

FAINTING AND DIZZY SPELLS

The Cause of such Symptoms and Remedy Told in This Letter.

Syracuse, N. Y.—"When I commenced the Change of Life I was poorly, had no appetite and had fainting spells. I suffered for two or three years before I began taking Lydia E. Finkham's Vegetable Compound and the Liver Pills which I saw advertised in the papers and in your little books. I took about twelve bottles of your Vegetable Compound and found it a wonderful remedy. I commenced to pick up at once and my suffering was relieved. I have told others about your medicine and know of some who have taken it. I am glad to help others all I can."—Mrs. E. E. DEMING, 437 W. Lafayette Ave., Syracuse, N. Y.

While Change of Life is a most critical period of a woman's existence, the annoying symptoms which accompany it may be controlled, and normal health restored by the timely use of Lydia E. Finkham's Vegetable Compound. Moreover this reliable remedy contains no narcotics or harmful drugs and owes its efficiency to the medicinal extractives of the native roots and herbs which it contains.

Real velvet is made entirely of silk.

ASPIRIN INTRODUCED BY "BAYER" IN 1900

Look for name "Bayer" on the tablets, then you need never worry.

If you want the true, world-famous Aspirin, as prescribed by physicians for over eighteen years, you must ask for "Bayer Tablets of Aspirin."

The "Bayer Cross" is stamped on each tablet and appears on each package for your protection against imitations.

In each package of "Bayer Tablets of Aspirin" are safe and proper directions for Colds, Headache, Neuralgia, Toothache, Earache, Rheumatism, Lumbago, Neuritis, and for Pain in general.

Handy tin boxes containing 12 tablets cost but a few cents. Drugists also sell larger "Bayer" packages. Aspirin is the trade mark of Bayer Manufacturing of Monoaceticacidester of Salicylicacid.—Adv.

Happy fact: Most people's worries are only 24 hours long.

BRACE UP!

The man or woman with weak kidneys is half crippled. A lame, stiff back, with its constant, dull ache and sharp, shooting twinges, makes the simplest task a burden. Headaches, dizzy spells, urinary disorders and an "all worn out" feeling are daily sources of distress. Don't neglect kidney weakness and risk gravel, dropsy or Bright's disease. Get a box of Doan's Kidney Pills. They have helped other people the world over. Ask your neighbor!

An Idaho Case

Mrs. C. V. Stoberly, Park and McKinley Sts. Boise, Idaho, says: "My back was weak and lame and I pained me so I was miserable. My kidneys acted irregularly and I was annoyed by frequent urination. Day after day I was laid up with sick, dizzy headaches. I was also subject to chills and was nervous. I used Doan's Kidney Pills and they gave me a lasting cure."

Get Doan's at Any Store, 60c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

Cuticura Soap Imparts The Velvet Touch

Soap 25c, Ointment 25c and 50c, Talcum 25c.

Constipation and Sluggish Liver

Don't take chances. Get Carter's Little Liver Pills right now. They never fail to make the liver do its duty. They relieve constipation, banish indigestion, drive out biliousness, stop dizziness, clear the complexion, put a healthy glow on the cheek and sparkle in the eye. Be sure and get the genuine.

Small Pill—Small Dose—Small Price
DR. CARTER'S LITTLE LIVER PILLS, Nature's great nerve and blood tonic for Anemia, Rheumatism, Nervousness, Sleeplessness and Female Weakness.

Useless! Don't bear signature. *Anti-Doan*

Kill All Flies!

THEY SPREAD DISEASE
Fly, anywhere, DAIRY FLY KILLER attracts and kills all house flies, stable flies, and all other annoying flies. Kills all stages, from the egg to the adult. Lasts all summer. Can be used on all surfaces. No odor. No harm to anything. Guaranteed.

FLY KILLER
By EXPRESS, prepaid, 15c.
HARBOLD BROS., 10 De Kalb Ave., Rochester, N. Y.
W. N. U., Salt Lake City, No. 22-1920.

A FLIRTATION

By BEATRICE TRAHAN.

(Copyright, 1924, Western Newspaper Union.)

A small, thud hand on his arm arrested the restless pacing of the tall, refined-looking gentleman who had been walking to and fro in the waiting room of the Grand Central station. He turned with a welcoming smile, but his expression altered slightly as he perceived the person who had accosted him. She was a pretty girl, neatly dressed in a trim, tailor-made blue serge suit. Her age might have been anywhere between twenty-five and thirty. Smiling quizzically, he raised his hat and said:

"I beg your pardon?"
"Oh!" she exclaimed, in a shy, timid little voice, which was hardly in keeping with the roguish gleam in her eyes. "Oh, excuse me, I thought—"
"You thought I was some one else?" he concluded, smilingly, as she paused, apparently too embarrassed to finish her sentence.

"Yes, I thought you were Dick—I was so glad! My purse has been picked—I became aware of it only a moment ago, when I was about to buy my ticket for home—and when I saw you I rushed right over."
She did not vouchsafe any further information about "Dick."

"What a coincidence! My name happens to be Dick, too. Wouldn't I do just as well?" he said. "At least you will allow me to advance you enough money for your fare home?" And he slipped his hand suggestively into his pocket.

"But you don't know where my home is," she objected naively. "Suppose I lived in California, for instance?"
"Heaven forbid!" he exclaimed fervently.

At this they laughed merrily; but a sudden thought sobered him, and he glanced at her speculatively. Then:

"I wonder if you'd be offended at a proposition I'd like to make to you?"
Suspiciously, she quickly looked up at him, but was apparently reassured by the expression of his eyes.

"Well, that depends a good deal on the proposition," she answered non-committally.

"It'll be absolutely candid with you," he said. "To tell the honest truth, when you approached me, I was wondering what on earth I could do to while away the evening. I happen to have tickets for tonight's performance at the Palace, but there isn't much fun going alone, is there? Now I thought—I hoped—oh, hang it; would you care to go to the theater with a perfectly strange man?" he finished with apparent relief.

"I would not care to go with a perfectly strange man"—At her words he looked crestfallen—"but I'd love to go with you."
"You will?" Fine!" he exclaimed joyously when he realized that he would not be refused, after all.

Up the street they strolled, struggling through the throng for a few blocks till they reached the Palace theater. When he finally handed his tickets to the usher the second act was already in progress. It was almost eleven o'clock when they emerged on the street again.

Slowly they made their way back toward the station.

"Let's go in here and have supper," he suggested as they were passing a cafe.

"As you like," she assented. An obsequious waiter, on their entrance ushered them to a table near the dancing floor. He then took their order and departed. While awaiting his return, the man and the girl chatted together.

"Oh, boy!" he exclaimed, "I wish I was young again." A disinterested observer would have given him about thirty as his age.

"Don't you know the saying, 'A man is just as young as he feels'?" she asked, demurely.

Back in the station once more, he gravely asked her:

"Well, young lady, do you still insist that your home is in California, or shall I buy a ticket for some other part of the Union?"
"Bronxville will do very nicely, thank you," she answered primly.

"Two tickets for Bronxville," she overheard him say to the ticket agent. An hour later they descended at the little station of Bronxville. A five-minute walk from there brought them to a neat little cottage that stood a few steps from the street. They walked inside the yard and up the porch steps, but paused at the door for an instant while he searched his pockets for his latchkey. When he had finally found it, he unlocked the door and they stepped inside. She immediately went upstairs, but he doffed his hat and coat and hung them on the clothes-tree in the hallway before he followed her.

A few minutes later he was tugging industriously at a snarled shoe-lace; while she, with her hair down over her shoulders, was sitting before her dressing table engaged in her nightly tribune to the goddess of beauty. Suddenly she paused, her hands in mid-air. Addressing his reflection in the mirror, she abruptly observed:

"We've had a splendid time this evening, haven't we, Dicky-boy?"
"Fine!" he exclaimed, smilingly. Another struggle with the refractory shoelace was crowned with success, then he added: "Would you believe it—a couple of times this evening I actually caught myself imagining that I was single again! And the funny part of it is that I was flirting with my own wife!"

The American Legion

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

THE AMERICAN LEGION VOCATIONAL EDUCATION COMMITTEE



Reading from Left to Right—Gerald J. Murphy, Head Service Division, the American Legion; Marquis James, Associate Editor, the American Legion Weekly; Walter F. Shaw, Assistant to Chief Rehabilitation Section of the Federal Board for Vocational Education; Lemuel Bolles, National Adjutant, the American Legion, and Chairman of the Committee.

FAVORS SMALL REGULAR ARMY

National Organization Supplemented by Large Citizen Army is Ideal Sought by Legion.

A small regular army supplemented by a large citizen army is the ideal sought in the American Legion Army Reorganization bill (Senate Bill 3732) to which the support of the legion is pledged through its national legislative committee in accordance with resolutions adopted at the Minneapolis convention.

The provisions of the bill may be summarized as follows: The large citizen army would be composed of all young men between the ages of eighteen and twenty-one, who would take a four-months' course in intensive training—vocational, educational and military.

Veterans of the war would not be called upon to serve these four months or to take any other training, although provisions probably would be made to accept veterans who volunteered to assist in the training program.

Young men could elect, if they so desired, to substitute for the four months of intensive training an enlistment of three years in the National Guard. This National Guard service would be under rules specified by the federal government requiring weekly drills and certain standards of proficiency.

The training proposed would not interfere unduly with the regular occupations of the young men enrolled because there would be both winter and summer periods of which they could make their choice. This would enable the youth working on a northern farm to select the winter training period and be assigned to a training camp in the south. In any event, he would be away from home a comparatively short time and he would not be absent during the harvest season.

Furthermore, young men would be placed in training according to the service for which they are best suited. For example, negro youths of the south, who had not gone far in schooling might be enrolled in labor battalions. In these they would acquire the rudiments of drill, but, more important, would learn habits of right living.

A careful selection of officers would be relied on to insure the system against any abuse of authority. Officers unsuited for training work, whether they belonged to the regular army, the national guard or the reserve corps, would not be assigned to training camps. Those developing traits that impaired their usefulness would be relieved. Civilian officers would have an equal share with regular army officers in the training program.

Advocates of the system of compulsory training say that a small regular army as contemplated would cost less than even the regular army establishment, which would be set up under the bill which the house of representatives now is considering seriously.

An Easy Question to Answer. American Legion men, who will conduct a nation-wide drive for new members May 17-22, have called attention to the fact that it costs about \$6 to hold a card in the I. W. W., and an average of about \$3 to hold a card in the legion. Which outfit is worth the most to the man and to the country? Legion members say that question isn't hard to answer.

Suit Style Varied. Frock and suit styles for spring are so varied that no particular type of neckwear will dominate. Oval and square collars will be widely shown for wear with the collarless dress, made in exquisitely dainty cotton materials with hand embroidered and face trimmings.

Whitening Clothes. Clothes can be whitened very quickly by putting two or three slices of lemon, rind and all, into the boiler with them.

New Sweater Styles. The favorite wools for sweaters this summer are Shetland and zephyr, although mohair and alpaca also are used. They come in all colors, but the lighter summer shades are preferred. Straight lines are the dominant note this season. Sweaters are in smock effects, with a wash of knitted yarn. The tuxedo style is also very popular. It has no buttons and is held in at the waist by a sash.

LEGION NOT MILITARY BODY

Aims and Objects of Organization Made Clear by Lemuel Bolles, National Adjutant.

Numerous reports received from all parts of the country at National headquarters of the American Legion, show that there is a misunderstanding on the part of many regarding the organization, and particularly with regard to its purpose along military lines.

This misunderstanding has resulted in the issuing of the following statement by Lemuel Bolles, national adjutant:

"It has been brought to my notice on several occasions that there is a belief on the part of many that the American Legion is a military organization. Of course it is not. The American Legion is a civilian organization and membership does not affect or increase liability for military or police service. We maintain our civilian status and our military obligations are the same as those of all other citizens."

"The organization has interested itself actively in the military policy of the country, not because we are a military organization but because we are able from the inside to detect certain mistakes and weaknesses in the military organization as now established. Our work in this direction is but an effort on the part of patriotic citizens to serve their country along lines in which they feel they are specially prepared to speak intelligently."

"The military policy of the American Legion was determined at the Minneapolis convention and has been clearly defined by the military policy committee there appointed.

"The American Legion is in favor of universal military training, but the national convention of the American Legion also provided, as a conditional precedent thereto and as an essential safeguard thereof, for civilian control. The convention recognized the fact that a thorough housecleaning and elimination of the inefficient officers and methods of our entire military establishment was necessary and also favored equality of obligation and opportunity for all American citizens, and adequate protection against an enlarged or stronger military caste."

"While the convention favored the policy of universal military training, at the same time, a stand was taken against compulsory military service in time of peace. The American Legion favors a national military and naval system based on universal military obligations to include a relatively small regular army and navy and a citizen army and navy capable of rapid expansion sufficient to meet any national emergency on a plan which will provide competitive and progressive training for all officers, both of the regular army and navy and of the citizen forces."

"But our military obligations are the same as those of all other citizens—the same as the obligations of any of the many fraternal organizations in the country."

It's All Over Now. "Did you read about that French army aviator who made 314 loops in one flight the other day?"
"Lucky dog! I've had that sensation myself, but not since last June."

Three Posts Unite. Three posts in Harrisburg, Pa., have united into one big post. The new post, No. 27, has a 60-piece band.

Millions of Tiny Germs Cause Your Catarrh

Real Relief Comes Only by Cleansing the Blood of the Germs.

You must realize that your blood is loaded down with catarrh germs, and these germs must be removed from your blood before you can expect real, rational relief from the disease. And of course, you know that you cannot reach these germs in your blood with sprays and douches. S. S. S. will cleanse your blood of the cause of Catarrh, and give real relief. It has been in constant use for more than fifty years, and is sold by all druggists. Buy a bottle of S. S. S. today and lose no further time in getting on the right treatment. Valuable advice regarding your case will be furnished free. Address Medical Adviser, 103 Swift Laboratory, Atlanta, Ga.



Spohn's Distemper Compound

will knock it in very short time. At the first sign of a cough or cold in your horse, give a few doses of "SPOHN'S." It will act on the glands, eliminate the disease germ and prevent further destruction of body by disease. "SPOHN'S" has been the standard remedy for DISTEMPER, INFLUENZA, PINK EYE, CATARRHAL FEVER, COUGHS and COLDS for a quarter of a century. 40 cents and \$1.15 per bottle at all drug stores. SPOHN MEDICAL COMPANY, Goshen, Ind.

How the henpecked man does cower when he is away from home!

Important to all Women Readers of this Paper

Thousands upon thousands of women have kidney or 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.

You may suffer pain in the back, headache and loss of ambition. Poor health makes you nervous, irritable and may be despondent; it makes any one so. But hundreds of women claim that Dr. Kilmer's Swamp-Root, by restoring health to the kidneys, proved to be just the remedy needed to overcome such conditions.

Many send for a sample bottle to see what Swamp-Root, the great kidney, liver and bladder medicine, will do for them. By enclosing ten cents to Dr. Kilmer & Co., Binghamton, N. Y., you may receive sample size bottle by Parcel Post. You can purchase medium and large size bottles at all drug stores.—Adv.

Honest men do what they can; dishonest men do whom they can.

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 *Dr. J. C. Fletchering* In Use for Over 30 Years. Children Cry for Fletcher's Castoria

Ernest was learning to tell time. He had just mastered the numbers on the face of the clock, but had not learned the meaning of the minute hand.

"What time is it?" I asked him, when the minute hand pointed to five minutes of 12.

He looked a long time, and then said: "Why, it is just an inch to 12."

Severely Practical. "Charley, dear," said young Mrs. Torkins, "that was a beautiful bouquet you brought me."

"Glad you liked it."
"But—"
"But what?"
"Bread is expensive and liable to be scarce. The next time you have anything sentimental on your mind tell it with flour."

Used to it. Visitor—Have you ever been bitten by a horse?
Soldier—Have I? Why, the longest time I ever went without getting bitten was the week I was in the hospital from being kicked!

A Solo Part. Paula—I had a charming call from Mr. Jollyboy last night.
May—What did he talk about?
Paula—Why, he just sat and listened to me. He never opened his mouth.

Try Postum Instead of Coffee

at the family table for a week or two and see if everyone doesn't relish the change.

Postum Cereal

a drink of delicious flavor—should be boiled fully fifteen minutes to bring out its full-bodied richness.

Better health and comfort usually follow a change from coffee to Postum.

"There's a Reason"

Made by POSTUM CEREAL CO., Inc., Battle Creek, Mich.