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 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 medicines. 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 prescrip-tion 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. M.RYMARK, 37 Hamilton Ave.,
White Plaine N. White Plains, N. Y.

Some female troubles may through neglect reach a stage when an opera-tion is necessary. But most of the commoner ailments are not the sur-gical ones; they are not caused by serious displacements, tumors, or growths, although the symptoms may appear the same.

When disturting ailments first appear, take Lydia E. Pinkham's Vegetable Compound to relieve the presetable 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. ing 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.





Spohn's Distemper Compound

to break it up and get them back in condition. Twenty-eight years' use has made "SPOHN'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 MEDICAL COMPANY GOSHEN, INDIANA

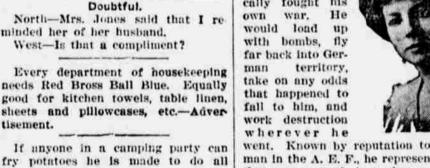
Cat and Kitten. Kitty-That man over there is staring right at my nose. Kat-Maybe he's a reporter. Kitty-But why should a reporter

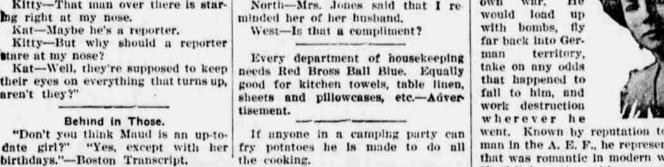
stare at my nose? Kat-Well, they're supposed to keep their eyes on everything that turns up, aren't they?"

Behind in Those. "Don't you think Maud is an up-to-

Doubtful. North-Mrs. Jones said that I re-

Every department of housekeeping needs Red Bross Ball Blue. Equally good for kitchen towels, table linen, sheets and pillowcases, etc.—Advertisement.





birthdays."-Boston Transcript. Ask Your Dealer SK your local dealer to rec-

A ommend 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.

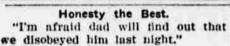
Instead of Kalsomine or Wall Paper

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



"The best way to keep him from finding out is to tell him. He never remembers anything."-Nashville Ten-Lesseenn.

Sympathy never approaches with the idea that your troubles "should teach you a lesson."

Source or Aluminum.

Hungary can now boast of possessing the largest aluminum deposits in the world. A recent discovery near Inpoleza has revealed a deposit containing more than 150,000,000 tons, according to estimates of expert engl-

When the ghost walks the actor

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

Che. American

(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

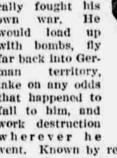
so gallantly gave his life one day in the early autumn of 1918 found the same joy in service to his country that Anna Marie Luke now finds in serving ex-soldiers in the hospitnis of Phoenix, Ariz. Her songs are known wherever veterans are

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. Work-

ing for the most part without orders, he practically



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

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 p hotographers were taking his picture to represent the "typical American fighting man." The pho-

tographers, 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 101/2 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 untversity; 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.

Liggen & Myers Tobacco Co.



CIGARETTES

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

of Turkish and Domestic tobaccos-blended

· They Satisty

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 Indiens, and are valued for this far more than for their value as ornaments. To a Hopi a ter than the new boy down the street?" feather is tantamount to a prayer, queried the playmate. Just at that and the use of one or two feathers in moment Jimmy hove within hearing his prayers is considered sufficient to distance. Suspiciously Dorothy asked: 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 othy replied: "Oh, I like Tom better 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 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 man-Sergeant William Mettlen, Omaha, Colonial records also tell of coats made

Sensible Question.

She had the money and he a small job. He wished to get married very badly, but she was rather undecided. she did last Sunday, when she was One night as they sat talking about the future, he having coaxed 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. padded waistcoats under his coat. The

Quickly she put forth the question: Whose cash?" It's a fine morning, but, as Sandy

said: "Eh, mon, think o' the national Possibly men are no longer slaves

to drink; and they never were slaves

Compliment yourself and few others

Modern Miles Standish.

The Woman was spending a weekend 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 bet-"Did he tell you to ask me?" There was an emphatic ned from the little friend. With a toss of her head Dorthan Jimmy, but there's a boy in New Hampshire I like better than both of them."-Chicago Journal.

From Six to Seven.

he placed on the Englishman's fiver, The Woman was entertaining two The Scotsman then made out check small nieces, who between sips of camfor 15 pounds and, pocketing the 14 feathers on hand, so that they will bric tea and bites of jelly sandwiches pounds already deposited, threw in his were giving her a glowing account of check, with the remark, "That's easisome recent festivities. "How very jolly!" commented the Woman; "and of course you played games and had perused his pass book he was surprised ice cream and—a birthday cake?" to find that his check had been cashed. "Yes, indeedy," affirmed Dolly; "a tles fringed with feathers, and the splendid rosy-pink one on it!" cried Philadelphia Record. Nelly. "How lovely!" enthused the Stacks Up With All the Required of blue feathers sewed so close and Woman; "and how many candles were Dolly?" was the reply, and then, with a puzzled frown, "and she's seven hounds, and found only the farmer's years old, auntie, seven years old, and

True, but Astonishing.

Anatole France, who is seventy-

Nobel prize just after recovering from

a severe illness. He was fearful of

catching cold, and wore several well-

Swedish custom officers were suspi-

cious. "What have you got in here?"

one of them asked, with his hands on

will be among the family's favorably

Laziness is often of the liver, and not

wife at home. she looks just exactly the very same as "Has your good man made an examonly six !"-Chicago Journal. ination yet?" he asked. "That he have, sir," replied Mrs.

Hodge. "Rather a cursory examination, I

UNDERTAKER HAD LAST SAY

Revised Version of Old Story Leaves

Welshman the Winner Over Ad-

mittedly 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

A month later, when the Scotsman

The undertaker was a Welshman .-

Very Cursory!

to settle for damages done by the

A huntsman called at the farmstead

suspect?

eight, went to Stockholm to receive his "Oh, dreadful, sir! Such language 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

the great novelist's coat, "France," sir." "Tell him I can't pay his bill, but I'll be around tomorrow to order and It's a proud man who feels that he other sult."-Life.

Quick Lunch.

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

When Will There Be A Disarmament of Dining Tables?

remembered ancestors.

was the reply.

of the spirit.

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.

