

Roseburg News-Review

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HARRIS ELLSWORTH, Editor

Entered as second class matter
May 17, 1920, at the post office at
Roseburg, Oregon, under Act of
March 3, 1879.

Subscription Rates
Daily, per year, by mail, \$4.00
Daily, single month, by mail, .50
Daily, by carrier, per month, .50

Things Are Happening

A GLIMPSE at this week's ex-
changes from other sections
of Douglas county bears evidence
that we are not standing still in
this big county.

For instance, the Port Umpqua
Courier at Reedsport this week is-
sued a three-section, 24-page edi-
tion, called the Fair and Expan-
sion number. Almost every item in
the issue tells of the progress of
the lower Umpqua country. Throughout the paper are scores
of sizeable advertisements. The
effort to put out an attractive, in-
clusive booster number was suc-
cessful and we congratulate the
publishers.

Up at Drain today north Douglas
county grangers are putting on
their annual fair. A fine program
has been arranged. Booths con-
tain exhibits of fruit and vege-
tables unrivaled anywhere in our
great state. Crops have been good
this year and farmers have some
mighty fine produce to exhibit.

The Sutherlin Sun tells us that
the outlook in that vicinity is
good along the lines of oil and min-
ing. Activity is noted on the
Leeper Dome works and the Bon-
anza quicksilver properties, says
the Sun. More progress.

These are just a few examples.
All over the county things are
happening. Harvesting is going
forward. Construction work is ei-
ther under way or planned for the
next few months. Schools are
soon to open. All agree that good
schools represent progress. We
have good schools in this county
and good teachers to conduct
them. Churches and fraternal or-
ganizations are launching into
their autumn and winter activi-
ties. Merchants, large and small,
are preparing for the winter trade.
Things begin to look busy again.

All these things, gleaned from a
 cursory glance at the community
papers, speak of progress. It's
great to live in Douglas county,
Oregon, when the pumpkins begin
to turn and the leaves commence
to fly.—G. C. R.

Oregon Editors' Opinions

SOMETHING NEW in the way of
a "true story confession" ap-
peared not so long ago in a pe-
riodical. It is a mighty fine thing
to know a lot, but it is even better
to be able to do things. Many
persons have at their command a
considerable assortment of infor-
mation, but the practical applica-
tion of their knowledge is well-nigh
impossible. To learn how to apply
knowledge is an essential part of
education.

The confession was made by a
teacher. Here is his:
"I can solve a quadratic equa-
tion, but I cannot keep my bank
account straight."
"I can name the kings of Eng-
land since the War of Roses, but
I do not know the qualification of
the candidates in the coming elec-
tion."

"I know the economic theories of
Malthus and Adam Smith, but I
cannot live within my income."
"I can explain the principles of
hydraulics, but I cannot fix a kit-
chen faucet."

"I have studied the psychology of
James and Titchener, but I can-
not control my own temper."
"I can conjugate Latin verbs, but
I cannot write letters."

Exaggerated without a doubt,
overdrawn, but it serves to illus-
trate the fallacy of much that
passes for education when acquir-
ing is not accompanied by training
which leads to its useful employ-
ment in everyday life.—Ashland
Tidings.

U. S. Payroll Growing

Having decreased from the high
mark 917,769, of November 11, 1918,
to 564,718 on June 30, 1925, the
number of persons employed by
the federal government is again
on the increase. That number grew
by 44,197 in the five years ending
June 30, 1930, and 21,260 of this in-
crease occurred in the last fiscal
year, bringing the total on June
30, 1930 to 608,975. Of that total
215,396 are employed by the post
office department, which is the
largest business conducted by the govern-
ment. The treasury department,
collection of revenue, but has
many other activities, is next with
23,800 employees, and the war de-
partment, which includes river and
harbor work and much construc-
tion besides administration of the
army, is third with 59,289 persons.
In publishing these figures the
civil service commission says:
"The increase of 44,197 persons is
due to creation of new commis-
sions, and to the fact that com-
missions and bureaus are makin-
g rapid progress in the reorganiza-
tion of the government. The in-
crease is not due to the fact that
the government is expanding its
business, promotion of public health
and extension of highways. Regu-

tion of business is a new function
added to the duties of government
and it extends from year to year.
It began with railroads, then placed
express, telegraph and telephone
under control of the interstate com-
merce commission. It has since
extended to combinations of cor-
porations, in power and other util-
ities, to aviation and the radio, and
a year ago took all agriculture in
hand. Formerly epidemics of dis-
ease within the country were af-
fairs of the states. Apparently
holding that transmission of mi-
crobes across state lines is inter-
state commerce, Uncle Sam has
undertaken to regulate them. He
regulates food and drugs and
now is making a valiant effort to
extinguish alcohol. He owns ships
and regulates shipping and has
tightened his hold on banks.

The United States is probably
the richest land owner in the
world. For many years the govern-
ment labored to retire from busi-
ness as a landlord by selling or
giving land to citizens, but it has
changed all that. It now reserves
as a vast permanent national es-
tate bearing non-metallic miner-
als, forests, power sites and
lands, sells only ripe timber and
leases other land on royalty, like
any European landlord. It offers
for sale only land which nobody
wants to buy. This land business
has added a small army to the to-
tal of federal employees.

By these stages the government
has become a vast machine, of
which the central plant is at Wash-
ington. There are branches in all
parts of the country, all taking or-
ders from the capital. This ma-
chine yearly interferes with and
directs more of the affairs of the
people and undertakes to shape the
daily life of the individual. States
still are nominally sovereign, but
the scope of their authority is nar-
rowed by federal bureaus and com-
missions. Federal performance of
many of the functions in question
has become necessary through
progress in means of transporta-
tion and communication and
through consequent growth of in-
terstate commerce to such propor-
tions as in large measure to oblit-
erate state lines. But the people
need to be their own guard against
entrusting business to the govern-
ment which can better be done by
their own enterprise, against fall-
ing into the power of a great bu-
reaucracy, which would hold them
to its rules and regulations and
would cramp their initiative. Self-
reliance brought the colonists to
America, spread them across the
continent and conquered it for civi-
lization. That achievement would
have been impossible for bureaucracy,
for the spirit of adventure made
this republic and the ruling spirit
of the bureaucrat is caution.—
Portland Oregonian.

Letters From the People

Communications to the News-Review
should be addressed to the Editor,
100 N. Main St., Roseburg, Ore. All
letters should be written on only one
side of the paper, should not ex-
ceed 100 words in length, and should
be signed by the writer, whose mail
address must accompany the con-
tribution.

Disagrees with S. O. S.

Says S. O. S. in Friday's paper:
"About 100,000 men are in the
army, and the government is pay-
ing for the moonshine, the fire-bug
and all other criminals."

Well, well, well. Here we have
that ancient doctrine of an eye for
an eye and a tooth for a tooth.
We will revenge ourselves on the
lawbreaker. One is inclined to
wonder if S. O. S. hasn't perhaps
some personal animosity for those
men in responsible positions who
still use liquor, and finds it con-
venient to clothe that animosity in
the moral outburst against law-
breakers. It is so convenient to
adopt the attitude of "I am holier
than thou."

The problem of law enforcement
and the answer to the question,
"Why are we so drifting?" are not
really so simple as S. O. S. would
have us believe.
That greater severity of punish-
ment has greater force in deter-
ring crime is a fallacy long proved
by history. There was a time in
England when more than three
hundred offenses were punishable
by death, yet the period was char-
acterized by people's disobeying
the laws more than they do under
the less stringent code of today. It
is true, of course, that the death
penalty was not always inflicted,
even when the offender was appre-
hended; juries often would find a
guilty man innocent rather than
have him hanged for stealing a loaf
of bread. For men were human
beings then as they are today. And
the drinking of liquor, despite the
fact that the present law says they
shall not, is not in itself the unfor-
giveable sin.

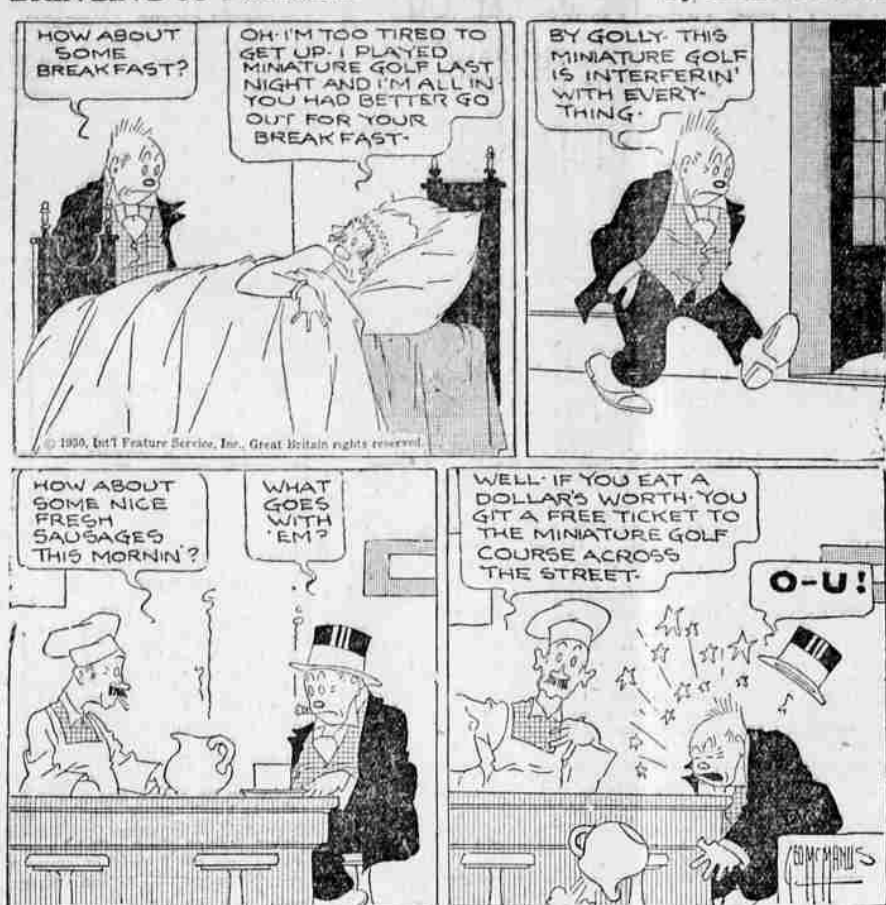
And says S. O. S., concerning
with editorial comment, every boot
legger and every drunkard are po-
tential murderers and a statement
to approach correctness. Every
man should be qualified if it is
man is a potential murderer in that
he is to some degree mentally and
emotionally unstable. The stress
of impending arrest in the case of
the bootlegger is the force that
turned the potentially into actual
crime. He has had many crimes
laid to his door, because man likes
to put the blame on something
other than himself. Witness the
numerous crimes laid to the heat
this summer. Drink doesn't put
weekend in men the impulses to
evil and violent action are already
there, and the effect of the alcohol
is only to lessen the inhibitions
that have held those impulses in
check. The fundamental problem
of morality is not to keep man
from drinking but to develop in
him impulses to wise action—a fact
not readily grasped by those who
speak upon half truths and argue by
eloquence rather than reason. The
prohibition laws will not prove to
be the ultimate solution of the
problem of temperance.

"Whither are we drifting?" "Why
are we so drifting?" These are
questions that will not be answered
in official opinions.

GEORGE L. BARRINGTON.

Reedsport Visitor in Town—W.
A. Housland, of Reedsport, was a
business visitor in Roseburg yes-
terday.

BRINGING UP FATHER



Maybe I'm Wrong

By J. P. MEDBURY

NOW that blind-fold tests are
over, the alphabetical soup fac-
tories will probably get together
and hold spelling bees.

Take It or Leave It—It's best to
pay the minister by check and then
if you don't like the bride you can
stop payment on it.

Ode to an Alarm—Many are
called, but few get up.

Vital Statistics—After a man has
been married three or four times
he can consider himself altar-
broke.

Wonders of Nature—Many a wolf
at the door today is a raccoon coat
tomorrow.

Public Improvements—The latest
model automobile on the market
now has over-stuffed bumpers.

Marital Marksmanship—The kind
hearted wife who always shoots
her husband where it doesn't show.

American Tragedies—As soon as
a pedestrian gets to a ripe old
age, some motorist comes along
and plucks him.

Acc of Cads—The deck steward
who gave a rocking chair to a sea-
sick passenger.

Our Own Vaudeville—Salesman:
Do you know what vic kid is?
Office boy: Sure, he's a prize-
fighter.

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Talks on Health

By DR. R. S. COPELAND

MANY of the diseases of today
are the outcome of artificial
living. What are known as the "de-
ficiency diseases" attack grown-
ups as well as our growing chil-
dren. Babies are not exempt from
them. One of the most common of
such ailments is rickets.

This disease appears between
the sixth and the eighteenth
month. It is unusual in an infant
younger than this, and rarely seen
in a child older than three years.
It has been said that fully one-
half of the infant population of
our large cities have rickets to a
greater or less degree. Too many
children in the cities are deprived
of sunshine and fresh air, and too
many lack proper nourishment.

With the great advance in the
number having this disease much
experimentation has gone on with-
in the past ten years to find out
its causes. It comes primarily from
lack of nourishing food. It can be
caused by following the proper diet
of the infant, or it can be caused
by exposure to sunlight.

Rickets is not confined to one
part of the body, but it involves all
the tissues. Its most striking
symptom is the abnormal condi-
tion of the bones. A child who has
rickets is usually anemic and is
very nervous and irritable. He
does not walk early because the
bones and bones are weak, and the
limbs are shaky. He may be bow-
legged or knock-kneed. Enlarge-
ment of the bones at the wrist
and ankle takes place. Some de-
formity of the chest, such as pig-
con breast and bony protuberances
of the skull may be present.

McCullum and his co-workers
found in cod liver oil the factor
known as Vitamin D, which pre-
vents rickets. Lack of this vitamin
permits of the development of
rickets.

The effects of sunlight are be-
ing studied now as never before.
We know that sunlight exerts a
profound effect on the welfare of
the body.

There is no doubt that the pre-
valence of rickets in America and
in middle Europe is largely due to
lack of sunlight. Negro and Italian
children of our American cities
are especially liable to contract
this disease because their skin
pigmentation prevents the ultra-

violet rays from penetrating ac-
tively.

Because of muscular weakness
in this disease the abdominal walls
give way and we see the "pot-bellied" child. Flat-foot is another ef-
fect of rickets. The child eats and
sleeps poorly and, as a conse-
quence he is irritable and nervous.

When a child is found to have
any of the symptoms of rickets,
the diet must be changed. The
largest numbers of cases of rickets
are found among the artificially
fed babies. Few cases occur among
breast-fed infants. Cod liver oil is
of great value and should be given
regularly. An abundance of milk is
needed to provide the lime requir-
ed in building bone tissues. Orange
juice, tomato juice and prune juice
may be given. For the old children
all these, with spinach, cabbage
and eggs, should be provided.

Exposure to the direct rays of
the sun is essential when sunlight
is to be had. All the headlands and
cliff-tops now furnish artificial lights
which have the same effect. By
proper feeding and exposure to
sunlight your child may be safe
from this disease. The disease is
now well understood and by careful
attention rickets can be helped
and cured in time.

Answers to Health Queries

G. G. Q.—Will you please give
me some advice concerning pim-
ples and blackheads?

A.—Pimples are often due to in-
correct diet and constipation. Most
essential of all is to cut down on
sugar, starches and coffee. Plenty
of fresh vegetables and fruits are
advisable. It is wise to make sure
that the teeth, tongue and nasal
passages are all kept clean. Black-
heads can be easily removed with prop-
er care.

Miss R. A. Q.—What causes a
snapping noise in the knees?

A.—This is probably due to
cracking joints, due to lack of
synovial fluid. Massage the parts
with warm cod liver oil at night
before retiring.

Mrs. G. J. V. Q.—My baby's ton-
sils are very large; do you think
they should be removed?

A.—Yes, if they are causing
trouble.

S. S. Q.—What do you advise
for porphyria?

A.—Send self-addressed stamped
envelope for full particulars and
repeat your question.

FORMER KAISER WINS LIBEL SUIT

(Associated Press Special Wire)
BERLIN, Sept. 6.—Former Kai-
ser Wilhelm won in his libel suit
against Ewald Mondel, editor of the
newspaper Morgenpost yesterday.
Mondel was sentenced to pay a fine
of 1500 marks (about \$75) or three
months in jail.

The court rejected the proofs
submitted by the Morgenpost to
substantiate its published claim that
the former Kaiser violated his duties
as German citizen, by allowing
the Krupp Arms company to sup-
ply alleged interior ammunition
during the World war.

ALL GRAIN NEEDED

BY U. S. HYDE SAYS

WASHINGTON, Sept. 6.—Secre-
tary Hyde said yesterday surpluses
of all grains are certain to be vast-
ly reduced through the shortage of
corn caused by the drought.
Assuming consumption this winter
will equal the average of the
last five years, the secretary said,
there would be need for every
bushel of grain in the country.

Hyde's statement was made in
connection with a report on feed
grains prepared by his department.
He said the situation would be af-
fected by the amount of substitute
matter other than grain used by
the farmers as feed for their live-
stock.

By Geo. McManus



Advice to Girls

By NANCY LEE

DEAR NANCY LEE:
I am a girl 20 years of age, and
have been going with a fellow
few months my junior for about
two years. I went steadily with
him up until last fall, when sud-
denly we quit going steadily for
some reason unknown to me.

Trained the fat from the meat
and try it out in a skillet. Cut
edges of steak in few places to
prevent it from curling up. Sprinkle
about one-quarter cup of
flour over the steak. Brown the
steak in the fat. As it browns
sprinkle another one-quarter cup
of flour over it so that there will
be sufficient flour to stick the
savory formed by browning the
steak and vegetables. Salt and pep-
per.

Place onions—whole—all around
the steak and sliced onions on top.
Cut scarpers carrots longwise in
quarters, place around and on
top of steak. Cover pan. Place in
oven and bake at 275 degrees for
four or five hours.

The fat or butter round of beef,
the chuck and the neck, make ex-
cellent steaks for braising or for
pot roasts.

Don't make a rooster out of your
butcher by purchasing only cut-

gation on the Umpqua, on pack
horses or mules. The tinkle of the
bell on the old lead mare so fam-
iliar to all early pioneers in the
west, was a welcome sound to the
settlers, as the pack mules fol-
lowed in single file the animal in
the lead. All flour, salt, sugar,
clothing, such of it as was ready
made those days, or the goods for
making clothing, was brought in on
pack mules.

Survives to Celebrate
W. H. Cole, the surviving son of
Dr. and Mrs. James Cole, now liv-
ing on a hill stock ranch, west of
Umpqua post office, within sight of
the old donation land claim his
father took in 1851, will be 86
years old on November 25, this
year. His wife, who was Susan B.
Harris, daughter of a pioneer fam-
ily of the fifties, is still living and
on October 17, 1930, this old and
highly respected pioneer couple
will celebrate their silver wedding
anniversary, they having been
married in 1867. For 79 years W.
H. Cole has lived in the Cole val-
ley section. Although very deaf,
he is active, and often walks down
from the ranch to Umpqua post-
office to get the mail, as he is a
great reader. It is something like
three miles to his home, but he
makes these trips often. He is a
daily reader of the News-Review,
as well as of farm papers and
magazines, and enjoys life. He was
in attendance at the pioneer pic-
nic at Calapooia bridge last Sun-
day and delighted old friends with
his kindly interest in everything
and everybody.

This old settler and son of the
early pioneers in the early his-
tory of Douglas county delights in
telling the children of his expe-
riences, and it was from infor-
mation that enable little Miss He-
tion gleaned from one of those
hard of Umpqua to successfully
pass the right tests in Oregon his
tory required by the public schools
of the county. Answering ques-
tions as to wild animals in the
valley during its early settlement,
Mr. Cole said there were plenty of
coyotes and timber wolves, as well
as bear and cougar. Big game
abounded, and settlers were al-
ways assured of plenty of venison
or bear meat, and not infrequently
an elk was brought in by some
hunter.

Editorials on News

(Continued from page 1)

States for fishing purposes. What
would California and many other
neighboring and far-away states
give for such a stream? It is what
they would give that makes cur-
rent such an important asset. It is
what sportmen will pay in the
future for use of such a

Come Into the Kitchen

Chops! Chops! Chops!

Butchers tell us, unless stock-
men start raising hogs that are all
pork chops and cattle with only
pork chops, that chops and
steaks will be to the meat indus-
try as orchids are to the florist.

Ah ye heaven-sent cooks—to
the rescue Teach American house-
wives that much more tempting
meat dishes and in greater variety
come off the scorned shoulder of
the animal or the much-used calf
of his leg—so to speak! Steaks and
ragouts and Swiss steaks—even
hash, the great American dish,
hash!

"But—" you exclaim in horror,
"Henry won't even eat left-over
meats. The first slice off the leg
of lamb is all he wants and—"
Probably because you feed him
lamb in gravy Monday, beef and
lamb Tuesday, cold sliced on Wed-
nesday.

Women who sip tea and dally
daintily into mysterious French
pastries at "Ye Moon Flower Tea
Shop" never get a chance to note
the scores of husbands nibbling
up "Pierres" curled in a
tempting ragout—yet the self-
same dishes are the despised
"left-overs" of yesterday's fowl
and lamb joints. He uses his im-
agination plus the grand old onion.

And stew made up from the
chuck of a perfectly good cow! At
"Pierres"—they almost fight over
it. Nay, sister—here are the true
lovers of the manly mulligan—just
plain hash!

Beef chuck, cut in pieces and
steamed, plus left-overs or fresh
vegetables cubed, immersed in
gravy and allowed to slowly be-
come acquainted—ah! Seasoned
well, too—peppercorns, bay leaf,
a spring of thyme, a radish clove—
always good—yet no two steaks
should taste alike! That "en cas-
serole" topped with a golden
brown crust of rich biscuit dough
—he will forsake Pierres after
that!

If his love is waning—try cur-
ry—a tiny bit with shreds of lamb
or veal cut in cubes and simmered
in a gravy. Serve always with rice
and confidence.

The scorned round steak—a
slab cut one inch (about 12 lbs.)
baked with onions and carrots,
given you a start toward an oven
dinner—and none but the toothless
could possibly resist its tempt-
ingness! Trim the fat from the meat
and try it out in a skillet. Cut
edges of steak in few places to
prevent it from curling up.

Sprinkle about one-quarter cup of
flour over the steak. Brown the
steak in the fat. As it browns
sprinkle another one-quarter cup
of flour over it so that there will
be sufficient flour to stick the
savory formed by browning the
steak and vegetables. Salt and pep-
per.

Place onions—whole—all around
the steak and sliced onions on top.
Cut scarpers carrots longwise in
quarters, place around and on
top of steak. Cover pan. Place in
oven and bake at 275 degrees for
four or five hours.

The fat or butter round of beef,
the chuck and the neck, make ex-
cellent steaks for braising or for
pot roasts.

Don't make a rooster out of your
butcher by purchasing only cut-

lets and steaks or a dyspeptic out
of your husband by feeding him
fat-coated chops. Be original!

Incidentally, while we're speak-
ing of meats—
How much do you use your
broiler oven? Not so much? It's
the handiest thing about your
range and will do innumerable
tricks for you.

Imagine a thick, juicy steak—
browned to a turn, with its rim of
fat cooked to a golden luscious-
ness, broiled onion rings to top it,
along with the trickiest of meat-
ing butter down its inviting sides—
cooked potatoes and putty golden
brown biscuits. Can you think of
a more delicious dinner?

Let's make a perfectly delicious
steak—brown a steak to a turn,
cover it with a golden luscious-
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