

### HAS FIRST WELL DAY IN 6 YEARS

Huntington Citizen Could Neither Sleep Nor Eat With Any Satisfaction Before He Got Tanlac.

"Before taking Tanlac I had not seen a well day in six years," said W. R. Peoples, 328 22nd St., Huntington, W. Va.

"It seemed like I had lost my health for good. I could neither sleep nor eat with satisfaction. I was badly run down, nervous, had no appetite and had to force down every mouthful I ate. Even then my food soured. I would fill up with gas until I had intense pains in my stomach and chest. Headache almost drove me mad, rheumatism in my arms, shoulder and hips kept me in pain all the time, and I had to force myself to work.

"Tanalac went right after my troubles. On four bottles I gained ten pounds and the rheumatism and stomach trouble soon left me. My wife has given a statement about the good Tanlac did her, and I am glad to add my endorsement of this wonderful medicine."

Tanalac is sold by all good druggists.

As in Football. Life is full of ups and downs and it takes a wise fellow to make his downs help him towards his goal.—Boston Transcript.

For true blue, use Red Cross Ball Blue. Snowy-white clothes will be sure to result. Try it and you will always use it. All good grocers have it.—Advertisement.

The best example of cause and effect is that a careful spender makes a good saver.

### Sure Relief FOR INDIGESTION



**BELL'S** FOR INDIGESTION  
25 CENTS  
6 BELL'S Hot water Sure Relief  
**BELL'S**  
25¢ and 75¢ Packages, Everywhere

### SPOHN'S DISTEMPER COMPOUND

is indispensable in all cases of Cough, Cold, Influenza, Distemper, Pink Eye, Heaves and Worms among horses and mules. Give an occasional dose as a preventive. Excellent for Dog Distemper and Cholera. Write for Free Booklet Sold in two sizes at all drug stores.  
SPOHN MEDICAL CO. GOSHEN, IND. U.S.A.

### "Vaseline" Carbolated Petroleum Jelly

is an effective, antiseptic first-aid dressing for cuts, wounds and insect bites. It helps prevent infection.  
CHESEBROUGH MFG. CO. (Consolidated) State Street New York



### DON'T DESPAIR

If you are troubled with pains or aches; feel tired; have headache, indigestion, insomnia; painful passage of urine, you will find relief in

### GOLD MEDAL HARLEM OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles and National Remedy of Holland since 1896. Three sizes, all druggists.  
Look for the name Gold Medal on every box and accept no imitation

### Kill All Flies!

THEY SPREAD DISEASE. Flies are everywhere. DAISY FLY KILLER attracts and kills all flies. Neat, clean, ornamental, convenient and cheap. Lasts all season. Made of metal, can't spill or tip over; will not soil or injure anything. Guaranteed.  
FLY KILLER at your dealer or by EXPRESS, prepaid, 15¢.  
CAROLD SOMERS, 150 De Kalb Ave., Brooklyn, N. Y.

### PARKER'S HAIR BALSAM

Removes Dandruff, Stops Itchy Falling, Restores Color and Beauty to Gray and Faded Hair. Cleanses, Softens, and Promotes Growth. 25¢ at Druggists. 50¢ at Retailers. 100¢ at Wholesale. W. N. U., Omaha, N. Y.

HINDERCOIN'S REMOVES CORNS, Calluses, etc. stops all pain, restores comfort to the foot, makes walking easy. 50¢ by mail or at Druggists. 10 boxes Omaha Works, Pittsburgh, N. Y.

W. N. U., OMAHA, NO. 19-1922.

## The AMERICAN LEGION

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

### WILL PLAY BALL IN JAPAN

Ward Gilbert, Balloonist, and Emmons Clay, Who Served as Gob, Off for Tokyo.

Johnny Jap is going to have another look at the great American game as it is played by the baseball nine of Indiana university. The rickshaw men of Tokyo and the merchants of Nagoya are going to carry a trade with two members of the team who left Seattle, Wash., to the tune of a band and the cheers of the American Legion. Ward O. Gilbert of Kokomo, Ind., one of the Hoosiers' pitchers, went back to college after 11 months as a balloonist in France. Emmons Clay of the catching staff served 19 months as a gob. When the Legion men in Seattle discovered this they turned out and wished the pair good luck.

From Seattle the Indiana party went straight to where the sun rises. There Japan college teams will be taken on, but they will be the guests of Waseda university of Tokyo. So great has been the interest shown in the visit that the Japan university has guaranteed the American players \$15,000 for expenses. Baseball has been introduced in Japan before. Two other American college teams have traveled the Pacific and shown their wares.

Tokyo has an American Legion post and its members are planning to show the ex-service men much of the Orient and its attractions during the Indiana team's stay.

### CITIZEN OF TWO COUNTRIES

Frank Sinclair, Historian of Janesville (Wis.) Post, Honored by Bourges, France.

The average American newspaper sporting editor considers himself lucky to preserve a mere semblance of citizenship, but Frank Sinclair, who holds that position on a Janesville (Wis.) newspaper, bears the distinction of being a citizen of two countries—or at least of two cities.

Sinclair, who is historian of the Janesville post of the American Legion, was honored with citizenship in the city of Bourges, France, while a regimental sergeant major with the Central Records office, G. H. Q., stationed in the French town.

The honor, usually conferred only upon high governmental representatives, was given to Sinclair for promoting closer relations between the Yanks and citizens of Bourges through the medium of "The Cro," largest post newspaper in the A. E. F., of which Sinclair was managing editor and co-organizer. The common council of Bourges awarded the honor. Lawrence J. Weldman, Boston, and William F. Wragg, Brooklyn, were also made citizens for co-operating in Sinclair's diplomatic work. Sinclair and Weldman also won renown as the authors of "The Battle of Bourges," which a Paris English language newspaper said should be in every American home.

For Pity's Sake. The U. S. S.—no matter, it was the U. S. S. something—was on its way to France. It was a rough night, and the only persons visible on that part of the deck were Gubbins, the worst gob in the navy, who was doing deck guard, and Lieutenant Commander Gilet, the gruffest and most generally unpopular commander in any navy. Suddenly there was a splash, as the ship gave a lurch, and no more lieutenant commander was to be seen.

Gubbins wrestled with his conscience for a moment, then gave up the struggle, dove in, and grabbed his superior by the neck as he was going down for the third time.

"Gubbins," gasped the latter, "I thank you. If we are rescued I shall do anything I possibly can for you."

"Sir," answered Gubbins, "if I'm asking too much, would you mind not telling the gang who it was that saved you? They'd half kill me."—American Legion Weekly.

### Y. M. C. A. HELPS PRISONERS

Men Confined in "Disciplinary Barracks" at Governor's Island, Appreciate Training.

Thanks to the Y. M. C. A. many of the "disciplinary barracks" maintained by the United States for its soldiers who fracture the rules that govern the back private and officer alike aren't all dark walls and dark living. Such a one is historic Fort Jay at Governor's Island, New York harbor, where between 200 and 300 soldiers are usually confined, most of whom are "in" for minor offenses. A few, however, are being "cared for" only a few days, prior to their taking up a longer residence at Fort Leavenworth, the army prison.

Col. John E. Hunt was commanding officer of Fort Jay during the World war, and he introduced "Y" activities for its inmates. Since that time the secretaries have kept up their work. The "Y" is housed in the first building of its kind the organization ever built in this country. Every Wednesday the confined men are allowed to attend the "sing-song," and about 175 of the men make the walls resound. The Sunday evening religious service is even better attended, more than 200 taking part.

Another feature of the work is the teaching of volunteer instructors of educational subjects. Spanish and French courses, together with reading, writing and arithmetic, are proving the most popular subjects. The men show a desire to absorb as much knowledge as possible during their period of confinement.

### "BILLY SUNDAY OF LEGION"

Dan Hollenga, Lecturer, Former Stretcher Bearer, in Demand in All Parts of Country.

Sixteen months' service as a stretcher-bearer in France should be excellent preparation for a battle in behalf of disabled fighters of the World war. Dan S. Hollenga, special representative of the American Legion's service division at Washington, D. C., is now carrying the sick and wounded over the shell holes of red tape in an effort to obtain compensation and hospitalization for ex-service men.

Although he was born in Holland, Mr. Hollenga had little difficulty in mastering the "American" language. As a speaker for the Legion in all parts of the country, his oratorical ability has become so well known that he is called "Billy Sunday of the American Legion."

A citizen of the United States for a number of years, Mr. Hollenga volunteered as a private shortly after war was declared. He was soon made a drill sergeant, but found no joy in this "squad right" career because of his desire to get to France. He obtained a transfer to Base Hospital 65 and served with this unit overseas.

When the war ended Mr. Hollenga spent more than a year organizing chambers of commerce in the South, and then served as a field representative for the Legion. He was later appointed director of organization at Legion national headquarters and served in that position until National Commander Hanford MacNider sent him to Washington as a personal representative to aid disabled ex-service men in obtaining justice from the government.

His Versatility. Sight-seeing bus stopped in front of a large church and the lecturer bawled out: "This, leddies and gents, is the church where Tony Pastor used to preach."—New York Times.

Consistency. Betty—"The idea of Bob whistling to attract my attention; I felt insulted and wouldn't notice him—Hark! What's that? It's Jack honking his auto horn for me to come out. Excuse me, dear, I must go."

Nice Game. "New society game." "Heh?" "Put and take for kisses."

Would Be Unfortunate. Vicar—All sinners, Mary, will be washed whiter than snow. Old Beggar Woman—Not them as truly repents, I 'ope, sir.—Boston Transcript.

Women Need Swamp-Root. Thousands of women have kidney and bladder trouble and never suspect it. Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease. If the kidneys are not in a healthy condition, they may cause the other organs to become diseased. Pain in the back, headache, loss of ambition, nervousness, are often times symptoms of kidney trouble. Don't delay starting treatment. Dr. Kilmer's Swamp-Root, a physician's prescription, obtained at any drug store, may be just the remedy needed to overcome such conditions. Get a medium or large size bottle immediately from any drug store. However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Advertisement.

Could Do Her Part. "Alice," said the mistress, reprovingly, "this is absolutely the worst pie I ever tried to eat. You told me that you could make as good pies as any cook in the city." The new kitchen girl placed her arms akimbo and faced her mistress with defiance. "So I can, mum," she said. "So I can. But all the leddies I ever wurrked for mixed the pies themselves before I baked 'em, mum."

Shave With Cuticura Soap. And double your razor efficiency as well as promote skin purity, skin comfort and skin health. No mug, no slimy soap, no germs, no waste, no irritation even when shaved twice daily. One soap for all uses—shaving, bathing and shampooing.—Advertisement.

Indolent people are encouraged and fortified by the octogenarian who never has taken exercise.

ALLEN'S FOOT-EASE DOES IT. When shoes pinch or chafe and bunions ache, get a package of ALLEN'S FOOT-EASE, the antiseptic powder to be shaken into the shoes. It takes the sting out of corns and bunions, gives instant relief to Smarting, Aching, Swollen feet. 1,600,000 pounds of powder for the feet were used by our Army and Navy during the war.—Advertisement.

It is easier for a borrowed umbrella to keep lent than it is for the average man.

Just say to your grocer Red Cross Ball Blue when buying bluing. You will be more than repaid by the results. Once tried always used.—Advertisement.

"\$"—A mark of respect in the United States.

Carrying On With the American Legion. Tombstones, and even war memorials, are being bought from Germany by English and American cities, because Germany is able to underbid other markets.

Breezy letters from home-town buddies are being sent wounded Kansas soldiers in a hospital at Fort Bayard, N. M. The barrage was set up by Kansas posts of the Legion.

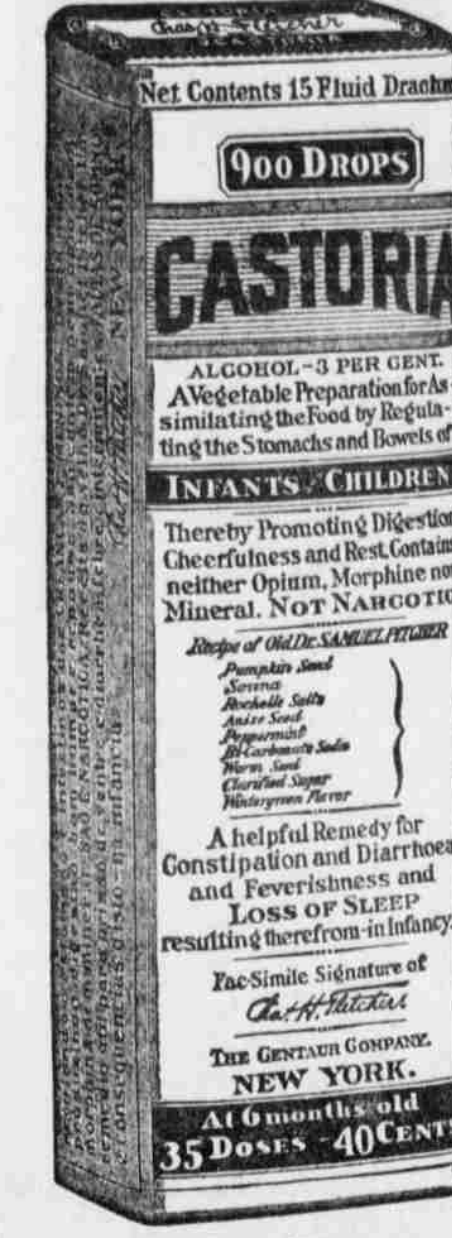
A pilotless plane is becoming the sensation of the Villacoublay airrome, France. Controlled by wireless from the ground, the plane circles far and wide over the countryside.

## Why Castoria?

YEARS ago Castor Oil, Paregoric, Drops and Soothing Syrups were the remedies in common use for Infants and Children; Castor Oil so nauseating as to be almost impossible and the others all containing Opium in one form or another, but so disguised as to make them pleasant to the taste, yet really to stupify the child and give the appearance of relief from pain.

It required years of research to find a purely vegetable combination that would take the place of these disagreeable, unpleasant and vicious remedies that from habit had become almost universal. This was the inception of, and the reason for, the introduction of Fletcher's Castoria, and for over 30 years it has proven its worth, received the praise of Physicians everywhere and become a household word among mothers.

A remedy ESPECIALLY prepared for Infants and Children and no mother would think of giving to her baby a remedy that she would use for herself, without consulting a physician.



Exact Copy of Wrapper.

## Children Cry For Fletcher's CASTORIA

Have You Tried It?

Everybody has read the above headline; how many believe it? Have you a little-one in the home, and has that dear little mite when its stomach was not just right felt the comforts that come with the use of Fletcher's Castoria? You have heard the cry of pain. Have you heard them cry for Fletcher's Castoria? Try it.

Just help baby out of its trouble tomorrow with a taste of Castoria. Watch the difference in the tone of the cry, the look in the eye, the wiggle in the tiny fingers. The transformation is complete—from pain to pleasure. Try it.

You'll find a wonderful lot of information about Baby in the booklet that is wrapped around every bottle of Fletcher's Castoria.

GENUINE CASTORIA ALWAYS

Bears the Signature of *Chas. H. Fletcher*

THE CENTAUR COMPANY, NEW YORK CITY.

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Blanton on the "Scandals" of Congress. of the United States to buy with government money. Take, for instance, carving knives and forks, with steels like this. (Exhibiting them.) This is a leather-bound poker set, with four decks of cards and full of red and white and blue poker chips. And they furnish you with a dozen extra decks of cards to go with it. (Exhibiting them.) Lady's manure set; all these pieces, every one of them with pearl handles, that in the stores of Washington would sell for about \$40. Over here it sells for about \$20.

Now, you know they had so much demand for this little article (exhibiting), a pocket pint whisky flask, covered with ostrich-skin leather, during Christmas time that they sold out. Ladies' bags of this character covered with genuine ostrich leather. I went to the dean of a delegation. He says, "Tom, this was here 50 years before you and I got here." He says, "If you ever get up on the floor of the house and say anything against it, they will call you a demagogue," and they did.