

**Sure Relief FOR INDIGESTION**

**BELLANS**  
INDIGESTION  
25 CENTS

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Hot water  
Sure Relief

**BELLANS**  
25¢ and 75¢ Packages, Everywhere

## WATCH THE BIG 4

Stomach-Kidneys-Heart-Liver

Keep the vital organs healthy by regularly taking the world's standard remedy for kidney, liver, bladder and uric acid troubles—

**GOLD MEDAL**  
**HAARLEM OIL**  
CAPSULES

The National Remedy of Holland for centuries and endorsed by Queen Wilhelmina. At all druggists, three sizes.

Look for the name Gold Medal on every box and accept no imitation

## Bilious Attacks

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

## Gray Hair

is out of fashion; is unnecessary—for you can have abundant hair as water—try it. At all good druggists, 75 cents, or direct from NESTLE-ELLS, Chicago, Omaha, Neb.

### Boosting Pickwick.

Train Boy—Where on the map is Pickwick, Bill?  
Brakeman—Sounds as if it might be somewhere in the hinterland, kid. Why?

Train Boy—Some people are always trying to boost their native town. An old-fashioned hick asked me if I had the Pickwick papers.—Judge.

Baby's little dresses will just simply dazzle if Red Cross Ball Blue is used in the laundry. Try it and see for yourself. At all good grocers.—Advertisement.

### Compensation for Divinity.

Little brother was going through the "bear under the bed" stage and disclosed so much curiosity concerning the habits of those interesting animals that when bedtime came mother was always careful to guide the talk into other channels. Tonight prayers had been said and the conversation was all about God.

"Mother," he asked suddenly, "did God make bears?"

"Why, yes, dear."

"Well, then, would a bear bite God?"

"Oh, no," she answered him hastily.

"Gosh!" said the small boy fervently. "I wish I was God!"

Largest Exclusive Bear and Used Store and Office Fixture House in America. We occupy Over 50,000 Square Feet.

**OMAHA FIXTURE & SUPPLY CO.**

S. W. Cor. 11th and Douglas Sts., Omaha, Neb.

Mfrs. of MODERN STORE, OFFICE and BANK FIXTURES

Phone Jackson 2724. Al. we ask is a chance to bid.

## Skin Troubles

Soothed With Cuticura

Soap 25c, Ointment 25 and 50c, Talcum 25c.

## Western Canada

Offers Health and Wealth

and has brought contentment and happiness to thousands of home seekers and their families who have started on their FREE homesteads or bought land at attractive prices. They have established their own homes and secured property and independence. In the great grain-growing sections of the prairie provinces there is still to be had on easy terms

**Fertile Land at \$15 to \$30 an Acre**

similar to that which through many years has yielded from 20 to 45 bushels of wheat to the acre—oats, barley and flax also in great abundance, while raising horses, cattle, sheep and hogs is equally profitable. Hundreds of farmers in Western Canada have raised crops in a single season worth more than the whole cost of their land. Healthful climate, good neighbors, churches, schools, rural telephone, excellent markets and shipping facilities. The climate and soil offer inducements for almost every branch of agriculture. The advantages for

**Dairying, Mixed Farming and Stock Raising**

make a tremendous appeal to industrious settlers wishing to improve their circumstances. For certificate entitling you to reduced railway rates, illustrated literature, maps, description of farm opportunities in Manitoba, Saskatchewan, Alberta and British Columbia, etc., write

**W. V. BENNETT**

800 Peter's Trust Building

Omaha, Neb.

Authorized Agent, Dept. of Immigration and Colonization, Dominion of Canada

**160 ACRES FREE**

**WESTERN CANADA**

**FREE**

## The American Legion

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

### IN COMMAND OF FLOOD CAMP

Lieut. M. L. Geisenberger, Valuable Aid at Natchez, When Mississippi Went on Rampage.



After the American Red Cross at Natchez, Miss., had obtained from the government several hundred army tents to house flood refugees, it was found that the government had failed to send anybody along who could direct the erection of the canvas shelters. Fortunately members of the Natchez American Legion had had experience with practically every sort of tent from "pup" tents on up. After having rescued hundreds of people from rooftops and treetops, the Legionnaires took upon themselves the job of erecting a tent city to house these refugees.

A Legion doctor laid out the camp from the standpoint of sanitation, and M. L. Geisenberger, a former lieutenant, was made commandant of the refugee camp.

More than five hundred people were taken care of during the first few days, and as the flood area widened the number rapidly increased. The Legion's work in the care of flood victims received unstinted praise from every quarter of the country.

### NAME IS NOT IN DICTIONARY

"Legionnaire" Not Yet in Official Guide—Promises to Hold for All Time to Come.

The American Legion Weekly comments on a New Zealand Newspaper's use of the word "legionary" to denote a member of the American Legion. "The word 'legionary' has an honored place in the dictionary which 'legionnaire' has not as yet," the Weekly points out. "But all the sentiment, and it is a case where sentiment counts, is on the side of 'legionnaire.' 'Legionary' connotes an embattled Roman, totting a shield and spear for Julius Caesar. 'Legionnaire' calls to mind (from the French point of view) a regiment of foreigners of the French Foreign Legion.

"'Legionnaire' as indicating a member of the American Legion, seems too firmly established to dislodge. We must remember that all Legions—Roman, Foreign and American—had one thing in common: They fought in France."

### No Difference Now.



Movie Director—Now here is where you jump off.

Star—I know, but suppose I'm hurt? Director—That's all right, old man. It's the last scene in the picture.—American Legion Weekly.

### Suggestions of a Doughboy.

Being the suggestions of a doughboy on the manner of conducting the next war, together with certain reflections on the conduct of the last one. That all song writers, would-be writers, song leaders and vaudeville singers be marked Class I-A. That they be drafted in the first contingent and have at least six months' intensive training at K. P., sanitary detail, etc., before being permitted to compose their country's songs.

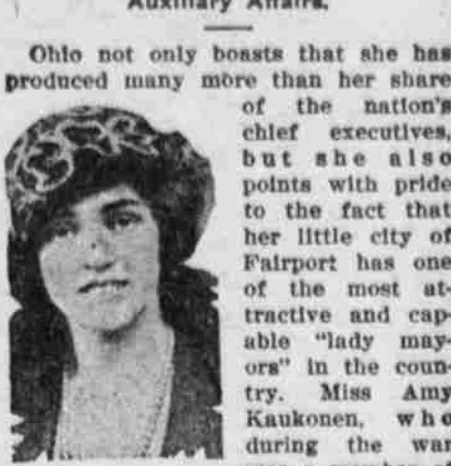
That any person who shall write, compose or sing, or attempt to write, compose or sing songs expressing doughboy sentiment without such previous training shall be liable to death and shall be sent over the top at midnight with a lantern in each hand.—American Legion Weekly.

### "It's a Great Life."

Proving that gay Paree didn't cause them to forget the cows and chickens, 600 of the 3,300 vocational trainees in the Seattle (Wash.) district of the veterans' bureau are taking up agriculture as their new occupation. When asked about their work, these embryo farmers invariably reply, "It's a great life."

## WAR WORKER IS OHIO MAYOR

Miss Amy Kaukonen, Guardian of Little Buckeye City, Active in Auxiliary Affairs.



Ohio not only boasts that she has produced many more than her share of the nation's chief executives, but she also points with pride to the fact that her little city of Fairport has one of the most attractive and capable "lady mayors" in the country. Miss Amy Kaukonen, who during the war was a member of the volunteer medical service corps of the United States army, has given entire satisfaction as mayor of Fairport.

Mayor Kaukonen finds time from her official duties to take part in the affairs of the American Legion Auxiliary of her city. That she is a staunch supporter of the Legion is evidenced by her statement: "It is distinctly an American organization, in which politics and selfish interest have no place. Its cornerstone is American manhood, its objects liberty, fraternity and service. Its principles are as broad as the continent upon which falls the shadow of our flag."

### CARE OF FRENCH WAR ORPHAN

Argonne Association's Plan May Be Used for Unfortunates in United States.

A plan for the care and training of French war orphans, worked out by the Argonne association, an organization formed as a permanent memorial to the Americans who fought in France, is said to be functioning so satisfactorily that a similar organization may be formed for the care of orphans in the United States.

The Argonne association was formed in 1918 by a group of Americans interested in French orphans. It has as its motto: "To provide for the child who has no parents, a home and a family life; to secure him his birthright of health; to educate him and train him to earn a livelihood; to develop his character that he may become a useful and an upright citizen and to do these things so well and so economically that others shall follow this example—is the aim of the Argonne association."

The orphans cared for under the association's plan are placed in private homes in a community where they are really wanted. They are not "farmed out." There is a community school playground and vocational training center where the children are daily brought together to get their mental and physical development. There are three such centers in France where the orphans are given three distinct stages of training.

### HE WELCOMED MARSHAL FOCH

Ernest Hall, Arizona's Secretary of State, Knew France's Idol Under Different Circumstances.

When Marshal Foch visited Arizona on his recent tour of the United States as the guest of the American Legion, he was officially welcomed by Ernest R. Hall, Arizona's secretary of state, who in the absence of the state's chief executive became acting governor.

It had not been many months since Mr. Hall had seen the marshal under entirely different circumstances. On that former occasion, Mr. Hall wore an "Is sued" uniform. He was known as "Corporal Hall of the Twenty-seventh Engineers."

Although he was over draft age and a member of the state senate when war was declared, he was one of the first men in his community to enlist. Just now he is almost as proud of his position as chaplain of the Frank Luke, Jr., post of the American Legion as he is of the secretaryship.

### Carrying On With the American Legion

Tyron, Neb., 26 miles from a railroad, in the midst of the sandhill region, has dedicated a \$2,300 American Legion memorial hall.

The Legion in Massachusetts has raised funds to install a radio receiving set in each of the state's five hospitals where service men are being cared for.

Free traveling libraries are being furnished Oklahoma posts of the American Legion by the department of education. The post may keep each collection of books two months.

Commander Hanford MacNider of the Legion has announced himself in favor of every Legion post adopting a troop of boy scouts or forming troops in communities where none exist. "Scouting is the best education in America today for developing future citizens and I favor anything that tends toward its promotion," Mr. MacNider says.



## No Thanks, I Must Have

# CALUMET

## The Economy BAKING POWDER

—Never fails to produce pure and wholesome bakings.

—You save when you buy it. You save when you use it.

—If you buy big can or cheap baking powder you don't get the Calumet quality.



### BEST BY TEST

## The World's Greatest Baking Powder

### GETS CLOCK, BUT NOT "TIME" ASSYRIANS NOT SO ROUGH DON'T OBSERVE 8-HOUR DAY

Court Robbed of Imposing Timepiece Under Its Very Eyes and With Its Permission.

Thousands of law-breakers have been given "time" at Berlin's central criminal court in Moabit, but recently an ingenious crook posing as a repair man actually was given the court's official clock and that while a case was being tried.

The sitting was well under way when a man in working clothes entered the courtroom with a long ladder which he calmly placed under the huge, imposing timepiece on the wall. The judge, counsel, accused and spectators were astounded at such an unprecedented interruption. The president stopped the workman's ascent of his ladder long enough to inquire the meaning of his conduct. The visitor explained that he merely wanted to get the clock for repair and that it would take only a moment. The president objected, but consented when the man said he already had called six times and always found the court in session.

The vacant space on the wall surprised the janitor later in the day, and his investigations revealed that the court had been robbed under its very eyes, in fact, with its permission.

### Scandal.

Her mother—I believe that daughter is looking for a husband.

Her father—For goodness sake! Whose?

The Japanese bride calls upon her neighbors and friends, instead of the neighbors and friends calling upon her.

Were More Humane Than Popularly Fabled, Says Professor Who Has Studied Their Laws.

The Assyrian is popularly recalled as coming down "like a wolf on the fold." But one provision of the Assyrian code of laws indicates that the Assyrians are more humane than they are popularly fabled. This requires that the destitute widow be supported by her sons "as the bride whom one loves."

Instead of the Assyrians being wholly abject, their letters, says Prof. A. F. Olmstead, of the University of Illinois, show high officials speaking their minds with the greatest plainness, the kings making pathetic appeals to those whose support they would win. Their imperial free cities were as free as those in western Europe in the Middle Ages, with charters of freedom from taxes, and trading rights to the four corners of the earth and to all tongues.

### Left Him No Escape.

"If you feel that way, why did you propose to the woman?"

"I didn't. She proposed to me."

"But you could have refused her."

"No, I couldn't. She said 'I'll marry me? Have you any objection? So whether I'd said 'Yes' or 'No,' she had me either way."

"Well, you shouldn't have answered her."

"I didn't, so she said, 'Silence gives consent,' and that settled it."

There are fewer than 332 parks and squares in Paris.

Law Is No Longer Popular With Workmen in Hamburg, Germany, Says Writer.

Keener competition is causing a decided swing away from many post-war pet ideas in Germany. Even the eight-hour law is no longer popular, Frederick Simplicius writes in Our World. The labor inspection bureau in a recent report pictures the trouble its enforcement is bringing as Hamburg's economic condition improved. Employers complain that laborers of both sexes, after an eight-hour day, undertake to do outside work for other people—which cuts down their efficiency on their regular job. Workers, on the other hand, consider it an interference with their personal liberty if their employers try to hold them to the eight-hour plan. Although the law was passed to safeguard the health of the workers, they appear to have lost sight of its real intention, and the authorities show reluctance to prosecute cases of its violation. In the hotels and cafes, especially, it has been difficult to enforce the eight-hour day; waiters are loath to give up their chances for more tips during overtime.

### Flowers for Luck.

In Switzerland when the cows are driven to the mountain pastures for the summer, the leader, which wears a bell, has her neck garlanded with flowers for luck.

Is the practice of a police judge a fine art?

Eccentricity is sham individuality.



## Back to the Grain Fields for Health

GRAPE-NUTS is a regular "three bags full" of the best food qualities of whole wheat flour and malted barley, carefully mixed and slowly baked—

- To develop all their appetizing flavor,
- To preserve all their wholesomeness,
- And to provide nature's "broom" that keeps the digestive system spick and span.
- There's not a bit of artificial sweetening in Grape-Nuts—
- it just becomes sweet of its own accord in the long baking.
- And that enticing flavor—how good it is with good milk or cream! Fruits, too, fresh or cooked, add to the delight of a dish of Grape-Nuts, morning, noon or sundown.
- It is a compact, ready-to-eat food—no cooking needed.
- Why not try it for tomorrow's breakfast?

"There's a Reason"

Postum Cereal Co., Inc., Battle Creek, Mich.