

Roseburg News-Review

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HARRIS ELLSWORTH

Editor

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ROSEBURG, OREGON, MONDAY, JAN. 27, 1930.

CANDIDATES

TOM KAY has stated emphatically and positively that he will answer the last of this week, February 1, to be exact, a clear cut "Yes" or "No" on the question of his possible candidacy. George Neuner has postponed making further statements regarding his entering the race until he learns for sure what Tom Kay will do. If Mr. Kay runs, Neuner will not, which is good reasoning on Neuner's part because Kay would draw votes from the same sources as Neuner. The dopesters who pretend to know, say that both Jay Upton and Charles N. Stanfield may yet appear in this badly scrambled race for the governorship. Just look at the list of names we may have a chance to pick from when we go to the polls in May to nominate a republican candidate for governor: Harry Corbett, Chas. Hall, Thomas B. Kay, George Neuner, Governor Al Norblad, Chas. N. Stanfield and Jay Upton.

That is a list that we can be proud of. So far as is known, there is no reason why any one of those men would not make an excellent governor for Oregon. All of them have excellent records of public service, all of them are men of character and accomplishment, all of them are aggressively loyal to Oregon and its advancement, and all of them have vision and the determination to make Oregon a greater state. There is not a passive or negative character in the entire list.

Thus far this has been written on the assumption that to be nominated on the republican ticket means election. The history of Oregon politics does not bear out such an assumption. There have been a number of democratic governors in Oregon. This is a republican state, right enough, but we have here in Oregon, a habit of going democrat every so often, particularly when we are called upon to elect a governor. Ed Bailey, of Junction City, if nominated on the democratic ticket will make a strong run. Bailey is able, he is popular and he is aggressive. Out of all this mist of political prognostication comes one fact: From all indications, whatever the outcome of the coming elections, Oregon is pretty certain to have a good governor during the next four years.

Those who were very observing this morning, could detect a touch of spring in the air. For the outside world to read, we might say that the sun is shining in the Umpqua valley today and the snow is practically all gone—just a spot or two on the hills. Honestly now, isn't this the finest climate on earth?

A press dispatch, telling of some of the recent doings of Harry Lauder, mentions the fact that his "closest living relative is a niece." Just how would you go about it to decide which relative is the closest in a good old Scotch family like that?

POEM FOR THE DAY

By LOUIS ALBERT BANKS

THE PROVIDENCE THAT SHAPES

Ernest Haycox, in reviewing "The Autobiography of Calvin Coolidge" in the Morning Oregonian, says:
"In his career sounds a definite finality. Throughout this self-revelation the reader is constantly aware of the fact that no man, while he is living, is able to see the end of his own life, while he is living. To achieve those immediate goals standing against the horizon, was ever more aware of Providence, planning his life. We have here a focusing of American individuality—man is free, man is his own whip whereby he drives himself to the heights, yet even as he drives the answer has been written on the book of Jude. Inconsistent or not, it is this non-artificial blending of free will and predestination that gives an individual a flavor to the average American life, and the career of Calvin Coolidge has been based upon it. He wanted to be a politician, and, having achieved the office, he appeared at the moment to believe he had reached the end of the matter politically. The same vision put him into the legislature, into the state senate. Not until his second term as senator does he seem to have eyed the future with a reflective eye. Governorship was another ultimate, from which the Union strike rescued him, and a second accident lifted him out of that political graveyard, the vice-presidency. It is easy to believe that Calvin Coolidge, thinking of these accidents, is more firmly fixed in his humility."

How good to say of any man,

"A hand divine controls his plan;
With faithful heart, he does his best—
Almighty God contrives the rest."
The Providence that "shapes our ends,"
And fact with fact in wisdom blends,
Must recognize he's good enough
To trust to deal with world-wide stuff.

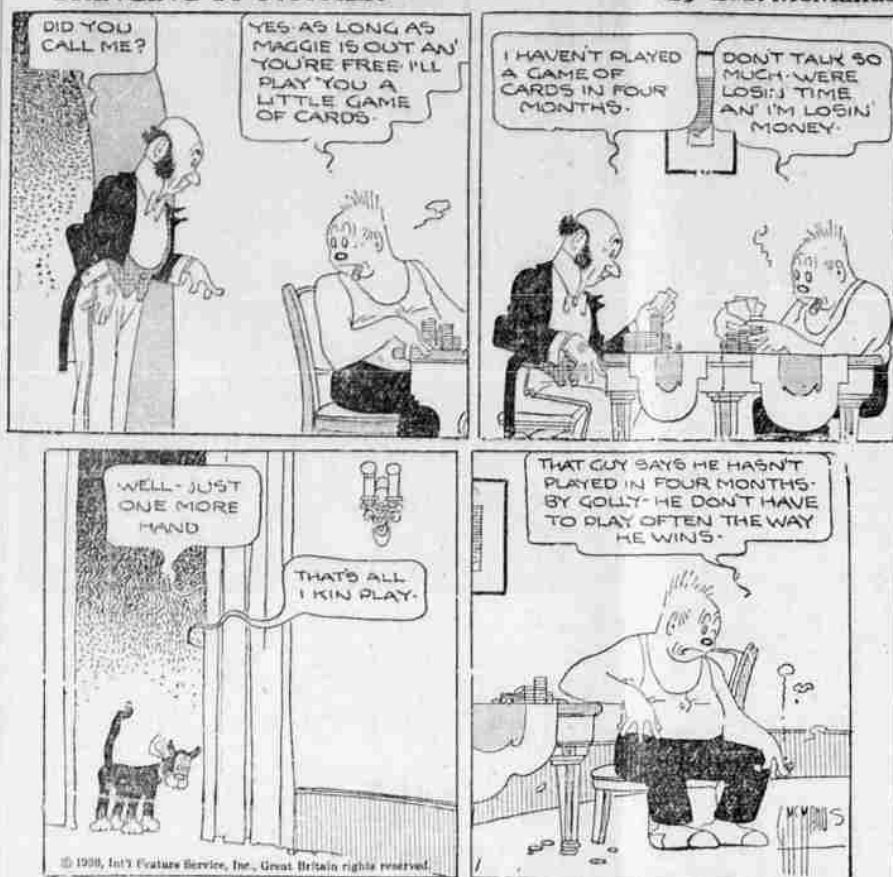
Wise Calvin Coolidge, once our chief,
Has this supreme, divine belief:
That He who marks the sparrow's fall
Thus watches o'er us—one and all.
No doubt that faith has much to do
In holding Coolidge strong and true.
For he whose soul is so intrenched
Cannot from tight be easily wrenched.

In such humility is strength,
It has its height and breadth and length.
These men of Providence root deep,
Have strength to every promise keep;
They do not waste their force in talk,
But men take notice how they walk.
Though they are in a tight of place,
They live their lives with poise and grace.

Such men inherently are great;
They are the bulwarks of the state;
They grow and grow in retrospect—
There are no glooms of past neglect;
They do their duty day by day,
Are careful what they choose to say;
They have those true, substantial arts
That root them deep in human hearts.

BRINGING UP FATHER

By Geo. McManus



Bad Habits—and Nerves!

Dr. Copeland's Health Topic Today

Drawing Pictures While 'Phoning, Cracking Joints, Tapping the Feet and Biting the Finger Nails, Are Nervous Habits, Says Authority.

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

IT IS WELL to form good habits. To acquire bad ones, hard to get rid of, is most undesirable. Most of us have a lot of miserable habits. We admit the truth in our modest moments. Nervous people give expression to their feelings in a number of ways. For instance, a man may tap on the floor with his foot. He keeps pattering away, hour after hour.



DR. COPELAND

Your next neighbor may pound on the table with his fist to give emphasis to his thought. Another crosses one leg over the other and swings his foot up and down, keeping time with invisible music.

Perhaps you have the habit of making marvelous geometric figures as you telephone. You may make pictures on a pad as the President does. As you talk business over the telephone you may gesticulate with one arm.

Sometimes we are driven nearly distracted by somebody who clicks his tongue, or cracks his joints, or keeps doing some other foolish thing. Everyone has some bad habit of this sort.

Among such wrong performance is the biting of the nails. It is one of the things that no one should do. It is a nervous habit. Girls have this habit more than boys. It may last into adult life.

Not only is this habit offensive in taste, but it is a violation of the rules of hygiene. The fingers should never be put to the mouth except after they have been made absolutely clean by thorough washing.

Germs of disease and dirt are carried to the mouth in biting the nails. Coolidge knows enough of these miserable germs get into the system anyway. Fortunately, the body is capable of taking care of most bacteria and germs, but if we can make the habit of keeping them out we should do so.

Think of the people who wet their fingers to turn a page, and to count fifty money! The hands cannot possibly stay clean all the while. You should not place those soiled finger tips to your lips.

Break this habit if you have it. Teach every child to shun the bad practice of biting the nails. The finger nails, as well as the nails of

the toes, should be given attention. You are judged a great deal by the appearance you make. Well cared for finger nails, good habits of all kinds, all tell the tale of cleanliness and good health. They help your social standing.

You cannot quickly overcome nervous practices of long standing, but watch yourself and see what bad habits you can eliminate. To do so will make you more efficient, give you sounder physique and improve your well-being generally.

Answers to Health Queries
A READER, Q.—What should a girl of fifteen, five feet seven and one-half inches tall weigh?
A.—What are the outstanding symptoms of goitre?

A.—She should weigh about 135 pounds.

2.—Nervousness, possible palpitation of the heart, swelling of the neck, and in some instances enlargement of the thyroid gland. Examination will determine just what treatment is necessary.

JUMBO, Q.—What should a girl of fifteen, five feet eight and one-half inches tall weigh?

A.—She should weigh about 134 pounds.

MISS G. L. M., Q.—What causes blisters on the lips?

A.—This may be due to acid in the system, caused by faulty diet and poor elimination.

T. A. M., Q.—What should a girl of nineteen, five feet two and one-half inches tall weigh?

A.—She should weigh about 118 pounds.

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Maybe I'm Wrong

By J. P. MEDBURY

Physicians have had so much trouble collecting their bills lately, that one surgeon has hired a credit man. He looks into your financial condition before the doctor looks into you.

Too many people are getting sick who can't afford it.

They expect a major operation on a private's income.

A lot of surgeons won't even sharpen a knife without a deposit.

They want fifty per cent down and the balance before you come out of the ether.

One doctor has a cash register on the operating table. His choice of cuts are C. O. D.

Incisions are expensive, but if your references are all right he'll be glad to open you on credit.

One man was such a spendthrift that he went into an operating room and ran up a bill of twelve hundred dollars.

The doctor removed so many things that the poor fellow had to call in a public accountant and have himself audited. He wanted to see if he balanced.

It took the auditor two weeks to add up the stitches.

For twelve hundred dollars his ailer should have been pleated.

It's foolish to pay a surgeon a lot of money for a little fancy sewing when you can hire a good seamstress for three dollars a day.

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EDITORIALS ON THE DAY'S NEWS

(Continued from page 1)

speak in strong terms of the future greatness of Oregon. They are painting pictures of coming development that may seem to you to be utterly rosy. When you listen to them, you may incline to be cynical, putting these optimists down as wild visionaries.

Here is a bit of advice: DON'T DO IT. Don't refuse to believe that Oregon is going to make astonishing strides in the future.

OREGON has grown less rapidly than other states bordering on the Pacific. That means that she has farther yet to go. One of these days she will begin to move forward, and when she begins really to move she will MOVE FAST.

A Discussion Regarding the Knife and Fork

DEAR MRS. BEECKMAN: Will you kindly settle this discussion regarding the correct way to use the knife and fork?

My friend maintains that after cutting the knife should be laid on the plate, the fork changed to the right hand, and the meat conveyed to the mouth in this manner.

My contention is that it is more proper to use the fork in the left hand.

BOTH are correct. But, if you say that you find the non-fork-shifting method of eating more convenient, less full of notions, less fussy and a more attractive way of eating, I agree with YOU. The former method, the fork-shifting method of eating, is the one usually referred to as the American method of eating. The non-fork-shifting method of eating is referred to variously as the Continental or European or Cosmopolitan method of eating.

And you happy to say that the non-fork-shifting method of eating—holding the knife in the right hand and the fork in the left, and

conveying the food to the mouth with the fork in the left hand—is becoming increasingly popular in the United States. Perhaps because we travel more, and observe that the best-bred people all over the world eat in the non-fork-shifting method.

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

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When a financial bubble bursts a lot of suckers get sprayed.

Come Into The Kitchen

FREE COOKING SCHOOL

Miss Irene Cameron of the Ella Lehr Cooking schools, will come to Roseburg on February 27 to present three days of the "Cooking School that's different," sponsored by this newspaper.

Follow her articles every day and "Come Into the Kitchen" with Miss Cameron. Plan now to attend each day's session of the "Cooking School" at the school in the Roseburg armory.

We decided to talk this week about a few wrinkles we've lately discovered: Oh, no—not the kind you spend dollars and time to eradicate—far be it from us to him at such! We mean the kind of kitchen-quirks that eliminate those wrinkles and help you to truly get a laugh out of life!

You know, like fearfully tossing three cloves into the simmering soup pot—a fifteen cent soup bone, three carrots, alfalfa, cabbage, few potatoes, beans string and other-wise, rings of onion, and oh, yes, the pale green celery tops—some leftover tomatoes and a bay leaf—summer three or four hours! Would you believe it? Vegetable soup! Try it. Really with soup you can toss in most everything except the kitchen sink. Just watch the lovely light shine in his eyes. It's a most satisfying lunch-dish. Then there's always a meat pie, with puffy brown biscuits over the top and rich gravy oozing out the crevices! Or perhaps stuffed peppers, the meat ground and mixed with a bit of cooked rice or leftover mashed potatoes, seasoned well. Parboil the peppers for about five minutes. After stuffing the peppers—place in a baking pan and bake about 30 minutes in a moderate oven, 350 degrees.

Twentieth Century Hash
(This is truly camouflaging left-overs.)
Have baked six medium-sized potatoes. With a spoon carefully remove the potato, leaving rest of skin unbroken. Season the potato with one tablespoon of butter, one tablespoon of cream or milk, one teaspoon of salt, and a little pepper, stirring lightly with a fork, but do not mash the potato. Add one cup of any kind of well-seasoned chopped beef that has been moistened with a little gravy, stock, or Worcestershire sauce. Fill the skins with this mixture, letting it rise a little above the top. Put a piece of butter on each and heat in oven. Grated cheese may be used instead of meat.

Did you ever think of saving the best of the lemon skins and putting them at once in cold water? They will keep for several days and when used for serving the salad dressings with artichokes or salads, cocktail sauce for clams or oysters, or Hollandaise sauce

Sour Cream Filling for Cake
Mix equal quantities of sour cream, chopped nuts and raisins and a little lemon juice and powdered sugar.

Another Sour Cream Filling
Sweeten and chill 1 cup sour cream, whip it, then add a cold white doings. When stiff, fold in a cup of chopped nuts. If for any reason the cream does not become stiff, add 1 teaspoon melted gelatin at the last and set on ice. Excellent for chocolate or spice cakes—baked in layers.

That's all the time! Only—use your imagination and you're reputation as hostess is made!

Attractions AT THE MOVIES

ANTLERS—Today, "A Kentucky Romance," all-talking, with Lola Moran; Tuesday and Wednesday, "Lorna," club bomber show, "Masthead," all-talking, featuring Marion Davies; Thursday, "One Unholy Night," all talking; Friday and Saturday, "Charming Sinners," with Ruth Chatterton, Clive Brook, William Powell and Mary Nolan, all-talking.

State Press Comment

(Oregon Journal)

It is now the season when Rogue river pears are delicious food. A raw Cornice in sugar and cream is fruit for the epicure. A Roast the same way or baked is toothsome beyond compare. And either in salad is a dish almost unequalled.

And the same is true of the Hood River pears. And it is true of the Willamette valley and Umpqua pears.

But Oregonians seem not to know all this. Pears in any form on a hotel or restaurant menu in Oregon are conspicuously absent. Mostly, if you ask the waiter for them, they are not to be had. But oranges from California and other states, grapefruit from any spot that produces them, and all other forms of fruit—they are all there, all in big parade on the menus.

Rogue River grew \$5,000,000 worth of pears or more this season and had to go outside of Oregon to sell them. That district sent a fruit expert from Oregon State college to Detroit, Boston and other eastern markets to help spread the gospel of the best winter fruit—Rogue River pears. His job was to show the fine qualities and demonstrate the delicious flavor of Oregon pears. And through him the Rogue River orchardists increased both the sales and the prices of their world-famous pears. And the money from the millions worth of the finest fruit in the world, which they grew and marketed elsewhere, is flooding back into Oregon, where more or less of it will go indirectly into the pockets of the man who never bought an Oregon pear but has paid out hundreds of dollars for inferior fruit from other states.

We are bringing into Oregon another way of conveying the food to the mouth with the fork in the left hand—and had to go outside of Oregon to sell them. That district sent a fruit expert from Oregon State college to Detroit, Boston and other eastern markets to help spread the gospel of the best winter fruit—Rogue River pears. His job was to show the fine qualities and demonstrate the delicious flavor of Oregon pears. And through him the Rogue River orchardists increased both the sales and the prices of their world-famous pears. And the money from the millions worth of the finest fruit in the world, which they grew and marketed elsewhere, is flooding back into Oregon, where more or less of it will go indirectly into the pockets of the man who never bought an Oregon pear but has paid out hundreds of dollars for inferior fruit from other states.

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HIGHER SALARIES OF OREGON JUDGES NOT MET BY FEES

(Associated Press Local Wire)

SALEM, Ore., Jan. 27.—A group of 100 judges provided by the 1929 legislature to meet the increased salaries of circuit judges provided by the same session tall short by 50 per cent of accomplishing the purpose, says a statement by State Treasurer T. Kay. His statement refers to that portion of 1929 after the act becomes effective.

That act provides that in districts of 20,000 or more population outside of Multnomah county the salaries of the judges shall be \$6,000 a year, in districts of less than 20,000 and more than 15,000, the salaries shall be \$5,000. The act provided that in Multnomah county the judge should receive \$500 from county funds in addition to the \$4,000 paid by the state.

State Treasurer Kay finds that the increased revenue lacks \$18,444 of meeting the salary increases.

Only in district No. 1, which is Jackson and Josephine counties, and district No. 12, Klamath county, are there balances over the salaries of the judges.

It is also found that the regular legislative appropriation for salaries and traveling expenses of the judges was too low by \$43,000. Out of a total salary appropriation of \$216,000 for the biennium, the sum of \$121,758.54 was paid out in 1929. Of \$18,000 appropriated for traveling expenses \$9,755.41 was spent in 1929.

Unless the unexpected happens in the way of litigation fees this year it will be necessary to call on the emergency board for help.

Raw Vegetables Promote Health Improvement.

Ancestral Prejudice Gives Way to Modern Realization of Dietary Values.

There are a great many funny notions cherished among our ancestors concerning matters of diet and the edibility of certain vegetables. It is often recalled that the tomato was for many years regarded as poisonous and even up to the time of the present generation the myth gained credence that free indulgence in raw tomatoes was quite likely to cause cancer. Now they feed tomato juice to babies.

There was a horror against eating vegetables raw with very few exceptions. In the first place, cooking them was a mark of human ascendancy over beasts which ate them raw, and in the second place raw vegetables were deemed indigestible and dangerous. One of those to which was attributed the evil attribute of producing colic if eaten raw was the turnip. It is doubtful if there is any authentic case of such an outcome of raw turnip eating on record. If there is, it probably could be traced to the fact that the turnip was swallowed in altogether too large pieces.

The flavor of raw turnip is more tempting to many palates than is its cooked flavor. When preparing turnips, the cook invariably saves a few slices. Children like raw turnip yet there has been a taboo on eating them raw except in very small quantities.

Now we encounter the raw turnip as a delectable ingredient in raw vegetable salads. Either chopped fine or sliced water thin it gives a fine zest to the salad and is an attractive substitute for the radish when that is not available.

Young turnips sliced thin are an excellent material for a salad, so when you plant your row of turnip seed this spring you can take the little ones as you thin the row and use them as radishes in a salad and both the tops for greens. There will be no danger in eating the little turnips raw nor the bibbons either, for that matter, provided they are properly chewed.

It is now well known that the valuable vitamin content of vegetables is more available in a raw state than when cooked as some of the vitamins are lost in cooking. Eating raw vegetables is a healthful practice.

News Briefs

TUSCALOOSA, Ala., Jan. 26.—Six Tuscaloosa county deputy sheriffs, comprising more than half of the county's law enforcement