

IT PAYS TO PAY CASH AT CONROY'S

IT'S AT CONROY'S WHERE YOU GET THE MOST FOR CASH

# CONROY'S CASH GROCERY

525 Main St. Free Delivery. Phone 640

- Spinach, pound ..... 6c
- Green Onions, 3 bunches ..... 10c
- Rhubarb, 3 pounds ..... 25c
- Potatoes, nice large size, cwt. .... \$1.00
- Standard Corn ..... 2 cans 25c, case \$2.75
- Standard Tomatoes ..... 2 cans 25c, case \$2.90
- Solid Pack Tomatoes ..... can 15c, case \$2.40
- Eating Figs, package ..... 25c
- Peanut Butter, pound ..... 25c
- Taffy Syrup, 18 pound jacket ..... \$1.85
- Acorn Syrup, 23 pound jacket ..... \$2.15
- Sunny Gold Syrup, 1/2 gallon can ..... 55c
- Log Cabin Syrup ..... medium 45c, large 90c
- Ginger Snaps, pound ..... 20c
- Navy and Red Beans, pound ..... 15c
- Roasted Onions, 9 pound sack ..... 70c
- Corn Meal, 9 pound sack ..... 75c
- Quaker Corn Flakes, 3 packages ..... 85c
- Olympic Pan Cake Flour, 2 packages ..... 85c
- Toilet Paper, 4 rolls ..... 25c
- Quion Sets, 2 pounds ..... 25c

WE CARRY TRIPLET STAMPS FOR SALE

IT PAYS TO PAY CASH AT CONROY'S

## WHY WE ARE AT WAR WITH GERMANY

By EPHRAIM DOUGLASS ADAMS  
Executive Head, History Department  
Leland Stanford Junior University

"The object of this war is to deliver the free peoples of the world from the menace and the actual power of an irresponsible government, which, having secretly planned to dominate the world, proceeded to carry out the plan without regard to the sacred obligations of treaty or the long-established practices and long-cherished principles of international action and honor. This power is not the German people; it is the ruthless master of the German people. It is our business to see to it that the history of the rest of the world is no longer left to its handling."  
—President Wilson, August 27, 1917.

### DEMOCRACY VERSUS AUTOCRACY

It is commonly said that this war is one in which America was forced to take part in order to "make the world safe for democracy." What does the phrase mean?

The theories and acts of the German military autocracy definitely deny the right of the people of a state to rule themselves. The German people, in spite of forms of government that make a pretense of popular control, have so much actual control over their government as exists democratically organized nations. In those nations the government can be removed by a vote of the people in a general election; in Germany the people have not this power.

The aristocracy of Germany understand this difference, and are afraid of the spread of democracy in Germany. The whole, much-admired "efficiency" of Germany is primarily due to a desperate and constant effort by Germany's rulers to divert the German people from thoughts of self-government, by offering them material prosperity. And the rulers have succeeded. One of the causes of this war was the necessity, by still further "glorious acquisitions of territory," to hush the murmurings of political discontent in Germany. Victory in war, every so often, is a necessity of the German system. "It is for social as much as for national and political reasons that we must fix our minds incessantly upon war." "Success is necessary to gain influence over the masses," wrote Bernhardi; and General Von Blasing just before his death, wrote a "Political Testament," since largely circulated in Germany, in which he argued for the retention of Belgium, because, unless it were annexed, the prestige of the military autocracy would receive a fatal blow.

Are we—the Allies—then fighting to impose upon Germany a different system; is that the meaning of "making the world safe for democracy?"

Elihu Root says that American democratic ideals include "liberty not for themselves alone but for all who are oppressed." Lloyd George asserts that if all countries had been democratically organized, this war would not have taken place; that this war will determine not merely international relations but will affect the lives of peoples within their own nations, for generations to come; that this war is to end in "international democracy," i. e., in liberty, equality, and fraternity, between nations, great and small. General Smuts, formerly a soldier against Great Britain in South Africa, says that the essence of this war is the question whether governments should be founded on military might or on "principles of equity, justice, fairness and equality."

Various writers have depicted this war as a test of democracy, to determine whether democracy can adjust itself to an emergency so that by sheer efficiency it shall at least equal the efficiency of a military autocracy, and assert that on this ground alone the future government of all the nations of the world is at stake. Will Crooks, the British labor leader, says this war "is a people's war. We are all in it, the man at the village pump and in the fields, the blacksmith, the carpenter and joiner, the shipwright, and the man of leisure. We are standing together because we are fighting for liberty."

Yes, this war is one in which ideals of government, of individual liberty, of civilization itself are in conflict. Democracy is lined up against autocracy. The war is in absolute fact a war of ideals. But we are not fighting to impose our ideals upon any nation. What we are fighting for, in "making the world safe for democracy," is to prevent a military autocracy from imposing its authority and its ideals upon us. We are ready to keep on minding our own business and to let other nations do the same.

A military autocracy that proposes to conquer the world must be defeated, to the point where it renounces meddling with other nations, great or small, or there is no peace in the world. That is the issue at stake, and in it rests our safety and the safety of the world.

This is the fifth of a series of ten articles by Professor Adams.

### Some Rain Promised For Pacific Coast

WASHINGTON, April 15.—Forecast for the period April 15 to April 23, 1918, inclusive.  
Pacific Coast States: Showers Monday and again Wednesday or Thursday and at end of week; cooler Monday in south portion; warmer Tuesday with temperature above normal remainder of week.

Northern Rocky Mountain and Pacific Regions: Fair and warm first of week except, probably showers in southern California; showers Wednesday or Thursday north of central California; no important temperature changes.

Don't try to drown your sorrows in a jug.

## THIS GREAT POWDER CHARGE MAY SOON BE THROWING SHELLS INTO GERMANS IN FRANCE



An idea of the immensity of the powder charge used in Uncle Sam's 14-inch guns may be seen from the comparison of the powder sack here and the man inside it. These 16-inch guns will soon be heard on the western front.

### HOUSEHOLD

#### For Cause and Country.

At no time during the war has the importance of wheat been greater than at this moment. Every ounce of saved wheat is a contribution to our fighting forces. Never before has it been so possible for the civilian to lend such direct and vital aid to his cause.

These are only a few of the ways that can be found by the housekeeper who wants to eliminate wheat entirely from her menu, and so make a high contribution to cause and country.

#### Be Contented With Simple Meals.

Simplicity of living is one of the greatest forces we can hurl against the Kaiser.

**Breakfast.**  
Barley Spoon Bread, Quince Jam, Coffee, Milk.

**Lunch.**  
(No bread; plenty of potatoes)  
Scalloped potatoes and cheese.  
Date Custard, Cornstarch Pudding.

**Dinner.**  
Roast mutton.  
Brown sweet potatoes.  
Hominy.  
Sautéed apples.  
Barley pudding.

**Barley Spoon Bread.**  
3 tablespoons drippings.  
4 cups boiling water.  
1-4 teaspoon salt.  
1 cup barley meal.  
2 or 3 eggs.

Put fat in boiling water, sprinkle in barley meal, stirring constantly. Cook in a double boiler one hour, cool and well beaten eggs. Turn into greased dish and bake in a moderate oven 1-4 hour.

**Barley Pudding.**  
5 cups milk.  
1-2 cup barley meal.  
1-2 cup molasses.  
1-2 teaspoon salt.  
2 tablespoons sugar.  
1 teaspoon ginger.

Soak the milk, pour this on the meal and cook in double boiler 25 minutes; add molasses, salt, sugar and ginger. Pour into greased pudding dish and bake two hours in a slow oven. Serve either hot or cold with top milk.

**Other Barley Recipes.**  
**Steamed Barley Pudding**—1 egg, 1 cup molasses, 1 cup sour milk, 1 teaspoon soda, 2-4 cup corn meal, 1 cup barley flour, 1-4 teaspoon salt, 1 cup chopped raisins.  
Beat egg, add molasses, milk and soda dissolved in a little cold water. Sift corn meal and barley flour and salt, together and combine with first mixture. Add chopped raisins, and pour into well greased baking powder tins or popover cups. If the latter are used, cover each cup with a well greased paper. Steam two hours.

**Barley Baking Powder Biscuits**—2 cups barley flour, 1-2 teaspoon salt, 2-3 cup milk, 4 teaspoons baking powder, 2 tablespoons fat.  
Sift the dry ingredients together, rub in the fat, and add the liquid until a soft dough is formed. Roll to about 3-4 of an inch thick, cut with a cookie cutter and bake in a hot oven. Dough should be softer than for wheat flour biscuits.

**Barley Sponge Cake**—4 eggs, 1 tablespoon lemon juice, 1 cup sugar, 1-4 cup barley flour, 1-8 teaspoon salt.  
Separate the whites and yolks of eggs, beat yolks till thick and lemon colored, add the lemon juice and salt, then add sugar and beat till light. Fold in the well beaten whites of eggs and the lightly sifted flour and bake in a moderate oven.

**Barley Pie Crust**—2 cups barley flour, 1-2 teaspoon baking powder, 1-4 teaspoon salt, 1-2 cup fat, water to make a stiff dough.  
Combine as for other pastry. This crust is particularly good for mince, apple, squash and pumpkin pies.

**Constipation and Indigestion.**  
These are twin evils. Persons suffering from indigestion are often troubled with constipation. Mrs. Robert Allison, Mattson, Ill., writes that when she first moved to Mattson she was a great sufferer from indigestion and constipation. Food distressed her and there was a feeling like a heavy weight pressing on her stomach and chest. She did not rest well at night, and felt worn out a good part of the time. One bottle of Chamberlain's Tablets corrected this trouble so that she has since felt like a different person.

### MOTION PICTURE NEWS

What the Picture Theaters Have to Tell You.

#### BAR'S MATINEE IDOL

Aracade Sunday and Monday

"Once I went into a district school miles and miles out in the country" said Marguerite Clark the other day, "and the way the little teacher was kept answering this question and that, hurrying from class to class and performing the duties of ten and all rolled into her own little energetic self, reminded me of the way I am kept hustling at the studios. It is 'Miss Clarke here and Miss Clarke there and just one interview after another. This morning on the way to work at nine o'clock there were three on the sidewalk outside my apartment.' Miss Clarke was working on 'Bar's Matinee Idol,' her latest Paramount picture which is to be shown at the Arcade Theatre on Sunday and Monday.

#### THE CAMERA'S BEST FRIEND

Pastime Sunday and Monday

Of the countless stars and near-stars who have appeared in the motion pictures, there is none on whom the unanimous approval of camera men rests so markedly as on Clara Kimball Young. Possessed of a set of classic features which are a delight to the beholder, Miss Young's crowning blessing is, however, her complexion—"her skin photographs like ivory, with its soft high-lights and sheens," as one expert camera man put it recently.

That is one of the reasons why you will find, in every town and hamlet in America, and even so far off the beaten track as China and Japan, countless lithographs and newspaper cuts of Clara Kimball Young, the camera's best friend. It may be stated, without fear of successful contradiction, that the photographs of no other actress have been so widely displayed throughout the entire world.

Miss Young will appear in one of her masterful productions, "Shirley Kaye," next Sunday at the Pastime Theatre.

#### MAE MARSH IS STAR OF "BELOVED TRAITOR"

"The Beloved Traitor," the new Goldwyn Picture starring Mae Marsh which will be seen at the Alta Theatre beginning Sunday is a delightful screen version of Frank L. Packard's novel of the same name.

Mary Garland, Maine fishermalden, has a sweetheart, Judd Minot, a fisherman, whose talent as a sculptor is unsuspected by the townspeople. He is haunted by vision, wherein he sees a statue of a woman with a face strikingly like Mary's and the people around it acclaiming him as the creator. The figure stands with arms outstretched as if welcoming the returning fisherman. He discovers Mary in that attitude when she goes to the rescue of her uncle, Simon, caught in a storm far out beyond the rocks while returning from the lighthouse. Judd saves both. Shortly afterwards, the uncle, with whom Mary lived, dies. Before his passing he has exacted Judd's promise to watch over Mary, along with Father Anthony, the village priest.

Mary is delighted with Judd's model of his ideal figure, but Judd seeks higher things. They come when Henry Bliss, a wealthy patron of art from the big city, and his daughter visit the village on a motor tour. Seeing Judd's model, Bliss recognizes the work of an embryo genius and proposes that Judd accompany him to the city for an art education. He agrees after the added arguments of Myrna Bliss, who sees in the good-looking fellow another man to fascinate.

Judd meets with success as a sculptor and after three years' absence Mary still grieves for him. Judd loves Myrna, but there is another man, Paul Drayton, a political leader. Judd flashes his status, which he calls The Beacon, but dissipation meanwhile says its heavy hand on him. Mr. Bliss reproaches his protégé showing him a scurrilous clipping from a society paper, which he later sends to Father Anthony. Later Mary sees it and resolves to save the man she loves. She goes to the city.

She gains entrance to the studio, where Judd is celebrating, and at once is recognized as the original of Judd's prize model. Myrna upbraids Judd, and then follows a fight between Drayton and Judd, but Mary saves the precious model after Drayton crashes against it. Judd's eyes are opened. He turns from the coarse Myrna to the girl of his youth, Mary.

# PASTIME TODAY

Clara Kimball Young

in "Shirley Kaye"

# ALTA TODAY



MAE MARSH

## MAE MARSH

--IN--

## The Beloved Traitor VAUDEVILLE

WEAVER & WEAVER  
Comedy, Singing, Talking and Eccentric Dancing.

## THE VAGGES

Unique Novelty Artists.

# ARCADE TODAY



## Marguerite Clarke

in "Bab's Matinee Idol"



MARGUERITE CLARKE in "Bab's Matinee Idol"

ARCADE SUNDAY-MONDAY.

#### NURSE FORGOT PASSWORD

Made Discovery That She Was Jabbering French to Home Neighbor Who Was on Guard Duty.

An American nurse "Somewhere in France," tells this story to friends back home.

"I was feeling worn out and nervous one day, and asked the private of taking a walk in the fresh air.

#### PIMPLY? WELL, DON'T BE!

People Notice It. Drive Them Off with Dr. Edwards' Olive Tablets

A pimply face will not embarrass you much longer if you get a package of Dr. Edwards' Olive Tablets. The skin should begin to clear after you have taken the tablets a few nights.

Cleanse the blood, the bowels and the liver with Dr. Edwards' Olive Tablets, the successful substitute for calomel, that never causes any sickness or pain after taking them.

Dr. Edwards' Olive Tablets do that which calomel does, and just as effectively, but their action is gentle and safe instead of severe and irritating.

No one who takes Olive Tablets is ever cured with a dark brown taint, a bad breath, a dull, listless, "no good" feeling, constipation, torpid liver, bad disposition or pimply face.

Dr. Edwards' Olive Tablets are a purely vegetable compound mixed with olive oil, you will know them by their olive color.

Dr. Edwards spent years among patients afflicted with liver and bowel complaints, and Olive Tablets are the immensely effective result.

Take one or two nightly for a week. See how much better you feel and look. 10c and 25c per box. All druggists.

## ARMAND'S

The only NEW face powder in the past 50 years

Oh yes, there are many, many kinds of powders on the market, but this one is absolutely different from any you have ever had. The price is reasonable. too—

50 cents KOEPPEN'S Have It.

#### TO DARKEN HAIR APPLY SAGE TEA

LOOK YOUNG! BRING BACK ITS NATURAL COLOR, GLOSS AND ATTRACTIVENESS.

Common garden sage brewed into a heavy tea with sulphur added, will turn gray, streaked and faded hair beautifully dark and luxuriant. Just a few applications will prove a revelation if your hair is fading, streaked or gray. Mixing the Sage tea and Sulphur recipe at home, though, is troublesome. An easier way is to get a 50 cent bottle of Wyeth's Sage and Sulphur Compound at any drug store all ready for use. This is the old time recipe improved by the addition of other ingredients.

While wispy, gray, faded hair is not sinful, we all desire to retain our youthful appearance and attractiveness. By darkening your hair with Wyeth's Sage and Sulphur Compound, no one can tell, because it does it so naturally, so evenly. You just dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time; by morning all gray hairs have disappeared, and, after another application or two, your hair becomes beautifully dark, glossy, soft and luxuriant.

This preparation is a delightful toilet requisite and is not intended for the cure, mitigation or prevention of disease.

We also handle—  
Dr. Hess Dip and Disinfectant.  
Dr. Hess Poultry Powders.  
Dr. Hess Instant Louse Killer.

Tallman & Co. Leading Druggists.

We advertise and offer War Savings stamps for sale with every purchase.

## FINE FOR RHEUMATISM!

Musterole Loosens Up Those Stiff Joints—Drives Out Pain

You'll know why thousands use Musterole once you experience the glad relief it gives.

Get a jar at once from the nearest drug store. It is a clean, white ointment, made with the oil of mustard. Better than a mustard plaster and does not blister. Brings ease and comfort while it is being rubbed on!

Musterole is recommended by many doctors and nurses. Millions of jars are used annually for bronchitis, croup, stiff neck, asthma, neuralgia, pleurisy, rheumatism, lumbago, pains and aches of the back or joints, sprains, sore muscles, bruises, chilblains, frost-bite, colds of the chest (it often prevents pneumonia).

30c and 60c jars; hospital size \$2.50



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