

THANKFUL FOR A LITTLE CHILD

Mrs. Mertx Tells How Lydia E. Pinkham's Vegetable Compound Helped Her



Kutztown, Pa.—"I wish every woman who wants children would try Lydia E. Pinkham's Vegetable Compound.

Spoken and written recommendations from thousands of women who have found health and happiness from its use.

Merit is the foundation of Lydia E. Pinkham's Vegetable Compound. It is behind it a record of nearly fifty years.

SLOW DEATH

Aches, pains, nervousness, difficulty in urinating, often mean serious disorders. The world's standard remedy for kidney, liver, bladder and uric acid troubles—

GOLD MEDAL HAARLEM OIL CAPSULES

bring quick relief and often ward off deadly diseases. Known as the national remedy of Holland for more than 200 years.

Not First Class. "It takes two to make a quarrel," said the friend. "A small one," admitted Murphy.—American Legion Weekly.

AUTO HITS TEAM

Laurel, April 18.—Unable to see a team driven by Lester Briscoe, 1303 Myrtle avenue, yesterday in the heavy mist, a large touring car driven by an unknown man ran into the team and seriously injured the driver and killed one of the mules.

It is a pleasant task for a man to pull the weeds that grow upon a pretty widow's bonnet—sometimes.

WHY THAT BAD BACK?

Does spring find you miserable with an aching back? Do you feel lame, stiff, tired, nervous and depressed?

Advertisement for Doan's Kidney Pills, including a portrait of a man and text about kidney health.

Advertisement for Cuticura, a skin treatment product.

The American Legion

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

BUSY AT VETERANS' BUREAU

Leon Fraser, Executive Officer, Has Had Broad Experience in Army and Business Life.



Looking after old members of the A. E. F. comes natural to Leon Fraser, executive officer of the United States Veterans' bureau.

Though he left the vice presidency of the Differential Steel company of Findlay, O., when war was declared, he started at the bottom of the Veterans' bureau and again worked up toward the top.

Col. Charles R. Forbes is Fraser's boss now. When his colonel is away Fraser is director of the Veterans' bureau, and as such tends to the destinies of thousands of wounded ex-soldiers.

His part in the war was one of the most dangerous. He put his knowledge of anarchists at the government's use.

TAYLOR WAS GOOD BAD MAN

Former Bandit and Holdup Artist Put His Knowledge to Good Use During War.

Joe Taylor was once an automobile bandit and holdup man. His activities along these lines landed him in jail.

His part in the war was one of the most dangerous. He put his knowledge of anarchists at the government's use.

"FREE EMBLEM OF FREEDOM"

Washington State Americanism Director Would Liberate Eagles Now Held in Captivity.



"Freedom to our emblem of freedom." is the slogan.

"The eagle was made for mountain crags and high spaces," Dr. Hicks says.

WILL BOX AT LEGION MEET

Two Ministers Are to Step Into Squared Arena at Washington State Convention.

For perhaps the first time in history two ministers are going to box in the squared arena for the benefit of the audience.



Reverend Beard, who served as "sky pilot" with the old Ninety-first division in France, boxed John Dickinson, veteran of the British forces.

That his title of "fighting chaplain" isn't at all amiss is shown by a glance at Reverend Beard's war record.

STILL AIDS EX-SERVICE MEN

Mrs. John Marshall, Kentucky, National Committeewoman, Active in After-War Work.

Mrs. John Marshall of Anchorage, Ky., known to thousands of ex-service men who were stationed in the Blue Grass state during the war.



Her latest plan results in Louisville, Ky., having a boarding home for ex-service men who are taking vocational training there.

More than 300,000 service men were cared for at the canteen presided over by Mrs. Marshall during the war.

NEW "RADIO BUG" IS POPULAR

American Legion Posts Are Enjoying Programs; Supplied for Hospital Patients.

The new "radio bug" is particularly popular with ex-service men. Everywhere reports come into the American Legion of radio-phones being installed in Legion clubhouses and in hospitals and camps.

Recently the Legion post at Omaha, Neb., was all ready to stage a big dance—but no music arrived.

Hospitals in North Carolina are taking up the radio idea as a means of supplying recreation for sick and wounded men.

Carrying On With the American Legion

Women in Kansas have organized to fight for adjusted compensation.

Emergency officers of the World war will be retired on an equal basis with regular army officers by the terms of the American Legion's Bursum bill.

Harding's home favors adjusted compensation. The chamber of commerce and the Legion post at Marion, O., have both asked congress to pass the pending bill to relieve soldiers.

THE KITCHEN CABINET

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"If to do were as easy as to know what were good to do, chapels had been churches, and poor men's cottages princes' palaces."

MORE GOOD THINGS

Egg contains about 15 per cent protein, 10 per cent fat, 1 per cent mineral salts and the rest water.



Stuffed Eggs.—Cut hard-cooked eggs in halves, crosswise; remove the yolks and place them in a bowl; mash and mix them with an equal amount of chicken, seasoned, and mix with salt and pepper and a little cream.

Apple Balls.—Cut 24 balls from apples with a French potato cutter; add two tablepoonsful of lemon juice and then add one-fourth cupful of sugar and one-half cupful of water; steam until tender, but not soft enough to lose their shape.

French Omelet.—Scour the omelet pan with salt so that it will be perfectly smooth. Add to the hot pan one tablepoonsful of butter; when melted, add the omelet. Break four eggs into a bowl and beat them just enough to mix the yolks and whites; add four tablepoonsful of warm water, tablepoonsful of minced parsley and a sprinkling of pepper.

Apple Drops.—Sift together one cupful each of flour and sugar, rub into this mixture two tablepoonsful of butter. Reserve a quarter of a cupful for the top. Add 1 1/2 tablepoonsful of baking powder, one egg, three tablepoonsful of shortening and one-half cupful of milk; beat well and put the mixture into a shallow pan, cover with the reserved flour and shortening mixture and bake in moderate oven.

In matters of generosity a woman acts first and reasons afterward; a man reasons first—and generally forgets to act.—Boston Transcript.

POTATO COOKERY

Potatoes are the common food and are popular because of the ease of preparation as well as for their wholesomeness and adaptability.



The sweet potato should not be forgotten for it is a most valuable food. The yams are especially fine flavored and one never tires of them, while the too sweet potato cloy the appetite.

Potato Pudding.—Take two and one-fourth cupfuls of grated sweet potato, one cupful of milk, one-half cupful of sugar, two eggs, one teaspoonful of cinnamon and one-fourth teaspoonful of ginger.

Potato Cakes.—Form mashed and seasoned potato into small cakes and roll in seasoned flour. Melt some fat in a frying pan and brown the cakes on both sides, turning them carefully with a spatula.

Nellie Maxwell

Advertisement for Bayer Aspirin, featuring the Bayer logo and a box of tablets.

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

Advertisement for Nal-Nay or EXCELLO Suspenders, featuring an illustration of a man in suspenders.

Washington Sidelights

New Rule on Senatorial Elections?



WASHINGTON.—One of the after-maths of the senate decision that Senator Newberry is entitled to his seat is a proposed new rule, to be added to the standing rules of the senate.

Mr. Pomerene. Mr. President, I desire to offer a new rule, to be added to the standing rules of the senate, relating to the nomination and election of United States senators.

The rule offered is long. It provides for the filing by the candidate of itemized statements of moneys received in aid of his candidacy; of moneys expended by him, and of political promises made, the same being forbidden.

of the elections, qualifications and returns of its own members, and as congress may by law regulate the times, places and manner of holding elections, the National government is not without power to protect itself against corruption, fraud or other malign influences.

The rule which I present modifies the corrupt practices act so as to make it a rule of the senate, and thereby avoid the constitutional question, which was decided by the Supreme court.

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Large advertisement for Western Canada Land of Prosperity, featuring various illustrations of rural life and agriculture.