

Sure Relief FOR INDIGESTION

BELLANS
INDIGESTION
25 CENTS

6 BELLANS
Hot water
Sure Relief

BELLANS
25¢ and 75¢ Packages, Everywhere

Making Good an Old Boast.

A process has been discovered whereby old leather can be converted into gelatin. Such transformation offers a ready way of utilizing many articles after their value to every one but the junk man appears to be gone. Since head coverings are sometimes made of leather, it would appear that at least the man content that his candidate will win in an election may literally back up his confidence with the time-honored promise that he will eat his hat in the event that his man loses.

The AMERICAN LEGION

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

FIGHTING PARSON IS LIKED

Rev. Earl Blackman, National Chaplain of American Legion, is Regarded as Man's Man.

"Fighting parsons" were common during the World war, but those who actually fought were not. Rev. Earl Blackman, Kansas, earned his sobriquet, however. He has been elected national chaplain of the American Legion.



To make fun for the boys while in France, Reverend Blackman offered to box a match with any chaplain of the A. E. F. of his weight. He wasn't chosen chaplain of the Legion for that reason, however, his followers declare. It was because "he is at all times a man's man and represents the liberal spirit of the organization."

Returning from France, Reverend Blackman resumed his pulpit in Chanute, Kan. One of his first acts was to attend a public dance. He didn't dance, but thoroughly enjoyed the fun. A protest came from his congregation and he resigned. His resignation wasn't accepted.

Then he began doing other things. He rigged up a gymnasium in the basement of his church and gave boxing lessons to the boys of the Sunday school. The church liked it.

Reverend Blackman refused offers from larger churches to stay with his pastorate in Chanute. His view of Sunday "blue laws" is characteristic: "To my mind the advocacy of such laws only serves to cheapen religion in the minds of the masses and tends to push it back into the superstitions of the past. What is rest and relaxation to the farmer may not be such to the bank clerk."

HONOR BRITISH WAR MOTHER

General Pershing Gives Her Kiss and American Legion Women Pay Tender Tribute.

The alliance between those who served the United States and Great Britain against the common enemy during the World war was further strengthened by a kiss from General Pershing and honors from American war mothers, bestowed upon Mrs. Amelia McCudden, official British war mother, before she sailed for return to the island kingdom.



Mrs. McCudden, mother of the noted major of the British air force who brought down more than 50 German planes and won the Victoria cross before he was killed, was sent to America to represent England's war mothers at the ceremonies for the unknown American soldier. At a banquet in Philadelphia in her honor, General Pershing upon being introduced leaned over and kissed Mrs. McCudden. In New York she was taken into membership of the American Legion auxiliary, composed of mothers, wives, sisters and daughters of the Legion, and the gold star of women whose relatives were killed was awarded her.

MANY LEGION MEN BACHELORS

Investigation Discloses Fact That Majority of Ex-Service Boys Prefer Single Blessedness.

Three years after the war 61.6 per cent of the former service men are still bachelors, according to Gray Waggett, adjutant of the Evanston (Ill.) post of the American Legion. Mr. Waggett has been conducting a campaign to gain information about Legionnaires in the Middle West, and bases his statistics on 100,000 replies received.

Of the 33.4 per cent who married American, French or German girls, 10 per cent have children.

The house owners totaled 13.8 per cent and the business owners aggregated 15.5 per cent; nevertheless 21.7 per cent are able to drive their own automobiles.

Legion posts, too, have the billet-owning fever, 44.5 per cent having permanent quarters now, while 26 per cent will get theirs in a short time.

These statistics apply only to that part of the country.

She Passed Up the Marines.

Discovery that Mrs. Helen Ferguson Drexler was receiving \$400 a month from the government in soldiers' allotment checks led to her arrest in Chicago. She is said to have had eleven husbands in the army and navy, but none in the marines.

COMPENSATION BILL TO PASS

Five-Fold Measure Scheduled for Favorable Action by Congress During Present Session.

Cash, paid up insurance, vocational training, farm or home aid and land settlement are options offered World war veterans in the five-fold adjusted compensation bill which congress is expected to pass during its present session.

According to National Commander MacNider of the American Legion, who bases his statement on information given him by Senator McCumber, North Dakota, author of the bill in the senate, and Republican Fordney, Michigan, who introduced the bill into the house, the legislation will become law during February, 1922.

The measure will become effective in July, 1922, as originally provided, Mr. MacNider believes. In connection with the bill, it is significant that the Legion has termed it "adjusted compensation" from the first as against the common term of "bonus."

When the bill becomes law, each ex-service man or woman will be entitled to any one of the following options:

(1) Adjusted service pay, at the rate of \$1 a day for home service and \$1.25 for foreign service. Maximum of \$500 for man without overseas service; \$625 for man with overseas service.

(2) Adjusted service certificate (so called insurance feature), a paid-up 20-year endowment policy. The face value of this policy will be 3.33 times the amount that would be received in cash. The face value of this policy would be payable to the veteran at the end of 20 years, or if he dies before the expiration of 20 years, the face value would be paid to the beneficiary of the policy. Loan values are also provided for.

(3) Vocational training aid of \$1.25 a day while taking a course in vocational training. The amount thus paid in no case would exceed 140 per cent of what would have been paid in cash.

(4) Farm or home aid, 140 per cent of what would be paid under option No. 1, if the money is used to purchase, improve or make payments on approved farm or city or suburban home.

(5) Land settlement.

(A) Provides for the establishment of reclamation projects for the development and improvement of vacant land. This may be government land or may be land purchased by the government. If possible, projects will be located in each state, the state paying part of the purchase price of private lands bought for this purpose. Ex-service men to be employed on the project as far as possible.

(B) Provides for the sale of farm units on these projects when they are ready for settlement. Sale price is to include purchase price of land plus cost of improvements. Terms: part down, rest in 40 years at 5 per cent interest.

(C) Veterans may have their adjusted service pay applied as first payment on this land.

Carrying On With the American Legion

Families of police killed by Wichita (Kan.) bandits received the proceeds from a Legion benefit show.

Some \$4,000 of the W. C. T. U.'s war-time fund has been turned over to the American Legion to aid sick and wounded.

Sale of tags bearing the name of Worthington, Minn., is being made by the local post of the Legion to advertise the town.

Bulletins and special announcements of the New York Legion will be sent by the Westinghouse Electric company's radio-telephone.

Bay Shore (N. J.) post of the Legion owns and publishes a weekly newspaper which devotes most of its space to local and county affairs.

Punishment of draft evaders to prevent wholesale evasion in another war is recommended by Major General Harris, adjutant general of the army.

Canoes will carry delegates from Bemidji, Minn., at the head of the Mississippi river, to the annual Legion convention next fall at New Orleans.

Protest against the use of the American flag for commercial purposes has been made by the Warsaw post of the American Legion, department of Poland.

Increase in vocational training for former soldiers costs the government \$2,000,000 more now than before September, 1921, according to Director Forbes of the veterans' bureau.

Tubercular and nervous former service men will not receive the million dollars proposed in an amendment to the deficiency appropriation bill. The amendment was canceled and the hospital resultant will not be erected.

"He needs the money and I can pay him," is the statement of an ex-soldier who has asked the Oklahoma American Legion to locate Ollie Kendall, formerly of the One hundredth and fortieth infantry, Thirty-fifth division. The questioner borrowed a "flock of francs" from Kendall while in France and fears that Kendall and his wife and children may be in straightened circumstances.

After Thorough Trial at Detroit, Mich., Man Endorses Pe-ru-na

The following letter written from Detroit, Michigan is no snap judgment expressed on the merits of Pe-ru-na, the well-known cathartic remedy, but rather a mature, sober opinion formed after a full year's trial.



This is the way Mr. Michael Fako of 906 East Palmer Avenue, in the Michigan Metropolitan, writes: "After using PE-RU-NA for about one year I say I have found it a very good medicine for catarrh. It has helped me a great deal and I am very well satisfied. I have gained in weight, eat and sleep well, my bowels are regular and better color in my face."

"PE-RU-NA has done wonders and to me is worth its weight in gold. I shall continue to use PE-RU-NA as long as I live and recommend to my friends who are troubled with catarrh. Nothing can be more convincing than an endorsement of this nature from an actual user. There are many people in every community, in using Pe-ru-na, has been identical with Mr. Fako's. It is the standby for coughs, colds, catarrh, stomach and bowel disorders and all catarrhal conditions. Put up in both tablet and liquid form. SOLD EVERYWHERE."

Modern Formula. Johnny—Do you believe in Santa Claus? Freddy—I accept him in principle.—New York Sun.

SWAMP-ROOT FOR KIDNEY AILMENTS

There is only one medicine that really stands out pre-eminent as a medicine for curable ailments of the kidneys, liver and bladder.

Dr. Kilmer's Swamp-Root stands the highest for the reason that it has proven to be just the remedy needed in thousands upon thousands of distressing cases. Swamp-Root makes friends quickly because its mild and immediate effect is soon realized in most cases. It is a gentle, healing vegetable compound. Start treatment at once. Sold at all drug stores in bottles of two sizes, medium and large.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. Write a writing be sure and mention this paper.—Advertisement.

Misery loves company, but it is better to have rheumatism in one foot than in both of them.

Important to Mothers. Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of *Chas. H. Fletcher* in Use for Over 30 Years.

Children Cry for Fletcher's Castoria

Investigating committees cannot harm honest men.

Petting parties, so-called, don't seem to be much different from the old-fashioned "kissing games."

To insure gleaming-white table linens, use Red Cross Ball Blue in your laundry. It never disappoints. At all good grocers.—Advertisement.

Some people are so methodical that they expect even their opportunities to travel on schedule time.

A Full Year's Wear In Every Pair of No-Nay's EXCELLO SUSPENDERS

Guarantee Label Attached to Every Pair

Ask Your Dealer if he has them—Send direct. Look for Name on Buckles

No-Nay Suspenders Co. Adrian, Mich.

The Douglas County Hospital

having undergone extensive improvements has reorganized its **TRAINING SCHOOL FOR NURSES**

Quarters for nurses are especially attractive with gymnasium, etc. Curriculum meets all requirements of State Board.

Address or apply, Supt. of Nurses, Douglas County Hospital, Omaha, Neb.

Take Yeast Vitamon Tablets To Clear The Skin

Build Firm "Stay-There" Flesh—Increase Energy.

If you want to quickly clean your skin and complexion, put some firm healthy flesh on your bones, increase your nerve force and power and look and feel 100 per cent better, simply try taking two of Mastin's tiny yeast VITAMON Tablets with each meal and watch the results.

Mastin's VITAMON Tablets contain highly concentrated yeast-vitamins as well as the two other still more important vitamins (Fat soluble A and Water soluble C) and are now being used by thousands. They positively will not upset the stomach or cause gas, but, on the contrary, are a great aid to digestion, to overcome constipation and as a general conditioner of the whole system. Pimples, boils and skin eruptions seem to vanish like magic, the complexion becomes fresh and clear, the cheeks glow with ruddy health, the flesh becomes firm, the eyes bright. Mastin's VITAMON Tablets are positively guaranteed to give you new health, energy and ambition and improve your appearance. Do not accept imitations or substitutes. You can get Mastin's VITAMON Tablets from any good druggist.



Of what use are fine features with an ugly, mottled skin, faded flesh, sunken cheeks, wrinkles under the eyes or a careworn, sick-looking face? Let Vitamon correct these conditions.

MASTIN'S VITAMON TABLETS ARE POSITIVELY GUARANTEED TO PUT ON FIRM FLESH, CLEAR THE SKIN AND INCREASE ENERGY WHEN TAKEN WITH EVERY MEAL OR MONEY BACK

IF IT ISN'T MASTIN'S IT ISN'T VITAMON

WESTERN CANADA Land of Prosperity



offers to home seekers opportunities that cannot be secured elsewhere. The thousands of farmers from the United States who have accepted Canada's generous offer to settle on FREE homesteads or buy farm land in her provinces have been well repaid by bountiful crops. There is still available on easy terms.

Fertile Land at \$15 to \$30 an Acre—land similar to that which through many years has yielded from 20 to 45 bushels of wheat to the acre—oats, barley and flax also in great abundance, while raising horses, cattle, sheep and hogs is equally profitable. Hundreds of farmers in western Canada have raised crops in a single season worth more than the whole cost of their land. With such success comes prosperity, independence, good homes and all the comforts and conveniences which make life worth living.

Farm Gardens, Poultry, Dairying are sources of income second only to grain growing and stock raising. Attractive climate, good neighbors, churches, schools, good markets, railroad facilities, rural telephone, etc.

For illustrated literature, maps, description of farm opportunities in Manitoba, Saskatchewan, Alberta and British Columbia, reduced rail way rates, etc., write **W. V. BENNETT** Room 4, Bee Bldg., Omaha, Neb. Authorized Agent, Dept. of Immigration and Colonization, Dominion of Canada

Genuine BAYER ASPIRIN

WARNING! Say "Bayer" when you buy Aspirin.

Unless you see the name "Bayer" on tablets, you are not getting genuine Aspirin prescribed by physicians over 22 years and proved safe by millions for

- Colds
- Headache
- Rheumatism
- Toothache
- Neuralgia
- Neuritis
- Earache
- Lumbago
- Pain, Pain

Accept only "Bayer" package which contains proper directions. Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark of Bayer Manufacture of Monocleacetate of Salicylic Acid

PISO'S SAFE AND SANE for Coughs & Colds

This syrup is different from all others. Quick relief. No opiates. 15¢ everywhere.

Skin Tortured Babies Sleep Mothers Rest After Cuticura

Soap 25c, Ointment 25 and 50c, Talcum 25c.

HELP INVALIDS TO FORGET

Presence of a Canary or Goldfish in the Sickroom Invariably Has Beneficial Effect.

Next time you sit in a room, the furnishings of which include a bowl of goldfish, consider how much time you spend watching the small fish as they swim slowly about or dart about in pursuit of each other.

Probably you will conclude you were indulging the usual tendency of the normal person to be attracted to moving objects. In sick persons and convalescents this tendency is more pronounced, and in the aged and very young it is still more so.

That psychology of this attraction was given by Dr. Edward N. Leary, formerly veterinarian to the animals in Central park zoo. He is now connected with a Fifth avenue pet store. "Sick persons lying in bed spend a great deal of time watching the goldfish if an aquarium is in their room," he said. "It takes their minds off their pains and aches and is very beneficial."

Canaries share with goldfish the honor of being the chief animate entertainment to the sick.—New York Sun.

One isn't troubled much by the laws against violence if he isn't troublesome.

The Wrong Foot.

From a telegram recently received by the district superintendent of an Indian railway from a Babu station master: "Coming on duty early in the morning clad in my new and white uniform I perceived a man seated on a box in a naked and aggressive manner. Taking him to be an ordinary passenger, I proceeded to slap him, whereupon he hastily arose, unlocked the said box, clad himself in a policeman's uniform he took thereout and arrested me. The shoe is thus situated on the erroneous peddle. Please arrange."—London Morning Post.

National Emblems.

The rose, England's national flower, was chosen as the country's symbol at the close of the War of the Roses. The shamrock is firmly imbedded in Irish hearts because St. Patrick used it to illustrate one of his sermons. The thistle was adopted as the national emblem of Scotland because, in the reign of Malcolm II, a moat filled with thistles saved a Scotch fortress from Danish invasion.

A Forgotten Art.

In New York's streets there may be counted hundreds of signs that read "Watchmaker." Yet perhaps less than a dozen of such concerns could make a watch.

The crooked path is longest.

You are entitled to the benefit of the doubt. Why not take advantage of it?

The law is very careful in protecting the rights of a prisoner charged with a crime.

How about the Law of Common Sense and the man who has committed an error only? Isn't this a good place to use the benefit of the doubt, too?

Take your own case: If you don't know for sure whether tea or coffee is harming you, you do know that many are harmed by the drug element in tea and coffee, and that headaches, nervousness, or high blood pressure are symptoms which often tell that the drug, caffeine, is giving the nervous system too much jolt.

Probably you know, too, that some people can't drink a cup of tea or coffee at bed-time, and sleep well that night.

Where many have been harmed by tea and coffee, and you may be harmed, isn't it well to put the benefit of the doubt on your side before doubt becomes an unpleasant certainty?

There's charm without harm in Postum—a pure cereal beverage, rich in flavor, fully satisfying, the favorite table drink of thousands.

Suppose you try giving yourself this benefit today, and keep up the test for ten days; then judge the results. See if you don't feel better and work better. You can get Postum wherever good food and drink are sold or served.

Postum comes in two forms: Instant Postum (in tins) made instantly in the cup by the addition of boiling water. Postum Cereal (in packages of larger bulk, for those who prefer to make the drink while the meal is being prepared) made by boiling for 30 minutes.

Postum for Health "There's a Reason"