

# HOW WOMEN AVOID SURGICAL OPERATIONS

Some Are Extremely Necessary, Others May Not Be

Every Woman Should Give Lydia E. Pinkham's Vegetable Compound a Trial First



Chicago, Ill.—"I was in bed with a female trouble and inflammation and had four doctors but none of them did me any good. They all said I would have to have an operation. A druggist's wife told me to take Lydia E. Pinkham's Vegetable Compound and I took 22 bottles, never missing a dose and at the end of that time I was perfectly well. I have never had occasion to take it again as I have been so well. I have a six room flat and do all my work. My two sisters are making the Compound upon my recommendation and you may publish my letter. It is the gospel truth and I will write to any one who wants a personal letter."—Mrs. E. H. HAYDOCK, 6824 St. Lawrence Ave., Chicago, Ill.

A Vermont woman adds her testimony to the long line of those fortunate women who have been restored to health by Lydia E. Pinkham's Vegetable Compound, after it had been decided an operation was necessary:

Burlington, Vt.—"I suffered with female trouble, and had a number of doctors who said that I would never be any better until I had an operation. I was so bad I could hardly walk across the floor and could not do a thing. My sister-in-law induced me to try Lydia E. Pinkham's Vegetable Compound and it certainly has helped me wonderfully. I keep house and do my work and have a small child. I have recommended Vegetable Compound to a number of my friends and you may publish my testimonial."—Mrs. H. R. SHARON, Apple Tree Point Farm, Burlington, Vt.

In hospitals are many women who are there for surgical operations, and there is nothing a woman dreads more than the thought of an operation, and the long weary months of recovery and restoration to strength if it is successful.

It is very true that female troubles may through neglect reach a stage where an operation is the only resource, but most of the commoner ailments of women are not the surgical ones; they are not caused by serious displacements, tumors or growths, although the symptoms may appear the same. When disturbing ailments first appear take Lydia E. Pinkham's Vegetable Compound to relieve the present distress and prevent more serious troubles. In fact, many letters have been received from women who have been restored to health by Lydia E. Pinkham's Vegetable Compound after operations have been advised by attending physicians.

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.

**Old Penalties Inadequate.**  
"Why don't you Crimson Gulch men hang an automobile thief the same as you used to do with a horse thief?"  
"We've discussed it," said Cactus Joe; "but we came to the conclusion that hangin' is too good for him."

Red Cross Ball Blue is the finest product of its kind in the world. Every woman who has used it knows this statement to be true.

**HAMP'S TIME SURE TO COME**

Gap Johnson Has It Mapped Out, and It Will Be a Sore Day for the Bluffer.

"Hamp Slaughter has an interesting sort of fad," related Gap Johnson of Rumpus Ridge. "About once in so often he gets a few drams of bone-dry licker and a high fever, and shows up in the middle of the big road out yur. He flings his hat down in the dust and stomps on it, and yells that he's a man eater, and such as that, and can whip a certain black-hearted son-of-a-bitch-and-tuther living not more than a mile from yur. When I go out to inquire which special black-hearted thus-and-so he means he says Zach Flatt, three-quarters of a mile up the road. So there ain't much to do but to excuse him. Then he goes fric-seeing off to Zach's place and repeats the performance. When Zach wants to know who he is referring to he says it's me. After that he rambles around norating that he's got us both bluffed. "One of these days he's going to ketch me and Zach together, and find out his—yaw-w-w-wa!—mistake."—Kansas City Star.

**Try This.**  
To prevent the gloss coming off of your white paint wash it with milk and a little soap. That will be much cheaper than repainting and is effective.

While a pretty woman may not care to be brainy, a brainy woman always wants to be pretty.

**Five Presidents of University.**  
In its existence of more than a half century the University of Minnesota has had five presidents, and all of them are still living.

**Cuticura for Pimply Faces.**  
To remove pimples and blackheads smear them with Cuticura Ointment. Wash off in five minutes with Cuticura Soap and hot water. Once clear keep your skin clear by using them for daily toilet purposes. Don't fail to include Cuticura Talcum.

**ROUGH, BUT EFFECTIVE CURE**

Why Alice Gollightly No Longer Bore People With Long Recital of Her Physical Ailments.

Pollie Dear and Mollie Love met out shopping one morning and immediately forgot all about shopping, time, hungry husbands at home, etc., in a "few minutes" chat.

Just then Alice Gollightly passed by. Each smiled sweetly at the other, and murmured:

"Good morning."  
As soon as Alice had passed on, Pollie turned to Mollie and said:

"I notice Alice doesn't go round boring other people with her ailments as she used to."

"No," smiled Mollie; "she met a man who cured her completely."  
"Oooh!" purred Pollie. "Who was he? Was he a doctor?"  
"Oh, no!" answered Mollie. "She was telling this man some of her symptoms, when he remarked, 'It's strange how many of these things afflict people as they begin to grow old.' Since then she has held her tongue about them."

**Paternalism.**  
"You seem very much afraid of paternalism in affairs of government?"  
"I am," replied Farmer Cornstossel. "I've tried paternal authority on Josh, and if it doesn't work any better in a government than it does on a farm, I'll say it ain't safe to fool with."

## The American Legion

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

### BACK TO THE K. P. DUTIES

Louisville, Ky., Legion Men Respond to Appeal From Housekeepers for Housecleaning Helpers.

An alarming shortage of domestics faced the housewives of Louisville, Ky., when they began their spring housecleaning recently. Unable to do all the scrubbing, window washing, carpet beating and sweeping themselves, with the maids of ante-bellum days continuing their work in mills and factories, the Louisville women feared that their city would not be spick and span for Derby day. Then the American Legion posts of the city came to their rescue.

"All you former kitchen police; here's a chance to ply your honorable calling with pay and with a housewife in charge of the detail," read the



Back to Kitchen Police Duty.

Legion's announcement to unemployed ex-service men. They responded in platoons and squads, doughboys, gobs and gynes, each reciting his record with the broom and mop. The housewives made a rush for them. The plan is being adopted in several cities nearby with entire satisfaction to the employers and employed.

### HOPES TO SERVE UNCLE SAM

Captain Griffith, Late of His Majesty's Air Forces, Seeks Further Thrills.

It will take an act of congress to get him into the air service of the United States navy, but Capt. John S. Griffith, Seattle, Wash., late of his majesty's air forces and wearer of five decorations, is hopeful that Uncle Sam will accept him.

Too young to enter the American army, Captain Griffith left a high school in Seattle to enlist in the royal flying corps at Toronto, Canada. He served through four years of fighting and is officially credited with having shot down nine German airplanes and two balloons. He received the British Distinguished Flying Cross and four Russian decorations.

In the Archangel sector, Captain Griffith, flying for the British, fought the Bolsheviks with such success that they set a price of 15,000 rubles on his head. All the wars having ceased, he was sent to Egypt. Seattle post of the American Legion, which Captain Griffith joined immediately upon his return to his native land, are helping him in his effort to have congress so legislate that he may find an occasional thrill in the naval flying squadrons of America.

### GATHERS IN THE RECRUITS

Captain of Wives' and Sisters' Team Obtains Many Kansas Auxiliary Members.

Wives and sisters defented mothers of American Legion members in obtaining recruits for the Legion's Women's auxiliary in Pratt, Kan. Mrs. Myron Glaser, captain of the wives and sisters, persuaded 28 women to sign on the dotted line.

Mrs. Glaser is a charter member of Pratt unit of the auxiliary which was founded last January. It has a membership of 67 and promises to be one of the most active in the state of Kansas.

### LEGION MAN OBTAINS PATENT

Twice Wounded, Engineer While Confined to Hospital, Works Out Bronze Tablet.



Wounded by the explosion of a high explosive shell in the Vosges mountains, Private R. G. Quehl, 318th Engineers, lay on a hard cot in a hospital and wondered about his chances of getting home. He recovered, however, went into action, and on November 2, was again wounded.

Brought back to America and placed in the base hospital at Camp Lewis, Wash., Quehl worked out the details for a bronze memorial tablet. While awaiting his discharge he drew up the plans, and in civilian life again, he has obtained a patent on an invention which he calls the individual war memorial.

It is a plaque of bronze with the figure of a private in war uniform. Around the plaque in raised letters are the names of the allied countries. A plate to be engraved with the service record is in the center. Orders are pouring in so rapidly that he has been forced to enlarge his working force.

### SHOULD FILE CLAIM AT ONCE

Disability Demands Required on War Risk Insurance Forms to Gain Attention.

"If you have a disability which you feel is due to your military or naval service during the war, you should as a matter of duty to yourself and your country immediately file a claim for disability," reads an article in the American Legion Weekly.

"To make the claim, obtain from your local post, the National Service Division of the Legion, or the Bureau of War Risk Insurance the following forms: Numbers 523, 539 and 545. In addition, make a detailed statement of your condition and occupation prior to service, injury or sickness during service, where treated, and physical condition since discharge. Obtain a like statement from one or more persons who were with you and knew of your disability during service. Get a statement also from one or two persons who have known you since discharge, particularly your employers and other disinterested persons.

"Last and most important, get statements from all the doctors who treated your case and from the hospitals where you were confined. These must all be sworn to before a notary public and forwarded to the Bureau of War Risk Insurance, where, after consideration of your health record, your military record and your present condition, an award should either be made or disallowed.

"If you are among the 100,000 whose claims are hanging fire, the National Service Division of the American Legion will make it its personal business to get a decision on your claim."

### LIGGETT FRIEND OF LEGION

California Major General Snapped in Act of Working on Post's New Club Rooms.

During the Argonne-Meuse offensive, Maj.-Gen. Hunter Liggett commanded all American forces in the greatest battle in the history of the United States.

With the return of peace, Maj. Gen. Liggett is working for the American Legion. An active member of a San



Maj. Gen. Hunter Liggett.

Francisco post, he was caught by the photographer at work on remodeling its new clubroom.

What would have happened if, not many months ago, doughboys had seen a real live general wrestling with a refractory nail during a session of fatigue detail?

### Bogus "Funds."

Declaring that there have been many funds started which were said to be for the benefit of ex-service men and women and which were used illegitimately, the Los Angeles, Cal., Advertising club has voted to withhold contributions and indorsement from any future campaign until the local American Legion posts have investigated.



The best reason in the world for buying a Cadillac, is what everyone thinks, and says, and knows about the Cadillac.

The Cadillac car will give you dependability—the capacity to withstand hard usage day after day and year after year. Cadillac service ability may be compared with that of a faithful watch.

The man who wants to enjoy the advantages of Cadillac ownership and prefers not to invest the amount which a new Cadillac requires, can do so in a RE-NEW-ED Cadillac.

Neither age nor miles diminish the value of Cadillac construction, and you cannot get Cadillac quality in any car other than a Cadillac.

The advantages of accurate workmanship, fine machinery, fine tools and skilled operatives, are present in a RE-NEW-ED Cadillac to a degree which would not be possible in a new car of equal cost.

Write for a list of our RE-NEW-ED car bargains.

**J. H. Hansen Cadillac Co.**  
Omaha Lincoln

A Safe Place to Buy

### HER LOVE DREAM SHATTERED NOT HARD TO MAKE CHOICE

Naughty George's Late Hours Responsible for the Ache in Heart of Young Wife.

The mother of the young husband went to the bridal nest, and found her daughter-in-law in tears.

"My child," she gasped, "what is the matter? Has anything happened to George?"  
"No," sobbed the young wife; "but my heart is b-breaking. He's taken to stopping out late at night!"

"What, already!" said his mother, in consternation. "It doesn't seem possible. How late does he stop out, dear—very late?"  
"Well," said the bride, "you know he usually leaves his office at half-past five. The night before last he didn't get home till half-past six, and last night," she sobbed bitterly, "last night it was a quarter to seven! What shall I do?"

**Sad.**

Little Julian had completed his first day at school and had climbed upon his father's lap to give dad his impressions thereof.

"Well," said dad, "how do you think you will like school?"  
Whereupon the countenance of Julian took on a most serious expression.

"To tell you the honest truth, dad," he answered, "I believe I've started something I can't finish."

**If Knighthood Were in Flower.**

The Maiden—In God's name, hasten, Sir Knight! save me!  
Sir Launcelot—Not so fast, my good girl. The reporters have not yet arrived; besides, there are the serial rights and the motion picture royalties to be considered.—From Life.

Probably Lester Could Have Determined Without the Appeal to His Physical Feelings.

Two men passed away. One had been born, and in due course admitted to the bar, soon ran for office, was elected a continuous Hon. until at last he went to his reward, such as it was. And the local paper gave him an obituary as long as your arm.

The other man followed in the footsteps of his brassy sire, and became a maker of harrows. He was industrious and honest, and for years the Hillgoss harrows which he whacked out by hand were known nearly all over the county as reliable utensils. By-and-by he, too, passed on. The paper announced his demise in a few lines and spelled his name wrong.

Now, tell me, Lester, which of those men would you rather have been? Do not say the former, or I'll slap your jaws for you and not let you go to the picture show, either.—Kansas City Star.

**Recalled Fond Memories.**

The director, who has a reputation for being rather harsh and overbearing in his methods, was giving his leading man a tongue lashing that fairly turned the atmosphere blue. Through it all, however, the victim leaned gracefully against the wall and smiled happily.

"What the deuce are you grinning about?" barked the director. "Do you like to be cursed?"

"Why, yes, I rather enjoy it," chuckled the actor. "It recalls the good old days, you know, when I played Uncle Tom and was beaten to death every night by Simon Legree."—Film Fun.

## You Will Like INSTANT POSTUM And It Will Like You

People who say, "I like coffee, but it doesn't like me," will find Instant Postum much more considerate of their health.

This pure cereal drink combines wholesome quality with rich coffee-like flavor.

Instant Postum is made instantly in the cup.

"There's a Reason" for Postum At all grocers

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



## You Always Get full food value for your money when you eat Grape-Nuts

Each golden granule of this attractive wheat and malted barley food is rich in nutriment for body and brain.

Serve Grape-Nuts direct from the air-tight packet for breakfast or lunch.

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