

IT PAYS TO PAY CASH AT CONROY'S

CONROY IS THROWING BOMBS AT HIGH PRICES

CONROY'S CASH GROCERY

525 Main St. Free Delivery. Phone 640

- Early Rose Seed Potatoes, Cwt. \$1.50
- Mount Vernon Milk, 2 cans 25c
- Toilet Paper, 4 rolls 25c
- Corn 2 cans 25c, case \$2.75
- Tomatoes 2 cans 25c, case \$2.90
- Ginger Snaps, pound 30c
- Red Mexican Beans, 2 pounds 25c
- Red Salmon, No. 1 can 25c
- Peanut Butter, pound 25c
- Monopol Jelly Powder, 3 packages 25c
- Washington Crisps, package 10c
- Crisco small 60c, medium \$1.05, large \$2.10
- Lard Compound No. 5, \$1.45, No. 10, \$2.85
- Taffy Table Syrup, 16 pound jackets \$1.85
- Snider's Catsup, bottle 25c
- Pettie Prunes, 2 pounds 25c
- Asparagus, 2 pounds 25c
- Potatoes, Cwt. \$1.00
- Rhubarb, 4 pounds 25c
- Home Grown Lettuce, bunch 5c
- Kaiser Coffee, our leader, pound 25c

IT PAYS TO PAY CASH AT CONROY'S

THIS MAP SHOWS HOW YOUR RED CROSS DOLLAR WAS SPENT



How did the Red Cross spend your money? The story of where your dollar went and the dollars of the millions of Americans who helped to make up the last \$100,000,000 fund of the American Red Cross is told by a glance at the map herewith.

This map explains very vividly just why the American Red Cross is asking the nation for \$100,000,000 next week. It shows where every dollar was spent in Europe.

It gives the answer as to why Oregon is being asked by the Red Cross for \$500,000.

The total of the Red Cross war fund receipts, including interest, amounted to \$119,134,369.47; the total appropriations have amounted to \$82,217,942.82; while chapters received in refunds for their military work \$17,491,049.94. On April 15th, there was available for distribution \$19,515,347.61 and this will practically all have been expended June 1.

President Wilson appointed the present war council on May 19th of last year. The synopsis of the principal expenditures shows the following:

France, \$20,926,102.94; Belgium, \$2,086,131.00; Italy, \$4,588,526.00; Russia, \$1,208,905.72; Roumania, \$2,674,368.76; Serbia, \$894,580.76; Great Britain, \$3,260,250.75; Relief work—Other Foreign, \$4,476,300.00; Relief work—American prisoners in Germany, \$261,664.00; Equipment and expense of Red Cross personnel sent abroad, \$291,200.00; Relief work—United States, \$9,723,123.37; Working capital—purchase of supplies for resale to chapter or for shipment abroad, \$15,000,000.00; Working cash advances for France and United States, \$1,285,000.00.

Any Red Cross chapter will be glad to supply any inquirer with a detailed synopsis of the manner in which each expenditure in the above tabulation was made.

Take Your Choice



R. N. STANFIELD
Republican for United States Senator.

STANFIELD
Born in Oregon, Farm boy. On the range, supporting widow mother and family. Trading in a few sheep. Studying sheep problem. Reorganizing sheep industry in Oregon. Markets first Oregon mutton in Chicago (trainload). Elected three times to Legislature as Republican. Speaker of House, 1917 Session. Instrumental in making Portland second largest grease wool depot in United States. Largest individual wool grower in America. Has employed 20,000 men. Has helped the tax roll. Always 100% Republican.

HIS OPPONENT
Born in Oregon. Appointed by brother deputy County Recorder. Appointed clerk in office of District Attorney, by Democrat. Appointed deputy District Attorney by brother. Practicing law and politics. Appointed to Supreme Bench by a Democratic Governor. Defeated for Republican nomination for Supreme Judge. Four were nominated—he ran fifth. Corporation lawyer at Salem, Oregon—Portland, Railway, Light & Power Company and other corporations. Applicant for appointment on Supreme bench. Republican Governor declines to make appointment. Appointed to U. S. Senate by Republican Governor. Is in combination which is trying to defeat Republican who gave him the appointment. Has employed few office stenographers. Has been persistent tax-eater. A Demo-Rep, 50-50%.

"The Oregonian is able to say on information and knowledge that he (Robert N. Stanfield) is neither a profiteer nor a hoarder. It says it now, because it ought to be said now. It would not have him, nor any man, penalized through politics, or partisanship, or newspaper unfairness, for having performed to the state of Oregon and to the Northwest an invaluable service in creating here a great wool depot, and in helping lay the foundations for an important industry in the manufacture of wool products of all kinds. What encouragement can Portland offer to others to invest their capital here, contributing a share to the development of desirable enterprise if they are to be assailed and libeled merely because they happen to be candidates for office?"—Oregonian Editorial, May 12.

(Paid adv. by Stanfield Senatorial League, 203 Northwestern Bank Bldg.)

at the MOVIE THEATRES

AMERICAN YOUTH BECOMES A KING
The Interesting and Entertaining Story is Told in "His Royal Highness," New World-Picture Brady-Made.

How an American youth became a European king; How he restored the waning spirit of the country; How he overthrew the intrigues which were sapping the nation's strength; and How he won the heart and hand of the Princess Diana of Terrestria whose father sought the war with him. All this is told in the thrilling and entertaining romance, "His Royal Highness," which on today will be shown at the Alta Theatre.

Carlyle Blackwell, whose popularity is immense, plays the role of the American youth and plays it surpassingly well. Evelyn Greely, the charming star of World-Pictures Brady-Made plays the role of the Princess Diana in a memorable manner.

"His Royal Highness" has been staged in a manner befitting the strength and interest of the story and the prominence of the stars. A whole

village was constructed for several of the scenes. An aeroplane figures in the action and there are other surprising and interesting features. Altogether it is a notable production, a splendidly entertaining picture, an attraction that you will not soon forget. See it.

RUTH CLIFFORD IN ANOTHER BLUEBIRD

Ruth Clifford, daintiest of Bluebird stars, pretty as well as talented, will next appear in "Hungry Eyes" to be presented at the Arcade Theatre today. The star of this Bluebird will be Monroe Salisbury, who has appeared with Miss Clifford in several recent productions—"The Savage," "The Desire of the Moth," and "The Door Between," being numbered among the productions in which this artistic couple have triumphed. Rupert Julian who directed Bluebird will also enact an essential role in "Hungry Eyes," leading a supporting organization selected because of individual fitness for the roles assigned. "Hungry Eyes" tells a story of love and romance in the cattle country, and its scenic environments will present some of the most beautiful vistas to be found in Southern California.



To walk into a store and say, "I want a pair of Army Shoes"—is all right as far as it goes. But—only when you insist on the

BUCKHECHT ARMY SHOE

are you sure of getting the most for your money—the most comfort, the most service, the most value.

For practical, everyday wear—for lasting comfort—you can't beat the Buckhecht Army Shoe. Made on the Munson Last—specified by the U. S. Army—worn by all of our soldiers and thousands of men in civil life.

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You can get the Buckhecht Army Shoe in your town. If your dealer does not carry it, write us direct.

\$6.50 and \$7.00.
For Sale by BOND BROS.



Alta Today.

HOUSEHOLD

"The basis of life is health and the basis of health is correct diet."

The following guide in the planning of meals has been made out for the use of the busy housekeeper who has not time to do her own scientific figuring in choosing the day's menus.

Foods are divided into three groups, namely:

1. Those that build the body and keep it in repair—protein.
2. Those that act as fuel and supply the body with heat and energy—starch, sugar and fats.
3. Those that help build the framework of the body that keep it in good working order and act as body regulators—minerals.

The second group has three subdivisions. Under one heading belong the fats, under another—the sugars and under the third are the starches.

Food classified then under five subdivisions are arranged as follows:

Group 1—Foods that build and repair the body—the protein foods, such as milk, cheese, eggs, meat, fish, poultry, dried beans, dried peas, etc.

Group 2—Foods that build the framework of the body and also act as tonics, taken largely for their acids and the minerals they contain: (a) Fruits—Apples, pears, lemons, cherries, berries, oranges, melons, cauliflower, cabbage, tomatoes, celery, turnips, carrots, etc.

Group 3—Fats: Butter, cream, suet, lard, salt pork, chocolate, nuts, bacon.

Group 4—Sugars: Molasses, honey, syrups, candies, jams, marmalades, dates, figs, raisins, sweet desserts, jellies.

Group 5—Starches: Rice, potatoes, cornmeal, flour, macaroni, spaghetti, noodles, hominy, etc.

Groups 2, 4 and 5 furnish the body with heat and energy.

A well balanced diet should consist group 1, 10 to 15 per cent taken from group 2, 75 to 80 per cent taken from groups 3, 4, 5.

Food substances, however, are not finely distributed; that is, we merely pay attention to the five food divisions in the planning of meals; the percentage of food substances will largely take care of themselves.

Any one else who wishes to make peace with German militarism should study the interesting example of Russia, which, slowly recovering consciousness after the knock-out blow administered in the name of peace, is looking around for a brick to throw at the Kaiser.



Building-up for the Spring Attack at the Front is a good deal like putting the body in condition for an invasion of the germs of grip, pneumonia or "Spring fever" here at home.

At this time of the year most people suffer from a condition often called Spring Fever. They feel tired, worn out, before the day is half thru. They may have frequent headaches and sometimes "pimply" or pale skin and white lips. The reason for this is that during the winter, shut up within doors, eating too much meat and too little green vegetables, one heaps fuel into the system which is not burned up and the clinkers remain to poison the system—a clogging up of the circulation—with inactive liver and kidneys. Time to put your house in order. For an invigorating tonic which will clarify the blood, put new life in the body, sparkle to the eyes, and a wholesome skin, nothing does so well as a glyceric herb extract made from Golden Seal root, Blood and Stone root, Oregon grape root and Wild Cherry bark. This can be had in convenient, ready-to-use tablet form at all drug stores, sixty cents, and has been sold for the past fifty years as Dr. Pierce's Golden Medical Discovery. By means of the nerves feeding on the blood, when the blood is pure the nerves feel the effect, and neuralgia or other nerve pains disappear because such pain is the cry of the starved nerves for food. When suffering from backache, frequent or scanty urine, rheumatic pains here or there, or that constant tired feeling, the simple way to overcome these disorders is merely to obtain Dr. Pierce's Anurie from your druggist. In tablets, sixty cents.

How's This?
We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Medicine. Hall's Catarrh Medicine has been taken by catarrh sufferers for the past thirty-five years, and has become known as the most reliable remedy for Catarrh. Hall's Catarrh Medicine acts upon the blood and the mucous surfaces, expelling the poison from the blood and healing the diseased surfaces.

After you have taken Hall's Catarrh Medicine for a short time you will see a great improvement in your general condition. Start taking Hall's Catarrh Medicine at once and get rid of catarrh. Send for testimonials, free.

F. J. CHENEY & CO., Toledo, Ohio.
Sold by all Druggists, Etc.

ARCADE

TODAY
Monroe Salisbury
—AND—
Ruth Clifford
—IN—
"Hungry Eyes"
A thrilling and gripping drama of the west. Outlaws, Gunmen.
IN ADDITION A CLEVER COMEDY.
Children 5c Adults 20c

PASTIME

TODAY
CARMEL MYERS
—IN—
The Lash of Power
A drama that will make you stop and think. A play that will please.
IN ADDITION A CLEVER COMEDY

ALTA TODAY

CARLYLE BLACKWELL AND EVELYN GREELY IN
HIS ROYAL HIGHNESS
This is a 100 per cent picture; 100 per cent in interest and entertainment; 100 per cent in speed and consistency of story.
PATHE NEWS—LATE PICTURES OF THE WAR
VAUDEVILLE
THE CHICHE TRIO
Singing, Talking, Bicycle Act.
WOODEN AND LA VAR
A Novelty Surprise, "The Blue Bandana"
Children 10c Adults 30c

Thoroughly Renovated Satisfaction Guaranteed
A Respectable Place to Stop
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Under New Management
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