

Types of Ukrainian Women.

In their latest uprisings against the soviet government, the Ukrainians or "Little Russians" are but justifying anew a reputation as fighters that has stuck to them since the dawn of European history. Theirs is one of the richest sections of the old Russian empire and not only have they been called upon to defend their title many times, but at others they have fared forth against the Poles, the Russians of the North, the Tatars and the Turks, seemingly for the mere joy of

In recent years the Ukraine has quieted down so that casual students at the time of the Russian revolution bardly realized that there was such a distinctive section left.

The Ukraine has had a troublesome career. The wild Scythians helped to feed ancient Greece and her colonies from its endless steppes, A thousand years ago Kiev was already the Russian empire. becoming an important place. When the Saxons still ruled England, in the long ago, the banks of the Dnleper were a meeting-place for many races, drawn thither by commerce. Religious differences had not yet arisen, for all people living in it. were worshipers of Idols. Even then bere, sowing and reaping their harvests and sending their surplus grain down this river to the Black sea.

The name Ukraine means "bordermarches." For centuries it was the bulwark that protected Poland and Lithuania from the Tatars, Turks, and other migrating Orientals. As a result it has had cruel taskmasters.

The native population was largely Cossacks-a wild and unruly people at that time. They were not originally a tribe, but were men who went forth into the wilderness to find freedom. The vast steppes, covered with grass to the height of a horse, within which a multitude of game lurked, fured them on.

There were Poles and Lithuanians and Russians and even Turks among them. They became marvelous shots, riders, and swimmers; their horses were famous for their swiftness and endurance. Their differences gradually blended in a unity of purpose and principle.

Crude Republican Government.

The name Zaporogians was applied to the community that was the heart and soul of the great Ukraine. Their government was crude, but very reoublican in form. Each year the old officers laid down their duties in the presence of a general assembly, even in that day called the rada, and new ones were then chosen.

As any member of the tribe could be elevated to the highest office, it permitted each one to aspire to this dignity. The highest official was known as the "hetman." If unpopular, he was sometimes choked to death-an effective, if cruel, displacement,

They carried on an intermittent warfare with Tafars on the east, stenling their cattle and occasionally sacking the unprotected towns. Again, their warring excursions would be directed against the Turks to the southeast, in the Balkans. When tired of this they turned northward to the Slavonic population.

These early Ukrainlans were ever at war with somebody and for somebody. They fought with Poland Poland, with Poland against Turkey, with Turkey against the Tatars. They assisted in placing an unfrocked monk upon the throne at Moscow. They were simply natural warriors who rejoiced in that occupation. The warrior shaved his head except for a wisp on the crown, which was allowed to holy and holler, but pay a tribute to grow long enough to wind around the

Although professing the Orthodox Greek faith, they were the brigands and the corsairs of Christianity. Though nominally subjects of Poland for a long time, the Ukrainians were constantly involving Poland in trouble with the Tarur and Turkish rulers. Is practiced.

(Prepared by the National Geographic So- At times they even captured Polish ciety, Washington, D. C.) peasants and sold them as slaves to the Tatars, who in turn passed them on to Persians.

Lovers of the Soil.

The Little Russians have worked hard and fought hard, and they have emerged a fairly united and still vigorous people. The population increases more steadily than that of Great Russia, as the people are greatly attached to-home and do not care to wander far from their native villages. They are great lovers of the soil and cling to it with a passionate tenacity.

The Ukraine includes old southeastern Russia, with the exception of the province known as Bessarabia, which partakes of the character of the Balkan states and is peopled with Rumanians and Bulgarians. The great seaport of Odessa and the surrounding country were added to it under its new alignment after the break-up of

The Ukraine does not reach much north of Kiev or east of Kharkov, but It is a large state in itself, about as large as the German empire, with some twenty-five or thirty millions of

The largest city of the real Ukraine a Slav people were safely established is Kiev, around which national life centers probably because of the deep religious associations in connection with the shrines and many holy places, It was at one time the capital of all Russia. Kharkov is the leading commercial town in it unless Odessa, on the Black sea, is considered.

> There is a lure about the limitless stretches of the steppes in the Ukraine. In wide, level spaces, or in gentle undulations, they reach out until sky and horizon meet in a barely perceptible line. Parts of it remind one very much of our own western prairies. In spring and winter it is an ocean of verdure, with the varied shades of green of the growing vegetation interspersed with flowers of many bues later, in the autumn, after the crops are harvested, it becomes a brown waste of stubble and burned-up pastures; in winter it is a white, glistening expanse of snow,

Windmills in General Use.

Windmills are exceedingly common and dot the landscape on every hillside. Silvery gray they appear from age, as all are built of wood, and they are usually unpainted. Many of them seem ready to fall to pieces from age. The general use of windmills is due not so much to lack of water, for they will be found near streams, but the flatness of the country does not give enough fall to allow the use of waterpower. They are used to grind grain.

Kiev is the holy city of the Ukraine and hundreds of thousands of pilgrims visit it each year. The natural landscape is heightened at all times in its pictorial effect by the picturesque groups of pilgrims, staves in hand and wallets on backs, who may be seen clamboring up the hills, resting under the shadow of a hill, or reverently bowing the head at the sound of a convent beil.

The pligrims made it a point to visit the ghastly catacombs in which are rows upon rows of the skulls of reputed monks. Access is had by narrow steps, and then through labyrinthine subterranean passages one descends deeper and deeper into the bowels of the earth, winding hither and thither against Russia, with Russia against along a pathway. Finally there begins a series of niches, in which repose the bodies of the saintly re-

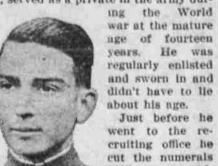
The pilgrims pass each holy tomb, reverently kissing the shriveled hands laid out by the monks for that purpose. They do not distinguish between the each one impartially in order to con-

ciliate all. Much contagion must be spread by this insanitary method of homage. No doubt many an infection, and possibly even great pestilences, could be traced directly to this spot where the indiscriminate osculation of church relics

IN ARMY AT THE AGE OF 14

Stephen S. Tillman of Washington Now Sergeant-at-Arms of George Washington Post.

Stephen S. Tillman, Washington, D. C., served as a private in the army dur-



cut the numerals "18" out of a calendar and pasted them in the heels of his shoes. When the recruiting officer asked him how old he was, Tillman replied: "I'm over eighteen."

They swore him in. Being a trifle smaller than a regulation army rifle, he was detailed as a bugler. He went to the Mexican border with his company, "B" of the Third D. C. infantry. Coming back from the border as the United States entered the World war, he did guard duty along Conduct road, Washington, where several hundred attractive young women were taking an intensive training course. But he was only sixteen years old then.

Now he is sergeant-at-arms of George Washington Post No. 1 of the American Legion, Washington, the first Legion post organized. His father is a retired cavalry officer.

THE TRAYLOR FAMILY HELPED

Father, Mother, Four Sons and Two Daughters in Uniform During the World War.

When the old question of "who won the war?" comes up, the Traylor fam-

ily of Trenton, Mo., may step forward and admit that they helped. The commanding officer of the family that was 100 per cent in active service was the father, W. S. Traylor, rank-private.

Mr. Traylor, his wife, four sons and two

daughters were all in uniform. When war was declared, Mr. Traylor closed up his general store, donned the uniform of a buck private in the quartermaster corps and did his bit well, despite his fifty-three years. Mother and the sisters were on active duty with the Red Cross

Of the four sons, Charles was with the Eighty-ninth division and was wounded. Frank was an aviator. Orville served with the adjutant general's department and Roy was with the Thirty-first railway engineers.

JUMPING BEANS FOR GIRLS

Sick and Wounded Veterans in New Mexico Hospitals Are Hungry for Cheer Letters.

Trained to leap through hoops and stand unhitched, thousands of genuine Mexican jumping beans are awaiting girls of the United States who will write a little letter of cheer to a disabled soldier. The exchange of letters for jumping beans is being made through Herman G. Baca, Santa Fe. N. M., adjutant of the American Legion of the state.

Five thousand sick and wounded veterans of the World war, recuperating in hospitals in New Mexico, have trained the beans. The young men are terribly lonesome, Mr. Baca writes, and they will send a bean to every

girl who will write a letter to them. The jumping beans are dark brown. somewhat larger than the ordinary bean. The animation of the vegetable is caused by a tiny worm that crawls into the bean and consumes the edible portion. After the worm is dead, the bean keeps on jumping.

Presidents as Military Men.

More than half of the presidents of the United States have held some military rank, according to The American Legion Weekly. Of the whole line of twenty-eight presidents sixteen were military men, and of the succession following the Civil war Grant, Hayes, Garfield, Arthur and Harrison were generals; Roosevelt was a colonel and McKinley was a major.

Unto the End.

"How's this?" asked the lawyer. You've named six bankers in your will to be pall-bearers. Of course, it's all right, but wouldn't you rather choose some friends with whom you are on better terms?"

"No, judge, that's all right. Those fellows have carried me for so long they might as well finish the job."-American Legion Weekly.

LEGION WORKER IN CONGRESS

Hamilton Fish, Jr., One of Writers of Preamble to Constitution, Seeks Increase in Compensation,

The preamble to the constitution of the American Legion has been called one of the sim-



plest, most effective and beautiful pronouncements in the English lan-

Three men wrote it in St. Louis, Mo., in 1919 and it never has been, nor probably never will be, changed. The men were John Green-

way of Arlzona, Judge Davis of Oregon and Hamilton Fish, Jr., of New York.

Mr. Fish is now in congress helping to put into effect the policies recited by the preamble he helped write. He has a bill pending to increase the compensation from \$20 to \$50 for the nurses of blind, legless, armless and totally disabled ex-soldiers. He is an ardent advocate of reclamation of land through irrigation, to encourage exservice men to take up farming as a vocation.

At Harvard he was captain of the ersity football team. In France he led a company of negro soldiers in the Fifteenth New York Infantry and received the Croix de Guerre for bravery.

GETS FUNDS FOR CLUBHOUSE

Spokane (Wash.) Girl, Post Historian, Successful in Procuring Cash for Comrades' Headquarters.

When the Legion post of Spokane, Wash., needed help in raising funds

for a new clubhouse for the city, it turned to a girl holding the uninspiring job of historian. post Miss Myrtle Wilson thereupon made and wrote post history by securing pledges amounting to \$8,-000 for the clubhouse.

In addition to writing history, Miss Wilson is advertising manager of the post newspaper, and was a delegate to the Legion national convention. During the war she served in the navy at the government hospital in San Diego, Cal. In a popular contest in the San Diego Legion post she was chosen queen without opposition.

TRIES TO TRACE ARMY SLANG

"Doughboy," "I'll Tell the World" and "Out of Luck," "Old Stuff," New Yorker Says.

If the American "doughboy" who started "I'll tell the world" as a characteristic expression of the A. E. F. took pride in having coined a new expression he was "out of luck," according to Henry Dwight, Yonkers, N. Y., who has been trying to trace army slang to its source.

In relating his uncertain success and asking the assistance of the demobilized world at large, Mr. Dwight declares that each of the three supposed innovations is time-worn.

Referring to the expressions quoted above, he claims that General Custer, the Indian fighter, used "doughboy" in letters to his wife, and that Arthur Young, writer and traveler, announced himself as being "out of luck" when hunting for mail at Dijon, France, in

"I'll tell the world" remains untraced. It is thought to be very old and verification of this belief is now sought.

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Government controlled institutions are schooling 90,000 former service men and are directed by the veterans' bureau.

"Legion Park," named after the local post in Bucyrus, O., contains a tree in memory of the unknown dead in the war.

Abraham Krotoshinsky, the "Lost Battallon" messenger who was cited for his deed, has gone to Palestine to accept an offered farm.

A building worth \$25,000 and a pledge for \$10,000 for its repovation have been given Lee C. Prentice post of the American Legion by the people of Fairmont, Minn. Twenty-four lodgers were rescued

from the burning Y. M. C. A. at Somerville, Mass., by the American Legion, which clothed and lodged them in the post's club. The success of the Centralia (III.)

post of the American Legion last summer in giving outdoor dances has led to a series of indoor dances for the winter. The series is sponsored by the post.

A year elapsed after George Reid. Montevideo, Minn., was discharged before his friends discovered that he had the D. S C. Reid, an artilleryman of the Rainbow division, continued to fire his plece after being wounded and routed the Germans.



WARNING! Say "Bayer" when you buy Aspirin.

Unless you see the name "Bayer" on tablets, you are not getting genuine Aspirin prescribed by physicians. over 22 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 "Bayer" boxes of 12 tablets-Also bottles of 24 and 100-Druggists. Aspirin is the trade mark of Bayer Manufacture of Mononceticacidester of fiallcylicacid

"You get a great deal of gratuitous advice from your constituents, I dare

"Oh, yes," replied Senator Snortsworthy.

"Ever act on any of it?" "Occasionally. Some of the most enjoyable vacations I ever had were taken at the suggestion of constituents who thought I was overworked." -Birmingham Age-Herald.

MOTHER, QUICK! GIVE CALIFORNIA FIG SYRUP FOR CHILD'S BOWELS

Even a sick child loves the "fruity" aste of "California Fig Syrup," If the little tongue is coated, or if your child Is listless, cross, feverish, full of cold, or has colic, a teaspoonful will never fall to open the bowels. In a few hours you can see for yourself how thoroughly it works all the constipation poison, sour bile and waste from the tender, little bowels and gives you a well, playful child again.

Millions of mothers keep "California Fig Syrup" handy. They know a teaspoonful today saves a sick child tomorrow. Ask your druggist for genuine "California Fig Syrup" which has directions for bables and children of all ages printed on bottle. Mother! You must say, "California" or you may get an imitation tig syrup.--Advertisement.

Much Longer.

Two young women were discussing clothes and styles. The first was telling about a new dress that she had just bought. After she had gone into detail about many features of it the second asked about the length of the

"Oh, yes, the skirt is longer," she said. "It is down to my knees."

The charm of a bathroom is its spotlessness. By the use of Red Cross Ball Blue, all cloths and towels retain their whiteness until worn out.-Advertisement.

To Be Sure.

She-Why did they introduce those bathing girls? They don't further the

He-They are their own excuse for being, my dear.-Film Fun.

The singed cat dreads the openfaced stove.

Cold weather contracts the Ice bills and expands the coal bills,

What Did They Mean? On Christmas morning the children of the house were spreading out the toys that Santa had put in their stock-

"Father," said Willie, "I wish I had got a dictionary in my stocking as well as these toys,"

"Why," what did you want that "So that I could find out the mean-

ing of words I heard Santa Claus say when he stepped on the tacks I spread on the carpet last night."

Place for Him. There were weird howis from Tom-

"What does that hyena want now?" demanded father. "Wants you to take him to the zoo,"



Skin Troubles -Soothed -With Cuticura Soap 25c, Ointment 25 and 50c, Talcum 25c.

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Nujol is a lubricant, not a laxative.

Without forcing or irritating, Nujol softens the food waste. The many tiny muscles in the intestines can then remove it regularly. Ab-



W. N. U., OMAHA, NO. 4-1921.

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If you want to quickly clear your skin and complexion, put some firm, healthy flesh on your bones, increase your nerve force and power and look your nerve force and power and look and feel 100 per cent. better, simply try taking two of Mastin's tiny VITAMON tablets with each meal and watch results. Mastin's VITA-MON Tablets contain highly con-centrated yeast-vitamines as well— as the two other still more important vitamines (Fat Soluble A and Water Soluble C) and are new being used Soluble C) and are now being used by thousands as a tonic restorative and amazing complexion secret. Pim-ples, boils and skin cruptions seem to wanish like magic, the complexion be-comes fresh and beautiful, the cheeks rosy, the lips red, the eyes bright. So THE UGLY rapid and amazing are the results BLACKHEAD that success is absolutely guaranteed UNHEALTHY or the trial cocts you nothing. The source of a _lowing, radiant complexion is from inside. You can't expect external unplies tions to be seef the control of the con expect external applications to benefit a condition due to internal conditions. Get some vitamines into your system!
Be sure to remember the name—
Mastin's VI-TA-MON. You can get
Mastin's VITAMON Tablets at all



Of What Use Are Beautiful Features If You Have An Ugly Skin, Flabby Flash, Hollow Cheeks, Or a Scrawny Nock? Mastin's VITAMON Tablets Are Postively Guaranteed To Cive You New Health, Beauty And A More Rounded Face and Figure, or Money Back.



Are Positively Guaranteed to Put On Firm Flesh, Clear the Skin and Increase Energy When Taken With Every Meal or Money Back

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