

Diet Talk Given By Nutritionist

The diets of most persons nowadays are pretty good, but some lack vitamin C, in the opinion of the state nutritionist.

Mrs. Robert Stein was in Roseburg recently in connection with a mothers' class sponsored by the Douglas County Health Department.

Mrs. Stein, of Portland, says the vital vitamin C is contained in such things as oranges, grapefruit, cabbage, and others. It's necessary because it helps keep body cells together and helps promote healthy gums.

You needn't eat a certain way at each meal, she says, and housewives don't necessarily have to prepare every meal by means of calorie and vitamin charts. However, in the course of a week, the meals should be averaged out to include all the necessary elements.

You needn't even eat breakfast, Mrs. Stein says, if you don't want to—except that "you may get awfully hungry about 10 in the morning."

Discussing fat people, Mrs. Stein says they're usually that way because of "too many calories." There are hidden calories in such things as margarine, cream, and other food, and furthermore people may eat more than they think in between meal snacks.

Woman Nearly Wins Nomination For D.A.

SALEM — Marion County almost elected Oregon's first woman county district attorney.

Miss Hattie Bratzel, long a court reporter and who recently was admitted to law practice, was nosed out 6,245 to 5,874 by Kenneth E. Brown, Silverton lawyer, for the Republican nomination.

CHROME PLATING

- COPPER
- NICKEL
- GOLD
- SILVER PLATING

GUN BLUING, BUFFING, METAL FINISHING, ALL SHADES OXIDIZING

EUGENE PLATING CO.

643 ADAMS STREET
On Blair Between
6th and 7th Streets
Phone 5-9978 Eugene, Ore.

Idleyld Park

By MRS. ARTHUR M. SELBY

Mr. and Mrs. Cliff Van Der Brake from Elmo, Wash., are new tenants at Me's Motel. Van Der Brake is employed at Douglas County Lumber Mills.

Robert Ridgeway of San Francisco spent the weekend visiting his mother, Mrs. Vivian Padelford, manager of the Red Barn.

Jean Ann McCormack, candidate for queen or princess of the Douglas County Centennial, is the daughter of Mr. and Mrs. Bruce McCormack of Glide. She was graduated from Glide School in 1951. She was president of her senior class and now is employed by Roy O. Young, Roseburg realtor.

Although beauty, talent and personality count in the judging, there is another factor that counts in the decision; that is the amount of sales of Centennial merchandise by the candidates, proceeds of which go to financing the celebration. Residents of the Idleyld Park area can assist the candidate by purchasing the automobile stickers—25 cents each—at the Glide Store or from Mrs. Arthur Selby.

Weekend guests of Mr. and Mrs. Forrest Losee were Losee's brother-in-law and sister, Mr. and Mrs. Roger Wilkinson and sons, Corporal Royal D. and Bing Wilkinson and daughter Ann, and a guest, Miss Darlene Dillar, all from Eugene.

Corporal Royal D. Wilkinson is home on 30-day leave. He enlisted in the Army at 18 years of age in 1949 and has spent two and one-half years at Okinawa without leave, assigned to the Signal Corps K-9. Wilkinson will return there for another nine months of service.

Spring Concert Dated By Roseburg Symphony

The Roseburg Symphony was holding final rehearsals this week for the spring concert it will present at 8:15 p.m. Tuesday, May 27, in the Junior High School auditorium.

Wendell Johnson is conductor of the newly-organized 35-piece orchestra, which presented its first concert last February.

Piano soloist for the Tuesday concert will be Miss Virginia Young, who will play a Schuman concerto.

People from all occupations and all ages compose the orchestra, which was well received in its first concert.

Selections by Beethoven, Mozart and Schuman will be featured in the spring concert.

Tickets are on sale at the three Roseburg music stores, Harmony House, Ott and Ricketts and Bob's Music Store.



Don't Burn up Your PAY ENVELOPE

TREES FURNISH employment for many members of this community. Some work in the forests . . . others in the mills, processing the timber crop . . . other citizens rely for their livelihood on the trade furnished by the people employed by the forest products industries.

Burning trees hurt all of us. A blaze which consumes growing timber may destroy the pay envelope of every member of the community. Burned trees create no trade or employment. Help keep fire out of the woods. If we work together we can lick Forest Enemy Number 1. Keep Oregon Green!

REMEMBER . . . One tree will make Millions of matches—
One match will destroy millions of trees—

KEEP OREGON GREEN

This advertisement sponsored by the following firms of Douglas County

- | | | |
|--------------------------|-------------------------------|----------------------------|
| Robert Dollar Lumber Co. | L. & H. Lumber Co. | Wilbur Lumber Co. |
| Engle & Worth Lumber Co. | Sun Studs Inc. | C. & D. Lumber Co. |
| Roseburg Lumber Co. | Martin Bros. Box Co. | Umpqua Plywood Corp. |
| E. K. Wood Lumber Co. | Associated Plywood Mills Inc. | Fir Manufacturing Co. |
| Douglas Timber Corp. | Smith River Lumber Co. | Puget Timber Co. of Oregon |
| Empire Millwork Corp. | Lucas Bros. Lumber Co. | Green Valley Lumber Co. |

Remember - ONLY YOU CAN PREVENT FOREST FIRES

CRUSH IT! **BREAK IT!** **DROWN IT!** **USE IT!**

AN AMERICAN FAVORITE IN OREGON

OLD AMERICAN BRAND STRAIGHT BOURBON WHISKEY 86 PROOF

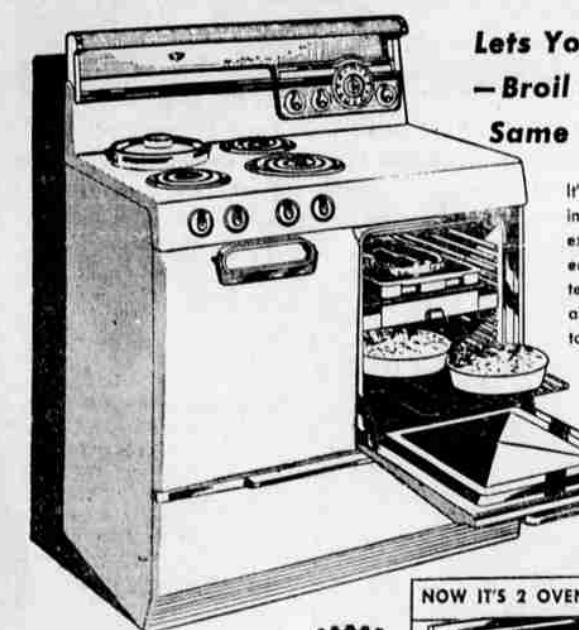
\$3.95 4 1/2 QT. \$2.50 PINT

THE AMERICAN DISTILLING CO., INC., NEW YORK, PEKIN, ILLINOIS, SAN FRANCISCO

Greatest Cooking Advance in years!

FRIGIDAIRE

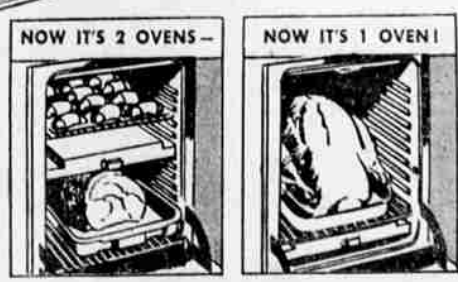
Electric Range with the "Wonder Oven"



Lets You Bake a Cake
— Broil a Steak —
Same Time — Same Oven!

It's the greatest improvement in ranges in years! "Wonder Oven" provides one extra-large oven—or two ovens in one, each with its own controls and separate temperatures! Come in! See the Frigidaire "Wonder Oven" Electric Range today!

Model RO-60 (illustrated) **\$389.75**
Easy Terms
Model RO-50 only \$349.75



Just look at these other wonderful Frigidaire features!

- All-Porcelain finish inside and out
- Radiantube 5-Speed Surface Units
- Cook-Master Oven Clock Control
- Full-Width Fluorescent Lamp
- Full-Width Utensil Drawer
- Thermizer Deep-Well Cooker
- Large Warmer Drawer

See a complete demonstration of the sensational "Wonder Oven" Range and all the other new Frigidaire Electric Ranges priced from \$185.75.

Umpqua Valley APPLIANCE