

### Not a Bite of Breakfast Until You Drink Water

Says a glass of hot water and phosphate prevents illness and keeps us fit.

Just as coal, when it burns, leaves behind a certain amount of combustible material in the form of ashes, so the food and drink taken day after day leaves in the alimentary canal a certain amount of indigestible material, which if not completely eliminated from the system each day, becomes food for the millions of bacteria which infest the bowels. From this mass of left-over waste, toxins and ptomaine-like poisons are formed and sucked into the blood.

Men and women who can't get feeling right must begin to take inside baths. Before eating breakfast each morning drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash out of the 30 feet of bowels the previous day's accumulation of poisons and toxins and to keep the entire alimentary canal clean, pure and fresh.

Those who are subject to sick headache, colic, biliousness, constipation, others who wake up with bad taste, foul breath, backache, rheumatic stiffness, or have a sour, gassy stomach after meals, are urged to get a quarter pound of limestone phosphate from the drug store, and begin practicing internal sanitation. This will cost very little, but is sufficient to make anyone an enthusiast on the subject.

Remember inside bathing is more important than outside bathing, because the skin pores do not absorb impurities into the blood, causing poor health, while the bowel pores do. Just as soap and hot water cleanses, sweetens and freshens the skin, so hot water and limestone phosphate act on the stomach, liver, kidneys and bowels.

### OPERA HOUSE TONIGHT!

### Bringing Up Father TONIGHT!

### Fishing Tackle

THAT'S FIT FOR FISHING  
Good Tackle Catches Fish  
**AL WOOD**  
38 Main Street  
FISHING TACKLE

### Sporting News

#### STANDING OF THE CLUBS.

American League.			
Club	Won	Lost	P. c.
Boston	4	0	1.000
Chicago	4	2	.667
St. Louis	3	2	.600
New York	1	1	.500
Cleveland	2	3	.400
Washington	1	2	.333
Detroit	2	4	.333
Philadelphia	0	3	.000

#### American League Games Today.

Washington at Boston.  
Philadelphia at New York.  
Detroit at Cleveland.  
St. Louis at Chicago.

#### National League.

Club	Won	Lost	P. c.
Boston	2	0	1.000
Cincinnati	4	2	.667
Philadelphia	2	1	.667
St. Louis	3	3	.500
Pittsburg	3	3	.500
New York	1	2	.333
Chicago	2	4	.333
Brooklyn	0	2	.000

#### National League Games Today.

Boston at Philadelphia.  
New York at Brooklyn.  
Chicago at St. Louis.  
Pittsburg at Cincinnati.

#### YESTERDAY'S GAMES.

**American League.**  
At Cleveland—11 innings.  
Detroit, 3 13 1  
Cleveland, 1 9 3  
Cunningham and Stange; Covelleski and O'Neill.

At Boston—8 innings, rain.  
Boston, 5 12 0  
Washington, 1 8 2  
Ruth and Thomas; Johnson, Dumont, Ayers and Williams.

At New York.  
Philadelphia-New York, wet grounds.

At Chicago—11 innings.  
Chicago, 6 11 8  
St. Louis, 5 9 1  
Danforth, Williams, Cicotte and Schalk; Davenport, Weisman and Hartley.

#### National League.

At Philadelphia.  
Boston-Philadelphia, wet grounds.

At Brooklyn.  
New York-Brooklyn, wet grounds.

At Cincinnati.  
Pittsburg, 10 13 0  
Cincinnati, 1 5 0  
Kantfleher and Schmidt; Dale, Mosley and Clarke.

At St. Louis.  
Chicago, 5 10 1  
St. Louis, 1 8 4  
Vaughn and Fischer; Doak, Steele, Ames and Snyder; Gonzales.

#### RATHER ROCKY ROLLING.

Team D defeated Team C 1,306 to 1,241 on Masonic Alleys.

Team C, with the exception of Capt. Crowell, who came through with high single of 102 in the last string, bowled a rather rocky game against Team D last night on the Masonic alleys and met defeat 1,306 to 1,241. Spaulding was the most consistent man of the evening and secured 279 for high total.

Team D.			
Moffatt	73	80	233
Spaulding	99	95	279
Tracy	98	84	265
Buzby	95	86	255
Marks	86	91	274
Totals	451	436	419-1,306

Team B.			
Hubbard	89	87	251
Wales (sub)	79	72	235
Streeter	76	86	247
Clark	77	76	236
Crowell	86	84	272
Totals	407	405	420-1,241

Wilkes-Barre may erect a building in which to house tramps.

### WEST BRATTLEBORO

The Home Study club will meet this evening with Mrs. Fred Wilder, Meadowbrook road.

Mrs. Martha Parmelee of Bernardston is a guest of Mrs. E. H. Davenport for several days.

Harold Perry of Springfield, Mass., came Saturday to visit until Su.

Mrs. C. H. Copeland and granddaughter, Grace, are spending the week with relatives in Marlboro.

Mrs. A. C. Walker of Dummerston, formerly of this village, spent yesterday in town at her home on Greenleaf street.

D. W. Wilder and family will move this month from Alonzo Stowe's house to the down-stairs apartment in Miss Kate Wheeler's house.

Herman Miller, who underwent an operation in the Melrose hospital, was discharged from there Monday and went to his home on Elliot street.

The Philathea meeting will be held with Mrs. Frank C. LeRay of Greenleaf street Thursday afternoon at 3 o'clock. All members are requested to be present.

Miss Ruth Prentiss, who is attending the Skidmore School of Art in Saratoga, N. Y., is expected this week to spend the Easter recess with her parents, Mr. and Mrs. C. R. Prentiss.

#### Sporting Notes.

Both Boston teams still head their leagues with clean slates, although the Braves have been able to play only two games.

Speaker got four of the nine hits made by Cleveland yesterday. He is starting hitting earlier this season than he did last.

Hal Chase played a part of the game Sunday for the Cincinnati team and got a single and double and stole two bases. He fielded perfectly.

It seems natural to read in connection with the opening of the bicycle season in Newark, N. J., that Frank Kramer won. Frank has been doing that same little thing since our days of knee breeches, and maybe before that.

The Yale football executive committee announced last night that the Yale players would be numbered and that T. A. D. Jones will be the head coach. Harvard is now the only big college that has not announced that the football players will be numbered.

One thing Speaker has done; he has helped boost the attendance at home games in Cleveland. It is estimated that the largest crowd that ever witnessed a game in that city was present Sunday and that 8,000 were turned away for lack of room.

Famous wrestlers, including Drak, who wrestled here last week, Dr. B. F. Roller, who has wrestled here on numerous occasions, Zbyszko and others engaged in bouts last evening in New York, the entire proceeds going to the treasury of the Poland Relief association.

Through the public prints comes the information that Charles Barrett, late Cornell's football captain, is a common laborer with a big steel plant because he wants to learn the steel business from the ground up. He learned the football business, from the ground not only up, but forward and sideways.

"Stan" Young, the Williams pitcher who has been reported as planning to join the Braves at the close of the college year, vigorously denies that he has such intentions either now or next year, when he will complete his college course. He says that he will never play professional ball even if he has the chance.

"Kid" McCoy, who should know, says that Fulton has speed and is fairly aggressive, but must develop a line of defense. As Fulton is hard put to it to get clever boxing opponents in practice, he will work in private with Sam McVey and Harry Wills, eleven negro heavyweights. In New York mixed bouts, even a public training exhibition between white and black men, and not allowed.

The accident to Hans Lobert, third baseman of the Giants, may keep him permanently out of big league baseball. He was hurt sliding to a base in the exhibition game against Yale before the opening of the season. McGraw, with only Brainard and Hunter, inexperienced "rockies," to put at the hot corner, was forced to get an experienced man and signed William McKetchnie, who was the last manager of the Newark Federal league club. McKetchnie has been with Pittsburg and the Yankees, besides his experience in the Federal league.

#### Our Trade.

Without minimizing the importance of our wonderful growth in foreign trade we should regard it in proper perspective in looking at our total trade. Last year's foreign trade amounted to \$5,350,000,000, an unprecedented volume, but the home trade is estimated to have reached the astounding total of \$507,000,000,000. Foreign trade increased over 1914 \$1,450,000,000; Manufactures totalled \$30,000,000,000, or an increase of \$4,000,000,000. Bank clearings were \$187,000,000,000, or \$32,000,000,000 increase. Country's wealth at the end of 1915 was computed at \$218,000,000,000, or around \$10,000,000,000 more than a year previous. This year's showing no doubt will be more remarkable in every respect, including the overwhelming proportion of home trade. All our foreign trade exports and imports combined since the close of the civil war amounted to less than one-fifth of domestic business in 1915.—Business and Transportation World.

Mrs. Ella D. Rowland of Zillah, Wash., is said to raise the finest apples that are grown in this country.

Lloyd's bank has nearly 906 branches in England and Wales.

### PERSONAL.

Mrs. L. W. Hawley is confined to her home on Chapin street by illness.

Mrs. Mina R. Hall, nurse, is in Bernardston caring for Mrs. A. W. Deane.

J. C. Murdock of Athol, Mass., is visiting at W. S. Pratt's on Western avenue.

Dr. Leo Stillings of New York was a guest yesterday of Judge and Mrs. A. F. Schwenk.

Mrs. B. R. Allen of Bernardston was a guest Sunday of her sister, Mrs. A. D. Reynolds.

Irving Ellis is in the northern part of the state on business. He will be away during the week.

Mrs. Fred H. Morse, who has been ill seven months, is improved so that she is able to be out some.

Mr. and Mrs. S. L. Rice of Chesterfield road went to New York yesterday to visit their son, Wayne Rice.

F. H. Vaughan went to Tyngsboro, Mass., yesterday to visit until today with his father, H. E. Vaughan.

Miss Lena Young has resumed work in the Holstein-Friesian Register office after being confined to the house by illness.

T. J. Heaphy of Montpelier is in town today. He came to attend the funeral of his cousin, William P. Ryan of Guilford.

Mrs. Emma C. Carter and daughter, Miss Ruth Carter, returned last night from Baltimore, Md., where they had been two weeks.

F. L. Houghton and R. R. DeBergh are in Bellows Falls today to attend the sale of registered Holstein-Friesian stock at Morgan park.

Richard Davis, who underwent an operation for appendicitis in the Melrose hospital three weeks ago, was out yesterday for the first time.

Miss Alta Carpenter of Shelburne Falls, who had been a guest of her cousin, Mrs. W. E. Root, returned to her home yesterday morning.

John McGuire of Worcester and Daniel McGuire of New London, Conn., who were called here by the death of their mother, Mrs. Mary McGuire, returned to their homes last night.

Miss Josephine Shea has returned from New York, where she lived the past winter with her sister, Mrs. Fred C. Gale, and is working for Carl Cain, tailor.

C. A. Chandler and daughter, Miss Gertrude Chandler, returned this morning from Proctorsville, where they went to attend the funeral of his brother, George Chandler.

Miss Maude Brown, teacher in the high school in New Britain, Conn., came last night to spend a week's vacation with her parents, Mr. and Mrs. Fred C. Brown of Bullock. She visited in Boston a few days before coming home.

S. B. Emerson returned yesterday from Watertown, Mass., where he had spent the winter. He was accompanied by his daughter, Miss Grace M. Emerson of Albany, N. Y., who will spend a vacation here. They are guests of Mrs. L. F. Adams.

A rank growth of weeds becomes an asset when plowed under, before they make seed.



### The Great American Smoke—"Bull" Durham

Fall in line with hundreds of thousands of red-blooded smokers of the good old U.S.A. Smoke the cigarette tobacco that's been an American institution for three generations—"Bull" Durham. The rich, relishy, star-spangled taste of "Bull" puts the national spirit of get-up-and-hustle into your hand-rolled cigarette. "Bull" is the freshest, snappiest, liveliest of smokes.

#### GENUINE

### "BULL" DURHAM SMOKING TOBACCO

"Roll your own" with "Bull" Durham and you'll find far greater satisfaction in your cigarette than you ever did before. Made of the richest, mildest leaf grown. "Bull" has a delightful mellow-sweet flavor found in no other tobacco. And its aromatic fragrance is supremely unique. Men who never smoked cigarettes before are now "rolling their own" with "Bull" Durham.



FREE An Illustrated Booklet, showing correct way to "Roll Your Own" Cigarettes, and a package of cigarette papers, will both be mailed, free, to any address in U.S. on request. Address "Bull" Durham, Durham, N. C.



THE AMERICAN TOBACCO CO.



### New Styles in Easter Footwear Are All Beauties

Easter is again most here—Spring is assured at last.

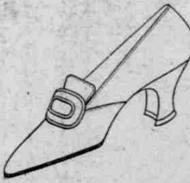
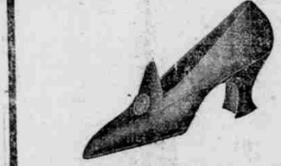
Everyone is unusually glad to lay aside their extra clothing—to see the leaves start, the flowers to appear in the yards and nature to put forth in all its glory.

In following custom it is now time to change our garb for lighter, more airy attire. Footwear should have the very first attention. Shoes that have done duty through the winter months show signs of service, and with present styles in clothing our feet should be particularly well dressed.

The pretty new styles are very attractive and it is indeed tempting to indulge in the present dictates of fashion.

They are all here and at your disposal. Have you seen them in our windows?

### Dunham Brothers Co.



MICHELIN—FOUNDED—1832

Note Extra Added Thickness of Tread

### MICHELIN Universal Tread

The Unusually Heavy Long-Wearing Tread is Unique, Combining in One Tire All the advantages of both the Suction and Raised Tread Types.

The Tread Bears Flat on the Ground. There Are No Projecting Knobs or Uneven Surfaces, Recognized Causes of Fabric Separation in so many Rubber Non-Skids.

This is the New Tire Everyone is Talking About

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