

MRS. EARLS TELLS WOMEN

How Backache and Periodic Pains Yield to Lydia E. Pinkham's Vegetable Compound

Olean, N. Y. — "Every month my blood would go to my head and I would have such a headache, nosebleed, backache and pains that I could not do my work. At night I could not get my rest and nothing seemed to do me any good. I read some of your testimonials about what Lydia E. Pinkham's Vegetable Compound had done for others, so I decided to try it. I had only taken two bottles when I began to be better, and my back did not hurt me nor my head ache. I felt like a new woman. The Vegetable Compound is a splendid medicine and I will always recommend it." — Mrs. A. D. EARLS, 880 N. 5th St., Olean, N. Y.

Mrs. Kelsey adds her Testimony, Copenhagen, N. Y. — "I read your advertisement in the papers and my husband induced me to take Lydia E. Pinkham's Vegetable Compound to get relief from pains and weakness. I was so weak that I could not walk at times. Now I can do my housework and help my husband out doors, too. I am willing for you to publish this letter if you think it will help others." — Mrs. HENRIET KELSEY, R.F.D., Copenhagen, N.Y.

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—

LATHROP'S 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. All druggists, in three sizes. Look for the name Gold Medal on box and accept no imitation.

New Use for Mousetraps

The mousetrap has a new government job. Finding English sparrows, which have been committing serious depredations on the immature corn and mungo beans growing in the experimental plots of the federal experiment station at Honolulu, Hawaii, too wary to eat poisoned grain, the mousetrap was called into service. In the corn plots the traps were wired to partly eaten ears. For bait a soft kernel is used. When the bird attempts to eat the innocent-looking bait the trigger is released and the puffer caught by the head or neck. Death is instantaneous. For the Mungo beans, the traps are also baited with soft corn and laid on the ground near the plants.

Aspirin

Say "Bayer" and Insist!



Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer product prescribed by physicians over twenty-two years and proved safe by millions for

Colds Headache
Teethache Lumbago
Earache Rheumatism
Neuralgia Pain, Pain

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proper directions. Handy boxes of twelve tablets cost few cents. Druggists also sell bottles of 24 and 100. Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid.—Advertisement.

Poor Service.

She was in a telephone booth and had just put in toll call. She wept bitterly as she pulled down on the hook to attract central's attention.

"Hello?" came central's clear voice. "H—hello," she sobbed. "I w—want my money back. Harold w—wouldn't speak to me."

Too Early.

Mother—Isn't it about time that young man of yours was entertaining the prospects of matrimony?

Daughter—Not yet. He don't come until 8 o'clock.

CASTORIA

For Infants and Children In Use For Over 30 Years Always bears the signature of *Dr. J. C. Watson*

News of the AMERICAN LEGION

"Jollies of 1923" is the title of a musical melange-minstrel produced in Sioux Falls, S. D., for the benefit of Harold Mason post of the American Legion.

A "cycle" of 20 served as the minstrels in the first part, and the "olio" was given over to a musical comedy in which many of the younger society women of the city took part. The performance was given two nights.

The prize winning Monahan Post band, of Sioux City, Ia., which took the first honors at the New Orleans legion convention, has a new leader, C. H. Casjens, formerly secretary of the organization, has been elected to succeed Herman H. Koch, who has removed to Mapleton, Ia. The selection of Mr. Casjens was unanimously made by the band members.

A boxing tournament is occupying the minds of legionnaires of the David Wisted post of Duluth, Minn., just now. From 12 to 14 bouts for the amateur championships of the city are scheduled. A separate class for women boxers is included. Funds from the tourney are to go to the club house fund of the post.

Roy L. Cochran, of North Platte, Neb., has been appointed state engineer by Governor Bryan. Mr. Cochran was a member of the legion executive committee of Nebraska in 1922. He will have charge of the building of the new \$5,000,000 capitol building for the state as one of his duties. The state headquarters of the American Legion will be housed in his building when completed.

The annual "turkey trot" of Cuero, Tex., is outdone by the newest "stunt" of a legion post in Madison, S. D. There the legionnaires are staging a "crow shoot," at which time they hope to rid the county of all predatory birds, which infest that territory. The crows constitute a growing menace to the success of agriculture and the legion post has taken the matter in hand. The county will be divided into sections to report the "kills." Prizes are to be given for the greatest number turned in.

The annual conference of the Minnesota Legion post commanders is set for May 5 and 6, at Minneapolis. The commanders and guests of the legion will gather at the Curtis hotel, where they will hear speakers, renew old acquaintances, discuss legion activities and principles and eat. A state auxiliary meeting is planned at the same time.

Litchfield, Minn., Legionnaires doubled the post membership within one week as a result of a campaign contest for increased membership inaugurated by post officials. At the conclusion of the contest, the mayor of the city and other prominent citizens were guests of honor at a banquet.

A theater ticket party for every new member. That's just one of the ideas that is used in the campaign for members by the Douglas County Post of Omaha, Neb. Each time a member writes an application, he is entitled to the theater ticket list. This was made possible by co-operating with the manager of a local playhouse.

Here's a new one. Are you a "dithyrambler?" That is what Minnesota legionnaires call the legion men who are saving \$5 each week so they will travel to "Frisco" next October to cheer the Gopher state gang. One Minnesota bank, it is said, has \$10,000 on deposit for this purpose. Minnesota sent a goodly delegation to New Orleans and proposes to take more to the Golden Gate this year.

When the American Legion post at Correctionville, Ia., couldn't find a bugler for a military funeral, the boys telephoned to Sioux City. Gus Konkoly, who was asked to go, said: "When does the next train start," exhibiting a true legion spirit. Konkoly is a member of the Monahan Post band, and is taking an active part in the formation of a drum corps in the same post.

Legionnaires in the northwest are readily responding to the call of the legion to aid in the "Poppy Day" campaign to be conducted by the organization.

Nebraska posts are planning to handle the sale of the silken flowers. Further co-operation by the posts of this section has been promised for the "graves in Europe endowment fund," which is to be conducted simultaneously with the campaign to see a "poppy on every breast on May 30."

When the announcement of the campaign for funds for the endowment was made, members at a post luncheon in Omaha, contributed nearly \$100.

Iowa legionnaires are 100 per cent behind the newly proposed legislation in that state which will provide systematic physical training and education in every school in the state. This is in accord with the stand of the national organization, which adopted a resolution supporting general physical education at the New Orleans convention.

An expenditure of \$7,000 on the post home has been made by Elmwood, Neb., legion members, according to a recent report. The post has a membership of 22, and is planning to spend \$3,000 more on the building.

When Dr. Leo Prescott of Sloan, Ia., found that he was unable to join the legion unless he held membership in a local post, he stepped out, found 17 unattached "buddies" in his community, and spid a check on the way for a post charter. His determination to get in the legion won the admiration of every Iowa legionnaire.

BIG CONTEST CORN GROWERS

The Sioux City Tribune announces "Tribune Better Corn Contest" With \$5,000 In Cash Prizes—Ending In Grand Corn Show at Sioux City Auditorium.

The Sioux City Tribune announces in this issue of (name of paper) a remarkable corn contest, known as the "TRIBUNE BETTER CORN CONTEST," which is certain to prove not only of interest but also of genuine constructive value to the corn growers. The Tribune offers \$5,000 in cash prizes open to all its readers in Iowa, South Dakota and Nebraska, which amount is greater than any ever offered at any corn show.

The thought of The Tribune in inaugurating this contest is to try and be helpful in at least some small measure in promoting the growth of "better corn" and rewarding some of its raisers. The welfare of our territory is so fundamentally dependent upon "corn" that anything that any of us can do to better this crop is of benefit to all of us.

The Tribune has secured John Sundberg, famous corn judge and holder of the record of producing Iowa's best bushel of corn, to act as superintendent of judging and exhibits. Mr. Sundberg will select two other well known corn men from each of the states of Iowa, South Dakota and Nebraska.

The Tribune has secured the Auditorium in Sioux City and the exhibiting, judging and announcing of winners will be held there December 5, culminating in a "Grand Corn Show" to which everyone is invited.

Arrangements have also been made by The Tribune to have an interesting series of articles appear on its farm page each week in the Saturday Tribune. The articles will be prepared and published to coincide with the various phases of the crop growth.

The Tribune has published an interesting pamphlet called "The Golden Ear" and it is free for anyone writing in for it.

We believe that The Tribune is doing something that deserves the commendation of all and we trust our readers will read its page announcement in this issue for full particulars.

JAPS MAY SEEK EQUALITY AGAIN

BY CLARENCE DUBOSE, United Press Staff Correspondent.

Tokio.—Japan may go to the mat with the United States next year—diplomatically speaking—in insisting upon American recognition of Japanese racial equality.

No official policy has been formulated, but some newspapers and politicians are making quite a clamor and demanding that Japan make the strongest representations to America for recognition of racial equality.

The commercial treaty between the United States and Japan expires next year and negotiations will then be commenced for a new treaty. A campaign has been started here, led by Kotaro Mochizuki, an opposition party member of the house of representatives, seeking to arouse public sentiment in Japan that will cause the government to insist upon a racial equality clause in this commercial treaty.

Responsible government officials in Tokio are, so far, merely sitting tight and refusing to rock the boat.

They regret the United States supreme court decision in the Ozawa case that a Japanese is not a white person. But they are not hot under the collar about it—as some of the politicians and newspapers are.

The United States supreme court decision in the Ozawa case, that Japanese, not being white persons, cannot become American citizens was received calmly but regretfully by the leading newspapers. The sensational papers called it an insult and an outrage.

"There can never be permanent world peace unless the principle of world wide racial equality is first established," said Representative Mochizuki, discussing his campaign urging Japan to take this question up with America in the new commercial treaty next year.

The "Yorodzu," a Jingoistic Tokio newspaper, printed there are more non-white people than whites on earth, and a combination of all the colored forces can whip the whites. It warned the western peoples that they must "rid themselves of the erroneous idea that the white races are superior to the colored races" and predicted "a serious conflict between the white and colored peoples of the world."

A comment typical of the leading influential papers and of the well informed portion of the public was that of the Tokio Nichi-Nichi. It reviewed the Ozawa case and its issues disparagingly; expressed the conviction that the integrity, character and accomplishments of any people, and not the color of their skin, should be the test of merit, and concluded:

He speaks an English more easily understood than that of the average Englishman.

He does call Europe "yurup" softly and sweetly. He pronounces the word "Ruhr" without pronouncing the "R," the "U" or "H." No American could do that.

Broken Spanish.

From the Kansas City Star. Professor Don Carlos—You call that Spanish dance? Santa Maria! Tessie, Tiptoes—Yep, that's Spanish, all right. I learned it off'n Prof. Terence Kelley. But maybe he taught it with an American accent.

YEAR OF ADVANCE

Canada Rightly Proud of Its Achievements in 1922.

Has Bravely Met and Overcome Depression Following the War—Financial Standing as Nation High.

The year 1922 in Canada, Western Canada particularly, has been a year of quiet achievement. If there has been nothing in its development of a spectacular nature, there has been a steady growth, a resolute elimination of things immaterial to prosperity.

The year 1923 is entered upon by the people of the West in high hope that it ushers in a period of prosperity based upon the productivity of the country and the vast riches of its natural resources.

Canada, in common with all other nations, has felt keenly the cycle of depression following the spurious activity and inflated business coming immediately after the cessation of the war. It has met and overcome many obstacles in the path of its prosperity. The year just passed, however, has seen the silver lining peep out from the edges of the dark cloud and has demonstrated to the world the celerity with which this country can adjust itself to changed conditions. This is evidenced by the fact that Canada has been the first among all countries whose currencies fell below par to bring that currency back to par, and even for a time above par. It did this in the face of what seemed insuperable difficulties, increased its exports, lessened its imports, and generally set its business house in order.

The high standing of Canada as a nation is shown by the ease with which her bonds are absorbed and by the high prices paid for them, and Winnipeg, it may be mentioned, in a recent flotation obtained a higher price than even any provincial government for some time.

Western Canada in 1922 harvested its largest grain crop. Its production of grain, live stock, cereal and dairy products will, when all is marketed, produce in the neighborhood of a bil-

Yeast Foam makes good bread

Every girl should learn how to make good bread. It should be the foundation of her home cookery training.

Send for free booklet "The Art of Baking Bread"



Northwestern Yeast Co. 1730 North Ashland Ave. Chicago, Ill.

lion dollars. There has been, and there still is felt considerable disappointment that the total value is not larger, but the fact remains that this vast sum of money has come to the West, or is in the process of coming, and if, as is undoubtedly true, much of it is used in the liquidation of obligations incurred in the past, it is but a safer and saner, if longer, road to that prosperity to which all are looking. In the process of reaching this prosperity it is inevitable that there must be some failures.

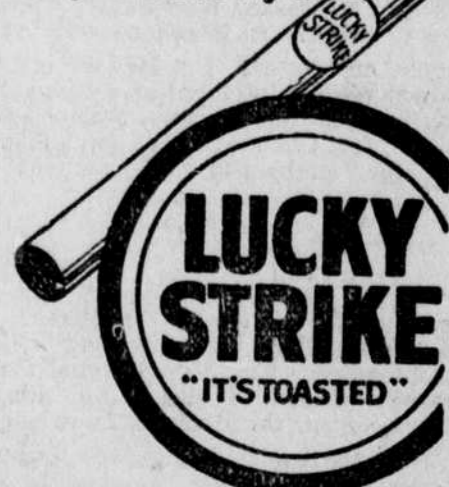
As a matter of fact, it is the opinion of many prominent business men that 1922 saw the corner definitely turned and that 1923 will commence the upward swing.—Advertisement.

A Real Test.

Coue has had his method done in moving pictures. Well, if he can get the movies to get better and better every day he will have accomplished a real trick.—Detroit Free Press.

Every time a man has his fortune told he gets rid of a small portion of it.

To know how good a cigarette really can be made you must try a



New Hair to replace old, should be growing all the time. It will if you use Q-Ban Hair Tonic—Don't get bald, get Q-Ban today—It's much more pleasant. At all good druggists, 50c, or direct from HESSIG-ELLIS, Chemists, Memphis, Tenn.

SIoux CITY PTG. CO., NO. 15-1923.

10 Cents Gives Cheerful New Color Tone to Old Curtains

PUTNAM FADELESS DYES—dyes or tints as you wish

JUST HAD TO "MINGLE THEM" BY THE SCIENTIFIC METHOD MATTER COULD BE ARRANGED

Task Set Before Little Erastus Could Hardly Be Classed as an Impossible One.

Erastus was dressing to go to Sunday school. He couldn't find his clothes and pestered his mother in his efforts to discover them. On this particular Sunday he seemed worse than ever. Finally he was dressed except for his feet.

"Ma!" he said plaintively, "does you know whereabouts ma shoes and stockin's is?" "Erastus," said his mother, exasperated, "yo is de good-fer-nothin'-ness chile dat I knows. Yo' shoes am behind de do', yo' stockin's am undeh de bed and yo' feets am on you. Now see can you mingle 'em."

No Holes in Her Nose.

Elizabeth, age three, was playing with her doll, and after putting dolly to sleep, laid her down without any covering. "Elizabeth," said her mother, "don't you know that your dolly will take cold if you leave her that way? You must cover her up." "Oh, no, mamma," replied Elizabeth, "my dolly can't take cold; don't you see she hasn't any holes in her nose?"

They Are.

"They come high," observed Jones. "What do?" asked Smith. "These movie stars."

Modern Mother, Physician Thinks, Has Poor Ways of Bringing Up Her Children.

Dr. Alzamon Lucas of New York, who claims that by the exercise of will power a mother can determine both the sex and the vocation of her unborn child, said at Atlantic City the other day:

"I hope to see—in fact, I do see—a revival of the good old-fashioned motherhood idea. The modern mother was too scientific altogether. She glanced through a textbook and thought she knew it all.

"There's a story about a nursemaid who rushed into the smoking room of one of these modern mothers and shrieked:

"Oh, my goodness, ma'am, the twins have fallen down the well! What shall I do?"

"The lady lit a cigarette and answered calmly: "Go to the library and bring me the last number of 'Modern Motherhood.' There's a very complete article in it on 'How to Bring Up Children.'"

Questioning the Cook.

"I gather that in your last place you had little work, no supervision and high wages." "That's right, mum." "Then why did you leave?"

Rather Embarrassing, However, the Frankness With Which Ruth Discussed the Idea.

We had a wealthy bachelor, terribly stingy, living across the hall in our apartment. He came to our apartment frequently to play cards.

He and our little four-year-old daughter, Ruth, became friends. He always tried to get her to call him "Uncle Frank."

I remarked to my husband I would teach her to call him uncle if I thought he would leave her something in his will.

One evening in the midst of our card game, Ruth touched him on an elbow and said, "Mother says she will teach me to call you uncle if you leave me some of your will."—Chicago Tribune.

The Perfect Hostess.

Mrs. Parke—My husband doesn't look well—he seems quite thin and tired.

Mrs. Lane—You haven't said that to him, have you?

Mrs. Parke—Oh dear, no; I thought you would rather tell him yourself.—Life.

Accomplished.

"Can your canary sing?" "Listen. Those canaries can sing duets."—Louisville Courier-Journal.

No need to say, "I wish I dared"

How often have you heard the expression, "I can't drink coffee; it doesn't agree with me!" Yet there is an undeniable satisfaction in having a hot drink with meals.

Postum supplies satisfaction and safety, both. No need to deny yourself the pleasure of this fragrant, invigorating cup through fear of nervous disturbance afterward. Postum is rich and comforting, and there's nothing in it that can harm anybody.

Why not follow the example of the thousands who have left off the risks of coffee, for the assured satisfaction and safety of Postum?

Your grocer sells Postum in two forms: Instant Postum (in tins) prepared instantly in the cup by the addition of boiling water. Postum Cereal (in packages) for those who prefer to make the drink while the meal is being prepared; made by boiling fully 20 minutes.

Postum FOR HEALTH

"There's a Reason"

Made by Postum Cereal Co., Inc., Battle Creek, Michigan

