

Children Cry for



Fletcher's
CASTORIA

MOTHER! Fletcher's Castoria is a harmless Substitute for Castor Oil, Paregoric, Drops and Soothing Syrups, especially prepared to relieve Infants one month old to Children all ages of

Constipation
Flatulency
Diarrhoea

Wind Colic
To Sweeten Stomach
Regulate Bowels

Aids in the assimilation of Food, promoting Cheerfulness, Rest, and Natural Sleep without Opiates

To avoid imitations, always look for the signature of *Chas. A. Fletcher*
Proven directions on each package. Physicians everywhere recommend it.

SICK HEADACHE

Take a good dose of **Carter's Little Liver Pills** then take 2 or 3 for a few nights after. They restore the organs to their proper functions and Headache and the causes of it pass away.

THEY REGULATE THE BOWELS and PREVENT CONSTIPATION

Genuine bear signature—*Warranted* Small Pill; Small Dose; Small Price

The Man.
No man, who hath eyes open spiritually, will make more of structural alteration and addition to the church building than he does to the invisible superstructure of the church's life.—William Porskes.

It is not to be relied on, that you can learn more by keeping still than by asking questions.

My business is not to remake myself, but to make the absolute best of what God made.—Browning.

Yeast Foam

Home bread-makers everywhere prefer it

The best way to learn to cook—begin making bread.

Send for free booklet "The Art of Baking Bread"

Such assistance as one's friends may give is seldom satisfactory. The best way is not to require it.

The man who never has occasion to buy an umbrella is one kind of a hustler.

A comfortable man is not likely to be envious.

Ever notice how easy it is to roll off a pay roll?

Northwestern Yeast Co.
1730 N. Ashland Ave., Chicago



for Economical Transportation OF Farm Products

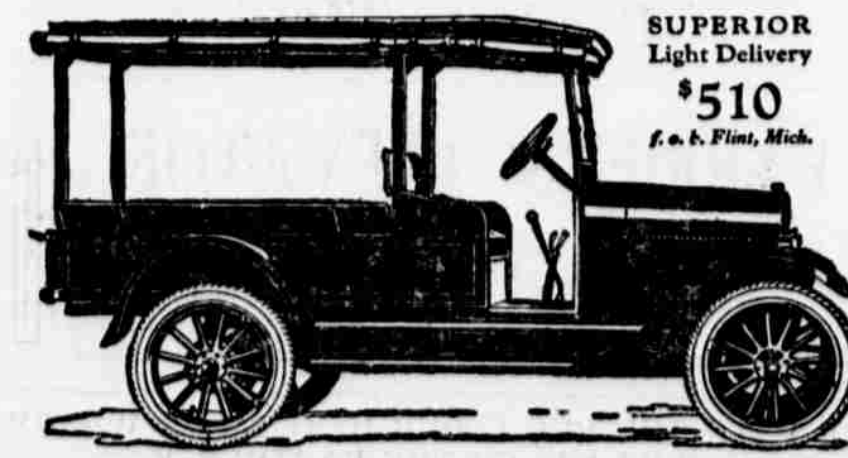
Modern, progressive farmers, being also business men, now depend on fast, cheap motor transportation to save time, save products and get the money.

Chevrolet Superior Light Delivery, with four post body was built especially for farm needs. It has the space and power for a big load, which it moves fast at a very low cost per mile.

For heavy work, Chevrolet Utility Express Truck at only \$575, chassis only, offers remarkable value. Fits any standard truck body.

Chevrolet Motor Company
Division of General Motors Corporation
Detroit, Michigan

Dealers and Service Stations Everywhere



The AMERICAN LEGION

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

SAD WELCOME AWAITS THEM

Mother, Brother, Sweetheart, En Route From Europe Will Find Young Soldier Dead.

Louis Kosmen is dead in a St. Paul, Minn., hospital.

From somewhere in Central Europe an aged widowed mother, a dark-haired lass of nineteen and a lad of fourteen recently started on a long awaited journey to far-off America to rejoin the son, sweetheart and big brother, believed to be ready to greet them after years of separation.

For eighteen long years Louis Kosmen had pursued the blue bird of happiness. Through prosperity and poverty, on battlefields and in hospitals he had followed, always with the dream that some day he would be able to send for the loved ones to come to him in the promised land of America.

At last Kosmen believed he could see the fulfillment of his dreams. Through the aid of his American Legion pals with whom he had served in the World war, the red tape of government immigration regulations had been cut and he had cabled word to the waiting loved ones that they should come to him in his American home. The lines of fatigue faded from his toll-worn face and the discouraged droop disappeared from his shoulders as he thought of seeing once more his mother and little brother and his promised bride.

Then came illness. The doctor told him that disease contracted while serving in the American army during the war would necessitate an operation. Recently he went onto the operating table. The next day he was dead.

When but a lad of fifteen, Kosmen, heir of a once wealthy and influential Albanian family, had been sent to Greece to escape the Turks. His father was killed by them. Before he left he was betrothed, according to the custom of his country, to baby Aspasia Gerdan. In following years he fought the Turks, served in their prisons, was wounded, escaped and finally came to the United States where he set to work to build up a comfortable home for his remaining loved ones. Ill fortune pursued him. After accumulating considerable money he lost it in a business venture. Then America, the land of his adoption, entered the war and he followed the flag to the front.

In spite of broken health from the military service he had set at work once more to build up a fortune for his family and believed his ambition was attained when death claimed him.

TO CO-OPERATE WITH BUREAU

Legion Will Assist Veterans' Branch In Aiding Former Warriors Serving Time in Institutions.

The American Legion will co-operate with the United States veterans' bureau in the extension of vocational training and medical rehabilitation to the 18,000 veterans of the World war serving sentences in federal and state penal institutions, Joe Sparks, chairman of the Legion's national rehabilitation committee, has announced.

Veterans' bureau officials believe that there are many men now serving sentences who may be unaware that the bureau is interested in their well-being, and possibly others whose imprisonment may be due to conditions resulting from war service. Of the 18,000 imprisoned, only about 2,000 are receiving benefits from the bureau.

Legion officials may be named by courts as guardians for mentally disabled veterans under the proposed plan. Many mentally incompetent ex-service men are said to be suffering from lack of proper guardianship, and their condition renders them incapable of instituting court action in their favor.

It is probable that the new plan will first be tried out in the federal prisons at Atlanta, Leavenworth and McNeil Island, Seattle. Veterans' bureau physicians, mental specialists and vocational educators would be permitted to survey the institutions to determine the nature of rehabilitation measures to be taken. The plan may later include parole of prisoners under care of the American Legion or welfare organizations, while they could be sent to vocational schools elsewhere if facilities for such education were not available at the penal institutions.

"The Canada of Vimy Ridge," as it is described, is soon to become a reality on that historical spot where the Canadians stemmed the tide of German invaders of France. Where now is but the barren, war-torn field, is soon to blossom with the trees and flowers of Canada, transplanted with loving care from their native land to France. The project is in the hands of a commission named from Canada. France has granted 250 acres of land for memorial purposes. Walter Allward, Toronto sculptor, now in France, was designed the monuments which mark the spot. He was able to place the principal memorial at a point from which may be seen the desolated lands, tramped over by Canadian soldiers, many to die there. The land will be created into a park.

LEGION WORKER HAS NO LEGS

State Adjutant of the Department of Idaho Does Not Allow Handicap to Interfere.

Handicapped? Lester F. Albert, state adjutant of the Department of Idaho of the American Legion, considers no physical disability an insurmountable obstacle. For this intrepid veteran of the World war, who at the battle of Cantigny lost both legs and suffered other serious wounds, has not faltered in performance of his work since his return to civilian life.

Albert, who was a lieutenant with Company C. 50th Engineers, was in action with the First French army at Cantigny in May, 1918. Two platoons of the company were under his command, as he was in charge of the Searchlight section. Their position was under the direct and heavy shell fire of the Germans during the night of May 27.

One of the German shells ended active service for Lieutenant Albert.



Lester F. Albert.

It shattered both his legs, tore off a finger of his right hand, and inflicted many severe body wounds. Only immediate surgical aid, followed by blood transfusion, was responsible for saving Albert's life.

After a long period in a government hospital at Fort Snelling, Minn., he returned to his home in Idaho, and took up his chosen work as an electrical engineer.

His activity in the organization of the American Legion in Idaho brought him recognition from hundreds of ex-service men of the state and at the first annual convention he was named to the post of department adjutant. He has held this position since that time, and at the last convention was elected for a three-year period.

Mr. Albert's determination for rehabilitation in spite of the injury he suffered has won the admiration of Legionnaires all over the country. In noting the enthusiasm with which he carries on his work, the extent of the injury is never thought of. He considers that physical handicap will not thwart progress if determination is a factor in the fight against it.

DISABLED FELLOWS SHOW PEP

Legion Rehabilitation Officials Find Afflicted Men Make Good if Given Fair Chance.

It has always been the contention of American Legion rehabilitation officials that if the disabled man is given an equal start with those about him, the "vet" will come through with flying colors. This is borne out in many instances, but in perhaps none more clearly than at the North Dakota Agricultural college, where 106 Veterans' Bureau trainees are in attendance.

Names of five of these ex-soldiers were on the honor roll of the school when it was announced, a proportion of approximately 20 per cent of the total number of trainees enrolled as against 1 per cent of the other students who succeeded in making the honor grades. The average grade of these five veteran-students was 92.6 per cent for the quarter.

The veterans are also active in campus affairs. Every officer elected at a meeting of the Draftsmen and Builders' club at the college was a trainee. Burton Odekrick, a trainee, won outstanding honors as a judge of live stock when he was a member of the college team at the National Live Stock show at Chicago in competition with teams representing the other schools.

Harry Eckman, an ex-service student at the School of Agriculture of Minnesota, has won a medal for cattle judging in competition with a large class of other live stock students.

A Market Overlooked.

Excitedly the manufacturer of the World's Greatest Insect Exterminating Powder burst into the export manager's office.

"Hey!" he bellowed. "Have we got an agency in Egypt?"

"Why-er-no, sir."

"Well, why ain't we? I see a movie of them pyramids last night and it says they were covered with millions of hieroglyphics."—American Legion Weekly.

Legion Band and Drum Corps.

American Legion bands and drum corps are getting to be the common thing in Minnesota cities. Recently Northfield, Hutchinson and Red Wing Legionnaires formed the corps, and recently the Pine City post took over the home town band. Legion musical organizations already existed at Duluth, Rochester, St. Paul, Minneapolis, Silver Lake and a number of other places.

"IT SAVED MY LIFE"

The Feeling Tribute of a Woman to

PE-RU-NA

READ HER LETTER—IT WILL DO YOU GOOD

"Pe-ru-na has been a Godsend to me. I feel safe in saying that it saved my life. I was all run down and miserable when I commenced taking Pe-ru-na, but am on the road to recovery now. I cannot thank you too much."

MRS. CHARLES ANSPAUGH,
R. F. D. No. 7, Lagrange, Indiana.

A letter like this brings hope and the promise of health to every sick and suffering woman. Perhaps you know what it means to have your daily duties a misery, every movement an effort, stomach deranged, pains in the head, back and loins most of the time, nerves raw and quivering—not a moment day or night free from suffering.

Do as Mrs. Anspaugh did. Take Pe-ru-na. Don't wait but start right away.

TABLETS OR LIQUID SOLD EVERYWHERE

There's always room at the top; people will not live in attics if they can help it.

It is not so difficult to be a good fellow to someone worth having as a friend.

Trust yourself and others will trust you.

History is philosophy teaching by example.

Make your Town Spotless Town Clean Up!

and keep it up—

Make all house-cleaning easy with Sapolio.

Large Cake—No Waste
Each Home's Best Buy

Use **SAPOLIO**

Height of Something or Other.
To give your wife cash as a birthday present and have her go and pay the first installment on something with it.—Life.

Basket Fireless Cooker.
A fireless cooker in basket form has been invented for conveying food that has to be served hot in out-of-door public places.

Long and Honorable Record.
Maj. Gen. James G. Harbord, deputy chief of staff of the United States army, is retiring from active service. During his 34 years of army life he was promoted from a "buck private" to second in command. He has twice received the Distinguished Service medal from the government, and was decorated by Great Britain, France, Belgium, Italy, Montenegro and Panama.

SHINOLA

AMERICA'S HOME SHOE POLISH

Black - Tan - White - Ox-Blood - Brown

SHINOLA and the Shinola Home Set should be in every home. Every member of the family can use it for it gives the quick easy shine. The shine that preserves leather and resists weather. SHINOLA in the handy quick opening box with the key.

It's easy to shine with the Home Set. "The Shine for Mine"

Canada Offers "Last Chance" for Virgin Farms

THINK of what you could produce on a farm of virgin fertility, without the burden of high-acreage cost. Think of what 20-to-40 bushel wheat would mean to you under these conditions, and of dairying and stock raising on cheap pasture land. Land pays for itself in a few crops—no artificial fertilizers—no heavy investment. You have envied the farmer who got his start when land was cheap. Here's your chance, perhaps your last chance, for the same brand of prosperity.

Western Canada—Your Opportunity!

Special Renter's Plan—Buy Out of Profits

To aid and encourage the honest worker with perhaps little capital, the Canadian Government has a "Renter's Plan", whereby one may work a new or improved farm—"Try it out" for several years if desired—and buy a farm of his own out of profits.

Thirty-Two Years to Pay

For the benefit of those wishing to buy land, a national non-profit sharing organization—the Canada Colonization Association—has been established, with head office at Winnipeg, and United States office at St. Paul. This Association offers selected land convenient to railways—much of it at \$15 to \$20 per acre—on very small cash payment; no further payment until third year; balance extended over thirty years, but purchaser may pay up and obtain title at any time, if desired. Interest six per cent on deferred payments.

Special Excursion Rates to Western Canada

In order that you may inspect the land—see for yourself—judge of its value and fertility—special excursion trips of inspection will leave United States points on the first and third Tuesday of each month. Single fare plus \$2 for the round trip, available from all principal centers. Take advantage of these low railroad rates to inspect for yourself the opportunities which Western Canada has to offer you. Seeing is believing. The nearest Canadian Government Agency will give you all information. The men in charge are Government officials, interested only in the service of the prospective settler. We help you find your opportunity. Let us know something of your position and receive free book with maps and information how special railroad rates can be arranged for a trip of inspection. Mail the coupon.

Canada welcomes tourists—come and see our country for yourself. No Passports required.

Address Nearest Agent:
W. V. BENNETT, Desk W, 300 Peter's Trust Bldg., Omaha, Neb.

Please send me your free book on Canada. I am particularly interested in:

- Western Canada
- Eastern Canada
- Stock Raising
- Dairying
- Special Railway Rates
- Diverted Farming
- Buying

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R.F.D. No. or St. Address _____
P.O. _____ State _____