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ARTHUR EDWARD POWELL
 Editor and Publisher

EDITORIALS

MEMORIAL DAY

Next Monday we again celebrate Memorial Day. It is one of the most impressive, most touching and most typically American of the days we set apart. From earliest childhood one remembers the gathering of the old veterans, the march under the warm spring sun, and the graveyard where gay flowers and the bright Stars and Stripes were placed at the headstones of the dead.

But in these later years we have come to include all our departed loved ones in this season of special remembrance. We make it a point to clean up and decorate the graves of all our dead.

This is well, but let us never forget the soldier who today lies beneath the sod. If the blessings of peace which these dead gained for us make similar sacrifices on our part unnecessary, they should not blind us to the suffering which the soldiers of '61, '98 and '17 endured. Rather should they impel us to care well for the country they prized so highly. Pride in their achievements may, indeed, be ours on this day.

OUR PARK ROADS

A fund of one million dollars has been made available for the construction of a new road around the rim of Crater Lake. During 1931 it was built from the public camp ground to the Diamond Lake road; in 1932 it will be extended to The Wine Glass and in 1933 to Kerr Notch. In 1934 it is proposed to complete it and the Educational Advisory Board seems to favor construction from Kerr Notch down Sand Creek to Lost Creek, then up to Sun Notch, down to Park Headquarters.

We are bitterly opposed to this plan. We favor a plan proposed by the "Father of Crater Lake," Will G. Steel, which is as follows:

Commence construction at the low point immediately West of Garfield Peak, thence inside the rim to the base of Kerr Notch, at the water's edge, four miles distant, instead of 13 as at present, on a four per cent maximum grade instead of ten. Then bore a tunnel on approximately five per cent grade, to the rim road, about half a mile distant, using all debris to fill in shallow water for turning places, parking and boat houses. With such a road in operation, instead of one per cent of visitors going to the water there will be 100 per cent.

The objection made to this road is that it will mar the landscape. Well, to whom does the landscape belong? Every visitor is equally interested with every other American citizen in this park and shall they be deprived of its use by a few men clothed with a little brief authority and possessed of a dainty theory?

It is true that at first any new road mars the landscape. But a few years of exposure to the elements will so blend the new grades and fills as to almost hide them from view. And one of the principal objections heard from visitors to the lake is the difficulty of reaching the water's edge.

A practical road which would allow anyone so desiring to drive right down inside the rim to the water would be a wonderful improvement. By all means let's have the inside rim road.

WE MAKE OUR OWN HARD TIMES

In this remarkably valuable book, "Men, Money and Mergers," published by the MacMillan Co., Dr. George L. Hoxie examines the depression, the various solutions offered for it, and shows conclusively that most of the paternalistic and socialistic remedies proposed are as hollow as drums.

The public brings hard times on itself. "Unless the average person pays as he goes," Dr. Hoxie writes, "unless business is conducted upon a virtual barter basis, with each paying for what he gets by giving what he has currently produced, a final crash is inevitable. . . . The end comes when customers on the outer fringe have used up their saved capital and have mortgage their earnings to the limit. Almost in a day,

considerable fraction of their buying stops. . . . Hard times are on."

As for the way out of the depression, Dr. Hoxie shows the "assistance" of politicians and radical planners can only hinder a normal recovery. He says: "Individualism may be looked to with confidence for concrete advice respecting the best paths to pursue to more rapid and more equitable distribution of newly created wealth."

Dr. Hoxie's book is refreshing, coming as it does on the heels of a multitude of other works which, for the most part, attempt to show the need for a radical change in our system of government, and in government's relation to industry, to workers and to investors, without offering any practical substitute plan. The depression will pass—and if we are wise, it will leave us with knowledge that will enable us to prevent wild ups-and-downs in the business cycle in the future. Those interested in economic sanity rather than political radicalism will profit by Dr. Hoxie's book.

WORRY—THE DRIVER'S BANE

Mental lapses are a far more important cause of automobile accidents than is commonly believed. While the reports of accidents may give physical causes, such as reckless driving, wrong side of the road, cutting in, etc., those may only be symptoms of a disturbed mental state, asserts Rr. H. J. Stack of the National Bureau of Casualty and Surety Underwriters, who says:

"Extreme hurry or worry causing intense preoccupation, fatigue, elation, or excitement, or slowed down reaction as a result of the indulgence in alcohol or other narcotics may be behind an accident. Many of these mental conditions are within our control." He suggests the following precautions as preventatives:

1. Take a short rest or let someone else drive the car when you have been driving for a long period at night.
2. Be especially alert when hurrying to work so that you can keep your mind on your driving.
3. The best place for the confirmed back-seat driver is at home.
4. Don't day dream driving a car or crossing the street.
5. Control your temper. If the traffic officer calls you down, probably you deserve it.
6. If you have a superiority complex, forget it when you get behind the steering wheel.
7. Don't become a speed maniac. This mental disorder is serious and contagious. A serious accident seems to be the only cure for its victims.

TAKE LESSONS FROM THE RAILROADS

It is estimated that on June 30th there will be a shortage of \$2,500,000,000 in the Federal budget, due to expenditures having outrun receipts.

When it comes to balancing budgets, the politicians should take lessons from the railroads. In 1930 railroad operating expenses were 12.8 per cent less than 1929, in 1931 they were 17.9 per cent below 1930 and during the first four months of this year they dropped to 22.2 per cent under the corresponding months of 1931. Standards of efficiency and service have not been sacrificed.

On the other hand, the political managers of our government have incurred a gigantic deficit for the taxpayers. Every revenue-raising, economy-engendering program proposed by one party or faction in Congress has been cut to shreds by another. The Senate and the House seem to be hopelessly at odds. This has weakened the American dollar, unbalanced the budget, and shaken national credit.

The governmental budget must be balanced in a large measure by lowering expenses. The government is the people's industry—and its position is fundamentally no different from that of a private industry when hard times follow in the wake of inflation and extravagance—expenses must be brought down to income.

LOOKING TO THE FAR PLACES OF THE WORLD

In years to come, the far places of the world will mean almost as much, from the commercial standpoint, to millions of Americans as do their own home towns and states.

Ten per cent of our total trade depends on overseas markets. And that ten per cent, as John S. Carson, Vice-president, the American and Foreign Power Company, recently pointed out marks the difference between profit and loss in the grand balance sheet of American business. The fact that so many of our industries are swimming in red ink is the direct result of the tremendous drop in the volume of our foreign trade that has occurred during the past year or two.

In 1928 our total export trade, according to President Hoover, provided the livelihood for 2,400,000 families. Since then our exports have dropped over 50 per cent. This

means that 1,200,000 families, including some three million individuals, have suffered. Their buying power has dropped—they are no longer able to do their part in keeping the industrial machine in motion. Their misfortune has thus been felt, directly or indirectly, in millions of other families.

Unprejudiced minds are looking across the seas, knowing that in the modern world, isolation means industrial suicide—that employment for millions of our fellow citizens is dependent on the markets of distant lands.

IS PROPERTY CONFISCATION APPROACHING?

Throughout the land there is growing talk of "tax strikes." Many property owners are simply unable to pay the exorbitant levies demanded. We are gradually approaching a time when it will be cheaper to tear down many buildings, thus creating unimproved properties, or allow the property to be taken over by the state, than to pay taxes.

Is it any wonder that the best minds of the country are regarding the tax problem as the most serious, most far-reaching and most menacing issue the people now face?

In Oregon Homes

IONE—In trying to make her kitchen "as convenient and attractive as possible" a Morrow county homemaker reports the following accomplishments: "I took four-pound coffee cans, painted them white, pasted colorful designs on each and labeled each with the name of the food it was to contain. I use these tins for brown sugar, powdered sugar, red, white and lima beans, macaroni, tapioca, corn meal graham flour and crackers. Everyone admired them. I placed them in a row in an open cupboard space. I have a set of doors above and one below in my cupboard and this space in between.

GRESHAM—One hundred twenty-one women from six communities of Multnomah county have enrolled in the nutrition project on low cost meals during winter months. Meetings include discussions of adequate but inexpensive meals and are under the direction of Frances Clinton, home demonstration agent, cooperating with the state nutrition specialist in extension.

PLEASANT VALLEY—"Near the sink I have installed a small board for cutting vegetables," says a Baker county homemaker in telling of "short cuts" adopted in recent months as a result of a series of letters sent out from the home economics extension service at Oregon State college. "And since it is necessary to keep bread in a drawer, I have placed the bread knife and board as near to the drawer as possible.

COMMUNICATED

To the editor of THE AMERICAN:
 Kindly allow me to extend to you my sincerest regards for your support and loyalty of friendship during the primary contest. Realizing from the beginning that I was fighting against tremendous odds in standing for "Tax Revision and Retrenchment" and "A Square Deal" for every section without fear, favor or prejudice, I certainly appreciate very keenly every effort in my behalf.

The fight has just begun and there shall be no retreat until Oregon has renewed and redeemed its pledge of faith and honor to those who have come to live amongst us assured that a "Haven for Home-owners" should be their lot rather than an asylum of bankrupts.

May Heaven's richest and choicest blessings be yours.

L. M. SWEET

Newport—W. A. McKevitt, manager of Midway Theatre, purchased property on corner Sixth and Herbert streets, where theatre and Newport Cafe are now located.

HI-WAYS TO HEALTH

by ADA R. MAYNE

OREGON DAIRY COUNCIL

BETTER BREAKFASTS

Most of us give too little thought to the breakfast menu. It is essentially an unsocial meal although in itself just as important as the other meals. We usually eat breakfast hurriedly with our minds intent upon other things and are content usually with a simple and standardized meal. Although variety in the breakfast menu does not seem as necessary as for other meals, it should be planned as carefully. Breakfast comes when food is much needed by the body, long after the meal of the night before and just before the activities of the day.

Whether breakfast be light or heavy depends largely upon the activities of the various members of the family. A person doing little manual labor will not require the kind and amount of food of one who does. Breakfast should supply one-third of the daily food requirements. This is especially true with children. Cutting down on the amount of food at breakfast or omitting it altogether usually means cutting down on the total daily requirement. It is likely that with a poor breakfast the child will become over hungry and fatigued and will actually eat less at the noon meal. It is practically impossible for this to be made up in the evening meal. A leading nutritionist has said that one day is, of course, not a serious matter, but repeated day after day may become the direct cause of undernutrition and its resulting ills.

What foods make up a good breakfast? Beginning with fruit is a good practice and should be included unless one or more servings are eaten at other meals during the day. Fruit supplies protective elements as well as serving as an appetizer. Cereal breakfast foods, toast and butter are especially good to furnish the energy needed in starting the day. The whole grain cereals furnish certain valuable substances not left in refined cereals, where the outer coats of the grain are removed in the milling process. Aside from supplying a hot dish, cereals are good carriers for milk. Milk or cream with cereal not only improves the flavor but makes a valuable food combination. Butter provides in addition to energy, substances necessary to promote growth and to build up resistance to disease. Other foods as bacon or eggs may be added, particularly for older children and adults and depending upon energy needs. A hot beverage is helpful to most people in starting the day.

The breakfast menu should include fruit in some form, some starchy food as cereal or bread and a hot drink. The rest of the meal may be planned according to needs of the family. A light breakfast would include fruit, a breadstuff and

a hot drink, a moderate breakfast would have added to this a cereal served with whole milk, and for a heavy breakfast along with adding the cereal we would add a second hot dish as eggs, griddle cakes, ham or bacon.

Menus for these various types of breakfast menus will be sent on request to the Oregon Dairy Council, 112 Citizen's Bank Building, Portland, Oregon.

Grade 'A' Lunches

Luncheon is usually considered the most difficult meal to plan, yet it is one where much variety is possible. The size and character of this meal depends on the activities of members of the family and upon the type of breakfast provided. People who are physically active will need a substantial noon meal while those who are not or who are engaged in mental work will be better off with a light one. Also, if breakfast has been light a moderately heavy luncheon should be taken. The practice of too many people in taking a sandwich and a cup of coffee is not wise as it may lead to malnutrition and to exhaustion in the late afternoon.

The main difficulty in planning the noon meal is to avoid the use of meat or in planning one which is not too much like dinner. Luncheon should supplement the other meals. It should be kept simple, made up chiefly of the energy foods (fats, sugars, starches) and protective foods (milk, fruits and vegetables.) Nourishing cream soups, light dishes made from left-overs, eggs or cheese, vegetables, salads and simple desserts are all suitable. Seasonable foods are always more economical as well as being more appetizing.

The child's school lunch should be planned just as carefully as any other meal. It should supply one-third of the food needs for the day and to do this must meet certain specifications. It should be light and easily digested; it should be satisfying to the appetite; it should supply energy food to promote circulation and to keep the body warm; it should relieve fatigue and be refreshing and stimulating to the child in order to prepare him for his afternoon work.

Wherever possible a hot lunch should be provided for the school lunch. The next best thing would be a hot beverage as cocoa or a cream soup. In warm weather cold milk can be substituted.

Many schools are definitely coordinating lunch room teaching with their health programs. The minimum requirements for good nutrition as given by authorities have been christened "A" lunches in some schools and "Balanced" lunches in others. To make an "A" lunch or a "Balanced" lunch it is necessary to have one-half pint of milk or two foods containing milk, a full serving of vegetable or fruit beside potato and one other substantial food such as bread and butter, potato, egg or cheese dishes.

The apparent improvement in nutrition as well as in the quality of class room work under this plan indicates that the "A" lunch standard would be of advantage when used in

the home, modifying requirements to meet the activity demand of the various members of the family. Special luncheon menus will be furnished on request. Address Oregon Dairy Council, 112 Citizen's Bank Bldg., Portland, Oregon.

Fair Play In The Forest is Asked Of Vacationists

Vacation time is not far away. Plans are being made for a pleasant summer. Many will spend at least a part of their vacation in the forests, in the enchanting evergreen playgrounds of the Pacific Northwest. Those who have given the matter much thought will have realized that the forests are the Northwest's greatest heritage. From the forests come lumber and water for many uses. Forest grazing produces wool, meat, and leather. And in the forest our people find a pleasant place to enjoy life and forget their troubles.

There is room for all forest users, if all play fair. For the vacationist, this means observing good forest manners. It means caring for your forest the same as you do for your home. It means no smoking while traveling in forest brush or grass land. It means cooking on a little bed of coals in a safe place, and putting the fire out with water. And by the way, you must have a shovel, an axe, and a bucket if you want to get a campfire permit this year in the national forests of Oregon or Washington. This is a new forest protective measure, effective July 1 to September 30.

So when you visit your forests this summer, play fair the same as you do on the athletic field. Be good sports, know the rules of the game, and follow them.

CORVALLIS—As a result of the success with which artichokes are being grown in various parts of Oregon and the rapid increase in the plantings since the introduction of this crop a few years ago, 51 varieties have recently been sent to Oregon by the U. S. department of agriculture to be tested on the experiment station farm at Corvallis. Artichokes are rapidly becoming popular both for stock feed and human food, making it desirable to obtain the best possible varieties for production.

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