

OFFERED THREE YEARS

ly by Lydia E. Pinkham's
Vegetable Compound.

Mass. — "I was all run down and
awful pain in my right side, was
persistently constipated and had very
dizzy spells. I suffered for three years
and was perfectly miserable until a
friend was telling me to try Lydia E.
Pinkham's Vegetable Compound and I
found it a wonderful medicine. I can
now do twice as much work and I
recommend the Vegetable Compound to
women. You can use these
as a testimonial." — Mrs. M.
B. Bessy, 186 Appleton Street,
Mass.

women will continue to suffer so
more than we can understand,
they can find health in Lydia E.
Pinkham's Vegetable Compound. I
forty years it has been the stand-
ard for female ills, and has re-
stored the health of thousands of women
who have been troubled with such ills
as displacements, inflammation,
irregularities, etc.

u want special advice write to
Lydia E. Pinkham Medicine Co. (confi-
dential), Lynn, Mass. Your letter will
be read and answered by a
woman held in strict confidence.

ogged-Up ver Causes adache

ish to suffer from constipation,
adache, biliousness, dizziness,
ion, and kin-
diments

**CARTER'S
LIVER
PILLS**
II end ery
bours.
vege-
Act
on liver and bowels.

III—Small Dose—Small Price
CARTER'S IRON PILLS, Nature's
erve and blood tonic for
Rheumatism, Nervousness,
sness and Female Weakness.

ast best signature *Benford*

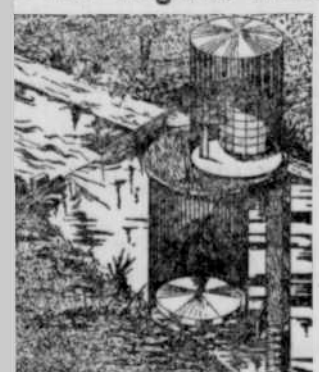
6799 DIED

York City alone from kid-
able last year. Don't allow
f to become a victim by
ng pains and aches. Guard
this trouble by taking

GOLD MEDAL PARLETT'S OIL

d's standard remedy for kidney,
adder and uric acid troubles.
s national remedy since 1895.
gists, three sizes. Guaranteed.
he name Gold Medal on every box
and accept no imitation

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L, Water Level Recorder and Flow Meter
water heights and measure the flow
order \$37.50. Write for Particulars
VOELPEL & COMPANY
Portland, Oregon.

**PARKER'S
HAIR BALM**
Restores Color and
Beauty to Gray and Faded Hair
and makes it grow again.
Sells everywhere. Write, Parkers, N. Y.

RCORNS Removes Corns, Cal-
luses, and other skin troubles. The
only remedy that cures. Write for
the full story. 50c. by mail or at
a C. C. C. Store, Parkers, N. Y.

**Your Skin—Pores
ive and Healthy
h Cuticura Soap**
Ointment 25 and 50c, Talcum 25c.

make the best two-in-one polish
ever put before the public for
cleaning automobiles, pianos,
etc. Guaranteed waterproof, sun-
proof; contains no grease, soap,
ammonia, kerosene, turpentine
or any other harmful element. Removes
mud, dirt, grease, road oil or tar
spring or scratching enamel; makes
it like new. Formula with particu-
lar, buying, costs, selling prices,
to use, all for 12c. Costs small;
Agents: W. J. Broadbent, Mfg. Co.,
1489 Sheridan, Detroit, Mich.

ES. **POSITIVELY REMOVED** by Dr. J. B. J. J.
P. O. Box 1000, New York City, N. Y.

Salt Lake City, No. 18-1920.

The AMERICAN LEGION

ALONG THE LINE OF MARCH

WITH THE NATIONAL SERVICE MEN



(Copy for This Department Supplied by National Headquarters of the American Legion)

HANDLES WAR RISK CLAIMS

Head of Service Division of the Amer-
icann Legion Has Had Exten-
sive Experience.

Charles F. Sheridan, head of the
service division of the American
Legion at national
headquarters, Indianapolis, is a
native of Oswego,
New York, and
has had consid-
erable experience
in the war risk
insurance bureau
which enables
him to handle
with the great-
est dispatch the
thousands of war
risk claims that
constantly pass through his office.

Following his graduation from Am-
herst college in 1912, Mr. Sheridan
was engaged in the practice of law
in Syracuse, New York, under the
firm name of Sheridan & Sheridan,
when he entered the service as a
private and served until November
1918, when he was commissioned a
Lieutenant.

He was transferred by the war de-
partment to the war risk section, and
appointed a battalion sergeant major
of infantry, December 1917. He
sailed for France on Christmas day
of that year and was appointed regi-
mental sergeant major of infantry
May, 1918.

His entire service overseas was with
the war risk section. From chief
clerk of the allotment department, he
was promoted to be assistant head,
and was finally appointed head of
the allotment department.

He was appointed chief of the spe-
cial service division of the bureau
of war risk insurance on February
5, 1919, and continued in that po-
sition in Washington until May, 1919,
when he was appointed national war
risk officer of the American Legion.
He was appointed assistant national
secretary of the Legion and then di-
rector of the service division.

LABOR UNIONS FAVOR LEGION

Kern County, California, Labor Council
Recommends That All Members
Join World War Body.

While a number of isolated cases of
local unions taking action against the
American Legion have been given con-
siderable publicity in the press, practi-
cally nothing has been said with regard
to the hundreds of locals through the
country that have endorsed the work of
the Legion. A story along this line was
recently carried in the Union Labor
Journal of Bakersfield, Cal., as follows:

There has been a disposition upon
the part of some persons who are none
too desirous of seeing a friendly spirit
developed between organized labor and
the American Legion who have gone
out of their way to make representa-
tions to the effect that union labor is
antagonistic to the Legion. This sort
of misrepresentation has been indulged
in to the extent that false reports have
been disseminated to the effect that
labor organizations have attacked the
American Legion in resolutions of con-
demnation. In no instance have we
known of any such attitude upon the
part of a labor organization, nor do we
credit as truthful any report to that
effect. On the contrary organized la-
bor recognizes the fact that the great
mass of the membership of the Ameri-
can Legion are working men to whom a
great debt is owed by the nation. It
recognizes the further fact that the
interests of the members of the Legion
are identical with those of the rest of
American working men.

The national executive committee as
well as the state executive committee
of the American Legion has repudiated
the attempts of those who have sought
to make the Legion an organization an-
tagonistic to labor, a thing which could
never be because of the fact that from
the ranks of labor came the great ma-
jority of the young men who made up
the army of democracy.

Union labor has not sought to make
of the Legion a partisan of unionism
nor can it take kindly to the efforts of
those designing ones who try to create
enmity between the American Legion
and organized labor.

During the present week a statement
has gone from Bakersfield to a certain
metropolitan paper to the effect that
the Kern County Labor Council had in
a resolution denounced the American
Legion. The report is so maliciously
groundless that it could have been in-
spired only by a desire to influence the
Legion and labor organizations else-
where into an attitude of antagonism.

The Sacramento Labor Council has
this week passed a ringing resolution
of indorsement of the American Legion
and the Kern County Labor Council
has taken occasion to deny the enor-
mous allegation by stating in unequivocal
terms its friendship for the Ameri-
can Legion, its membership and its
purpose, in a resolution of indorse-
ment.

We wonder if the author of the libel-
ous report that the Labor Council had
condemned the American Legion knows
what proportion of the men from this
community who served in the military
and naval forces was or now are mem-
bers of organized labor. If he had he
would certainly have picked out a com-

munity in which the number of work-
ingmen who carry union cards and an
honorable discharge from the army
was not so numerous as in Kern
county. It would surprise him to know
that at least half of the men who went
into the service from Kern county are
or have been members of a labor union.

The resolution follows:
"Whereas, The American Legion is
an organization composed of men and
women who gave their services to the
government of the United States or
one of the allied powers during the
great war; and

"Whereas, The American Legion is
organized for the purpose of promoting
the interests of those who gave their
services to the country in that great
crisis; and

"Whereas, The interests of the great
majority of the members of the Ameri-
can Legion are known to be identical
with the aims and aspirations of or-
ganized labor; therefore be it
"Resolved, By the Kern County La-
bor Council, in regular session assem-
bled, this 23rd day of December, 1919,
that we indorse the American Legion
and recommend that all members of
local unions affiliated with this body
eligible for membership in the Ameri-
can Legion take their rightful places
as members of that organization."

FRENCH PAY TENDER TRIBUTE

Present Elaborate Certificates to Next
Kin of American Boys Who Died
in the War.

The French certificates, 118,400 of
which were distributed to the next kin
of the American soldiers, sailors and
marines who died in the war, are beau-
tifully engraved diplomas typical of
the artistic nature of the French peo-
ple. The certificates were distributed
by the posts of the American Legion
with appropriate exercises on Wash-
ington's birthday, in expression of the
French government's appreciation of
the supreme sacrifice made by these
men.

The principal figure of the group
symbolizes the soul and spirit of the
American army which helped France to
maintain alive the flame of the torch
of liberty and justice.

The sword is not in the scabbard but
ready at any moment to protect and
staunchly defend the weak and op-
pressed, who are symbolized in the
group to the left by a mother holding
her baby to her breast, and to insure



Certificate Presented to the Kin of
Americans.

freedom and justice to the coming
generations, represented by the figure
of the kneeling boy, praying and thank-
ing God for deliverance.

At the right, the figure of a man,
chained and shackled, symbolizes the
spirit of evil and the victory over our
enemies. Also at the right, crowning
the spirit of America, stands "Glory"
who rejoices with the old war veteran,
standing to the left of the principal
figure, symbolizing the armies, who are
always ready to fight for the good of
humanity.

Universal fame is symbolized by the
winged figure, flying over the group,
and trumpeting to the world, the great
triumph in which the United States
participated. The American eagle,
posed on the staff of peace, watches
zealously and stands ready to swoop
in case enemies again endeavor to disturb
the peace of the world, so dearly ac-
quired.

The entire group is framed by a bor-
der of oak and laurel leaves which are
always decreed to the victors.

At the foot of the cenotaph the flags
of France and America are draped and
joined together by a wreath, which is
the mark of gratitude and homage
which France pays to our sons who
gave their lives for liberty and justice.

The lines engraved on the wall be-
hind the group are taken from one of
Victor Hugo's poems, and when trans-
lated read, "Those who died plausibly
for their country, have the right that
at their graves, the people come to
pray."

Humming birds are not found out-
side the Western hemisphere.

SALTS IF BACKACHE AND KIDNEYS HURT

Stop Eating Meat for a While if
Your Bladder is Troubling
You.

When you wake up with backache
and dull misery in the kidney region it
generally means you have been eating
too much meat, says a well-known au-
thority. Meat forms uric acid which
overworks the kidneys in their effort
to filter it from the blood and they be-
come sort of paralyzed and loggy.
When your kidneys get sluggish and
clog you must relieve them, like you
relieve your bowels; removing all the
body's urinous waste, else you have
backache, sick headache, dizzy spells;
your stomach sours, tongue is coated,
and when the weather is bad you have
rheumatic twinges. The urine is
cloudy, full of sediment, channels
often get sore, water scalds and you
are obliged to seek relief two or three
times during the night.

Either consult a good, reliable physi-
cian at once or get from your phar-
macist about four ounces of Jad Salts;
take a tablespoonful in a glass of
water before breakfast for a few
days and your kidneys will then act
fine. This famous salt is made from
the acid of grapes and lemon juice,
combined with lithia, and has been
used for generations to clean and
stimulate sluggish kidneys, also to
neutralize acids in the urine so it no
longer irritates, thus ending bladder
weakness.

Jad Salts is a life saver for regular
meat eaters. It is inexpensive, cannot
injure and makes a delightful, effe-
rescent lithia-water drink.—Adv.

For Government Regulation.

"I presume you're mighty glad the
war is over."

"Well, I don't jes' know about dat,"
answered Mandy. "Cose I'se glad to
have my Sam back home an' all dat,
but I jes' know I ain't never gwine t'
get money from him so regular as I
did while he wuz in de army an' de
government wuz handlin' his financial
affairs."

DYES HER GARMENTS BUT NONE CAN TELL

"Diamond Dyes" Turn Faded, Shabby
Apparel Into New.

Don't worry about perfect results.
Use "Diamond Dyes," guaranteed to
give a new, rich, fadeless color to any
fabric, whether it be wool, silk, linen,
cotton or mixed goods,—dresses,
blouses, stockings, skirts, children's
coats, feathers—everything!

Direction Book in package tells how
to diamond dye over any color. To
match any material, have dealer show
you "Diamond Dye" Color Card.—Adv.

Microbes With a Double Life.

The transformation of microbes
from one form to another has been
described by many investigators, and
it has even been suggested that the
same microbe in different forms may
be responsible for different diseases.

Cuticura Comforts Baby's Skin

When red, rough and itching with hot
baths of Cuticura Soap and touches of
Cuticura Ointment. Also make use
now and then of that exquisitely scented
dusting powder, Cuticura Talcum,
one of the indispensable Cuticura
Toilet Trio.—Adv.

Occasionally a man tells lies by
keeping his mouth shut.

It's the privilege of a hatter to size
a man up.

WRIGLEY'S

The Flavor Lasts!

Always
the best
buy for
the
price

The greatest
five-cents worth
of beneficial
refreshment
possible
to get.

Sealed Tight—Kept Right



The
Flavor
Lasts

Ferocious Artists.
"What are those Paris Apaches we
hear so much about?"

"Denizens of the underworld, my
dear."

"Are they as desperate as we have
been led to believe?"

"I hardly think they are as wildly
wicked as they are made to appear in
the movies. If they were they'd drink
blood instead of brandy."—Birmingham
Age-Herald.

Well Named.

Wheedle—I say, Jack, what is the
name of the club you've joined?

Guiffer—The "Office."

Wheedle—Isn't that rather an odd
name?

Guiffer—Not at all, you can tell the
wife that you were detained at the
"office" without any pricking of con-
science.

Usually the chronic talker is a chron-
ic kicker.

Fresh air is the best cure for colds.

Imaginary Junk.
"That was a narrow escape you
had."

"So it was," replied the corpulent
pedestrian, who had just dodged a mo-
torcar by a surprising display of agili-
ty. "Still, I'm used to such experi-
ences. If all the motorcars I've men-
tally demolished for making me jump
were put in one pile it would be high-
er than the tallest structure ever
raised by human hands."—Birmingham
Age-Herald.

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

A homely truth is better than a
handsome lie.

The best way to kill time profitably
is to employ it.

Another Royal Suggestion

BISCUITS, BUNS and ROLLS

From the NEW ROYAL COOK BOOK

BISCUIT! What de-
lights this word sug-
gests. So tender they fairly
melt in the mouth, and of
such glorious flavor that
the appetite is never satis-
fied. These are the kind of
biscuits anyone can make
with Royal Baking Powder
and these unusual recipes.

Biscuits

2 cups flour
4 teaspoons Royal Baking
Powder
1/2 teaspoon salt
2 tablespoons shortening
3/4 cup milk or half milk and
half water
Sift together flour, baking powder
and salt, add shortening and
rub in very lightly; add liquid
slowly; roll or pat on floured
board to about one inch in
thickness (handle as little as
possible); cut with biscuit cutter.
Bake in hot oven 15 to 20 min-
utes.

Royal Cinnamon Buns

2 1/2 cups flour
1 teaspoon salt
4 teaspoons Royal Baking
Powder
2 tablespoons shortening
1 egg
1/2 cup water
1/2 cup sugar
2 teaspoons cinnamon
4 tablespoons seeded raisins
Sift 2 1/2 cups of measured
sugar with flour, salt and bak-
ing powder; rub shortening in
lightly; add beaten egg to water
and add slowly. Roll out 1/2 inch

thick on floured board; brush
with melted butter, sprinkle with
sugar, cinnamon and raisins.
Roll as for jelly roll; cut into
1 1/2 inch pieces; place with cut
edges up on well-greased pan;
sprinkle with a little sugar and
cinnamon. Bake in moderate
oven 30 to 35 minutes; remove
from pan at once.

Parker House Rolls

4 cups flour
1 teaspoon salt
6 teaspoons Royal Baking
Powder
2 tablespoons shortening
1 1/2 cups milk
Sift flour, salt and baking pow-
der together. Add melted short-
ening to milk and add slowly to
dry ingredients stirring until
smooth. Knead lightly on floured
board and roll out 1/4 inch thick.
Cut with biscuit cutter. Grease
each circle with back of knife
one side of center. Butter the
small section and fold larger
part well over the small. Place
one inch apart in greased pan.
Allow to stand 15 minutes in
warm place. Brush each with
melted butter and bake in mod-
erate oven 15 to 20 minutes.

FREE

Write TODAY for the New
Royal Cook Book; con-
tains 400 other recipes just
as delightful as these. Will
show you how to add inter-
est and variety to your
meals. Address
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