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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. Boll it, if you need to. Learn to make it into attractive dishes. Spread the good news of its value.

Ancient Trade Symbols Now Almost Forgotten
The glowing red and green bottles in the drug store window are a heritage from the medieval days of Lucrezia Borgia, when the drug store was a convenient place to pick up your favorite poison for some unattractive dinner guest. The well known red and white striped barber pole is a reminiscence of the days when the barber's principal occupation was blood letting and the white stripes represented bandages. The three balls over a pawnbroker's shop were the Imperial insignia of the Mongolian conqueror, Timur the Lame, who in 1300 was called the Scourge of Europe. Later they were adopted by the Medic family of Florence who, before they were dukes, princes of the church, and kings, were the medieval world's greatest wool merchants and money lenders. A huge wooden boot for a cobbler and a mammoth key for a locksmith were once familiar trade symbols for people who could not read. The classic wooden Indian, hatched out of a broken mast by some retired sailor, commemorated the fact that Indians first taught Sir Walter Raleigh to smoke. But even tobacco sellers now find it easier to attract customers with more sophisticated window displays.—Everybody's Magazine.

WAYSIDE THOUGHTS
The railroad crossing still holds its own as the quick and certain route to the hereafter.
You'll never complain of the fire being out if you hit the right links for the wood pile.
After we have worked for the best, the best thing we can do is to hope we'll get it, and work on.
We don't estimate the corn crop in gallons. Very few in this section can afford the gallon measure.
The romance of "love in a cottage" has ceased to exist. The rent now is too high for love to tackle.
It would require but a short time for some folks in this world to celebrate all the happiness they deserve.
Jot had many troubles, but there's no mention that his note fell due at the bank while his indorser was out of town.
It's a good thing to have treasure in heaven, but some folks can't rest for worrying about the interest they hope to get on it.
If you could bring heaven closer you'd get a big grouch on by discovering that you are not on speaking terms with the angels.—Atlanta Constitution.

"Make your wings whirr!"
"She wanders a wicked walk!"
"She rasps a mean rhapsody."
"He wears a petrified grouch."
"Amble along to your anchorage."
"She'd make a marble statue grin."
"Intelligent as a pound of butter."
"Can you do tricks? Disappear!"
"You've quoted your quota; now quit!"
"Don't express your opinion; par-

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 has 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 body's fuel 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.

Alchemists of Middle Ages Not Charlatans
"The alchemists of three or four centuries ago were the chemists of their day," says Dr. E. E. Free, writing in the Forum. "They were honest, industrious, respected. It is always unwise to imagine that the great men of another age were either knaves or fools. We define gold, today, in a chemical fashion. We know of certain chemical tests to which the atom of no element except gold will respond. We apply these tests. If they fail we say that the substance before us is not gold, no matter how gilt it may be nor how gold-like may be its properties."
"This is a new way to define gold. The alchemists had no acquaintance with atoms nor were they much concerned with chemical tests. When they wanted gold, what they wanted was something which would look like gold, would feel like gold, would behave like gold against the air and water and fire. Such tests constituted their definition of gold. If a metal met them, that was enough."
"It is distinctly possible that a number of the alchemical procedures really did produce just this—not gold as we define it, but something just as good; something that was gold as the alchemists defined it. A number of them recorded that they had made gold; they left directions for making it. Either they were frightful liars or they had made something that suited them. And it is not very probable that they were liars. We know how to make today a number of alloys that look enough like gold to be its twin. Even jewelers have been fooled by some of these alloys. Probably this is just what a few of our ancient fellow chemists did and what they considered, rightly enough, to be a considerable success."

Report Ghost Walks in Scottish Church
The ghost of a church officer, who died years ago, walks at night in Falkirk church, according to the present church officer and the organist. The officer declared that when alone in the church at night he has frequently heard the shuffling of feet and the sound of a yawn, both of which were peculiar to his predecessor. The organist asserts that he heard a voice in a weary tone exclaim, "Och, ay." He hurried to the switchboard, shouting, "Who's there?" But after putting on all the lights he could detect no one. On another evening, the organist says, his attention was directed to the gallery, where he distinctly observed an old man shuffling with weary gait. Despite a minute search, however, no trace of anyone could be found. When the news of these happenings leaked out a member of the congregation reported that during the World War, when soldiers were accommodated in the church, he entered one night, to be confronted by a scared-looking Tommy holding grimly to his rifle with bayonet fixed. All the soldiers were searching feverishly in dark corners for someone whom they declared they had heard moving about, but could not see.—Edinburgh Scotsman.

Simply Had to Wait
Entering her sitting room one evening, a woman saw one of her curtains ablaze, it having come in contact with a gas jet.
She called to the cook for a pail of water but the latter did not arrive on the scene until the man of the house had rushed in, torn down the curtain and stamped out the flame.
"Why didn't you hurry?" they asked the cook.
"Hurry?" she repeated. "Wasn't I hurrying as fast as I could? I had hot water in the pail to throw out, and then get some cold water. You didn't want me to come in and throw hot water on the fire and make it worse, did you?"

My Husband Says
That every time a caller says, "What a handsome cat!" Tiddlywinks starts washing himself.
Mrs. Arch says that her Willie is just like that, too. When she asks him to rectify one of his pieces for company he puts his thumb in his mouth and looks adorably pensive, but he is awfully clever, even if he does look like his father's side of the house.
My husband says they shave Willie's head so far in the back that it looks like a tack and he had rather have him put his thumb in his mouth than hear him expound an extract from the world's best literature.—L. B. S. in Kansas City Star

Poor Old Dad
Jack—Father recently undertook to learn to drive the car. We all tried to dissuade him, but with characteristic fixity of purpose he adhered to his decision. And he has succeeded fairly well, although the trials of traffic have told on his nerves more or less. For instance, we had to take the alarm clock away from him. When it went off the other morning he thought it was a traffic signal sounding, and nearly kicked the foot of the bed trying to find the brake.—Yvonne.

Magnetism
The bureau of standards says that magnetism is a condition and not a thing. When you stretch an elastic band its condition is changed, but you do not add anything to it. When released the elastic band returns to its former condition. The electric current in the winding of an electromagnet causes a change in condition of the space near it. When the current stops the space returns to its original condition. It is not proper, therefore, to say that the magnetism goes anywhere.

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People who are planning on moving into their new homes this spring and need the right and newest thing in inside hardware will find Mr. "Van" an authority on the subject, and one who will be only too glad to furnish you with the information. Fixtures can be obtained in nickel or brass in different finish.
These days when the weather is so cold and the coal so scarce that you can't keep your house as warm as you'd like, the electric heater is a blessing. Some very nice ones can be had at very low prices, and a fine line is on display at his store.
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