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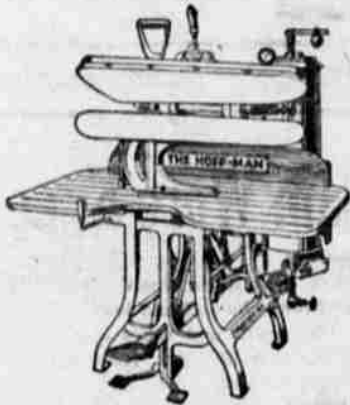
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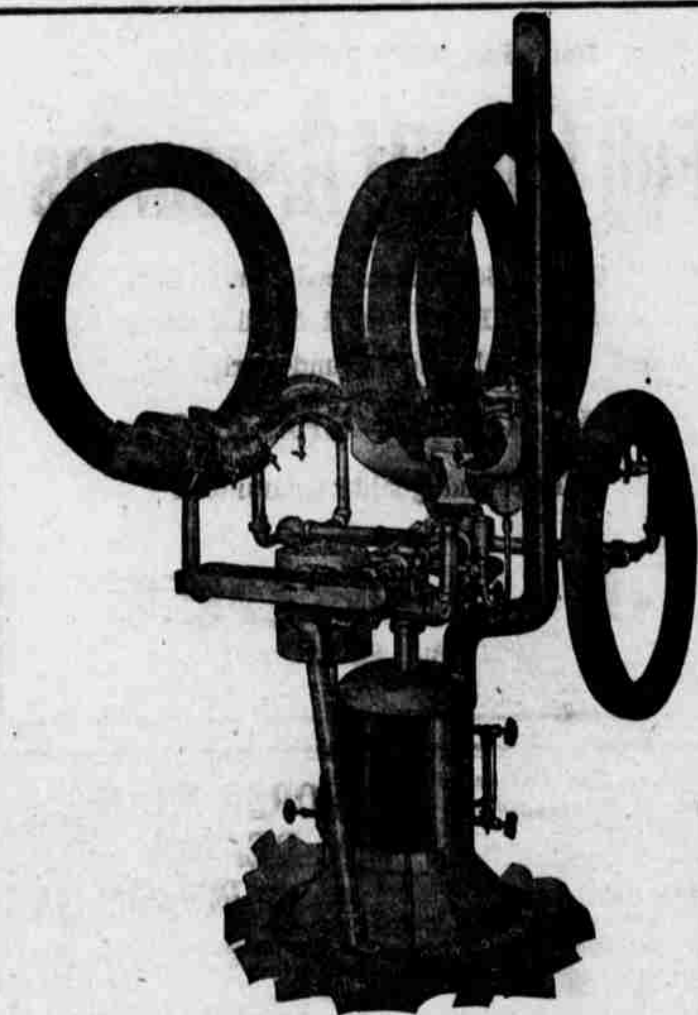


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Auto Service Co.

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Opposite Oxford Hotel 305 South Sixth Street

Y. W. C. A. OPENS WORK IN ITALY

Tea and Club Rooms Opened for American Women.

Miss Charlotte Niven, Director of Italian Work, Prepares for Influx of American Woman Students.

Italy is now included in the war work of the American Y. W. C. A. Miss Mabel Warner of Salina, Kan., and Chicago left Paris a few days ago for Rome, where she will be in charge of a Hostess House for American girls employed there by the American Red Cross, the Embassy and the new Tuberculosis Commission. Miss Warner has been director of the Y. W. C. A. Hostess House at Brest, France.

Miss Warner will open a tea room and club rooms where the American women can gather for social times. Rome is harboring a refugee population of about 40,000 and accommodations are difficult to find.

The work in Rome was started as a direct result of the appeal of Miss Charlotte Niven, one of the National Y. W. C. A. secretaries of Italy, who is spending a few months in France as advisor in the French work.

Miss Niven's dreams of Y. W. C. A. work in Italy include the maintenance of a residence for non-Italian women, who, she feels, will come to Italy in great numbers after the war to study music and art.

"I believe at this time such a project is particularly important because women from other countries should be encouraged to come to Italy to replace the great numbers of German women who flooded Italy in the past, many of them paid agents of their government," Miss Niven said in discussing her plans.

Miss Niven has asked the American Y. W. C. A. to aid the Italian Association in establishing a center, perhaps at Genoa, with two American secretaries, with physical and recreational training, to act as a training school for Italian women. In connection with her plan would include a Hostess House for girls passing through the city or employed there. Such a center would become eventually the center for all Y. W. C. A. work in Italy, both Italian and foreign.

In her formal appeal for help for the Unione Cristiana Delle Giovani (the Italian name for Young Women's Christian Association) Miss Niven has emphasized two facts, the poverty of the Italian Association on the one hand and the need and opportunity on the other for an American program in Italy at the present time.

Miss Niven's favorite way of illustrating the friendliness of the Italian woman to America is by telling the story of the Italian mother who said she had taken down the picture of the Madonna which had hung for many years over her bed and was putting in its place one of President Wilson.

"In our work in the Unione we have lacked trained leadership as well as the material resources to give such training. We have had no means to buy modern equipment. Consequently we have not the visible results of American and British work."

"Feeble as our work may be, it is not useless. Many girls in all parts of Italy have told us how much the Unione meant in their lives. Italian girls are touchingly grateful for the smallest efforts. They respond eagerly to friendliness.

"There is no other agency doing in Italy what the association is trying to do."

Miss Niven has spent the past seven years in work with the Italian women, starting as director of a hostel, or boarding home for Italian women students, at Florence. She is an American from New York, where she was onetime head of the Christodora Settlement House.

WOMEN LEARNING MASSAGE.

Germantown Y. W. C. A. Trains Women for Reconstruction Work Among Soldiers.

Educational courses to prepare women as aides in the rehabilitation of wounded soldiers have been opened at the Germantown, Pa., Young Women's Christian Association.

A reconstruction massage course, lectures in anatomy, physiology, muscle work and remedial movement massage, theory and practice, electrotherapy and hydrotherapy are given by doctors and nurses, who also supervise practical work at the Y. W. C. A. and at hospitals. The courses are recognized by the Surgeon General.

Similar courses have also been opened in the New York City Central Branch Y. W. C. A., where a specialty is made of brush-making with a view to training women as teachers for reconstruction hospitals.

Suspicious.

"Have you got a lawyer looking after your interest?" "Nominally; but I rather think he has his eye on my principal."—Boston Evening Transcript.

DAIRY THE DAIRY

EVAPORATED MILK FOR ARMY

Federal Food Inspectors Watch Factories Making Product—Much Being Shipped Overseas.

(Prepared by the United States Department of Agriculture.)

Federal food inspectors of the United States department of agriculture are giving special attention to factories where milk is condensed or evaporated for use of the allied armies and for consumers at home.

Condensed or evaporated milk is a most important article of food even in peace times. It is used by bakeries and confectioneries, and in feeding babies and the sick, as well as being used as a general substitute for fresh milk wherever the raw milk cannot be obtained in sufficient quantity or purity.

In time of war, evaporated milk becomes a necessity, because it can be transported with ease and will keep a reasonable time under conditions where it is impossible to obtain or keep fresh milk. As much as 80 per cent of the output of many large factories is being shipped overseas for the use of the allied armies.

Inspectors examine the sanitary condition of factories where milk is condensed or evaporated, sterilized and canned. Samples of the raw milk as received at the factories are taken for analysis by chemists and bacteriologists to see that it is clean and wholesome and that it possesses the proper proportion of butterfat and other ingredients. The processes of evaporation, sterilization, and canning are studied; samples of the finished evaporated product are taken for examination in order that it may be determined whether the evaporated milk has been condensed to the proper consistency, contains the right food elements, and is clean and wholesome. The contents of the cans are weighed and compared with the amount stated on the labels. The labels on the cans are critically studied to see that there is no misbranding or false statements made regarding the quantity, the quality, or the strength of the evaporated milk.

Inspectors of the various states cooperate with the federal food inspectors in this work. The federal food and drugs act applies only to shipments of foods that enter interstate or foreign commerce. State inspectors have jurisdiction over products made and sold wholly within the state.

The joint authority of the federal and state inspectors often enables them, working together, to correct abuses which either working alone could not reach. Adulterated or misbranded condensed milk, when shipped into interstate or foreign commerce, may be seized under the federal food and drugs act, and the manufacturer or other responsible party may be prosecuted under the criminal sections of the law. The state food inspectors have authority, under the law of some states, to require insanitary factories to close until put into sanitary condition.

Evaporated or condensed milk, as defined for the guidance of the officials in enforcing the food and drugs act, must be made from whole, fresh, clean milk, and contain not less than 25.5 per cent of total solids, and not less than 7.5 per cent of milk fat.

BEST FEED FOR DAIRY COWS

With Minimum Amount of Grain Substitutes Must Be Furnished—Legume Hay Favored.

(Prepared by the United States Department of Agriculture.)

To feed the dairy herds well, with the minimum of grain, substitutes must be furnished for at least part of the grain. With a good pasture during



Field of Soybeans, a Good Home-Grown Feed—Rich in Protein for Dairy Cows.

The entire summer and with rich corn silage and first-class legume hay for winter feeding, good dairy cows will yield a heavy flow of milk at a minimum of cost. Clover, alfalfa, cowpeas, soybean, velvet bean or other legume hay, when fed with good silage, will maintain a medium production of milk at a relatively low cost. Under ordi-

Classified Advertising

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FOR SALE CHEAP—40 acres, 6 miles from town on the Crescent City road. Mrs. W. H. H. Taylor, 421 West L street. 25

FOR SALE—Small ranch—32 1-2 acres; 20 cleared, rest matted timber, spring water. Place fine for small dairy, orchard, trucking or poultry. Houses, barn and sheds. Small cash payment, balance 5 years 5 per cent. Description upon request. C. H. Corson, Grants Pass, Ore. 15

FOR SALE—Portable six horse power gasoline operating American well drill. L. S. Morrison, Leland, Ore. 09

ROSE COMB WHITE Wyandotte eggs for hatching, \$1 per setting of 15. Mrs. C. G. Gillette, phone 261-J. 09

FOR SALE—Six room house on paved street, modern, includes range, shades, etc. Terms if wanted, also Ford auto in first-class condition—some household goods. N. G. Clark, 802 Lawndridge Ave. 10

WANTED

CATTLE WANTED—G. W. King, Montague, Cal. Will be at the Hotel Josephine for a few days. 23

WANTED TO BUY—Busy Bee phonograph records. Anyone having same for sale address 382 care of Courier. 10

The California and Oregon Coast Railroad Company TIME CARD

Effective Nov. 19, 1918.

Trains will run Tuesday, Thursday and Saturday

Leave Grants Pass.....1 P. M.
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Leave Waters Creek.....3 P. M.
Arrive Grants Pass.....4 P. M.

For information regarding freight and passenger rates call at the office of the company, Lundburg building or telephone 131.

Daily Health Talks

GOING BACK TO NATURE

BY DR. W. LUCAS

People get sick because they go away from Nature, and the only way to get well is to go back. Something grows out of the ground in the form of vegetation to cure almost every ill. Some of these vegetable growths are understood by man, and some are not. Animals, it would seem, know what to do when they are sick better than men and women. Observers have noted that a sick horse, dog or cat will stop eating food and seek out some vegetable growth in the field or yard, which, when found and eaten, often restores appetite and health. Haven't you seen these animals do this very thing yourself?

Dr. Pierce, of Buffalo, N. Y., long since found the herbs and roots provided by Nature to overcome constipation, and he had these vegetables collected and made up of Mayapple, leaves of Aloe, root of Jalap, into little white sugar-coated pills, that he called Dr. Pierce's Pleasant Pellets. You must understand that when your intestines are stopped up, poisons and decayed matter are imprisoned in your system, and these are carried by the blood throughout your body. Thus does your head ache, you get dizzy, you can't sleep, your skin may break out, your appetite declines, you get tired and despondent. As a matter of fact, you may get sick all over. Don't you see how useless all this suffering is? All that is often needed is a few of Dr. Pierce's Pleasant Pellets, which he has placed in all drug stores for your convenience and health. Try them by all means. They are probably the very thing you need right now.

Adler-i-ka Helps Son!

"My son had inflammation of bowels and was greatly bloated (with gas). After giving Adler-i-ka he is completely CURED. Doctors did no good." (Signed) M. Gerhard, Ferdinand, Ind.

One dose Adler-i-ka relieves sour stomach, gas and constipation INSTANTLY. Removes ALL foul matter which poisons system. Often CURES constipation. Prevents appendicitis. We have sold Adler-i-ka many years. It is a mixture of buckthorn, cascara, glycerine and nine other simple drugs. National Drug Store.

MISCELLANEOUS

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SECOND HAND goods of every description bought and sold. A. J. Powers, 408 South Sixth street. 11

ANGEL CAKES 75c. Phone 190-J.

TIRES—Used tires bought and sold. Auto Service Co. Phone 324-J, opposite Oxford hotel. 19

E. L. GALBRAITH, insurance, rentals a specialty. Acreage, Building and Loans. 609 G street, Lanier's old location. 11

ELECTRIC WIRING and general electrical work, repairing, house wiring. C. C. Harper, 315 North Sixth street, phone 47. 11

HEMSTITCHING and piecing at 10 cents a yard—All work guaranteed. The Vanity Shop, Medford, Ore. 152

NOTICE is hereby given that I will not be responsible for any debts contracted by my wife, Alice Bohannan. (Signed) H. Bohannan, Grants-Pass, March 2, 1919. 07

PHOTO STUDIO

THE PICTURE MILL for fine photographs. Open daily except Sunday from 10 a. m. to 5 p. m. Sunday sittings by appointment only. Phone Mill, 283-R, or residence 140-J. 5711

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S. LOUGHRIDGE, M. D., Physician and surgeon. City or country calls attended day or night. Residence phone 369; office phone 182 Sixth and H, Tufts Bldg.

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