## OF HIGH SCHOOLS TAKE PRIDE IN THEIR PUBLICATIONS

Work of Editing and Publishing Papers Provides Excellent Training for Many in Each Institution-Washington Strong on Debating.

New Staff Issues Jefferson "Spectrum."

Editorial and Business Force In-ercased by Additions—Hi-Y Boys Stage Dance.

BY VIRGINIA BROUGHTON. CIRIDAY evening the Jefferson Hi-Y's were hosts at one of the most delightful informal dances of the seastudents and their friends. The pro- signed and drafted the patterns. grammes were especially attractive, being patterned after the black triangular Hi-Y pins, with gold letters. The music was considered particular-ly good. The committee in charge was composed of Carroll Bullen, Joe

Frazer and Frank Lacy.

The first issue of the Spectrum for the term was distributed on Friday after school. Work on the April Issue

has been completed and it will make its appearance some weeks later. There have been a number of additions to the staff. Election of an associate editor was held Friday, March il, and resulted in the selection of Ruth Hill. The staff now is as follows: Virginia Broughton, editor-inchief: Ruth Hill, associate editor:
Williard Leiby, business manager:
Helen Davidson, Ruth Parks, Ramona
Miner, Harry Johnson, literary; Anita
Davis, Lucy Hoover, Eunice Jonsrud,
Championship by the Franklin baschampionship by the Franklin bas-Marian, Bernice Harry Boys Giee Chib sang two songs that Nellan, editorials; Edward Bernst, had been hastly composed to praise James Braley, solicitors; Margaret, the team.

Carrol, French editor; William Withee. John Kolkana, student-body presi-

on April 22 and 23.

Very careful preparations are being made for the coming June-January ance, at which the seniors will enertain the new class of seventhermers. The decorations will be the most elaborate ever put up in the 'gym' The bids will be issued soon, as the dance will be held on April 2.

Plans for the Live-Wire vaudeville are being made in the various organi-ations of the school. Each club will participate in some way. The vent is scheduled to come after the

irls. Numerous orders for jewelry re filled every week.

There is a case outside of the room n which are placed articles for exial occasions, during which guests re priviledged to inspect the room and see the students at work.

Jefferson had as guests on Monday Mr. Treharne, soloist at the First resbyterian church, and his accomanist. Mr. Treharne sang a number of beautiful sacred songs in general ssembly. The girls and boys are The student body is very proud of Starrett.

he boys who won the Columbia track neet for Jefferson. After the showing he boys made last Friday, the stu-ents are expressing hopes that Jefferson will win the interscholastic

At a French club meeting last Tues day a little French play was given by Ruth Parks, the vice-president, and Clifford Powers. The acting was good and they made the play intensely interesting to everybody. Mademoiselle Cleanor Cameron, the new president, clivered her inauguration speech in well-pronounced French. Mademoiselle liadys Duval charmingly sang a nuple of French songs.

Play Successfully Staged by Seniors.

Polytechnic Students Proves Real Gala Occasion.

Presentation of "Prunella" by Girls'

BY LOLA HOLMES AND WAHNETA Friday night proved a gala one or the senior class. The majority of the girls appeared in costume, or not only the members of the cast on not only the members of the cast was already proved helpful to many students in gaining a college education. The following girls composed of the committee, which assisted:

The proceeds each time go to some t THE presentation of "Prunella" were camouflaged, but also the ushusers of the cast of that period, and baskets filled with andy and sold by the ushers were were students in gaining a college education. The following girls composed a floor committee, which assisted: unnes by the ushers. The color note Ruth Goodman, Jeane Harper, Edna Way Root, Martha Billeter, Dorrity and then took the trail over the andy and sold by the ushers were Smith. andy and sold by the ushers were rimmed with bows of the same color. Vehna Finzer, who appeared in the itle role, was particularly good as ook the part of Pierrot. Esther Milier, as the tenor, quite entranced the sudience with her serenade. The Mummers added the festive touch with their nonchalant manner. Lliaughe by the display of a stubborn will. Gladys Gill was also a mirth-Gladys Gill was also a mirth-

In fact, all members of the cast, including the aunts, servants and gardeners, deserved much credit for their able work. The costumes were made entirely by the girls in the do-mestic art classes, and are to be used

display with a number of beaded and embroidered silk blouses. These were made by the girls taking third-term sewing. A silk dress made by Colene Wiston, a fourth-termer, was also on

A bit of the play "Prunella" was given at the Washington high school at the Friday assembly a week ago. The object of this was to more thor-ought, advertise the play and arouse curiosity as to its outcome.

Many attractive plaid gingham delightful informal dances of the sea-son. The dance was given at the Laurelhurst clubhouse and was at-tended by a large number of Jefferson and contrasting colors. The girls de-

> Through the courtesy of the Ellison-White bureau a delightful motion picture of the "Lady of the Lake" was enjoyed at the public library by the third and fourth-term English classes. The third-term girls are studying the poem at present.

Franklin Acclaims Championship Victory.

Winning of State Basketball Bonors Is Celebrated — "Freshman Frolie" Pleasing Affair.

Davis, Lucy Hoover, Eunice Jonsrud, championship by the Franklin baspoetry; Elisabeth Van Hook, society; Ruby Warner, school notes; Anna Lee Smyth, "Hammer and Horn"; Earle Broughton, athletics; Frank Briggs, Clifford Snyder, humor; Harold Benson, Gussie Utter, cartoons; Alice Aldrich, Bernice Hunt, art; Fatsy Nellan, editorials; Edward Bernst, James Braley, solicitors; Margaret, the team.

Spanish editor. Miss Brown is faculty dent, told of the merits of each play-advisor and Mrs. Gay the faculty art er: Charles King, captain, who has adviser and Mrs. Gay the faculty art uritic.

After a long discussion the June (21) class has finally decided on "Come Out of the Kitchen" as the Miss Oglibee, Miss Whittlesey and Class play. The tryouts were held Monday and Tuesday afternoon and the students who were best fitted of the parts were selected for the cast. The play shall be presented on April 22 and 23.

English Class and Societies Indulge in Forensics — New Cafeteria Filis Real Need.

BY MARY FRANCES COX.

The English classes had two demonstrated in the students who were best fitted of time was spent in practice. Mr. Meek, the man most responsible for success of the team through his excellent coaching, then told of the excellent coaching. Announcements were made by Waiter Rasmussen and Ivan Gay, pertaining to coming wrestling matches. It-ling Brown announced the dance for Friday night, given by the Farent-Teacher association, and Edna May Root announced the shamrock sale by the girls of the Pedagogy club on St. Patrick's day.

After another song by the Glee claim, the students were dismissed to their classes.

their classes.

association in the library annex, Mrs. Julia Marquam gave an inspiring talk on "Art Appreciation," and Miss Elizabeth Barnes of the Elison-White conservatory, lectured on "Proper Use of the Voice," Dr. Virgil MacMickle talked on "Health" and answered many questions. Mrs. William John Hawkins and Mrs. C. B. Simmons told lar main and the Market Elizabeth and Mrs. C. B. Simmons told main main and the Market Elizabeth and Mrs. C. B. Simmons told main main and ma of the memorial fund for Helen Ekin

An important meeting of the June Cullough; Agnes Martin gave a reading, and Florence Dunbar gave a which a report was made by Kenneth Patterson, chairman of a committee mew members were elected. They are scholarship to the class of the committee of the committe pertaining to the class pictures and a pertaining to the class pictures and a committee to assure the success of the event, Donald Lawson. Herbert Bladorn, John Kolkana and Kathrya Bladorn, ware ampointed At a for-

will be staged by the class soon. Durthe noon hour the girls played "London bridge," "farmer in the dell" and
serpentined about the halls and
through the library.

At a recent meeting of the June "Il
class Mary Dippert was elected class

Last Friday evening in the gym nasium, the Parent-Teacher associa-tion held the second of a series of dances. There was excellent music. The proceeds each time go to some

Mrs. Wilson, dean of girls at Frank-lin, spoke on "The Dean's Work in High Schools" at a meeting of the Parent-Teacher association of Hawnorne grammar school Tuesday aft-

Two-Story Brick Sold for \$150. The glee club, directed by Miss Mastern Federation of Miners for Mere fine the programme to be given at the multiplal anditorium this afternoon This chorus consists of 85 voices and for the fine and set to be wasted to be largest chorus of girls' voices in Portland.

Several woolen dresses, trimmed Several woolen dresses, trimmed Several woolen dresses, trimmed to be given at the miners' union membership in Carante and the process of the plants and the programme to be given at the miners' union membership in Carante and the programme to be siven at the miners' union membership in Carante and the programment of the programment of the plants and the programment of the plants and the miners' union membership in Carante and the programment of the plants and the programment of the plants are the wastern for the plants and the time was the finest temple of labor in the mountain the programment to be given at the multiplal anditorium this afternoon. This chorus consists of 85 voices and in Portland.

Several woolen dresses, trimmed brite heads and embroidery, were on for other purposes.

PHILIPSBURG, Mont.—The Miners' Lus calested members of Lus Dudes, the Spanish club, are to committee in charge of the plants in the suday. The plants of the plants are to seven and act to the plants and the plants are to be used and the third quarter committee in charge of the plants of the plants and the plants are to be used and set the time was the finest temple of labor in the mountain the programment of the plants are to be used and left the result in the term.

Water Smalls Cleanse Water.

Water Smalls Cleanse Water.

Elaborate preparations are made in China when the silk robes of the mountain the term of promatic and the time was the finest temple of labor in the multiple was appointed to raise the study period on Tuesday. The list were held in the registration rooms at the study period on Tuesday. The list water shall being dumped into the water shall being dumped into the water shall being dumped into the water shall being du PHILIPSBURG, Mont.-The Miners'



Jefferson high school students who

St. Johns Business Men Given Luncheon. Domestle Science Girls of James John Serve Repast-Scholarship Awards Made.

McClusky's talk.

Debating Proves Popular at Washington.

English Class and Societies Indulge

cellent coaching, then told of the ex-periences of the boys in Salem.

Announcements were made by Wal-and Helen M. Campbell; the negative.

still participate in some way. The vent is scheduled to come after the lass play and bids fair to be as good as last year's.

A group of upperclass girls have formed a new club, intended to create alected. The first meeting was held funciasy afternoon and the following cirls elected as officers: Ruby Warner, resident; Mildred Luther, secretary; filed Thorne, treasurer. The remaining officers will be chosen at the ext meeting and a constitution drawn in. The first hike will be held Suntary.

An interesting feature of present chool work is the industrial art curpe. Ars. Gay's classes are so large his term that students have been arned away. The chasses make paper arives, letter racks and copper artices at first. The more advanced tudents are ongaged in the interesting work of making jewelry. Many cautiful rings, brooches, plus, brace-sits and necklaces are made by the rings for prevision five freshman frolic" last Thursday afternoon was pronounced a great credit for the large number of the senior class deserved great credit for the senior class deserved great credit for the senior class by the transfer of Mr. Johnston, one of the honorary members of freshman girls who attended. All wore "kiddles" costumes, abort with the lings who attended. All wore "kiddles" costumes, abort with the lings who attended. All wore "kiddles" costumes, abort with the lings who attended. All wore "kiddles" costumes, abort with the lings who attended. All wore "kiddles" costumes, abort with the first senior of the large number of the senior class deserved great credit for the senior class the senior plants and includes a costumes, abort with the first substantial propers. The remain of freshman girls who attended. All wore "kiddles" costumes, abort with the first substantial propers. The first substantial propers. The first substantial propers and ribbons and chilters' games were played. Refreshments on Tuesday he came back after school to be honor guest at an informal refers to the lings at the senior class the senior of the senior of

During the remainder of the term each senior girl will have under her supervision five freshman girls, whose duty it is to advise and help.

An interesting meeting of last week was that held by the Parent-Teacher association in the library annex. Mrs. Julia Marquam gave an inspiring talk on "Art Appreciation," and Miss Elizabeth Barnes of the Ellison-White

The Neakahni Literary society held its regular meeting Wednesday. A programme was given after the reguiar business meeting. Nancy Krem-mar gave a reading; Margaret Stahl gave a piano solo; Marjory Todd gave dance, accompanied by Mary Mc-

Freeman were appointed. At a former meeting orchid and silver were that stand in line at the deor, it is chosen as the class colors.

and, judging by the hungry hordes that stand in line at the deor, it is appreciated. The food is sold at cost and no attempt is made to realize a The girls of the June class surprised the school last Wednesday when they appeared in gingham aprous and hair-ribbons. This was a surprise on the boys of the class as well, and is entirely separate from the regular "dress-up" day, which will be staged by the class soon. Dur-

> At a recent meeting of the June 'Il class Mary Dippert was elected class prophet to take the place of Hollister Skillin, who was appointed business manager of the class Lens. The class motto has also been chosen. It is

heights. On the trip the new members signed up on the "hikers record" with appropriate ceremonies. Thirty-six went on this hike, about 25 of whom were new members. This was one of the most enjoyable hikes the club has taken this term.

The Tri-L ciub has elected the fol-

The Tri-L ciub has elected the fol- marguerites. At a special assembly of the girls on Thursday, Mrs. Kempthorne talked to the girls upon the work of the organization of Campfire Girls. She gave a very inspiring talk, which should prove of much value to them

Two-Story Brick Sold for \$150.

Lincoln High's Book Exchange Nets \$47.

Fund-Promise of Athletic Field

The petition for an athletic field which every student and teacher in Lincoln signed and which was then submitted to the school board, has brought results. The school board has decided to erect a gymnasium on the vacant lot which is just back of the school. If this is done the school's teams will have a much better place for practice and its athletics will consequently be better. The naws has been received at the school with great rejoicing.

A new interesting club has been sociate editor), Lucy Hoover, Ber-nice Hunt, Patsy Nellan, Rear row-Edward Bernst, Frank Briggs, Earle Broughton, William Withee, Willard Leiby, Harold Benson, Clifford Snyder, Harry Johnson, Gussie Utter. Below-Virginia Broughton, the ed-

very enjoyable programmes are given. And Clifford Amos, were found to and did their cooking in the open on speakers from the school were: Printed the Northwestern Electric power plant in the Pittock block and was shown over the entire plant.

Rabe, William Kurtz, William Frotter were provided with sleeping bags Shearer and Dorothy Morris. The and did their cooking in the open on speakers from the school were: Printed the Northwestern Electric power for membership and were accepted as held a paper chase in the heart of the Lundy and Maurice Kieling. They shown over the entire plant.

Thirty Lincoln Tri-L girls attended a banquet given recently at the Y. W. C. A. for the Tri-L societies of the city. The evening was very pleasant one and the girls enjoyed splendid talks given by Dr. Bowman licious food and two of the members, Ruth Gordon and Una Powers, were of the First Presbyterian church and Mrs. Christic and Mrs. Wilson of the responsible for the decorations in violets and for the serving. The guests

were: Thomas Autzen, H. T. Nicolai, F. S. Buckley, L. J. Wright, F. R. Drinker, H. W. Bonham and J. N. Last Monday the Tri-L's held an interesting meeting. Miss Burnside of the Y. W. C. A. spoke on "The Responsibility of High School Girls" and they found her talk very inter-In the first quarter's standing in scholarship, the eighth-term class ranked first with the sixth-termers in Satur

Saturday, March 12, about 39 girls of the Girls' Glee club enjoyed a hike second place. The seniors were duly awarded the scholarship banner at assembly on Thursday, March 10. The through the Tualatin valley to the second-termers received the progress afternoon was spent in various banner for this quarter. banner for this quarter.

Miss Clinton, who awarded the ban-Miss Clinton, who awarded the banners, announced that all the classes
had made some improvement but that
the sixth, second and third-termers
had made the most noticeable proghad made the most noticeable progress. Mrs. McClusky was then intro-duced to the students, and in a most where delicious chocolate and toas:ed marshmallows were served. After this the girls tripped the light fantastic until tired and then betook themselves to the barn, where they reclined on the hay and were regaled by a most interesting ghost story, entitled "What Was It? A Mystery," related by Margaret Lewis. Most of the girls hiked back. interesting way told stories of the composers or incidents of interest composers or incidents of interest connected with the compositions which were played on the victrola. Students test were greatly benefited by Mrs.

The Sodalitas Latina club held its second meeting of the term in the school building, Friday evening, March 11. A vocabulary contest was the first feature of the programme. Contestants were from the first four Latin classes. Amelia Siegenthaler and Clyde Montag tied for first place: Vesta Hughes won second, and Raleigh Meyers, third.

The Philo girls inlitiated their new members last Friday at Beulah Belcher's home. The Philo initiations always are hair-raising ones and the whole school pities the new Philo members. The Philo girls inlitiated their new members last Friday at Beulah Belcher's home. The Philo girls inlitiated their new members last Friday at Beulah Belcher's home. The Philo initiations always are hair-raising ones and the whole school pities the new Philo and Clyde Montag tied for first place: Vesta Hughes won second, and Raleigh Meyers, third.

Heights. They visited the old castle and then took the trail over the heights. On the trip the new members igned up on the "hikers' record".

heights. They visited the old castle heipers presented a two-act farce. Sears' Montessori school. They found the school to be a very interesting were much appreciated. After a short one and gained a great deal of profit

Very clever and attractive posters advertising the class play, "What Happened to Jones," have been placed in all the rooms of the building. Practice for the play is going on in The recently elected members of Los Dudes, the Spanish club, are to receive their pins in a few days. The committee in charge of the pins is composed of Lucille Smythe and Marion Ayres.

The T. W. C. A. room was the scene of an enjoyable eighth-term party, given Saturday evening, March 12. Various games were played. Audrey James won the prize for wearing the most comical garment. The prize was a ruby ring. Refreshments, consisting of punch and cookles, were served.

Event.

Benson Has Contest to Get Seal Design.

special Imprint on Printed Matter Desired — Special "Tech Pep' Staff Selected.

BY HUBERT W. ESRY. TEN members of the Benson Hi-Y The programme included the introschool directors; D. A. Grout, superintendent of schools, and President Campbell of the University of Oregon. Judge C. H. Carey delivered an inspir-ing address. Representatives of each school spoke briefly, Truman Balley speaking for Benson. J. C. Meehan, associate general secretary of the Y. M. C. A., presided. Those attending from Benson were S. W. Lawrence, adviser; President Tracy Colt. Truman Bailey, Harry Harris, Harvey Harris, Ray Bennett, Duane Law-rence, Hubert Esry and Charles Pick. At the meeting of the Hi-Y Monday night several members were accepted and President Tracy Colt and Treas-urer Truman Bailey were elected to represent the organization in the inter-HI-Y council, which is to be re-organized according to a motion car ried at the Monday conference.

Preparations for the third annual Benson Tech show" are getting under way. It will probably be staged the latter part of April. William D. Allingiam, head of the drawing de-partment, who has managed past ex-hibitions with great success, will be in charge again this year.

Realizing the need for some sort of seal to be placed on school adver-tising and printing, a contest has vear completion at Newport News and jeets of current interest. Last week tising and printing, a contest has vear Fund—Promise of Athletic Field
Brings Joy.

By MARGARET KRESSMANN.

The book exchange has nad a very successful sale of books this term. Five cents on every dollar taken in goes towards the school's scholarship fund and this amounts to \$47.36 this term. This is just twice as much as was taken in last term. The exceptionally fine sales are due to the spiendid management of Ted Baum, who is at the head of the exchange this term.

Monday, at the end of the fourth more and a context has been annual to which a substantial prize will be awarded the student who substantial prize will be commissioned this class. The Color for the first in the American navy to be a the first in the American navy to be awarded the first in the American navy to be awarded the first in the American navy to be awarded the first in the American navy to be awarded the first in the American navy to be awarded the first in the American navy to be awarded the first i

Monday, at the end of the fourth period, all the Hi-Y boys were excused so they could attend a banquet which was given to all the Hi-Y boys in the city at the Benson hotel. Prominent business men of the city were speakers at the banquet and the president of each of the societies gave short talks on "What the Hi-Y boys to compose the staff of the school's publication, the Spectrum, are shown above, left to right, as follows: Front row—Eunice Jonsrud, Ramona Miner, Ruth Parks, Helen Davidson, the Ruth Parks Helph Ruth Parks Helph Ruth Parks Helph Ruth Parks Helph Ruth P

A new, interesting club has been organized recently at Lincoin. Only those who are taking physics or chemistry are eligible andstile society is known as the Science club. Meetings are held in the physics laboratory every Wednesday evening and Rabe, William Kurtz, William Trotter

The work of the Zographemians the Lincoin. Only that it has been found necessary to command the Lincoin. Only that it has been found necessary to command the HELENA, Mont.—Bey Scout troop to the students, to advertise the work scoutmaster Worth Almon, recently went in motor trucks to the Missouri the glee club sang. They were: Golda river 16 miles north, for a camp, in the dead of a recent cold spell. They were provided with sleeping bags Shearer and Dorothy Morris. The

members of the club give technical ralks at the meetings and at the last meeting Lloyd Lee gave a most interesting talk on the care of bellows Mr. Parcher, faculty adviser, took the pictures used in the last issue of the Tech Pep and was assisted by the mbers in the work of finishing

At a meeting of the Benson Tech Boosters held a week ago Friday the staff for the special issue of the Tech I club were guests of the Young Pep was elected. It is as follows: I commercial director at Franklit Men's Christian association at a Editor, Joseph B. Gilzdorf; business high school, visited this school. luncheon given in the crystal room of the Benson hotel Monday afternoon faculty adviser, James G. Tontz. At who addressed the student body in The programme included the intro-duction of the advisers of the various Clover, Ralph Jones, Leland De Laney, clubs of the city, and short speeches if, M. Morton, Norman Bruck, Vivien by W. F. Woodward and A. C. Newill. Dominey, Miller and Hunsacker were elected to membership.

ce'ved a new folding machine which will eliminate the hand folding which has heretofore been necessary on the Jefferson Spectrum and Benson Poly Tech.

The print shop was the first in the school to organize a baseball team. It has had about 10 men on the field every fair night for several weeks.

Joseph Hovde, press instructor, has while the slides of Mexico were being undertaken the job of coaching the shown, the envoys gave talks, which boys and shortly expects to have them n such shape that he may challenge ther shop nines.

Great Battleship Colorado to Be Launched Tuesday.

Super-Dreadnought One of Four to Mount Eight 16-Inch Guns Each.

CAMDEN, N. J., March 19.—The bat-tleship Colorado, which will be launched Tuesday, is the second of thorized in 1916 to be launched. A sis-

working on the idea.

The Benson band has again started practice in earnest, the occasion being the assignment of the long-looked-for band leader. Mr. Stoudenmeyer has taken the position and in meyer has taken the position and in the context of the superstructure. The massachusetts-lowa class will carry buring the week a great many process of a Santish deliv paper of the superstructure.

rado will be 14 five-inch rifles four. The Tri-L gave a programme three-inch anti-aircraft guns and two Wednesday in honor of the prospectorpedo tubes. The Massachusetts-tive members. This was held so the lowa type will have two additional new girls might get better acquainted.

Students Hear Address by Dean Robbins.

University Department Head Talks at High School of Commerce on Life Training.

BY GEORGINA AUSTEN. THURSDAY, MARCH 10, Mr. White who addressed the student body. In his speech, Dr. Robbins showed clearly the necessity of being an expert in whatever line of work one chooses as a profession. He explained the chief aim of the commercial school at the

Students of the school had the dessure of attending an interesting and educational exhibition at the public auditorium on March 11. This exhibition was given by the 11 Mexidents of the geography, civics and economics classes.

On March 10. William L. Reauveau, manager of the Portland Daily Shipping News, distributed sample copies of the paper to the students for their inspection and explained why this paper is published.

Commerce may be represented in the interscholastic track meet. Many boys are enthused over the idea and willing to practice.

launched Tuesday, is the second of thorized in 1916 to be launched. A sister ship, the Maryland, is now nearing they will spend much time on subcompletion at Newport News and jects of current interest. Last week

During the week a great many copies of a Spanish daily paper of Santlago, Chile, were used in the Spanish classes. The students spent the Spanish period in translating

On St. Patrick's day the Tri-L so clety entertained the first-term stu-dents at the annual "Freshmen frolic" The halls were decorated with the St refreshments were served.

before they become Tri-L members.

A number of students entertained Helena Boy Scouts Hardy.

HELENA, Mont.—Bey Scout troop Clever little place cards were made

## Two Giants Are Ready To Empty A Bag Of Gold At Your Feet-

Don't Complain and Grumble About "HARD TIMES;" That is the Excuse of the

Pale, Thin, Watery Blooded Man for His Every Failure; Don't be "HARD UP" but GO OUT and WIN-HOW TO DO IT



DECISIONS; DO FOOLISH THINGS; YOUR INTELLECT IS POOR; your memory often fails—no matter how smart you may be by nature, in your weakened physical and mental condition, you are certainly no match for the strong, keen, clear headed man with plenty of iron in his blood. Although you may give two men the same firearms or swords in a battle, the strong, vigorous fellow always has a decided advantage over a weak tired-out opponent.

WITHOUT IRON YOUR BLOOD ALSO LOSES ITS POWER TO CHANGE FOOD INTO LIVING CEILS AND TISSUE and nothing you eat does you the proper amount of good—you do not get the full strength out of it.

There are 30,000,000,000,000 red blood corpuscles in your blood and each one must