

SUCH PAINS AS THIS WOMAN HAD

Two Months Could Not Turn in Bed. Lydia E. Pinkham's Vegetable Compound Finally Restored Health

Seattle, Washington.—"I had dragging pains first and could not stand on my feet, then I had chills and fever and such pains in my right side and a hard lump there. I could not turn myself in bed and could not sleep. I was this way for over two months, trying everything any one told me, until my sister brought me a bottle of Lydia E. Pinkham's Vegetable Compound. I took it regularly until all the hard pains had left me and I was able to be up and to do my work again. The hard lump left my side and I feel splendid in all ways. I know of many women it has helped."—Mrs. G. RICHARDSON, 4640 Orcas St., Seattle, Washington.

This is another case where Lydia E. Pinkham's Vegetable Compound brought results after "trying everything any one told me" had failed.

If you are suffering from pain, nervousness and are always tired; if you are low spirited and good for nothing, take Lydia E. Pinkham's Vegetable Compound. You may not only relieve the present distress, but prevent the development of more serious trouble.

THE AMERICAN LEGION

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

SHE JUMPED FOR THE LEGION

Miss Verna Welch Plunges 3,000 Feet in Parachute From Airplane at Wichita Falls.

To climb out of an airplane cockpit and dive headfirst toward the earth 3,000 feet below on her second ride off of terra firma required a good deal of nerve. At least, the act made thousands of spectators gasp for breath and shudder lest the harness fail to work and the parachute, which trailed behind her, remain unopened.

Miss Verna Welch was creating the sensation. The spectators were the good citizens of Wichita Falls, Tex.,



Just Before the Flight.

witnessing the American Legion's aviation meet, one of the biggest ever held in the Southwest.

Miss Welch dropped like a dead-weight for several feet and then the parachute very slowly opened and the drop earthward became more gradual. She hit the ground with a jolt but was uninjured.

It was a proud young woman who received the congratulations of the hundreds who crowded around her for her daring act. But Miss Welch says that she isn't sure that she wants to jump from airplanes for a living. The big aerial meet was staged to raise money for a Legion clubhouse at Wichita Falls.

ACTIVE IN LEGION AFFAIRS

Miss May Merritt, Indiana, Rises From Auxiliary President to National Committeewoman.

From the presidency of the first local American Legion Auxiliary unit at Connersville, Ind., to the office of Indiana national committeewoman in less than six months is the simple story of the sudden rise of Miss May Merritt. Miss Merritt, as chairman of the Auxiliary's national emblem committee and chairman of the resolutions committee, has had much to do with formulating the plans and policies of the organization during the past year.

Aside from her work for the Legion Auxiliary, Miss Merritt is chiefly interested in better educational advantages for the children of Hoosierdom.

Lack of Patriotism.

Enraged because some of his own countrymen refused to stand when "Deutschland uber Alles" was being sung in the smoking room of a transatlantic liner, a young German officer, son of a German general, created a sensation by dashing his wine glass to the floor and otherwise showing his disapproval of the lack of patriotism displayed by his German companions.

Clubhouse Over Oil Well.

To build their clubhouse over an oil well was the unique and profitable experience of the American Legion men in Waynesboro, Tenn. Drilling was begun after oil was noticed in a mud puddle in the back yard and oil was struck at 200 feet. The Legionnaires plan to erect a fine community clubhouse from royalties.

Benefits Certain Ex-Service Men.

Certain ex-service men who are not eligible for compensation under the veterans' bureau are nevertheless eligible for entrance into the national home for disabled volunteer soldiers. This class consists of those who passed the draft board but were later rejected at the training camps for physical disabilities.

Highest Commendation.

A letter from Postmaster General Work, expressing the "highest commendation of your corps" has been received by Major General Lejeune, commandant of the marine corps, following the withdrawal of the 2,000 marines who have been guarding the mails over the country for several months.

ONLY WOMAN MAJOR IN ARMY

Julia C. Stimson, Dean of School of Nursing, Served as Chief Nurse of Red Cross.

The superintendent of the army nurse corps and dean of the Army School of Nursing, is the only woman major in the United States army. Maj. Julia C. Stimson served as chief nurse of the American Red Cross in Paris and later as director of the American expeditionary forces nursing service, with 10,000 nurses under her control during the World War, before becoming superintendent of the army nurse corps and head of the school of nursing.



Major Stimson was born in Worcester, Mass., and graduated from Vassar when barely twenty years of age. She first went overseas as chief nurse of the St. Louis unit, base hospital No. 21. She holds numerous awards and citations for her services during the war.

One of the major's most recent experiences was the honor of christening the army transport Chaumont. "General Pershing was there," Major Stimson said in speaking of the event, "and I spilled champagne all over the general's best uniform when I broke the bottle over the bow."

FEW BUCKS NOW IN U. S. ARMY

Number of Trained Doughboys Has Been Reduced, Bringing Total to Not More Than 20,000.

Doughboys—just plain buck privates of infantry—are becoming almost as scarce in the regular army as shavel-tails were some time ago. Every time there is a reduction in the size of the army, the number of buck privates is very perceptibly cut down. At the present time, it is said that there are not more than 20,000 plain, unspecialized "bucks" in the ranks of the United States army. There are only 47,837 men in all branches of the foot regiments while there were more than 53,000 enlisted men in the infantry when the war started in April, 1917.

Impending additional reductions in the size of the army will show a further drop in the number of privates, officers say, and leave the infantry only a framework of highly trained specialists with just a few humble bayonet-wielding bucks here and there to give a sketchy suggestion of a wartime force.

This framework of specialists will be maintained, the War department declares, so that in an emergency the army may be able to quickly expand, filling in the vacant ranks with raw recruits who, with a few weeks' training, will make our fighting forces a highly trained machine.

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PREFERS TO MARCH AS 'BUCK'

Brig. Gen. William V. McMaken, Ohio, Has Served His Country for Forty Years.

William V. McMaken of Toledo, O., who was a brigadier general in the service to which he gave 40 years of his life, says that he prefers now to march as a "buck" in the rear rank at patriotic and memorial demonstrations since his military career is over. But this modesty sometimes causes him a little embarrassment. During the American Legion parade at the national convention in Cleveland, in 1920, when Mr. McMaken marched in the ranks, he received the "bawling out" of his life from an erstwhile hard-boiled sergeant who noticed that the former brigadier general had failed to "dress right."

Mr. McMaken was a brigadier commander in the Thirty-seventh division during the World War.

Carrying On With the American Legion

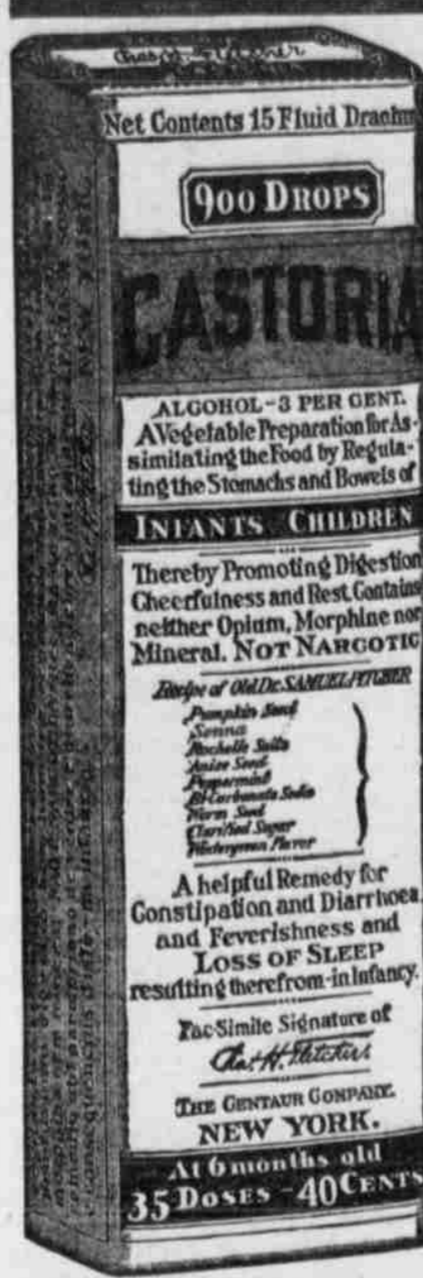
A memorial to the marines who were once students of the University of Minnesota has been unveiled on the university campus.

An entire island in the Maumee river, 20 miles from Toledo, O., has been bought by a Toledo Post of the American Legion to be used as a vacation resort.

Athletic and playground equipment for seven playgrounds in Buck's county, Pennsylvania, has been presented to each of as many communities by the American Legion.

A special troop of boy scouts who could not pay their entrance fees into the scout organization were organized and given their uniforms and equipment by the American Legion at Ottumwa, Ia.

The \$800,000 remaining unexpended following the payment of the New Jersey state bonus to former service men may be used by the American Legion to provide hospital accommodations for incapacitated ex-soldiers.



Children Cry For Fletcher's CASTORIA

Special Care of Baby.

That Baby should have a bed of its own all are agreed. Yet it is more reasonable for an infant to sleep with grown-ups than to use a man's medicine in an attempt to regulate the delicate organism of that same infant. Either practice is to be shunned. Neither would be tolerated by specialists in children's diseases.

Your Physician will tell you that Baby's medicine must be prepared with even greater care than Baby's food.

A Baby's stomach when in good health is too often disarranged by improper food. Could you for a moment, then, think of giving to your ailing child anything but a medicine especially prepared for Infants and Children? Don't be deceived.

Make a mental note of this:—It is important, Mothers, that you should remember that to function well, the digestive organs of your Baby must receive special care. No Baby is so abnormal that the desired results may be had from the use of medicines primarily prepared for grown-ups.

MOTHERS SHOULD READ THE BOOKLET THAT IS AROUND EVERY BOTTLE OF FLETCHER'S CASTORIA

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher

THE CENTAUR COMPANY, NEW YORK CITY.

Headaches

Are 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
For Constipation

British Air Trade Booms.

According to estimate the aerial trade of Great Britain now amounts to nearly \$10,000,000 a year. The articles imported or exported by airplane cover a wide variety, but the largest single item is represented by gowns, furs and other wearing apparel imported from France.

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.

Sufficient.

Teacher—"Now, children, it is a curious fact that the bee stings only once." Boy—"But, isn't once enough?"

Exports of locomotives from the United States in 1920 totaled 1,711, valued at \$53,620,847.

Sure Relief FOR INDIGESTION



BELLANS
6 BELLANS Hot water Sure Relief
25¢ and 75¢ Packages, Everywhere

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 1666. Three sizes, all druggists. Look for the name Gold Medal on every box and accept no imitation.

PARKER'S HAIR BALSAM
Restores Color and Beauty to Gray and Faded Hair

Cuticura Soap
SHAVES Without Mug
Cuticura Soap is the favorite for safety razor shaving.

Needs Guidance of God.

A new path needs the continual guidance of God. Young people sometimes make the terrible mistake of forgetting this, and thinking that they can safely leave God behind when they leave home.—East and West.

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.

Arguing is seldom spoken of as a bad habit, yet it is one when it is a habit.

To be womanly is the greatest charm of woman.

Longevity and Stature.

Some person with a statistical turn of mind ought to collect figures on the relative longevity of giants and dwarfs.

So far as lay observation goes, the advantage is distinctly on the side of midgets. "Major" Louis Davis, 37 inches high, died the other day at the age of eighty-one years. Memory fails to recall any seven-foot prodigy who attained equal length of years. If such there have been, let their biographers come forward with the data.

Not Always Successful.

She (to aviator)—"And do you come down the same way you go up?" He—"No; I try to come down feet first."

Same Here!

French women are painting their eyebrows to match their gowns. In most cases it requires very little paint.—Pittsburgh Press.

Cuticura Soothes Itching Scalp.

On retiring gently rub spots of dandruff and itching with Cuticura Ointment. Next morning shampoo with Cuticura Soap and hot water. Make them your everyday toilet preparations and have a clear skin and soft, white hands.—Advertisement.

Style.

"The man next door puts on a lot of style." "Eh?" "Always bends the rugs with a golf club."—Louisville Courier-Journal.

Don't be Fooled

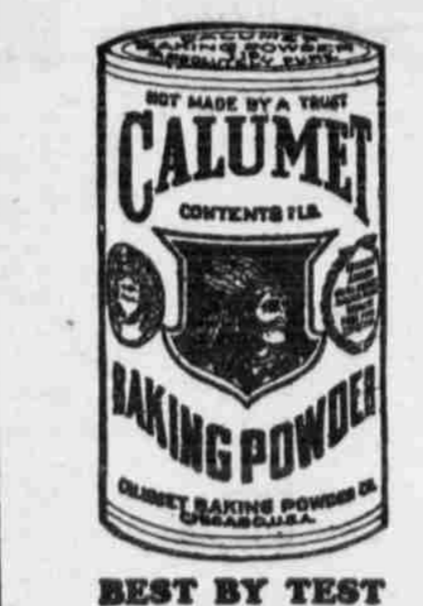
Low Price and High Quality
Don't Go Together. Stick to

CALUMET

The Economy BAKING POWDER

Never accept "Just as Good" Brands; it will only mean disappointments and failures on bake-day, which are expensive.

Calumet is a high grade Baking Powder, moderate in price



When you use it you never spoil any of the expensive ingredients used—such as flour, sugar, eggs and milk.

Best that science can produce—Stands the test of daily use.

BEST BY TEST
The World's Greatest Baking Powder

10 Cents Gives Charming New Color Tone to Old Sweaters
POTNAM FADELESS DYES—Dyes or tints as you wish

Good Stores Sell Them!
There's a man in this town who sells KEY OVERALLS. Ask him to show you a suit. Extra quality. Better workmanship. Costs less per day to wear them. Buy them. If they don't give full satisfaction, take them back and get your money back or a new pair Free!

KEY OVERALLS
UNION MADE GUARANTEED

DAISY FLY KILLER PLACED ANYWHERE ATTRACTS AND KILLS ALL FLIES. Neat, clean, ornamental, convenient, cheap. Lasts all season. Made of metal, can't spill or tip over; will not add to indoor anything. Guaranteed effective. Sold by dealers, or by EXPRESS, prepaid, U.S.

NO DYE
To restore gray or faded hair to original color, don't use a dye—it's dangerous—Get a bottle of Q-Ban Hair Color Restorer—Safe as water—apply it and watch results. At all good drug stores, 75c, or direct from HESSIG-ELLIS, Chemists, Memphis, Tenn.

W. N. U., OMAHA, NO. 28-1922.