

A FRIEND IN NEED A FRIEND INDEED

Writes Mrs. Hardee Regarding
Lydia E. Pinkham's Vegetable
Compound

Los Angeles, Calif.—"I must tell you that I am a true friend to Lydia E. Pinkham's Vegetable Compound. I have taken it off and on for twenty years and it has helped me change from a delicate girl to a stout, healthy woman. When I was married I was sick all the time until I took Lydia E. Pinkham's Vegetable Compound. I was in bed much of my time with pains and had to have the doctor every month. One day I found a little book in my yard in Guthrie, Oklahoma, and I read it through and got the medicine—Lydia E. Pinkham's Vegetable Compound—and took eight bottles and used the Sanative Wash. I at once began to get stronger. I have got many women to take it just by telling them what it has done for me. I have a young sister whom it has helped in the same way it helped me. I want you to know that I am a 'friend indeed,' for you were a 'friend indeed.'"
—Mrs. GEORGE HARDEE, 1043 Byram St., Los Angeles, California

Let Lydia E. Pinkham's Vegetable Compound be a "friend indeed" to you.

Not a Laxative

Nujol is a lubricant—not a medicine or laxative—so cannot gripe.

When you are constipated, there is not enough lubricant produced by your system to keep the food waste soft. Doctors prescribe Nujol because its action is so close to this natural lubricant. Try it today.

Nujol

For Constipation

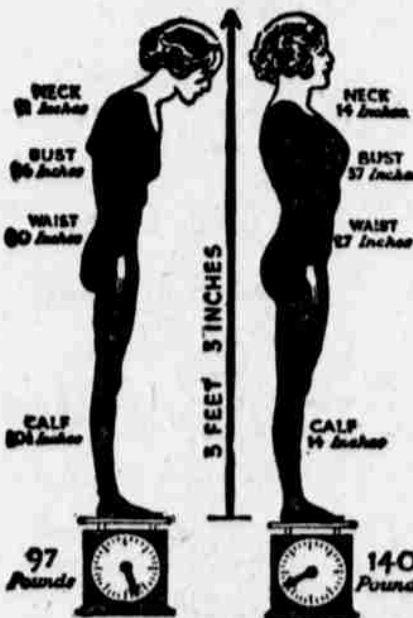
Not There, Not There, My Child. "Mother," said little Raymond, "please show me the place in the Bible where it tells about Santa Claus."—Boston Transcript.

Sure Relief FOR INDIGESTION

BELLANS INDIGESTION 25 CENTS
6 BELLANS Hot water Sure Relief
BELLANS
25¢ and 75¢ Packages, Everywhere

W. N. U., LINCOLN, NO. 6-1922.

How Yeast Vitamon Tablets Put On Firm Flesh



Strengthen The Nerves and Invigorate The Body—Easy And Economical To Take—Results Surprisingly Quick.

If you want to put some firm healthy flesh on your bones, increase your nerve force and power, clear your skin and complexion and look and feel 100 per cent. better, simply try taking two of Mastin's tiny VITAMON Tablets with each meal and watch 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. Mastin's VITAMON Tablets never cause gas or upset the stomach but, on the contrary, improve digestion. Be sure to remember the name—Mastin's VITAMON—the original and genuine yeast-vitamine tablet. There is nothing else like it, so do not accept imitations or substitutes. You can get Mastin's VITAMON Tablets at all good druggists.

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

KODAKS

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

PISO'S

SAFE AND SANE
for Coughs & Colds
This syrup is different from all others. Quick relief. No opium. 35¢ everywhere.

SHE DYED A SWEATER, SKIRT AND CHILD'S COAT WITH "DIAMOND DYES"

Each package of "Diamond Dyes" contains directions so simple any woman can dye or tint her worn, shabby dresses, skirts, waists, coats, stockings, sweaters, coverings, draperies, hangings, everything, even if she has never dyed before. Buy "Diamond Dyes"—no other kind—then perfect home dyeing is sure because Diamond Dyes are guaranteed not to spot, fade, streak, or run. Tell your druggist whether the material you wish to dye is wool or silk, or whether it is linen, cotton or mixed goods.—advertisement.

Gives Deaf Partial Hearing.

A new development by which partly deaf persons may be made to hear, was shown recently at a meeting of the Faraday society, Kilbur Scott exhibited crystals of rochelle salt, made artificially, which possessed the remarkable power of reproducing sounds. Mr. Scott explained that deaf persons could wear a small crystal behind the ear, connected with a little soundbox worn over the chest. The sounds of conversation would then be transmitted to the ear-drum in the form of vibrations which would enable them to hear.

IN BUYING ASPIRIN ALWAYS SAY "BAYER"

Look for the Name "Bayer" on Tablets, Then You Need Never Worry.

"Bayer Tablets of Aspirin" can be taken safely for Colds, Headache, Toothache, Earache, Neuralgia, Lumbago, Rheumatism, Joint Pains, Neuritis, and Pain generally.

To get quick relief follow carefully the safe and proper directions in each unbroken package of "Bayer Tablets of Aspirin." This package is plainly stamped with the safety "Bayer Cross."

The "Bayer Cross" means the genuine, world-famous Aspirin prescribed by physicians for over twenty-one years.—Advertisement.

In Great Quantity. "Jones seems rather proud of his ignorance." "Well, you must admit that he has a lot of it."

Shave With Cuticura Soap And double your razor efficiency as well as promote skin purity, skin comfort and skin health. No mug, no slimy soap, no germs, no waste, no irritation even when shaved twice daily. One soap for all uses—shaving bathing and shampooing.—Advertisement.

So That's What Busts 'Em. "What are you studying today?" Student—Infernal combustion engines.—Experimenter.

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 *W. L. Chas. H. Fletcher*

In Use for Over 30 Years. Children Cry for Fletcher's Castoria

He's Married. "What's his present salary?" "He says it's never present long enough to know!"

The war has made table linen very valuable. The use of Red Cross Ball Blue will add to its wearing qualities. Use it and see. All grocers.—Advertisement.

A man could save a lot of trouble by not trying to make it for other people

The American Legion

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

FUNDS PROBE IS DEMANDED

Lorillard Spencer, New York, Representing Legion, Asks for Investigation of Distribution.

Charges that money collected by radical organizations for soviet relief were being diverted into propaganda were made at a meeting of the National Civic Federation, New York City, by Lorillard Spencer, New York, representing the American Legion, who has called for a joint investigation of relief fund distribution.

Spencer cited the Sacco-Vanzetti case to illustrate how propagandizing machinery is being speeded up, and his resolution mentioned the springing up of "numerous organizations now engaged in raising funds represented to be for Russian relief."

THE LIVE WIRE SECRETARY

Miss Coletta Bartholemey, Official of the Oregon Auxiliary, Knows How to Get Results.

Live wire methods at entertainments, hospital visits, bazaars and dances won for Miss Coletta Bartholemey the election as executive secretary of the American Legion auxiliary in Oregon. That Miss Bartholemey fills the bill is the consensus of opinion in Oregon. She is reported as being one of the most executive of secretaries and at the same time one of the most secretarial of executives that has ever joined the auxiliary. Under her capable management the organization is making huge strides and is reporting progress in every department.

Totally Obscured.

A certain callow Chicago swain had an amazingly large mouth which he contorted into an all-pervading smile when he wished to make a good impression. His sweetie had persuaded him to "ask father," and the youth was determined to show himself to good advantage.

"Mister Jones," he began, stretching his principal feature to the utmost of geniality. "I have come to ask for the hand of your daughter. I—" "Just a moment, young man," interrupted the old gentleman mildly; "would you mind closing your mouth for a moment till I see who you are?"—American Legion Weekly.

One Way Round.

A Washington butcher one day delivered a pair of chickens to a tender-hearted housewife. She shuddered when she saw them. "I should think," she said, "you would never have the heart to chop the heads off these innocent chickens." "Ma'am," replied the butcher, "I haven't. That was one of the great problems of life, until I discovered a way out of it. Since then I haven't had a quint of conscience." "How in the world do you do it?" "I don't chop the heads off the chickens any more. I chop the chickens off the heads."—American Legion Weekly.

So Sorry to Trouble.

A woman in an Ohio hotel came down to the office one evening and asked if she could get a glass of water. The clerk agreeably obliged and she disappeared with it, returning quickly for another. "I'm so sorry to trouble you," she said. The clerk assured her that it was no trouble but when she returned for a third glass and then a fourth he became curious and asked her what she wanted with so much water. "I know you'll just scream when I tell you," she said, "but I'm trying to put out a fire in my room."—American Legion Weekly.

Marshal Foch's Advice.

"The way to move forward is by patience, by earnest endeavor, by diligent study, by tireless work," says Marshal Foch, who did a fair share of moving forward during the war. "Plan your battle of life in advance. Map out every detail of what you want to accomplish, and then follow out your program." The Marshal gives his formula for success in two sentences: "He who hesitates is lost. He who moves forward wins."

JOBS GO TO EX-SERVICE MEN

British Legion Secures Promise From Government to Give Employment to Former Soldiers.

The British Legion, formed from three veteran organizations with constitution and by-laws modeled after the American Legion, has secured a promise from the English government that in public works for the benefit of the unemployed 75 per cent of the jobs shall be given ex-service men.

With King George's approval, the Legion works through Britain's consulates and all employers showing a preference for ex-service men are permitted a special seal and their names are inscribed on the King's Roll.

The British Legion, sponsored by Field Marshal Haig, came into being in July, 1919. It has 1,300 posts and a membership running into millions. It is nonsectarian, nonpolitical and one of its ideals is the sanctifying "of our comradeship by devotion to mutual service and helpfulness." It is preparing to send unemployed ex-service men to British Columbia and Australia, where they will be welcomed. "The ultimate goal of the Legion," says Lord Haig, "must be the uplifting of the whole empire, the creating of a happier and more God-fearing community."

TO AID THE EX-SERVICE MEN

Henry Opdycke's Job Is to Speed Up Veteran's Bureau Work in Second District.

Lubricating the machinery now in motion for the care of veterans in New York, New Jersey, and Connecticut, is the task assigned to Henry G. Opdycke. His job will be to speed up the work of the United States Veterans' bureau in the second district, where he has been appointed manager. "Service for the ex-service man" is the policy announced by Opdycke, who since the war has been active in the Broadway post of the American Legion. In his plan to rehabilitate the soldier he aims to bring the school work directly under government supervision so that exploitation of veterans, through contract schools, will be impossible.

The new appointee is a veteran of two wars.

LIKED IN ROLE OF "VICTORY"

Marjorie Rambeau Stars at Ball Given by the Legion at Waldorf Astoria Hotel.

Marjorie Rambeau knows what it means to be victorious. She won a victory in "Eyes of Youth" and in "Daddy's Gone A-Huntin'" and in countless other plays. For these and other good reasons she was chosen to play the part of Victory herself at the victory ball given by the American Legion at the Waldorf Astoria Hotel, New York. None of the many social leaders and stage stars who appeared there in the historical pageant had a more agreeable part to play than Miss Rambeau, and persons attending the ball noticed that her "eyes of youth" were particularly bright and victorious on that occasion.

Carrying On With the American Legion

The town of St. Charles, Minn., has received a fully equipped rest room from the Woman's Auxiliary of the American Legion.

A lyceum course unexcelled in any city of its size is being presented to the city of Christopher, Ill., by the local post of the American Legion.

Soon Austria plans to abandon her paid professional army, substituting a paid militia with a six months' training period for a limited number of recruits.

Oklahoma is planning the erection of a half million dollar triumphal arch in Oklahoma City, in honor of the 1,000 ex-service men of that city who died in the World War.

Secretary of War Weeks has approved a new style cap for army officers. It is called the "Pershing cap," and differs only in that the visor is longer and at a sharper angle. The top is an inch broader and slightly higher.

A survey conducted by the U. S. Veterans' bureau at the State hospital for criminal insane, Dannemora, N. Y., revealed 48 ex-service men held in confinement for crimes ranging from simple assault to manslaughter. All such men will be examined and if their disability is found to be a result of their war service they will benefit by the relief provided by the government for disabled soldiers, the bureau announces.

WRIGLEY'S

AFTER EVERY MEAL

WRIGLEY'S SPEARMINT

THE PERFECT GUM LASTS MINT LEAF FLAVOR

Satisfies the sweet tooth and aids appetite and digestion. Cleanses mouth and teeth. A great boon to smokers, relieving hot, dry mouth. Combines pleasure and benefit. Don't miss the joy of the new WRIGLEY'S P-K—the sugar-coated peppermint tid bit!

Save the wrappers

Good for valuable premiums

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 railway rates, etc., write

W. V. BENNETT
Room 4, Bee Bldg., Omaha, Neb.

Authorized Agent, Dept. of Immigration and Colonization, Dominion of Canada

150 ACRES FARM IN WESTERN CANADA FREE

Reason for His Preference.

Richard was fond of a neighbor and liked to spend the greater part of every day at her home. One day I said: "Why, Richard, I believe you like Mrs. Ford better than mother." "Well," he replied, "she isn't always washing me up."

Sticking Close to Her Work.

Her Friend—"What is your favorite part of the Bible?" Telephone Girl—"The Book of Numbers."

A diplomat is a man who bosses the crowd and makes them like it.

CURES COLDS IN A DAY

AT ALL DRUG STORES

CASCARA QUININE

World's standard cold and influenza remedy. Dissolved red ink bearing Mr. Hill's portrait and signature.

W. H. HILL CO., DETROIT

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 Monocetateester of Salicylicacid