

HELP THAT AGING BACK!

Is your back giving out? Are you tortured with backache and stabbing pains? Does any exertion leave you all played out? Feel you just can't keep going? Likely your kidneys are to blame.

A Nebraska Case Mrs. O. C. Hites, 511 E. Second St., Fairbury, Neb., says: "I was all run down from doing hard work. I was laid up with my back, unable to do any thing. I couldn't turn over in bed without help because of the sharp pain in the small of my back. My kidneys were weak and I had dizzy spells. After taking one box of Doan's Kidney Pills I was able to get up. Three boxes made a lasting cure."

Get Doan's at Any Store, 50c a Box DOAN'S KIDNEY PILLS FOSTER-MILBURN CO., BUFFALO, N. Y.

A Kansas Woman Testifies

Mulberry, Kans.—"My son, at the age of 10 years, was taken with the pneumonia. We had three doctors. Then he took chicken-pox and measles and last typhoid fever. He got through them all in one winter, but it left him with such a cough I feared he could not get well. I got Dr. Pierce's Golden Medical Discovery and gave it to him; it cured him entirely. I lived near Monroe City, Mo., when my son was sick."



MRS. JANE S. CARROLL. All druggists. No alcohol. Prepared in both liquid and tablets.

Cuticura Soap Clears the Skin and Keeps it Clear Soap 25c, Ointment 25 and 50c, Talcum 25c.

NOT REALLY SCARCE ARTICLE

Material Called Lamb's Fleece in Syria Merely Went by Another Name in England.

A certain young globe-trotter, possessed of more money than brains, was recently traveling in Syria. While journeying through the interior he was prevailed upon by one of the sons of the prophet to purchase at a very large price a quantity of what was described as Syrian lamb's fleece.

This, when he returned to London, he sent to his tailor with orders to line an overcoat with it. A few days after he called to try on the coat.

"You didn't send us quite enough material, sir," remarked the tailor, "and I had to get some more to line the sleeves."

"But," remarked the traveler in surprise, "it's impossible to obtain that fleece in England, it's only to be obtained in Syria."

"Not at all, sir," was the reply. "In England we call it rabbit skin."—Montreal Herald.

When a Feller Needs a Friend. Aristocratic Aunt (to small nephew from the country playing in the snow)—Please remember, Theodore, while you are visiting us, that it will be unnecessary for you to make your own snowmen. What are the servants for?—Passing Show, London.

Requirements. "It requires dollars to get into the fast set."

"And sense to keep out of it"

What Better Drink for Table Use than POSTUM CEREAL

When well boiled—twenty minutes or more—it has a rich color and a particularly delightful flavor.

In these respects, Postum Cereal is the equal of fine coffee; and much better for health.

"There's a Reason" SOLD BY GROCERS EVERYWHERE

Made by Postum Cereal Company, Inc. Battle Creek, Mich.

HEAD STUFFED FROM CATARRH OR A COLD

Says Cream Applied in Nostrils Opens Air Passages Right Up.

Instant relief—no waiting. Your clogged nostrils open right up; the air passages of your head clear and you can breathe freely. No more hawking, snuffing, blowing, headache, dryness. No struggling for breath at night; your cold or catarrh disappears.

Get a small bottle of Ely's Cream Balm from your druggist now. Apply a little of this fragrant, antiseptic, healing cream in your nostrils. It penetrates through every air passage of the head, soothes the inflamed or swollen mucous membrane and relief comes instantly.

It's just fine. Don't stay stuffed-up with a cold or nasty catarrh.—Adv.

He also that is slothful in his work is brother to him that is a great waster.—Bible.

Some day every turnstile will encounter its fattest man and go on strike.

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.

Indispensable Things. The wonderful new inventions and conveniences are fine, but the world cannot get along without such indispensable old-fashioned things as kindness, courtesy and hands held out to help.

Not Kidding, Either. Carl Jobe, who for several years has sold newspapers at Washington and Meridian streets, and who is always available when inquiring strangers ask any directions, was accosted by an out-of-town visitor the other day. The stranger inquired: "Where does Edison keep his phonograph shop?"

"The man wasn't kidding, either," Jobe said.—Indianapolis News.

"Minstrel" in Audience. At an amateur minstrel show one of the minstrels asked what was the difference between a man in love and a woman in love.

"I don't know," said the interlocutor, "what is it?" "Well," replied Rastus, "a woman in love acts like a darn fool and a man isn't acting."

There was a pause and then a voice in the audience said in a tone loud enough to be heard by all around: "You must be in love, then."

Love of Pictures Universal. Mankind has always loved pictures. Races, without a written language, have left behind them rude carvings and murals to attest the fact. When an industry arose that appealed to this ancient appetite with pictures that moved, it did not have to wait long to see whether it would die or flourish. A dozen years ago the motion picture business, as we now know it, did not exist. Today the American public supports 16,500 moving picture theaters, makes 5,000,000,000 visits to them a year and spends \$750,000,000 annually for this amusement.—The Nation's Business.

Soiled Bills Help Banks. The fact that nearly all paper money in circulation now is badly worn and soiled has been one of the reasons why bank deposits have increased, says an up-state banker who was in the city.

"People like to handle clean, crisp bills," he said, "but are afraid of the torn, soiled ones. There is always the chance of getting some disease. Small checking accounts have increased a good deal lately, and this is undoubtedly one of the reasons for it. When new bills come in again the accounts may become fewer. But once people get the habit of using checks they generally stick to it."—New York Sun.

THE AMERICAN LEGION

(Copy for this Department supplied by the American Legion News Service.)

IS PROMOTED TO COMMANDER

Ardmore (Okla.) Man So Successful That His Worth Was Recognized by Home State.



H. B. Fell, commander of the Oklahoma department of the American Legion, is vice president of one of the largest steel construction companies in Ardmore, Okla.

Born in Wilkes-Barre, Pa., Mr. Fell was educated in the public schools and Harry Hillman academy of that city. He was graduated from Mercersburg academy and later from Princeton university with the degree of civil engineer.

Mr. Fell was construction engineer and officer in a number of public utility companies of Pennsylvania before entering the service. A graduate of the Second Officers' Training camp at Fort Niagara, N. Y., Mr. Fell rose from second lieutenant to major during his army career, which was spent in various southern training camps.

The record of Mr. Fell as commander of George H. Anderson Post No. 65 of the Legion at Ardmore was so successful that he was elected department commander at the last Oklahoma convention.

PLAN TO FIGHT PROPAGANDA

Will Urge Congress to Make English Language and American History Compulsory in Schools.

Henry J. Ryan, who succeeded Arthur Woods as national director of the Americanism commission of the American Legion, has announced a definite program of Americanism activities which Legion leaders believe will effectively combat anti-American propaganda at its sources.

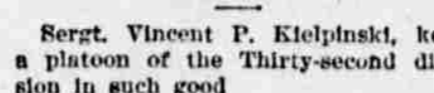
The plan includes a sympathetic reception to the immigrant and a method of providing him with opportunities to school himself in American ideas; improvement of immigration and naturalization laws; measures to stop the circulation of Bolshevik and I. W. W. propaganda, and providing a greater chance for education in citizenship among the adult native born.

The Legion's campaign will start with the school, which is characterized by Mr. Ryan as the foundation of character building. "No greater problem challenges the American people than the school," said Mr. Ryan. "Sweeping changes must be made in our schools or revolution and the destruction of America will be but a matter of time. The school system of America, as constituted at present, is incapable of developing the type of intelligent citizenship which is the foundation of a democracy, and without which human liberty has no champion. The changes which the American Legion advocates are, first, that English shall be the controlling language in all schools, and second, that the study of American history and civics shall be made compulsory to all school pupils. To accomplish these proposals the Legion will petition congress to formulate a resolution recommending to state legislatures the passage of statutes embodying these changes."

SENATE SERGEANT AT ARMS

Wisconsin Legion Hero Is Honored by the Lawmaking Body of His Home State.

Serjt. Vincent P. Kielbinski, kept a platoon of the Thirty-second division in such good condition during the World war that he was called upon by the Wisconsin state senate to keep order in the legislative chambers by assuming the office of sergeant at arms. A winner of the Distinguished Service cross and the Croix de Guerre, Sergeant Kielbinski became interested in the American Legion as soon as he returned to America. He organized the Quentin Roosevelt post of the Legion and is now serving as post commander.

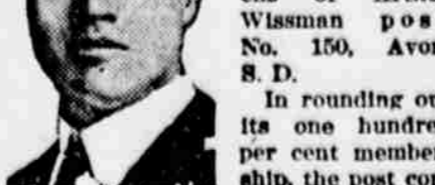


Seeks Dead Son's Watch. Comrades of Harry A. Millener, who lost his life near Malancourt, France, when he was acting as a runner for the One Hundred and Forty-seventh Field artillery, Thirty-second division, are requested to provide information in regard to a hunting case gold watch which Millener carried at the time of his death. Fred J. Millener, 588 Child street, Rochester, N. Y., the man's father, is eager to obtain the watch as a remembrance of his hero son, and has written to F. W. Galbraith, Jr., national commander of the American Legion, to obtain assistance.

LAND ALL MEN IN DISTRICT

Arthur Wisman Post, Avon, S. D., Rounds Out Its 100 Per Cent Membership.

To serve as commander of an American Legion post, which includes every eligible ex-service man in its district of 200 square miles, is the honor conferred on David L. Wickens of Arthur Wisman post, No. 150, Avon, S. D.



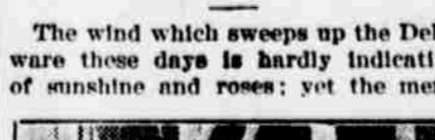
In rounding out its one hundred per cent membership, the post conducted a contest in which the losing side suffered the penalty of serving as kitchen police for a general feast. After the contest the ex-service men not yet enrolled were assigned to individuals until the last man in the territory was signed up.

Members of the post are scattered over a section 20 miles long and 10 miles wide. The post centralizes responsibility by providing that the post officers shall serve as members of the executive committee. It boasts of a first-class Women's auxiliary, an orchestra and basketball team. Spice is added to the monthly meetings by a permanent entertainment committee which arranges for athletic contests, motion pictures or feasts to wind up the meetings.

CLUBHOUSE IS IN ORDER NOW

Kensington Post at Philadelphia Is Ready for Entertainment of the Boys During Warm Days.

The wind which sweeps up the Delaware these days is hardly indicative of sunshine and roses; yet the members of Kensington Post at Philadelphia are ready for entertainment of the boys during warm days.



Clubhouse "All Dolled Up."

bers of Kensington Post of the American Legion at Philadelphia have just finished painting their summer clubhouse and have renovated it from top to bottom.

By doing the job themselves, the members of the Pennsylvania post have saved the price of numerous entertainments which are planned for the summer of 1921.

WHAT THEY DO WITH BONUS

Seventy Per Cent of Minneapolis Men Increase or Open New Savings Accounts.

What do ex-service men do with their bonus money received from the various states? Some persons opposed to handing out cash to the men either by the states or nation, give as their greatest argument that the beneficiaries will squander the money foolishly as soon as they get it.

But the experience of the Wells Dickey Trust company of Minneapolis which firm has been instrumental in advancing \$2,265,000 to ex-service men through special arrangement with the bonus board, completely overturns this conjecture. Figures just compiled by the cashier of the trust company show that of the 3,924 claims handled by the bank for Minneapolis men, 70 per cent of the men increased their own accounts and 26 per cent opened savings accounts at once.

Blasts Hopes of Politicians

The indorsement of a candidate for political preferment by any organization of the American Legion in Illinois will result in disciplinary action for the offending organization. It was decided at a meeting of the state executive committee of the Legion. The Illinois legionnaires further resolved "that we disapprove the use of the name of the American Legion or of the prestige of office or membership therein by any person for the furtherance of his personal efforts to promote any political candidacy or partisan principles."

Flowers From President Wilson

A bouquet of flowers from President Wilson was sent every day to Wells Hawks, veteran press agent and commander of S. Rankin Drew Post 340 of the American Legion at New York during his recent illness. Mr. Hawks, while he was in the Washington hospital that the President, a member of the American Legion, aided his "buddy."

Participation in Athletics

Athletic programs have been developed in a number of state departments of the American Legion. In Indiana and Iowa Legion basketball tournaments are under way, and in Massachusetts, under the leadership of a committee composed of notable Massachusetts athletes, Legion members propose interstate competition in a number of major sports.

WOMEN USE "DIAMOND DYES"

Dye Old Skirts, Dresses, Waists, Coats, Stockings, Draperies—Everything.

Each package of "Diamond Dyes" contains easy directions for dyeing any article of wool, silk, cotton, linen, or mixed goods. Beware! Poor dye streaks, spots, fades, and ruins material by giving it a "dyed-look." Buy "Diamond Dyes" only. Druggist has Color Card.—Adv.

He'd Found Some Use for It. Indignant Wife (to husband from whom she reclaims her lapdog)—Darling doggie is too well bred for you to moisten postage stamps on his nose.—London Opinion.

The employer who is late for work is liable to be late when opportunity comes along.

Sure Relief



BELLANS FOR INDIGESTION

KODAKS

Developing, Printing and Enlarging Lincoln Photo Supply Co. Dept. K, 1217 O St. Lincoln, Neb.

DARLING BABY BRIGHTENS HOME

Children's Laughter a Pleasing Sound



Altoona, Pa.—"I am writing to tell you what Lydia E. Pinkham's Vegetable Compound has done for me. We had six children die almost at birth. From one hour to nineteen days is all they have lived. Before my next one was born I took a dozen bottles of your Vegetable Compound, and I can say that it is the greatest medicine on earth, for this baby is now four months old, and a healthier baby you would not want. I am sending you a picture of her. Everybody says 'That is a very healthy looking baby.' You have my consent to show these few lines to anybody."—Mrs. C. W. BENZ, 131 3rd Avenue, Altoona, Pa.

Mrs. Janssen's experience of interest to childless wives.

Millston, Wis.—"I want to give you a word of praise for your wonderful medicine. We are fond of children, and for a considerable time after we were married I feared I would not have any. I began taking Lydia E. Pinkham's Vegetable Compound, and it strengthened me so I now have a nice strong, healthy baby girl. I suffered very little at childbirth, and I give all the credit to your medicine, and shall always recommend it highly."—Mrs. H. H. JANSEN, Millston, Wis.

Mrs. Held of Marinette, Wis., adds her testimonial for Lydia E. Pinkham's Vegetable Compound. She says:

Marinette, Wis.—"I was in a nervous condition and very irregular. My doctor advised an operation. My husband brought me one of your booklets and asked me to try Lydia E. Pinkham's Vegetable Compound. It overcame my weakness so that I now have a healthy baby girl after having been married nine years. I am glad to recommend your medicine, and you may use my letter as a testimonial."—Mrs. H. B. HELD, 330 Jefferson St., Marinette, Wis.

There are many, many such homes that were once childless, and are now blessed with healthy, happy children because Lydia E. Pinkham's Vegetable Compound has restored the mother to a strong and healthy condition, as it acts as a natural restorative for ailments as indicated by backache, irregularities, displacements, weakness and nervousness.

Women everywhere should remember that most of the commoner ailments of women are not the surgical ones—they are not caused by serious displacements or growths, although the symptoms may be the same, and that is why so many apparently serious ailments readily yield to Lydia E. Pinkham's Vegetable Compound, as it acts as a natural restorative. It can be taken with perfect safety and often prevents serious troubles.

Therefore if you know of any woman who is suffering and has been unable to secure relief and is regretfully looking forward to a childless old age, ask her to try Lydia E. Pinkham's Vegetable Compound, as it has brought health and happiness into so many homes once darkened by illness and despair.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent to you free upon request. Write to The Lydia E. Pinkham Medicine Co., Lynn, Massachusetts. This book contains valuable information.

Spohn's Distemper Compound advertisement with logo and text.

What to Do for CONSTIPATION

Take a good dose of Carter's Little Liver Pills—then take 2 or 3 for a few nights after. They cleanse your system of all waste matter and Regulate Your Bowels. Mild—as easy to take as sugar. Genuine bear signature—Don't look Small Pill. Small Dose. Small Price.



Stock Raising in WESTERN CANADA

is as profitable as grain growing. Success as wonderful as those from growing wheat, oats, barley, and flax have been made in raising horses, cattle, sheep and hogs. Bright, sunny climate, nutritious grasses, good water, enormous fodder crops—these spell success to the farmer and stock raiser. And remember, you can buy an easy term.

Farm Land at \$15 to \$30 An Acre

—land equal to that which through many years has yielded from 20 to 40 bushels of wheat to the acre—grazing land convenient to good grain farms at proportionately low price. These lands have every rural convenience: good schools, churches, roads, telephone, etc., close to live towns and good markets.

If you want to get back to the farm, or to farm on a larger scale than is possible under your present conditions, investigate what Western Canada has to offer you. For illustrated literature with maps and particulars regarding reduced railway rates, location of land, etc., apply to Department of Immigration, Ottawa, Canada, or W. V. BENNETT, Room 4, Bee Building, OMAHA, NEB. Canadian Government Agent.