does not accompany the essay the cash prize to be awarded will be only one-half the amount stated. This condition was created when the Albers' Milling company, producers of food products, became interested in the contest and agreed to double the amount of prize money, provided the winning essay has clipped to it the trade mark or coupon from a package of the wheatflakes which the company is introducing.

Essays may be written by any pupils of the 7th, 8th, 9th or 10th grades and should be of not more than 350 words in length and should be submitted on regular theme or letterhead paper, 8 1/2 by 11 inches in size, and written on one side only. Writing should be in ink or on typewriter.

The subject is "What Makes Me Grow From Day to Day," the purpose being to interest the children in the foods that enter into body building. In order to help the children the News-Review prints the following excerpts from prominent books on dietetics:

From Willard & Gillette: Dietetics for High Schools—pp 103-105
Food for children from one to five years: In addition to milk, cereals, breads and other grain foods.

"As a child grows older, his weight will increase, he will get more and more vigorous, and he will need more energy and other growing materials than the quart of milk will furnish. The extra energy may best be supplied at each meal by bread or cereal as a supplement to the milk. The bread or cereal will also increase the growing material. Every 100 calories of most grain products will increase the protein by three or four grams. The mineral elements, especially the iron, will vary with the type of bread or cereal eaten. Hence, it is wise to include those most valuable for their ash, particularly the iron. Since those grain products most valuable for mineral elements are also rich in vitamins, the vitamin content of the diet will be increased by the larger use of these same foods."

"The bulk eaten of most of these prepared cereals is apt not to be sufficient to give the necessary food value, neither are they to be recommended as sources of iron, so that it is well to reserve them for variety, or for supper in the summer time."

"Warm cooked cereals are to be preferred for a regular diet, as no extra heat is needed in warming the food taken into the stomach. Oatmeal and rolled oats contain more food value per pound than any other cereal preparation. They furnish more nourishment in a small bulk, which is quite important where a child is so active that he does not like to take much time to eat. Oatmeal and other coarse cereals contain coarse particles of husk liable to irritate the intestinal tract of the very young child. Therefore such cereals should be strained before feeding to children under 15 to 16 months of age."

From Peters: Diet for Children (2nd Adults)

Foods that children can have: Cereals—all kinds. "Those containing the bran and the germ much preferred (oatmeal has the most iron and protein). Dried ready-to-serve cereals for a change. They have about one-half the energy or caloric value of

cooked cereals. Remember that and serve twice as much. It is best to use no sugar on cereals, or if used, a very little. Serve with some hard bread to insure thorough mastication."

From Mary Swartz Rose: Feeding the Family

Growth in school children: The average weight of the normal child for the fifth, sixth and seventh years and the energy requirement per pound of body weight per day are in round numbers: (pp 160-161) (pp 160-163)

Fifth year—41 pounds for medium height; 36-38 calories per pound.

Sixth year—45 pounds for medium height; 35-37 calories per pound.

Seventh year—50 pounds for medium height; 34-36 calories per pound.

It seems advisable in these years of comparative rapid growth to allow from three to four protein calories per pound by day. This is probably somewhat in excess of the actual requirement. It is well to have a liberal supply for periods of rapid development.

During this period many children begin going to school. Especial care needs to be taken that breakfast be provided in time to be eaten without haste or fear of being late to school. No child should be permitted to go to school without breakfast.

The pangs of an empty stomach will cause him to be fagged out long before the noon meal, which is often the next one. Numerous studies of school children show that no breakfast and malnutrition are commonly found together.

Regularly, simplicity and serenity are good dietetic watch words. "Youth is the time to cultivate respect for all natural foods as a means to physical and mental efficiency and not merely as ticklers of the palate."

Feeding from the Eighth to the Twelfth year—"Feeding the Family"

"One quart of milk, continued as the basis of the diet, will give relief from much concern as to whether it is well balanced or not. Cooked cereals for breakfast should be given the preference and the ready-to-eat variety reserved for occasional use because the warm, full-flavored porridge is less likely to be tired of."

"The Cost of Protein"—From Feeding the Family, pp 256-258

"Protein foods are, as a rule, a more expensive item in the dietary than carbohydrates and fats. This is partly because we like them in delicate, perishable, and highly flavored forms, such as meat, fish and shell fish. From the nutritive point of view, eggs, cheese and milk are interchangeable with them, and can usually be substituted with real economy. The grains and breadstuffs can also be depended upon to a considerable extent, having about the same proportion of protein to total fuel value that we aim to have in a well-balanced diet, i. e., 10 to 15 per cent of their calories in the form of protein. We must remember, of course, that the grain or league proteins will not make an ideal amino acid assortment by themselves. They must be supplemented, and for practical purposes, milk and meat are the supplements to be depended on. Scientific investigation has brought to light interesting results from the combination of different protein-bearing foods; for example, oatmeal and gelatin (each of poor quality by itself) will together support growth in young animals."

"Essentials in the Family Dietary"

From Feeding the Family
"As a working basis in building up the family dietary the following is a list of food materials which need to be included in the daily ration no matter what the particular menu:

"Milk for all—one quart apiece if possible for each child and a pint for each adult."

"Fruit juice for the one-year-old."

"At least one kind of fruit for the others."

"Cereal for all the children—preferably for all the family."

"A mild green vegetable for the three youngest."

"At least one kind of vegetable besides potatoes for all the others."

"Eggs for at least the three youngest children and some protein-bearing dish (meat or a meat substitute) for the rest."

"To this list may be added those staples which are likely to appear in every day's menu, such as bread and butter, potatoes, and some other kind of vegetable."

"An estimate can quickly be made of the fuel that will probably be supplied by these items of the diet (for household of three adults and five children):

	Calories
Milk (5 quarts for children, 11 for adults)	4387
Cereal for all	600
Eggs (3 eggs and 1 yolk)	250
Fruit and fruit juice	600
Green vegetable	1500
Bread	1500
Butter for bread	600
Potatoes	600
Another vegetable	600
Meat or meat substitute (not including eggs)	800

"Comparing these figures with the total energy requirement of the family, it will be noted that the milk will furnish over one-fourth (nearly thirty per cent) of the total calories, the fruits and vegetables of all kinds taken together about half as many as the last (eight per cent). In other words these items will make up over half the total calories, leaving (Continued on page 4.)

Hammer-Slayer



Cecil Clyde Campbell (above), once a major in the A. E. F., arrested in Philadelphia, is said by the police to have confessed to New York's latest sensational crime—the hammer-slaying of his wife, Mrs. Mary Lyle McLean Campbell (below), whose body was found in a hotel room. Campbell was quoted as explaining that the killing was part of a suicide compact which was not completed because he lost his nerve.

Look to Your Laurels, Lindy!



Mildred Johnson, of Philadelphia, who files for the American Air Transport Association, has just finished a 16,000-mile flight over air mail route in the United States. She was in the air 200 hours and her only accident was in an automobile while in Utah. In March she goes abroad to hop over the postal airways there.

This Is the Life!



Fat? Right! Happy? Betcher! The owner of all this physical charm is Charles Collins, Esq., of Kansas City. When photographed he was enduring the rigors of winter at Miami Beach, Fla.



Let your vacant land produce cantaloupes, beans, peas, radishes, carrots, beets

Fresh From the Vine!

With the spirit of spring now in your system, polish up the old spade, fix the handle on the rake and get ready to raise a real garden. All the early salad varieties, of course, but as the season advances utilize the land for later maturing crops. The bright Sterling Seed Packets help you make selection from more than thirty varieties—

At Your Dealers

All of the standard size vegetable packets 5¢ Most of the flower seed packets also 5¢

No Better Seeds At Any Price

Northrup, King & Co's
Seeds
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the red vacuum tin
with the black stripe

+++ It contains the coffee that never varies in fine flavor. The finest things are usually made by those who make only fine things. Schilling is the only one in America specializing on top-grade coffee only -- no 2nd or 3rd grades -- no divided interest -- no possible confusion of interest +++ So Schilling dares to say:—

Your grocer will return your money instantly

if you don't like

Schilling's best!

WINGS of the MORNING

