Roseburg News-Review

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HARRIS ELLSWORTH ..... Editor

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ROSEBURG, OREGON, SATURDAY, DEC. 28, 1929.

WHAT OF MR. COOLIDGE

EX-PRESIDENT COOLIDGE has decided not to become a candidate for United States senator from his home state, the dispatches say. It is apparent he does not regard himself as so needy of something to do as some of the periodical writers have recently been making him out. Once years ago when somebody raised a question of "what to do with our ex-presidents" Theodore Roosevelt declared, "This ex-president will do for himself" and he did. Mr. Coolidge seems to see the matter in a light quite similar.

So far since his retirement Mr. Coolidge has earned an income with his writing which would be considered satisfactory by most of us. He does not enjoy writing, however, and it is of course true that he has found his market for his output thus far more because of who and what he is than because of what he turns out. Arthur Brisbane predicts that "if times get worse" Mr. Coolidge will be drafted and elected president again in 1932. It may be so but is unlikely. Meanwhile nobody need worry about how Mr. Coolidge is going to get along. There is no indication that the wolf is dangerously near his family door.

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Press comment over the state mentions two candidates for governor whose names are of particular interest to Douglas county citizens. B. L. Eddy, state senator from Douglas county and George Neuner, now United States district attorney with offices in Portland, but formerly of Douglas county have both been listed as possible candidates. Either one of these men would make a good governor.

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From all indications, the Oregon direct primary election system is going to get a good work-out this coming year. Lucky will be the man who polls a plurality of the republican votes and so becomes the nominee for the office of governor.

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Only three more days remain in which to frame a suitable set of New Year's resolutions. Why not go out and dig up last year's and have them framed?

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A nice New Year's gift to the county is the announcement that this year the tax levy will be more than one mill less than last year.

POEM FOR THE DAY

By LOUIS ALBERT BANKS

OUR HEALTHIEST GIRL AND BOY

"The Associated Press carried this news story over the nation from Chicago, December 4, 1929:

"The healthiest girl in the United States as reckoned by the Four-H club annual congress, is 17 years old, weighs 129 pounds, stands five feet, 4½ inches in her medium heel shoes, lives in Eustis, Lake county, Florida—and her name is Florence Smock.

"Harold Deatline, 18, of Morgan county, Ind., is the healthiest boy, the congress decided last night. Both Miss Smock and Deatline were chosen from a group of 28 state champions.

"Deatline is 5 feet, 8 inches tall, weight 150 pounds, has broad shoulders and is strong muscled because of 'plenty of good, hard work' on his father's farm.

"Miss Smock thought that perhaps she was healthy because of 'Florida sunshine—and oranges. But with the sunshine and oranges went regular hours, ten hours' sleep, and plenty of exercise."

The type of youth who wins this prize
Is worthy of Columbia's skies;
With minds and hearts and bodies clean,
They're free from everything that's mean.
What wondrous fund of richest wealth
Has Florence Smock, our Queen of Health!
She has no pains o'er which to weep—
No problems to disturb her sleep.

Her cheeks where natural roses bloom
Are free from artificial groom;
She—with a wit both keen and wise—
Takes time for healthful exercise;
She likes to dance; she likes to swim,
And sometimes has "a date" with him
Who has her girlish fancy caught—
Is charmed to find her company sought.

And Harold Deatline, country bred,
A wholesome boy—when all is said,
Is one who never learned to shirk—
Finds joy in honest, wholesome work;
Knows how to chop, can run a plow,
Can handle horses, milk the cow;
His heart clings fondly 'bout the farm,
Finds nature's scenes are full of charm.

We follow him in fishing joy;
We like the things his hands employ;
He does not care "to gad about";
He has the strength to do without—
And wastes no energy in smoke;
This life's to him no idle joke.
This boy and girl are rich in traits
That builded these United States.

ALLEGED LEGACY HEIR PROSECUTES $335 LIEN

PORTLAND, Dec. 28.—Leo Leonard, cabinet worker, reported to have left Portland the night of December 18 on his way to Detroit, Mich., to claim a $500,000 legacy, appeared in circuit court here today to prosecute a $335.80 mechanics lien.

"I'll talk about that case as soon as I get through with this one," Leonard said when asked about the legacy.

The fortune, word of which reached Leonard through a newspaper, was said to have been left him by an uncle.

—o—

Prompt, safe drugless service. Highway Pharmacy. Oakland.—Adv.

BRINGING UP FATHER

By Geo. McManus

The OFFICE CAT

The fellow who gave his girl a vacuum cleaner for Christmas will most likely "get the air."

The boom town often becomes the bum town.

Girls need more wisdom now. In the old days they could tell a married man because he didn't shave except on Saturday.

Living is always worth twice what it costs.

A Scottish farmer, being elected to the school board visited the village school and tested the intelligence of the class by the question: "Now, boys, can you tell me what naething is?"

After a moment's silence a small boy in the back seat rose.

"It's what ye gi'd me the other day for holding yer horse."

"Footprints on the sands of time are not made by sitting down."

The old gentleman was lost in a London fog so thick that he could scarcely see his hand before his face. He became seriously alarmed when he found himself in a slimy alley. Then he heard footsteps approaching.

"Where am I going?" he asked anxiously.

A voice replied wearily from the darkness: "Into the river, I've just come out."

The congregation will now arise and sing:

"Oh the clothes that make the women are the clothes that break the men."

Mother: "Johnny, you've been fighting again. What is that bruise on your head?"

Johnny: "I wasn't fighting at all. That was a mistake."

Mother: "A mistake?"

Johnny: "Yes, I was setting on that little mutt Bertie, this morning, and I forgot to hold his feet."

Money is a good thing to have, but a poor thing to worship.

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Maybe I'm Wrong

By J. P. MEDBURY

Tell some men that the world owes them a living and they'll immediately put the account in the hands of a collection agency.

YOU'RE RIGHT

A bachelor is a man who's been successful in affairs of the heart.

MOMENTOUS MOMENTS

Watching a taxidermist in a night club trying to stuff a couple of chorus girls.

ACE OF CADS

The father who hides his daughter's cigarettes and gin so that she can't give a birthday party.

FASHION NOTE.

It's a good thing for the censors that the moths never got into Adam and Eve's wardrobe.

TAKE IT OR LEAVE IT

It's a typographical error when your wife catches you printing a kiss on the new maid's lips.

SOCIAL ACCOMPLISHMENTS

The Massachusetts phrenologist who's making a fortune examining Boston beans.

AMONG THE ILLITERATI

A Man doesn't object to a few wrinkles on his girl's face. The average fellow can read between the lines.

ADVICE TO THE LOVE-WORN

All girls aren't good petters, but any of them will do in a clinch.

OUR OWN VAUDEVILLE

First Tramp—I've got two loaves of bread and a pound of ham; what'll we do?

Second Tramp—Let's open a drug store.

Building Up to Resist Colds

Don't Forego Exercise, Fresh Air and Sunshine During the "Shut-in" Months, Urges Dr. Copeland, Writing About Causes and Treatment of Catarrh.

By ROYAL S. COPELAND, M. D.
United States Senator from New York.
Former Commissioner of Health, New York City.

THERE are many kinds of catarrh, but the most common of all is nasal catarrh. There may be a severe cold resulting in a simple form of catarrh, and if allowed to go unheeded this condition may result in chronic catarrh, and perhaps in catarrhal bronchitis.

DR. COPELAND

Some climates predispose to catarrh. Damp and changeable weather aggravates the trouble. This condition is due to frequent and neglected colds. You must overcome this tendency to having colds by following certain rules in your daily living.

You cannot afford to go about with wet feet, or to live in illy-ventilated rooms, or in too hot rooms. Too many persons, especially women, wear their coats and mufflers indoors, and no matter how long they remain, do not unloose them. They are overwarm, perspiration is brought on, and on returning to the open air there is evaporation of this moisture and chilling of the body follows. Chilling causes the blood vessels inside the skin to contract and the blood is forced to the deep parts of the body. The bronchial tubes become congested.

Along with the chilling process there is a lowering of the body resistance, and the alert germs have a chance to break through the protective tissues. Then comes bronchitis.

Having one cold after another, the blood vessels lose their elasticity and remain swollen. The tissues of the nose become thickened. The glands are overworked and the mucous from the delicate membrane lining is profuse. The sinus cavities, those cavities opening into the nose, are lined with the membrane and they take on the inflammation too. The catarrhal condition may extend into the ears and the throat.

In children adenoids and diseased tonsils may have much to do with colds and catarrhal conditions.

What can be done for catarrh? In the first place take good care of yourself. Build up your health so that you won't have a cold. Be properly shod, wear all the warm clothes you can for the coldest weather, be sure not to get chilled.

The best thing to build up your bodily resistance to those catarrhal and cold conditions is plenty of vigorous exercise in the bracing air and sunshine, and nourishing foods. Taking only halfway measures will not banish this condition.

Cleanliness again comes to the fore. On going home from the office, crowded rooms anywhere, the theatre, crowded street cars, wash your face in soap and water, and wash out the outer nostrils. This will protect you from dirt and germs you may have picked up.

Accompanying a condition of constipation as the result of overtiredness, or some other cause, are colds and catarrh. The constipation must be cleared up, and with the intestinal sluggishness gone, you will probably find the catarrh abating.

Answers to Health Queries

A READER. Q.—How can I stop my eyelashes from falling out?

A.—Apply 1% yellow oxide of mercury ointment to the lashes at night upon retiring.

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L. J. M. Q.—What do you advise for pimples?

A.—Correct your diet by cutting down on sugar, starches and coffee. Eat simple food. Avoid poor elimination. For further particulars send self-addressed stamped envelope and repeat your question.

• • •

A. S. Q.—What would cause a feeling of water in the stomach—the condition not unlike the sound made when shaking a bottle of water—I am a boy of 16 years of age?

A.—Probably due to hyperacidity. Watch your diet, avoiding too many sweets and acid-forming foods and keep the bowels open. For further particulars send a self-addressed, stamped envelope and repeat your question.

• • •

MISS ALICE D. Q.—I am only twenty-two years old and hard of hearing. What do you think the trouble is due to?

A.—Partial deafness is often caused by nasal catarrh which has extended into the middle ear. Try to correct this underlying condition and you will probably notice improvement. For other particulars send a self-addressed, stamped envelope and repeat your question.

• • •

HAPPY. Q.—What should a girl of 13, 5 ft. 1 inch tall weigh, also a girl of 13, 5 ft. 3 inches tall?

A.—They should weigh respectively about 107 and 111 pounds.

• • •

J. S. L. Q.—What can be done to get rid of a tapeworm?

A.—I would advise you to consult your own family physician for treatment.

• • •

EDITH G. Q.—What causes dark circles under the eyes?

A.—Lack of sleep, dissipation, constipation, indigestion and sometimes a kidney condition may be responsible for this trouble.

• • •

Miss E. M. C. Q.—What should a girl of 14, 7 ft. 9 inches tall weigh?

A.—She should weigh about 124 pounds.

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T. J. B. Q.—What should a woman weigh who is 44 years old and 5 feet 4 inches tall?

A.—For her age and height she should weigh about 141 pounds.

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Good Manners

By MRS. CORNELIUS BEECKMAN

The Correctness of Shower Parties

DEAR MRS. BEECKMAN:

To settle a dispute between two friends of mine, will you kindly tell me whether it is a breach of etiquette for a member of the bride-to-be's family to hold a shower in her home? A claims that it is entirely out of order, while B maintains it is perfectly all right for a relative to give a shower.

H. C.

I CAN'T tell you what is correct or what isn't in this respect, for there aren't any definite rules in etiquette about the giving of showers. Mrs. Grundy expects us to figure out as politely as possible what is the gracious thing to do, and most especially what is the common sensible thing to do concerning these problematic parties. And when we think of them in this way, we cannot help—at least, I cannot help—agreeing with A. As friend to friend now, seriously, don't you think, that for a member of the bride's family to give her a shower emphasizes the "gimme" quality of a shower?

Says the bride's mother, or her sister, "Evelyn needs some kitchen utensils. What ho— we'll give her a kitchen shower!" Lady, if that isn't begging, I don't know what is!

The Most Important Wedding Invitation

DEAR MRS. BEECKMAN:

When a man about to get married is living at home with his parents is it proper for him to send his mother, with whom he is living, an invitation, also to his brother, who is to be best man? A says it is proper and B says it isn't proper.

MRS. R. D.

THE first invitation that the bride and her family should mail is the one to the groom's mother and father. This is the most important invitation. For the groom's mother and father are the guests of honor at the wedding. That is why they sit in the first pew at the right of the aisle up which the bridal party is to come.

It isn't the groom who sends this invitation to his family. It is the bride's parents, the ones in whose names the invitations are worded, the hosts of the occasion. He gives the names of his relatives and friends to the mother of the bride and she sends his invitations with hers.

Table Arrangement

DEAR MRS. BEECKMAN:

1. Will you please tell me which is the correct way to seat a gentleman at a table, also a lady?

2. Recently I was invited to a dinner party and noticed the goblets with coasters were at the left just above the fork. I always thought it correct to place them at the right, just above the knife, and if wine were served with the meal, the wine-glasses were placed before the goblets. Am I correct or not?

E. I. S.

I AM not quite sure what you mean by this question. Do you mean when they are the guests of honor? The woman guest of honor is given the seat at the right of the host. The man guest of honor is given the seat at the right of the hostess. The next honor places are the seats at the left. That is, the woman who is to be given the second place of honor is seated at the left of the host, and the man who is to be given second place of honor is seated at the left of the hostess.

2. You are right. When a place is set, the goblet is placed on the right of the plate, just above the tip of the dinner knife. The wine glass, when there is one, is placed at the right of the water-glass, on a straight line with it, as the French do, or just below it, as we most often see in this country. Coasters should not be used with goblets.

(Mrs. Beeckman will be glad to answer questions on etiquette submitted by readers.)

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Health Bulletin

The Effect of Aluminum on Health

(State Board of Health)

Investigations carried out by Professor F. P. Underhill and associates in Yale university dealing particularly with the question of how aluminum is taken up in the body and what becomes of it, seem to prove that the argument against the use of aluminum cooking utensils, or of a baking powder containing aluminum, because of their supposed deleterious effect on the human system, is without foundation.

It has been found that aluminum is regularly absorbed into the body in small quantities when taken in food; that the body is likely to take up only a certain amount, after which absorption decreases and the excess is excreted either in the bile or by way of the bladder.

Various food substances were examined. It was found that cherries and onions contained the largest amount of aluminum; that lettuce, milk, flour and liver contained fairly large quantities while smaller amounts were found in many other foods.

Professor Underhill continues:

"For years we have realized the importance of moderation in all things. Quite recently we have begun to realize the tremendous importance of very small quantities of certain substances in relation to human life. A tiny dose of iodine or of phosphorus may be of vital importance to the human body; a large dose of either substance may be a dangerous poison. Apparently aluminum is one of the metallic elements that has regularly entered for years into the human being by way of the diet and without dangerous results. There is a possibility that a great overdose of the substance would be harmful, but it is hard to conceive how a dose can be had through baking powder or, through the use of aluminum cooking utensils that will cause harm to the average human being. Apparently the substance is not accumulated in great amounts in the body, and when a certain level has been reached the excess is excreted."

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SAGSHAW CONSIDERING THREE COACHING OFFERS

(Associated Press Leased Wire)

SEATTLE, Dec. 27.—Enoch W. Sagshaw, head football coach at the University of Washington for nine years, said here today that he was considering three coaching positions—one in the southern conference, another in the east and the third in California. Sagshaw resigned at Washington last month after a year of friction with the students and alumni.

Sagshaw said that he could not disclose the name of the southern conference member seeking his services.

Come Into The Kitchen

ELLA M. LEHR

Camouflaging the Christmas Leftovers.

Now it's all over—the hurried, hectic, happiness of Christmas—and down we go to the depths of despair as we begin to total the statements of the butcher, the baker, the candlestick-maker! Oh—oh, cold turkey for all of us—leftovers from the feast!

But a bit of imagination and fresh green parsley can change the most formidable array of leftovers into food for the gods—and husbands!—besides appeasing the wrath of the Christmas-scarred budget. So why worry?

Leftover fruit plus gelatine and molded in fancy little molds makes the most delightful of fruit salads—which incidentally may do double duty as a salad-dessert course. Bits of vegetable may be treated in the same way; chilled and served on crisp lettuce leaves, gelatin-base salads make any meal more than "just another dinner". We like to serve tiny sandwiches with salads—sorta dresses up the course you know.

Leftover turkey or chicken? Shapely brown croquettes, the most toothsome of little "squab pies". Sandwiches—two or three deckers—toasted usually; creamed fowl with bits of vegetables or a can of peas and pimento strips by way of extenders and served in a ring of rice, noodles, spaghetti or leftover mashed potatoes. Brunswick stew—adding the left-over chicken—lima beans, corn, okra and often tomatoes—is a delectable dish. Just why, we ask you, should the family face turkey hash three meals a day when there are so many delightful ways to camouflage the "remains" of the Christmas scenery?

Meats offer even more possibilities: green vegetables may be freshened by heating through in rapidly boiling water. Others take on a new dress with a white sauce plain or with cheese. Au gratin dishes—either in casserole or individual ramekins—utilize leftover cauliflower, cabbage, potatoes and the like. Changing the appearance does add allurement—ah — you know how even a few pounds off and the dress for snaky hips brings back the fading lovelight—and still you're the same girl!

Left-over cranberry sauce may be converted into cranberry jelly, molded and served from time to time. If turned into sterilized glasses and parafined it will naturally "keep" longer. It may also be used in a molded cranberry celery-but salad recipe, dependent largely upon your own imagination.

Celery—the "remains" after removing the favored heart—may be cooked and served in a cheese sauce made into a souffle, or chilled and served in vegetable salads.

Tiring of fruit cake—it may be steamed by placing a square or several slices of it in a coffee can or mold with a close fitting lid, steamed and served as pudding with hard sauce (which incidentally may be fluffed up by the addition of a tiny bit of boiling water or unbeaten egg white and whipped). Plum puddings of course may always be freshened.

After such an orgy of heavy desserts, I should urge their disappearance for a few days. Pack puddings and fruit cake with an apple or two and they will keep indefinitely.

Good gracious!—what have you done with the turkey bones? I'll feel terribly disappointed if you've tossed them out for—no foolin'—you can make the most delicious turkey soup! (Not Scotch by ancestry, my dears, but most surely by instinct!) Here it is:

Turkey Noodle Soup

(Equally good with chicken)

Bones from left-over chicken or turkey.
10 cups cold water
1 onion
1 cup celery
1 tablespoon salt
1 teaspoon pepper
1½ cups noodles

Chop celery and onions, place all ingredients in kettle, except the noodles. Simmer slowly for two or three hours. Strain and again bring to the boiling point. Add the noodles, cook for about 15 or 20 minutes or until the noodles are cooked. Serve with a sprinkle of grated cheese and parsley.

EDITORIALS ON THE DAY'S NEWS

(Continued from page 1)

shot down on suspicion.

HERE is something for you to think about:

Fritz von Opel, German authority on rocket-propelled airplanes, says the time will come when airplanes carrying a thousand passengers will be propelled through the air at the rate of 5,000 miles an hour, the propelling force being rockets.

Believe it or not.

A PLANE traveling at the rate of 5,000 miles an hour would circumnavigate the earth in five hours, or about the time in which a good driver now travels from Eugene to Medford by automobile.

Poor old Jules Verne: He thought, in his day, that he was certainly springing a record whopper, but he wasn't even a good husky piker.

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Astoria—Laspa Motor company, local Model A Ford dealers, installed new equipment.

"I AIN'T WORTHY OF YOU"

So Gary Cooper tells Mary Brian in the Paramount picture, "The Virginian," which begins a three-day run at the Antlers theatre Sunday. The play is from the novel by Owen Wister.

Wister Classic Is Great Film

"The Virginian" Booked To Open At Antlers Theatre Sunday for 3 Days.

WITH big city night life, metropolitan underworlds and the line behind the footlights furnishing a plethora of themes for audible moving pictures, it is a welcome interlude when an all-talking film such as "The Virginian" comes to town.

"The Virginian" is deserving of even more than comparative praise, however. Its value as high type entertainment does not lie alone in the fact that it is different from the general run of pictures. Its value as entertainment lies in its own intrinsic worth as a talking picture fabrication of rich romance, epic drama and immortal humor.

Here is a picture that "gets you and holds you," as showmen say. It is a faithful reproduction in talking film of the renowned novel by Owen Wister and the play by Wister and Kirk La Shelle. That alone should be recommendation enough for any doubting Thomas. Nearly everyone is familiar with the story.

In the medium of the all-talking screen the immortal characters of the Wister classic live and breathe. All the glamorous sounds of the great outdoors are faithfully reproduced. Cowboys yell as their herd is driven, bellowing, through a swift river. Ranchers chant their typical ditties under the stars by the campfire. Gun totting enemies bark their savage epithets. The lovers speak their hearts in the murmuring pine forest.

Add to this an ensemble of perfect character portrayals by Gary Cooper, Walter Huston, Richard Arlen, Mary Brian, Eugene Pallette and others, and you have a picture that is definitely a masterpiece in the new show world of films that talk.

"The Virginian" opens at the Antlers theatre Sunday for a scheduled three day run. Nobody should miss it. It's simply great.

IF YOU doubt that Roseburg gets its share of big pictures, take a look at the coming week's bookings at the Antlers. "The Virginian" compares favorable with "The Covered Wagon" and has the advantage of being all-talking and sound. "Our Modern Maidens" is a strictly up-to-date picture with a real cast and "The Mighty," with George Bancroft, is heralded as a real treat.

Attractions AT THE MOVIES

ANTLERS.—Last time today William Haines in "Speedway," with Anita Page, Karl Dane, Ernest Torrence; Sunday, Monday, Tuesday, "The Virginian," 100 per cent out-of-doors talking picture; Wednesday and Thursday, Joan Crawford in "Our Modern Maidens," with Anita Page, Rod La Rocque, Doug Fairbanks, Jr.; Friday and Saturday, George Bancroft in "The Mighty," with Esther Ralston, Raymond Hatton, Warner Oland, all-talking.

LIBERTY.—Last time today, "The Charlatan."