

Roseburg News-Review

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Eat One More Slice

THE American Bakers' association offers an excellent and simple way for overcoming farmer difficulty occasioned by there being a surplus of wheat. Statistics furnished by that association show that if every person in this country would eat but ONE SLICE of bread more each day than is now being consumed, the result would be that 125 million more bushels of wheat would be consumed annually. It is this extra 125 million bushels of wheat that is so wrecking the wheat market right now.

Bread, the staff of life, is a wonderful food. What a simple and worthwhile means of farm relief would be the adoption of the above suggestion.

It is a known fact that the receding fad of recent years has been decidedly injurious to health and now we are faced with the realization that our national prosperity is affected as well. This conclusion might be a bit far-fetched and yet, what is the first thing you are told if you ask how to reduce? "Leave bread, dairy products and starches alone" is always the answer. Is it not entirely possible that just this sort of advice results in a greatly decreased consumption of bread? It could hardly do otherwise, of course.

Some statisticians with a Yankee sense of humor added to a discussion of what to do about cotton prices some time ago, the following: "If every Chinese would add one inch to the length of his shirt, the cotton growers and manufacturers of cotton cloth in this country would be made enormously wealthy."

The problem of increasing bread consumption is easier of accomplishment than that of persuading the Chinaman to add to the length of his shirt. A more or less satisfactory degree of success would accompany a real effort on the part of the bakers to get people to eat more bread. In such an effort they would certainly have the good will if not the financial help of the farmers and millers.

W. C. T. U. Will Meet Here

IN October the state convention of the Women's Christian Temperance Union will meet in Roseburg. This is an important event for us for whenever we bring organizations here for their state meeting we have made our little city better known to just that many more people.

The work of the W. C. T. U. has gone forward steadily for a great many years. It has in the past accomplished much, and still is accomplishing a great deal of excellent work. Roseburg is fortunate in having been chosen as the state meeting place this year and local members of the organization will find Roseburg ready and anxious to welcome the state delegates.

Oregon Editors' Opinions

To Protect Our Workers

(Portland Journal)
A REDUCTION of 50 per cent in immigration quotas is urged on congress as a means of reducing unemployment in the United States. The sponsors of the measure contend that thousands of workers now enter the country every year to compete with American labor and that they only add to the unemployment totals.

It is difficult to see why the proposal should not be adopted. Certainly it is not good business to bring additional workers here when there are not enough jobs for those already in the United States. Certainly labor is entitled to equal protection with industry, which is now the beneficiary of the highest tariff wall in history.

Too many workers mean unemployment, lowered wages, and distress. American workers are entitled to protection against such conditions and it seems that congress cannot well do less than to provide it.

What Too Much Fishing Does

(Bend Bulletin)
There is a girls' camp under way at Elk Lake and a little boating by holders of summer homes. Now and then someone doing the Century drive drops in at the resort for a meal or overnight accommodations. But in the main, things are just a little quiet at Elk Lake. Although never has the lake been more beautiful, more attractive than it now is.

The reason for the lack of activity is, of course, the closing order forbidding all fishing. It was a

proper order. The lake needed a rest. That was tough on the resort proprietor, but he hasn't whimped.

What he does do is promise that when the lake is reopened, it will be better than ever. A two-year respite from spawning and stocking has indicated that the lake is just about able to take care of itself in the matter of fish propagation. There are countless natural natural trout, steelhead, and rainbow trout, now in the lake, and there will be more next year.

Then Elk Lake should come back again, if it can be protected against too much bag-limit fishing so that the trout supply will remain fairly constant. There is no reason why it should not early regain a deserved status as one of the most popular vacation centers in the central Oregon Cascades.

It seems a certainty that the Coquille Lumber company will soon be operating the old R. E. Johnson mill in Coquille. This will provide additional payroll and is but another indication of the enterprise and enthusiasm so apparent in the county seat. The instigators of the movement are to be congratulated on accomplishing a difficult task in the face of a period when the financing of any new enterprise is very hard to put over.—Coos Bay Times.

Portland has begun drawing on its reserve water supply three weeks earlier than last year because of a lack of snow fall last winter. Water in Mary's river is already a foot lower than it was last year at this time. We had a nice winter, but the wet kind is better for the following summer.—Corvallis Gazette-Times.

The best one we have heard concerning the late lamented price war is about the motorist who drove frantically around the block for half an hour trying to empty his tank so he could fill it up at ten cents a gallon.—The Dallas Chronicle.

After seeing a rotogravure picture of Magda Lupescu, the Rumanian beauty Prince Carol, now king, followed to France, no member of the sterner sex will blame him.—Medford Mail-Tribune.

The Smithsonian Institution has recovered the skeletons of thirty prehistoric horses in Idaho. They ought to help the present age to visualize what a horse looks like.—Portland Oregonian.

Masked Love Slayer Takes Toll in Fargo



Like an echo of the mysterious 3X slayer who terrified residents of Queens, N. Y., comes the mysterious slaying of Lief Erickson (upper) of Fargo, N. D., who was shot to death by a masked slayer as he sat in a parked car with Vera Helgeson (lower) on the outskirts of Fargo.

Too Many Dates, Dad Chained Her to Bed



Fifteen-year-old Gladys Keener, Strachburg, high school student, thoughtfully surveys the "crime" with which her father, Angus Keener, real estate dealer of Lancaster, Pa., is said to have chained her to a bed in order to keep her from when she preferred to be out with high school chums.

BRINGING UP FATHER

By Geo. McManus



Maybe I'm Wrong

By J. P. MEDBURY

WEDDING anniversaries are becoming a problem nowadays. Couples get married so often it's difficult to remember what wedding they're celebrating.

Justifiable Homicide—When the cook isn't satisfied with one policeman and has to call out the reserves.

Auto-Suggestion—A Jay-walker should belong to the motorist who sees him first.

Excuse It Please—Sky (e) terrorists make the best mascots for aviators.

Vital Statistics—With a thousand wives, King Solomon must have had a lot of wrong numbers.

Take It or Leave It—Nowadays Eve would have gone to the delinquent and tempted Adam with some canned peaches.

Null and Void—The young bride who ran the triple through the clothes wringer to take the wrinkles out of it.

Matrimonial Martyrs—An ex-husband is a man who's had his lesson.

Our Own Vaudeville—Sergeant: You say this fellow is a second story man? Policeman: Yes, he even breaks into young people's air castles. Copyright, 1930, King Features Syndicate, Inc.

Talks on Health

By DR. R. S. COPELAND

ANCIENT peoples had most of the same diseases we meet today. "Arthritis" is of ancient origin, and it appears to have been the curse of ancient days.

The Egyptians of three thousand or more years ago were afflicted with it. We have had reports from German scientists who examined 30,000 Egyptian mummies. It was found that Egyptian slaves, who worked and sweated under the hot suns of the Nile, had almost perfect teeth. But persons of royal birth, those who ate soft food and languished sumptuously daily, had badly decayed teeth. Marked changes were found in the bones and joints of the mummies.

There are many types of arthritis. The word "arthritis" means inflammation of the joints. In one type, the tissues of the joints are involved. The ligaments and annular membrane become inflamed. In another type there is fever, an accumulation of fluids in the joints and changes in the bones and cartilages.

One kind of arthritis, which is particularly painful and serious enough, is "arthritis deformans." It is so called because the joints become quite deformed. In acute attacks there is high fever and a rapid pulse. The joints are tender, swollen and feel hot to the touch. Every motion seems to create pain.

Infection of some sort is usually at the bottom of this trouble. Infected tonsils, or teeth and diseased gums, constipation and digestive disturbances set up poisons in the system which Nature has to fight in the battle for supremacy.

Constipation leads to degeneration of the whole alimentary canal and the poisoning of the system through putrefying and poisonous matter. Arthritis may result. It has been said "Nature is the owner of disease." Here is a case in point. In arthritis, rheumatism and gout a fever and swelling of the joints means something. They do not represent a disease but the reaction of the organism against it. Nowadays a busybody realizes we must aid Nature in her cure all we can. To do this effectively may de-

mand the unusual. For instance, in arthritis, instead of plunging the aching joint in ice water, bandage it and increase the heat and swelling of the part. In this way Nature, in her system of ridding the body of the invading bacteria, forces around the virus a defense ring to keep them from going farther with the blood stream into the heart and kidneys, those vital spots which are to be guarded carefully. In helping Nature we use the same methods she does.

Every effort should be made to locate the source of infection. Nothing should be taken for granted, but your physician should be called in early and with the right treatment much can be done. Copyright, 1930, Newspaper Feature Service, Inc.

YOUTH DROWNED IN ATTEMPTED RESCUE

(Associated Press Leased Wire)
EUGENE, Ore., July 17.—Strangled by the frantic struggle of the boy he was trying to rescue, Edgar Reynolds, 19, of Loma, drowned in Mohawk river late yesterday. He had gone into the water to save Richard Kiddle, 13, who with his sister, Frances, had gone beyond his depth. Richard wrapped his arms around his rescuer and pulled him under the water. Both Kiddle children were saved. Reynolds' body sank in deep water and was recovered 45 minutes later.

The accident occurred while a number of other children were swimming. Harris Lyle brought Frances to shore.

Reynolds was the son of Mr. and Mrs. Ed Reynolds of Donna.

OREGON NEWS

KARASICK WINS
SALEM, Ore., July 17.—At Karasick won over Harry Demetree here last night by taking two out of three falls in the main event of the weekly wrestling show. Karasick took the first fall in 26 minutes with a flying mare. Demetree evened the count when he put Karasick out with a Sonnenberg after seven minutes. The deciding fall went to Karasick with an arm bar and body scissors after four and a half minutes of wrestling.

PORTLAND BEAUTY WINS
PORTLAND, July 17.—Nineteen-year-old Lillian Willworth, Portland stenographer, will compete for the title of "Miss Universe" at Galveston, Tex., next month, as "Miss Oregon." Eleven other Oregon girls competed in the beauty contest here yesterday. The award was made last night. Miss Elvora Hulander of Medford placed second and was named alternate.

CHECKS AUTO STATIONS
SALEM, Ore., July 18.—Miss Phillips, secretary to Hal E. Hoar, secretary of state, is representing the state department on a tour of the state to check the work at non-resident motor vehicle registration stations.

NUT CROP LOOKS GOOD
SALEM, Ore., July 18.—W. H. Bentley of Dunsmuir, Ore., manager of the North Pacific Nut Growers' association, estimates that the association's walnut and filbert crop this season will total about 600 tons, and thinks no difficulty will be found in marketing the nuts. Eastern demand for Oregon nuts, he says, is rapidly increasing.

PRUNE BROADCAST SLATED
OREGON STATE COLLEGE
Corvallis, July 17.—Oregon prune growers will have the opportunity of hearing about prune dryer sanitation, prune grading methods and means of avoiding certain drying conditions in a series of three radio talks arranged at the horticultural hour at 7:15 o'clock on Wednesday evenings over station KOAC.

From Myrtle Creek—G. R. Bates, banker in Myrtle Creek, came to this city Thursday to look after business interests.

Baseball Saturday 3 P. M.—Adv.

Advice to Girls

By NANCY LEE

DEAR NANCY LEE: I am a girl in my teens. I have a problem which I would like you to solve. There are many girls of my age who are very popular with both boys and girls. Now here is my problem. I am not very popular. How can I become more popular? I do not drink, smoke or "rowdy around." These girls always have nice clothes and mine are just as nice as theirs. My grades in school are just the same. I try to be nice and try to have a good time in the same way, but I am not popular. Some of these girls are nice appearing, but some of them try to act smart. I do not try to, but it has no effect. Tell me what to do, Nancy Lee, and I will be much obliged.

WONDERING WHY: Perhaps it would be better for you to make other friends who would not give you a feeling of inferiority. By the time you are grown up, you will find that your behavior and breeding will attract people who will prove desirable companions. There is no carefully mapped path to popularity. We can all but endeavor to be natural and sympathetic towards the problems and interests of our friends. A good listener is very often more liked than a good conversationalist who holds the floor all the time.

KURDS TORTURE CAPTIVE FLIER

(Associated Press Leased Wire)
ISTANBUL, Turkey, July 18.—One Turkish aviator, brought down by invading Kurds on Mount Ararat, has suffered a terrible vengeance of the tribesmen for the repudiations of all his brother aviators on their forces.

While other planes dropped bombs around them the Kurds snatched the aviator from the plane they had shot down with machine guns and gouged out his eyes. Others tore the machine to shreds in a moment of frenzied hate.

Facing a heavy fire from the machine guns of the Kurds, believed to have been reinforced, the bombing planes flew to a height of 20,000 feet and swooped downward dropping tons of bombs among the crevices used by the tribes as hideouts.

One band of Kurds yesterday attacked the town of Arak. Meanwhile Turkish reinforcements advanced across a devastated area where the marauders had destroyed 200 villages. The advance was slow as there were no railways or highways to hasten their journey.

FIRST GOVERNOR'S SON DIES

EUGENE, Ore., July 17.—James H. Whitaker, son of Gov. Whitaker, died at 10:30 a. m. of a heart attack.

NEW CORN REMEDY IS GUARANTEED

Will Stop Pain Instantly And Remove Corn or Money Refunded

6 WAFERS for 10c NOT LIKE THE REST

If you've tried all sorts of corn remedies without getting the relief expected, risk a dime and try "O-Joy Corn Wafers," the wonderful new remedy guaranteed to stop pain at once and quickly remove corn, callous, roots and all or money back.

No thick doughnut-shaped pads or burning acids—just a tiny, thin wafer. Press one on the corn with finger and it sticks there. Away goes pain, shoes don't hurt, dance if you like. No inconvenience, worry or bother. Six O-Joy Corn Wafers for a dime at drug stores.

PIGGLY WIGGLY



Saturday and Monday, July 19-21

Pineapple	Slightly Broken Slices, 2 1/2 size can	Large Can	19c
Apricots	All Gold Fancy Apricots. No. 1 Tall Can	Can	15c
Apple Butter	Skookum Brand 33 oz. can	Can	18c
Almonds	Blue Diamond, Salted or Toasted	Large Jar	39c
Sweet Potatoes	All Gold Fancy Sweet Potatoes	Large Can	18c
Catsup	All Gold Fancy Catsup. It is percolated	8 oz. bottle . . . 15c 14 oz. bottle . . . 20c	
Cocoa	Our Mothers, Fancy Cocoa	2 lb. Carton	23c
Salmon	All Gold Alaska Red Sockeye Salmon	Flat Can	19c
Sardines	Van Camp's, 1 lb. oval can, mustard or tomato	2 Cans	21c
Toilet Paper	Waldorf Tissue	2 Rolls	11c
Bird seed	French's, finest of seed	Package	11 1/2c
Flour	Baker Girl hard wheat, absolutely guaranteed.	49 lb. sack . . . \$1.53 10 lb. Sack . . . 45c	
Brooms	"Kon-o-mee" fine Eastern Straw	Each	63c
Fly Tox		Pint Bottle	49c
Bluing	Mrs. Stewart's	Bottle	15c
Laundry Soap	Citrus or White Wonder	10 Bars	33c
Coffee	Piggly Wiggly Special. A fine steel cut coffee	Pound	33c

Orders of \$5.00 or More Delivered Free, Sugar Excepted. Small charge on smaller orders.

PIGGLY WIGGLY

Oregon's first governor after the state was admitted to the union, died at Salmon, Idaho, last night. He had been suffering from heart trouble but his death was unexpected. He was 65 years old.

EX-PRESIDENT DIES

SANTIAGO DE CHILE, July 17.—Juan Luis Sanfuentes, who was president of Chile from 1915 to 1920, died suddenly during the night of a heart attack.

SOURDOUGHS WILL PICNIC SUNDAY

Alaska and Yukon "sourdoughs" will hold another picnic Sunday at Kiwanis park. All persons who have ever been in Alaska or Yukon territory are invited to attend this frolic. There will be a basket dinner at noon, coffee being provided on the grounds.

SICKNESS MADE HER HAIR FALL OUT AND TURN GRAY

A Specialist Started Her to Using Lea's Hair Tonic Which Banished All Traces of Gray and Stopped It Falling Out

HAIR AS YOUTHFUL AS WHEN 20 YEARS OLD



"It was ten years ago that a spell of sickness caused my hair to begin falling out, and turning gray, and at that time I was told to begin using Mrs. Lea's Hair Tonic. It is wonderful what it will do for the hair and an occasional application to my scalp has kept my hair perfect ever since then," declares Mrs. Agnes Marshall, who like thousands of others have found Lea's the finest preparation for the hair that money can buy.

"Since getting such splendid results myself, I have often urged others to try it, and they too have obtained the same pleasing results. Even some of the beauty shops use it since they learned of what it will do, from me. So you see I am a sincere endorser, and gladly send my picture that you may clearly see how nice my hair is, and guarantee absolute satisfaction or money refunded if in six weeks you would never believe it. My hair actually looks like it did when I was a girl of twenty, and not a sign of gray," continued Mrs. Marshall of Honolulu, Mich. Thousands of men and women use Lea's though even an expert cannot detect it. Lea's works so nicely and gradual, the day by day improvement, and disappearance of gray is seldom noticed by friends, but in a few weeks time the user is amazed to note the closest search shows no gray hair. The hair and scalp appear healthier and growing out thicker and more beautiful. If the reader wishes to try Lea's Hair Tonic, let them obtain a bottle of local druggist, or send dollar bill, stamps, money or order or check to the well known Lea Tonic Co., Brentwood, Md. They gladly fill your order by mail and guarantee absolute satisfaction or money refunded if in six weeks you would never believe it. My hair actually looks like it did when I was a girl of twenty, and not a sign of gray."

Freed Her System of Poison, She Says

"Sargon swept my system free of dangerous poisons, filled me with new strength and vitality and gave me a new lease on life."



MRS. O. M. DAVIES
"Pains like neuritis in my hips and legs kept me so crippled that I couldn't walk for days at a time. My blood was impoverished, my system was acid and nearly everything I ate upset my stomach. I was awfully bilious, my skin was yellow and blotchy and pimples were all over my face. I'd suffered with constipation nearly all my life. Sargon rid me of every ailment I had; my skin has cleared up wonderfully and I have a feeling of general well-being."

"Sargon Pills is the only medicine that ever relieved me of biliousness and constipation without the least discomfort of any kind."

Mrs. O. M. Davies, 500 Jefferson St., Portland, Ore.
Nathan Fullerton, The Rexall Drug Store, Roseburg; Barker's Pharmacy, Reedsport; Highway Pharmacy, Oakland, agents.—Adv.