

# HOW TWO WOMEN ESCAPED OPERATIONS

## Doctor Advised Use of Lydia E. Pinkham's Vegetable Compound

### Happy Results in Both Cases

St. Joseph, Missouri.—"Both of my sides swelled and hurt me so that I could not move or do any of my work. There was heavy pressure and pains through my lower organs and the doctor told me to try Lydia E. Pinkham's Vegetable Compound for these troubles. He said I had this one chance, and if the Vegetable Compound did not help me nothing but an operation would. After taking several bottles I felt it was helping me and now I am able to do my own work. If my testimonial will help others I shall be glad for them to read it and hope your Vegetable Compound will do them as much good as it did me." —Mrs. Wm. Lockman, 513 N. 4th St., St. Joseph, Mo.

White Plains, N. Y.—"I had such a pain that I could hardly walk and the doctor said that I needed an operation. I was sick for a year before I started taking your medicine and I could not work. I saw your advertisement in a little book and that is how I came to take Lydia E. Pinkham's medicine. I have been taking the Vegetable Compound and Lydia E. Pinkham's Blood Medicine, also Lydia E. Pinkham's Liver Pills and used Lydia E. Pinkham's Sanative Wash and the capsules and prescription recommended. I am doing all my work and have gained twenty pounds. I am taking the medicines still, but I feel fine. You have my permission to use this letter for the good of others." —Mrs. MARY MARK, 37 Hamilton Ave., White Plains, N. Y.

Some female troubles may through neglect reach a stage when an operation is necessary. But most of the common ailments 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. 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 you free upon request. Write to the Lydia E. Pinkham Medicine Co., Lynn, Massachusetts. This book contains valuable information.

# The American Legion

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

## LUKE FOUGHT HIS OWN WAR

Young Lieutenant's Devotion Lives on in Sister Now Cheering Ex-Soldiers in Hospitals.

Frank Luke's devotion to duty lives on in the character of his sister. The American ace who so gallantly gave his life one day in the early autumn of 1918 found the same joy in service to his country that Anna Marie Luke now finds in serving ex-soldiers in the hospitals of Phoenix, Ariz. Her songs are known wherever veterans are quartered, and her popularity at the American Legion post, which bears her brother's name, is often remarked.

Further honor was recently paid the memory of Lieutenant Luke when the Italian Croce di Guerre was awarded him posthumously. The cross, with a certificate of award signed by General Diaz, is now in possession of the late officer's family, together with a Congressional Medal of Honor, a Distinguished Service Cross with oak leaf cluster, and several minor decorations.

The lieutenant was one of the best known and most picturesque flyers in any army. Working for the most part without orders, he would lead up with bombs, fly far back into German territory, take on any odds that happened to fall to him, and work destruction wherever he went. Known by reputation to every man in the A. E. F., he represented all that was romantic in modern warfare. He fell in action with enemy airmen near Murvaux, after a forced landing of his plane. He had previously shot down three German balloons while under terrific fire from ground batteries.

## THE TYPICAL YANK FIGHTER

Sergeant William Mettlen, Omaha, Stacks Up With All the Required Dimensions.

How would you look if a slacker back in the States had taken your job and married your girl? No, that didn't happen to Sergeant William Mettlen of Omaha, Neb., but he was told to imagine that it did while signal corps photographers were taking his picture to represent the "typical American fighting man." The photographers, on an official mission from the government, scratched their heads a long while before they thought of anything that would make him look fierce enough.

If you want to be "typical" you will have to stack up as follows: Height, 5 feet 10½ inches; weight, 160 pounds; hair, light brown, and eyes, blue. Mettlen's other specifications are that he enlisted when nineteen years old, while still a freshman at Nebraska university; that he was cited four times for bravery; that he is as active in the American Legion now as he was in the Sixteenth infantry then, and that, in addition to being a typical American, he is Scotch-Irish.

## LEGION WINS COURT BATTLES

Damages Allowed National Organization in First Litigation Instituted —Two Editors Indicted.

From the first court action which it ever instituted to protect its name, the American Legion emerged victorious. Judgment by default and damages were awarded the Legion in the suit against Francis H. Shoemaker of Omaha, Neb., who was quoted as saying that the Legion was "subsidized by big interests" and was "opposed to organized labor."

Shoemaker, who is an alleged radical worker, made a speech last December in Omaha, during the course of which he is said to have referred to the Legion as "an organization of trained murderers opposed to organized labor." Suit was brought by the Legion commander in Nebraska on the ground that the statements were "wicked, false and malicious" and for the purpose of "stopping such contemptible lies and showing union labor that we resent charges of being opposed to them."

The Legion has also secured indictments against two editors of the Illinois Staats Zeitung, a German-language newspaper, for an editorial which appeared in their paper libeling ex-service men.

Taste is a matter of tobacco quality

We state it as our honest belief that the tobaccos used in Chesterfield are of finer quality (and hence of better taste) than in any other cigarette at the price.

Liggett & Myers Tobacco Co.



# Chesterfield CIGARETTES

of Turkish and Domestic tobaccos—blended

20 for 18c  
10 for 9c  
Vacuum tins  
of 50 - 45c

"They Satisfy"

## INDIANS' USE OF FEATHERS

Have an Intense Religious Significance for All Tribes, Being Considered Tantamount to a Prayer.

Feathers have an intense religious significance for Indians, and are valued for this far more than for their value as ornaments. To a Hopi a feather is tantamount to a prayer, and the use of one or two feathers in his prayers is considered sufficient to ensure a favorable reply.

When an Indian desires something urgently he will tie a feather to a stick and conceal it in a shrine which he himself has constructed. This is considered extremely efficacious. Small, fluffy feathers dangling from the ceilings of huts by strings are common sights. They represent prayers for trifles. Indians are always careful to keep a stock of prayers or feathers on hand, so that they will not be caught empty handed when an occasion for prayer arises.

It was a departure from this custom which accounts for the use of feathers in costumes. Squaws of tribes whose habitat was Virginia wore mantles fringed with feathers, and the Colonial records also tell of coats made of blue feathers sewed so close and thick that the coat looked like satin.

**Sensible Question.** She had the money and he a small job. He wished to get married very badly, but she was rather undecided. One night as they sat talking about the future, he having conked her into a half-way engagement, he said:

"And we'll be very careful and not run into debt and have trouble as the Sissons did. We'll always pay cash, won't we, dear?"

A suspicious look came to her face. Quickly she put forth the question: "Whose cash?"

It's a fine morning, but, as Sandy said: "Eh, mon, think o' the national debt."

Possibly men are no longer slaves to drink; and they never were slaves to fashion.

Compliment yourself and few others will.

## Modern Miles Standish.

The Woman was spending a week-end in the suburbs and Dorothy, the six-year-old daughter of her hostess, proved a never-ending source of delight. She was seated on the porch with another small playmate, gravely discussing a boy named Jimmy, who lived next door. "Do you like him better than the new boy down the street?" queried the playmate. Just at that moment Jimmy hove within hearing distance. Suspiciously Dorothy asked: "Did he tell you to ask me?" There was an emphatic nod from the little friend. With a toss of her head Dorothy replied: "Oh, I like Tom better than Jimmy, but there's a boy in New Hampshire I like better than both of them." —Chicago Journal.

## From Six to Seven.

The Woman was entertaining two small nieces, who between sips of cambric tea and bites of jelly sandwiches were giving her a glowing account of some recent festivities. "How very jolly!" commented the Woman; "and of course you played games and had ice cream and—a birthday cake?" "Yes, indeed," affirmed Dolly; "a splendid rosy-pink one on it!" cried Nelly. "How lovely!" enthused the Woman; "and how many candles were there?" "We didn't count 'em, did we, Dolly?" was the reply, and then, with a puzzled frown, "and she's seven years old, auntie, seven years old, and she looks just exactly the very same as she did last Sunday, when she was only six!" —Chicago Journal.

## True, but Astonishing.

Anstole France, who is seventy-eight, went to Stockholm to receive his Nobel prize just after recovering from a severe illness. He was fearful of catching cold, and wore several well-padded waistcoats under his coat. The Swedish custom officers were suspicious. "What have you got in here?" one of them asked, with his hands on the great novelist's coat. "France," was the reply.

It's a proud man, who feels that he will be among the family's favorably remembered ancestors.

Laziness is often of the liver, and not of the spirit.

## UNDERTAKER HAD LAST SAY

Revised Version of Old Story Leaves Welshman the Winner Over Admittedly Canny Scotsman.

Admittedly, this may be an old story, but it has the distinction of possessing a new twist at the end: A person died. He willed all his earthly possessions to be divided among an Englishman, an Irishman and a Scotsman. But the will was conditional; each of the legatees was to place five pounds in the testator's coffin. On the day appointed (by Fate) the Englishman placed a five-pound note as willed; the Irishman collected a number of coins somehow—shillings, sixpences and coppers—and made up his contribution of five pounds, which he placed on the Englishman's five. The Scotsman then made out check for 15 pounds and, pocketing the 11 pounds already deposited, threw in his check, with the remark, "That's easier."

A month later, when the Scotsman perused his pass book he was surprised to find that his check had been cashed. The undertaker was a Welshman. —Philadelphia Record.

## Very Cursory!

A huntsman called at the farmstead to settle for damages done by the hounds, and found only the farmer's wife at home.

"Has your good man made an examination yet?" he asked.

"That he have, sir," replied Mrs. Hodge.

"Rather a cursory examination. I suspect?"

"Oh, dreadful, sir! Such language I never heard—never!"

And the dame held up her hands at the bare recollection. —Tit-Bits.

## Keeping Him Satisfied.

"There's a man from the tailor's, sir."

"Tell him I can't pay his bill, but I'll be around tomorrow to order another suit." —Life.

## Quick Lunch.

Pig and hen chatting together on the railroad tracks. Toot-toot! Ham and eggs. —American Legion Weekly.

**SPHON'S DISTEMPER COMPOUND**  
HORSES COUGHING? USE  
to break it up and get them back in condition. Twenty-eight years' use has made "SPHON'S" indispensable in treating Coughs and Colds, Influenza and Distemper, with their resulting complications, and all diseases of the throat, nose and lungs. Acts marvelously as a preventive, acts equally well as a cure. Obtainable in two sizes at drug stores.

**Spohn's Distemper Compound**  
Cat and Kitten. Kitty—That man over there is staring right at my nose. Kat—Maybe he's a reporter. Kitty—But why should a reporter stare at my nose? Kat—Well, they're supposed to keep their eyes on everything that turns up, aren't they?  
Behind in Those. "Don't you think Maud is an up-to-date girl?" "Yes, except with her birthdays." —Boston Transcript.

**Ask Your Dealer**  
Recommend a practical decorator. If you are unable to secure one you can do the work yourself, tinting and stenciling your walls to give beautiful results.  
**Alabastine**  
Instead of Kalsomine or Wall Paper  
Alabastine is a dry powder; mixes with cold water; directions on each package. Used on plaster, wall board and all wall surfaces. White and artistic, durable tints. Cross and circle printed in red on each package.  
**SPECIAL STENCIL OFFER**  
We will supply cut stencils to any user of Alabastine—one stencil for each room requiring not less than two packages, if you will send the large words ALABASTINE cut from the face of the packages over the cross and circle, accompanied by 15c in stamps or silver for each stencil desired, covering postage and packing. Write for free booklet, "Nature's Beautiful Tints."  
**THE ALABASTINE COMPANY**  
1648 Grandville Avenue Grand Rapids, Michigan

**Honesty the Best.**  
"I'm afraid dad will find out that we disobeyed him last night."  
"The best way to keep him from finding out is to tell him. He never remembers anything." —Nashville Tennessean.  
Sympathy never approaches with the idea that your troubles "should teach you a lesson."  
**Source of Aluminum.**  
Hungary can now boast of possessing the largest aluminum deposits in the world. A recent discovery near Tapolca has revealed a deposit containing more than 150,000,000 tons, according to estimates of expert engineers.  
When the ghost walks the actor rides.

**From a Bride:**  
"As a young housewife of only two and one-half years' experience I am glad to find that even we amateurs can cook successfully if we use Royal Baking Powder."  
Mrs. J. L. M.  
**ROYAL BAKING POWDER**  
Absolutely Pure.  
Contains No Alum Leaves No Bitter Taste  
Send for New Royal Cook Book—It's FREE  
Royal Baking Powder Co., 130 William St., New York

**When Will There Be A Disarmament of Dining Tables?**  
Suppose everybody would recognize the fact that there's no gain but much loss in keeping up hostilities with the stomach!  
Suppose the ancient aggravation of improper food on indignant digestive organs should be settled with guarantees of sensible diet and tranquil digestion!  
The saving would be beyond all possibility of counting.  
Yet millions go on declaring war on the stomach and accepting war in return—loading up on starchy, heavy, unbalanced and highly-seasoned food at breakfast or lunch—and wondering why comfort, happiness and efficiency are out of reach.  
Grape-Nuts makes a friend of the taste and an ally of the stomach.  
There's a charm and satisfaction to this delicious food which prompts appetite to say, "There's a meal!" and digestion to answer, "Thank goodness, here's peace at last!"  
Grape-Nuts is the perfected nutriment of wheat and malted barley—sweet, crisp, and wonderfully nourishing. It digests quickly, and provides the necessary elements, including the vital mineral salts, for body, nerve and brain.  
Order Grape-Nuts from your grocer today, and let a delighted taste pass a treaty of peace along to an enthusiastic digestion and assimilation.  
**Grape-Nuts—the Body Builder**  
"There's a Reason"  
Made by Postum Cereal Co., Inc., Battle Creek, Mich.