

PAINS NEARLY DOUBLED ME UP

Nothing Helped Me Until I Took Lydia E. Pinkham's Vegetable Compound.

Wyandotte, Mich.—"For the last four years I have doctored off and on without help. I have had pains every month so bad that I would nearly double up. Sometimes I could not sweep a room without stopping to rest, and everything I ate upset my stomach. Three years ago I lost a child and suffered so badly that I was out of my head at times. My bowels did not move for days and I could not eat without suffering. The doctor could not help me and one day I told my husband that I could not stand the pain any longer and sent him to the drug-store to get me a bottle of Lydia E. Pinkham's Vegetable Compound and throw the doctor's medicine away. After taking three bottles of Vegetable Compound and using two bottles of Lydia E. Pinkham's Sanative Wash I could do my own housework. If it had not been for your medicine I don't know where I would be today and I am never without a bottle of it in the house. You may publish this if you like that it may help some other woman."—MRS. MARY STENDER, 120 Orange St., Wyandotte, Mich.

SLOW DEATH

Aches, pains, nervousness, difficulty in urinating, often mean serious disorders. The world's standard remedy for kidney, liver, bladder and uric acid troubles—

GOLD MEDAL HAARLEM OIL CAPSULES

bring quick relief and often ward off deadly diseases. Known as the national remedy of Holland for more than 200 years. All druggists, in three sizes. Look for the name Gold Medal on every box and accept no imitation.

HEMISTITCHING AND PICKING ATTACHMENT, works on all sewing machines. H. B. A. J. P. Light, Box 127, Birmingham, Ala.

POSITIVELY REMOVED BY Dr. Henry's Freckle Cream. Freckles, Dr. C. M. Barry, 221 1/2 North Dearborn, Chicago.

HE KNEW HIS LIMITATIONS

Small Boy Didn't Imagine He Would Amount to Much in the Better Land.

"Spiritualistic mediums in their descriptions of the next world are absurd. The next world, indeed, is a very ticklish subject to handle."

The speaker was Sir Oliver Lodge. He continued:

"A little boy was told by his Sunday school teacher that he would leave his body behind when he died."

"I don't understand that," he said in a frightened voice.

"You see," explained the teacher, "you will take all that is good with you to the better land, and leave all that is naughty here on earth."

"He thought a moment, then he said solemnly:

"I guess I'm going to be pretty thin up there, teacher."

Miss Alcott's Elms.

Among the trees in historic Concord are the two old elms in front of the Louisa May Alcott house, and the little grove of pines and spruces just beyond it. Under the shade of the elms once lived the author of "Little Women" and among the whispering pines Hawthorne walked, thought and wrote, or conversed with his friend, Thoreau. The elm at the left of the door as the visitor approaches the old house is 13 feet in circumference, and the one at the right is 15. The trees have been nominated for a place in the Hall of Fame for Trees being compiled by the American Forestry association of Washington, D. C.

An Objection.

"I hear your husband is very strong in his convictions." "Yes, ma'am, but he's weak in his head."

Each Cup Of INSTANT POSTUM

contains the same uniform quality of goodness that makes this table beverage so popular. Make it strong or mild as you prefer by varying the quantity used. No wonder so many prefer it to coffee, not alone on account of taste but because of its abundant healthfulness. Truly—

"There's a Reason" for POSTUM

Made by Postum Cereal Co.
Battle Creek, Michigan

WAITER ALLOWED FOR COBB

Booth Tarkington's Amusing Illustration of Student Life in Munich Before the War.

"Munich before the war," said Booth Tarkington, the famous novelist, "was an earthly paradise. For ten cents in a Munich beer garden you would get a quart mug of ambrosial beer and a brace of incomparable frankfurters—a meal which you would consume to the music of Wagner and Beethoven, played by a vast and magnificent orchestra."

"Of course, in Munich the art students—poor fools—sometimes drank too much. They tell a story there about a Missouri student."

"Another large beer and two frankfurters for Student Cobb of Missouri," a Munich waiter sang out one night.

"Only give Student Cobb one frankfurter," said the manager of the garden. Student Cobb sees everything double."

"I've already attended to that," said the waiter. Cobb ordered four frankfurters."

Cuticura Soap for the Complexion.

Nothing better than Cuticura Soap daily and Ointment now and then as needed to make the complexion clear, scalp clean and hands soft and white. Add to this the fascinating, fragrant Cuticura Talcum and you have the Cuticura Toilet Trio.—Adv.

Agricultural Missionaries.

To heighten agricultural production the world over and thus increase the world's food supply, with the resultant blows at old H. C. of L., an international association of agricultural missions has been formed. Its members will carry modern agricultural methods into every land.—World Outlook

Thousands Have Kidney Trouble and Never Suspect It

Applicants for Insurance Often Rejected.

Judging from reports from druggists who are constantly in direct touch with the public, there is one preparation that has been very successful in overcoming these conditions. The mild and healing influence of Dr. Kilmer's Swamp-Root is soon realized. It stands the highest for its remarkable record of success.

An examining physician for one of the prominent Life Insurance Companies, in an interview on the subject, made the astonishing statement that one reason why so many applicants for insurance are rejected is because kidney trouble is so common to the American people, and the large majority of those whose applications are declined do not even suspect that they have the disease. It is on sale at all drug stores in bottles of two sizes, medium and large.

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.—Adv.

Nerve Wasn't What He Lost.

As Benson walked along the busy street he was stopped by a shabby individual. "Excuse me, sir," said he, "but I wonder if you could lend me a quarter?"

Benson was startled and demanded to know why the quarter was needed.

"Haven't you a job?" he demanded. "No, sir," whined the shabby individual. "You see, I'm a slate roofer by trade. But I can't work at it, because I fell off a roof and lost my nerve."

"Oh, no, you didn't?" said Benson, as he walked on quickly. "Your nerve's all right."—Houston Post.

A Way Out.

Premier Clemenceau gave the red ribbon of the Legion of Honor to an old acquaintance of his who had done important work for France in the war. The recipient of the decoration was delighted and at the same time embarrassed because the large beryl, which he had worn for years, hid the honor badge from view.

"Oh, that's easily remedied," Clemenceau said to him when told of the dilemma: "Just cut a window about shoulder high in your whiskers and the ribbon will show through it nicely."

Its Sort.

"Pop, what is a biting remark?" "I suppose it is the kind you say to a person's teeth."

The American Legion

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

POILUS ASK AID IN DEFENSE

Warriors of France Fear Those Who Did Not See May Not Understand.

Lemuel Bolles, national adjutant of the American Legion, has received the following message from the French war veterans, an organization of ex-service men in France. The letter was transmitted through the New York office of the organization, and reads in part as follows:

"To Our American Brothers-In-Arms: 'COMRADES:

"The Poilus of France make this appeal through us to their American brother-in-arms and say to them in the name of that justice for which they fought together, never forget what you came to do amongst us. By the blood which was shed by us together, in the name of our dead who lie side by side, in the name of all the brave men who bear on their bodies the glorious marks of desperate battles, in the name of all the heroes whom our nations have produced, let us not forget, let us continue together their sacred work, let us unite our countries as our hearts were in the face of death, let us not lose the fruits of such generous efforts, of so many willing sacrifices, let us look clearly into the future and continue for the maintenance of our liberty and for the honor of our race the battle to which our duty calls us."

"America has gained through her sons in this war the right to immunity. Nations looked on with admiration at the spectacle of millions of young American heroes arriving on the soil of France, to defend the sacred principles of honor and liberty inscribed in the American Constitution."

"Victory has crowned their banners, and the blood shed for a just cause, that is a past which future generations will be proud to claim as a heritage. But the sons of America have not finished their work, our common enemy does not acknowledge his defeat, he hopes when he will have succeeded in sowing the seeds of discord amongst us to renew the fight which he lost, thanks to you. We know that cannibals will have no effect on you who have seen with your own eyes what you saw, you who know us and know what we are, but we fear that those who have not seen like you may come to doubt us and that is why we send out this appeal to you, comrades, that you may take part in our defense."

"Our cause is yours also, you cannot go back on us, you saw us in action and you know that we do not need any other proofs than our past records to prove to all men of worth that if we fought this war with so much heroism it was because we were defending not only our soil, but the entire world."

"We held back and stemmed the formidable wave of German invasion, almost alone for four years, from the Somme river to Alsace, bearing the brunt of the hardest shocks, our brave men leaving their lifeless bodies by the hundreds of thousands on the fields of battle, without one word of complaint or without asking for quarter, because they knew that if France were vanquished, the principles of the great Revolution were doomed forever, the declaration of the rights of man and the citizen would have been destroyed and trampled on, the poor and humble would have been forced back under the iron rule of lords, might and dishonor would have been written as the very heading of fundamental laws of modern nations."

"It must not come to pass that our brave men died in vain, we owe it and you owe it to their memory. The survivors must not sleep on their laurels in false security. You must not imagine that it was we alone whom you helped, you must understand that your liberty was threatened just as much as ours; all nations are more or less dependent on each other. As for us, Poilus, we shall never believe that it was from pity, nor even out of gratitude for help given by us to you in former times, that you came to our aid."

"France dead would have meant the condemnation of the whole world and France would have died rather than go back on her principles. Do not therefore let anyone say you have done enough for her; it was not she whom you helped, it was the ideals and principles for which she always stood and without these ideals of justice and liberty a free nation cannot exist."

"France is still bleeding and will suffer for a long time from the wounds which she received, her young sons cut off in their youth, her lands devastated, her commerce destroyed, her credit diminished. But what makes the greatness of a people is not alone its prosperity, it is keeping its honor unsullied. As long as this sentiment remains in a nation, that nation will live in spite of all oppression."

"Long live America, long live France, united by the blood of their sons."

"CH. BOURNEZ," "General Secretary."

LEGION ASKS FOR NO BONUS

Service Men Merely Seek Assistance From Government in Overcoming Financial Disadvantages.

One of the biggest legislative questions now occupying the attention of the American Legion has to do with the adjustment of compensation of the ex-service man, and all the members throughout the country have been asked to aid through their congressional representatives in securing the enactment of the legion's bill.

The bill which the legion is indorsing embraces: land settlement, where by former service men and women receive \$1.50 for each day of service, to apply on the purchase of land and government projects, or loans for buying equipment; home aid, with \$2 for each day of service to apply on the purchase of a home or farm; vocational training with \$1.50 for each day of service to be paid as long as the recipients are obtaining education from the government; or, a cash compensation of \$1.50 for each day of service, to be paid within a year after the approval of the bill.

Speaking in connection with what the national executive committee of the American Legion regards as a fair treatment for ex-service men as above outlined, Franklin D'Olier, national commander of the American Legion, said:

"The overwhelming majority of ex-service men feel strongly that this government owes an obligation to all persons who were handicapped either bodily or financially because of military or naval service during the recent war."

"The American Legion, representing over one million ex-service men and women spoke very plainly on this point at its national convention last November."

"Although this obligation to the disabled men, handicapped bodily, was universally acknowledged, it required a special meeting of the American Legion in Washington during December, over a year after the signing of the armistice, to secure satisfactory action by congress for the disabled man to the end that he would no longer be an object of private charity but could live on his increased compensation allowances."

"The average man has been out of the service one year, and outside of the sixty dollars which hardly bought him a civilian outfit, he has received no aid from his government in overcoming the handicap incidental to his service."

"The American Legion asks for no bonus—wants no bonus. That sounds too much like a gift or a present from the government. It merely asks the government to assist the ex-service man in overcoming some of the financial disadvantages incidental to his military or naval service."

"It asks that each of the four features suggested shall only be as liberal as is consistent with the welfare of the whole country. The American Legion asks nothing in its selfish interests at the expense of the country, but at the same time does not feel that this obligation to ex-service men and women should be altogether passed by at this time and all economicizing done at the expense of the ex-service men."

"If legislation is wisely framed covering land settlement, home aid and vocational training, every dollar invested by the government will bring ultimately great returns to the country by making the ex-service man a better citizen and greater producer and will increase the wealth of the nation."

"Having waited over a year, it is not unreasonable to now expect some action showing that the interests of the ex-service men have not been altogether forgotten."

"All that the American Legion asks is as liberal treatment as is consistent with the welfare of the whole country—legislation that is fair to the ex-service man and at the same time just as fair to the entire nation as well."



HENRY D. LINDSLEY, Upon Whom the Minneapolis Convention of the American Legion Conferred the Title of Past National Commander.

To Decorate Graves. Barron County post, No. 28, Glasgow, Ky., was the first to send in its \$5 contribution toward the decoration of the graves of Americans who are buried abroad.

LIVE STOCK

USEFUL ANIMALS FOR FARMS

Department of Agriculture Assisting in Improvement of Horses in Range Country.

The United States department of agriculture has bred and developed several stallions in its horse-breeding project now located at the U. S. Wyoming Horse Breeding Station, Buffalo, Wyo. The stallions will be leased to private breeders and community breeding clubs for the breeding seasons. In this way it is proposed to assist in the improvement of the light horse stock of the range country where



Defender, Ten-Year-Old Bay Stallion—Photograph Taken at Wyoming State Fair.

stallions of merit are not available and in those sections where light horses are preferred.

The number of available stallions is limited to about 10, as only the best of those produced have been retained or will be allowed to go out for public service. These stallions range in height from 15 hands 1 inch to 16 hands 2 inches, weigh from 1,500 to 1,400 pounds, and in nearly all cases are tried sires and known producers.

The object of the work at the station in which these horses are being produced is the preservation and development of a utility horse suitable for range and farm conditions. The points especially emphasized are the development of size, soundness, tractability, action, and stamina, in a useful animal which can be used under the saddle, on the road, or in the field.

Persons interested should address correspondence to the Wyoming Horse Breeding station, Buffalo, Wyo.

EARLY BREEDING ADVOCATED

Lambs Born in Spring Get One or Two Months of Mothers' Milk Before Fighting Worms.

Early breeding, in order that lambs may be old enough to offer strong resistance to worms when they are turned on pasture, is advocated by the Nebraska College of Agriculture. Ewes bred in October and November will lamb in March and April. This will give the lambs from one to two months on their mothers' milk and on grain before they have to combat worms. The principal objection to early lambing is the necessity of having a good barn. However, the expense and trouble from early lambing are more than offset by the ability of the lambs to survive the worm season. Extra feeding of ewes during the breeding season is urged. Well-fed ewes are more likely to produce twins.

TEETH OF CATTLE ARE LOOSE

Nature Intended Them to Be So to Prevent Injury to Jawbone in Cutting Off Grass.

The incisor teeth of cattle project forward and their upper surfaces come into contact with the "dental pad" of the upper jaw. Grass is cut off by the cow grasping it and jerking the head upward, thereby cutting it with the sharp edges of the incisors. If the incisors were firmly fixed in the jawbone injury to the dental pad would frequently occur. Don't worry when you discover that the cow's front teeth are loose. Nature intended them to be so.

LIVE STOCK NOTES

Quarantine your hog lots when cholera is in the locality.

Every pig lost at farrowing time lessens the chance of profit.

Alfalfa meal fed to breeding hogs helps to save high-priced grain.

Young boars should be separated from their mates at or before five months old.

Don't be afraid to sit up all night when the pigs are coming. You will be well paid for it.

Keep cholera away by having everything clean about the yards and buildings. Use disinfectants.

In these days of high-priced feed it does not look like good business to feed brood sows all winter and then through carelessness or neglect permit them to lose most of their pigs.

A Good Watch

—Helps a boy—makes him prompt. Start him right; keep him right; give him a dependable watch—carry one yourself. We sell 'em, and our reasonable prices ease the way.

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MAIL US YOUR FILMS FOR THE BETTER KIND OF PRINTING, DEVELOPING AND ENLARGING. QUALITY WORK ONLY. PRINTS 35c. WE PAY RETURN POSTAGE. A. R. MINTYRE DRUG CO. OGDEN, UTAH

JEWISH TRADERS IN AFRICA

Are Known to Have Had Depots for Commerce There in the Fifteenth Century.

Jews of the fifteenth century had trading posts in northwest Africa and carried on a vast commerce with the natives from the Sahara to the Atlantic, and from Algeria to the Niger, according to letters recently discovered by Charles de la Ronciere, librarian of the national library in France, and published by the National Geographic society. Hitherto Africa has not figured at all in medieval history. It was called the "Dark continent" when Stanley and Livingstone penetrated it about a century ago.

The letters recently discovered were written in 1447 by Antonia Maifante, a Genoese citizen, believed to be the only Christian the Jews allowed to penetrate their trade region. They were written from Timbuktu and Touat, Timbuktu was the Chicago of the West African plains, and Touat the center of camel caravan traffic that exchanged the wheat and barley of Egypt for the powdered gold of Timbuktu and the precious salt from Teghaza. Touat was an oasis containing from 150 to 200 villages, and each village had a chief.

The civilization of that date was advanced enough for the residents to take a census of their populations. This was done when the people of Timbuktu and a rival city, Gao, were numbered to decide a wager. Business was done on a large scale.

ANCIENT CITY IS CHAN-CHAN

Today Nothing but a Mass of Ruins, but Was Flourishing Before Pizarro Ravished Peru.

Chan-Chan is not, as the name would indicate, a place in China. It is one of the oldest cities in Peru, or in the world. The Chimu, who built Chan-Chan, are supposed to have been an elderly race when the Incas were yet barbarians. After a time the Incas became civilized and powerful and captured Chan-Chan. Then Pizarro came to plunder and wreck the city and massacre the inhabitants. So much of the Chimu's history is deduced from the remains of Chan-Chan and old Spanish narratives.

The people who inhabited the old metropolises were moon worshipers. The moon, they said, was the most worthy deity of nature, for it shone not only at night but also in the day, whereas the sun could shine in the day only. The sea was supposed to be under the special protection of the moon, because the latter controlled the tides. Images of fish and other sea creatures and temples to both moon and sea were therefore built by the Chimu and many have been uncovered in the ruins of their city.

Chan-Chan has since the time of Pizarro been a heap of wreckage. There are palaces, workshops, factories and great battered pyramids built up in terraces and surmounted by buildings. These are the mounds in which the Chimu dead once lay. Like the Egyptians, these people buried with their dead many articles of their personal property. From one of these mounds a Spanish adventurer obtained \$3,000,000 worth of gold and silver. For many years Chan-Chan yielded to the Spanish conquerors fabulous sums of gold.

Healthy Place to Live. The air of Lower California is dry and pure and the atmosphere, except on the western coast, is marvellously clear. The narrowness of the peninsula, giving to the atmosphere a touch of the bracing air of the sea, and the dryness of the land combine to give the air an intense purity. There is probably no more healthful climate in the world than that of Lower California.

His Specialty. The Investigator—I'm looking up the standing of Tom Torgerson of your town.

The Postmaster—He don't do much standin'. You'll find him sittin' round.

Extravagant. "This is certainly a period of extravagance."

"Isn't it? Seems that everybody is intent upon doing and getting the things they used to think they'd never be able to afford."

OREGON NEWS NO OF GENERAL INTE

Principal Events of the Briefly Sketched for Information of Our Readers

The fifteenth annual convention of the Oregon Bankers' association convened at Eugene Tuesday.

The \$60,000 gravity water undertaken by Monmouth this year ago has been completed.

While fishing on a dock at N. Ivy Howard caught an octopus assembled about six feet in diameter.

Charles A. Barr, resident of county since 1879, died at his five miles south of Salem. 1 69 years of age.

A picnic for all residents of county is being planned by the County Community federation to be held sometime in July.

The Roseburg cherry crop is ing rapidly. Earlier varieties plentiful, it is believed, and fruit promises heavy yields.

The Linn county farm bureau decided to arrange a series of culling demonstrations in Linn during August and September.

Former Salomites from all parts of Oregon and the Pacific north assembled at Salem Saturday for annual homecoming ceremonies.

F. A. Elliott, state forester, signed the formal contract with the government, through Colonel H. Arnold, commander of the w. department of air service, will to Oregon a squad of airplane forest fire patrol work during the season. Under the provisions of contract a patrol base will be located at Eugene, from which point planes will make trips daily.

plane will go as far north as Fort Medford. At Medford will be located a sub-base, where the plane, crating south out of Eugene will for gasoline. There will also be a sub-base at Medford a plane which travel in a northeasterly direction far as Summer lake, thence south Alturas and return to the sub-base.

Eugene and Springfield have forces for a Fourth of July celebration. Springfield will celebrate Saturday, July 3, and Eugene Monday, July 4.

Aurora's new artesian well is flowing at the rate of nearly 4 gallons a day, which is several thousand gallons more than the city's Airplane forest fire patrol service

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