

Western Canada Offers Health and Wealth



and has brought contentment and happiness to thousands of home seekers and their families who have settled on her FREE homesteads or bought land at attractive prices. They have established their own homes and secured prosperity and independence. In the great grain-growing sections of the prairie provinces there is still to be had on easy terms

Fertile Land at \$15 to \$30 an Acre—land similar to that which through many years has yielded from 20 to 45 bushels of wheat to the acre—oats, barley and flax also in great abundance, while raising horses, cattle, sheep and hogs is equally profitable. Hundreds of farmers in Western Canada have raised crops in a single season worth more than the whole cost of their land. Healthful climate, good neighbors, churches, schools, rural telephone, excellent markets and shipping facilities. The climate and soil offer inducements for almost every branch of agriculture. The advantages for

Dairying, Mixed Farming and Stock Raising make a tremendous appeal to industrious settlers wishing to improve their circumstances. For illustrated literature, maps, description of farm opportunities in Manitoba, Saskatchewan, Alberta and British Columbia, reduced railway rates, etc., write

W. V. BENNETT
Room 4, Bee Bldg., Omaha, Neb.

Authorized Agent, Dept. of Immigration and Colonization, Dominion of Canada

150 ACRES WESTERN CANADA FREE

Shining-up Days Are Here

EZ STOVE POLISH

Its Shine Is Wonderful

DIAMOND HAS MANY VIRTUES HAD NOT BEEN ON HER MENU

But According to Superstition the Gem Must Be a Gift to Person Who Wears It.

According to superstition (and to fact also), the owner of a diamond is lucky, indeed. The diamond should be worn upon the left side, for it is of greater virtue there, for the strength of its growing is toward the North, that is the left side of the world, and the left part of a man when he turneth his face toward the East. He who carries a diamond will have strength and manhood; it will keep him from harm, especially from broken limbs. It will give him victory over all his enemies if his cause is righteous. It will keep him from strife and riots, and is a talisman against enchantments. In fact, if an enchanter tries to work a spell upon the possessor of a diamond he will find it will work upon himself instead. No wild beast will attack the diamond owner. It heals all manner of mental troubles. If poison be brought near it, the diamond will become moist and sweat. In order to be of the greatest virtue, the diamond must be given freely instead of being bought.

Careful.

"Did you tell your wife you had a new typewriter?"
"I did. I told her I had a new typewriter machine to write a machine, mind you, and I made it doggone explicit!"—Richmond Times-Dispatch.

Ice Cream Soda for Two, Please.
He (thoughtfully)—Don't you like that sort of person who says the right word at the right time?
She (coyly)—Yes, especially when I'm dry and thirsty.

Whatever his trials, the farmer does not know the horror of having no food in his cupboard—Vivian.

Scotsman Might Reasonably Be Excused for Not Knowing How to Cook the Confeetti.

A traveling fair had visited the little country town, and a fete had been arranged, and a flower show, and everything pointed to a very gay day to be enjoyed by all.

Farmers from far and near were expected to come into town, and much trade was expected to be done by the local tradesmen.

One of the leading shopmen went to the nearest city to buy a supply of stuff to sell during the fete. His wife stayed at home to attend to the shop in his absence.

The first thing that he bought was a quantity of confeetti. He sent that home by carter overnight, and wired to his wife as follows:
"Am sending 100 pounds of confeetti. Watch for it."

Next day he received this wire from his wife:
"Confeetti is here. How do you cook it?"—Glasgow Scotsman.

A Good 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 coaxed her into a halfway 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 on to her face. Quickly she put forth the question. "Whose cash?"

A dog's bark is worse than his bite; but, unfortunately, a mosquito doesn't bark.

It's as easy to lose money as it is difficult to make it.

Why should you follow a crooked path?

Often a cowpath has been allowed to become a village street, and as the village expanded, tradition has made the winding way an expression of a cow's will.

Habit is always forging chains to enslave us, so that what has been found bearable by the fathers is accepted by the sons.

Who cannot recall the coffee-pot Mother put on the stove early in the morning, warning us not to let it boil over?

As children, we were not permitted to drink tea or coffee, because it would stunt our growth or make us nervous and irritable. When older, however, we craved a hot drink with meals, and custom gave us our tea or coffee.

Finally upon the instructions of the doctor, Mother gave up her tea and coffee. But that meant nothing in our young lives. Our vitality was then strong enough to throw off any ill effects.

But our time came, and we learned by experience that we could not drink tea or coffee. When we had it for breakfast it put our nerves on edge. When we drank it at the evening meal, we tossed about in wakefulness most of the night.

And then we found Postum, a pure cereal beverage, free from the harmful drug, caffeine, in tea and coffee. We liked the rich, satisfying flavor of Postum—and also the better health which resulted. And, too, we were surprised to find how many of our neighbors had made the same discovery—had learned the value of "health first."

Postum comes in two forms: Instant Postum (in time made instantly in the cup by the addition of boiling water. Postum Cereal (in packages of larger bulk, for those who prefer to make the drink while the meal is being prepared) made by boiling for 20 minutes. Sold by all grocers.

Postum for Health
"There's a Reason"

The AMERICAN LEGION

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

WHISTLE BROUGHT HIM FAME

Restaurant Cook, Harry Keynton Jones, Famous as Author of "Rose of No Man's Land."

From out the bustling kitchen of a popular summer resort restaurant near St. Paul, Minn., there issued during the vacation season lilting songs and whistled ditties that sounded so strangely familiar that American Legion service men of the World War decided to investigate. They found the musician to be one Harry Keynton Jones, a five-foot-ten Cockney, also the restaurant cook.

Jones began his musical career as chef of a Winnipeg grenadier regiment during the war. Later he tended the private skillet of Gen. Sir Julian Byng at Vimy Ridge, and more important than that, he wrote "Rose of No Man's Land," the war song that had a long run of popularity. A penny whistle which he bought and played for the prime purpose of amusing his kitchen police caused his rise to music fame, he declared.

In France he was transferred to the officers' mess. There Lieutenant Colonel McRae, who later wrote "In Flanders Fields," heard the penny whistling, and the two became friends. Some time afterward they together turned out the words and music of the No Man's Land song.

Jones, wounded at Cambrai, was invalided back to Canada. After his discharge from the hospital he began a sightseeing tour of the states, depending upon his cooking ability for ready employment. He now has a song with a New York publisher which he hopes to put forth soon.

HEADS WAR DISABLED SCHOOL

Dr. Arthur Davis Dean, Veteran of the World War and Educator of Wide Experience.

Dr. Arthur Davis Dean, recently chosen by the government as school superintendent of all America's war disabled, is himself a veteran of the World War as well as an educator of wide experience and a specialist in vocational training.

During the war, Dr. Dean, a major in the sanitary corps, worked on the physical and mental rehabilitation of the sick and wounded as they were returned to the United States in almost all the large government hospitals of the country. With nine years' experience in vocational education work in New York state, he served as head of the division of vocational schools in the state department of education from 1908 to 1917, when he became professor of vocational education in Teachers' college, Columbia university. He directed the New York state prison survey in 1919 and investigated the possibilities of industrial and agricultural education in Porto Rico for the insular government.

Dr. Dean was born Sept. 15, 1872, at Cambridge, Mass., and was educated at the Massachusetts Institute of Technology. He is a member of Columbia university post of the American Legion.

ONE-ARMED VET ALMOST WON

Ernest Mastro, Second in Swimming Race; Wounded Buddies Winner and Third in Sprint.

The throng of spectators who watched the finish of an exciting sprint during a swimming meet in Madison Square Garden, New York, recently, vigorously applauded the efforts of Ernest Mastro, a little chap who brought up in second place. Their enthusiasm was heightened when the race had finished and they saw Mastro as he was climbing out of the big tank. He had lost his left arm, serving with the American forces in France, and he all but won the event by the sole power of his good right and his abundance of gameness.

However, the winner of the race, William McIntyre, also was wounded in France, the surprised crowd learned later, as was Harold E. Taylor, who finished a close third in the same match. The trio of wounded war veterans are members of the Metropolitan Life post of the American Legion, formed of men and women employees of the life insurance company who served during the World War.

LEGION MAN IS LAWMAKER

Sturgis, South Dakota Legislator, is Author of Measures in the Interests of Americanism.

The first man on the job in the morning, he further surprised legislative circles by never missing a single roll call during the time the legislature was in session. He was a chaplain in the army, he explained, in which well-known organization a man was either on the dot or ahead of it—or he wasn't!

Carroll D. Erskine, preacher-legislator of Sturgis, S. D., has carried what he learned in his country's service with him, the electorate of his state say. He left after 35 years of Presbyterian ministry on leave of absence to serve as chaplain of the Eighteenth Battalion during the World War, seeing 14 months' service. After the armistice, while stationed at Camp Merritt, N. J., he met all transports at the docks and ministered to wounded men being returned to American hospitals. In appreciation of his work the men presented him a jeweled watch.

In the legislature, Mr. Erskine was author of a bill to insure proper observance of Armistice day, and of another requiring all school teachers to take an oath of loyalty to the Constitution. He is a member of the American Legion in Sturgis, and state chairman of the boy scouts. He was born in Binghamton, N. Y., and educated at Lake Forest college, Illinois.

TO OBTAIN DENTAL SERVICE

Veterans, to Receive Treatment, Must Comply with the Conditions Prescribed.

An outline of the procedure for ex-service men to obtain dental treatment has been prepared by the national service division of the American Legion.

Dental treatment will be furnished by the bureau of war risk insurance to veterans of the World War under the following conditions:

1. Where a person has been awarded compensation for dental disability.
2. When such treatment is necessary for the cure of a condition which resulted from military service and is the reason for which compensation has been awarded.
3. In emergency cases which are immediately necessary for the relief of conditions endangering the life of the patient or causing great pain.

Claimants who have not been awarded dental disability, but feel they should have such due to military service, should immediately file claim in the regular manner; whereupon they will receive an order from the district medical supervisor to report to the nearest dental examiner for examination and such emergency treatment as may be required. Approval of the dental examiner's report must be made by the bureau of war risk insurance.

To receive the benefits of the dental laws, claimants must pursue their case through the regular channels, as bills contracted outside of the authority of the bureau of war risk insurance will not be paid, except where sufficient evidence is produced that the case was emergency or that the claimant was ignorant of his rights to dental treatment.

MOTHER SEEKS SOLDIER SON

American Legion Searching for James E. Adie, Shell Shock Victim—Disappeared in February.

Refusing to believe that her son is dead, although she read recently a newspaper account of the burial in Minnesota of a soldier who bore marks of identification identical with those of her son, Mrs. Margaret Adie, Lowell, Mass., has appealed to the American Legion for help in her untiring search.

The boy sought is James E. Adie, a wounded service man of the World War who disappeared on February 27 last while on his way from Lowell to Boston, Mass., where he was to receive a government examination. The former soldier was suffering from a severe attack of shell shock at the time.

With her husband's death since the war, the mother is in straightened circumstances. Her son's government compensation checks have been arriving monthly during his absence, she declares, but they cannot be cashed without his signature.

To Roosevelt's Memory.

A bronze tablet dedicated to the memory of the late Col. Theodore Roosevelt recently was presented the American Legion of Kings County, New York, by the United Spanish War Veterans. The tablet was composed of metals taken from the ill-fated Maine, the Olympia, Dewey's flagship; the Oregon, which made the trip from San Francisco in time to aid in the destruction of Cervera's fleet at Santiago and the old battleships New York and Brooklyn.

DARLING BABY BRIGHTENS HOME

Children's Laughter a Pleasing Sound



Altoona, Pa.—"I am writing to tell you what Lydia E. Pinkham's Vegetable Compound has done for me. We had six children die almost at birth. From one hour to nineteen days is all they have lived. Before my next one was born I took a dozen bottles of your Vegetable Compound, and I can say that it is the greatest medicine on earth, for this baby is now four months old, and a healthier baby you would not want. I am sending you a picture of her. Everybody says 'That is a very healthy looking baby.' You have my consent to show these few lines to anybody."—Mrs. C. W. BENZ, 131 3rd Avenue, Altoona, Pa.

*Mrs. Janssen's experience of interest to childless wives. Millston, Wis.—"I want to give you a word of praise for your wonderful medicine. We are fond of children, and for a considerable time after we were married I feared I would not have any. I began taking Lydia E. Pinkham's Vegetable Compound, and it strengthened me so I now have a nice, strong, healthy baby girl. I suffered very little at childbirth, and I give all the credit to your medicine, and shall always recommend it highly."—Mrs. H. H. JANSSEN, Millston, Wis.

Mrs. Held of Marinette, Wis., adds her testimonial for Lydia E. Pinkham's Vegetable Compound. She says:

Marinette, Wis.—"I was in a nervous condition and very irregular. My doctor advised an operation. My husband brought me one of your booklets and asked me to try Lydia E. Pinkham's Vegetable Compound. It overcame my weakness so that I now have a healthy baby girl after having been married nine years. I am glad to recommend your medicine, and you may use my letter as a testimonial."—Mrs. H. B. HELD, 330 Jefferson St., Marinette, Wis.

There are many, many such homes that were once childless, and are now blessed with healthy, happy children because Lydia E. Pinkham's Vegetable Compound has restored the mother to a strong and healthy condition, as it acts as a natural restorative for ailments as indicated by backache, irregularities, displacements, weakness and nervousness.

Women everywhere should remember that most of the commoner ailments of women are not the surgical ones—they are not caused by serious displacements or growths, although the symptoms may be the same, and that is why so many apparently serious ailments readily yield to Lydia E. Pinkham's Vegetable Compound, as it acts as a natural restorative. It can be taken with perfect safety and often prevents serious troubles.

Therefore if you know of any woman who is suffering and has been unable to secure relief and is regretfully looking forward to a childless old age, ask her to try Lydia E. Pinkham's Vegetable Compound, as it has brought health and happiness into so many homes once darkened by illness and despair.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent to you free upon request. Write to The Lydia E. Pinkham Medicine Co., Lynn, Massachusetts. This book contains valuable information.

SPOHN'S DISTEMPER COMPOUND
Is indispensable in treating
Influenza, Distemper, Coughs and Colds
so prevalent among horses with the coming of fall and winter. For nearly thirty years "SPOHN'S" has been given to prevent these diseases, as well as to relieve and cure them. An occasional dose "conditions" your horse and keeps disease away. As a remedy for cases actually suffering, "SPOHN'S" is quick and certain. 40 cents and \$1.50 per bottle at drug stores.
SPOHN MEDICAL COMPANY GOSHEN, INDIANA

What to Take for Disordered Stomach

Take a good dose of **Carter's Little Liver Pills**—then take 2 or 3 for a few nights after. You will relish your meals without fear of trouble to follow. Millions of all ages take them for Bilioussness, Dizziness, Sick Headache, Upset Stomach and for Sallow, Pimply, Blotchy Skin. They end the misery of Constipation.

GENUINE BEE SIGNATURE—Bee Brand Small Pill; Small Dose; Small Price

Her Defense Perfect.
Jane, after having plucked a bouquet of roses, was reprimanded severely by her dad, who said: "Didn't I tell you not to pick any of these flowers without leave?"
"Yes, daddy," replied the youngster, "but all these had leaves."

So to Speak.
"We are out after sperm oil."
"I see. Doing a whale of a business."—Louisville Courier-Journal.

Hopeful.
"Hope springs eternal." "Yes, it's pretty hard to convince people there's no market for poetry."

Fictions of Finance.
"Nobody attempts to sell a farmer gold bricks or green goods any more."
"What's the use?" inquired Farmer Cornstossel. "They can work faster and safer with oil stock literature."

Children's handkerchiefs often look hopeless when they come to the laundry. Wash with good soap, rinse in water blued with Red Cross Ball Blue.—Advertisement.

Use your mind or you will never be of much use.
Golf is an ideal diversion, but a ruinous disease.

Genuine

ASPIRIN

Never say "Aspirin" without saying "Bayer."

WARNING! Unless you see name "Bayer" on tablets, you are not getting genuine Aspirin prescribed by physicians over 21 years and proved safe by millions for

Colds	Headache	Rheumatism
Toothache	Neuralgia	Neuritis
Earache	Lumbago	Pain, Pain

Accept only "Bayer" package which contains proper directions.

Handy tin boxes of 12 tablets—Bottles of 24 and 100—All druggists. Aspirin is the trade mark of Bayer Manufacture of Monocaceticacidester of Salicylicacid.