

HOW WOMEN AVOID SURGICAL OPERATIONS

Some Are Extremely Necessary, Others May Not Be

Every Woman Should Give Lydia E. Pinkham's Vegetable Compound a Trial First



Chicago, Ill.—"I was in bed with a female trouble and inflammation and had four doctors but none of them did me any good. They all said I would have to have an operation. A druggist's wife told me to take Lydia E. Pinkham's Vegetable Compound and I took 22 bottles, never missing a dose and at the end of that time I was perfectly well. I have never had occasion to take it again as I have been so well. I have a six room flat and do all my work. My two sisters are taking the Compound upon my recommendation and you may publish my letter. It is the gospel truth and I will write to any one who wants a personal letter."—Mrs. E. H. HAYDOCK, 6824 St. Lawrence Ave., Chicago, Ill.

A Vermont woman adds her testimony to the long line of those fortunate women who have been restored to health by Lydia E. Pinkham's Vegetable Compound, after it had been decided an operation was necessary:

Burlington, Vt.—"I suffered with female trouble, and had a number of doctors who said that I would never be any better until I had an operation. I was so bad I could hardly walk across the floor and could not do a thing. My sister-in-law induced me to try Lydia E. Pinkham's Vegetable Compound and it certainly has helped me wonderfully. I keep house and do my work and have a small child. I have recommended Vegetable Compound to a number of my friends and you may publish my testimonial."—Mrs. H. R. SHARON, Apple Tree Point Farm, Burlington, Vt.

In hospitals are many women who are there for surgical operations, and there is nothing a woman dreads more than the thought of an operation, and the long weary months of recovery and restoration to strength if it is successful.

It is very true that female troubles may through neglect reach a stage where an operation is the only resource, but most of the common ailments of women are not the surgical ones; they are not caused by serious displacements, tumors or growths, although the symptoms may appear the same. When disturbing ailments first appear take Lydia E. Pinkham's Vegetable Compound to relieve the present distress and prevent more serious troubles. In fact, many letters have been received from women who have been restored to health by Lydia E. Pinkham's Vegetable Compound after operations have been advised by attending physicians.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent to you free upon request. Write to The Lydia E. Pinkham Medicine Co., Lynn, Massachusetts. This book contains valuable information.

What to Do for SICK HEADACHE

Take a good dose of Carter's Little Liver Pills—then take 2 or 3 for a few nights after. A few doses restore your organs to their proper functions and the Headache and the causes of it pass away. In the same manner they regulate the Bowels and prevent Constipation. Genuine bear signature—Bartlett Small Pill; Small Dose; Small Price.

The Patient's Pun. Doctor—Be sure you drink nothing but pure water. Patient—But, doctor, can't I drink just a little vichy-ated water? Enjoys it. "Made any New Year's resolutions?" "Sure. It's so much fun breaking 'em afterwards."

No Rent Raise Today. "I met our landlord this morning and he didn't speak to me," remarked the husband. "Thank heaven!" exclaimed the wife. It is doubtful whether original substitutes for "Good morning" are worth while.

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 sneeze. 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 Opiate in Hill's.

ALL DRUGGISTS SELL IT

Look at This Price! 3 3/4c Per Lb. FOR Semi-Solid Buttermilk

Trade Mark Reg. U. S. Patent Office

DIRECT FROM FACTORY TO FARMER, putting Brokers' and Middlemen's profits in Consumers' pockets. Best Flax and Poultry Feed on the market. R puts the PEP in them and keeps them healthy. Prices down to 3 3/4c per lb. in 50 lb. barrels; 4 1/2c in half barrels; 4 1/2c in quarter barrels. F. O. B. factory. Get Free Sample and Booklet describing this Wonderful Feed.

Consolidated Products Co. DEPT. 100, LINCOLN, NEBRASKA

"The only thing for pigs. Makes them grow like weeds." R. T. McKILLIP, Beaver Crossing, Nebr. "It's the best stuff I ever fed." F. SEEVERS, Iowa. "A great chicken feed and egg maker." T. J. LITTELL, Wilber, Nebr. "The pigs sure like it. Best thing for shoats I have found." E. VAN HORN, Burr, Nebr.

The AMERICAN LEGION

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

ALL LOST SIGHT IN THE WAR

Members of Evergreen Post, No. 5, American Legion, Eulogized by National Commander.

The spirit of the American Legion does not lag in the members of Evergreen post, No. 5, in spite of the fact that all of its members are men who lost their sight during the World war.

When F. W. Galbraith, Jr., national commander, heard of the formation of the post recently, he immediately wrote a letter to Charles Frear, post commander. Mr. Galbraith intends to visit the post in the near future.

The national commander's letter, in part, follows: "I am touched beyond expression that these comrades of ours have seen fit to associate themselves together in affiliation with the great American Legion for the purpose of realizing more fully those ideals for which they fought. It is an inspiration to know that, scarred and maimed to an extent which would lead many to feel that to them there would be no further obligation to give to the world, but rather to live and receive, they still feel a desire to give something further of service to their country and community. This is indeed true nobility."

LEGION OFFICER IN MEXICO

Commander of Department Also Member of National Executive Committee of the Legion.

Although Leigh H. Rovzar, commander of the department of Mexico of the American Legion was president of a large brokerage firm in Mexico City, Mexico, at the start of the World war, he enlisted in the army early in the game.

Mr. Rovzar commanded a battery of field artillery as first lieutenant and upon promotion to a captaincy, served in the Thirty-third field artillery, remaining with that organization during its service overseas. He was discharged from service at the Walter Reed hospital in Washington, D. C., June 10, 1919, and returned to his home in Mexico City.

An organizer of Alan Seeger post of the Legion at Mexico City, Mr. Rovzar was named as its first commander. He was recently elected commander of his department and a member of the national executive committee of the Legion.

IS PIONEER LEGION WORKER

Washington Man, Field Organizer, Will Help Supervise National Movement for More Members.

Robert A. Le Roux, who was one of the pioneer American Legion workers in the state of Washington, has been appointed field organizer at national headquarters, and left recently for Nevada to begin work there.

Mr. Le Roux is a newspaper man and has had considerable experience in the field of organization. He served with a Canadian infantry unit in France during the war. He is one of several national field organizers whose duty it will be to supervise speakers and other organizers in the national movement for more members for the American Legion. The membership campaign to be carried out this year will be national in scope.

DADDY OF LEGION 'POPPY DAY'

Buckeye Major Credited With Originating Idea of Wearing Blossom in Memory of Heroes.

Major Wade C. Christy of Youngstown Post, No. 15, of the American Legion at Youngstown, O., is said to have originated the Legion's "Poppy day" and the idea of selling poppies on the street, to be worn in remembrance of our dead heroes of the World war.

The poppy was adopted at the Cleveland convention of the Legion as the official flower of the former service men's organization.

RAY, VETERAN OF TWO WARS

Commander of South Dakota Department of the Legion Has Had Much Experience.

F. B. Ray, commander of the South Dakota department of the American Legion, is a veteran of both the Spanish-American and World wars. During the days of '98 and '99, Mr. Ray served in 16 battles and scrimmages.

After being mustered out of the service, Mr. Ray enlisted in the South Dakota National Guard and was a member of that organization when the United States entered the World war. During the latter war he served as commanding officer of the One Hundred and Thirty-fifth and later the Three Hundred and Fiftieth Infantry. He is now cashier of a bank at Yankton, S. D.

Mr. Ray is a charter member of Roy Anderson post, No. 12, of the Legion, and served as its commander. He was elected commander of the South Dakota department in 1919.

HAS RENDERED GOOD SERVICE

Commander of Oregon Department of Legion, Has Deserved Title of "Fighting Parson."

Rev. William S. Gilbert, commander of the Oregon department of the American Legion, is a fighting chaplain who has administered to the spiritual wants of Oregon troops in the Spanish-American war, the Philippine insurrection, during their service on the Mexican border, and for 17 months in France with the A. E. F.

His military career started 26 years ago, when he became chaplain in the Oregon National Guard. During the World war he was chaplain of the One Hundred and Sixty-second Infantry, Forty-first division and First army corps. He received the Croix de Guerre.

The "fighting parson" has held a number of pastorates in the state of Oregon, and was for three years president of Philomath college. He was recently appointed recent of Oregon State university by the governor of that state.

CHOOSE AIR MAN COMMANDER

Former Balloon Pilot, Lawyer, Heads Nebraska Department of the American Legion.

Nebraska members of the American Legion have elected Robert G. Simmons, a former balloon pilot, as department commander. Mr. Simmons is now an attorney in Scottsbluff, Neb.

The former pilot entered the air service October 28, 1917, and was licensed as a spherical balloon pilot by the Aero Club of America in February, 1918, and commissioned as a second lieutenant in the air service in March, 1918. For some time he was an instructor in courts-martial and then was in command of the Sixty-third, Eighty-third and Seventy-fourth balloon companies at Fort Omaha. He was commissioned a first lieutenant in June, 1918.

Mr. Simmons is a graduate of the law college of the University of Nebraska. He served for one term as county attorney.

GOOD SHOWING IN SERVICE

Commander of Nevada Department of the Legion Rose From Private to First Lieutenant.

T. L. Withers, commander of the Nevada department of the American Legion, rose from the rank of private in the National Guard to that of first lieutenant during his military career, which was spent in various organizations of the Coast Artillery corps.

Educated at Thatcher Preparatory school, Nordhoff, Cal., the Universities of Nevada, California and Virginia, Mr. Withers acted as instructor in mathematics and chemistry for some time and then entered the practice of law at Reno, Nev. He served as chairman of the Red Cross Roll Call in 1917 and chairman of the home service section, American Red Cross, Reno, Nev., and was active in organizing the Nevada department of the American Legion.

To Finish the Job. Pamear—Pretty good, don't you think? I made it for a cover design. Kritix—Now, if you could only design a cover for the picture.

"Made Me Well and Strong"

ANOTHER WOMAN WHO IS THANKFUL FOR PE-RU-NA

"I have taken several bottles of Pe-ru-na and find it a great benefit. I had pains in my stomach and bowels, but by the use of Pe-ru-na and Maltin, I am well and strong again. I always keep a few bottles in the house." Mrs. OSCAR GRAY, R. F. D. No. 2, Box 19, Nichols, Iowa.

Mrs. Gray's experience is just more evidence that Pe-ru-na is quite as good a remedy for catarrh of the stomach, bowels or other organs as it is for coughs, colds and nasal catarrh. Pe-ru-na is a wonderfully fine medicine to have in the house for everyday use.

Send to the Pe-ru-na Company, Columbus, Ohio for free booklet and medical advice.

Tablets or Liquid Sold Everywhere

In burying the hatchet, the shovel used is frequently put in a handy place.

Children's handkerchiefs often look hopeless when they come to the laundry. Wash with good soap, rinse in water blue with Red Cross Ball Blue.

A conceited man will not talk about you behind your back. He will talk about himself.

Back Lame and Achy?

Do you get up mornings tired and achy? Evening find you all "worn-out"? Likely your kidneys are to blame. Hurry and worry, lack of rest, and eating too much meat, throw a strain on the kidneys. Your back gives out; you are tired and likely suffer headaches and dizzy spells. Take things easier and help the kidneys with Doan's Kidney Pills. Doan's have brought new strength to thousands. Ask your neighbor!

A Nebraska Case

John H. Kitamiller, a "very fine" prop. of carriage and paint shop, 2000 O St., Auburn, Neb., says: "For years my back was in bad shape and I suffered severely from kidney trouble. My kidneys acted irregularly and the secretions contained sediment. My back ached constantly and to lift anything or to stoop over caused severe pains. I used Doan's Kidney Pills and they gave me splendid relief."

Get Doan's at Any Store, 60c a Box

DOAN'S KIDNEY PILLS FOSTER-MILBURN CO., BUFFALO, N. Y.

SPECIAL MEDAL FOR THIS DOG

St. Bernard Forgot Eternal Feud With Cat Family and Braved Flames to Save Puss.

The supply of Carnegie hero medals would soon give out if all the brave and thoughtful dogs were remembered. A St. Bernard in the town of Everett, Mass., mindful of the traditions of snowbound travelers and his Alpine monastery, has just effected a triple rescue that entitles him to whatever dogdom can offer in the way of canonization, to match the name of the saint that his devoted breed already bears. First he woke up the families in two apartments by his loud barking when a fire broke out, and then, having started the human beings on their hurried exodus to safety, he darted back through the smoke, got the family cat, which had been forgotten in the excitement, and reappeared with his tribal enemy in his mouth. Would all human beings have been so magnanimous?—Philadelphia Ledger.

Comfort

"You children would rather go to a moving picture than to Sunday school?"

"Yes," answered the small girl. "It's darker in the picture theater and we don't have to have our faces washed."

A bad imitation is often better than the real thing.

A St. Louis Woman Tells Her Experience

St. Louis, Mo.—"During my early married life I found 'Favorite Prescription' wonderful help. At one time I was in very poor health and became nervous and irritable. I took Dr. Pierce's Favorite Prescription and it was not long until I was a well woman. I certainly feel very grateful for what this medicine did for me and am glad to recommend it."—MRS. WALTER NAUMANN, 4053 Taft Ave.

Send to Dr. Pierce, Buffalo, N. Y., for a ten-cent trial package.

BE A NURSE

Exceptional opportunity at the present time for young women over nineteen years of age who have had at least two years in high school to take Nurses' Training in general hospital. Our graduates are in great demand. Address Supt. of Nurses, Lincoln Sanitarium, Lincoln, Nebraska.

PARKER'S HAIR BALM

Restores Color and Beauty to Gray and Faded Hair. 50c and \$1.00 a Bottle. Wm. L. Parker, Chicago, Ill.

HINDERCORNS

Removes Corns, Calluses, etc., stops all pain, restores comfort to the feet. Instant relief. 10c per box or 40c for 3 boxes. Hindercorn Chemical Works, Philadelphia, Pa.

126 MAMMOTH JACKS

Have a bargain for you, come quick. W. L. DeLoe, J. A. C. S. Cedar Rapids, Iowa.

FACTS OF SACRED WRITINGS

Information That Will Be New to Those Who Have Not Recently Searched the Scriptures.

The longest chapter of the New Testament is the first chapter of Luke; it contains 80 verses. The shortest is I John, first chapter; it contains ten verses. The longest verse in the Old Testament is the ninth verse of the eighth chapter of Esther. It contains 90 words, composed of 420 letters. The shortest verse is the twenty-fifth verse of the first chapter of I Chronicles, consisting of twelve letters and three words. The middle verse is the eighth verse of the one hundred and eighteenth psalm. The nineteenth chapter of II Kings and thirty-seventh chapter of Isaiah read alike. The book of Job is the oldest book in the Bible and the twenty-first verse of the seventh chapter of Ezra contains all the letters of the alphabet with the exception of "J." The thirty-fifth verse, eleventh chapter, of St. John is the shortest in the Bible.

The Kind. "Cinderella charmed the prince with her little slipper."

"I wonder if you couldn't call her a shoe vamp?"

Peace comes to the average man at forty—when he quits making resolutions.

You Will Like INSTANT POSTUM

Because of its attractive flavor and real economy.

There's no waste because it is prepared instantly in the cup by the addition of hot water, and you can make it strong or mild to suit individual taste.

Instant Postum Economical—Healthful Satisfying

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