

# Roseburg News-Review

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ROSEBURG, OREGON, WEDNESDAY, JANUARY 29, 1930.

## THE COOKING SCHOOL

THE average mere male when left alone at home while the wife goes away for a visit with the folks or spends a couple of weeks at the beach in summer is usually reduced to a breakfast diet of coffee, in the percolating of which one can hardly go wrong, toast, which is not wholly spoiled even if burned on one side, and eggs which almost cook themselves. A few achieve flapjacks from prepared flour but they are the exception. Beyond preparing breakfast by that simple standard few left-alone husbands even try to go. It is too fearsome a thing. Practically all of us dine out until the missus gets back. And that shows what an important thing cookery is.

Our home cooks are the very layettes of the arch of our home contentment. One's fondest childhood recollections have to do in more than considerable degree with the dishes that mother prepared and served. The typical American husband invariably believes that nobody on earth can quite approach either in technique or in concrete results the perfection of what is served to him through the years at his home board by the wife of his bosom who knows just how. For homes not typical in this regard we can but heave a sigh and drop a tear. A wife may be a fine Shakespearean scholar, bedizen herself like Sheba and know just where and how to place pictures on the walls but if she can't make pie she can't make home what it ought to be.

Realization of these great truths has given birth to the modern cooking school, such as the one the News-Review is giving at the Roseburg armory during Wednesday, Thursday and Friday afternoons of next week. The housewife of today not only needs to know how to cook in modern manner but she knows that she needs to know it and she is keen to learn. Young wives and soon-to-be wives go to cooking school to acquire the rudiments. Wives more experienced go to learn new ways and latest methods and to tab down modern recipes while watching the demonstrations. They are never disappointed. No matter how well a housewife can cook already she always improves her lore and her achievements by attending cooking school. That is why this cooking school is such a boon to us fellows who have wives or tips to have them.

Says the Oregonian "scoopster" who writes the hotels column: "There is a spot on the Pacific highway near Roseburg where nearly 50 automobiles have been wrecked." He was writing about the recent snow and ice conditions near Anlauf which is nearly 40 miles north, nearer to Eugene by the way, than to Roseburg. The facts, of course, were that in and near Roseburg has existed the best travel conditions at all times during the past few weeks. We have had less snow, practically no ice pavements and the minimum temperature for the period has been the highest of any inland city in Oregon—whether north or south of us.

A young man, a former football star and graduate of our state university, accidentally ran down with his automobile and injured an aged man. The man died and the young college graduate is now lodged in jail and may have to serve a heavy sentence and so ruining a useful life, a life full of brilliant possibilities until this happened. The point is that this boy was arrested and jailed, not because he had the accident, but because HE FAILED TO STOP AND GIVE AID TO THE VICTIM OF THE ACCIDENT. His courage fled. He sought to run away and avoid discovery.

## POEM FOR THE DAY

By LOUIS ALBERT BANKS

### THE TRAGEDY OF THE EMPTY SHELL

The Associated Press brings this story from Stamford, Maine: "For the third time one of Ned Murray's Rhode Island fish boys has produced an egg that was an empty as the hole in a doughnut."  
"He thinks maybe something ought to be done about it and has asked the city council from across what it knows about hens that lay perfectly good eggs with nothing inside. It is as mystified as Murray."  
"The hen, it is a year old and the only one of its breed in a flock of White Leghorns."

This hen brings scandal on her breed;  
Her tribal instincts she should heed;  
She's seen too much of human folk,  
That's why she plays this awful hoax.  
Perhaps she's seen some college boy,  
In loudly cackling gurgling joy,  
For we're quite used to empty shells  
Within the range of college bells.

Full many orators there are,  
Who've been admitted to the bar  
Or think they have been called to preach  
Or that their life's work is to teach,  
Who show a highly polished shell,  
But when they would their message tell,  
The shell is empty of its meat,  
And starved are those who come to eat.

Alas! this poor Rhode Island Red  
Is by these human faults misled.  
No one would care to keep a hen  
Who does not lay her true business ken;  
No one would feed her very long  
For cackling out her lying song.  
She must put meat into her shell,  
Lay wholesome eggs the market tells.

Oh, hear it, men and women—all,  
False, cackling hens are sure to fall.  
We cannot long the pubic bluff—  
They'll find we're only empty stuff.  
An honest, faithful, serving will—  
'Tis only that can fill the bill.  
The folks who meet the world's demand—  
'Tis they alone who firmly stand.

## BRINGING UP FATHER



## By Geo. McManus

## LAFOLLETTE LOSES APPEAL TO AVOID JAIL SENTENCE

(Associated Press Local Wire)  
SALISBURY, Dec. 28.—Charles R. LaFollette, member of the legislature from Washington county, must comply with the terms of a circuit court decree by Judge Walter H. Evans of Multnomah county or he must go to jail.  
The decree grew out of a divorce suit in which Mrs. Mary LaFollette was the plaintiff. The circuit court order required LaFollette to pay into the court \$75 a month for the maintenance of his wife and their four children, and also to pay \$75 for court costs and \$50 attorney fees. He failed to comply with the order. After some legal sparring he was held to be in contempt of court and sentenced to serve six months in jail. There was a provision in the judgment, however, that he should be eligible of the imprisonment at any time upon payment of the money provided for in the order. He was freed from this order that he appealed.

## FRANK WHITMAN TO HEAD NEW BUILDING OF PENNEY CONCERN

Frank Whitman, who for several years was employed here as an assistant manager of the Penney store, has been named manager of the new Penney building in Muncie, Indiana, according to word received here yesterday by W. H. Strawn. When the Penney store was started in Roseburg in 1912, Mr. Strawn was manager and Mr. Whitman was assistant. Mr. Whitman moved to Maranilla in 1919 and served there until 1925, when he was transferred to Indiana, and the company is now erecting a \$50,000 building in Muncie.

## WEEKLY INDUSTRIAL REVIEW

Corvallis—Plans progressing for construction of home for Sigma Xi fraternity.  
Klamath Falls—Klamath county courthouse renovated.  
Oregon Electric Railway company will start construction of 70-mile logging railroad from Lebanon up Santiam river to Sweet Home.  
Klamath Falls—Construction of \$10,000 new building practically completed.  
Salem—Reid Murdoch & Co., electric recently took over Kings Food Products company properties, will spend more than \$150,000 on improvements and new machinery.  
Portland—Plans under way for construction of Consolidated Truck Line terminal at 21st and Quimby streets.  
Toledo—Pacific spruce mill extensively repaired.  
Parkdale—Plans discussed for reconstructing burned grade hall building.  
Rainier—15 acres of Dibblee tract of land sold for establishment of muskrat farm.  
Seaside—Local bowling alleys greatly improved and enlarged.  
Portland—Multnomah county section of Columbia river highway from 5th street and Sandy road to Hood River county line will be taken over by state March 1st.  
Medford—Consolidated Copper company filed application to Southern Pacific railroad for space for constructing ore loading bunkers here.  
Goshen—Sawmill under construction on Oak street in southern part of city.  
Bills opened for paving Portland-Beaverton section of Tualatin highway.  
Goshen—Service station under construction on Oak street here.  
Springfield—Lights will be installed on new Springfield bridge in near future.  
Sutherlin—Union Oil company contemplates building automobile service station here.  
St. Helena—Contract awarded for installation of sanitary sewer in section No. 8.  
Carlton—Flora Logging company preparing roadbed for double track.

## 17 CONFESS PLOT TO ASSASSINATE MEXICAN RULERS

(Associated Press Local Wire)  
MEXICO CITY, Jan. 25.—Mexico City police claimed today to have frustrated a plot to assassinate President Emilio Portes Gil, and the president-elect, Pascual Rubio, blow up several public buildings, and seize administration of the government.  
Of 19 persons arrested several days ago, Vicente Quintana, chief of police, said 17 have confessed connection with the plot and are being held. The two released were women who proved their innocence.  
The chief of police said the plotters were adherents of Jose Vasconcelos, defeated candidate for the Mexican presidency, who charged after his loss at the polls last November 17 that the Ortiz Rubio administration had taken advantage of certain inequalities of a Mexican election law to win from him.  
The plot, he said, was to massacre the guard at the government power plant here, capture the plant, seize arms at a factory in the center of the city, and subsequently to terrorize the population by shooting rockets up in the sky, dynamite content into the air, and the confusion the president and president-elect were to be shot and the government seized.  
Some of the arrested persons were students. Vasconcelos termed the plot the product of "democratic persons." He said he would hold the officers over for investigation, and punishment by the new administration which takes office February 5. Roman Millan, lawyer, one of the prisoners was charged as their ringleader.  
General Alvarez Obregon was assassinated in July, 1928, about a fortnight after his election to the presidency. Within a few days after his election Ortiz Rubio to the presidency he began an extensive visit to the United States, from which he only recently returned.  
After defeat of Vasconcelos at the polls, there were reports he would attend a revolution to support his claim of election but the movement did not materialize.

## Health Bulletin

SCARLET FEVER  
(State Board of Health)  
In 1929, 1249 cases of scarlet fever were reported in the state of Oregon. Last month there was an increase in the number of cases. Fortunately, the average case of scarlet fever is light, nevertheless seventeen children died last year of this disease. Scarlet fever is known as one of the most dangerous of the children's diseases. The after effects, though often remote, are frequent and severe, and they include not only rheumatism, but heart disease and diseases of the kidneys. The most common complication of scarlet fever is in running ears, and the inflammation that is set up is the outstanding cause of deafness and deaf-mutism in children previously normal.  
Scarlet fever like measles begins with symptoms of a cold in the nose and throat. Like measles it is spread by personal contact with cases of the disease. It is spread by so-called droplets—thousands of moisture particles sprayed into the air from the throat and nose when the patient talks, coughs or sneezes.  
While it is no easy matter to control the spread of scarlet fever, every effort should be made to prevent its spread. Not only should the actual and suspected cases be isolated but also the children who have been exposed. This applies to all children who have not previously had the disease and who have played or worked with a scarlet fever patient within three days before the rash appeared.  
We are too careless in taking chances of spreading unrecognized infections of scarlet fever. Each parent should have a keen sense of personal and family responsibility in matters of disease. The habit of taking precautions should be formed. The prevention of scarlet fever and all children's diseases is to a great extent a question of conscience. It is not honorable to allow a sick child to attend school, and endanger the entire school.  
Scarlet fever is spread by contact with discharges from the mouth and nose by carriers, by milk and possibly by domestic pets. We have a test for scarlet fever susceptibility, a diagnostic test for the disease itself, two methods of immunization and a specific serum treatment. Methods of prevention, complications are well developed, as are methods of isolation and quarantine. Scarlet fever is a highly preventable disease which may be almost or possibly entirely eradicated.

## BRYAN GOODENOUGH NAMED REPORTER OF SUPREME COURT

(Associated Press Local Wire)  
SALISBURY, Ore., Jan. 25.—Bryan Goodenough, who for three years has been bailiff of the state supreme court, was today appointed by the court as its official reporter. He succeeds James W. Crawford, Portland attorney, who recently resigned and who is to be a candidate for state senator from Multnomah county.  
Goodenough was graduated from the law college of Willamette university in 1925 and was admitted to the bar. His appointment as bailiff followed soon afterward, succeeding Allan Jones, who resigned.  
Crawford, before resigning the office of reporter, will complete volume 120 and 121 of the Oregon reports, and Goodenough will begin with volume 122.

## SANDINO PLANS TO RESUME CAMPAIGN AGAINST MARINES

(Associated Press Local Wire)  
MEXICO CITY, Jan. 28.—Augustino Sandino, former Nicaraguan insurgent leader, dressed in military civilian clothes and accompanied by six staff officers, arrived in Mexico City today from Vera Cruz, where he arrived yesterday from a long stay in the United States.  
Sandino told Mexican newspaper men that he planned to return to Nicaragua at an early date to carry on his campaign against "American oppression."  
He was quoted as saying he had 2,000 loyal followers awaiting his return and that he would take up his campaign when he left next June when he went to Florida after his lands had been dispersed by American marine forces.  
Sandino was found riding in a day coach. When a reporter expressed surprise that he was not in a Pullman, he replied: "This is how I am spending that \$50,000 the Americans gave me. I was paid to get out of Nicaragua."  
He refused to say for what purpose he had come to Mexico City, although it is understood he wants to attend the inauguration of President elect Ortiz Rubio.

## REV. J. B. PENHALL MAKES TRIP TO COOS COUNTY

Rev. John B. Penhall, pastor of the local Methodist church, south, left yesterday afternoon for Coquille and Bandon, where he will spend a few days attending to church matters. He has been delayed to look after church property here, free to his absence to attend the regular mid-week prayer service will not be held this week. He plans to return Friday and will occupy his pulpit as usual Sunday.

## BLIND CHILDREN BEING TAUGHT ART OF SKATING

(Associated Press Local Wire)  
NEW YORK, Jan. 28.—Blind children are being taught to roller skate on a roof rink with high walls that are urged to strike out boldly regardless of bumps. They are exercised in acquiring confidence in taking care of themselves as well as physical benefits.

## FOUR GOBSLERS BOUGHT

Lucien Cobb yesterday received four Narragansett turkey gobblers, which he purchased at Eastern North Dakota. The gobblers are of the Silver Star strain and will be placed in the turkey flock at the Cobb ranch at Kellogg.

## Are You Too Thin?

### Dr. Copeland's Health Topic Today

Most People Who Are Underweight Don't Breathe Deeply Enough, Says Authority, and a Lack of Oxygen Keeps Them Thin.

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

IN THE present-day fashion of trying to keep thin, it is perhaps begging the question to say "Are you too thin?" But I believe there are many today who are too thin.

Fashions of dress today, for both men and women, dictate whether to be thin or not to be thin. In consequence, many are writing for advice.

One person may take all the food he wants and does not put on weight, while another may go hungry, just to be thin. Why is this?

There are other factors than food that govern the weight. The amount of exercise, the activity of the ductless glands—those mysterious glands that have so much to do with the health of the body—the quantity of oxygen in the blood—all these have to do with one's weight.

A quiet and placid person is far more likely to take on flesh than an active person. Many thin persons are nervous, and their feet and hands are never still, they fidget and fuss. They are perfect examples of perpetual motion.

Fat producing foods are also energy-producing foods. By taking starchy foods, sugar, and excess, and fat foods, we add to the body fat, and for body requirements is added as fat to the body.

The more energy you waste, in activity of any sort, even fidgeting and fidgeting, the more the surplus of energy produces a deficit of fat in the body. That is what happens to the over thin person.

Most thin people do not breathe deeply. You cannot be well-nourished unless you have an abundance of oxygen in your lungs. Try deep breathing and a habit of always breathing deeply if you want to be healthy and normal in weight.

If there is anything the matter with your ductless glands your physician will know. These glands are being understood better and better as time goes on, and the medical profession now realizes their great importance to the well-being of man. One must have the proper quantity of well-balanced food in order to maintain good health. Cream, butter, nuts, starchy foods and other fat-producing dishes will add to your chance of becoming plumper, but you

will have to find out just what foods are best for your digestion. An abundance of sleep and plenty of rest, even though you are not sleeping will help to restore the quantity of air under the free box. The matter of breathing is more important in the taking on of flesh than in the matter of food.

### Answers to Health Queries

R. A. Q.—What do you advise for making hair grow?  
A.—I would suggest shampooing once a week with a good pure soap and warm water, and the use of a

stimulating tonic. For particulars send a self-addressed, stamped envelope and repeat your question.

MRS. P. Q.—What causes dark circles beneath the eyes?  
A.—Lack of sleep, dissipation, indigestion or constipation may be causing these dark circles.

I. R. S. Q.—What can be done for gas in the system?  
A.—Correct the diet and keep the intestinal tract clear. For full particulars send a self-addressed, stamped envelope and repeat your question.

L. M. S. Q.—What should boys of eight and ten years, respectively, weigh?  
A.—They should weigh about 65 and 61 pounds respectively.

A. B. Q.—How can I fill out hollows in the neck and face?  
A.—You should try to gain weight in general. Eat plenty of good nourishing food including milk, eggs, fresh fruits and vegetables. Practice deep breathing. Drink water between meals.

L. W. E. Q.—What causes nausea after eating and an excessive flow of saliva?  
A.—This is usually due to some gastro-intestinal disturbance.

I. A. W. Q.—I have been getting thin for the past three months. Is eating raw fruit the cause?  
A.—No. It would be wise to have a careful examination.

MISS D. C. Q.—What should a girl aged 15 1/2 ft. 6 inches tall weigh?  
A.—It would be good to take to get thin.

A.—She should weigh about 124 pounds.  
3.—Not advisable.

L. O. H. Q.—What should a girl aged 19 1/2 ft. 3 inches tall weigh, also a girl aged 15 1/2 ft. 5 inches tall?  
A.—They should weigh respectively 126 and 124 pounds.  
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## Maybe I'm Wrong

By J. P. MEDBURY

While many politicians are continually working to keep the press unmuzzled, thousands of married men are trying to revive free speech in the home.

One guy has kept his mouth shut so long that the moths are eating his vocal cords.

He had back-jaw last year and didn't find it out for three months.

The poor fellow even has in comedia, which robs him of the chances of talking in his sleep.

He's a firm believer in re-incarnation and when he died he wants to return to earth again as a phonograph.

But it won't do him any good. His wife will probably come back as the needle.

Since he's been married he's only had about ten words, and five of them were echoes.

He lost his voice at the altar.

The minister took the words out of his mouth.

And it'll take a judge to put them back again.

A man likes to be able to open something around the neck besides the bills.

One fellow says he longs for the

## Good Manners

By MRS. CORNELIUS BEECKMAN

The Man Should Procure the Invitation  
DEAR MRS. BEECKMAN:

1. If I have a friendship ring, would I call and think of my friend as my fiance, sweetheart or my "dear friend"?

2. Is it proper for my friend to go to a linen shower held by his relatives? He asked me to go with him, although I did not as yet meet his relatives.

3. May I refuse to go there and what is proper to say without hurting anyone, even though he does come to see me on the day of the shower?

4. My friend asked me to be ready for his cousin's and sister's wedding which will be in a few weeks. Is it proper to go without a written invitation from them?

5. Is it proper for me to also congratulate their parents at the wedding although I do not know them, and what is proper to say to them?

6. How charming you must be. Mrs. Beeckman, to know just what to do at all times.

E. G.  
UNLESS by his words he has indicated that he wishes the time to be a more significant evening, I presume that the first syllable would still be the idea—a friend. But friendship rings aren't in good form. Perhaps a girl is engaged to a man she should not allow him to give her jewelry.

It is proper for him to go if he is invited, and if he wishes to

SECRETARY

REDD CROSS MEETING  
An important meeting of the local chapter of the American Red Cross will be held Friday evening, 7:45 o'clock, in the room of the United States Hotel. Election of officers and yearly reports. All interested urged to be present.