

Roseburg News-Review

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HARRIS ELLSWORTH

Editor

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ROSEBURG, OREGON, TUESDAY, APRIL 8, 1930

DAIRY PRODUCTS—NATURE'S OWN FOOD

SCIENTISTS have demonstrated that, dollar for dollar, more food value is supplied by milk than by any other form of food.

All scientists agree that butter supplies in the most economical and palatable form of any food fats, the substances necessary for growth and, above all, for protection against disease. They recommend in the interest of health a daily consumption of at least one and one-half ounces of butterfat by each person.

THE GOAL PRESENTED BY SCIENCE TO THE DAIRY INDUSTRY

	Present Consumption	Science Recommends
Milk	22% of food dollar	35% of food dollar
Butter	56.5 gals. per capita	89.4 gals.
Ice cream	17.6 lbs. per capita	28.16 lbs.
Am. made cheese	2.63 gals. per capita	4.21 gals.
	3.48 lbs. per capita	5.56 lbs.

Butterfat is unique among the food fats in that it contains, in addition to heat and energy, certain other food elements—vitamins A and D—which are indispensable to the growth and best health of the body. Vitamins are not present in other food fats in appreciable quantities. Butterfat is the most practical, economical and palatable year-round food source of these vitamins.

Dr. H. C. Sherman says, "A surplus of vitamin A in the body is not simply a reserve asset to be used at some future time, but also actively increases the vigor and the ability of the body to resist disease."

Butter is the most easily digested of any food product. It is nearly 100 per cent digestible.

The world's most noted nutrition authority, Dr. E. V. McCollum of Johns Hopkins university, says of dairy products, "The people who have achieved, who have become large, strong, vigorous people, who have reduced their infant mortality, who have an appreciation for art, literature and music, who are progressive in science and in every activity of human intellect—are the people who have used liberal amounts of milk and its products."

Plenty of vitamin A is necessary for robust children and healthy adults. Mother Nature has made butter our best source of it.

About Politics

A QUESTION that is pretty sure to be asked these days when two or three men gather together is "Well, who are you going to vote for?"

That is a personal question. The primary system invites the expression of personal choices. As a rule, principles are not heavily involved in a primary election. When it comes to a general election, where party lines are drawn and where a vote for the republican candidate is a vote for the principles for which that party stands, that is another matter.

Newspapers are asked why they do not "get behind" certain candidates in a primary election. The above is the brief explanation but to further elaborate: The function of a good newspaper is to stand for principles that are sincerely believed to be the right principles.

Dr. E. B. Stewart left Saturday night for Washington, D. C., where he will keep the matter of establishing a national post office at Roseburg before the Oregon congressional delegation. Dr. Stewart's mission, while of direct concern to Roseburg is in reality one of the interests of the ex-service men of the Pacific northwest. This section of the nation has no way of caring for veterans who are rendered incapable of self maintenance. Dr. Stewart's decision to drop his personal affairs and go to Washington is undoubtedly not prompted nearly so much by a selfish interest in Roseburg as it is by his interest in the welfare of ex-service men.

Last night the city council officially named next Monday as city cleanup day. Now is the time for everybody to get busy and place rubbish in boxes and sacks out on the curbing where the city trucks can reach it.

Oregon Editors' Opinions

Eddy Law Test Welcomed

It is fortunate that the Eddy bill, passed at the last session of the legislature, barring thousands of Oregon citizens from voting on special tax levies and in bond elections, is to be tested in the courts. It is not declared unconstitutional it should be repealed at the coming session of the Oregon legislature.

The bill, written into law, provides that no person shall be allowed to vote in this state, in any county, or in any political subdivision, excepting in incorporated cities and towns, on the question of levying a special tax or issuing public bonds, unless such person

shall be a taxpayer on real or personal property situated within the particular taxing or bonding district.

That is to say, nobody shall vote on a tax question or on a matter of issuing bonds unless he is an owner of real or personal property. Those who shall pass on all such matters shall be only those who do own.

In this county, for instance, if a group of perfectly good citizens, and indirect taxpayers believed that Multnomah county should go ahead with a public improvement they should not be allowed to express themselves. Only the land owners should be allowed to pass on such matters. Property, only, not the citizen, is competent, under the present law, to pass on whether or not public bodies should spend money in improvements.

A great body of good and loyal Oregon citizens, under the Eddy law, are disfranchised in elections concerning special tax levies and bond issues, when in reality Oregon should be encouraging voters to go to the polls instead of attempting to go back to the old feudal system with its landed gentry.—Portland Journal.

Shut Out the Slackers

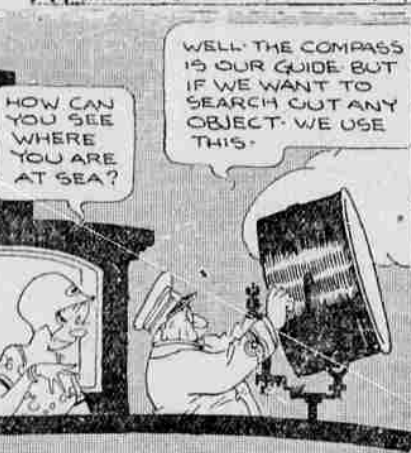
(Portland Oregonian)

Once more the plea is made for the admission to citizenship of immigrants who refuse to assume the obligation to fight for the country when it needs defense. That plea is made to the house committee on immigration on behalf of conscientious objectors, a blanket term that is used to cover all who, from any motive whatever, do not want to fight when the country is at war. The phrase was made for the benefit of those whose religious convictions forbid them to fight. It is stretched to cover enemies of the American form of government, enemies of the nation, internationalists who love no country well enough to fight for it, men who prefer to stay at home growing rich off war and men who shrink from risking their hides—just plain slackers.

Some citizens by birth come within the slacker class, but there is no way to discover their identity until war comes and they refuse to answer the call to arms. Then exemption can be granted to genuine conscientious objectors, and the outright slackers and disloyal can be imprisoned where they can do no harm. To add to the number in this class by admitting such persons as immigrants would be folly. We have the opportunity to identify them when they apply for citizenship as immigrants or, at the latest when they apply for citizenship. That is the time to exclude them, that we may have a few of their kind as a humanly possible.

In former days this country was regarded as the refuge of the oppressed, who called so highly the freedom and good fortune they acquired that they became indistinguishable with them. Then came the millions who formed no permanent tie to the country, but used it to fill their pockets, then went home. With them came the enemies of our government, the pro-secessionists, and the question of freedom to put against the construction that gave it. The time has

BRINGING UP FATHER



Maybe I'm Wrong

By J. P. MEBURY

STREET cars were invented so that girls who get into arguments in automobiles could have something to go home on.

Wasted Energy—Trying to brush the static out of the loud-speaker with a whisk broom.

Take It or Leave It—Alimony is the life buoy on the matrimonial barque.

Vital Statistics—It's considered quite an accomplishment nowadays for a pedestrian to die of old age.

Efficiency Experts—The adolescent business executive who bought two desks. One for each foot.

Stop, Look and Listen—Holland has four windmills, but we have our radio announcers.

Our Own Vaudville—Elevator boy: What's all that hollering in room 207? Superintendent: It's one of those painless dentists pulling his own tooth.

Talks on Health

By DR. R. S. COPELAND

PELLAGRA is a disease which was first discovered in northern Spain away back in 1735. Fortunately it is a disease of man found in relatively few places. For many years it was common only in some parts of Italy. In the past century people in some parts of France, Roumania and Egypt have been afflicted by it.

The United States did not recognize the disease as such until 1905. It was first discovered in Georgia. Among the poor and undernourished in some towns the diet was very much restricted to corn. Here it was that pellagra was found to thrive. Since that time pellagra has rapidly increased in the rural south and middle west. By 1917 there were reported some 170,000 cases.

Investigators of this disease have attributed it to many different factors. Now the leading authorities agree that it is due to faulty diet.

Good Hygiene

The disease involves the nervous system, the digestive tract and the skin. There are pronounced gastric disturbances, nausea, gas formation and diarrhea. Skin eruptions appear in spots or groups of spots. It may look not unlike sunburn. After a few days these symptoms pass and the skin is left rough and scaly.

There is burning in the mouth and swelling of the tongue. Pains are felt here and there. The sleep is broken.

Proper food and good hygiene are the secrets of cure for this trouble. One should follow a diet composed of plenty of sweet milk, butter, milk, steak, lamb chops and the white meat of chicken, fresh fish, canned salmon and the finer grained vegetables.

It is more important that the health be built up by the use of this nutritious but simple diet. Vigor and vitality will be restored and resistance to disease secured. Most interesting are recent experiments in pellagra made at the Georgia State sanitarium. It has been found that canned salmon contains the preventive factor for this disease. Certainly it is a good as well as cheap substitute for meat in the diet when the latter is not available.

Among the poorer classes in the industrial towns of Georgia the diet has consisted largely of corn and corn products. It was evident

to make this country the home for the select—those immigrants whom it picks for their same as citizens. In former times the chief consideration was given to what was good for the immigrant; now and hereafter we shall consider first whether each immigrant will be good for the United States.

Proteins Necessary

There were eighteen women upon whom this experiment was made. It covered a period of a year. When canned salmon was added in the diet none showed any signs of pellagra. Without this particular diet, including canned salmon, fully 40 to 50 per cent of them had evidences of pellagra within three to seven months. It was concluded that the right sort of protein food, as fish, meat or milk products is necessary in the prevention of pellagra.

It is important that the proper selection of food for the promotion of health and well-being should be understood by everyone. This fact has not been properly appreciated in the past.

Editorials on News

(Continued from page 1)

any: It is WHAT THEY HAVE ON THE BALL.

HERE is another question: Is Mahatma Gandhi, who is seeking to throw off from India the rule of Britain, thus returning that an alien and populous country to the rule of her own native leaders, great? Or is he misguided?

Suppose you answer that question. This writer hesitates to try.

DROPPING from the affairs of the great to the affairs of common, everyday people of THIS age, here is an impending new development in moving pictures:

They are planning to add the SMELLIES to the talkies. That is to say, a device has been invented which at the exactly appropriate moment will release appropriate odors into the theatre.

SUPPOSE the hero and the heroine are walking through a garden that is gay with roses. As your eyes behold this scene, your nostrils will catch the faint fragrance of the roses themselves.

Or when you see Norma Talmadge in one of her recent roles as a member of the gashouse gang you will get at the same time a whiff of the gashouse.

And so on.

THE idea, of course, is to create a more perfect illusion, which is the goal toward which the theatre, in all its forms, is constantly struggling.

It is rather a clever idea, for odors stimulate the imagination in a quite unusual way.

PERHAPS, although you may live in a city now, you grew up on the farm. What does it do to your memory when you get the smell of a freshly plowed field?

It is the business of the clever minds that direct the destinies of the movies to take all these things into consideration. For little details sometimes mean big successes.

ANNUAL CLEANUP

All persons having rubbish to dispose of will please have same deposited in securely tied sacks or tight boxes and placed on parking of paved streets not later than 7 o'clock, MONDAY, APRIL 14, 1930.

Arrangements have been made for pick up at that time.

A. J. GEDDES,

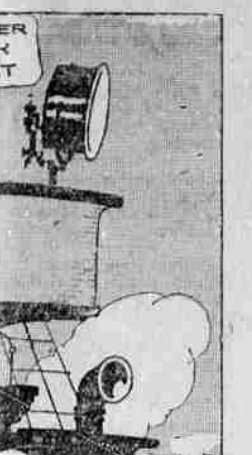
City Recorder.

NOTICE W. B. A. MEMBERS

Mrs. Julia V. Ward, state president, will be here Thursday, April 10th. A full attendance is desired.—Adv.

Bring your surplus plants, etc. to the Garden club plant sale to be held on Saturday, April 12th. This will help beautify your city.—Adv.

By Geo. McManus



Advice to Girls

By ANNIE LAURIE

DEAR ANNIE LAURIE: I have been reading steadily with a fellow for over two years. He says, "he hasn't any other date," but when we are out on the street and he sees a good-looking girl he looks at her. I should say stares, at her. This makes me furious. I have asked him several times not to do this. Do you think he really loves me, as he says he does?

I like nice dancing, a pretty walk or a good fox-trot. He, my friend, prefers going to shows. I can't induce him to take me to a dance once in a while. I enjoy a good show, but not all the time. I have given these two matters considerable thought. Would appreciate greatly if you can help me to understand my friends.

A PUZZLED MAIDEN.

A PUZZLED MAIDEN: Unless your friend is prepared to make some slight concession to your tastes and desires, I do not see much ahead for you. Love entails sacrifices, and surely taking you to a dance once in a while is not too much to ask of anyone. It is most impolite for a gentleman to stare at ladies at any time, and when he is with the lady with whom he is keeping company, it is a gross offense. If he does not know this you had better acquaint him with these facts.

DEAR ANNIE LAURIE: I am a girl just thirty. I am considered good-looking. A young man of twenty-six wants to marry me; he is very nice, having no vices at all. The trouble is this, Annie Laurie, the young man doesn't know that I am past thirty. I love him very much and I don't want to deceive him by thinking that I am just twenty-four, as I really don't look like thirty-two. Please tell me, Miss Laurie, if it would be better to tell him that I am thirty-two, or should I rather keep it in silence?

WORRIED BETSY

WORRIED BETSY: It would perhaps be the wisest to tell the young man your correct age as there is somewhat of a difference between you. He will not, I doubt, discover it later, or someone will tell him, so why not now? If he loves you, he will not mind in the least, and will no doubt be rather flattered that you have selected him when you no doubt have had time and plenty of opportunity to make your choice.

DEAR ANNIE LAURIE: We are two pals in our mid-twenties and wish you would answer the following question for us:

Should a girl in her early teens be allowed to go car riding with a crowd, without a chaperon, if she knows she is in good company?

Is it improper for a girl sixteen to be engaged?

If a girl goes with a boy friend's sister, would it be improper for her to stay all night at her home?

What should a girl's ideal be of a young man?

F. C. and V. B.

F. C. and V. B.: If your parents approve of your associates, it is quite in order to go for automobile rides with a nice party of friends. It is not improper, but it is not the general rule to approve of the engagement of sixteen-year-old girls. It is assumed that they do not, at that tender age, know their own minds, nor have they completed their general education. If your parents approve, there is no harm in remaining at your friend's house over night. A girl's ideal of a young man is entirely an individual affair. No rules can be formulated for it.

NOTICE Grass, rubbish, etc., is being thrown into the streets which is a violation of the city ordinance. Property owners and others will assist materially in keeping the city clean by stopping this practice and reporting any violations to WM. VAUGHN, Chief Police.

GOOD-NIGHT STORIES

By Max Trell

"There was a man who was so bold He only did what he was told." —Shadow Sayings.

"Just a moment!" Handi cried. "You mustn't be in such a hurry to eat."

"That's right," agreed Mij, Flor. Kuarf and Yam, the other shadow children.

Do you know to whom they were talking? To Google, the cannibal. Some very curious things had happened.



Jack Popped Up.

Google had decided he wanted to eat someone up, which is what the best cannibals always do. The shadows themselves were at a loss whom to suggest when the Tin-soldier advised going to King Fat-Wat's country. There everyone was as round as barrels and only too willing to be eaten by a nice cannibal.

"How do we get there?" Google asked.

"Just take a turn or two," he answered.

It was late at night. They were in the children's playroom. The people of the house were fast asleep. They couldn't imagine how a turn or two could take them into another country, but they began to twirl around and by and by when they became quite dizzy, the Tin-soldier exclaimed: "Stop, now we're here!"

Then they walked into the doll-

house which the soldier called King Fat-Wat's palace. There they found the doll.

"Is His Majesty at home?" asked the soldier. The doll didn't answer "because it had no head." Yam pointed out. Then they hurried into the next room and there they found a square box with a cover on it.

"Why, there's Jack-in-the-box!" Handi said.

The Tin-soldier shook his head. "It's His Majesty. He always sleeps in a box. It keeps the draughts out."

"I'll wake him up at once and find out if he cares to be eaten up," Google said eagerly. Handi was worried. She felt sure that something would happen if the box was opened.

"Wait a moment!" she urged. "You mustn't be in such a hurry to eat."

So Google and all the others sat down to talk it over first.

"How would you like His Majesty? Well-done or medium?" Kuarf asked.

"I'd think he'd be best in a stew," Mij broke in before the cannibal had time to answer.

"My opinion is that he ought to be warmed over and eat a with toast," the Tin-soldier said. "I'm sure that would please him best. He's very fond of toast and likes to be warm all over."

"Yum-yum," cried Google, rubbing his tummy. "Is there plenty of salt and pepper here?"

"His Majesty doesn't need any salt and pepper. He's very well flavored."

Just then the clock struck twelve.

"Dinner-time!" exclaimed Google, forgetting that it was midnight and not noon. "I'm not going to wait a minute longer. I'm going to eat him NOW!"

With that he unfastened the latch of the box.

"Sh—h, easy, you'll wake him up," warned Handi.

"Don't worry. I'll gobble him up before he knows he's awake."

At this instant—poof! Mr. Jack, who lived in the box (for it was really he and not King Fat-Wat), sprang up and thrust out his arms as though to grasp the unlucky cannibal. So frightened was Google that he fell head-over-heels, scattering the shadows in all directions.

"Come back, aren't you going to eat him?" the Tin-soldier called. But Google, the cannibal, didn't answer a word. He had quite lost his appetite.

cus and bruises to Mrs. Grey.

REDONDO BEACH, Cal., April 7.—Caught in a rip tide, Henry Hotelling, 25, refused the aid of a life guard to whom he pointed out his sister-in-law, Mrs. Jean Hotelling, 23, struggling in the surf 50 yards away. The guard rescued the woman and Hotelling drowned.

STATEMENT OF OWNERSHIP

Statement of the ownership, management, circulation, etc., required by the act of congress of August 24, 1912, of Roseburg News-Review, published daily except Sunday at Roseburg, Oregon, for April 1, 1930.

State of Oregon, County of Douglas, ss:

Before me, a notary public in and for the state and county aforesaid, personally appeared Harris Ellsworth, who, having been duly sworn according to law, deposes and says that he is the editor of the Roseburg News-Review and that the following is, to the best of his knowledge and belief, a true statement of the ownership, management, etc., of the aforesaid publication for the date shown in the above caption, required by the Act of August 24, 1912, embodied in sections 1103, 1104, Postal Laws and Regulations, printed on the reverse of this form, to-wit:

1. That the names and addresses of the publisher, editor, managing editor, and business managers are: Publisher, News-Review Company, Inc., Roseburg, Oregon; editor, Harris Ellsworth, Roseburg, Oregon.

2. That the owner is: News-Review Company, Incorporated, Roseburg, Oregon.

3. That the known bondholders, mortgages, and other security holders owning or holding 1 per cent or more of total amount of bonds, mortgages, or other securities are: Register Publishing Company, Eugene, Oregon; Harris Ellsworth, Roseburg, Oregon.

4. That the two paragraphs next above, giving the names of the owners, stockholders, and security holders, if any, contain not only the list of stockholders and security holders as they appear upon the books of the company, but also, in cases where the stockholder or security holder appears upon the books of the company as trustee or in any other fiduciary relation, the name of the person or corporation for whom such trustee is acting, is given; also that the said two paragraphs contain statements embracing affiant's full knowledge and belief as to the circumstances and conditions under which stockholders and security holders who do not appear upon the books of the company as trustees, hold stock and securities in a capacity other than that of bona fide owners; and this affiant has no reason to believe that any other person, association, or corporation has any interest direct or indirect in the said stock, bonds, or other securities than as so stated by him.

5. That the average number of copies of each issue of this publication sold or distributed, through the mails or otherwise, to paid subscribers during the six months preceding the date shown above is 4052.

HARRIS ELLSWORTH Sworn to and subscribed before me this 7th day of April, 1930.

(Seal) CHAS. V. STANTON, Notary Public for Oregon. My commission expires Oct. 22, 1931.

Help beautify your city by bringing your surplus flower plants to the Garden club sale on Saturday, April 12th. The popular varieties are in demand as well as the choice.—Adv.

POINTERS ON MILK

sonics, O. S. C.

Milk is used to the best advantage when combined with other foods such as eggs, whole cereals, fruits and vegetables.

Milk supplies in particularly convenient and usable form materials that children need if they are to develop strong, normal bodies that resist disease.

That something, called vitamin A, which is vital to life and necessary for normal health and growth, is found abundantly in whole milk, especially in milk from cows on pasture.

Milk is much richer in lime, the chief constituent of bones and teeth, than are most other foods.

Milk fat has a low melting point and divides into particles that pass readily through the walls of the intestines, hence is easily digested. This is one of the reasons milk fat is considered suitable for invalids and children.

Many adults who have digestive difficulties receive more benefit from milk than from any other single food.

Slaking or beating milk drinks until they are frothy when served adds much to their attractiveness, especially for children.

The milk-fed calf, the milk-fed pig and the milk-fed chicken are famous for the high prices they bring. Children, like other young animals, need milk.

CRATER LAKE TO GET ROCKEFELLER COIN

(Associated Press United Wire)

CRATER LAKE, Ore., April 8.—News Service Press Daily Courier said today it had been informed through official sources that \$1,000,000 from the \$10,000,000 John D. Rockefeller national park fund will be expended at Crater Lake national park.

The fund, according to the information, probably will be released something in the immediate future. The money will be used in beautifying and making more accessible the beauties of the lake, according to the terms of the Rockefeller agreement.

GOOD Gas Appliances

Important Details

Small down payment many months to pay. Allowance on old appliances. No charge