merely something to "help out" in preparing a meal or lunch but a food highly nourishing and always relished.

Fairy Sodas are best for every cracker ase-with soups and salads, for sandwiches, for picnic, school and other lunchescrumbled in meat loaf and scalloped dishesand, in fact, in all ways crackers can be

Ask your Grocer for I-TEN'S FAIRY SODAS and be sure you get the genuine.

Awful Sick With Gas

Eatonic Brings Relief

"I have been awful sick with gas," writes Mrs. W. H. Person, "and Eatonic is all I can get to give me

Acidity and gas on the stomach quickly taken up and carried out by Eatonic, then appetite and strength come back. And many other bodily miseries disappear when the stomach is right. Don't let sourness, belching, bloating, indigestion and other stomach ills go on. Take Eatonic tablets after you eat-see how much better you feel. Big box costs only a trifle with your druggist's guarantee.

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

KREMOLA BOSE THE SKIN BEAUTIFUL.

Does Winders for a bad complexion.

Der. G. H. Berry
Co., 2975 Michigan Avenue, Chicago

NEW OMAR LIFTS HIS VOICE

Arizona Poet, However, Strikes Different Note From That Struck

by the Great Persian.

Omar Khayyam said that he could dine on a loaf of bread and a jug of wine; with Her beside him and feel content in the wilderness-but he only meant that he liked the desand just keep going and never care. He liked the mesquite and the greasewood smell and the long hot days that feel like h-1; the red sunsets and the cool moonlight and the soft, sweet air of the desert nightfor Omar Khayyam was a wonderful man, who fived his life on an easy plan, with his girls and his wine and a big silk tent—My, oh, my! What a life he spent. • • The desert is here like it always was-but you can't Khaysam any more, becuz-in these dry days when even home brew is on the list of the things taboo, old Omar Khayyam and his jug of juice would soon get locked in the calaboose. -Saiome (Ariz.) Sun.

The Builder.

Bocker-Net always; you have to

Prohibition that prohibits might be termed a glass stopper.

ASPIRIN

Name "Bayer" on Genuine



Take Aspirin only as told in each package of genuine Bayer Tablets of Aspirin. Then you will be following the directions and dosage worked out by physicians during 21 years, and proved safe by millions. Take no chances with substitutes. If you see the Bayer Cross on tablets, you can take them without fear for Colds, Headache, Neuralgia, Rheumatism. Earache, Toothache, Lumbago and for Pain. Handy tin boxes of twelve tablets cost few cents. Druggists also sell larger packages. Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid.-

When money talks we never stop to criticize its grammar.

For your daughter's sake, use Red Cross Ball Blue in the laundry. She will then have that dainty, well-groomed appearance that girls admire. 5c.

The nearer some neighbors the dearer they are not.

To Have a Clear Sweet Skin Touch pimples, redness, roughness or itching, if any, with Cuticura Ointment, then bathe with Cuticura Soap and hot water. Rinse, dry gently and dust on a little Cuticura Talcum to leave a fascinating fragrance on skin.

To err is human and to seek to justify the error is humaner.

Everywhere 25c each .- Adv.

Catarrh Can Be Cured

Catarrh can be cured

Catarrh is a local disease greatly influenced by constitutional conditions. It therefore requires constitutional treatment. HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System. HALL'S CATARRH MEDICINE destroys the foundation of the disease, gives the patient strength by improving the general health and assists nature in doing its work.

All Druggists. Circulars free.

F. J. Cheney & Co., Toledo, Ohio.

Side Comment,

Little Belle's Sunday school teacher was to be married. A gift beautiful enough to express the love and admiration of the whole family was bought. and little Belle was permitted to carry the treasure to the home. When the bride-to-be herself opened the door Belle sald in her sweetest tone:

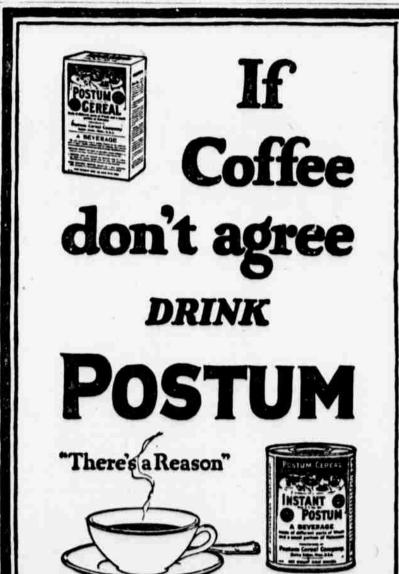
"Miss Ann, mother sent this to you will be found that the Legion has not with our love." And then, half under overstated the case in any particular." ert and his old tin Lizzie, and the crooked roads that make you dizzie. that start any place and lead nowhere, like it; goodness knows 'tis better tell papa last night she hoped you'd than anything we have in our house!" -Exchange.

Abandoning Totem Poles.

Alaska is losing its totem poles. Because of the gradual decline in observance of native customs, totem poles are no longer erected, and the elements are wearing down those remaining.

The largest collection of totems in the North, it is said, is to be found in the abandoned Indian village of Old Kassan, 25 miles from Ketchikan. The village was deserted several years ago, after a disastrous fire, the natives moving to New Kassan.

Old Kassan's totems are of many sizes and descriptions. Some are of imposing proportions, with the four dis-Knicker—Is a full house tax exempt? | tinct emblems of the bear, the crow, the toad and the eagle represented. give your wife a present if you loose. The poles are carved, from base to pinnacle, with gorgeous language. The totems are carved on cedar, which is slow in perishing.



OF THE O.

WOULD PROBE LEGION CLAIMS

International Association of Rotary Clubs, Shocked at Reports, Orders Nation-Wide Survey.

Aroused by charges of the American Legion that the government has failed in its duty toward disabled veterans of the World war, the board of directors of the International Association of Rotary Clubs has ordered a nation-wide survey of the situation "to prove whether American Legion reports are based on hysteria or upon actual facts."

The Rotary organization has indorsed the Legion's consolidation program for the relief to the disabled and will support the Legion's efforts to obtain its enactment into law, according to Chesley H. Perry of Chicago, secretary-general of the Rotary clubs' organizations,

"The 50,000 American business and professional men who form the 800 Rotary clubs of the United States, have started out to gather the actual facts in their respective communities with regard to the manner in which the United States government is handling the cases of disabled ex-soldiers," Mr. Perry stated in a letter to F. W. Galbraith, Jr., commander of the Legion.

"The Rotarians have been shocked by the disclosures made by the American Legion regarding the circumstances surrounding the rehabilitation of Uncle Sam's disabled ex-service men. Each Rotary club is appointing a special committee to investigate conditions in its community and report to the club. Every club will then report to the headquarters office of Rotary in Chicago. The result will be that from 800 communities in every part of the United States will come evidence of business and professional men to prove to the American people whether or not the American Legion reports are based on hysteria or upon actual facts so revolting and heartrending as to cause the whole American people to rise in their might and do justice to the men who sacrificed themselves for their country."

The Legion's national commander asserted that his organization will welcome the Rotary investigation.

"I hope its findings will be given the widest publicity," he said. "It

LEGION MAN IS LEGISLATOR

California Member of National Executive Committee Also Serves as Maker of Laws.

Although he was forty-one years old then the World war started, Charles H. Kendrick of



San Francisco. Cal., member of the national executive committee of the American Legion, served with distinction in the army, and was cited by General Summerall. commander of the Fifth Army corps. for display of exceptional devotion to duty while un-

der bombardment by the enemy's guns" during the Meuse-Argonne of-

Mr. Kendrick was educated in the public schools of San Francisco and is engaged in the selling of real estate and development of agricultural lands.

Commissioned a captain in the Remount service in August, 1917, Mr. Kendrick trained at Camp Dix, N. J. and was sent overseas in July, 1918, attached to the Twenty-sixth division as remount officer. He served with that division during the St. Mihiel drive, and at the opening of the Meuse-Argonne push was made remount officer of the Fifth Army corps. After the armistice he was promoted to major and discharged from service in February, 1919.

Mr. Kendrick's devotion to Legion affairs during the time he was a member of the state executive committee led to his selection as representative of California on the national body

Press Women Are Interested.

The Women's Press club of New York city has become interested in American Legion welfare work and has adopted a ward at Fox Hills hespital, Staten Island, New York, containing 65 disabled veterans. The club's committee visits the hospital twice a week supplying the men with articles of clothing, tobacco and reading matter. An idea sponsored by the club of providing "gardenettes" or window boxes for the various hospitals where ex-service men are being treated has become popular with relief organizations. The school children of Leonia, N. J., collected funds and bought a window box for the hospital.

Virginia Auxiliary Convention. The first convention of the Women's auxiliary of the Virginia Department of the American Legion will be

beld May 13 and 14.

BIG CHIEF IS LEGION BOSS

Only Full-Fledged Indian at Head of an Ex-Service Men's Organization in America.

Maj. A. B. Welch of Mandan, N. D., is the only full-fledged Indian chief and commander of an American Legion post in America. He is wearing the official dress of a head chief of the Sioux, which he was authorized to assume when he was adopted by their great chief, Mohn Grass, many years ago. He is now the duly elected chief of the Sioux, in addition to his duties as commander of the Gilbert S. Furness post of the Legion at Mondan.

A veteran of the Spanish-American war and a participant in the Mexican border expedition, as well as an authority on customs, sports and ceremonies of the Indians, citizens of North Dakota were eager that Major Welch should lead a battallon of Indians to France. Major Weich volunteered to do so, but his offer was refused by the War department.

Nevertheless, a number of Indians were included in the detachment of men which Major Welch took to France in December, 1917. He served upon the staff of Gen. Hunter A. Liggett and on Armistice day was with the artillery of the Third division, south of Sedan. When he arrived in Germany he was named as officer in charge of civil affairs in the Coblenz area, which position he held until the divisions came back to the United States in September, 1919.

During the Philippine Insurrection Major Welch was a participant in the



MAJOR A. B. WELCH.

capture of Paco, Morong and other towns along the shores of Laguna de Bahia, including the important city of Calamba.

Majer Welch and state officials of the Legion will speak at funeral ceremonies for Albert Grass, grandson of Chief John Grass, who was killed in action near Soissons. The Indian hero, who went overseas with Major Welch, will be buried at Cannon Ball, N. D., with the full tribal rites of the Sloux Nation,

BIG MEN AS LEGIONNAIRES

Pershing and Wood Are Numbered Among Members of Posts of Ex-Service Fellows.

The American Legion has represented in its membership not only the first and last men to enlist for the World war, but also two of the best known military leaders in America, Gen. John J. Pershing and Maj. Gen. Leonard

Two Legion posts assert that General Pershing belongs to their organizations. They are the George Washington post No. 1 at Washington, D. C., and Lincoln (Neb.) post No. 1. General Pershing was considered for the nomination of national commander of the Legion, but declined to allow his name to be presented because of his military duties.

General Wood is a member of General George B, Crook post No. 434 of Chicago. He has spoken at a number of Legion conventions in many parts of the country and has been an active worker for the interests of the ex-servce men's organization.

NAME LEGION POST FOR HERO

Connellsville (Pa.) Organization Honors Memory of Milton Bishop, One of its Dead.

Ever mindful of their fallen comrades in France, members of the



American Legion have named the greater part of their posts in honor of men who made the supreme sacrifice. When a post of

the Legion was organized at Connellsville, Pa., it was named Milton Bishop post No. 301, in commemmoration of the heroism of

Mr. Bishop, who was killed in action.

Mere Words.

Rub-Binks married because he was homeless

Dub-And now I suppose he is home less.-American Legion Weekly.

MRS. REIFENSTEIN, AGED 67, GAINS 25 POUNDS

Declares She Would Like To Put a Bottle Of Tanlac In The Hands Of Every Sick Man, Woman and Child In This Country - Never Saw Its Equal.

"I am sixty-seven years of age, but in all my experience I have never known a medicine like Tanlac. Think of it! At my age to gain twenty-five pounds in weight, but that is just what I have done," said Mrs. Emma Reifenstein, of No. 337 Webster avenue, Syracuse, N. Y.

"If I had it in my power," she continued, "I would put a bottle of Tanlac in the home of every sick man, woman and child in this country, for I know what this wonderful medicine would do for them. For almost two years I was almost a nervous wreck. I did not dare to leave the house or even go up town unless my husband went with me. I was afraid to even cross the street and had a feeling of dread all of the time.

upset. For days at a time I would go in its praise," without solid food. I could not rest Mr. J. Reifenstein, in commenting at night to do any good and felt tired on his wife's statement, said: "Yes, and worn out all of the time. Some her recovery has been a happy surdays I could hardly drag myself prise to us all. A few weeks ago I across the room and was so weak and had no idea she would be able to pull miserable I was ready to give up.

the talk of our neighborhood, as it was her looking any better." generally believed I could not last Tanlac is sold by leading druggists but a few weeks longer. This grand everywhere,-Adv.



MRS. EMMA REIFENSTEIN. 337 Webster Ave., Syracuse, N. Y.

medicine has brought me health and "My stomach was weak and easily happiness and I just can't say enough

through, but now she is in better "My health is fine now and I eat health than I have ever seen her and anything I want and never have a the credit is due to Tanlac. We have touch of indigestion. I have never slept been married fifty-two years today better than I do now My recovery is and I don't believe I have ever seen



DON'T LET THAT COUGH CONTINUES

Spohn's Distemper Compound will knock it in very short time. At the first sign of a cough or cold in your horse, give a few doses of "SPOHN'S." It will act on the glands, eliminate the disease germ and prevent further destruction of body by disease. "SPOHN'S" has been the standard remedy for DISTEMPER, INFLUENZA, PINK EYE, CATARRHAL FEVER, COUGHS and COLDS for a quarter of a century. 60 cents and \$1.15 per bottle at all drug stores. SPOHN MEDICAL COMPANY. GOSHEN, IND.

What to Take for CONSTIPATIO



This—then take 2 or 3 for a few nights after. They cleanse your system of all waste matter and Regulate Your Bowels. Mild-as easy to take as sugar. Genuine bear signature - Grantfood Small Pill. Small Dose. Small Price.

Comfort Baby's Skin With Cuticura Soap **And Fragrant Talcum**

Soap 25c, Ointment 25 and 50c, Talcum 25c

HAIR BALSAM HINDERCORNS Removes Corne, Cal

Money is not the main thing. Knowing how to take cure of it is of more Importance.

If you use Red Cross Ball Blue in your laundry, you will not be troubled by those tiny rust spots, often caused by inferior bluing. Try it and see.

God is unwearied life that never

when you call it?-Cincinnati Enquirer. Harvest time is Nature's dividend

Money may talk, but have you ever

noticed how hard of hearing it is

date.

A sofa is often used as a spoon-

The Nationally Accepted Wall Tint



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Beautiful—Sanitary—Durable—Economical for Homes, Schools, Churches and all Interior Wall Surfaces

Alabastine can be applied to plastered walls, wallboard, over painted walls that have become soiled, or even over soiled wallpaper solid on the wall and not printed in at line colors.

Alabastine is a dry powder, ready to mix with pure, cold water, full directions on each package. Alabastine is packed in white and beautiful tints. These, by combining and intermixing, enable you to carry out individual color plans in matching rugs and draperies. Alabastine is used in the finest residences and public buildings, but priced within the reach of all.

You will readily appreciate the economy of Alabastine over paint or wall-paper, and its results will be most gratifying.

New walls demand Alabastine, old walls appreciate Alabastine.



If your local dealer cannot or will not supply you, take no substitute but write for Alabastine designs and we will give you name of nearby dealer.

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