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MARRIS ELLSWORTH, Editor
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Style Note

TO George Bauer, 28-year-old
 packing plant worker of Den-
 ver, Colo.

First of all, congratulations on
 becoming an American citizen.
 Everybody, George, is tickled to
 death.

Now, please don't start off on
 the wrong foot by jumping at con-
 clusions too fast. The news stories
 about your becoming a member of
 the family weren't very long, and
 maybe if they'd told more about
 the situation there wouldn't have
 been any need to write this letter,
 but—just in case they did give the
 whole picture—don't George, get
 the wrong idea.

When the judge wouldn't let you
 be a citizen at first because you
 came in your shirt sleeves, maybe
 he just wasn't feeling very well.
 No doubt he meant well, George,
 but a courtroom is a kind of for-
 mal place. You're to be congratu-
 lated, George, on not getting too
 sore about it, on going for your
 coat and coming back and starting
 all over again.

Anyway, this is the point: The
 country really likes shirt sleeves.
 There never was any indignity at-
 tached to them since the place was
 discovered. In fact, George, as a
 costume for a man applying to be-
 come a member of the family, a
 pair of work pants and a shirt
 with the collar open and the
 sleeves rolled up is just about per-
 fect. Overalls are ok, too. Don't get
 the wrong idea. Yours truly, etc.

How's Your Health?
 By
DR. IAGO GALDSTON

Good Food and Plenty of It
 So much emphasis has been
 placed of late on the qualitative
 value of food that we are likely to
 overlook the quantitative aspect.
 It is of course vital that one's
 diet should contain an adequate
 amount of vitamins and mineral
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 and of proteins, fats and carbohy-
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 dant diet is as essential as a diet
 of first class quality.

Experience in treating a number
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Not long ago a typhoid patient
 fed on rice porridge, little more than
 broth and milk. Today, though a
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Sufferers from Bright's disease,
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The same modification in treat-
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Those who consume a restricted
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Trumpet solo, "The Wanderer,"
 Harlow, played by Ward Cum-
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Finale, "Stars and Stripes,"
 Sousa.

More Dornicks Indianard

THE Indians have been phenom-
 enally decent about things for
 generations now. They're probably
 the most maligned bunch of citi-
 zens in the country, and you rarely
 hear a word of protest from them.

When they're not being treated
 as curiosities they're serving as
 the butts of jokes on such sub-
 jects as land speculation, sloth,
 firewater, and female labor. Or
 sometimes they're just investigat-
 ed to death.

What's your conception of the
 typical Indian? Whatever else he
 may be to you, he's probably close-
 mouthed, self-contained, grave. But
 now comes an anthropologist who
 declares that there's not a word of
 truth in it. He describes the Indian
 as a congenial, enthusiastic, spon-
 taneous, bubbling over with fun,
 a great joker—in short, quite a
 card.

This is all dandy, and nothing
 at all to take offense at, but then
 the anthropologist goes a little
 further. He says there's nothing
 an Indian likes so much as a good,
 violent practical joke. The Indians,
 he says, go in for practical jokes
 in droves, on a kind of mass-pro-
 duction scale. And when they're
 not doing anything else they're
 sitting around thinking up puns. And
 they send younger members of the
 tribes out for left-handed monkey
 wrenches and then yell with un-
 controllable merriment.

The time has come for the red
 man to organize a Society for Mut-
 ual Protection Against the White
 Man's Slander.

**S. P. WORKER FOR
 58 YEARS RETIRES**

PORTLAND, July 13.—(AP)—
 The Cascade Limited, premier
 train of the Southern Pacific's
 northwest fleet, rolled into the
 union station today with John
 Paulsen at the throttle for the
 last time.

The veteran of 58 years of rail-
 roading retired with today's run.
 Tomorrow he is 59 years old. He
 began work for the Southern Pa-
 cific when he was 12 and for 47
 years he has been an engineer.
 He retires with the No. 1 senior-
 ity rank.

A flea is capable of pulling a
 load weighing 1100 times its own
 weight.

Editorials on News
 (Continued from page 1.)

they are doing EVERYTHING for
 them.

Conservative, honest business,
 on the other hand, has been of
 IMMENSE benefit to common peo-
 ple, providing increasing numbers
 of jobs at steadily increasing
 wages and raising American stan-
 dards of living far above living
 standards elsewhere in the world.

But business has been so DUMB
 that it has permitted schemin-
 demagogues to convince vast num-
 bers of common people that con-
 servative, honest business is
 THEIR ENEMY.

IT is up to business to GET
 SMART. It must convince little
 people (which includes the bulk of
 all of us) that its interests are
 identical with theirs.

That is the plain truth, and every
 business man in America, big or
 little, knows it. But the public
 DOESN'T know it, because the
 public has been listening to the
 politicians.

And the politicians, unfortunat-
 ly, are more interested in PROVID-
 ING RELIEF than in PROVID-
 ING JOBS, because votes come
 easier that way.

**COOTIE DRUMMERS
 BILLED WITH BAND**

The Cootie drum corps, sponsored
 by Patrick W. Kelley post, Veter-
 ans of Foreign Wars, will be
 featured Thursday night at the
 regular weekly program presented
 by the Roseburg Municipal band.
 The drum corps will appear as
 one of several special numbers to
 be included in the entertainment
 for the evening. The program, to
 start at 8 p. m. at Lahrly park, is
 announced by Director "Snip"
 Gilmore as follows:
 March, "King Cotton," Sousa.

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 salts, but we must not overlook
 the contents in terms of calories
 and of proteins, fats and carbohy-
 drates. In other words, an abun-
 dant diet is as essential as a diet
 of first class quality.

Experience in treating a number
 of diseases has taught us the im-
 portance of seeing that the patient
 eats enough food.

Not long ago a typhoid patient
 fed on rice porridge, little more than
 broth and milk. Today, though a
 specific treatment for typhoid is
 yet available, the patient fares
 much better because he is fed more
 generously.

Sufferers from Bright's disease,
 too, used to be seriously restricted
 in their protein intake. But today
 it is known that this type of pa-
 tient does much better when he is
 fed an adequate amount of protein
 food.

The same modification in treat-
 ment has been applied to patients
 suffering from high blood pressure
 of unknown cause and from hard-
 ening of the kidney.

The value of the more abundant
 diet, however, is seen not only in
 the treatment of diseases but also
 in their prevention. Thus it is
 found that resistance to infection,
 as well as growth and develop-
 ment, is favored by an abundant
 and adequate diet.

It is of course not true that add-
 ing foods or vitamins to an already
 adequate diet will increase one's
 resistance to infection. But it is
 true that when the diet is lacking
 in protective elements and is
 quantitatively inadequate, the in-
 dividual becomes more susceptible
 to infection.

Those who consume a restricted
 diet are frequently subject to
 vague ill health.

Lack of appetite, digestive dis-
 orders and vague pains and dis-
 comforts not due to organic dis-
 eases are found frequently among
 women who eat too sparingly in
 order to be stylish. In fact, in-
 fectious diseases are more fre-
 quently fatal because they are
 frequently fatal because they are
 fatal because they are fatal.

Food faddists who are fidgety
 about the foods they eat are fre-
 quently faddists because they are
 faddists. This vicious circle
 could be broken by the courage to
 eat enough food of the right kind.
 Cootie drum corp of V. F. W.,
 "Snap" Gilmore, director.
 Waltz, "Danube Waves," Ivan-
 ovic.

Request "Alexander's Rag
 Time Band," Berlin.
 Vocal number by Mildred Mag-
 nuss; Wanda Armour at the piano.
 Selection, "Old Favorites," Sec-
 ary.

March, "Militaire No. 1," Sch-
 ubert.

Musical act, Bob Matthews,
 Casey Jones and Carl Busch.
 Sonata, "Les Millions D'Arle-
 quin," Frigo.

Poplar, "The Last Round-Up,"
 Hill, vocal by Mildred Mag-
 nuss.
 Fox trot, "Sweet Lullaby," Ore-
 on.

Trumpet solo, "The Wanderer,"
 Harlow, played by Ward Cum-
 mings Jr.

Finale, "Stars and Stripes,"
 Sousa.

How's Your Health?
 By
DR. IAGO GALDSTON

Good Food and Plenty of It
 So much emphasis has been
 placed of late on the qualitative
 value of food that we are likely to
 overlook the quantitative aspect.
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 diet should contain an adequate
 amount of vitamins and mineral
 salts, but we must not overlook
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