

"Lots for Your Money Brands" Should Not Tempt You—Use

CALUMET

The Economy BAKING POWDER

That's What Millions of Housewives Do



BEST BY TEST

—They know that Good Baking Powder can't be sold for less—that "more for the money" means bake-day failures, waste of time and money—that Calumet means economy.

The sales of Calumet are over 150% greater than that of any other baking powder.

THE WORLD'S GREATEST BAKING POWDER

Begin each day with a prayer of thanks and end it with one of gratitude.

WHY DRUGGISTS RECOMMEND SWAMP-ROOT

For many years druggists have watched with much interest the remarkable record maintained by Dr. Kilmer's Swamp-Root, the great kidney, liver and bladder medicine.

It is a physician's prescription. Swamp-Root is a strengthening medicine. It helps the kidneys, liver and bladder do the work nature intended they would do.

Swamp-Root has stood the test of years. It is sold by all druggists on its merit and it should help you. No other kidney medicine has so many friends.

Be sure to get Swamp-Root and start treatment at once. 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—Advertisement.

Many a tombstone inscription is too good to be true.

You can help a man up, but once up he has got to help himself.—Theodore Roosevelt.

Hall's Catarrh Medicine

Those who are in a "run down" condition will notice that Catarrh bothers them much more than when they are in good health. This fact proves that while Catarrh is a local disease, it is greatly influenced by constitutional conditions. HALL'S CATARRH MEDICINE consists of an Ointment which quickly Relieves by local application, and the Internal Medicine, a Tonic, which assists in improving the General Health.

And many a man's race prejudice is due to his having been on the wrong horse.

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. Advertisement.

Most young folks enjoy doing what's right if they know their efforts are appreciated.

The American Legion

Copy for This Department Supplied by The American Legion News Service

ONE-QUARTER MILLION IDLE

Director National Americanism Commission of Legion Cities Condition in United States.

More than a quarter of a million workmen are unemployed in the United States, according to a recent survey conducted by Garland W. Powell, director of the national Americanism commission of the American Legion.



G. W. Powell.

"The results of this census directly refutes many arguments in favor of lowering the bars against alien immigration this year," said Powell. "There is an organized movement afoot among certain employing interests to repeal the present 3 per cent act for limiting immigration, on the plea of a scarcity of labor. The American Legion wants to bring the true conditions of affairs before the country. We are not alarmists, but we do not feel that the true business interests of the country will be forwarded by bringing in all the cheap foreign labor that Europe can supply. We want to see American industries manned by American labor at a living wage."

Powell declared that he could bring forward statistics to prove that in the coal industry alone, three miners were struggling to make a living on work enough for just two.

"The American Legion is pro-American," said Powell. "We are absolutely neutral in economic disputes, because our membership is made up from all sorts of occupations, employers and laborers alike. But we feel it our duty to warn the American people, that the population of this country is already one-third foreign by birth or extraction. Unrestricted immigration would Europeanize this country in five years more. That is a condition we do not desire."

SUES FOR WAR CHEST FUNDS

Commander of Ohio Legion Department Seeks to Gain Control of Contributions.

War chest funds collected for service men of the World war belong to the American Legion since it is the one all-inclusive veterans' organization, according to Gilbert R. Bettman, commander of the Ohio department of the American Legion.



G. R. Bettman.

Acting on this belief, Mr. Bettman has instituted civil suits in an endeavor to—obtain a court ruling granting the residue of war chest funds to the Legion.

His most remarkable victory was the recent ruling of the Ohio Court of Appeals, awarding a fund of \$115,000, collected during the war to supply comforts for the men of the Eighty-third division, to the Legion.

"The court ruled that the Legion is the one representative organization of veterans of the World war and that comforts belonging to the men who served should come properly to them in their present organization. "As the G. A. R. is to the Civil war, so the American Legion is and will be the outstanding military organization representing the ex-soldiers of the World war," the opinion of the court stated.

Mr. Bettman has started a membership campaign in Ohio with a goal of 60,000 Legionnaires. Ohio posts will have exceptional inducements to beat the bushes for new members, since the war chest fund awarded by the Court of Appeals will be distributed among the posts on a basis of membership on July 1.

The Ohio Legion head was a warm personal friend of the late F. W. Galbraith, Jr., and is chairman of a Legion committee which will erect a \$25,000 memorial to the former Legion leader on a cliff overlooking the Ohio river near Cincinnati.

Legion Chair to Be Endowed.

An American Legion chair of American history and patriotism is to be endowed at Pacific university, Forest Grove, Ore., for which purpose \$50,000 now is being raised. Since the close of the war, Pacific university has been granting ex-service men free tuition as an inducement to acquire a college education. To aid its program, the Legion chair of patriotism was launched "to the end that the ideas and ideal of our forefathers may still abide; to the end that the heroic service and sacrifices of the Legion men be perpetuated in the lives of those who will enter the doors of Pacific university."

PLAN RELIEF FOR DISABLED

American Legion Asks for Sixteen Changes in the War Risk Insurance Law.

Substantial relief will be given by congress to disabled veterans of the World war, should amendments to the war risk insurance act, requested by Joe Sparks, chairman of the national rehabilitation committee of the American Legion, be enacted into law.



Joe Sparks.

The Legion asks for 16 changes in the law, in order that veterans disabled as a result of their war service, not now receiving relief from the government, may be cared for by law.

Amendments to the war risk insurance act requested by the Legion at a recent hearing follow:

1. That if the insurance of a neuro-psychiatric patient of the veterans' bureau has lapsed and he has not had a guardian appointed by court, that the director of the United States veterans' bureau be directed to reinstate his insurance and continue it in force.
2. To prevent the examiners of the veterans' bureau from using their judgment as to whether a man's disability is of service origin when this disability was not noted at the time of his enrollment for service.
3. The word "pulmonary" be stricken from the law so that service men suffering from tuberculosis of the glands or bone may become compensable.
4. That the period of separation from active service during which an ex-service man would be considered to have contracted tuberculosis automatically from service be extended to five years from the present period of two years following discharge.
5. That the provision limiting to two years a man's automatic service connection when suffering from a neuro-psychiatric disease, be automatically extended to five years.
6. That burial expenses of \$100 be amended to provide for \$200 transportation of the body and burial, and that this be extended to claimants of the bureau who die in institutions under the jurisdiction of the bureau, although they have not been declared compensable.
7. That where a disabled veteran has been an inmate of a hospital or asylum during a continual period of one year or more or where such person has been rated as totally disabled or totally and temporarily disabled for a continual period of one year or more, he shall be rated as totally and permanently disabled.
8. Providing that the total permanent disability rating clause be amended to include the loss of the hearing of both ears as permanent and total disability.
9. That in no case shall the compensation of a disabled person be reduced unless a physical examination has been made since the last rating, nor until he shall have been given at least three months' notice mailed to his last address of the bureau's intention to make a reduction.
10. To extend the period from one year after discharge to from August 2, 1922, to August 2, 1928, for obtaining certificates of disability.
11. To make certificates of disability irrevocable.
12. That the date by which government term insurance must be converted to insurance carrying a reserve shall be extended from 1926 to 1931.
13. That an applicant for reinstatement who suffers from a disability of service origin, and who is indigent may reinstate his government insurance and have the lapsed premiums charged against the face of his policy.
14. To make permanent total disability payable to veterans whose insurance has lapsed, where compensation in excess of premiums was due.
15. To make insurance payable to beneficiaries, where a permanent total disabled veteran was denied reinstatement because of his condition, and has since died.
16. To provide that the veterans' bureau shall furnish all patients on discharge from hospital, a statement of the medical finding as to the condition of such patient.

SINGS IN YORK POST REVUE

Miss Nora Sechrist, Vocalist, Assists Pennsylvania Boys in Big Entertainment.

Remembering the cheering effects of soldier shows which enlivened the long, dreary months while the American doughboys were waiting in France for the ship to take them home, American Legion members have established the practice of staging home-talent dramatic productions in all parts of the country.

Assisted by their Miss Nora Sechrist woman friends and relatives, the Legionnaires have been able to produce some creditable performances. Among the productions of 1923 was the American Legion Revue, held by the post at York, Pa.

Miss Nora Sechrist, who sang the leading role in the 1921 and 1922 revues of the same post, consented to assist the Legionnaires by starring in the 1923 performance.

A Rain Trap.

In a time of distressing drought a harassed amateur agriculturist stepped into a shop and bought a barometer. The clerk was making a few explanations about indications and pressures when the customer interrupted impatiently, saying: "Yes, yes, that's all right, but what I want to know is how you set the thing when you want it to rain?"—American Legion Weekly.

Fund to Buy Linens.

The Marion County Council of the American Legion Auxiliary in Indianapolis, unanimously voted to raise \$2,000 for a memorial fund to buy linens for the first unit of the James Whitcomb Riley Memorial Hospital for Children, now under construction.



WET FEET BRING COUGHS AND COLDS

Until entirely rid of a cough or cold, look out. They are a source of danger.

Just a few doses of Pe-ru-na taken soon after exposure or first manifestation of trouble will usually break a cold or dissipate in a hurry the most persistent cough.

Two generations have known PE-RU-NA and its astonishing success in the relief of catarrhal diseases. The proper medicine to have on hand for every-day ill.

KEEP IT IN THE HOUSE

Disordered Stomach

Take a good dose of Carter's Little Liver Pills—then take 2 or 3 for a few nights after. You will relish your meals without fear of trouble to follow. Millions of all ages take them for Biliousness, Dizziness, Sick Headache, Upset Stomach and for Sallow, Pimply, Blotchy Skin. They end the misery of Constipation.

Working hours were made for work. That's Different.

Children's handkerchiefs often look hopeless when they come to the laundry. Wash with good soap, rinse in water blued with Red Cross Ball Blue.

Do it and it will soon be gone.

Strive to make today atone for the sins of omission or commission of yesterday.

Advertisement.

Do it and it will soon be gone.



Finish new walls with Alabastine, the wall coating particularly adapted for use over plaster or wall board and is always artistic and sanitary.

Look for the Cross and Circle printed in red on every genuine package. For sale at all good stores handling paints.

Redecorate the old home with Alabastine because it can be applied over any interior surface—new or old. There will be no disappointment, no expensive mistakes to correct if you use

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