

Sure Relief



BELL-ANS
FOR INDIGESTION

6 BELL-ANS
Hot water
Sure Relief

GOOD OLD FASHION BLACK CURRANT MOLASSES, 30 gallon brls., 30¢ gallon; 60 gallon brls., 30¢ gallon. Cash with order. WINSTON GRAIN CO., Winston-Salem, N. C.

FRECKLES
POSITIVELY REMOVED BY Dr. Barry's Freckle Cream. Your druggist or by mail. 5¢. Free book. Dr. C. W. Barry, 215 N. Michigan Avenue, Chicago.

Many a college owes its fame to its football team.

It is never too late to mend, marry or get a divorce.

The Sign of No.
"That dog of mine is very intelligent," said the sweet young thing.
"I have no doubt of it," replied the caller.
"I was singing just now and I asked Fido if he liked the song, and he wagged his tail."
"But did he wag it up and down or from side to side?"
"Why, from side to side, of course."
"Well, I should say that denoted that he meant he was not pleased."

Important to Mothers
Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of *Dr. J. C. Fletcher*
In Use for Over 30 Years.
Children Cry for Fletcher's Castoria

A man may forget to wind his watch, but the flight of time goes on just the same.

To win aim high and stick to it.



Aspirin

Then it is Genuine

Warning! Unless you see the name "Bayer" on tablets, you are not getting genuine Aspirin prescribed by physicians for 21 years and proved safe by millions.

Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains proper directions for Colds, Headache, Pain, Toothache, Neuralgia, Rheumatism, Neuritis, Lumbago.

Handy tin boxes of 12 tablets cost but a few cents—Larger packages. Aspirin is the trade mark of Bayer Manufacture of Monoclonalacetamide of Salicylic acid.

GENTLE JOLT FOR SWEENEY

Possibly There Are Others Who Might Benefit by Reflecting on George's Observation.

Frothingham Dodge, the Boston municipal reformer, in the course of an address to Harvard students, said: "Man wasn't made to loaf. The minute he begins to loaf he takes to drink or hypochondria—I don't know which is worse."

"There's a loafing hypochondriac named Sweeney who spends all his time talking about his health. He's always ailing, and usually when you go to see him you find him in bed with a headache or rheumatism or dyspepsia or what not."

"Sweeney was tottering feebly down the street one day when he fell in with a burly friend named George.
"George," he said, "I'd give anything to be as strong and healthy as you are. What do you live on?"
"I live on fruit," said George.
"Fruit, eh?" said Sweeney eagerly.
"That sounds good. I'll have to try it. What kind of fruit, George?"
"The fruit of labor," George answered significantly."

A College Lad.
"Is he a raw youth?"
"Well, he wouldn't so consider himself. Call him a rah-rah youth."

Really to know a man you should stick around until something goes wrong with him.

AMBITION SOARED TOO HIGH

Pioneer Grape Grower Unfortunately Was Not Satisfied With First Really Excellent Results.

A hundred years ago Dr. C. W. Grant bought a small, rock-ribbed island in the Hudson river nearly opposite Peekskill. There was a general laugh at what people declared to be his folly, as the island was so barren and worthless that it did not seem possible for anything to grow there. Dr. Grant, however, had ideas of his own, and he began a growth of grapes of the then new variety, the Delaware. In a very short time the island was known to grape growers all over the country, and Doctor Grant was declared to have done more for grape culture than any other man in America.

The great business enjoyed by the physician turned his head, and he began to work toward a scheme that would turn the island into a paradise of growing flowers, especially magnolias and rhododendrons, and he hoped to give seed or cuttings to every home in America. The result of his attempts was bankruptcy, and he left the island, which soon went back to rock and barren soil.

A strong man without confidence is weak.

All beginnings are hard enough in a career of crime; there the end is hard.

The American Legion

(Copy for This Department Supplied by the American Legion News Service.)

DAVIS FACES IMPORTANT JOB

Prominent Illinois Legion Man Heads Committee on Hospitalization and Vocational Training.



Gen. Abel Davis, who has been appointed chairman of the committee on hospitalization and vocational training of the American Legion, is a front-line soldier who won the Distinguished Service Cross and Croix de Guerre when he commanded the One Hundred and Thirty-second Infantry in France.

General Davis was born in Chicago and received his education in Chicago schools. He attended Northwestern university, and served as a member of the Illinois legislature and also held the position of recorder of deeds of Cook county, Illinois. He is now vice president and trust officer of the Chicago Title and Trust company.

PEOPLE FAVOR BONUS BILLS

New York, New Jersey, Washington and South Dakota Sanction the Proposition.

The passage of soldier bonus bills in New York, New Jersey, Washington and South Dakota by overwhelming majorities at the November elections is unquestionable proof of the public's recognition of veterans' claims, is the opinion advanced in an editorial which appeared recently in the American Legion Weekly.

"One-fourth of the five million men who served in the army and navy live in states which have shown their sense of justice by awarding compensation," the writer says. "Three-fourths of the veterans of the World War live in thirty-six states which have not faced the issue—in most of them because there have been no recent sessions of state legislatures."

"The United States senate will soon pass on the question of national compensation for World War veterans. Facing them squarely is the Fordney bill, adopted by the lower house. This bill will meet every test of justice. It is in accord with the sentiment of the people of the country as attested by the state bonus elections. Its passage by the senate will mark the fulfillment of a national obligation. The state bonuses are the expressions of a desire by the people to give a square deal. They do not lessen in any degree the federal responsibility, which cannot be avoided on the plea of state generosity."

NORTON IS NAMED ORGANIZER

World War Fighter Appointed Organizer of the Vermont Department of the Legion.

In keeping with the policy of the American Legion of electing real fighting men for its officials, Henry L. Norton, fifty years old, a fighter for four years and seven months in the Canadian and American armies during the World War, has been appointed organizer of the Vermont department of the Legion. Mr. Norton enlisted in the Canadian engineers in 1914, and served with them in France until 1917, when he received a commission in the American army. He served with the Three Hundred and Seventy-second infantry, attached to the One Hundred and Fifty-seventh French brigade from its arrival in France March 18, 1918, until he was discharged in February, 1919.



There Are Fronts and Fronts. A mud-spattered doughboy slouched into the Y hut where an entertainment was in progress and slumped into a front seat.
Firm, kindly and efficient, a Y. M. C. A. man approached him saying: "Sorry, buddy, but the entire front section is reserved for officers."
Wearily the youth rose.
"All right," he drawled, "but the one I just got back from wasn't."—American Legion Weekly.

FIVE BILLS UP TO CONGRESS

Legion Legislative Committee is Pressing Passage of Measures Important to World War Men.

Five bills are being pressed by the legislative committee of the American Legion at the present session of congress. Foremost among those in public interest is the Fordney bill, that provides adjusted compensation for all ex-service men, but more important in the eyes of Legion men are the Watson bill, the Rogers bill, the Stevenson bill and a sundry appropriation bill amounting \$10,000,000 for hospital construction.

The Fordney, or "bonus" bill, passed the house in the last days of the last session of the Sixty-sixth congress. It then was referred to the senate finance committee, of which Senator Boies Penrose of Pennsylvania is chairman. Assurances were given that early hearings would be held on the bill.

The Fordney bill, as it stands now, provides a cash payment for all veterans up to and including the grade of captain, of one dollar a day for each day of home service, and \$1.25 a day for foreign service, with a limit of \$500 and \$625, respectively. Or, the option of the same amount, plus 40 per cent if taken in the form of government certificates, assistance in the purchase of a home or farm or vocational training.

The Fordney bill, however, will be subordinated to the other four pet Legion measures, all of which aim at the improvement of the condition of the disabled. In this the legislative committee is following the mandate of the second national Legion convention, which went on record that "matters for the benefit of the sick and disabled are of first importance and are to be given preference over all other legislation affecting the welfare of the service men."

The Watson bill provides for 14 regional branches of the bureau of war risk insurance, as many sub-offices as may be necessary, and would make it possible for ex-service men to pay their government insurance premiums at any post office. It relieves from the payment of premiums disabled men in hospitals or taking vocational training and men temporarily disabled. It extends the time in which ex-service men may apply for hospitalization. It is a bill that would improve the efficiency of the war risk bureau and would give justice to the disabled. The Watson bill passed the house unanimously at the last session. It then was referred to a sub-committee of the senate finance committee.

The Rogers bill represents the efforts of the American Legion to obtain cooperation between the bureau functioning for the benefit of disabled ex-service men. It provides for the transfer of the rehabilitation section of the federal board of vocational training and of the public health service to the jurisdiction of the war risk bureau. The plan is to have all the bureaus under one directing and responsible head, preferably a new cabinet officer.

The Stevenson bill would establish the same privilege of retirement for disabled officers of the emergency forces as is now enjoyed by officers of the regular army, a privilege already accorded by congress to emergency officers of the navy.

WELL KNOWN TO LEGION MEN

Gilbert Bettman, Chairman of the National Legislative Committee of the American Legion.

Gilbert Bettman, who was recently appointed chairman of the national legislative committee of the American Legion, is well known to many Legion members because he helped to draft the four-fold optional plan of adjusted compensation and, with James G. Scroggins, new national vice commander, presented it before the ways and means committee of the house of representatives.

Mr. Bettman was graduated from Harvard college and the Harvard law school with three degrees, and practiced law in Cincinnati until a short time after the outbreak of the war.

Appointed as assistant to the director of the bureau of war risk insurance, Mr. Bettman served in that capacity until the German offensive of March 21, when he was commissioned captain in the military intelligence division of the general staff.

Mr. Bettman attended the St. Louis caucus of the American Legion and the Minneapolis and Cleveland conventions. He has served as chairman of the war risk committee and as a member of the national beneficial legislative committee.

General Sherman Stuff.
It was a perfect French night. In other words, the rain was coming down steadily and the mud was at its stickiest. In "squad" formation—twos, threes, fives and sixes—a regiment of Buffaloes was moving into an alleged rest camp. The accent was on the camp.

The most forlorn of all the forlorn crew staggered against a barracks doorway where he was accosted by a white non-com.
"Well, Sam, whaddye think of this war now? Pretty good war?"
"Boss, dis yeah war never was a good war—and dis last day practicaly done ruined it completely."—American Legion Weekly.

A Feeling of Security

You naturally feel secure when you know that the medicine you are about to take is absolutely pure and contains no harmful or habit producing drugs.

Such a medicine is Dr. Kilmer's Swamp-Root, kidney, liver and bladder remedy. The same standard of purity, strength and excellence is maintained in every bottle of Swamp-Root.

It is scientifically compounded from vegetable herbs.

It is not a stimulant and is taken in teaspoonful doses.

It is not recommended for everything.

It is nature's great helper in relieving and overcoming kidney, liver and bladder troubles.

A sworn statement of purity is with every bottle of Dr. Kilmer's Swamp-Root.

If you need a medicine, you should have the best. On sale at all drug stores in bottles of two sizes, medium and large.

However, if you wish first to try this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

Getting Even.

Archie attends one of the schools of this city and is thinking seriously of entering high school in February. He does not approve of woman suffrage.

One day after receiving a lecture from one of the teachers, he entered the room pouting. The teacher asked him what the trouble was. He replied: "If the girls are going to vote like the men, I'm going to pout just like the girls do."

"Are you trying to be a girl?" asked his teacher. A giggle was heard from every one present.—Indianapolis News.

True Saying.

Silver-spoonism is, after all, vulgarity; it is an assumption of delicacy superior to the majority.—Old Conduct Book.

Walk up to every day like a man. It may be better feed in the rack than it looks from a distance.



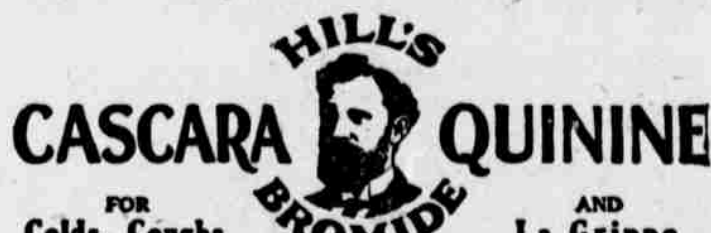
A woman's fondest hope is to stay young. She often resorts to paints, powders and cosmetics to hide her years. Some women pay large sums to so-called "Beauty Doctors" in the belief that money will buy youth. Others wear girlish dresses, thinking they can fool the world about their age. But no one is deceived. The more you try to hide your age, the more it shows.

There is but one thing that holds old age back, and that is health. Sickness and weakness bring old age early in life. Dr. Pierce's Favorite Prescription is a building-up medicine for women. It makes them healthy and strong when they suffer from women's troubles. "It keeps them looking young by keeping them well. It is a woman's tonic for the frail, the delicate and those who are nervous, dizzy and who have backache and dragging pains. Favorite Prescription is altogether vegetable and without a particle of alcohol. It is safe to take. Try it now. In tablet or liquid form at all druggists, or send 10c for trial package of the tablets to Dr. Pierce's Invalids' Hotel in Buffalo, N. Y.

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Skin Tortured Babies Sleep Mothers Rest After Cuticura
Soap 25c, Ointment 25 and 50c, Tablets 25c.

Kill That Cold With



HILL'S CASCARA QUININE
FOR Colds, Coughs AND La Grippe
Neglected Colds are Dangerous
Take no chances. Keep this standard remedy handy for the first onsets.
Breaks up a cold in 24 hours—Relieves Grippe in 3 days—Excellent for Headache
Quinine in this form does not affect the head—Cascara is best Tonic Laxative—No Opium in Hill's.

ALL DRUGGISTS SELL IT

IN THE WAY HE SHOULD GO "YANKS" GOT THEIR COFFEE

Father Determined to Spare No Pains in the Proper Upbringing of His Offspring.

In Chicago they tell of the great pride which the parents of a certain lad take in him. Father is determined to make him a great business man, a veritable captain of industry.

One day the mother heard loud screams emanating from an adjoining room and rushed in to investigate the cause. Father was vigorously administering chastisement to the young hopeful.

"James! James! Why are you thrashing Harry?" demanded the wife.
"Because I caught him in a lie, that's why," said the father, continuing the thrashing.

"A lie? You say a lie?"
"Yes! I will teach him to lie better than that if I have to break every bone in his body!"

Deserved a Sharp Reproof.
"Alice ought to do well in music. Not only are her parents musical, but she was born in a flat."
"Then, of course, it would be natural for her to make a success."—Boston Transcript.

Some Other Day, Perhaps.
"Shall I dust the brickly brack, mum?"
"Not today, Nora. I don't think we can afford it."

Hardly.
"Yes, this is a Boston bull." "Well bred?" "Could anything from Boston be otherwise?"

Sergeant's Personal "Kick" to King George Brought About the Desired Change in Rations.

Sergeant Guyon of "B" troop, American forces in Germany, has the distinction of having his ration changed by direct orders from King George.

When the American army polo team from Coblenz was in England recently, Guyon had charge of the ponies at Aldershot. The king visited the field and was attracted by the ponies' blankets bearing the letters "A. F. G." He approached to inspect them and addressed Guyon.

"Well, how are you getting along in England?"
The British Tommies nearby standing rigidly at attention were petrified by Guyon's reply: "Oh, pretty well, king, but say, this tea we have for breakfast is fierce—can't you fix it up so we can have coffee?"

The king laughed and addressing one of his aides said: "See to it that these men have coffee hereafter." And the Americans had coffee.

New Rifles for Jap Army.
Infantrymen in the Japanese army are to have a rifle of larger caliber. At present a rifle of .255 caliber is used, compared with the British .303 and the French .314. The gun barrel of the machine gun is also to be shortened.

As a rule, the packlock accomplishes more than the watchdog, and makes less fuss about it.

The man who courts trouble is soon married.

A Ready-Cooked Food For Breakfast or Lunch

Grape-Nuts

Crisp granules of wheat and malted barley "sweet as a nut" from special processing and long baking.

No need to sprinkle sugar on your cereal when you use Grape-Nuts

"There's a Reason"

Look into it!

If tea or coffee drinking disturbs health or comfort, switch to

INSTANT POSTUM

There's a big gain toward health, with convenience, economy, and no loss in satisfaction

GROCERS EVERYWHERE SELL POSTUM

Made by Postum Cereal Company, Inc. Battle Creek, Mich.

