SURE TO HELP SICK WOMEN

Mrs. Baker, So Much Benefited by Lydia E. Pinkham's Vegetable Compound, Anxious to Help Others

Lebanon, Indiana.—"I was completely run down from women's troubles and stomach trouble and for a long time was hardly able to do my work. I had some friends who had taken Lydia E. Pinkham's Vegetable Compound, and they told me about it. I know what it has done for me and I recommend it to others, as I am sure it will be a great help to all sick women. It is a wonderful medicine, and I give you permission to use my testimonial and my photograph."—Mrs. EMMA BAKER, 310 S. East St., Lebanon, Indiana.

These letters recommending Lydia E. Pinkham's Vegetable Compound ought to convince women of the great worth of this medicine in the treatment of ailments to which they are often subject.

Mrs. Baker calls it "a wonderful medicine." If you are suffering from troubles women often have, or feel all run down, without any ambition or energy for your regular work, take Lydia E. Pinkham's Vegetable Compound. It is a natural restorative and should help you as it has Mrs. Baker and many, many other women.

Liver Trouble

Is Usually Due to Constipation

When you are constipated, there is not enough lubricant produced by your system to keep the food waste soft. Doctors prescribe Nujol because its action is so close to this natural lubricant.

Nujol is a lubricant—not a medicine or laxative—so cannot gripe. Try it today.

Nujol

REG. U.S. PAT. OFF.

For Constipation

Doing His Bit.

"Is Glipping a public-spirited citizen?"

"From an oratorical point of view he leaves nothing to be desired."

"Well?"

"He can deliver a speech on the need of the hour that will make his less gifted fellow citizens work their heads off while Glipping sits in his office with his feet propped up on his desk and receives reports of the progress they are making."—Birmingham Age-Herald.

If you use Red Cross Ball Blue in your laundry, you will not be troubled by those tiny rust spots, often caused by inferior bluing. Try it and see.—Advertisement.

There is a limit to all things. Even the people who are fond of pets do not welcome the wolf at the door.

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6 BELL-ANS Hot water Sure Relief

BELL-ANS

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THE AMERICAN LEGION

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

IN HER HUSBAND'S MEMORY

Mrs. Maude Donohue, Minnesota Newspaper Woman, to Erect Building as Memorial.

The day Mrs. Maude A. Donohue's husband enlisted she went to work on the editorial staff of the San Francisco Examiner. She is now editor and publisher of a progressive little weekly paper at Cokato, Minn., trying, by keeping herself always occupied, to forget the day when she received the news that her husband had been killed in action in France.

Mrs. Donohue intends this year to erect a new newspaper building in Cokato as a memorial to "My Bill," and then she intends as a "distant dream" to write a book of his life. Last year she visited her husband's grave at Romange, where 22,000 were buried in the heart of the Argonne wood.

Probably no paper in the country gives more sympathetic treatment to the problem of the returned soldier than does the weekly at Cokato. "The tragedy of war has broadened my viewpoint," says Mrs. Donohue. "There is much to be done, and I'm frank to say that I expect great things of the American Legion as an organization representing men who know what the word 'service' means."

FRENCH AWARD IS DECLINED

Legion's National Commander Accepts Honor Only in Name of Those Who Served.

Hanford MacNider is one of the negligible number of persons who declined the award of "commander of the Legion of Honor," proffered by the French government. Mr. MacNider, as national commander of the American Legion, adroitly shifted the honor to the heads of a million soldiers. He said that he could receive the decoration only as a tribute to all Legionnaires—and when the medal arrives it will be deposited in the archives of the Legion.

When he received the notification of the award, he cabled Marshal Foch:

"In the name of 5,000,000 service men and women represented by the American Legion, we extend through you to the President of the French republic our gratitude over the tribute proffered. Realizing that this is not awarded to me personally we accept it for every man and woman of our organization and in extending our deep thanks pledge to France our continued love and devotion."

Mr. MacNider was made a chevalier of the Legion of Honor on the battlefield in 1918.

AERIAL POLO IS NEW SPORT

Airplane-Toy Balloon Game One of Features at Recent Legion Entertainment in Florida.

Aerial polo is the latest sport. One of the chief features of an entertainment given by the American Legion at Miami, Fla., was a game of polo staged high in the air, sans mallets, sans ponies, sans ball, sans everything except a dozen nimble aviators and several dozen toy balloons.

Every sort of twist from the Immelmann turn to the maple-leaf drop is called into play during the contest. Here is what happens: A motorboat loaded with the many-colored balloons of the proverbial country fair plows out into the harbor and drops anchor. From nearby hangars come galloping a dozen Pegasuses. They take the air, and when they are equidistant from the launch, at a safe altitude, the little balloons are released and go soaring upward in great confusion on the wind.

The air rider who captures the greatest number is declared the winner. The Legion pilots who tried it said that it used to be easier catching Taubes.

Would Postpone This Expense.

The dome of the proposed Victory Memorial building in Washington would be virtually a huge service flag. It would be studded with five million stars—gold for those who died, blue for those who served. The plan is to have each star engraved with the initials of the soldier it stands for, so that future visitors will be able to distinguish them, with the aid of a telescope, from the floor below. The American Legion has taken the stand that the erection of the expensive memorial should be withheld until there are fewer suffering veterans on the streets.

ARENA BATTLES FOR LEGION

Famous Castillian Matador, Ex-German Fighter, Stages Bloodless Conflicts With Angry Bulls.

To show that bull-fighting is really as simple, and as bloodless, and as refreshing as a quiet game of golf, Senor Charlot Molino, famous Castillian matador, has been staging arena battles all over the country for the benefit of the American Legion. Molino is an ex-German fighter, besides being a bull-fighter.

When he goes into the ring with his fire-breathing animal, he carries a small red cloth to make the animal wroth. He carries no sword and trusts entirely to his adroit footwork to save him from embarrassment at the horns of the bull. He wears a genuine costume of red velvet trimmed with gold, valued at $2,000.

The Legion has picked up the idea of "bloodless bull-fighting," and recently staged an encounter in the Jersey City stock yards with the matador armed with a fence picket. Although the matador had to jump the fence on several occasions in order to keep the true "bloodless" nature of the affair, he succeeded in putting on a good battle.

SKETCHES WON THE RECRUITS

Alvan Hadley, Crayon Artist, Now "Drawing" Some of the Prominent Legion Men.

Alvan C. ("Hap") Hadley, crayon expert and ex-marine, travels with a Greenwich Village troupe. He probably recruited more marines by his clever sketches, during the war, than any other individual. No one that ever looked very hard at one of his pictures ever stayed out of the marines, and no one that ever looks very hard now ever stays away from his show. He is at present busy sketching prominent members of the American Legion, outside of "hours," for publication in newspapers.

When "Hap" enlisted in the marine corps at Paris Island, a red-necked sergeant asked him what his occupation was.

"Artist," said Hap.

So the sergeant put him to work white-washing garbage cans. The crowning disappointment of Hap's life is that he never ran across that sergeant again.

JOBS FOR EX-SERVICE MEN

Civic Organizations Co-Operating With American Legion to Find Work for Ex-Soldiers.

Civic organizations are co-operating with the American Legion in every city, town and hamlet throughout the country to put across the nationwide drive for employment for the 700,000 ex-service men now out of a job.

The Legion is aiming to get men into jobs by stirring up the industrial life in communities. Distribution of employment by changing men on daily shifts; pushing of engineering projects, bridge repair and county highway improvement; speeding up of municipal and public utility enterprises—woodyards, recreation centers, dredging, installation of telephones, paving; reforestation and reclamation projects; truck gardening, with the establishment of community gardens worked by ex-soldier labor; stimulating building of all kinds; encouragement of the "back-to-the-farm movement"—these and many more methods are being used to give the distressed jobless man a chance once more to do a day's work.

Carrying On With the American Legion

With mingled feelings, Legion men read that the old yellow, groaning Paris taxi-cabs—the vehicles that took Gallieni's army off to fight on the Marne, are to be replaced.

* * *

A United States marine sold the United States superdreadnaught New Mexico to a retired farmer at Long Beach, Cal., for $100 cash. Navy officials, however, refused to deliver the ship.

* * *

An Oklahoma sheriff allowed three "killings" to take place without much opposition. Ewing C. London, commander of the Ardmore post of the American Legion, was appointed his successor.

* * *

Varying conditions existing in the different parts of the country will largely determine what proportion of service men will desire cash payment, the Legion has learned from its referendum votes.

* * *

Blind beggars sometimes have good eyesight, the American Legion has found. One "ex-soldier" with medals bought from a hock shop was caught taking $60 an hour from New York's theater crowds.

The Kitchen Cabinet

Copyright, 1922, Western Newspaper Union

Have you found work that you can do?
Is there a heart that loves you best?
Is there a spot somewhere called home
Where, spent and worn, your soul may rest?
A friendly tree? A book? A song?
A dog that loves your hand's caress?
A store of health to meet life's needs?
Oh, build your house of happiness!
—B. Y. Williams.

EVERYDAY GOOD THINGS

If there is a baby or invalid in the family give them prune-barley water. Wash a tablespoonful of pearl barley, add three teaspoonfuls of sugar and one cupful of stewed prunes. Pour over this mixture one quart of boiling water, cover and let stand for three hours, then strain.

Prune Cake Filling.—Chop one-half pound of steamed prunes, add two tablespoonfuls of sugar, a third of a cupful of boiling water and a tablespoonful of lemon juice. Mix and cook in a double boiler until thick enough to spread on the cake. This filling spread on bread or toast for luncheon or for sandwich filling is delicious.

Apples may be cored and baked until nearly cooked, then the centers filled with raisins and prunes. Cover with a meringue and bake until brown. Serve as a dessert with cream and sugar.

Gelatin Prune Dessert.—Soak one-half pound of prunes in two cupfuls of water overnight. Cook them in the same water until soft, then stone and cut them into quarters. To the prune liquor add enough boiling water to make two cupfuls, soak two tablespoonfuls of gelatin in one-half cupful of cold water. Add one-half cupful of sugar with a quarter cupful of lemon juice to the hot liquid. Strain and add the prunes and chill. Stir while cooling to prevent the prunes from settling. Serve with sugar and cream.

Apple Pudding.—Beat one egg, add to it a third of a teaspoonful of salt, two teaspoonfuls of sugar and a cupful of thin sweet cream, then add two cupfuls of flour mixed with four teaspoonfuls of baking powder. Grease a two-quart pudding pan, half fill with pared and quartered sour apples, spread the batter over them and steam in a steamer two hours or bake in a hot oven. The apples if not easily cooked may be cooked a little before adding the batter. Serve with a lemon sauce or sugar and cream.

Trust not to-morrow's dawn to bring
The dreamed of joy for which you wait;
You have enough of pleasant things
To house your soul in goodly state.
—B. Y. Williams.

THE EVERYDAY PRUNE

In country places and small towns where one cannot always procure the fresh fruits, prunes are a most desirable fruit. The ordinary method of serving prunes (boarding house style) has put them into disrepute, but there is no fruit richer in food and with marked medicinal value. One pound of prunes will furnish more nutriment than the same weight of lean meat or bread.

Prune Bread.—To a pint of light bread sponge prepared with milk add two tablespoonfuls of sugar and graham flour to make a stiff batter. Add a cupful of steamed prunes that have been stoned and cut fine. Turn the dough into the pans and let rise, then bake in a moderate oven.

Prune Scones.—Cream one-quarter of a cupful of butter, add one-half cupful of sugar, one beaten egg and one cupful of flour sifted with one-half teaspoonful of baking powder. Add one-quarter of a cupful of mashed drained prunes, roll the dough into a roll and cut in rounds; dust with sugar and bake in a slow oven.

A prune omelet is one which the family will like. Stew, stone and mash the prunes, using a cupful, adding a little sugar if needed, spread over the omelet just before turning.

Children's Supper Dish. — Rub through a sieve one cupful of cooked prunes and the same quantity of cooked rice; add sugar to sweeten, if needed, a little grated lemon peel, an egg yolk beaten and thinned slightly with water; cook until well heated through. Serve with cream and sugar hot or cold.

Prune Bread Pudding.—Butter slices of stale bread, cover with hot milk, add layers of stewed prunes and repeat until the dish is full. Bake in a moderate oven until well heated through. Serve with sauce prepared by cooking a pint of water and a tablespoonful of cornstarch mixed with two tablespoonfuls of sugar; when well cooked add a cupful of orange juice. A beaten egg may be added and cooked in the mixture, if a richer sauce is required.

Prunes put through a sieve and added to the morning cereal is a good dish for the children.

When making prune pies add one-third as many raisins as prunes and the flavor of the pie will be improved.

Nellie Maxwell.

AFTER EVERY MEAL

WRIGLEY'S

Satisfies the sweet tooth and aids appetite and digestion.

Cleanses mouth and teeth.

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Combines pleasure and benefit.

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Dates Back.

"There's an old custom of a girl giving a man a kiss for every star she can see. Wonder how that originated?"

"In the old days when a man did his courting by whacking a girl on the head with a club."

Silence is golden—also scarce.

Wanted the Accessories.

He (ardently)—I forget everything but that I love you.

She—That's the trouble; you forget to bring me bonbons, bouquets and theater tickets.

A witty thought saved up loses a good deal of its glitter.

She Knows

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