

MRS. M. SNYDER GAINS 20 LBS.

Declares Tanlac Overcame Rheumatism and Stomach Trouble, Restoring Full Vigor.

"Tanalac built me up twenty pounds, and I am as happy over my new health as my little boy was over his Christmas toys," declared Mrs. Mary Snyder, 338 Estes St., Charlottesville, Va. "For two years I suffered from stomach trouble, rheumatism and a nervous, run-down condition. I was almost a skeleton and got to the point where, when I went to bed nights, I wondered if I would be able to get up in the morning. Rheumatism in my shoulders was so painful, and I was so thin and weak that I did little of anything except try to get well. "I was in despair when I started taking Tanlac, but now my troubles are all gone and I am as healthy and happy as I could wish to be. Tanlac has earned my undying gratitude." Tanlac is for sale by all good druggists. Over 35 million bottles sold.—Advertisement.

Somebody Else.

I had been going with one of these domineering sort of fellows and so I wasn't much surprised when one night while we were driving along a country road he suddenly stopped the car, put his arm around me, and said: "Dear I have a surprise for you. We are going to get married." And I said, "Good, but whom will we marry?" He was very angry, and quite needless to say, I married somebody else.—Chicago Tribune.

For your daughter's sake, use Red Cross Ball Blue in the laundry. She will then have that dainty, well-groomed appearance that girls admire.—Advertisement.

Too Much for Ticket Clerk.

Mrs. Borem (buying a railway ticket)—"What became of the ticket clerk who used to be at this window?" Ticket Clerk—"He's in a lunatic asylum."

"You don't say so! What was the reason?" "A shock."

"Shock, eh?" "Yes, one day last week a woman came to his window, bought a ticket, paid for it and walked away without stopping to ask a string of questions."—Los Angeles Times.

Happy.

"Do you have much trouble with patients in your asylum?" "No, they are all busy writing scenarios."

Human mouth naturally stays shut. Whose fault is it if it is open too much?

MRS. EARLS TELLS WOMEN

How Backache and Periodic Pains Yield to Lydia E. Pinkham's Vegetable Compound

Olean, N. Y. — "Every month my blood would go to my head and I would have such a headache, nosebleed, backache and pains that I could not do my work. At night I could not get my rest and nothing seemed to do me any good. I read some of your testimonials about what Lydia E. Pinkham's Vegetable Compound had done for others, so I decided to try it. I had only taken two bottles when I began to be better, and my back did not hurt me nor my head ache. I felt like a new woman. The Vegetable Compound is a splendid medicine and I will always recommend it."—Mrs. A. D. EARLS, 630 N. 6th St., Olean, N. Y.

Mrs. Kelsey adds her Testimony
Copenhagen, N. Y. — "I read your advertisement in the papers and my husband induced me to take Lydia E. Pinkham's Vegetable Compound to get relief from pains and weakness. I was so weak that I could not walk at times. Now I can do my housework and help my husband out doors, too. I am willing for you to publish this letter if you think it will help others."—Mrs. HENRIET KELSEY, R.F.D., Copenhagen, N. Y.

Stop Laxatives

Which Only Aggravate Constipation

Nujol is a lubricant—not a medicine or laxative—so cannot gripe. When you are constipated, not enough of Nature's lubricating liquid is produced in the bowel to keep the food waste soft and moving. Doctors prescribe Nujol because it acts like this natural lubricant and thus secures regular bowel movements by Nature's own method—lubrication. Try it today.

Nujol

A LUBRICANT—NOT A LAXATIVE

The AMERICAN LEGION

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

OFFICIAL HOST FOR LEGION

Bowman Elder, Appointed Chairman of the Distinguished Guests' Committee; Represents Oweley.

Bowman Elder, American Legion national executive committee member from Indiana, recently has been appointed chairman of the distinguished guests' committee of the American Legion by Alvin Owsley, national commander of the Legion. This post is said to be one of the most important in the activities of the Legion, as, in the capacity of personal representative of the commander of the Legion, it will be Mr. Elder's duty to meet visitors from abroad at their entry to this country, conduct them on their tours and arrange their public appearances—in short to be official host for the Legion. Mr. Elder's wide acquaintance in the United States and his ability as a "mixer" make him especially fitted for a position of trust of this kind.



Bowman Elder.

The new chairman was born in Indianapolis in 1888 and was educated in Chestnut Hill academy at Chestnut Hill, Pa., and at the University of Pennsylvania, from where he was graduated. In his home town, Indianapolis, he is prominent in local affairs, but especially in athletics and in American Legion work. He is a director of the University club of Indianapolis, Dramatic club, Boys' Club association, Indianapolis Telephone company and the Indianapolis real estate board. He also is a member of the Zeta Psi fraternity, Contemporary club, Hoosier Athletic club, Indianapolis Country club, Union League and the Indianapolis Athletic club.

Bowman Elder was commissioned a first lieutenant in the coast artillery at the Second officers' training camp in 1917 and now holds the rank of major in the Coast Artillery Reserve corps. His military service included duty with the A. E. F. in the Seventy-first field artillery from July 30, 1918, to February 22, 1919.

TO URGE BETTER MEMORIALS

Fitting and Enduring Monuments to Receive Attention of Committee Headed by Francis Robinson.

That the memorials erected in the United States to those who served in the World war shall be both fitting and enduring, architecture and environment are the first consideration of the committee on memorials of the national organization of the American Legion.

This committee is headed by Francis A. Robinson of Des Moines, Ia., a landscape architect whose work in city planning gave him the position of instructor in his line at the A. E. F. Art Training school in Paris, in 1919.

Mr. Robinson was born January 3, 1887, and is a graduate of Dartmouth college and Harvard university. He enlisted as a private in the 33rd Engineers, 88th division, in July, 1918, and was in the Meuse-Argonne offensive. During his service he was promoted to second lieutenant and is now division camouflage officer with the 88th division, holding the rank of captain.

The Memorials committee will study all questions of the erection of memorials within the boundaries of the United States and make available the best architectural and artistic advice for the use of members of the Legion. This information, together with other data on the general question of memorials will be prepared in pamphlet form for the use of Legion posts throughout the country, so that each community may make use of the experience of the committee in the planning and erection of such projects as may be undertaken.

Easily Explained.
Whenever the Rev. ren Tobins Skiller called on Aunt Sally, it was her custom to place a large plate of gingerbread before him and then ply him with what she called "religious spoudin's."

"Whaffo do de Lawd sen epidemics unto de land?" she asked him one day.

"Sometimes folkses gits so bad dey must be removed, whe'upon de comint' of an epidemic am permitted," replied the parson.

"But," objected Aunt Sally, "den buccum de good folkses gets removed 'longside de bad ones?"

Not a trace of embarrassment was evinced by the rev. ren.

"De good ones is summoned for witnesses," he explained. "De Lawd aims to give every man a fair trial."—American Legion Weekly.

JAPAN MAY ORGANIZE LEGION

American Body Is Influential in Granting Better Feeling Between the Two Countries.

The American Legion is playing an important part in the fostering of a better feeling between Japan and the United States, according to Walter Myers of Indianapolis, former national committeeman of the Legion, who recently returned from a business trip in the Far East, during which he took occasion to visit the Legion post in Japan and China.



Walter Myers.

"In Yokohama," said Mr. Myers, "the anti-racist press was creating quite a bit of furor with the assertions that the American Legion was a scheme of the American government for gaining a military foothold in Japan. Allan Tukey, who was at that time commander of the Yokohama-Tokyo post of the Legion, was much concerned over the state of affairs. He finally decided that the most effective way of overcoming the antagonism would be by gaining more official recognition for the Legion's principles."

Mr. Myers tells how Tukey persuaded an attache of the American embassy in Yokohama to accompany him on a formal visit to invite a Japanese general to attend one of the post meetings. The general accepted, although with reluctance.

The Legion post served dinner and conducted their regular business meeting, with the general, who understood English, present. At the conclusion the Japanese was asked to make a talk. This he did, explaining what a revelation it was to him to find a body of young men gathered together for the sole purpose of mutual helpfulness and social pleasure. Organizations of this character are foreign to anything in the Japanese life, he explained, in accepting the invitation extended through him to any of his race to attend the meetings at any time.

"From that time on," said Mr. Myers, "the talk of there being an ulterior motive back of the Legion was silenced. A few months later an admiral of the Imperial navy, visiting the Philippines, made inquiries of the post there as to the possibility of Japan organizing an association of its young men along the same lines as the American Legion."

"A HISTORY OF THE LEGION"

Book by Marquis James Has Created Much Interest Within Ranks of the Organization.

Marquis James, whose book "A History of the American Legion," has created in each comment within the organization, has enjoyed exceptional opportunities as an observer of events and personalities which have gone to constitute Legion history.

He has been identified with the national organization since 1919 and has known every person and has witnessed most events which have contributed to the Legion's development and growth. Mr. James has noted these down and his book reveals many interesting episodes which have influenced the destinies of the Legion. The foreword to Mr. James' volume is written by Alvin Owsley, the national commander.

Mr. James joined the staff of the American Legion Weekly in August of 1919 and in 1920 became the editor. He left the magazine to organize the American Legion News Service. Subsequently he organized the National Speakers' Bureau and the American Legion Film Service, and was appointed National Director of Publicity, which position he resigned in 1922 to return to New York as a special writer for the Weekly and for magazine and newspaper interests outside the Legion organization.

Mr. James conducted an exhaustive investigation of war-time profiteering and the series of articles he wrote under the title of "Who Got the Money" created a national sensation. They resulted in renewed activity by the War department and the Department of Justice against alleged irregularities by contractors.

Evidence uncovered by Mr. James has been utilized in governmental actions against contractors and more than \$10,000,000 has been recovered to the treasury.

Mr. James is a native of Oklahoma. During the war he was an infantry captain, spending nineteen months overseas. He has worked on newspapers in Kansas City, St. Louis, New Orleans, Chicago, New York and other cities.

Entertained Bulgarians.
The William Peck post of the American Legion of Minneapolis recently acted as host to 12 Bulgarians, recent arrivals in this country. The affair was part of the post's Americanism campaign, which calls for deeds and not mere words. The Legionnaires found that although their guests understood little English they were not unversed in the mysteries of the fox-trot. The meetings will be held monthly hereafter.

YEAR OF ADVANCE

Canada Rightly Proud of Its Achievements in 1922.

Has Bravely Met and Overcome Depression Following the War—Financial Standing as Nation High.

The year 1922 in Canada, Western Canada particularly, has been a year of quiet achievement. If there has been nothing in its development of a spectacular nature, there has been a steady growth, a resolute elimination of things immaterial to prosperity.

The year 1923 is entered upon by the people of the West in high hope that it ushers in a period of prosperity based upon the productivity of the country and the vast riches of its natural resources.

Canada, in common with all other nations, has felt keenly the cycle of depression following the spurious activity and inflated business coming immediately after the cessation of the war. It has met and overcome many obstacles in the path of its prosperity. The year just passed, however, has seen the silver lining peep out from the edges of the dark cloud and has demonstrated to the world the certainty which this country can adjust itself to changed conditions. This is evidenced by the fact that Canada has been the first among all countries whose currencies fell below par to bring that currency back to par, and even for a time above par. It did this in the face of what seemed insuperable difficulties, increased its exports, lessened its imports, and generally set its business house in order.

The high standing of Canada as a nation is shown by the ease with which her bonds are absorbed and by the high prices paid for them, and Winnipeg. It may be mentioned, in a recent flotation obtained a higher price than even any provincial government for some time.

Western Canada in 1922 harvested its largest grain crop. Its production of grain, live stock, cereal and dairy products will, when all is marketed, produce in the neighborhood of a billion dollars. There has been, and there still is felt considerable disappointment that the total value is not larger, but the fact remains that this vast sum of money has come to the West, or is in the process of coming, and if, as is undoubtedly true, much of it is used in the liquidation of obligations incurred in the past, it is but a safer and saner, if longer, road to that prosperity to which all are looking. In the process of reaching this prosperity it is inevitable that there must be some failures.

As a matter of fact, it is the opinion of many prominent business men that 1922 saw the corner definitely turned and that 1923 will commence the upward swing.—Advertisement.

Australian Cotton.

Crawford Vaughan, managing director of the Cotton Growing association, speaks optimistically of the prospects of cotton growing in Australia. In 1921 under 1,000,000 pounds of seed cotton was grown, in 1922 2,000 growers produced 4,000,000 pounds, and in 1923 it is estimated that 15,000 growers will produce a minimum of 25,000,000 pounds, and possibly 50,000,000 pounds. It is anticipated that the present acreage, 70,000, will be doubled in 1924. The Cotton Growing association is spending \$1,000,000 this year for additional plants. A large spinning plant in Sydney is being constructed, using Australian cotton as a prelude to a great manufacturing business.

WOMEN NEED SWAMP-ROOT

Thousands of women have kidney and bladder trouble and never suspect it. Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease.

If the kidneys are not in a healthy condition, they may cause the other organs to become diseased.

Pain in the back, headache, loss of ambition, nervousness, are often times symptoms of kidney trouble.

Don't delay starting treatment. Dr. Kilmer's Swamp-Root, a physician's prescription, obtained at any drug store, may be just the remedy needed to overcome such conditions.

Get a medium or large size bottle immediately from any drug store.

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.

Plenty of Weight.

"I'm going to get back at some of these motorists."

"Hey?"

"I've been afraid of them long enough. Now let some of them be afraid of me. I'll get a car myself."

"Better get a truck."

Red Cross Ball Blue should be used in every home. It makes clothes white as snow and never injures the fabric. All good grocers.—Advertisement.

The Quarrel.

"They've had a dreadful quarrel."

"Were you there?"

"Yes, and I was afraid every minute she would lose her temper entirely and take a shot at her husband."

Some of the "wisdom of age" is gumption not to waste time pursuing the unattainable.



Try these Bakers' Raisin Pies —save baking at home

THERE are luscious raisin pies just around the corner, at your grocer's or a bake shop.

Baked to a turn—a flaky crust filled with tender, tempting raisins, the rich juice forming a delicious sauce.

Once try these pies that master bakers bake fresh daily in your city and you'll never take the trouble afterwards to make raisin pies at home. Get a pie now and let your men folks taste it.

Made with tender, thin-skinned, meaty, seeded Sun-Maid Raisins.

SUN-MAID RAISINS

The Supreme Pie Raisin

Your retailer should sell you Sun-Maid Raisins for not more than the following prices:

Seeded (in 15 oz. blue pkgs.)—20c
Seedless (in 15 oz. red pkgs.)—18c
Seeded or Seedless (11 oz.)—15c
Seeded, in tins (12 oz.)—20c
Seeded, in tins (8 oz.)—15c

CUT THIS OUT AND SEND IT

Sun-Maid Raisin Growers, Fresno, California

Please send me copy of your free book, "Recipes with Raisins."

NAME _____
STREET _____
CITY _____ STATE _____

Blue Package

Yeast Foam makes good bread

Every girl should learn how to make good bread. It should be the foundation of her home cookery training.

Send for free booklet "The Art of Baking Bread"



Northwestern Yeast Co. 1730 North Ashland Ave. Chicago, Ill.

In Another Class.
There was a fire in our neighborhood and mother told the twins they could not go, but could watch from our yard. Father went to see if he could help.

"Let's go," I heard Billy say.

"Mother said we couldn't," said Bobby.

"But father went," protested Billy.

"Oh yes," answered Bobby; "but fathers have got minders of their own." —Exchange.

CASTORIA

For Infants and Children In Use For Over 30 Years Always bears the Signature of *Chas. H. Fletcher*

IF YOUR Uses "Cutter's"
Serums and Vaccines he is doing his best to conserve your interest. 25 years concentration go one line count for something.

VETERINARIAN
The Cutter Laboratory "The Laboratory That Knows How" Berkeley (U.S. License) California

New Hair
To replace old, should be growing all the time. It will if you use Q-Ban Hair Tonic—Don't get bald, get Q-Ban today—It's much more pleasant. At all good drug stores, 60c or direct from HENNING-ELLIS, Chicago, Memphis, Tenn.

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.

GENUINE BEAR SIGNATURE—Bartwood, Small Pill; Small Dose; Small Price

10 Cents Gives Cheerful New Color Tone to Old Curtains PUTNAM FADELESS DYES—dyes or tints as you wish