



# Crisp Cottons for Your Summer Frocks

The fresh-charm of these cotton fabrics will inspire many unusual frocks—frocks which will be very different from ready-to-wear dresses, you can place your own individuality in them.

**The Materials**  
Prints Rayons  
Crepes Voiles  
Organdies Brocades  
From 25c to \$1.25 yard

Dependable Quality **Hill's** Dependable Values

## HEALTH

**A HINT ABOUT FOODS FOR WEAK STOMACHS**  
By John P. Sawyer, M. D., Cleveland, Ohio

Member Gorgas Memorial Inst.

The food which any person consumes constitutes his diet. Different persons live well on widely different diets. Whole nations live long periods of time on diets widely different from other nations near or remote. Men go from one locality to another far distant and thrive on diets widely departing from those previously consumed.

All this is overlooked or put to one side by the food faddists, and by those who promote special systems for profit.

Most healthy persons with normal digestion may please or punish themselves as they choose over long periods of time by meat, varied or by narrowly limited diets. But sooner or later, without proper consideration for a balanced diet, they will suffer a breakdown in health.

When disorder of digestion occurs, the choice of foods and their preparation assumes far greater and immediate importance, and wisdom in this choosing requires greater knowledge and painstaking care than is needed in normal states.

In health the stomach converts practically all the food into a pasty mass which is discharged in small amounts every few seconds into the intestine, where it is at once mixed with like small quantities of bile and of pancreatic juice supplying most active ferment, and so starts the great changes which make ab-

sorption possible.

This mixture is best accomplished when the stomach has best altered the food as we take it from our dishes into a relatively thin paste. It is accomplished with difficulty and often with distress when both are present, restoration to normal efficiency is promoted by making as easy as possible the preparation of the food by the stomach for the later and greater digestion.

In fact, to prepare foods into a mush or a liquid, or into a finely divided form easily rendered pasty by the weakened stomach, is to do for it a part of its work, and so to favor its recovery of normal efficiency. The greater the disorder, the greater reason for supplying food so prepared.

Tough, lumpy, and many uncooked foods require prolonged time and muscular work by the stomach and also irritate its secreting membrane so that such materials often cause distress, however desirable otherwise. They may be very desirable in vigorous digestive organs, but are even harmful in many stomach disorders. For example, scraped beef or beef juice is more easily passed along than the same material as steak. So cornstarch or meal and various grains may be taken with less distress than the corn or other cereals from which the meal is made.

Amounts taken at a time are also important, for foods so prepared taken in ounces at short intervals may be sufficiently nutritious and far less harmful than larger portions only three times a day.

Name one man who never has been able to bring in Havana, Cuba, on his crystal set.

## Dictator is Ill; Unrest Prevails

### Poland Eyes Joseph Pilsudski's Condition; Speculation Rife

WARSAW, Poland, Apr. 21 (AP)—Speculation as to what will happen in Poland when Joseph Pilsudski relinquishes his hold on the republic has become rife with reports that the health of the marshal is any thing but encouraging and that he is a very tired man.

Since the Pilsudski coup d'etat of last May the marshal has held the country in the palm of his hand, but more and more of late there have been rumors of growing opposition in various groups that aim to be prepared to assume power in event of an emergency.

**Lack of Harmony**

Lack of harmony among the followers of Pilsudski is pronounced. He is supported by a majority of the country, but the sentiment is purely personal. He has made no attempt to create other ties than sentiment for himself.

Pilsudski is a man of today. Tomorrow may take care of itself.

The lack of consistency of the Pilsudski cabinet is partly explained by the lack of unity among its members, as rival hand-overs collaborate with difficulty with the socialist leaders. These discussions often are manifest by the activities of individual members in open contradiction to the policy of the cabinet as a whole.

Tomasz Danowski, who has been endeavoring to form a strong organization which would be the nucleus of a government system after the end of the present dictatorship, hopes to step into Pilsudski's shoes as the head of a movement which has the external form of a fascist. The activity of Danowski has taken a pronounced anti-communist aspect in view of the soviet, too, having already lain plans with the hope of stepping into power if the opportunity presents itself.

**60 Years Old**

Pilsudski is 60 years old. He has not been well for years. After the coup d'etat of last spring he criticized the quarrelsome factions of the diet and took command of the leaders to take on the ground that the country had been ridden with graft. There were a great number of personal changes. Pilsudski took full control of the government machine and has held full sway ever since.

## Roseburg Plans Strawberry Fete

ROSEBURG, Ore., Apr. 21 (AP)—Roseburg's annual strawberry carnival will be held on the days of Friday and Saturday, May 27 and 28. The entire county is joining to make this event one of the outstanding festivals of the state and the two days will be jammed with attractions for the visitors. There are indications at present that the strawberry crop of Douglas county will be a bumper one this year.

## WOMEN MORE PROMPT

STAMFORD, Conn.—After barbering men for 30 years Emilia Greco has decided that she will devote his professional talents to women. He says they are less fussy and more prompt in keeping appointments than men.



MAKE YOU DIZZY? It's the spiral staircase leading to top of Germany's huge radio station. An elevator is in the pipe in the center.

## Social Aces Become Face Cards



—NEA, Los Angeles Bureau

If you started to trump your partner's ace with the deuce of trumps in this game, the deuce would be likely to speak up with "That's a deuce of a trick!" For the cards were aces of Southern California society, and the game was on the beach of the fashionable Gables club at Santa Monica. Above are a couple of queens, Misses Alice Mason and Esther Newman. Below, Mrs. Frank Anstie is shown playing her hand.

## Sign Attorneys For Murder Trial

EUGENE, Ore., Apr. 21 (AP)—John A. Collier, of Portland, and Gus Newbury, of Medford, will become associated with Fred E. Smith, of Eugene, in the defense of Hugh De Autremont, who will go on trial May 2 on a charge of murder, according to announcement of Smith today. David Evans, of Eugene, will also be associated with Smith in the defense, according to a previous announcement.

The announcement today completes the list of defense counsel for De Autremont.

Associated in the prosecution will be Newton C. Chaney, district attorney of Jackson county; George Neuner, United States district attorney, of Portland; and George Roberts, of Medford.

## MEDFORD, Ore., Apr. 21 (AP)

District attorney Newton C. Chaney, of Jackson county, today announced the appointment of Bert C. Bates, associate editor of the Roseburg News Review, as special investigator on his staff during the trial of Hugh De Autremont.

## SERVED 51 YEARS AS TELEGRAPHER

NEWARK, N. J.—Claiming the distinction of being the oldest woman operator in the country, Mrs. Martha E. Dunk, telegraph operator and ticket agent at 733 1/2 Edison, celebrates the 54th anniversary of her service this month.

Mrs. Dunk became an operator for the New York Central in 1871, when she was 15 years old, and was transferred to Newark the next year. Locomotives in those days were still burning wood and the fastest train rarely exceeded 20 miles an hour. The sale of more than one ticket a week to New York City was very unusual.

On the theory that livestock are not adverse to a few caterpillars in their daily menu, when they have passed through a shredding machine or sludge cutter, one method of disposing of corn borer infested stalks is to feed them direct to cattle, or use them as ensilage.

Try a little horseradish in sauce for beets next time you serve this vegetable. Also, a bit of ginger goes well with beets in vinegar.

## ARCADE Starting MONDAY

### The Thrilling Epic of the Devil-Dogs!



Lon Chaney in **Tell it to the Marines**

## Two Banks Merge In Roseburg, Ore.

ROSEBURG, Ore., Apr. 21 (AP)—The Commercial bank and the E. G. Young and Company bank of Oakland are today operating as one institution, having consolidated their interests and merged their business operations. The concern is to go under the name of the E. G. Young and Company bank, preserving the name of one of the oldest and most reputable banks of the county, the firm having been organized in 1852. The directors of the Commercial bank, which has been doing business in Oakland for 23 years, have purchased stock in the E. G. Young and Company bank, and have been added to the board of directors of the consolidated institution. The combination forms a strong bank which it is believed will be in a much better position to serve the community than would two banks working independently.

## EYELASHES "ASSAULTED"

LONDON—William Edwards, an elderly man with long gray hair and bushy eyebrows, applied to a London police court for a summons for assault against a hairdresser.

"I was being shaved and while I was in the chair he took his scissors and clipped off my eyelashes," Edwards explained.

## DIAMOND CUTTERS IDLE

ANTWERP, Belgium—Due to overproduction in the Belgian diamond industry, diamond cutters have been thrown out of work and three day week has been suggested.

## CHEAPER TO SHOP

PARIS—Shooting privileges in France usually cost much more than the value of the game that may be bagged.

An association has started a move to halt profanity in the Spanish army. There are said to be a few other armies, too, where the soldiers are none too careful with their words.

# Open An Investment Account

IF YOU are not among those who have opened an investment account on our new plan, why not do so now? Invest in a Sealy. You are not spending but investing your money—and it is a permanent investment whereby you receive nightly returns for many years to come in luxurious comfort and restful sleep.

The matter of credit can easily be arranged. A small payment insures delivery; the balance may be taken care of by installments arranged to meet your convenience.

## Sealy Week Ends Monday, April 25th



Regular Price \$55.00

NOW \$39.50

### Special \$ 39.50

NOW --- for the price of an ordinary mattress you may possess the world's finest. These are not specials. They were not made for this sale. They are regular stock --- the genuine and only Sealy Tuftless Mattress---famous for comfort for over forty years. As to wear --- the Sealy Tuftless will outwear three ordinary mattresses.

This offer is good till Monday, 25th. No extension of time is possible. Grasp this opportunity NOW.

## Open An Account Carr Furniture Co. Open An Account

Spruce lives long. Wood technologists recently identified as a species of spruce a piece of wood from a barge or yacht of ancient Rome recovered from Lake Nemi near the Italian capital. This lake, still famous for its beauty, was a

**COLORADO BEETS ALL**  
DENVER—Although practically known as a mining state, Colorado now leads the nation in production of sugar beets.

## COOKING HINTS

### Brownies

- 1/2 cup PANCRUST
- 2 eggs, beaten until light
- 4 tablespoons milk
- 2 ounces chocolate, melted
- 1/4 cup shredded coconut
- 1/4 cup flour
- 1/4 teaspoon salt
- 3/4 cup sugar

**CREAM PANCRUST** and sugar until light; add well beaten eggs and milk, then chocolate, coconut and lastly the flour and salt sifted together. Mix thoroughly. Pour out in a shallow, well-greased pan, and bake 25 minutes in a moderate oven. When almost cool, cut into squares.

## PANCRUST IS AN ALL-PURPOSE FAT Use it in your COOKING



## Feel like a Million every morning

If your breakfast cup sends you forth "feeling like a million"—what a workaday difference it makes! This can happen every morning when your coffee-choice is M.J.B.

All because of a flavor—a rich, full-bodied flavor that spells contentment from first sip to last. What's more, this flavor is constant. It's on the job every day—just as you are. Drink it as you like (strong, medium or mild) the same "million dollar" flavor of M.J.B. is always there to greet you at breakfast and "see you through" the day.



**M.J.B. Coffee** meets every taste in Coffee

—the dotted line shows how much less of M.J.B. you can use to reach cup because of its concentrated strength and richness

# A Money Barrel



A big help toward regular savings. We are glad to supply one to savings depositors. Ask about our plan.

Start with a Coin—End with a Barrel of Money.

**The Equitable Savings Bank**