

GIRL NOW WELL AND STRONG

Daughter Took Lydia E. Pinkham's Vegetable Compound as Mother Advised

Wauson, Ohio.—"My daughter always had backache and leg-ache at certain periods and could not be on her feet at those times. We read about Lydia E. Pinkham's Vegetable Compound doing girls so much good so she began to take it. That is two years ago and she is a different girl since then. She is able to do any work she wants to do—although she is still careful not to do heavy work—and so well and strong. We recommend Lydia E. Pinkham's Vegetable Compound to all mothers with ailing daughters, and I give you permission to publish this letter as a testimonial. —Mrs. A. M. BURKHOLDER, Route No. 2, Box 1, Wauson, Ohio.

Something out of balance will affect the finest clock, causing it to gain or lose. The proper adjustment made, all is well. So it is with women. Some trouble may upset you completely. Lydia E. Pinkham's Vegetable Compound will correct the cause of the trouble and disagreeable symptoms will disappear as they did in the case of Mrs. Burkholder's daughter. MOTHERS—it is worthy of your confidence.

16799 DIED

in New York City alone from kidney trouble last year. Don't allow yourself to become a victim by neglecting pains and aches. Guard against this trouble by taking

GOLD MEDAL HAARLEM OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles. Holland's National Remedy since 1696. All druggists, three sizes. Look for the name Gold Medal on every box and accept no imitation.

Dizzy Spells

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

LOOK OLD? Gray, thin, straggly hair makes people look very old. It isn't necessary—a bottle of Q-Ban Hair Color Restorer will bring back original color quickly—stops dandruff. At all good druggists, 7c, or direct from Home-Eds, Chemists, Memphis, Tenn.

Only those who love really know. The housewife smiles with satisfaction as she looks at the basket of clear, white clothes and thanks Red Cross Ball Blue. At all grocers.—Advertisement.

A fool and his money is a combination you don't meet every day.

New Shoes Old Shoes Tight Shoes

all feel the same if you shake them into them some

ALLEN'S FOOT-EASE
The Antiseptic, Healing Powder for the Feet

Takes the friction from the shoe, freshens the feet and gives new vigor. At night, when your feet are tired, sore, and swollen from walking or dancing, sprinkle ALLEN'S FOOT-EASE in the foot-bath and enjoy the bliss of feet without an ache.

Over 1,000,000 pounds of powder for the feet were used by our Army and Navy during the war.

In a Pinch, Use ALLEN'S FOOT-EASE

Cuticura Soap
Is Ideal for The Complexion
Soap 25c, Ointment 25c and 50c, Talcum 25c.

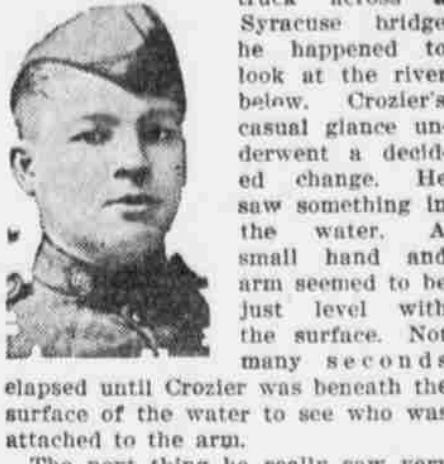
Wanted, Salesmen
to sell a farm necessity on Twelve Months' terms without interest, manufactured by the oldest and largest concern of its kind in the world. Men must have cars. We pay weekly expenses. Want men who are worth at least \$1000 per month and who have had experience doing business with the farmers. Give details of yourself in first letter. Write W. J. P. WEEKS, 325-327 New York Life Bldg., Kansas City, Mo.

The AMERICAN LEGION

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

WANT HERO MEDAL FOR HIM

Charles Crozier, New York, Plunged into River and Saved Seven-Year-Old Boy.



As Charles J. Crozier of 518 Tully street, Syracuse, N. Y., was driving a truck across a Syracuse bridge he happened to look at the river below. Crozier's casual glance underwent a decided change. He saw something in the water. A small hand and arm seemed to be just level with the surface. Not many seconds elapsed until Crozier was beneath the surface of the water to see who was attached to the arm.

The next thing he really saw very distinctly was the small wet body of a seven-year-old boy silhouetted against the white interior of an ambulance. Crozier and William John Hanley, Jr., whose life he had saved, were on their way to the hospital.

For his act of heroism his buddies of the American Legion are helping in the movement to secure for him a Carnegie life-saving medal.

A FUTURE AUXILIARY WORKER

Bonnie Jean Kelly, Youngest Member at Organization of North Dakota State Department.

The youngest member present at the organization of the North Dakota state department of the American Legion auxiliary was a little lassie only four months old. Bonnie Jean Kelly of Tim Running post at Devil's Lake



was immediately adopted by the entire state department when she was presented as "one of the directors of the auxiliary's affairs tomorrow."

Bonnie Jean's father, M. P. Kelly, served as first lieutenant of the Ninety-third pursuit squadron of the First army.

ORIGINATED THE GOLD STAR

Medal Showing Appreciation of the Idea Is Presented to J. M. Buck of Omaha, Neb.

A medal purchased with funds given by the governors of many states, General Pershing and a hundred notables in civil and military circles, has been presented to J. M. Buck of Omaha, Neb., who originated the gold star which was placed on the caskets of all war dead to be returned to this country from European battlefields.

Omaha was a distributing point for the United States graves registration service. After the federal agency began to return bodies from overseas, thousands of caskets passed through Omaha. Mr. Buck suggested to the Omaha American Legion that a gold star be placed on each soldier's casket. The Legion immediately accepted the idea and through the Legion's organization, the custom of placing the star on all soldiers' caskets in all parts of the United States was adopted.

Every contingent of soldier dead arriving at Omaha was met at the railway station by a delegation from the American Legion. Mr. Buck always accompanied the Legionnaires and supervised the placing of the stars on the caskets. The medal was presented Mr. Buck as an expression of appreciation of his work.

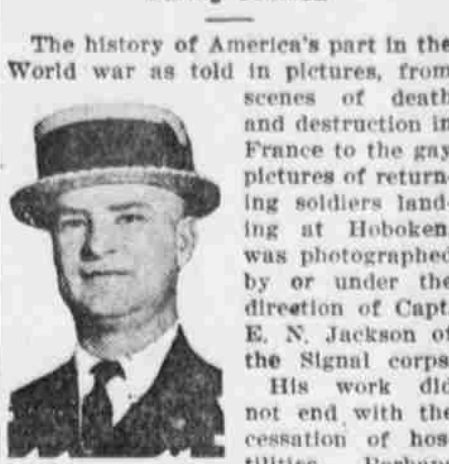
Three Myths.
A man's auto had broken down. When he crawled under it no crowd collected and attempted to advise him how to fix it.

A miner was entombed for three days and three nights as the result of a cave-in. When he was finally rescued it was found that his hair had not turned snow white.

A soldier was on guard duty and was approached by an officer who asked him to give his general orders. The sentinel recited them off, making many mistakes, and the officer corrected him, thus revealing the fact that he knew them himself.—American Legion Weekly.

MADE WORLD WAR PICTURES

Capt. E. N. Jackson of Signal Corps Photographed Important Events During Conflict.



The history of America's part in the World war as told in pictures, from scenes of death and destruction in France to the gay pictures of returning soldiers landing at Hoboken, was photographed by or under the direction of Capt. E. N. Jackson of the Signal Corps. His work did not end with the cessation of hostilities. Perhaps

his was the most interesting role played by any member of the A. E. F. after the armistice. When President Wilson went to France the story of his activities was photographed by Captain Jackson. Whether the president shook hands with a European soldier, signed an important paper or had dinner with a king, Captain Jackson was there with his camera. Today, the official photographs taken by Captain Jackson and his staff are to be found in galleries, libraries, public buildings and private homes in every part of the United States. Mr. Jackson, no longer a captain, is now clicking the shutter as one of the staff photographers of the New York Daily News. He spends his spare time at the clubrooms of the American Legion, Signal post No. 343, in New York city.

GREETINGS TO THE TOMMIES

Vice Commander Jackson Carried Commander MacNider's Message to the British Legion.

The first man to cross the American continent in an automobile was the first man to cross the Atlantic ocean with a message from American World war service men exclusively to British Tommies. That man is H. Nelson Jackson of Burlington, Vt., one of the national vice commanders of the American Legion, who recently represented the Legion at an annual meeting of the British Legion, made up of World war service men of the British Isles. During the war Mr. Jackson served in the Medical corps and for gallantry in action was decorated with the D. S. C., Croix de Guerre and the Legion of Honor of France. He was promoted through the various ranks from first lieutenant to lieutenant colonel.

The greetings which Mr. Jackson presented to the British Legion in behalf of Commander Hanford MacNider declared that: "No generation of our nations have been so closely bound together. Through the coming years it must be our mutual duty to so strengthen and cement these ties that from this great undertaking may come peace to all the world."

SPENT MONTHS IN AN ASYLUM

New Zealand Government is Probing Case of Subject Imprisoned at Elgin, Ill.

The New Zealand government is investigating the case of Robert M. Thompson of Christchurch, World war veteran, who has just returned to his home in New Zealand, after having spent several months in the asylum for the insane at Elgin, Ill.

Thompson came to the United States after having his health shattered in the war. Acting on the advice of the Canadian government, which looks after New Zealand military pensioners in America, he called at the office of the veterans' bureau in Chicago. A week after Thompson first called at the office of the bureau, he says that he found himself a regular inmate in the asylum at Elgin, receiving very poor food and indifferent treatment. He finally succeeded in smuggling letters out to a former college friend who took the matter up with the asylum authorities. His release was arranged on the condition that he leave the United States immediately.

Carrying On With the American Legion

Jesup, Ia., with fewer than 800 population has 130 American Legion members.

Strangers seeking help in Correctionville, Ia., must be passed on by a committee of leading citizens, the business men and American Legion posts of the city have decided.

Out of 550 men 270 were found to have some kind of physical disability in a canvass of former service men in Clay county, Iowa, conducted by the American Red Cross and the American Legion.

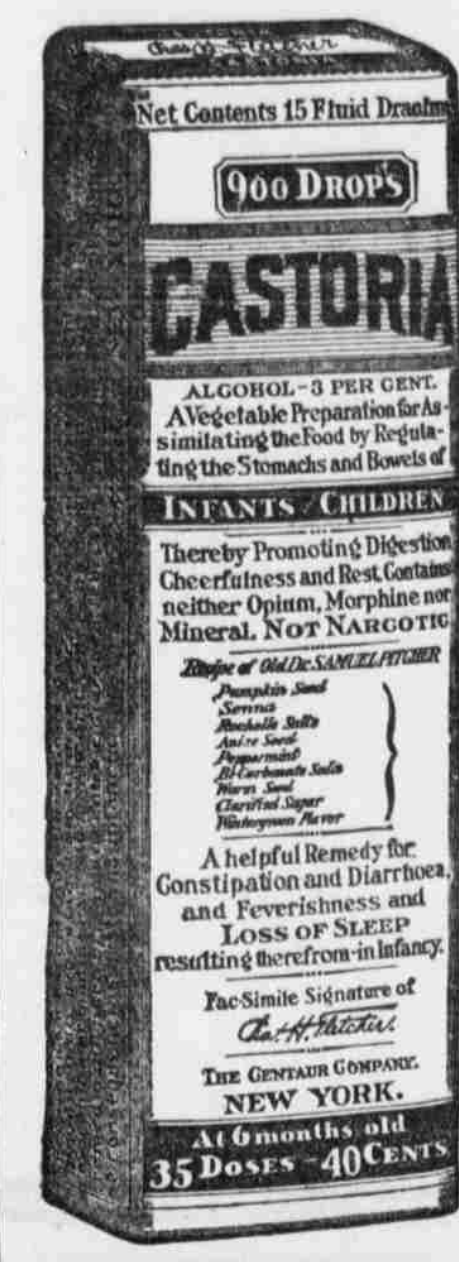
A delegate at the state American Legion auxiliary convention at Cedar Rapids, Ia., was enthusiastically applauded when she stated on the convention floor that she was "German in birth but wholly American in spirit." She had two sons in service.

When Baby Complains.

THERE ARE MANY WAYS a baby has of expressing any pain or irregularity or digression from its normal condition of health and happiness. A short sharp cry, a prolonged irritated cry. Restlessness, a constant turning of the head or of the whole body, fretful. In these and other ways a baby tells you there is something wrong. Most mothers know that a disordered stomach, or bowels that do not act naturally are the cause of most of baby's sufferings. A call for the doctor is the first thought, but in the event of any delay there should be ready at hand a safe remedy such as Fletcher's Castoria.

Castoria has been used for baby's ailments for over 30 years and has merited the good will of the family physician in a measure not equaled by any other baby's medicine because of its harmlessness and the good results achieved.

And remember this: Castoria is essentially a baby's remedy and not a cure-all for every member of the family. What might help you is too often dangerous when given to a babe.



Children Cry For Fletcher's CASTORIA

Let's Think It Over.

There is such a thing as saying too much on any subject, and the "grand-stand" talker sooner or later becomes a bore. The truth is always welcomed, and the truth reiterated and confirmed is more than welcome—it reaches your innermost soul.

Fletcher's Castoria is all its advertising has claimed for it. Scrutinized by the microscope of public opinion and used for over thirty years it stands without a peer in the hearts of thoughtful, cautious, discerning Mothers. And once used, mother love—there is no substitute for mother love—will scorn to try a "substitute" or a "just-as-good".

Masquerading under many names drugs that are injurious to the tender babe have found their way into some households, but the light of experience soon casts them out. Are they cast out before it is too late? 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.

10 Cents BRIGHTENS, REFRESHES, ADDS NEW DELIGHT TO OLD DRAPERIES PUTNAM FADELESS DYES—dyes or tints as you wish

Wrong Batch.
"I never tasted such queer batter cakes."
"Hey, you've fried my home brew."
It is said that no man can tell a fit and keep his big toe still. No wonder people like to wear shoes!

KEY OVERALLS

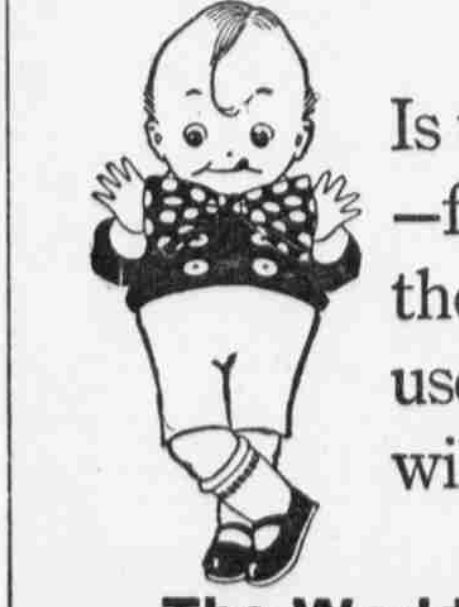
Costs Less Per Day To Wear Them

Which is Larger The Sun or a Cent

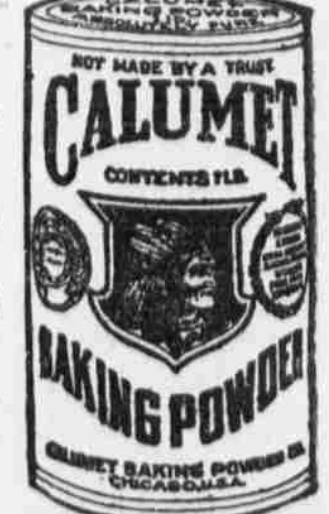
The sun is the largest but you can hold the cent so close to your eye that you'll lose sight of the sun.

Don't let a cheap price or a big can baking powder make you lose sight of quality

CALUMET The Economy BAKING POWDER



Is the quality leavener—for real economy in the kitchen, always use Calumet, one trial will convince you.



BEST BY TEST The World's Greatest Baking Powder