

MRS. J. M. CRAIG, of Los Angeles, Calif., who says no one can feel more grateful for what Tanlac has done than she does. Declares she has gained twelve pounds and her health is now better than in years.



"Of all the people who have taken Tanlac, I don't believe there is anyone who feels any more grateful to it than I do," was the statement made recently by Mrs. J. M. Craig of 674 1/2 East Fortieth street, Los Angeles.

"Like so many other families during the influenza epidemic last year we all had it, and my own illness, together with the worry over the rest of our family, brought on a case of genuine nervous prostration.

"I was so weak I couldn't even sweep the floor, and during the day I would have to lie down four or five times. I tried to walk but found out half a block was all I could stand before I gave out. Nervous spells came on me often.

"Every medicine I tried failed to reach my case until finally my husband urged me to try Tanlac, and I am indeed thankful that he did, for it proved to be just what I needed.

"The first two bottles didn't seem to help me. I guess that was because I was so extremely bad off, but on the third bottle I could tell I was improving and that gave me more hopes than ever of getting well.

"My improvement from then on was rapid and by the time I had taken five bottles of Tanlac I was better and stronger than I had been in years. I was sleeping soundly at night and had gained twelve pounds in weight.

"That was several months ago and from then until now I have been in as good health as I ever was in my life and have been doing all the housework by myself.

"It is simply remarkable how Tanlac has built me up and I have told everyone of my friends and relatives what a wonderful medicine it is."

Tanlac is sold by leading druggists everywhere.—Adv.

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.

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.—Adv.

Jud Tunkins. Jud Tunkins says that for practical purposes a philosopher and a student isn't near as much practical use in society as a person that plays a fair game of bridge.

Cuticura Soothes Baby Rash. That itchy and burn with hot baths of Cuticura Soap followed by gentle anointments of Cuticura Ointment. Nothing better, purer, sweeter, especially if a little of the fragrant Cuticura Talcum is dusted on at the finish. 25c each everywhere.—Adv.

A bluff by any other name would be just as unsatisfactory.

For your daughter's sake, use Red Cross Ball Blue in the laundry. She will then have that dainty, well-groomed appearance that girls admire. 5c.

It is sweet to suffer when we suffer for those we love.

Sure Relief



The AMERICAN LEGION

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

VETERANS' WAR MEMORIAL

Fighting Men of Three Wars Identified With Home Erected in Hoquiam, Washington.

With the recent completion of the American Veterans' building, a war memorial to fighting men of all American wars, the city of Hoquiam, Wash., has added to its architectural attractions a well-constructed and artistic edifice. The erection of the home was made possible by the activities of members of the American Legion, United Spanish War Veterans and Grand Army of the Republic.

The building is a three-story structure, in the downtown district. The ground floor will be occupied by a



Veterans' Building at Hoquiam, Wash.

bank and on the other floors are a large rest room, a lodge and ball-room and a ladies' rest room.

Among the speakers at the formal dedication of the memorial was Robert A. LeRoux, field organizer of national headquarters of the Legion.

LEGION MEMBERS AID POLICE

Former Service Men in Various Cities Lend Assistance in Combating Crime Wave.

In conformity with the stand for law and order which the American Legion takes, thousands of Legionnaires are assisting the police in combating the crime wave, which has menaced life and property in larger cities all over the country, according to reports received at Legion national headquarters.

New York department headquarters promptly offered to put 5,000 veterans on the streets to assist the police when the orgy of murder and robbery was at its height, while during the Christmas season a number of Legion members aided in eliminating holdups in the shopping district by serving as guards in large retail stores and wholesale houses.

Five hundred St. Louis Legionnaires assisted the police in patrolling the city and rounding up suspicious characters. At St. Paul, Minn., the services of Legion members were volunteered in the formation of a series of network patrols.

Legion leaders explained that their organization in volunteering the services of its members for maintaining law and order did not imply that the police were inefficient, but that there was recognition that an abnormal situation existed under which the Legion was pledged to act if it wished to live up to the principles of its constitution.

IS LEADER IN AMERICANISM

Philip R. Bangs of Grand Forks, N. D., Also Vice Commander of His State Department.

One of the leaders in Americanism in the Northwest is Philip R. Bangs of Grand Forks, N. D., who was elected vice commander of the North Dakota department of the American Legion.

As a doughboy and a scout in the intelligence section of the Thirty-fifth division, Mr. Bangs served overseas. He was wounded by shell

fire in the right shoulder during the Argonne-Meuse offensive.

Mr. Bangs was adjutant of the Legion post at Grand Forks, state chairman of the Americanism committee, and a member of the national Americanism commission of the Legion. A graduate of the law department of the University of North Dakota, Mr. Bangs is now engaged in the practice of law in Grand Forks.

Proposed Oregon Law.

The option of a \$2,000 farm or home loan, or cash compensation at the rate of \$15 a month of service for Oregon veterans of the World war will be granted, if a bill sponsored by the Legion in the state legislature is passed.

KANSAS MEN CHOOSE FLOYD

Arkansas City Man Selected as Chairman of State Americanization Committee.

Kansas members of the American Legion have selected as chairman of their state Americanization committee John R. Floyd of Arkansas City, a prominent insurance man and third vice president of the United States Junior Chamber of Commerce.

Mr. Floyd was commissioned a first lieutenant at the second officers' training camp at Fort Sheridan. He served at Camp Grant, Ill., Jefferson Barracks, Mo., and Camp Dodge, Ia., with the Eighty-sixth division and at various times as insurance, signal, ordnance and athletic officer and as judge advocate.

In 1913, Mr. Floyd was appointed district manager for a well known insurance company with headquarters at Arkansas City and in the year following his discharge from the service wrote the largest number of applications ever written in his state in one year for his company, and ranked fifth in the United States. He has served in various offices in Arkansas City post and as a member at large of the Legion state executive committee.

WHEN TO WEAR THE UNIFORM

Former Service Men Inclined to Be Too Modest in Appearing in Army Togs.

Former service men are too modest to appear in uniform on special occasions, according to a letter from a member of the American Legion.

The letter follows: "Armistice day brought with it some new revelations of viewpoint on the wearing of the uniform at ceremonies and celebrations, and, inasmuch as in the future we must confront the problem time after time, I believe the question should be settled now, one way or the other. I am neutral on the subject and am willing to do as the 'bunch' does.

"Since their discharge the majority of both officers and enlisted men have shown more than a little hesitancy in putting the uniform back on for special occasions. The true spirit of the Legion is not manifest in any parade when the majority of the men appear in civilian clothes and a handful march in uniform. On such occasions the uniformed man is in an embarrassing position, and he vows: 'Never again!' I think modesty is responsible for most men's preference for 'civvies' on formal occasions, but I know that some argue that they do not want to be in uniform with a bunch of men wearing officers' uniforms and insignia.

"I am sure there is not an ex-officer in the Legion who would not willingly discard his insignia if it operated as a barrier to harmony. But let's have a standard rule—either civvies or uniforms."

PUT ON PAYING POST SHOW

Fred W. Dralle, Casper, Wyo., Successfully Served as General Manager of "Stampede."

Fred W. Dralle of Casper, Wyo., chairman of the state executive committee of the American Legion, gained national recognition for his home-town post of the Legion, as general manager of "Stampede" which cost \$20,000 to stage and which added \$3,000 to the post treasury.

Mr. Dralle taught school at Butte, Mont., and later was superintendent of schools at Roundup, Mont. He served for a term as clerk and recorder of Musselshell county, Mont., and is now an officer in the Standard Refinery of Casper.

Although he was 36 years old when the United States entered the war, Mr. Dralle enlisted in the Central Machine Gun Officers' Training school and was stationed at Camp Hancock, Ga.

VERY FEW WILL BE DROPPED

Legionnaires Are Rushing to Pay 1921 Post Dues; Many New Members Being Added.

The 10,000 post adjutants of the American Legion, according to reports reaching national headquarters from all over the country, are finding themselves now in the busiest weeks of the year as regards work.

The rush of Legionnaires to get in their 1921 post dues within the time limit set, with the penalty of being dropped from membership, if delinquent after that date, piled necessary clerical and other detail work onto the shoulders of post adjutants in an unprecedented manner.

To judge by the returns thus far available, the list of men to be dropped from membership for non-payment of their 1921 post dues within the specified time will be only a small fraction of the Legion and will be more than offset by the thousands of new members already obtained in the membership drives of various departments.

PRISON IS CROWDED

SHERIFFS NOTIFIED NOT TO SEND MORE PRISONERS TO THE STATE PENITENTIARY

MEN SLEEP IN PRISON YARD

Warden Fenton Reports Institution Full to Overflowing Making It Impossible to Properly Care for and Guard Criminals

Lincoln—Warden Fenton of the Nebraska state prison expects to notify all sheriffs of the state to send no more men to the penitentiary. The institution is crowded to the doors, with two men in each cell and some sixty assigned to sleeping quarters in bunks in the prison yard.

There are now 612 prisoners within the walls. This is a record for all time and more than 200 above the normal capacity. The warden considers it essential to call a halt and to refuse to receive more men either until more room is provided or some of the inmates are paroled.

The warden reports that in his estimation there are from 125 to 150 men who could safely be paroled and that in his opinion at least 125 first offenders, now eligible for parole, should be sent out. He predicts that not 1 per cent of them will go bad.

Other state institutions have put up the bars from time to time, especially hospitals for the insane and the feeble-minded, but this is the first time that penitentiary authorities have faced conditions so acute as to demand attention.

It is said that recent and prolonged agitation against release of prisoners has influenced tightening of the clamps. Those in favor of the old arrangement have argued that those who complain against the parole system should put up the money to an addition to the penitentiary.

Fair Aid Law Restored

Instead of a one-fourth mill uniform tax levy throughout the state for the aid of county fairs, with limitations of \$5,000 in Douglas county, \$3,000 in Lancaster, and \$2,000 in other counties, the state representative diet has put itself on record as favoring the old provision of appropriating from the county general fund 5 cents per capita, but with the population base brought up to date as shown by the 1920 federal census.

Senate Adopts Language Bill

After a lengthy discussion the senate placed its seal of approval upon the language bill substituted by the committee on education for the Norval bill. A minority of the committee on education had recommended indefinite postponement on the ground that the Siman language law should be allowed to stand in the form in which it passed the legislature two years ago.

Object to Standard Loaf Bill

Five hundred Nebraskans, most of them retailers of bread, have petitioned the state senate to kill the bill requiring bakers to make bread loaves standard weight.

Although the bill passed the house it was killed on the adverse report of the senate committee on miscellaneous affairs. The bill was later raised to the general file.

Reformatory Will Continue

Senator Hoagland of Lincoln county made a vain effort to abolish the Nebraska reformatory for women at York, a new institution created by the legislature of 1919. His bill to repeal the act creating the institution and authorizing sale of the property, was reported out with a recommendation that it be indefinitely postponed.

Would Exempt From Taxes

The senate committee on revenue and taxation has reported for the general file a bill which exempts buildings and loan associations from taxes. The committee has been divided by a tie vote, but it finally decided to report the bill for general file and it will be considered by the senate.

Utilities Bill is Killed

A bill to put privately owned public utilities in towns of 5,000 to 25,000 under the control of the Nebraska railway commission, was reported out for indefinite postponement by the senate committee on municipal affairs. The report of the committee was adopted.

Oppose Death Penalty

Several speakers opposed to capital punishment were heard by the house judiciary committee in support of H. R. 518, which does away with the death penalty for murder, except where a person under conviction for that crime repeats it and is convicted again.

To Maintain School Standards

After various ups and downs on previous occasions, the Franklin bill permitting teachers without college training to teach in village districts up to 1,500 population (the present limit being 1,000), was decisively defeated on third reading by the house.

Appropriation Bills Introduced

Four appropriation bills introduced in the house by the finance committee of which Representative J. A. Axtell is chairman, carry but \$100,000 more for the last biennium, indicating no reduction in state taxes. The total is likely to be increased.

The budget requests, representing what the various departments of the state asked after the governor had reduced them several millions totalled \$28,800,000. This total has been reduced by the appropriations committee nearly four million dollars.

Advertisement for Hill's Cascara Quinine Bromide, featuring a portrait of a man and text about treating colds and coughs.

Advertisement for Carter's Little Liver Pills, featuring a bottle illustration and text about restoring organ function and treating headaches.

Advertisement for Semi-Solid Buttermilk, featuring a can illustration and text about its benefits and price.

Advertisement for Instant Postum, featuring a can illustration and text about its health benefits and ease of preparation.

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