



PRaises PE-RU-NA FOR CATARRH OF THE HEAD AND NOSE

"I began using PE-RU-NA Tablets three years ago for catarrh of the head and nose. Was unable to do anything. I saw a decided improvement after one box and after Tablets or Liquid

NO RETURN OF THE DISEASE IN TWO YEARS

using five boxes believe I am cured as there has been no return of the disease in two years." Fifty years of usefulness is the best guarantee of Pe-ru-na merit.

Sold Everywhere

When a man is full of himself there isn't room for much else.

Sure Relief FOR INDIGESTION



BELLANS 25¢ and 75¢ Packages, Everywhere

USE TRACTOR ON TRIP TO CANADA

Party of Settlers From United States on Way to the Land of Big Crops.

Settlers on their way to and through Canada do not always rely on the railroads for transportation. Here, for instance, is a photograph of a



party from one of the northern states on the way to their new home near Lake Winnipegosis, Manitoba. They were a sturdy, self-reliant lot and carried with them a full complement of farm machinery. With the tractor outfit they intended to commence rather extensive operations this spring on the land which their scouts had already inspected and reported on favorably as to its productiveness.

At almost every point on the Canadian border where there are located means for admitting settlers, the reports are that it is almost a daily occurrence to admit settlers from states as far off as Texas who have adopted the automobile as a means to

Friendship. "Isn't Betty your best friend?" "Certainly! What did she say about me?"

Cuticura Comforts Baby's Skin When red, rough and itching, by hot baths of Cuticura Soap and touches of Cuticura Ointment. Also make use now and then of that exquisitely scented dusting powder, Cuticura Talcum, one of the indispensable Cuticura Toilet Trio.—Advertisement.

His Secret of Success. We know a man who is noted for getting along well in the esteem of his employer. When asked how he did it the man replied: "Well, I always consider that the boss is right, even when he is wrong."—Howard (Kan.) Courant.

carry themselves and their families to the country of their choice. Such settlers are bound to succeed. Some of them go two or three hundred miles inland, and select their homes in the park districts of Manitoba, Saskatchewan and Alberta. Others purchase improved and unimproved farms in the more thickly settled districts in the southerly and central parts of these provinces. Wherever they may go, they are certain to secure land of certain possibilities. They will see grain crops of high value, wheat that will produce from 20 to 40 bushels per acre, oats giving high yields, barley a certain producer, and grass and fodder in quantity and quality that

THE AMERICAN LEGION

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

PAYS TRIBUTE TO THE SOUTH

Capt. George Shuler Passes Command of Marines in Parade to South Carolina Officer.

Proving that the Civil war formed a nation and that the sons of the Confederacy and the Union hold no malice, Capt. George K. Shuler of Lyons, N. Y., whose forebears wore the Union blue, thought that it would be most appropriate that a Southerner should take his place as commander of the marines in the parade at the unveiling of the Grant memorial. Accordingly, he selected Capt. Thomas P. Cheatham of South Carolina, whose folk fought against Grant in the struggle between the states for the honor.



Shuler had a notable record with the marines during the war. He received the Croix de Guerre, Navy medal, Distinguished Service medal and citations from Marshals Foch and Pétain, General Pershing and General Lejeune.

Outside of the Lone Star state, people don't do much celebrating on San Jacinto day. Down in Texas, however, the school children and everybody else take a holiday on April 21. It is the anniversary of the battle of San Jacinto, where Col. Sam Houston, with 750 soldiers, put to flight 5,000 Mexicans and took General Santa Anna and other notables of the Mexican army captive.

THE SAN JACINTO DAY FLOAT

Legionnaires' Display Proves Prize-winner at the Anson (Tex.) Celebration Held April 21.

This year, the American Legion in all parts of Texas took part in the celebration of Colonel Houston's victory. The Legionnaires' float in the parade at Anson took first prize for being the best decorated of the scores that were seen on San Jacinto day.



Legionnaires' Prize Float.

FOCH PRAISES AMERICAN WAY

Pride of France Well Pleased With Enthusiastic Welcomes Throughout the Country.

Marshal Foch of France, has given to Commandant de Mierry, formerly of his staff, the task of writing the impressions of the generalissimo on his recent visit to America as the guest of the American Legion. Marshal Foch has made it a life-long rule not to write for publications of any sort. In speaking of his trip across the American continent, Marshal Foch said: "There was always the same enthusiasm, the same warmth, all through the weeks that I travelled, no matter whether we were in the West, the North, the South or the East. No matter what the weather, thousands of men, women and children were always ready with a cordial greeting."

The Marshal paid an especially high tribute to the "cordiality and friendship of the American Legion," which he said, "rendered easy the journey of more than 26,000 kilometers in forty-five days."

OBSERVE LEE-GRANT BIRTHS

American Legion Requests Commemoration on Both Sides of Mason-Dixon Line.

Observances by posts of the American Legion on both sides of the Mason-Dixon line of the birthdays of Gen. Robert E. Lee and Gen. U. S. Grant has been requested by the national headquarters of the Legion. Legion posts in Northern states co-operated with the G. A. R. in the celebration of Grant's anniversary on April 27. The birthday of General Lee will be observed January 29, 1923.

The Legion's celebration of the birth of these two men, not as Northerner and Southerner, but as great Americans, will be "an effective argument that all sectionalism is buried and that the glory of the nation is the chief concern of every patriotic citizen," Lemuel Bolles, adjutant of the Legion, declares.

Don't be Penny Wise and Pound Foolish

Don't think because you can get a big can of Baking Powder for little money that you are saving anything.

There's Only One Way to Save on Bake-Day

USE

CALUMET
The Economy BAKING POWDER



—It costs only a fraction of a cent for each baking.

—You use less because it contains more than the ordinary leavening strength.



BEST BY TEST The World's Greatest Baking Powder

Opportunity knocks once, but your friends knock all the time.

YOU CAN WALK IN COMFORT If you shake into your shoes some ALLEN'S FOOT-EASE, the Antiseptic, Healing powder for shoes that pinch or feet that ache. It takes the friction from the shoe and gives relief to corns and bunions, hot, tired, sweating, swollen feet. Ladies can wear shoes one size smaller by shaking Allen's Foot-Ease in each shoe.—Advertisement.

Evidently Boston Child. "So this is the baby, eh?" said the genial bachelor. "Bless his little tootsie-wootsies! Watch me tickle-um ribs."

The genial one proceeded to play ragtime on the unoffending infant's ribs, foolishly imagining the child was enjoying it.

The up-to-date baby stood it for some time and then plaintively cried out: "Mother, will you kindly inform me whether the deplorable condition of this person is due to permanent dementia or spasmodic and intermittent insanity?"

Appearances Are Deceptive. "I understand Mr. Wadleigh was very patriotic during the war." "You've sized him up wrong." "Eh?"

"He hung up an American flag in his office and right under it he signed a contract that beat the government out of \$1,000,000."—Birmingham Age-Herald.

He who tells what he would do in your place seldom knows what to do in his own place.

The wife of a bank teller can give him cards and spades when it comes to telling secrets.

Rats in the Cellar, Mice in the Pantry, Cockroaches in the Kitchen

What can be more disagreeable than a home infested with pests? Destroy them with Stearns' Electric Paste, the standard exterminator for more than 43 years.

Kill rats, mice, cockroaches, waterbugs or ants in a single night. Does not blow away like powders; ready for use; better than traps. Directions in 15 languages in every box. Money back if it fails.

2 oz. size 35c. 15 oz. size \$1.50.

The Trouble. "Pearl has got a new Hootin' Nanny car," related Heloise of the Rapid Fire restaurant. "She takes a different fella out riding every night."

"She'd better look out or she'll get into trouble that way," commented Claudine of the same establishment.

"She's already done so. Her arm is so lame from hugging the fellas that she can't hardly steer the car, and last night she ran all over a crossing cop's cousin."—Kansas City Star.

Cryptic Language. "What are those flappers talking about?" "Only a flapper can tell."

Bigger the man the more likely he is to take a reproof silently—and often with patient contempt.

Love laughs at locksmiths, but when the lover bolts there's apt to be a breach-of-promise suit.

The best any of us poor mortals can do is to hope we are right.

KODAKS
Developing, Printing and Enlarging
Lincoln Photo Supply Co.

Dept. K, 1217 O St. Lincoln, Neb.

Alike After All. Mary Alice had chickenpox and because the doctor had come to see her, was putting on great airs. She was strutting on the porch when the little boy next door came over. "I've got chickenpox," she boasted.

For a minute he was crest-fallen and then a look of joy came on his face. "That ain't nothing," he retorted. "Last week I had gooseflesh."

Invention. A French inventor has a device that takes 25,000 photographs a second. It will be a big help to rapid movies which slow down action and show you each step of the growth of a plant or men jumping hurdles.

The rapid camera stretches a second into a minute. Time is relative, elastic.

And the more energy a man expends in talking the less he will have left to assist him in making good.

The man who is worthy of a kindness is the man who will pass it on when it comes to him.

Matrimony has become a condition precedent to divorce.

Most women can whistle just enough to like to hear themselves.



Health is Wealth Itself

—and depends more upon the selection of proper food than upon anything else.

The reason is simple—the right kind of food digests promptly and is absorbed into the blood for building sound tissue; while food that digests slowly may ferment and lead to serious conditions.

Grape-Nuts—the delicious cereal food made from whole wheat flour and malted barley—

is so easy to digest that even delicate people and young children thrive on it.

This is only natural, because Grape-Nuts is baked for 20 hours, which transforms and partially pre-digests the starch elements, resulting in easy digestion and quick assimilation.

Served with milk or cream Grape-Nuts is a complete food—and along with its nutritive qualities is that wonderful flavor!

"There's a Reason" for Grape-Nuts

Sold by grocers everywhere!

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

LLOYD
Baby Carriages & Furniture

Ask Your Local Dealer

Write Now for 32-Page Illustrated Booklet



The Lloyd Manufacturing Company (Hayswood-Wakefield Co.) Dept. B Menominee, Michigan (16)

"111" cigarettes



They are GOOD!

10¢

Buy this Cigarette and Save Money

FREEDOM FROM LAXATIVES

Discovery by Scientists Has Replaced Them.

An inestimable amount of injury, according to an eminent medical authority, is done by the use of pills and salts, as most of these provide only temporary relief at the expense of permanent injury.

Science has found a newer, better way; a means as simple as Nature itself.

In perfect health, a natural lubricant keeps the food waste soft. Thus it is easily eliminated, but when constipation exists, this natural lubricant is not sufficient.

To find something to take the place of this natural lubricant, medical authorities have conducted exhaustive research. They have discovered that the gentle, lubricating action of Nature's own lubricant, as Nujol is not a laxative, it cannot gripe. It is not a medicine in any sense of the word, and, like pure water, it is harmless. Get a bottle from your druggist.—Advertisement.

Praise men and flatter women and you will have many friends.

"O Happy Day" sang the laundress as she hung the snowy wash on the line. It was a "happy day" because she used Red Cross Ball Blue.—Advertisement.

Many are awakened but few get up.