

**WHY****Milk Is a Health Giver and a Body Builder**

"Every boy should have a quart of milk a day until he has attained his growth; and every girl should have a quart of milk a day until she has weaned her last baby." Quoting one of the world's greatest scientists in nutrition, H. C. Sherman of Columbia university.

Further, we are told, if we wish to remain young and have the best health, we may well follow the practice of using a quart of milk a day throughout our adult life. Using it, mind you—not necessarily drinking it. Made into cream soups, bread, custards, puddings, scalloped with other foods, in cocoa—who cares in what way, just so long as the daily quart is there.

Occasionally, but very occasionally, indeed, we find a person who cannot take milk, even when it is cooked into or with foods. These persons are exempt, but we cannot help feeling sorry that they go through life nutritionally crippled in this way.

Why milk and why so much milk? It is the cheapest source of the needed animal muscle-building food.

It is the richest of all foods in bone-building substances; lime and phosphorus.

It contains all three—or four, if there are four—vitamins, if the milk is produced by healthy, rightly fed and cared-for cows.

Milk is not a "cure all," although when it is used to replace a part of our modern white bread, meat and potato dietary, it is a "cure for much." Not every wrong can be righted by using more milk, but many of them may.

The moral of our story is to use milk if you wish the happiness of good health. Give it to children in the abundance needed to make them strong. Take a daily quart yourself. Drink it raw if it is clean and agrees with you and you like it. Boil it, if you need to. Learn to make it into attractive dishes. Spread the good news of its value.

**Why World Hails New Production of Helium**

A new way of getting helium has been suggested in Germany by Dr. Kurt Peters of the Physical Technical Institute of Berlin. It is to be distilled from radioactive minerals used in various industries, and mainly from monazite sand, which is used for Welsbach mantles. Although it has been known for a long time that these minerals give off helium when heated, the gas has never been recovered commercially. Doctor Peters claims it is the largest source of helium in Germany at the present time. He estimates that a production of from 15,000 to 20,000 cubic feet is available annually.

While this amount will not be sufficient for use in dirigibles, it is expected to suffice for technical purposes. Helium has been most difficult to obtain because the United States, which is the only country in the world producing the rare gas in large quantities, has stringent export laws prohibiting its sale to foreign countries except with the sanction of the War and Navy departments.

**Why Dreams Are of Value**

"Dreams," said a doctor, "are not only useful symptoms to the psychoanalyst—they are useful to us doctors, too."

"For many maladies have their own peculiar kind of dreams, and just as jaundice is denoted by a yellow skin, so heart trouble is denoted by dreams of floating and flying high above the earth."

"The neurasthenic dream of troubles, anxieties, death and failure. The consumptive have very happy dreams—revels, dancing and feasting. Those afflicted with liver complaint dream, on the other hand, of funerals, and the rheumatic dream of burns and blows and hard knocks."

**Why Rats Leave Ships**

Cats desert ships, as rats are supposed to do, but for different reasons, according to the radio operator on board the Cold Harbor. He says that they leave if they do not like the galley or the cabins, and when they look over another ship as a prospective home they investigate as carefully as any newly married couple examine their first apartment. Is it true that rats really desert a ship because of premonitions, or is it a sailor's superstition, of which there are many? Many tales are told of rats scuttling down the ropes when a vessel is in harbor, and the vessel going down on the next trip. But we have our doubts.—Baltimore Sun.

**Why One Feels "Blue"**

The scientific reasons for the common feeling known as "blue" are that during damp weather we do not perspire normally and our bodies retain the waste products which are otherwise thrown off. A nonenergetic feeling follows. Also during this kind of weather, the air does not contain an ordinary supply of oxygen. Oxygen

is the more rarer and we cannot fully assimilate our food without a full supply. Hence the "heavy" feeling.

**Why Snakes "Rattle"**

The vibrating of the snake's tail was a common characteristic of most snakes before the rattlesnake evolved from the common ancestral stock of Pit Vipers. The habit of vibrating the tip of the tail at a high rate of speed is believed to be an escape of nervous force brought about by immediate conditions.

**SAM'S VALLEY**

Raymond Wyatt and Harvel Jones went to Diamond lake last Thursday for a few days' outing. They expect to spend the Fourth at that resort.

Quite a number of local people are spending the Fourth at Diamond lake. Among those who went up Saturday are, Loyal Abbott, Harold Strauss and Ellwood Abbott.

Miss Wenonah McKinnis went to Ashland last Thursday where she will spend the week visiting at the home of her sister Mrs. A. L. Baker.

Mrs. Wilson and family spent the Fourth in the vicinity of Union creek enjoying the cool shade and fine water to be found on the upper river.

Geo. McDonough and family spent Sunday up on Evans creek.

Max Schultz is driving a late model Ford.

The grain cutting is nearly all done now and threshing will start very soon. Fall crop wheat is very good in spite of the dry weather, the spring crops are not so good.

John Duggan came over from Klamath county last Thursday to spend a few days with his family. Mr. Duggan has planted a few acres of potatoes in the Klamath district and expects to have a good crop.

The county road crew is now at work near Gold Hill having furnished the grading of the new work in this part of the district.

Dick Straus and family, also Mike Koger and family spent the Fourth over on Evans creek.

M. P. Morgan and family spent the week end and the Fourth at Diamond lake, coming home via Crater lake, Fort Klamath and Ashland.

Grange met last Saturday afternoon with a good attendance in spite of the warm weather and the fact that many of the members had gone to the hills and various other points for the week end. The first and second degree was conferred on one candidate.

Mr. and Mrs. F. O. Cochran will leave Thursday morning for Oakland, California for a few weeks' vacation. After a short stay with Mrs. Cochran's brother in Oakland, they will go to Ventura, California, to visit their sons Lawrence and Cecil. The American will follow them to keep them informed of the news at home.

Mr. and Mrs. Nathan Grisham of Central Point, accompanied by Mr. and Mrs. Clinton Medley of Salem and Mr. and Mrs. A. G. Thompson of Klamath Falls, attended the celebration at Ashland Monday.

P. L. Loosley and wife returned Wednesday from a trip to Fort Klamath and Klamath Falls. Mr. Loosley states this is his first trip to Klamath Falls in twenty-two years. The trip was enjoyed as well as some good fishing.

A. A. Lair, who is employed at the Modoc orchard near Central Point was in town last Friday and purchased a new buggy of Freeman, Wiley & Co. Mr. Lair believes the old way of travel is fast enough for him. While in town he called at the American office to renew his subscription for another year.

Scott Hamilton appeared on Main street Saturday decked out in knickers and a new hat, and intended to spend a glorious Fourth at Dead Indian Springs.

Claude W. Freeman of Freeman & Struble, architects of Salem who are architects for the Central Point high school building, and his family were in this city Saturday enroute to Crater Lake.

Mrs. R. Kyle of Medford, accompanied by her daughter, Mrs. Elmer Kyle, were callers at this office last Friday. Mrs. R. Kyle had the American sent to Mrs. I. G. Robnett of Portland. The Robnetts at one time were in the grocery and dry goods business here and were located in the building now occupied by B. P. Thiess.

Norval Wiley and Lloyd Anderson spent Sunday in the Squaw Lake country. The boys drove their car within two miles and hiked the rest of the distance to the lake. Although they weren't successful nimrods they enjoyed a good swim there.

Captain Gay, of the Salvation Army of Medford, and son Irvin, left for Seattle Monday by auto. He will be accompanied home by his mother and sister for a month's vacation.

For Sale—Two Fresh Jersey cows, one heifer, and one six-year old.—D. M. Grisham, Central Point, Ore. Phone 214. 1t

**FIERY CROSS WELCOMES JULY FOURTH**

Last Sunday evening, just as darkness had set over the valley, a large and magnificent "fiery cross" of the Ku Klux Klan blazed forth on the top of "Old Baldy" in honor of the sesqui centennial of our nation's independence.

The cross burned with a clear, red light for fully half an hour before the lights finally died out one by one. All over the nation where this patriotic protestant organization has any membership, there appeared "fiery crosses" similar to the one seen last Sunday night. The "fiery cross" displayed by the Grants Pass Klan is said to have been five hundred feet in length and over two hundred feet across and is probably the largest "fiery cross" ever displayed anywhere in the domain of the Invisible Empire.—Southern Oregon Spokesman.

Richard Payne and Allen Perry of Medford were guests of Moore Hamilton Friday evening.

Mr. and Mrs. Reuben Morris of Cottage Grove, Oregon, were Thursday callers at the Smith and Hathaway homes. Mrs. Morris will be remembered as a daughter of the late Mr. and Mrs. P. L. Morrill, who formerly owned the George Garrett farm near Central Point.

Mr. and Mrs. Clinton Medley drove down from Salem Saturday and spent the Fourth with Mr. and Mrs. Nathan Grisham. Mrs. Medley is a sister of Mrs. Grisham.

Mr. and Mrs. A. G. Thompson drove over from Klamath Falls and spent the Fourth with home folks.

Mrs. H. T. Pankey has our thanks for a renewal of the American since our last issue.

Frank Jones left for Crater Lake last Friday where he will be employed for the summer.

W. E. Alexander was a Monday caller to renew his time on the American.

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