

**RED BLOOD AND BIG MUSCLE**

The full-blooded man or woman usually has large muscles. Pale people are ordinarily thin; their muscles are small.

Muscles are red not only because of the blood in them but because they contain hemoglobin, the same substance that gives the red color to the blood. And it is this hemoglobin that carries oxygen in the blood and stores it up in the muscles.

Well oxidized blood is necessary if we would have strong muscles. In fact oxygen is the great supporter of life. Oxygen is used up when we work. When a set of muscles are active, as those of the back when we lift something, their oxygen is used and unless the blood is rich and red with oxygen-bearing hemoglobin those muscles ache.

If you are pale and your back aches don't blame your kidneys. Try building up the blood with Dr. Williams' Pink Pills. These pills cause an increase of hemoglobin in the blood and so enable it to carry more oxygen. There is renewed life and ambition. Everywhere that the new blood goes it carries vigor and this tonic treatment is the one thing that most rundown, debilitated people need.

Your own druggist sells Dr. Williams' Pink Pills. Price 50 cents

**LA TOURAINE SAFE IN PORT.**

French Liner Arrives at Bordeaux from New York with Passengers.

New York, March 30.—The French line announced yesterday the safe arrival at Bordeaux Wednesday of the steamship La Touraine under command of Captain Causin. The ship left New York March 17 with thirty-one first cabin, five second and forty-eight steerage passengers.

**GIRLS! GIRLS! TRY IT! STOP DANDRUFF AND BEAUTIFY YOUR HAIR**

Hair Stops Falling Out and Gets Thick, Wavy, Strong and Beautiful

Your hair becomes light, wavy, fluffy, abundant and appears as soft, lustrous and beautiful as a young girl's after a "Danderine hair cleanse." Just try this—moisten a cloth with a little Danderine and carefully draw it through your hair, taking one small strand at a time. This will cleanse the hair of dust, dirt and excessive oil, and in just a few moments you have doubled the beauty of your hair.

Besides beautifying the hair at once, Danderine dissolves every particle of dandruff; cleanses, purifies and invigorates the scalp, forever stopping itching and falling hair.

But what will please you most will be after a few weeks' use when you will actually see new hair—fine and downy at first—yes—but really new hair growing all over the scalp. If you care for pretty, soft hair and lots of it, surely get a 25-cent bottle of Knowlton's Danderine from any druggist or toilet counter, and just try it—Adv.

**BELL-ANS Absolutely Removes Indigestion. One package proves it. 25c at all druggists.**

**U.S. APPLYING WAR'S LESSONS**

Is Making Every Effort to Avoid the Blunders of England

MANY VALUABLE HINTS GAINED

Americans Returning from Europe Are Closely Questioned

Washington, March 30.—The mistakes and blunders made by England and the allies in the months of "muddling through" are being utilized as lessons in the gigantic preparedness movement by the advisory committee of the council of national defense.

Detailed statements bearing on the situation in Europe have been taken from Americans returning from the war zone. Every incoming passenger from Europe with knowledge of their war measures is questioned. Many valuable hints have already been gained. Scores of written statements are on file in the offices of the committee to-day.

Not only the blunders, but the successful ideas are noted and utilized.

From Herbert Hoover of the Belgian relief commission a long statement on the industrial mobilization in the allied countries was taken. Many of the suggestions are now being put into effect in the mobilization of the national resources.

"One of England's biggest blunders has served as a valuable lesson to us," said one of the officials of the advisory committee yesterday. "In England the labor element was one year late in coming into the war effectively."

"From that we learned a lesson. We have put Sam Gompers of the federation of labor on the committee. Through his influence and efforts the labor unions have backed up practically every detail in the plans of the government already."

"Also from England we learned to look to the railway situation. At the instance of Chairman Willard four committees of the leading railway executives of the country have been appointed to deal with problems of transportation. In case of need we have a good start toward solving the problem."

"In the appointment of committees of leading business men throughout the United States to assist the quartermaster's department of the army in the proper methods of the purchase of supplies we believe we have avoided another blunder made by the allies."

"But probably most important of all the lessons of the great war to us was concerning the production of munitions. To avoid the mistakes of England we have appointed a munitions standards board. It is made up of men with three years' intimate knowledge of the production of munitions for the allied governments."

Georgia "Bone Dry."

Atlanta, Ga., March 30.—Governor Harris has signed the Georgia "bone dry"

**IDAHO WOMAN MADE WELL**

Lydia E. Pinkham's Vegetable Compound Did the Work. Nothing like it.



Aberdeen, Idaho.—"Last year I suffered from a weakness with pains in my side and back. A friend asked me to try Lydia E. Pinkham's Vegetable Compound and I did so. After taking one bottle I felt very much better. I have now taken three bottles and feel like a different woman. Lydia E. Pinkham's Vegetable Compound is the best medicine I have ever taken and I can recommend it to all suffering women."—Mrs. PERCY PRESTIDGE, Aberdeen, Idaho.

Women who suffer from those distressing ills peculiar to their sex should be convinced by the many genuine and truthful testimonials we are constantly publishing in the newspapers of the ability of Lydia E. Pinkham's Vegetable Compound to restore their health.

To know whether Lydia E. Pinkham's Vegetable Compound will help you, try it! For advice write to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

bill making effective at once a law which will bar liquor from the state absolutely, except for medical, mechanical and sacramental purposes, under restrictions.

PORK AT \$15.30 PER 100.

New Record Price for Live Hogs Made in Chicago.

Chicago, March 30.—Pork on the hoof sold at a new high record in Chicago yesterday, the quotation for tops being \$15.30 per hundred weight.



You can get Sunkist Oranges wherever uniformly good fruit is sold. Tissue wrappers stamped "Sunkist" identify the genuine. Order now.

**Sunkist Uniformly Good Oranges**

California Fruit Growers Exchange

LA 62

**SLAV MASSES ARE FOR WAR**

People's Committee Is for Continuance of Hostilities

KAISER BLAMED FOR WORLD CONFLICT

Struggle Now Is Between Imperialism and Democracy

Petrograd, via London, March 30.—A declaration in support of the war has been issued by a committee of working men, soldiers and deputies and apparently represents the sober conclusion which the masses of the population have reached, after being swayed this way and that by the turbulent currents and cross-currents which swept through the country in the first days of the revolution. This conclusion is that liberty and victory over the Germans are inseparable and that the responsibility for plunging Europe into war rests on the Hohenzollern family and Prussian imperialistic ambitions.

The tendency is to regard the war no longer as a struggle between nations, but between the new spirit of democracy and the old spirit of imperialism. The people are eagerly desirous of peace, but are ready to devote redoubled energy to war if that is the only way of achieving it. Even the dissenting voice of the extreme Socialist elements, which at first openly declared itself against war and counselled the soldiers to lay down their arms, has been drowned in the universal cry that the struggle must continue.

The result of this broader understanding of the object for which the country is fighting has been to bring the extreme radicals into union with the rest of the country. Reassuring reports of the visit of Minister of War Guekkoff to the front continue to be received. Everywhere the army responded with the greatest enthusiasm to his appeals and declared itself ready to continue fighting until the end. The same spirit is manifest in Petrograd, where there are daily processions of troops carrying banners inscribed: "Liberty and Victory."

The official organ of the council of deputies of workmen and soldiers devotes a leader in its Tuesday's issue to the necessity of vigorously carrying on the war against Germany, saying:

"Russia, although disturbed by revolution, must not give the Hohenzollerns and their partisans any ground to believe that she will be an easy prey to the German monarchy. We must let them know that revolutionary Russia will devote all its forces to the accomplishment of victory."

The peasants throughout the country are systematically organizing militia to replace the old police. They are also establishing new local authorities and convoking communal assemblies.

The idea of equal rights for women is beginning to gain weight. In the government of Ekaterinoslay the peasants have sent women deputies to the government executive committee. The workmen in all the factories engaged in manufacturing for the national defense have decided to renounce for the period of the war one of the fundamental items of the labor program, namely, the eight-hour day, it is announced here semi-officially.

The decision was taken in view of the necessity of augmenting the output of munitions.

An appeal of the workmen of the German and Austrian coalition to rise against the imperial authority and to establish their freedom, says the Petrograd Telegraph agency (the Russian official news agency) was launched at a mass meeting of workmen, soldiers and deputies held yesterday at the Duma. The appeal was directed to the proletariat of the whole world, but it specially designates the central powers, urging the workmen of those countries "to throw off the yoke of autocratic rule as the Russian people have overthrown the imperial autocrat, and refuse to serve longer as an instrument in the hands of kings, capitalists and bankers." By a united effort, the appeal declares, "we can stop this awful murder which is the shame of humanity."

The government has granted the request of Maria Feodorovna, the former dowager empress of Russia and the mother of the deposed emperor, to reside at Livadia, in the Crimea.

**WHEAT BREAKS RECORD MADE SINCE THE WAR BEGAN**

May Delivery Selling at \$1.97 1/2 in Chicago on Locking Up of Russian Supply—Corn Also Sells at New High Record.

Chicago, March 30.—Wheat for delivery next May yesterday sold at \$1.97 1/2, the highest price since the beginning of the war in Europe. The locking up of the Russian supply, the Argentine failure, the short domestic supply and crop damage this spring lie at the bottom of present prices, according to crop experts. There was much early buying, accentuated by bullish crop reports from Nebraska and Kansas. The previous high record was \$1.95 1/2 a bushel, Nov. 13. News of a big defeat of the Turks in Palestine tended afterward to ease the market as suggesting a renewed likelihood of the opening of the Dardanelles.

Corn, like wheat, rose to new high price levels. Oats were firmer.

**PAGE ON WAR RATIONS.**

American Ambassador in London Limits Food at Embassy.

London, March 30.—Ambassador Page's household is now on war rations, dinners being limited to three courses of the simplest fare.

The members of the British cabinet and all other officials likewise are on rations. Even the guests of Foreign Secretary Balfour are seated at a Spartan table.

Consul-General Skinner is appraising his tennis court in terms of potatoes. American financial potentates in the London suburbs are imitating Diocletian, the imperial cabbage planter.

**MITCHEL IS SUBPENAED BY SENATE**

Calls on the Mayor of New York to Explain Charges Against Wagner.

Albany, N. Y., March 30.—Lieut. Gov. Schoenk yesterday sent to Mayor Mitchell of New York a subpoena directing him to be present at the bar of the Senate on Tuesday at noon to "make proper defense of your conduct in publishing an alleged false and malicious report of the conduct of Senator Robert F. Wagner. You are hereby informed," the order reads, "that the Senate will then and there proceed to make further order on the subject."

The notice to be served on the mayor also contains the charge that he publicly declared that Senator Wagner was working in the interests of the German government.

Charles R. Hotelling, sergeant-at-arms of the Senate, left for New York yesterday afternoon to serve the subpoena.

In order that the proceedings may not be interfered with when Mayor Mitchell is arraigned Tuesday, the Senate yesterday appointed a committee as to seating in the Senate. The committee consists of Senators Slater, Robinson and Boylan. The number of persons who may be admitted to the chamber will be limited and admission will be by card.

**BELIEVE WAR HAS WON VOTE**

Confident Service Rendered by the Women of England Will Remove Ban on the Ballot.

London, March 30.—England's women have apparently won the vote—not through militancy, but through demonstration in war service and service at home that they are fitted for it. It was considered a foregone conclusion yesterday that the electoral reform bill would be so amended in its final stages in the House of Commons as to provide the franchise to England's women.

The suffrage plan will presumably go into effect at the next parliamentary elections, which means at the end of the war, since every effort is to be made to avoid a general election during the conflict forced by disagreement of Parliament with the ministry. It will grant to women precisely the same rights of the ballot in selecting parliamentary officers as men now enjoy. The exact plan adopted by a conference of leaders, and expected to be written into the electoral

**Crawford Ranges**

SOLD BY  
**C. W. AVERILL & CO.**  
Barre, Vt.

reform bill, provides for six months' residence by women or the occupation of business premises as the only qualifications for the franchise.

The House of Commons formally approved the outline of these reforms in a preliminary vote, but has not yet voted on the measure which contains them.

That the approval of extension of the ballot to women has struck a popular chord in England was apparent on all sides yesterday. No less impressive was the news of the change of front of such anti-suffrage adherents as Asquith and Bonar Law.

**WAGES EARNED 40 YEARS JUST PAID**

Edwin Fawcett, Son of Former Paper Manufacturer, Carries Out Promise Made by Father.

Cornwall, N. Y., March 30.—Edwin Fawcett, son of a former paper manufacturer of Modus, Wednesday paid the one time employees in his father's mill wages which had been due them for 40 years.

The mill, which had been involved in the panic of 1873, closed in 1877, with a promise to several unpaid employees that they would "get their pay some day." The promise has been kept. Young Fawcett, having retained a list of the creditors, appeared Wednesday and brought surprise and pleasure to several families in town.

Among those who received back pay

with interest were Charles D. Smith, who was in his early teens when the mill closed, owing him \$63; his sister, who got \$30 owing to her mother, now dead; Louis Veltou and F. R. Hubbard. Wherever the creditor was dead the next of kin was paid.

**FIRST PLATTSBURG CAMP OPENS JUNE 2**

It Will Last Till July 1—Second Camp July 7 to Aug. 5—Two More After That.

Washington, March 30.—Dates for the civilian training camp at Plattsburg, N. Y., were announced at the war department yesterday as follows:

First camp June 2 to July 1, 1917; second, July 7 to Aug. 5; third, Aug. 11 to Sept. 9; fourth, Sept. 15 to Oct. 15.

**B. & M. BILL AT CONCORD.**

Reorganization Measure in New Hampshire Legislation.

Concord, N. H., March 30.—A bill authorizing reorganization of the Boston & Maine railroad system in accordance with the plan approved by the directors of that road and of its leased lines, was presented to the House of Representatives yesterday. After formal printing it will be referred to the judiciary and railroad committees of the House jointly. The bill provides machinery for putting into effect the provisions of the plan as announced recently.



**ADAMS Black Jack CHEWING GUM TABLETS**

FIVE TABLETS

GOOD FOR COUGHS AND COLDS

**The Licorice Gum**

**GAIL KANE, who has made a sensational hit in The Spark of Life, says: I find Adams Black Jack Chewing Gum is delicious and also excellent for relieving a cough.**

*Gail Kane*

**The Popularity of Electric Service**

is ever increasing---practically all new homes are wired throughout, and the older ones are rapidly being modernized.

This is THE season for house-wiring---spring cleaning time---BEFORE the hot weather.

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