**omen with Backache**

acortes, Wash.: —"I was troubled displacement for a long time, causing backache and those heavy bearing pains, and my blood was in bad condition. I had no appetite and was generally run-down. I used Dr. Pierce's Favorite Prescription in connection with his 'Pleasant Pellets' and was completely restored to health. I always recommend ierce's medicines to all my friends." A. Kezar, Gen. Del.

**RVOUS PROSTRATION**

Angeles, Cal.:—"I suffered from us prostration for several years various remedies furnished by the r. At last I tried Dr. Pierce's rite Prescription, together with Dr. e's Golden Medical Discovery, at dvice of a friend who had used it ad been cured, and my recovery prompt and permanent. I cheerecommend Dr. Pierce's medicines." s Faulkner, 232 So. Grand Ave.

**CONSTIPATION AND BOWEL TROUBLE**

erett, Wash.:—"I had constipation mely bad, and had tried different s but got little help. I remembered my grandmother always used Dr. e's medicines and always vowed that was nothing like them, so I decided the 'Pleasant Pellets' for my bowel le. I did so with wonderful results. never without them now."—Mrs. DeMaray, 2902 Hewitt Ave.


**Might Help**

od many scraps in the house days," remarked the parliamenhat of it?"

was just thinking I'd better post little bit on prize fight rules."—ville Courier-Journal.

## USES OF ASPIRIN

**Company, who introduced Aspirin 18 years ago, give advice.**

pirin created a sensation when inced by Bayer over eighteen years Physicians at once proved its erful efficiency in the relief of The genuine, world-famous As- in "Bayer Tablets of Aspirin" is y taken by millions for Colds, ache, Rheumatism, Neuralgia, che, Toothache, Aching Joints, itis, and Pain generally.

sure the "Bayer Cross," which is mark of true "Bayer Tablets of in," is on each genuine package each genuine tablet.

xes of 12 tablets cost but a few and contain proper directions. gists also sell larger "Bayer" ages. Aspirin is the trade mark ayer Manufacture of Monoaceticster of Salicylicacid.—Adv.

g game herds are increasing rapon the four United States big reservations.

## T FADED FROCK WILL DYE LIKE NEW

**mond Dyes" Freshen Up Old, Discarded Garments.**

n't worry about perfect results. "Diamond Dyes," guaranteed to a new, rich, fadeless color to any c, whether it be wool, silk, linen, n or mixed goods,—dresses, es, stockings, skirts, children's feathers—everything!

rection Book in package tells how mond dye over any color. To any material, have dealer show "Diamond Dye" Color Card.—Adv.

glish clergymen are forming a union to get better pay and ng conditions.


**uffered for Years**

**iserable From Kidney Trouble Doan's Made Mr. Barnett Strong and Well.**

suffered untold agony with my eys for years," says John Barnett, Virginia Place, Buffalo, N. Y. metimes I felt that I would burn ith fever, but every now and then ld have a severe chill. Often my es were wring- wet with per- tion. The kid- secretions were tural in color d odor and ed terribly. At my shoes so tight on feet that I ld hardly get off and my s swelled so I n't hold a tea- My back! Oh, it ached! I ed with two canes and was all er like an aged man. When the ble pains shot through my kidneys knees would give way, and many I had to be lifted to my feet by le on the street. I didn't care her I lived or died I was so mis- le. I finally used *Doan's Kidney* and they cured me of all kidney ble. *Doan's* made me strong and

Mr. Barnett

*orn to before me,*
. A. WILCOX, Com. of Deeds.

**Doan's at Any Store, 60c a Box**
**OAN'S KIDNEY PILLS**
**TER-MILBURN CO., BUFFALO, N. Y.**

**KLES** POSITIVELY REMOVED by Dr. Berry's Freckle Ointment—Your druggist or by mail, 50c. Free book. Dr. C. H. Berry Co., 2978 Michigan Avenue, Chicago.


U., Salt Lake City, No. 17-1920.

# The AMERICAN LEGION

WITH THE POSTS OF THE NATIONAL SERVICE MEN

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

## STARTS FUND FOR BUILDING

**Indianapolis Chamber of Commerce Heads Movement for Memorial and Permanent Headquarters.**

The Indianapolis chamber of commerce is raising a fund for the erection of a war memorial building to be the permanent national headquarters of the American Legion which, with appropriations by the city, county and state, promises to run to several million dollars.

"Every citizen of the city of Indianapolis and every organization owes a debt of appreciation and gratitude to the men who so ably and persistently and skillfully carried on the campaign for Indianapolis," said Charles F. Coffin, president of the Indianapolis chamber of commerce, which contributed to a fund to send a large delegation to the Minneapolis convention.

"There is now an obligation as well as an opportunity upon the citizens of Indianapolis to show that they all appreciate the significance of the fact that the headquarters of the great organization are to be permanently located in Indianapolis. It is not enough simply to have obtained them. I think you will agree with me that the least the city of Indianapolis can do is to supply the Legion ample grounds free of charge upon which they will erect one of the handsomest buildings that Indianapolis has ever had.

"Bringing the headquarters of this organization to Indianapolis is not like bringing a factory or industrial plant to the city. With this organization comes a power from which will go influences for law and order and civilization."

The fund started by the chamber of commerce grew quickly. The county commissioners shortly took steps looking to a half million dollar bond issue, the county's contribution to the fund. The state legislature is expected to make appropriation for the memorial and the Legion posts will canvass the state for contributions to what will probably be a $5,000,000 or $6,000,000 memorial fund.

A plan is now under consideration to purchase two city blocks lying between two parks which would clear a plaza between the city post office on the south and the city library on the north, which the new memorial building would face.

## POPPY AS MEMORIAL FLOWER

**Tacoma (Wash.) Post Adopts Resolution Urging Flanders Fields Blossom Be Made Official.**

A request has been received by Franklin D'Olier, national commander of the American Legion, to have the Shirley poppy adopted as the memorial flower of the Legion. The request originated with the Edward B. Rhodes Post No. 2 of Tacoma, Wash., which has adopted a resolution favoring the adoption of the poppy.

The resolution adopted by the Washington post was as follows:

"Lest we in the day's work, surrounded by home and happiness, forget our comrades who sleep in France, and here in the arms of the motherland;

"Lest we forget 'that greater love' of these American boys who 'gave their lives for their fellow men,'

"Lest we forget that 'In Flanders fields the poppies grow, among the crosses, row on row,' and that nature seems to have raised in these simple flowers the most eloquent monument—a waving scarlet blessing over their graves:

"Be it resolved, That the Edward B. Rhodes post, American Legion, inaugurate a movement to have the Shirley poppy adopted as the Memorial flower of the American Legion.

"That the American Legion take steps to assist and urge that every public park, cemetery, and every private garden, in gratitude to the men who made the supreme sacrifice, do, during the coming spring and summer, and every spring and summer thereafter, revere the memory of our soldier dead by setting aside a plot for continued display of waving red poppies.

"That a red poppy be worn by every member of the American Legion on Memorial day."

It is probable that a similar resolution will be introduced by the post at the next convention of the American Legion, which is to be held in Cleveland, O.

**Is M. P. in His Home Town.**

Clyde, Ohio, has elected a member of Orrin G. Franks Post, No. 22, of that city to the office of city marshal. Not every vet. can be an "M. P." in his own home town.

## IN CHARGE OF ORGANIZATION

**Director of Division Loaned to the American Legion by War Camp Community Service.**

Russell G. Creviston, director of the organization division of the American Legion at national headquarters, Indianapolis, has been loaned for that purpose by the War Camp Community service, with which organization he served as executive secretary in Minneapolis, prior to his affiliation with the Legion.

A Hoosier by birth, Mr. Creviston enlisted in May, 1917, in Company E of the Fourth Indiana infantry. He served as a private in this company for three months when he was elected as a candidate from his company to the second officers' training corps at Fort Benjamin Harrison, Indiana. Commissioned as a first lieutenant of infantry, he was given complete charge of the administration co-ordination section.

On April 5, 1918, he was selected by the committee on education and special training to help in the organization of a vocational training system. In this connection, he was transferred to the inspectors' division and given charge of the states of Iowa, Minnesota, Nebraska, North and South Dakota, where he established various student army training corps.

Upon the completion by the war department of the S. A. T. C. movement, he was transferred to the general staff and put in charge of the ninth district commission on training camp activities, with station in Kansas City, Mo. In this capacity he covered nine states of the Middle West, during which time he was charged with the bettering of conditions within the camps and non-camp cities that bear direct relation to the demobilization period. He was discharged June 7, 1919, and accepted a position with the War Camp Community service.

## IS COMMANDER OF NEW POST

**Corporal Bute Presides Over Recently Formed Organization at Walter Reed Hospital.**

Corporal J. E. Bute was elected commander of the new post of the American Legion recently formed at Walter Reed hospital in Washington, D. C., where about 1,800 sick and wounded men are receiving treatment. Corporal Bute was the addressee of a Christmas greeting, which Franklin D' Olier, national commander sent to the ex-service men of the country.

In a letter recently received by Mr. D'Olier, Corporal Bute said:

"I very much suspect that you will be surprised to know that we have formed a very good post of the Legion here at the hospital. Two hundred and some signed the first night and it is near the four hundred mark now. I expect to have the post 1,800 strong by the first of the month.

"You may expect to hear some peculiar resolutions from us, but I am going to ask you to give us credit for wanting to help in any way possible ourselves and our brother comrades who have been back in civilian life for some time."

## PLAN IS ENDORSED BY LABOR

**New Jersey Unions and Labor Paper Editor in Favor of Americanism Program.**

The Charles Henry Post No. 29 (New Brunswick, N. J.) secured the active co-operation of the local unions of the American Federation of Labor in the Americanism program which has been worked out by that post. Members of the post Americanism committee first explained in detail to the editor of the labor paper what their aims and plans were. They asked his help in advancing the cause of good citizenship and he not only publicly gave his editorial support, but offered space in his paper for publicity they wished for their work.

Members of the committee also went to the heads of various unions, and explained their aims and plans of campaign. The labor leaders, who were all patriotic Americans, were enthusiastic in their support of the legion's plans and at one of the early meetings of all the labor unions the committee presented an outline of the Americanism work for which they wish to obtain the assistance of the unions.


Another Royal Suggestion

# DOUGHNUTS and CRULLERS

From the New Royal Cook Book

DOUGHNUTS made the doughboy happy during the war and no wonder. There is nothing more wholesome and delightful than doughnuts or crullers rightly made. Their rich, golden color and appetizing aroma will create an appetite quicker than anything else in the world.

Here are the famous doughnut and cruller recipes from the New Royal Cook Book.

**Doughnuts**

3 tablespoons shortening
⅔ cup sugar
1 egg
⅔ cup milk
1 teaspoon nutmeg
1 teaspoon salt
3 cups flour
4 teaspoons Royal Baking Powder

Cream shortening; add sugar and well-beaten egg; stir in milk; add nutmeg, salt, flour and baking powder which have been sifted together and enough additional flour to make dough stiff enough to roll. Roll out on floured board to about ⅛ inch thick; cut out. Fry in deep fat hot enough to brown a piece of bread in 60 seconds. Drain on unglazed paper and sprinkle with powdered sugar.

**Afternoon Tea Doughnuts**

2 eggs
6 tablespoons sugar
¾ teaspoon salt
¼ teaspoon grated nutmeg
2 tablespoons shortening
6 tablespoons milk
2 cups flour
3 teaspoons Royal Baking Powder

Beat eggs until very light; add sugar, salt, nutmeg and melted shortening; add milk, and flour and baking powder which have been sifted together; mix well. Drop by teaspoons into deep hot fat and fry until brown. Drain well on unglazed paper and sprinkle lightly with powdered sugar.

**Crullers**

4 tablespoons shortening
1 cup sugar
2 eggs
3 cups flour
1 teaspoon cinnamon
½ teaspoon salt
3 teaspoons Royal Baking Powder
⅝ cup milk

Cream shortening; add sugar gradually and beaten eggs; sift together flour, cinnamon, salt and baking powder; add one-half and mix well; add milk and remainder of dry ingredients to make soft dough. Roll out on floured board to about ⅛ inch thick and cut into strips about 4 inches long and ½ inch wide; roll in hands and twist each strip and bring ends together. Fry in deep hot fat. Drain and roll in powdered sugar.

**FREE**

New Royal Cook Book containing these and scores of other delightful recipes. Write for it TODAY.
ROYAL BAKING POWDER CO.
115 Fulton Street
New York City

**ROYAL BAKING POWDER**
*Absolutely Pure*

*"Bake with Royal and be Sure"*


**Warning to Tourists.**

Hugh Walpole, the English novelist, said at a tea in Philadelphia:

"I advise you, if you go to London, to engage your hotel accommodation in advance, for all the London hotels are crowded all the time.

"An American was walking the Strand the other day, when a red-nosed chap touched his arm and said:

"'Could you give me a few coppers, sir, for a bed?'

"'A few coppers?' said the American. 'Why, man, I'll give you a couple of sovereigns. Where the deuce is it? I've been looking for a bed all over this blasted town for two days.'"

**All Going Smoothly.**

The chaplain came plodding along the road coming back from the front lines several hours after the infantry had gone over the top.

"How are things going up there?" inquired an artillery lieutenant.

"Fine, fine!" said the chaplain. "We're knocking them for a goal."

"Haven't seen many prisoners," said the lieutenant, skeptically.

"No, and I guess you won't," replied the chaplain; "our machine guns haven't jammed all morning."—Home Sector.

**Honor Welsh Patron Saint.**

In Queensland March 1 is kept as a holiday sacred to St. David, the patron saint of Wales, who resided in Menevia, which early became a popular place of pilgrimage. William the Conqueror, Henry II and Edward I went to this place. Two pilgrimages to Menevia were commonly regarded as the equivalent of one pilgrimage to Rome.

A pretty girl doesn't fully appreciate her beauty unless some one is constantly reminding her of it.

No use grumbling; people won't act to suit you.—Ed. Howe.

An egotist is a man who insists on talking about himself when you would like to be talking about yourself.


**Cuticura Soothes Itching Scalp**

On retiring gently rub spots of dandruff and itching with Cuticura Ointment. Next morning shampoo with Cuticura Soap and hot water. Make them your every-day toilet preparations and have a clear skin and soft, white hands.—Adv.


**From a Business Standpoint.**

Doctor Squills—My wife gave a Welsh rarebit party last night.

Doctor Pills—Was it a success?

Doctor Squills—Immense! I've had ten extra calls today.—Boston Transcript.

**Easily Remedied.**

"Whom have we here?" said the king of the Cannibal islands as a prisoner in soldier's uniform was dragged before him.

"He appears to be a raw recruit," answered the prime minister.

"Very well, cook him."

**Free Tin Boxes.**

There are countless uses for tin boxes.

Most dealers in cigarettes have on hand boxes of this kind, eleven inches long, six inches wide and four inches deep, which are thrown away. Some dealers are glad to accommodate persons who desire these tin receptacles and will give them away without cost.

The following are some very good ways in which the tin boxes can be utilized:

Lunch boxes when out camping or fishing, as they will hold a good supply of lunch.

Covered with a white enamel and used as a cake-box or bread-box.

Keeping food away from rats, mice and other pests.

Painted and used as a flower box.—Thrift Magazine.

**A Clew to Perkins.**

Caller—Is Mr. Perkins at home?

Maid—Which one, sir? There are two brothers living here.

Caller—The one that has a sister at Birmingham.—London Tit-Bits.

Fine feathers may not make fine birds, but they make a fine showing on your wife's new bonnet.


# VICTIMS RESCUED

**Kidney, liver, bladder and uric acid troubles are most dangerous because of their insidious attacks. Heed the first warning they give that they need attention by taking**

**GOLD MEDAL HAARLEM OIL CAPSULES**

The world's standard remedy for these disorders, will often ward off these diseases and strengthen the body against further attacks. Three sizes, all druggists. Look for the name Gold Medal on every box and accept no imitation

**ALLEN'S FOOT-EASE**

Gives ease and comfort to feet that are tender and sore.

If shoes pinch or corns and bunions ache this Antiseptic, Healing Powder will give quick relief.

Shake it in your Shoes. Sprinkle it in the Foot-bath. Sold everywhere.

**Acid Stomach**
**Makes the Body Sour**
**Nine Out of Ten People Suffer From It**

It sends its harmful acids and gases all over the body, instead of health and strength. Day and night this ceaseless damage goes on. No matter how strong, its victim cannot long withstand the health-destroying effects of an acid stomach.

Good news for millions of sufferers. Chemists have found a sure remedy—one that takes the acid up and carries it out of the body; of course, when the cause is removed, the sufferer gets well.

Bloating, indigestion, sour, acid, gassy stomach miseries all removed. This is proven by over half a million ailing folks who have taken EATONIC with wonderful benefits. It can be obtained from any druggist, who will cheerfully refund its trifling cost if not entirely satisfactory. Everyone should enjoy its benefits. Frequently the first tablet gives relief.

**ABSORBINE STOPS LAMENESS**

from a Bone Spavin, Ring Bone, Splint, Curb, Side Bone, or similar troubles and gets horse going sound. It acts mildly but quickly and good results are lasting. Does not blister or remove the hair and horse can be worked. Page 17 in pamphlet with each bottle tells how. $2.50 a bottle delivered. Horse Book 9 R free.

ABSORBINE, JR., the antiseptic liniment for mankind, reduces Painful Swellings, Enlarged Glands, Wens, Bruises, Varicose Veins; heals Sores. Allays Pain. Will tell you more if you write. $1.25 a bottle at dealers or delivered. Liberal trial bottle for 10c stamps.
W. F. YOUNG, P. D. F., 318 Temple St., Springfield, Mass.

# Health and Economy Rule Your Table Cup

when you make your meal-time beverage

# Instant Postum

Its rich coffee-like flavor satisfies and its freedom from any harmful ingredient, such as the coffee drug caffeine, makes it a better drink for young and old.

There has been no raise in price and the high quality of Postum is always maintained.

*"There's a Reason"*

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