

THE TRUTH ABOUT CANDY

THE STORY OF A CHOCOLATE CREAM

IS IT A FOOD OR IS IT A NON-ESSENTIAL LUXURY?

It depends entirely on what is in it and what the food value of the contents is.

In the first place, what is a chocolate cream made of?

The principal ingredients are: Cocoa, milk and sugar, which mixed, make the chocolate. Milk, sugar and some corn syrup make up the filling.

Every one of these ingredients is a food product of highest worth.

No one questions their separate food values.

We all know that milk, cocoa and sugar, making chocolate, forms a wonderful food.

No one questions the food value of milk.

We all know that sugar is an essential food.

And when nuts are added to the chocolate creams, as is often done, another splendid food product is added.

Taken separately, each is high in food value. Naturally, combined into a delicious confection, they are equally high in food value.

All these ingredients are food products which the human system craves and demands. That is why the active man, woman and child like this combination of these food products which we call "candy."

Because of the food value of candy, soldiers crave it. The food value of candy has been forever established through the necessities of this war. The soldier, after a hard day's work, needs candy. His system craves it. It fills a real want. Shipyard workers, loggers, men and women doing all kinds of heavy work, crave candy because it supplies the need for something sweet to supply bodily fuel. Growing children require the sugar in candy to supply them with carbohydrates. The childish craving for candy is becoming recognized as the young body's need for fuel—not as an abnormal appetite. The thing is not to deny all candy—give candy rationally and normally, like you supply any other food.

—In normal times the candy industry uses only 8 per cent of the sugar used per capita in this country. Right now this amount has been cut squarely in two.

The Candy Manufacturers of Oregon

CAPTURED HUN TANK REPAIRED BY FRENCH



The tank seen in this French official photograph was captured by the French in the recent heavy fighting on the western front. The tank was demolished by the heavy French gunfire and it took these crafty Frenchmen twelve days of work under enemy fire to put it in order again. The photograph shows the French crew which repaired the tank and which is operating it with great results against the enemy.

Playgrounds for Children Are Big Necessity to Conserve Health

By CHARLES E. HUGHES, Former Governor of New York State



The successful worker must have the spirit of play in his heart, and the successful man is only a boy with a man's experience. He must have the zest, the devotion, the spirit of comradeship, the capacity for self-forgetfulness, the boy's wholesome outlook upon life, if he is to do a man's work in the world. How are we to save civilization from being caught in its own toils? How are we to preserve childhood from being too early drawn into the contests of life? How are we in our great urban population to make possible the spirit of play, the opportunities for childish sports which are essential to the development of normal manhood and womanhood? To the solution of that problem you are devoting your study with no little measure of success already attained. I cannot aid you by experience or suggestion, but I bid you godspeed from the bottom of my heart.

We want play—simply play, for the children of our great cities. Those who are fortunate enough to live in the country have in their own homes the playground. The orchard, the meadow, the brook, the swimming pool, the near-by wood, constitute the never-failing source for gratifying the appetites, the normal appetites, of childhood in the country. And with what feeling akin to despair do we look upon the growing thousands teeming in the congested quarters of our cities, with the slight opportunities of the roadway to take the place of the open country!

We do not think of them in their early years alone, but we look forward to the time when they come to play the parts of men and women in the world, and we wonder what is to be the future. Is their experience of life merely to be that of the hard taskmaster, the struggle for bare existence? Is the growing feeling of discontent to be accentuated and increased because of abnormal deprivation?

We want playgrounds for children in order that we may conserve the health of our people. A great deal is being done in these days to protect us against the spread of disease. We are fighting with intelligence and with new-found zeal the great white plague, but the dread disease of tuberculosis must be successfully fought by developing stamina, physical strength, through exercise in all the physical activities. We must nourish that strength in childhood. We do not want simply hospitals and pavilions and notices giving instructions to those who are unfamiliar with necessary precaution. We want to save the health of our children, so that we may nurture a strong, well-favored community. That is the surest way to stamp out disease.

British Columbia's Coal.

Writing of the discovery of coal in British Columbia, Johnson in his "First Things in Canada," states: "One day in December, 1849, an officer of the Hudson's Bay company in Fort Victoria was informed by the foreman of the blacksmith's shop that an old Nanaimo Indian chief had just stated that he knew where there was 'stuff' like that which the white man was using in the blacksmith's fire. The Indian was told that if he would bring some pieces of the 'stuff' he would have his gun repaired free and receive a bottle of rum. The chief reappeared in the following April (1850) with his canoe laden with coal. A prospecting party went out and found the coal where the city of Nanaimo now stands. In 1874 the production of coal from the Nanaimo mines amounted to 1,000 tons; in 1896 it exceeded 1,000,000 tons.

Its Kind.

"They say that at marriages in the future there will be a strictly American wedding march."

"I suppose it will be something on the order of a two-step."

Paradoxical.

Squabs—What made poor Griggaby so light headed?

Squibs—Well, there are differences of opinion, but he attributes it to heavy thinking.

Power of the Buzzard.

The power of the buzzard to sail through the air for long periods with little or no apparent movement of the wings is due to its expansive of the wing surface. Birds with smaller wing surface make up for this by rapidity of the motion of the wings.

WILL "USE NOTHING GERMAN"

Club Organized for the Purpose of Boycotting Products of Hun Manufacture.

Chicago.—High art and low art, music and literature and dolls that talk and walk are to be taboo forever and forever to members of a new club here, when they bear the "Made in Germany" stamp or flavor.

"Use Nothing German" is the name of the club. And the women who have formed it swear that they mean what they say, and that after the war they intend that the Kaiser does not recuperate from the ill he has brought upon himself through their aid.

The club expects to spread its message countrywide, and thus to induce women throughout the United States to back them up in ignoring everything German.

Man Imitates Nature's Works.

We have succeeded in penetrating the depths of the sea and the expanses of the air, in our contention for gain and progress, but these accomplishments are but of recent perfection. For thousands of years, for millions, the seas have been inhabited by finny monsters, and the air by winged creatures. The submarine and airplane are merely imitations, and the very colors and shapes of these forms have been found to be the most protective.

Odd.

Harker—"Your friend Lambley is rather an odd chap, isn't he?" Parker—"Yes—result of a plunge in the stock market a few years ago." Harker—"How's that?" Parker—"He failed to come out even."

Classified Advertising

FOR SALE

FOR SALE—179 Angora goats and kids. For particulars address E. H. Wase, Kerby, Ore. 88tf

FOR SALE—One Crescent plainer. Address A. C. Manning, Regue River, Ore. 47

FOR SALE—160 acres timber land near Kerby. Inquire Frank Floyd, Kerby, Ore. 58

FOR SALE—Five good Jersey cows, 2 extra good Guernseys, 4 months old Herford bull, 1 riding mare, 1 colt, 1 heavy team. Inquire Dr. Nerbus, Grave Creek ranch. 35tf

FOR SALE—Wheel chair with cushion, in first class condition. Inquire of E. G. Harris, 1042 East A street, phone 341-R. Call mornings. 45

FOR SALE—Ford runabout in good order; 1 mare, 7 years old; 2 pack burros; 2 small burros. E. T. Carnegie, Merlin, Ore. 46

FOR SALE—Young horse, hack, buggy, 43-acre dairy farm, good buildings. A bargain. Phone 500-J-1, Rt. No. 1. 47

1918 MAXWELL touring car for sale cheap. Apply at Letcher & Son. 45

FOR SALE—Choice alfalfa in the field at \$20. M. McIntyre, 3 1/2 miles down the Granite Hill road. Phone 609-F-12. 45

BARTLETT PEARS 50 cents on the trees, or 65 cents delivered. Peter Olsen, phone 500-R-2. 45

WHEAT AND STRAW—Wheat for sale, \$2 per bushel. Straw \$6 per load, in field, just across river bridge. L. A. Launer. 49

TO RENT

FOR RENT—6-room house with bath and large garden planted. 209 Foundry street. Inquire opposite, or Moss renting agency. 86tf

FOR RENT—House and six acres on East A street, Grants Pass, or house only, semi-furnished. Inquire of Mrs. A. J. Klocker, Medford, Oregon. 47

WANTED

WANTED—Groundmen and linemen for Western Union construction gang working between Merlin and Grants Pass. Best of wages and accommodations. Steady employment. For particulars apply manager Western Union Grants Pass, or foreman, Merlin, Ore. 51

WANTED to exchange—One young heavy horse, true and sound, for team about 1,250 lbs. each, true and sound. Will pay difference. Address 1357 care Courier. 45

DRESSMAKING

DRESSMAKING—Thoroughly reliable, reasonable. Edna Watts, 312 I street. 64

LOST

LOST—Between the M. H. Shinn residence on D street and Golden Rule Store, a black and white cameo breast pin. Finder leave at Courier office No. 1360 and receive reward. 45

MISCELLANEOUS

FOR TAXI SERVICE—Call 183-J; country of city calls; stand at Stag. A. J. Powers. 46

DANCE and amusements, August 24, 8:30 p. m., Leland hotel dining room. For benefit of American Red Cross. Tags 35 cents, includes dance and supper. Good music. (Signed) Committee. 47

STRAYED

ESTRAYED—There came to my place at Kerby about August 1st, one red cow about 8 or 10 years old branded JP connected, marked with swallow fork and underbit in the left and two splits and underbit in right ear. Owner can have same by proving property and paying charges. A. L. Richardson, Kerby, Ore. 45

Common Heather Dying Out.

In the case of such a plant as the common heather of England and Scotland, found growing wild in Nova Scotia, it is a matter of curious interest to determine whether it is native to the soil or has been introduced from Europe. Lawson decided that the plant had its home here. There was a time, it is thought, when the plant was abundant in our northern lands, and its present rare occurrence marks a dying out of the species on this side of the ocean. Its vigorous growth in Europe is due to the circumstance that there it is a young plant on virgin soil.

ATTORNEYS

H. D. NORTON, Attorney-at-Law. Practices in all State and Federal Courts. First National Bank Bldg.

COLVIG & WILLIAMS, Attorneys-at-Law, Grants Pass Banking Co. Bldg., Grants Pass, Oregon.

E. S. VAN DYKE, Attorney. Practice in all courts. First National Bank Bldg.

O. S. BLANCHARD, Attorney at Law. Golden Rule Building. Phone 270. Grants Pass, Oregon.

BLANCHARD & BLANCHARD, Attorneys, Albert Bldg. Phone 235-J. Practice in all courts; law board attorneys.

C. A. SIDLER, Attorney-at-Law, residence in bankruptcy. Masonic temple, Grants Pass, Ore.

VETERINARY SURGEON

DR. R. J. BESTUL, Veterinarian. Office, residence. Phone 305-R.

PHYSICIANS

L. O. CLEMENT, M. D., Practice limited to diseases of the eye, ear, nose and throat. Glasses fitted. Office hours 9-12, 2-5, or on appointment. Office phone 67, residence phone 359-J.

S. LOUGHRIDGE, M. D., Physician and surgeon. City or country calls attended day or night. Residence phone 369; office phone 183. Sixth and H, Tufts Bldg.

DR. J. O. NIDLEY, Physician and surgeon. Lundberg Bldg. Health officer. Office hours, 9 to 11 a. m. and 1 to 5 p. m. Phone 310-J.

A. A. WITHAM, M. D.—Internal medicine and nervous diseases; 903 Corbett Bldg., Portland, Ore. Hours 9 a. m. to 1 p. m.

A. BURSELL, M. D. D. C.—All drugless and surgical methods. 215 North Sixth street, phone 7. In Dr. Ingram's office. 62

DENTISTS

E. C. MACY, D. M. D. First-class dentistry. 109 1/2 South Sixth street, Grants Pass, Oregon.

PHOTO STUDIO

THE BEST TIME—The softest and most beautiful lighting effects for fine pictures are secured by the operator at The Picture Mill between the hours of 10:30 a. m. and 2 p. m. and believing that you desire the very best work, we would respectfully suggest that you arrange for sittings between the above hours. After 2 p. m. the light becomes intense and harsh and the results are not as satisfactory as earlier in the day. Call 283-R for time. 60

MUSICAL INSTRUCTION

J. S. MACMURRAY, teacher of voice culture and singing. Lessons given at home of pupil if requested. Address 716 Lee street.

DRAWING AND TRANSFER

COMMERCIAL TRANSFER CO. All kinds of drayage and transfer work carefully and promptly done. Phone 181-J. Stand at freight depot. A. Shade, Prop.

THE WORLD MOVES; so do we. Busch Bros. Transfer Co. Phone 397-R.

F. G. ISHAM, drayage and transfer. Safes, pianos and furniture moved, packed, shipped and stored. Phone Clark & Holman, No. 50. Residence phone 124-R.

The California and Oregon Coast Railroad Company TIME CARD

Daily except Sunday Effective May 1, 1918

Train 1 lv. Grants Pass. 1:00 p. m. Train 2 lv. Waters Creek 2:05 p. m.

All trains leave Grants Pass from the corner of G and Eighth streets, opposite the Southern Pacific depot. For all information regarding freight and passenger service call at the office of the company, Lundberg building, or phone 131 for same.

When It Starts.

Not always, but almost always, the beginnings of mental and moral inferiority are in the home. Educate parents to the supreme importance of home training of children and the problems of vice, crime and poverty will be far on the way to solution.

INSECT PRODUCTS OF VALUE

Many Small Creatures Make Contributions to the Country's Wealth of No Insignificant Amount.

We have many insect products of no small value. Most familiar are honey and wax from the bee.

There is also a Chinese bug which secretes a kind of grease on various trees. This hardens into wax, and is collected, melted and purified, when it becomes white and glossy in appearance, and when mixed with oil can be made into candles. The cochineal, a scale insect living on cacti in the American tropics, besides having medicinal qualities, yields the two dyes called carmine and lake. While nowadays most dyes are chemically made, the natural dye of the cochineal is employed in coloring soldiers' uniforms, as it stands the weather better than commercial dyes. The pupae of a Mexican black fly which swarms in great quantities near Lake Texcoco are used as fertilizer. No enlargement is needed on the work of the precious silkworm—a native of China which is now raised here also. Commercial shellac is obtained by melting lac, the resinous substance produced by an East Indian scale insect and deposited in a crust on twigs to contain the insect and its eggs. The export value of lac from Indian ports in one year has risen as high as \$3,000,000 rupees. Lac has also been used to make dyes, but while the lac industry is a growing one, the employment of lac in making dyes has probably had its day. The best lac is obtained from Bengal and the central province of India. It is also used as stiffening for hats, sealing wax, as an ingredient of lithographic ink, in electrical work and in the manufacture of gramophone records.

"FLAG THEIR HOME TOWNS"

Novel Stunt at Eagle Hut Cheers Soldiers.

P. F. Storrs of the Eagle Hut in London is responsible for a popular stunt at that cheery establishment. He has put up a large scale map of the United States and Canada and adorned it with a request to American and Canadian soldiers or sailors to "flag their home towns."

The boys have fallen for it, and there is always a group of happy faced lads around the map, and in less than a fortnight it is already dotted thick. Hardly Western towns between the Allegheny mountains and the Mississippi have been flagged most.

No Better Combination.

It is a strange thing that people should voluntarily miss so much of beauty in their lives. But it is a fact that the present generation does not place as much emphasis upon the library in the home as should be placed. Make your library the center of your home. Buy good books and read them together. "For there is no friend like a book and a book."

SPRING FESTIVAL IN CHINA

Beginning of the Year is a Time of Rejoicing Throughout the Whole Country.

In the United States one knows that spring has come when he sees boys playing marbles and flying kites. In China, says the Christian Science Monitor, there are regular spring-playing festivals that all the people have a part in and which are especially interesting for children.

Just when the spring festival comes depends on the moon. It is the beginning of the year in China, and in the first moon the magistrates and other important persons in the town go out in a procession "to meet the spring."

It is at the lantern festival, the 15th of the first month, that the children have the best time. Brightly colored lanterns are everywhere, at the doors of shops and houses, and carried in processions. Boughs of evergreen are also placed above the doors, and there is an abundance of "moon cakes," little round sweet rice cakes.

The boys dress up in all sorts of fantastic clothes, sing, dance and give little plays. They wear masks of animals and of human faces. Companies of them go about through the streets of their villages, and from one village to another. Now and then a group of maskers will be seen on high stilts. There is a very pretty dance where every dancer carries a lighted lantern. This is called the lantern dance.

Explaining "Mispah."

Mispah or Mispah is the name of several towns in Palestine. The name is derived from a verb of the ancient Hebrew signifying to look or watch out. The word occurs in several places in the Old Testament. The first mention is the most significant. Jacob and his prospective father-in-law, Laban, met on a slope of Mt. Gilead and entered into a covenant. Laban had several times violated his agreement as to the wages he was paying Jacob, and Jacob demanded a fair deal. When they came to an agreement they raised a monument of stones, which Laban declared should be called "Gilead, and Mispah." "This heap shall be a witness between me and thee this day. The Lord watch between me and thee, when we are absent, one from the other." This passage is used as a benediction by the Young People's Society of Christian Endeavor.

Detecting Malingers.

The discovery of a Dutch physician that sudden sounds may cause the pupil of the eye to dilate momentarily is suggested as a novel method of detecting malingers claiming to be totally deaf. Placed in a strong light, the subject is told to look at some distant object and, as the examiner's assistant calls off in a loud voice a number of well separated words—such as "Attention!" and "Forward march!"—the effect on the pupils can be clearly seen.